MESSAGE FROM THE PRINCIPAL

Dear Parents, Guardians and Friends,

Welcome to the 2015 school year. I hope you all had a restful break. The academic year has commenced in a really positive manner and I would like to extend a very warm welcome to our new students and the families who are joining us this year. To our new Year 7 students who commence another chapter in their education, I wish you well for the year ahead.

At the end of last year we said farewell to Ms Pavlidis and Mr Hung Ngo from the Library and Ms McQueen our Food and Textiles and Visual Communication teacher. While we are sad to see them go we wish them well in the development of their career pathway.

Welcome to new staff that have joined the Gilmore team for 2015; we have Ms Garrasi to teach Food and Textiles and Ms Cooper in the library.

2015 Year 12 offers

We had great year 12 results in 2014. Our top ATAR score was 92.5. We had two scores above 90 which is a great testament to the work the students put in. In the first round offers all bar eleven students were provided an offer. I am sure the other students will pick up an offer from the second and third round offers. It is a lengthy process as students defer or accept offers and subsequent offers are made. It is pleasing to see the range of courses that the students have been offered for tertiary placement.

Awards Ceremony

We finished 2014 by acknowledging and celebrating the achievements of many students throughout the year. Our keynote speaker Ms Maureen McKeon provided an inspirational speech about her experiences as a student at Footscray Girls High School – now Gilmore College for Girls.

Our major Award; the Evelyn De Bonnaire Award recipient for 2015 is Tracey Le. The Caltex All Rounder Award went to Amy Nguyen. We congratulate all the Class Dux students.

School Council Elections

Each college has a School Council to work with the leadership team to help shape the future directions of the college. We value your opinion and are continually looking for ways in which to improve the college so we value ideas and input from you, the parents. The process for forming a new College Council needs to be finalized by the end of March so I am seeking interested parents to fill the positions on Council. There are three parent positions that are vacant. The process is that nominations are received, (parents can now self nominate or have someone nominate them). If the number of nominations exceeds the number of positions then an election is held. If you are interested in being on Council please contact myself or Maria Kitanovski to find out more about how Council operates.

Nomination forms are available in the office. Your daughter can collect one and return it to the office.

Year Level Coordinators

Again our Year Level Coordinators are: Junior School Years 7-9 Mr Reilly and Senior School Years 10-12 Ms Voidis. If you have any concerns please contact them. Both coordinators take classes so you may need to leave a message and they will phone you back.

I look forward to a really positive and productive year.

Bette Prange

Principal

EDUCATION QUOTE “Perfection is not attainable, but if we chase perfection we can catch excellence”. Vince Lombardi
JUNIOR SCHOOL NEWS
Welcome back to the Gilmore College for 2015. I hope all members of the Gilmore community had an enjoyable and relaxing break over Christmas and the New Year. I certainly enjoyed my time over the holidays.

As with the start of every year the first school week of 2015 has been extremely busy. The Year 7’s faced the challenge of settling in at secondary school and for the Year 8’s and 9’s there is the importance of starting 2015 with a focus on getting off to a good start.

I have been extremely pleased with the efforts made by both staff and students. The start to the year has been both positive and work centered. Students have been well prepared with appropriate books and equipment. Teachers have been enthusiastic and keen to ensure that students start work from the very first lesson.

As with 2014, a major focus for the year will be on improving literacy and numeracy skills across the Junior School. This focus will see students working on their reading, comprehension and numeracy in a range of classes. Encouraging your daughter to read at home and work on her numeracy skills will support this process.

Across the Junior School each student has a Circles teacher allocated to their form group. The Circles teacher teaches your daughter, marks the daily roll and meets with the class for 12 minutes every day. All parents and guardians should become familiar with their daughter’s Circles teacher’s name and understand that contact between families and Circles teachers is something the school actively encourages.

Forward Notice:
Year 7 Parent Twilight Meeting
Tuesday 17 February. Parents are invited to a BBQ at 5.00 followed by a meeting 6.30-7.30. Your daughter will bring a letter home shortly to explain the proposal for the evening.

Ian Reilly- Junior School Leader

SENIOR SCHOOL NEWS
Welcome back to Term 1 of the academic year. Looking at the calendar just for this term it promises to be very busy with study skills conferences, information nights, swimming carnival, photos and of course the very special 90 year College celebrations. I want to also extend a warm welcome to our new students and their families who have joined us across Year 10, 11 and 12 – we hope that you find Gilmore a rewarding and academically successful experience.

Congratulations again to our Year 12 Graduating class of 2014 with most of the group now on their tertiary pathway.

Commencing yesterday and for the next three days our 2015 Year 12 class is attending a study skills conference at Victoria University. The different workshops and teambuilding activities are all about motivating our students to do their very best this year, to have no regrets and to develop a positive attitude as they prepare for the year ahead.

To provide additional support to our Year 12 students there is a study session available every Thursday until 5.00 p.m. commencing this week in G5. Mr Nucci and I will be in attendance to guide students through note taking and revision.

A very important VCE Information evening is being planned for parents and senior students to attend next Wednesday 11th February and letters will be sent out to families shortly.

Year 10 students are adjusting to being the newbies in the senior part of the school. Immunisation cards were distributed last week and these need to be returned by Friday to their Circles teachers.

Our senior students began the year wearing the correct uniform and this needs to be maintained, setting the standard for the junior students to follow. Summer school dresses are to be worn with white socks and

Year 7s at work

Year 7 students have had a really positive start to the year and are getting to know their teachers and the routine of secondary school.
proper school shoes or there is the pants and shirt option. No variations are acceptable.

