FUTURE COLLEGE EVENTS

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MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

Congratulations

Two students in Year 10, Anna Tran and Thanh Tran, have been awarded a place in the Kwong Lee Dow Young Scholars Program Class of 2016.

End of Year Reports

I believe some parents have concerns that their daughter is assessed as ‘C’ on the report. ‘C’ indicates that the students are operating at the expected level, they are completing the work appropriate to that year level. ‘B’ means they are six months ahead of where they should be and an ‘A’ indicates they are 12 months ahead of where they should be. To gauge whether your daughter is doing really well you should look for Very High and High results on each report.

Public Transport

Just a reminder from Public Transport Victoria that students are legally required to touch on with their myki cards every time they travel even if they have a valid student pass. Students who have a student pass or who are over 16 years old, must also carry their concession card at all times when travelling. Without their concession card their student pass is not valid whether they have touched on or touched off. Please avoid a fine by following the right process.

‘Play Me I’m Yours’

Many of you will remember that last year we were involved in the Arts Centre Melbourne community project ‘Play Me I’m Yours’ where we decorated a piano. This project has given the students so much pleasure and the piano is in constant use. This photo is of one of the Arts Centre Melbourne members who initiated the project. The college is currently involved with the next project sponsored by Arts Centre Melbourne which is called ‘Home’.

Education Maintenance Allowance 2015

The following information has been provided to the School Council by the DEECD. From 1 January 2015, the government will provide extra financial support directly to Victoria’s neediest schools instead of providing the Education Maintenance Allowance directly to parents. Parents will not be able to apply for the Education Maintenance Allowance in 2015.

Gilmore College for Girls will provide a $120.00 credit against the Materials Charge for each student under the age of 16 or who turn 16 in 2015 to families who would normally be eligible for EMA. Eligible families need to provide a copy of their current Health Care card to the school in November/December 2014. The end of EMA direct payments to parents will not affect any other payment you may be receiving such as the Schoolkids Bonus, which is provided directly to eligible parents to assist with education costs.

Bette Prange

Principal

EDUCATION QUOTE: “No one has ever achieved anything from the smallest to the greatest unless the dream was dreamed first”.

Laura Ingalls Wilder
JUNIOR SCHOOL NEWS

Last week was an extremely busy one for the Junior School, in particular for the Year 8’s. On Friday the 14th I was fortunate enough to accompany the Year 8 classes on an excursion to the Arts Centre to see the play ‘Hans Christian – You Must Be An Angel’. This was an outstanding performance that was thought provoking and engaging. Many thanks to Ms. Stockdale for organising the day. The students were extremely well behaved throughout the day.

Monday evening was the annual Soiree. Junior school students demonstrated a wide range of musical skills on keyboard, guitar and woodwind instruments.

On Friday this week all the Year 7 students will be going on an excursion to explore the Docklands precinct.

With the end of the year quickly approaching it is important that students across the Junior School remain focused on maintaining the correct attitude to their work and classes. Regular classes will be run up until the beginning of Head Start Week which begins on Monday the 10th of December.

During Head Start Week Year 9 students will begin working on their Year 10 subjects for 2014. Similarly, Year 8 students will begin working on Year 9 work and Year 7 students will begin working on Year 8 work.

During December we will begin planning for 2015. If students are intending to move to another school for 2015 it would be extremely helpful if the information was passed on to the school office or myself.

Ian Reilly- Junior School Leader

SENIOR SCHOOL NEWS

Year 12, 2015 students have commenced their final year of study.

Year 10 students have completed their exams and are working through exam feedback. They all need to attend the 2015 Year 11 VCE orientation program which will be held 1-5 December

Ms Voidis is on Long Service Leave.

Helen Voidis Senior School Leader

How students can apply for a TFN from 1 January 2015

The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN.

Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

Applying online is the fastest and most convenient way for students to get a TFN. More information on applying online can be found at ato.gov.au by searching for 'QC27248'

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at ato.gov.au by searching for 'QC22604'

The ATO will continue working with teachers to educate students about tax and superannuation. The curriculum resource Tax, Super & You is a free, easy to use, online educational resource aligned to the school curriculum of each state and territory. This resource can be accessed at taxsuperandyou.gov.au

Deputy Commissioner of Taxation

New pathway for Gilmore Student

Lony Za Tlei has been doing a Certificate III in Clothing Production at The Social Studio which is delivered by RMIT. Lony has been doing this Certificate during second semester while completing part of her VCE.

