MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

This week we celebrate Book Week and we will conduct a number of activities at school to focus on the enjoyment of reading. Ask your daughter to check the Daily Bulletin each day to see what is on. Share with your daughter what you are currently reading.

Parent Teacher Interviews
Parent teacher interviews are scheduled for the 11 September. Please save the afternoon or reschedule work commitments so that you can discuss your daughter’s progress with her teachers. Instruction on how to make appointments will be sent home soon.

Parent Opinion Survey
Thank you to the many parents who have completed the Parent Opinion Survey and returned it so promptly. It is much appreciated.

To encourage your participation, 2 movie passes are provided in a random draw for return of surveys.

Western Chances 10 Year Celebration
Western Chances has been a strong supporter of students in the West for many years. Western Chances was established by Terry Bracks when her husband was Premier of Victoria. The Western Chances motto is: “A hand up not a Hand out.” Many of the students at Gilmore College for Girls have benefitted greatly from being a Western Chances Scholar and they often retain support through their tertiary education.

I was really pleased to see the event managed by one of our former students and two other beneficiaries attended. Both of whom have incredible jobs and it is through the support provided

University Open Days
The University Open Days continue and it is a great opportunity for students in Years 10, 11 and 12 to attend and discover what is involved in a range of courses on offer. Students have the opportunity to talk with students who are currently studying in the courses.

Year 12 Scholarships and early applications
The details for the Victoria University scholarship are included in this newsletter. Please bring it to the attention of your daughter if she is in Year 12. There are lots of opportunities for students to apply for scholarships and special entry offers so please support your daughter to find out what they need to do and assist with the paperwork required so that they can be considered.

Zonta Presentation
Each year the Zonta Organisation provide a student with a $1,000 scholarship in memory of Evelyn De Bonnaire. The 2014 recipient was Eleisha Williams. Eleisha gave a presentation to the Zonta meeting outlining her learning journey and took the opportunity to explain how this scholarship has been used to support her education. The members of Zonta were very impressed with Eleisha’s presentation and will look for opportunities to support her in the future.

Invergowrie Luncheon
Invergowrie Association has provided financial support for our Homework Club for many years. Recently I had the opportunity to attend a luncheon in the city with members of the Invergowrie Foundation and other Principals. The Foundation has commenced a scholarship for a teacher to further research an area of interest.

EMA 2015
Parents are advised that there will be no EMA in 2015 for parents or schools. It is recommended that families start saving or planning to meet the costs of your daughters education.

Bette Prange
Principal

EDUCATION QUOTE "Each day I look for a kernel of excitement. In the morning, I say: “What is my exciting thing for today?” Then I do the day.”
Barbara Jordan
JUNIOR SCHOOL NEWS

We are now five weeks into third term. Staff and students have probably had enough of winter as the last few weeks have been rather cold and grey. The issue of the weather often causes confusion regarding what is appropriate to wear in terms of school uniform. The college policy on uniform is quite clear. During second and third term students must wear the winter uniform. The guidelines for uniform are clearly set out in the student diary. If parents have any concerns regarding what their daughter’s should wear they should contact the school for clarification. There is a clear expectation that students must wear either the school blazer or the blue and white sports jacket when travelling to and from school.

With Science Week in full swing 9B are on an excursion with Mr. Walker on Friday to Charles Latrobe Secondary College. Last week’s excursions all went really well with the Year 7’s having a particularly good time at Scienceworks.

With parent/teacher interviews on the 11th of September students in the Junior School have three weeks to make sure they are up to date with all their work.

Ian Reilly- Junior School Leader

SENIOR SCHOOL NEWS

Reflecting on the last two weeks it has been a very busy time for the senior school. Year 12 students and their parents attended a very important information VTAC session last Wednesday 13th August. The session provided a good insight into course selections and other relevant information as our graduating class of 2014 plan for 2015. We are continuing this journey in the MIPS classes every Monday where students work through the various elements of the VTAC process including lodging course preferences, SEAS applications and scholarships.

