MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

Welcome back to Term 4. I hope you all had a relaxing break and are ready for the very busy term ahead.

Staffing

Welcome to Mr Paul Nucci who is the new Assistant Principal. Mr Nucci will officially commence on 27 October. He has written a letter of introduction so please read it on the following page.

Student Free Day

The Monday prior to the Melbourne Cup is a student free day. Students will not be required at school on that day. The exception being year 12 students who have exams, along with any year 11 students who are doing a Year 12 subject.

Year 12 Farewell

During the last week of term we held the Year 12 formal. It was such a lovely night and it was terrific to see the girls so dressed up and so grown up. They really have blossomed over their time at Gilmore College for Girls and become gorgeous young women. The speeches provided an overview of the highlights during the year and it was lovely to hear the students acknowledge the work done by their teachers this year.

Visit to the Show

During the holidays I had the opportunity to visit the Royal Melbourne Show. This year some of the Year 11 students had entered their bags – their focus was on recycling and sustainability. Of the entrants the girls picked up first second and third prize so congratulations to those students. The Year 9 students entered the section for Anzac biscuits.

I was also excited to see our cow and pig on display. Many other schools and groups had the opportunity to ‘yarn bomb’ a range of animals including hens and sheep.

Cyber Safety

At our school we put a big emphasis on making sure we provide a great environment for our students – one that promotes tolerance and is inclusive, harmonious and free from bullying. We know that students achieve their best at school in safe and supportive environments, where they are free from bullying and disruptive behaviour.

Bullying is a serious issue for all of us. We know that it can happen anywhere, anytime, and can have devastating consequences. We also know that with the rise of social media, cyberbullying is an increasingly important issue. It can now occur online at any time of the day or night. The best way to tackle bullying and cyberbullying is for schools, students and parents to work together.

Our school is supporting the Bully Stoppers campaign – which has just launched a new series of tools and resources to help parents and students deal with cyberbullying. These resources, part of Bully Stoppers: Speak Up Against Cyberbullying campaign, are available on the Bully Stoppers website, at www.education.vic.gov.au/bullystoppers

I encourage you to learn more by visiting the website and sharing the commitment to stop bullying and cyberbullying in our school and local community.

Bette Prange

Principal

EDUCATION QUOTE: “Even if you are on the right track you will get run over if you just sit there.” Will Rogers.
To the Gilmore College for Girls Community

When I received the phone call from Ms Prange offering me the Assistant Principal position, I was thrilled and honoured to become part of the Gilmore College community of learners.

I have thought very carefully about what would be the best way of introducing myself to the community. My niece who is now completing Year 12 herself, provided me with following advice… "Whatever you do, don’t just talk about vision, values and how great the school is… tell them a little about yourself."

Okay then, here it goes…

My parents migrated from Italy and were married in Australia. I was born in Carlton and went to school in North Fitzroy. The older I got, the more I recognized and appreciated the people in my life who were truly influential and helped shape the person I am today. Obviously, the most influential were my parents, however many others were teachers. So I guess it is of no surprise that I decided to become one.

Some of these teachers had entered my life in primary and then in secondary school, but others arrived even later when I returned to school as a teacher.

In my last role, I was the Head of Academic at the Victorian College of the Arts Secondary School, (VCASS), a co-educational performing arts high school located in Southbank. Working together with teachers, we took on the challenge of setting inspirational and challenging goals that resulted in strong successful outcomes for every student in their chosen pathway.

What I’ve learnt in my experiences is that it is important to take on new challenges and adapt to change. Nothing ever stays the same, things are always changing which means unless you can adapt and change too, you will be stuck doing the same things which could then make your life a lot harder than it needs to be. It is never too early, or late, to seek opportunities to challenge yourself.

When the opportunity at Gilmore College for Girls came up, it was important that I do some homework and find out the obvious and not so obvious! I read everything I could online and spoke to as many people as possible. As I researched and examined the information in detail, the unique nature of Gilmore became clear.

Gilmore College for Girls has an outstanding record for curriculum innovation, with being the first Victorian Government secondary school to offer the International Baccalaureate - Middle Years Program being an example of this.