Lony has designed and produced this traditional outfit as part of her course. She will continue full time in this career pathway in 2015.

Changes to the Secondary Schools Tax File Number Program in 2015

The Secondary Schools Tax File Number (TFN) Program will not continue beyond 31 December 2014. This means that School TFN forms will no longer be processed beyond this date.
Year 8 Performing Arts Excursions

Year 8 students enjoyed two excursions to see shows at the Arts Centre recently. The first drama excursion was to see ‘Hans Christian, You Must Be an Angel,’ performed by the cutting edge Danish drama company, Teatret Gruppe 38. Premised on the idea of a dinner party to honor the Danish storyteller Hans Christian Anderson, the show was set around an enormous dinner table where various characters from Anderson’s many tales were in attendance. Part installation and part puppetry, the show was truly a unique experience for our year 8 drama students.

Our second performing arts experience was to see ‘Jazz, Tap Swing’ with the Melbourne Rhythm Project. In the surrounds of the magnificent concert hall, students were presented with choreographed dance set to classic swing and blues tunes.

Tickets to these shows were provided free through the school’s First Call Partnership. We are grateful to both the Arts Centre and their First Call patrons for providing our students with these valuable and unique experiences at no cost.

Ms Stockdale
Year 10 Duke of Edinburgh Camp
A small group of Year 10 students are involved in a program called the Duke of Edinburgh Award. This program requires us to participate in an adventurous journey – which we completed at the end of October, over a 5 day camp in Cape Otway.

Home was known as a tiny tent we assembled, crowded with our large hiking backpacks (that were jam-packed with snacks) which were set out amongst the bushes. Over the 5 day camp, we participated in activities such as: an 11km hike – involving lots of uphill, downhill, sore legs and complaints, a forced 10km hike the following day to construct a raft rowed out on Aires River, weaving baskets (or handy bins as some of us made use of), a few visits to the lighthouse and relaxed on beautiful beaches. We finished each night around a camp fire, with our small share of ice cream, to recount the day we had and what was in store for the following day.

We’ve experienced our fair share of living with moths and struggling to snooze in a sleeping bag under cold conditions, making meals with this equipment called the Trangia that generated off methylated spirits and 5 days with no WiFi or electronic devices. We were far away from society, treasured the thought of home and were ready to return home when Friday came around the corner. Overall, we are thankful to Mrs Mueller, Mrs Goyne and Joel (our guide) for a week of adventure.

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.

An Article on Teenage Sleep
The National Sleep Foundation in the US found that more than half of the parents surveyed said their 15 to 17 year-olds routinely get seven or fewer hours of sleep. That is less than most adults, at a time when the brain needs more sleep for growth, development and learning.

Which means these teens are chronically sleep deprived over the long term.

How much time is recommended for teenagers?
* Older teenagers need 8 1/2 to 10 hours of sleep per night
* Younger teens need 9 to 10 hours/night
* Young children need 10 to 11 hours per night
What is the effect of blue light on sleepiness?

There are numerous brain studies that show melatonin, a hormone associated with nighttime, signals that it is time to sleep. The pineal gland, an organ in the brain about the size of a pea, begins to release melatonin a couple of hours before your regular bedtime, and light — particularly of the blue variety — can keep the pineal gland from releasing melatonin — affecting the onset of sleepiness.

The problem is, although most of our screens emit light of all colours, it is their blues in particular that pose a danger to sleep. Blue light is especially good at preventing the release of melatonin. In fact, you don’t even have to be staring directly at a television or computer screen; if enough blue light hits the eye, the gland can stop releasing melatonin.

The latest study by Steven Lockley of Harvard Medical School found that Teenagers are more vulnerable to the effects of light than adults. Even when exposed to just one-tenth as much light as adults were, the teens actually suppressed more melatonin than older people. During adolescence, the circadian rhythm shifts, and teens feel more awake later at night, so switching on a TV screen or video game just before bedtime will push off sleepiness even later.

What is affected when sleep is lacking?

For teens, sleep is vitally important for learning, memory, brain development and health.

