**MESSAGE FROM THE PRINCIPAL**

**Staffing Update**
Last week Ms Burt commenced Long Service Leave and she will be absent through to the end of term. She has been replaced by Ms Philippa McInernery. Bev Hardi has joined the welfare team and will be available for student support and counselling. Bev will also assist with Breakfast Club and Scholarship applications.

**Wynspeak Public Speaking Competition**
Congratulations to our Year 11 student Christine Urayenza who won the first heat for the Public Speaking and is through to the Grand Final. We entered two Year 11 and two Year 8 students this year. The students deliver a 3-minute prepared speech and later deliver a speech without notice on a topic presented on the night.

**Pedestrian Crossing in Barkly Street**
Members from the Traffic Management Division of Maribyrnong Council visited yesterday to look at the crossing and discuss the general safety for both students and members of the public. College Council is very concerned about the number of cars and cyclists who ignore the stop sign and the danger with cars parked illegally and backing onto the crossing to leave.

Could all parents be vigilant when picking up your daughters. To relieve congestion we ask that you consider picking up your daughter at the rear of the college or in the Geelong Road service lane. It goes without saying that the Council Officers will be in attendance more frequently. Council members will be booking people so please make sure you are parking legally and not completing U-turns in Barkly Street.

**Athletics Carnival**
We had a great Athletics Carnival which was well attended by the girls. It was obvious that a lot of the students do not do a lot of exercise as they limped around the school the next day, complaining about their sore legs. Thank you to Ms Dempster and the Pre-service teachers who all worked hard to ensure the day ran smoothly.

**Year 10 and 11 exams.**
We are conducting mid-year exams for the senior school over the next few weeks so students should be busy preparing revision notes and summary sheets. Teachers are preparing their classes for end of year reports so I am sure your daughter will have assignments to complete as part of their homework. Can you support your daughter by checking her diary and helping her organise herself to submit work on the due date please? Establishing good study habits in the junior levels is essential for success in the senior school.

**Student Attendance Requirements**
Parents and students need to be aware that 80% attendance or above is required otherwise an ‘N’ result will be given. This is particularly relevant to VCE students. Students should check their attendance data for each subject.

**Extracurricular opportunities**
Over the past few weeks the students and staff have had a range of activities on offer; this included the Rotunda Performance at the Arts Centre, the Ballet, Aspiration and the Year 8 Conference. Some of these opportunities are open to families so please ask your daughter to let you know if something is on offer.

**IB MYP Personal Project**
Students in Year 9 are starting to learn about the Personal Project they are required to do and present in Year 10. Each student has to think of something they are interested in learning about making or doing. They can learn a skill and or produce an artefact. There is a lot of planning and preparation that scaffolds each student to complete this task. I will be taking the students through this process throughout the remainder of this year.

Bette Prange
Principal

EDUCATION QUOTE: “Failure will never overtake me if my determination to succeed is strong enough.” Og Mandinou
JUNIOR SCHOOL NEWS

Hello all.

Teachers in the junior school are now getting ready to write end of semester reports. They have already notified students of any work outstanding. It is now the student’s responsibility to ensure that the work is completed and submitted for assessment. Parents can assist by asking their daughters whether they are up to date with their studies. Remember to look through your daughter’s diary as it may contain a note listing any overdue work.

With the onset of the cold weather a number of students have been coming to school not wearing the proper school uniform. In particular, a number of girls have not been wearing the school jumper or the school jacket. It is important that students attend school in uniform. The uniform shop is open at the school on Mondays at 10.15am and Wednesdays at 1.00pm.

On the 22nd of May ten Junior School Students will be attending the annual Association of Girls Secondary Schools Year 8 Conference. These great ambassadors are currently putting together a PowerPoint which will showcase our wonderful school to our visitors.

The Junior School was well represented in the Athletics Carnival with participation in events at an all time high. Students competed and fought hard for a place. Fortunately the weather held out and it wasn’t too cold. Congratulations to Banksia who were clearly the best team on the day.

I am in the process of organising a combined Year 7 and 8 camp. Expressions of interest were sent home last week and these should have been returned by now. Organisations require a minimum amount of student participation before a camp can run. I have received positive feedback so and hopefully the camp will go ahead in November. I am looking at Phillip Island as a possible camp site.

Ms Vendetti – Acting Junior School Leader

Reflecting on the last two weeks the highlights have included the high level of participation at the recent whole school athletics carnival. All the senior students are to be commended for their efforts on the day whether it was in dressing up in their house colours, running in the relay or other races, or throwing a shot put or discus.

Ross O’Rouke from the Local Learning and Employment Network (LLEN) has been visiting the school, speaking to the students in each of the MIPS classes drawing their attention and awareness to the LLEN website and the assistance that they can provide ours students in relation to job seeking and resume writing skills.