However what is more difficult to impart is the very special culture that I’ve noticed that exists within the Gilmore community. The students are a close knit and supportive body of young women committed to build upon the hard earned reputation that Gilmore has for quality and high standards.

I’m proud to be part of the Gilmore College for Girls journey; working collaboratively with the college community in setting a culture of high expectations. Collective responsibility and collective efficacy continue to be significant hallmarks in preparing our young women for leadership roles. I hope to contribute to and achieve this by:

- **Listening** – No matter how many things that need to get done, I will always make time to be available to listen to students, parents and staff.
- **Being honest and building trust** – My relationships with staff, students, parents, and the community at large will centre on honesty and trust. I have found that being true to yourself and your personal values are foundation of building trust.
- **Walk the talk** – Leading by example and not expecting anyone to do things that I’m not prepared to do. Sometimes in my previous roles, I had to roll up my sleeves and take on the jobs that are the most difficult.
- **Diversity, working on strengths and empowering teams** - Valuing diversity, concentrating on strengths and empowering teams to make decisions are processes I adopt when dealing with school issues. When staff, parents and students have ownership of certain initiatives, they will flourish and produce the best results.
- **Active and celebrating success** – The classroom is where it all happens! Moving around the school, taking part in activities, celebrating success, giving student and teacher feedback will provide me with a sense of what is going on at school.

It is my sincere desire to provide expanded opportunities for our students to acquire the skills to be productive citizens in our vastly changing society. I am confident we can make our school an even better place for our young women to learn and grow. Please come up and share with me your story. Together, we will work towards success.

Paul Nucci

JUNIOR SCHOOL NEWS

The start of fourth term is always an interesting time of the year. We have the upcoming Spring Carnival and the
Melbourne Cup. There is a definite wisp of Christmas in the air. Unfortunately it is not quite that simple. It is important that students remain focused on their work and realise the best gift they can give their parents is an excellent end of year report.

A reminder that all students should be in summer uniform and that uniform shop is open 10.15am on Mondays and 1.00pm on Wednesdays.

On Wednesday evening this week there will be an information evening for Year 9 students and their parents regarding subjects at Year 10 for 2015. It is difficult to imagine that the Year 7 students who started in 2012 are nearly half way through their journey at secondary school. Time, apparently, waits for no-one.

If you were unable to attend the Parent Teacher Interviews at the end of last term, please make sure you provide a note for to me so that your daughter can collected her report. Please take note of your daughter’s progress and ensure she is on the path to achieve success at the end of term.

Ian Reilly- Junior School Leader

SENIOR SCHOOL NEWS

Our Graduating Class of 2014 came together on Thursday 18th September to celebrate the end of secondary school with Gilmore staff at Roselyn House in Essendon. The girls looked stunning in their gowns and it was a very special night as they reflected on their very own journeys. Speeches were made, awards were given out and it was a very special formal night for our students.

With only two weeks of classes to go the girls are now sensing that exams are just around the corner. We did complete our formal practice exams last week at school and students have been gaining meaningful feedback in their classes. They need to continue to attend school as per normal until next Thursday 23rd of October. Teachers will still be available throughout the exam period to offer extra help if required and review any practice exams students have completed.

The Year 12 traditional graduation ceremony and morning tea will be held on Friday 24th of October and invitations have been mailed home to parents.

Year 11 students need to be really focused for the next seven weeks. Attendance is critical and all classwork and homework should be completed to help them improve their results and earn a place in Year 12 next year.

Year 10 Advance students are busy organising their camp as part of their Duke of Edinburgh program. Stay tuned for the report as to how they go getting used to being without mobile phones and some of life’s comforts.

This Wednesday 15th October there is an Information Night organised for Year 9 students going into Year 10 next year in the LCC starting at 6.00p.m. It is important that all students attend with their parents to get an insight into the program for next year and the expectations. An invitation was distributed to students last week.

Finally it is time to swap uniforms and wear the summer dress with white socks and black school shoes. The weather may alter but students are expected to follow the school policy on uniform to avoid any detentions. Also another reminder that students need to be on time at school every day to continue to develop their skills and learning in the senior school. – this means 8.40 a.m.