Sleep influences 4 main areas:

1. Physiological (body systems, like cardiovascular and endocrine systems and physical health)
2. Psychological (emotional and mental health)
3. Psychosocial (behaviour, peer and family relationships)
4. Cognitive (learning, attention, problem solving)

My colleagues and I sometimes see teens misdiagnosed with ADHD, depression or other issues, when they are in fact sleep deprived and nobody has questioned their sleep habits. Additionally, teens already struggling with anxiety or depression, learning difficulties etc, will find their symptoms exacerbated when their brains are starved of sleep.

Hence, when we systematically allow our children to go to bed late we are sleep- depriving them during a time when their brains are still developing, and you couldn’t design a worse system for learning.

Recommended pre-sleep wind down.

* Get active during the day to boost sleep at night.

* Eat dinner a few hours before bed (a small snack later on is fine)

* Switch off screens an hour before bedtime – at a minimum.

* Get into a good bedtime routine – this gets the brain prepared for sleep.

* Engage in reading activities at bedtime, rather than games or shows with flashing lights and movement.

But what about evening homework?

When homework needs to be done, turn the brightness setting down on laptops and tablets. You could also make use of software options which automatically warm up the colours on computer screens and handhelds i.e. more reds and yellows at sunset and returns them to normal at sunrise.

It has also been said that the distance between your eyes and the device, as well as the size of the screen, makes a difference to the effects on the brain. In other words, place the tablet farther away from your face than usual (although I’m not sure how practical this is to do).

Indeed, teens should not regularly be doing homework, sport or hours of musical instrument practice much past 8:30pm (I mention instrument practice because some teens are expected to rehearse for an hour or 2 every night, after homework, which leads to a 10pm+ bedtime). Later bedtimes, on rare occasions, for short periods or if there is an important assignment due, will naturally happen. However, if this happens regularly contact the school and request an adjustment to homework.

I also recommend that parents allow teenagers, who work better during the evening, to have an after school nap. Some teenagers prefer this option and this allows them to still get the recommended hours of sleep within a 24 hour cycle.

The bottom line according to Dr. Seton is, “There’s a strong correlation between electronic media usage and sleep deprivation. It doesn’t matter how good the education is; if kids are tired, the learning is futile.”

Collett Smart is a registered psychologist, psychology tutor at UWS, speaker, freelance writer and mum of 3. She writes on her blog ‘Raising Teenagers’
**HEALTH CHAT**

**Supporting your teenager’s growing independence**

Achieving independence is an essential part of your child’s journey to adulthood. To make this journey successfully, children need freedom to try new things. But they still need your guidance and support too. Here are some ideas to help you and your child find the right balance.

**Supporting your child’s journey towards independence**

To become a capable adult, your child must learn to:

- depend on you less and take on more responsibility
- make decisions and solve problems
- work out life values
- form her own identity.

But it’s **common for parents and teenagers to disagree about independence** – how much a young person should have and when. It’s natural to worry that if you give your child too much independence too early, your child might get involved in risky behaviour. And it’s normal to want to keep your child safe.

But your child needs to make some mistakes, to explore and have new experiences. This will help her learn life’s lessons and continue to shape her brain’s development.

Striking a balance between your child’s needs and your own concerns is often a matter of maintaining a positive relationship with your child, as well as a healthy family environment. How your child develops independence, and how you guide this process, will be influenced by your family’s cultural background and beliefs.

Being aware that your child might be working hard to **balance expectations of family members with expectations of friends** is a good place to start the balancing act.

Teenagers are still working themselves out. They don’t always know who they are. You and your child are both learning how to balance growing independence with parental guidance. Go easy on yourselves if things aren’t perfect all the time.

**Show your child lots of love and support**

Your love and support are essential for your child’s self-esteem. Young people who feel good about themselves often have more confidence to discover who they are and what they want to do with their lives.

Your child might not always want physical affection from you. But you can show your love and support by:

- making time to listen when your child needs to talk
- giving your child space and privacy
- regularly saying, ‘I love you’.

**Respect your child’s feelings and opinions**

Try to tune into your child’s feelings. It might help to remember that your child could be confused and upset by the physical, social and emotional changes of adolescence – but you’re still your child’s main source of emotional guidance and stability during this time.

**Establish clear and fair family rules**

Stating clear family rules about behaviour, communication and socialising will help your child understand where the limits are and what you expect. Rules will also help you be consistent in how you treat your child. Once the rules are in place, apply them consistently.