I look forward to working closely with all the families of our senior students and the best form of contact is by email voidis.helen.h@edumail.vic.gov.au.

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**Helen Voidis**  
**Senior School Leader**

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**Welcome from the 2015 College Captain**

Welcome back to the Gilmore school community – students, families and staff. We all look forward to a great year full of opportunities and experiences to help shape us into successful young ladies.

As the 2015 School Captain, I would particularly like to extend a very warm welcome to our Year 7 students. This year marks the first step of your high school years. You will face many challenges, but if you aim high and perform to the best of your ability, I can assure you a successful journey right to the finish line at the end of Year 12.

And so this brings me on to my fellow Year 12’s. The time has come for us to take our final steps. This year will be our most stressful, yet most exciting with many special school moments like the formal and our graduation. It is time to say goodbye to our social life and hello to our new best friends: textbooks, summary notes and practice exams. We need to remember to keep our focus on study to be able to create choices for life after secondary school with a good ATAR score.

Gilmore Girls have many events to look forward to this year including the annual athletics and swimming carnivals, multi-cultural day and the 90th anniversary College celebrations.

Finally I would just like to wish everyone the best of luck and don’t forget to make the most of your year.

**Fatma Kassem**  
**College Captain**

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**New staff, member Ms Wendy Cooper**

I am very pleased to be your new Librarian here at Gilmore. In my first few days here everyone has been so friendly and welcoming I feel like one of the family already. Previously I worked at Bayside P-12 College which is a much larger school with three campuses, so I am looking forward to working in a smaller school where I hope to get to know more of you as you visit the library.

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**Education Maintenance Allowance**

The government has ceased the Education Maintenance Allowance and provided the college with some funds. If you hold a current pension/health care card and your daughter is not yet 16, please take your card to the General Office so that we can credit your account.

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**Community Service**

During the last week of school two students worked really hard to bag lollies for the annual Footscray and West Footscray Rotary Yarraville Carols by Candlelight. A very big thank you and well done to Sukran and Daleena. I am sure the children were delighted to receive a lolly bag from Santa on the night.

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**Netbook Program**

A reminder to all students on the Netbook program that students are to bring their netbook to school every day fully charged. New students can access a netbook from the library until a parent meeting occurs and contracts are signed.
Health Chat

Benefits of eating well

We’ve all been told from a young age to eat well. But it’s easy to forget why – and how – to form and maintain a balanced diet. If you need a little help, get pointers on where there’s other useful info.

Why eat well

• Your energy levels will be optimised
• Your strength will increase
• You will look healthier
• Your immune system will be tougher
• You will think more clearly and handle stress better
• Your chances of getting diabetes, cancer and cardiovascular disease will greatly decrease

How to approach eating well

If you want to change your eating habits, you have to have the right attitude. Here are a few tips on how to approach eating well:

• Don’t try and completely change your eating habits right away. Make it a gradual process.
• Start with achievable goals, such as a salad or a piece of fruit per day. Once you get comfortable with that, you can make longer-term goals like having one healthy meal per day.
• Experiment with various healthy foods and see which you like. The world’s greatest chefs know that healthy food does not equal flavourless food.
• Don’t skip meals or pick at food throughout the day, as both lead to overeating. Eat three meals and one or two snacks per day.
• Don’t cut out high-calorie or high-fat foods completely. Just lower the size and frequency of less healthy foods. You’re more likely to stick with eating well if you let yourself eat less healthy foods once in a while.

Need a little help?

There are a thousand reasons why forming or maintaining a healthy diet can seem like too high a mountain to climb. Changing eating patterns is always going to be difficult, so don’t be too hard on yourself.

References and further information:

www.reachout.com.au

Michelle Hynson - Adolescent School Health Promotion Nurse

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

Classes are held between 9.00 am and 12.20 pm and course costs a small annual charge applies: $70.00 in Years 1 to 10 and $85.00 for VCE. For further details please contact the Area Manager on 9689 1166 or visit http://www.vsl.vic.edu.au

WORK EXPERIENCE OPPORTUNITY

Arena is now accepting applications for our 2015 Work Experience Program!

Arena offers a week-long intensive group work experience program for up to 6 secondary students seeking work experience in the theatre industry.

Working in a group, the students will undertake both creative development and marketing and communications projects. For more information and details on how to apply please see the Arena website.

Work Experience will take place between July 6 - 10 2015 at Arena’s studio in North Melbourne.

Applications close February 9

If you know of any students or careers teachers who would be interested please pass this email along.
Altona Magic Soccer Club

Altona Magic Soccer Club is seeking soccer players for our "girls and woman's teams" this coming season 2015, we have positions available for the following age groups.
- Under 7's (5 to 7 yrs)
- Under 8's, 9's, 10's, 11's.
- Juniors 12 to 18's
- Senior Woman's

Training is on Tuesday and Thursday nights 6pm to 7pm.

Venue: Paisley Park Soccer Complex, Cnr Mills street and Ross road, Altona North.
For further enquiries please contact us at altonamagic@hotmail.com or 0411 023 661

Tennis Anyone?

KIDS CLASSES

Smaller courts, lighter racquets and low-compression balls that don't bounce too high make learning tennis fun and easy for primary school-aged children. This means that kids are able to start rallying and having fun right from their first lesson!
Cost: $9.00 a session

CARDIO TENNIS

Free Trial Lesson!
Cost: $12.50 a session.
Free Trial Lesson!

LOCATIONS: Kensington Banks TC Smithfield Rd • North Park TC Flemington Rd
Gladstone Park TC 18 Elmhurst Rd • St Matthews TC 95 William Rd

1300 22 33 86 ACEFUNTEENISSCHOOL.COM