Helen Voidis                              Senior School Leader

Maribyrnong City Council
New Disability Policy and Action Plan
Maribyrnong City Council is seeking community views on ways to make Maribyrnong a more inclusive and accessible community for people with a disability. The consultation survey is available to complete online at: https://www.surveymonkey.com/s/G7HXJPL
The survey closes: Monday 15th December 2014.

ELECTRONIC NEWSLETTER: If you would like to have the Newsletter emailed to you, please send an email to gilmoregirls.co@edumail.vic.gov.au and we will enter your email address into our database.

HEALTH CHAT

Exam Survival
Exams and studying for exams can be a really stressful period in your life.

Take the time to plan
- Prepare a study plan and goals for each day / week. Make sure it’s balanced with other important things in your life - that way it will be easier to stick to.
- Create a study space that is comfortable, quiet, well lit, organised, and has no distractions nearby, such as TV, phone, people talking, etc.

Look after yourself
- Build activities you enjoy and that bring your stress levels down into your study plan, such as sport, spending time with friends, internet, etc.
• Don't get hungry before or while studying. Grab nutritional snacks that keep you going, such as fruit/nuts/dairy, etc.
• Remember to get some exercise every day as this helps you to keep focused and energetic.

Rest when you need to

Work out what times of day do you have the most energy and plan to study then. Don't study more than 40-60 mins without a short break. Even a 5 minute break will help. A glass of water helps too!

When you have a break do something physical or fun, such as go for a short run or play with a pet.

Try to keep your focus on school and exams rather than other stuff happening in your life; you don't need this extra worry around relationships, friendships etc. right now.

• If you're having trouble sleeping check out the fact sheet riding the sleep wave

Stay focused

• Say "no" to parties during the weeks close to the exams. This will help to keep you refreshed and energised.
• When studying, switch your phone and email off to stop the distractions. Try to keep a focus on your health and wellbeing by not using things like drugs or alcohol; they can make it much harder to study.

Ask for help:

• Stay at school until your last day so you don't miss any important info about exams, or fun events with your colleagues.
• Practice writing essays and show your teachers for feedback for improvement.
• Some teachers are happy to be contacted during the time leading up to the exams. Find out which ones you can contact and make use of this if you need to.

Be prepared

• Read/ write everything 3 times as this also helps to commit the info to memory.
• Use your trial exam results to focus in on what you need study.
• Use previous exam papers to get a feel for what to expect.

• Write things in coloured texta that you have trouble remembering (such as names and dates) and blu-tak to your toilet wall/door. Sounds funny, but it really works!

And finally...

If the stress is getting to you it will prevent you from studying effectively and confidently - so ask for help from headspace, a counsellor, professional, or help line.
Please visit: http://www.headspace.org.au/is-it-just-me/find-information/exam-survival

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

Careers News

Secondary Work Experience Placement at HMAS Cerberus
Senior girls interested in engineering and a career in the Navy.
24 - 28 November, 2014 (5 days; 4 nights)

• Engineering represents one of the most exciting and challenging fields you could be involved in with the Navy, working with incredibly sophisticated hardware and technology. The best engineers work on the best technology. There are few ships in the world that can rival the complexity and capability of the Australian Navy's fleet.
• Now you have the rare chance to experience a taste of life as an Engineer in the Royal Australian Navy. The Navy Engineering Camp is a five day residential program designed to showcase the diverse activities aimed solely at young women who have an interest in maritime engineering.
Held at HMAS Cerberus, the Navy Engineering Camp is designed to give participants a comprehensive overview of life in the Navy, particularly as an Engineering Officer.

During the program you will tour a warship, visit the weapons firing range and immerse yourself in the newest addition to technical training at HMAS Cerberus – the Engine Room Simulator. Serving Navy Engineers and other members will talk about their roles and personal experiences and what motivated them to become an engineer in the Royal Australian Navy. As well, you will experience simulated weapons training, light physical training, leadership activities and supervised social events with female officers and mentors. The program will be continually supervised by experienced Navy and civilian staff with accommodation provided in secure single rooms with en-suites. All meals will be in the Wardroom. You can find information about Navy Engineering Careers at:


Applicants must be 16 or older at the time of placement. Students must be considering future employment with the Navy. We welcome applications from students across Australia however; students will need to make their own arrangements to get to and from HMAS Cerberus at the start and finish of Navy Engineering Camp. Depending on the number of applications there may be a waiting list; however this is no guarantee of gaining a placement.