A group of 8 Year 11 students were selected to attend the first of a series of leadership workshops run by ABCN in partnership with Price Waterhouse Coopers and Gilbert & Tobin Lawyers last Tuesday 13th August. Our senior girls have been given this wonderful opportunity to be mentored by senior women in business over three lunch meetings. We congratulate Emily Say, Popo Tofae, Fatma Kassem, Tracey Le, Ming Xi Zou, Ikram Hussein Taylah Nisbett and Tenzing Lhaden for being excellent ambassadors of the College when participating in this program.

Year 10 students and their parents also attended a very important VCE Information Evening last Wednesday 13th August to be briefed on the key elements of the VCE Program at the College in 2015. The school captains Sara and Elena Batleska shared their experiences of the VCE, highlighting the camp, and the Melbourne University Extension Program amongst the things that stood out for them in the last two years. All Year 10 students should have downloaded the 2015 Senior School Handbook from Gilnet and discussed subject and course options with their parents and family. The preliminary subject choices should be handed in to their Circles or MIPS teachers by the end of this week. Parents are welcome to attend the subject-counselling interview that will follow for each student with Ms Prange. Please contact the office to make appointments.

A number of senior students have been absent and missed important SAC’s. A medical certificate is required to enable the student to present for the make-up SAC which is to be held next Saturday 23rd of August at 10.00a.m. in the back of the main staffroom.

Finally a number of students continue to be late to school. It is imperative that our senior girls are at school before 8.40a.m. to enable them to go to their lockers, get their books and be in class on time. Detentions will continue to be issued on Thursday afternoons until 4.00 p.m. where this is a chronic problem.

I can be contacted by email on voidis.helen.h@edumail.vic.gov.au for appointments, to schedule meetings or handle any queries related to students in Year 10, 11 and 12.

Helen Voidis                              Senior School Leader

ATTENTION YEAR 12 STUDENTS AND PARENTS/GUARDIANS

Formal Money is now due and must be paid in full to the front office to enable the Year 12 Formal to take place on Thursday 18th September at Roselyn House in Essendon.

Year 12 Global Politics Lecture, Melbourne City Conference Centre.

Last week, the year 12 Global Politics students enjoyed a series of lectures on several of the topics being covered in class this term. The lectures were presented by people with expertise in the areas of;

Human Rights speaker from Amnesty International, Karla Brenner: completed year 12 in 2013, and was terrific as she was able to discuss the issue of Human Rights with knowledge of the year 12 course. Her examples were very detailed and insightful.

People Movement- David Manne, Human Rights Lawyer/advocate: Executive Director, Refugee and Immigration Legal Centre. Our students are not completing this topic but they were engaged in his discussion of experiences in this field.
Intra and Interstate Conflict and State and Non-State Terrorism: speaker Dr Daniel Bray from La Trobe University. His presentation was a great overview of the topic we have just embarked upon in class.

It was a great opportunity to see what it was like to attend lectures and take notes- getting ready for next year!

Leanne Goyne       Global Politics Teacher

School Canteen

Parents are reminded that the college has a school canteen that can provide recess snacks, lunch and hot chocolate before school.

If you do not wish to patronize the canteen then you must provide your daughter with lunch and snacks; other alternatives are not allowed.

Students are not permitted to order in food from other businesses. As a school we need to be vigilant about stranger danger and packages being passed over the fence may not be as it seems.

Science Excursion

The girls from 8A and 8B got the opportunity to visit VSSEC last week in order to have an out of this world experience. The girls arrived and immediately put on a jumpsuit before being briefed on the day's experiences. They were split into two groups. One group would be the astronauts while the other would be mission control, analysing the data and helping the keep the astronauts safe. The astronauts watched a 3D movie that outlined the flight journey and simulated the takeoff. They entered onto the Martian surface and collected rock samples and performed various tests on the planet surface. After each group had experienced both mission control and the martian surface, we moved into the lab in order to analyse the samples that they had collected. The girls had a fantastic day and the photos look spectacular!