References and for more information visit:


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

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**Parent information evening entitled ‘The Impact of Video Games on Children and Young People’**.

**When:** Wednesday 3rd December 2014

**Time:** 6.45pm to 8.30pm with a 7pm start

**Where:** Laverton Community Hub

95-105 Railway Avenue, Laverton

**RSVP:** RSVP is essential

Thursday 27 November 2014

Call 9932 4000 or email lpetroff@hobsonsbay.vic.gov.au

This information session will be designed for parents of primary and secondary school aged children and will be facilitated by Steven Dupon. Steven is the Founder of [www.videogames.org.au](http://www.videogames.org.au), Manager of Manningham YMCA Youth Services and author of the *Video Games Report*; a study on the impact of video games on young people. Steven will present on the positive and negative effects of video games on children and young people.
Learn a language on Saturday morning!

The Victorian School of Languages is a government school committed to the provision of language programs for students in years 1 to 12 who do not have access to the study of those languages in the mainstream schools in all education sectors. The school offers over forty languages through both face to face teaching in centres across the state and through distance education.

The Victorian School of Languages Area West 1 is located at: Footscray City College, Bayside Secondary College and Sunshine College and offers the following languages: Amharic, Arabic, Chin (Hakha), Chin (Matu), Croatian, Dinka, Greek, Hindi, Macedonian, Spanish and Vietnamese.

Classes are held between 9.00 am and 12.20 pm and in order to assist with course costs a small annual charge applies: $70.00 in Years 1 to 10 and $85.00 for VCE. Adults may be accepted in VCE classes only and the annual charge is $210.00.

Enrolments for new students in 2015 are now being taken. For further details please contact the Area Manager on 9689 1166 or visit http://www.vsl.vic.edu.au

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

Election Day BBQ – Parent Help please.

We have decided to conduct a BBQ on Election Day as a school fundraiser. Please contact reception if you can assist on the day: 29 November.

Werribee Open Range Zoo’s Keeper for a Day program

Interested in a career as a zoo keeper?

Are you thinking of a career in working with animals? Come and join us for a day and participate in a range of hands on experiences designed to provide you with an insight into the role of a zoo keeper. This is a great opportunity to discover first-hand the skills and experience recommended to gain a position as a zoo keeper amongst a competitive field of applicants

Ages: Years 7-12 students.

Cost: $105.00; $94.50 zoo members

Bookings: 9285 9406

Healesville Sanctuary’s Vet for a Day program

Splash out with our Keepers this Summer!

Aquatic animals have amazing adaptations. Come and work with our keepers to find out how we care for these amazing creatures including platypus, pelicans and turtles. Go behind-the-scenes to see how we help keep animals cool in summer. Keeper for a Day participants will work with Sanctuary staff, helping our keepers and learning about one of the most rewarding jobs!

Ages: 15-18 years. (Years 9-12).

Cost: $129 (includes morning tea); $116.00 zoo members

Bookings: 9285 9406

www.zoo.org.au/werribee/whats-on/keeper-for-a-day

www.zoo.org.au/healesville/whats-on/healesville-sanctuary-vet-for-a-day
Healesville Sanctuary’s Keeper for a Day program
Interested in becoming a vet?

Our Australian Wildlife Health Centre receives over 1,500 injured and orphaned wild animals each year. Come and work alongside our vets in a unique program on real life cases involving Healesville Sanctuary’s animal collection as well as injured wildlife brought to the hospital. This summer we have a focus on aquatic animals. Learn about how vets care for platypus, turtles and water birds!

Vet for a Day allows participants to work in our vet hospital for the day, helping our vets and learning about one of the most rewarding jobs!

Ages: Years 7-12 students
Cost: $105.00; $94.50 zoo members
Bookings: 9285 9406

www.zoo.org.au/healesville/whats-on/keeper-for-a-day

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

Royal Children’s Hospital Calendar
The Royal Children’s Hospital (RCH) Education Institute supports the teaching and learning needs of children and young people with a chronic illness at The Royal Children’s Hospital.

This year I am pleased to announce the release of the inaugural 2015 Children’s Artwork Calendar and we are inviting your learning community to show your support by displaying and selling our calendar at your school and/or early learning centre.

These beautiful A3 calendars are priced at $24.95 each and net funds raised will support art projects for students of the RCH Education Institute.

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.

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