Late applications will not be considered.

Further information contact Ms Mueller (Careers)

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You will be required to answer the following questions when completing your online application:

1. Applicants must submit their most recent school report or class schedule (timetable) indicating that they are studying the following subjects at VCE or HSC level -
   - Advanced Mathematics and at least one of the following subjects; physics or chemistry. This should be uploaded with the Letter of Endorsement from your school as specified in selection criteria 2.

2. Applicants must submit a Letter of Endorsement from their school. This letter should include detail about the applicants character, academic capability, any leadership roles within the school community they have held, and why they should be selected to participate. This must be on school letterhead. It may come from a careers advisor, year level coordinator, principal or vice-principal. This should be uploaded as either a PDF or Word Doc in the attach resume’ section of your application.

3. Applicants are to write a short essay (min. 250 words) about why they want to attend the 'Navy Engineering Camp', in particular what interests them about becoming an Engineering Officer in the Royal Australian Navy.

4. How would you rate your present state of general fitness? How many times do you exercise per week? How long on average are the sessions? What activities (if any) do you currently engage in:

5. You will be required to complete the Navy Swim test in order to participate in some of the planned activities. Can you swim at least 50 metres continuously? Can you tread water (fully clothed) for 15 minutes? Can you swim underwater (fully clothed) for 10 metres? Are you confident to step off a platform (max height 4metres) into a swimming pool?

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:
Tuesday 14 October
Tuesday 18 November
76 Suffolk Rd, Sunshine North

ARE YOU EX NAVY, ARMY, OR AIR FORCE?
Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2015, please telephone Carry On (Victoria) on (03) 9629 2648 to establish eligibility and request an application form.

Carry On (Victoria) assists Secondary School students in Years 7-12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available

Children whose Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and applications should be submitted by 30 October 2014
Call for research participants:

Orygen Youth Health Research Centre and the Centre for Youth Mental Health at the University of Melbourne are conducting a research project testing the mental health benefits of an internet-based program. We are looking for young people aged 14 to 18 who would like to learn better ways to help manage their day-to-day problems.

Participation will involve a brief interview with a researcher twice over the next 6-months, plus access to a specially-designed website which will deliver an 8-week program designed to help you feel better. The website will include some activities, downloads and links to other helpful websites that are designed to help young people cope with day-to-day challenges.

We believe this study will help us to better understand the sorts of treatment that can be effective and acceptable to teenagers.

If you think you or your child might be interested in taking part talk to your school counsellor or contact one of the study team: Eleanor Bailey at eleanor.bailey@unimelb.edu.au / 0400 746 384, Georgina Cox at gcox@unimelb.edu.au / 0401 772 656, or Jo Robinson at jro@unimelb.edu.au / 0412 999 140.

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: $50.00

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.

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.

VINTAGE AND COLLECTABLES FAIR

PROUDLY PRESENTED AND ORGANISED BY THE ROTARY CLUB OF HOPPERS CROSSING - assisted by Interact club of Baden Powell College - All profits to Rotary community projects

A MYRIAD OF OLD WARES, UNUSUAL HOBBY, CRAFT, AND COLLECTABLE ITEMS OF INTEREST ON DISPLAY AND FOR SALE

ONE DAY ONLY - 10AM UNTIL 4PM

DATE: SATURDAY 15TH NOVEMBER 2014

VENUE: BADEN POWELL COLLEGE

Baden Powell Drive, Tarneit (just off Derrimut Road)

Admission $5.00 only

All enquiries and potential stall holders - call Des O’Shanassy on mob. 0401 287 050 or email desoshanassy@hotmail.com to book your site

Kingsville Primary School Spring Fete

18 October 10.00 – 4.00

Cnr Somerville rd and Bishop St, Yarraville

Early Bird ride wristbands - $30

Phone 9314 5869

Can Saver Plus assist you with high school costs?

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Jasmine Duong, your local Saver Plus Worker:

(03) 9312 0932 / 0419 607 295

or jasmine.duong@thesmithfamily.com.au