National Science Week is an Australia Government Initiative that runs from 16th to the 24th of August. The aim is to inspire students to engage with Science. This year the theme for the week is “Food for our future: Science feeding the world”. This year we will be celebrating with daily science jokes and famous events each day in circles. On Monday the 18th the girls went head to head in a robotics challenge, this will be followed up Wednesday with a Science Spectacular, an event to impress even the greatest scientists. Make sure to come along to see the amazing demonstrations. The week will culminate with a quiz on Friday lunchtime as the teachers verse the students. Friday will also see year 7 and 8 students partake in activities provided by the Australian Farmers Federation investigating sustainable farming techniques and “from paddock to plate”.

Lachlan McOmish and Jane Thorbjornsen

national science week

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Lachlan McOmish and Jane Thorbjornsen
HEALTH CHAT

Becoming more fit and active
*We all know regular exercise is a beneficial thing to do.*

**Why Exercise?**
There are hundreds of good reasons it’s worthwhile to get active and fit. Some of these include:

- It charges you up. 30 minutes or more of vigorous exercise releases endorphins (the good stuff) in the brain, giving you energy, vitality and the most intense natural high.
- It helps your positivity. Studies show that exercise is a great way to manage depression. Not only does it release those happy hormones but also it can help clear your mind of stress, confusion and worry.
- It helps your social life. Exercising with others, going to the gym or playing sports, can be a great way to meet new people and to keep each other motivated.
- It helps you sleep. Working the body and clearing the brain puts you in great stead for a good night’s sleep, and can help regulate problematic sleeping patterns.

**Getting started:**
Many people give up on exercise because they haven’t learned the best way to go about it. Here’s some help:

- Little by little – If you’re just getting into it, start gently with an activity you can manage. You don’t go straight into playing Mozart as soon as you start learning the piano. Start small and then little-by-little increase the length and intensity of your session.
- The ideal workout – Once you’re a little more fit, try and get in 30 minutes of moderate intensity exercise a day.
- Work it into your daily routine – try walking or cycling instead of driving or taking public transport.
- Pick the right workout – Choose something you enjoy doing. If you see exercise as a chore, it will become a chore, and nobody likes chores. Don’t plan half an hour on a treadmill if you’d rather be shooting hoops.
- Stretch – The way your body handles exercise and how quickly it recovers is directly linked to how much you stretch. It prevents muscle problems and increases flexibility. A five to ten minute warm-up and warm-down is all you need.

**If you need a little push...**
It’s not always easy to get the motivation to start becoming active, so it’s helpful to learn ways to get that push you need. If you plan your activities and personalise them to your interests and fitness-level, as well as try to see exercise as the positive and rewarding thing it is, you’ll be much more likely to keep it up.

References and for more information see: [http://au.reachout.com/all-about-getting-active](http://au.reachout.com/all-about-getting-active)

Michelle Hynson - School Health Promotion Nurse (Mon/Tues)

**Weekly videos**
Visit the Challenge web page to discover great picture books, and book recommendations for early and late primary students from Readings St Kilda children’s book buyer Angela Crocombe. Author and Challenge ambassador Kirsty Murray shares her love of reading and writing, and offers tips for choosing books. You can also find out where popular children's author Andy Griffiths gets the ideas for his amazing books.

New videos will be posted each week of the school term. To watch these videos, see: Weekly Videos

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**Year 10-12 Next Step - Health Workshop**

Date/time: 22 September 2014, 10:00am - 1:00pm
Location: The Alfred Hospital, Prahran, Melbourne

**What will I do in this workshop?**

**Information for VCE students**
Are you in year 10, 11 or 12 and considering a career in the health industry? Why not join us for a ‘Next step’ workshop.

Attending this half day information session will help you to demystify university life as you make the next step to a career in Health.

Whether you have made your decision about which career to pursue or you are still in the process of weighing up your options this program will assist you in many ways.

The Department of Health will be on hand to talk to you about projected work place shortages in the health industry as well as other things to consider when making your career decisions.
Come and hear current students and recent graduates speak about their university experiences and ask them questions in a relaxed setting.

Find out about the different support services that are available for all university students, learn about all the people and places on a campus that are there to help you and see the range of different resources available to make your journey through university exciting and rewarding, allowing you to perform at your best.

Life at university is not just about study. The ‘Next step’ workshop will also showcase the diversity of exciting clubs and societies you can get involved with while you undertake your course.

There will be so much advice and assistance in this half day workshop it's one not to be missed.

This session is run at The Alfred Hospital - Commercial Road Prahran

Bookings are essential and places are limited

**Expressions of interest due by Friday 5th September, 2014**

Students can apply directly on the LEAP website at


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**Careers News**

**Careers in Radiation Oncology**

FREE seminar Thursday 4 September

Time: 10.00 – 12.30 OR 12.30-3.00

Melbourne Convention Centre

Meeting room 101/102 Level 1

See Ms Prange to register

**Victoria University Achievement Scholarship** This scholarship is worth $20,000.

The Victoria University Achievement Scholarship will open up again for application on August the 4th 2014. In order for students from your school to apply, they will need to log on to the achievement scholarship portal, available through [http://www.vu.edu.au/study-with-us/scholarships/vu-achievement-scholarships](http://www.vu.edu.au/study-with-us/scholarships/vu-achievement-scholarships) and enter the school code below.

GILMOR3011

If you have any questions involving the Achievement Scholarship, please contact the Scholarships office on 9919 5567.

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**VCAL for 2015 - Harvester Technical College**

Harvester Technical College is conducting session for students interested in VCAL in 2015.

**Information sessions 6.00 – college tour-6.30**

**Information sessions (1 hour)**

**Dates:**

Thursday 11 September

Tuesday 14 October

Tuesday 18 November

76 Suffolk Rd, Sunshine North

For students in Years 10, 11 and 12 interested in a career in the legal profession:

LSAP (Legal Studies & Australian Politics) is an intensive program aimed at developing your confidence in all the different skills you need to succeed in the legal profession, including communication, teamwork and leadership. LSAP brings you together to work in teams in a wide range of activities, including debating, mock trials and negotiations. You will be introduced to legal concepts and develop some of the tools legal professionals need to succeed. Current university law students mentor the teams throughout the program. LSAP programs run year round in metropolitan and regional areas, and vary in the number of day's duration depending upon location.


**Upcoming events**

- **29 September 2014** – Victoria University (Melbourne) - two day workshop

**OPEN DAYS REMINDER** - Universities and other institutions hold Open Days. The dates are provided.

- **Kangan - the Centre for Fashion and Creative Industries Richmond are coming up on Saturday 24th and Tuesday 26th of August!**
- **Sun 24 Aug - Box Hill Institute, Sun 24 Aug - Deakin (Melbourne)**
- **Sun 24 Aug - La Trobe (Melbourne)**
- **Sun 24 Aug - Victoria University**
- **Sun 24 Aug - William Angliss Institute**
- **Sun 31 Aug - ACU (Ballarat), Federation Uni (Ballarat & Gippsland)**
- **KANGAN Batman Open Days** Visit the website to see what is on at which campus
Free Pasta Demonstration
Learn to make 7 different cuts of Pasta

Come and meet Hilda and Laurie of the Yarra Valley, authors of Wow! It’s Italian Gourmet Cook Book First generation Italians who are passionate about their recipes and would love to share them with you

**Venue:** Footscray Library
**Location:** 56 Paisley Street Footscray
**Date:** Tuesday 2nd September 2014
**Time:** 10.30 pm – 12midday
**Phone:** 9688 0290

Homework club is an opportunity for all students across the college to complete quiet study and homework tasks before they leave for home. Students can seek assistance from volunteer tutors.

- Students are asked to sign in and out and are supervised by a co-ordinator during this time.
- Homework club is voluntary and all are welcome.

**When:** Tuesday and Thursday 3-6pm and Wednesday 3-5pm

**Where:** In the school library

Secondhand Desktops for sale

We are selling the G7 and library computers. They are Acer Veriton S480 Core 2 Duo PCs, Specs below.

160 G Intel core duo 2.7 GHz 2 GB RAM 19” LCD monitor

They will come with Vista OS, antivirus software and open office. **Cost: $80.00**

Great desktop for home internet browsing and home work. See the Technicians if you would like one, they can be picked up from the IT department.
RSVP by Monday 18th Feb

Jen Hoy, Assistant Principal
9689 4788 or hoy.jennifer.e@edumail.vic.gov.au