Last Tuesday 12th May the first of the four Aspirations workshops took place at the offices of Price Waterhouse Coopers. The students listened to the career journeys of their mentors and took part in a range of team building activities exploring their employability skills and working together to create a model under time constraints.

The planning for the Year 10 All Girls’ State School Conference has also begun with our two organisers Yelena Grigorivitch and Macey El Hawli attending regular meetings with the leaders from other school to organise what promises to be a very interesting day. We also congratulate two of our Year 11 students Lengjie Cuanan and Faiso Mohamed who have been chosen to attend the Model United Nation Assembly next week through sponsorship of the West Footscray Rotary. They are busy preparing their United Nations speeches and will be great College ambassadors for this event.

This week Year 12 students commence their preparation for the GAT and other subject exams in their MIPS classes. They will attempt some of the essay and the multiple choice questions to familiarise themselves with the GAT exam format.

All the senior students should have received their interim reports. If there are any issues or concerns please do not hesitate to contact me via email voidis.helen.h@edumail.vic.gov.au or on 9689 4788 to make an appointment.

Helen Voidis                              Senior School Leader

SRC Report
Congratulations to all students and staff who supported the SRC bake sale held on Friday 8th of May. The SRC successfully raised $330.00 to help support victims of the Nepal Earthquake tragedy. The SRC did a fantastic job getting the sale off the ground with many of our reps showing enormous baking skill. The contributions were all delicious, the Nutella cupcakes and milkshakes were a huge hit. Thank you all for your support.

Ms Tait
Rotunda – New Zealand Dance Company

Many Gilmore families were lucky enough to see the New Zealand Dance Company’s performance of ‘Rotunda’ at the Melbourne Arts Centre last week. Tickets were sponsored through the Arts Centre’s First Call Fund who generously provide tickets for our students and their families.

Year 7 students visit the Ballet

Our year 7 students visited Hamer Hall last week to view a series of performance from final year ballet students from the Australian Ballet School. The performances were beautiful and the tutus a real delight!

2015 Athletics Carnival

All students were bussed to the Aberfeldie Athletics track for a great day of events. Ms Dempster and Ms Baker were instrumental in putting together the list of track and field events for the day and making sure students competed in their age appropriate event. The Victoria University pre-service teachers were terrific in coordinating many events and assisting staff.

The program of track and field events was followed by a range of novelty events; all of which allowed students to gain points for their House. On the day Banksia was the overall winner.
Health Chat

Beating exam stress:

Exams are pretty much always stressful. You can manage stress by planning well, and having realistic expectations. If there’s stuff you’re not strong on, there will be others in the class, and the teacher who can help you. You can also manage stress by staying healthy.

Exams are a hassle:
We’re saying it because it’s true. No one likes doing them, and cramming information into your brain over a short period of time is stressful. A bit of stress can get you going, but too much can make you exhausted, angry and annoyed.

Managing stress:
You’ll be less stressed if you’ve got an idea of how the lead-up to your exams is going to look, so plan what you’re going to study and when, and stick it up on the wall, or on your desktop. Break it down into manageable chunks and start working through it at the rate you planned. It’s probably more boring at the start, but it’s far less stressful. Plan some break times and days off too!

Take the pressure off:
Aside from preparing, you can also deal with pressure and expectation by realistically assessing how you think you’ll go, and working to do the best you can. If other people’s expectations are pressuring you, talk to them and try to get them to back off. If you’re putting too much pressure on yourself, try to realise failure isn’t fatal it’s likely that the worst that can happen is that you take it again, with a massive head-start from the work you’ve already done.

Do it together:
There are other people studying for the same exam, and they probably don’t like having to lock themselves away to study any more than you do. Get together and with them and take the books outside from time to time. If you’re not as strong in certain areas, it could help to talk to other students as well. If you are good at it, share the brain-wealth.

If you need help, get it:
It’s your teacher, lecturer or tutors job to help you understand the subject, so if you’re not understanding stuff, tell them and they’ll help. If your study load or exams are driving you mad, there are counsellors who are there to help with that as well.

References and further information:
www.reachout.com.au
**Year 11 MIPS**

The past two weeks in Year 11 MIPS has been a busy time with two different guest speakers coming to Gilmore College to present.

On Monday 4th May we had Lyndall from cohealth speak to the girls about healthy eating. Lyndall gave a very comprehensive and interesting presentation covering the different food groups including grain foods, vegetables, fruit, milk, yoghurt, cheese, lean meats, poultry and fish as well as ensuring that we all drink enough water. Lyndall’s presentation was based around the Australian Guide to Healthy Eating (www.eatforhealth.gov.au). Lyndall also provided information about the importance of good nutrition in relation to being physically active as well as maintaining good levels of energy throughout the day at school to allow for good concentration—especially during VCE!

On Monday 11th May we had Andrea from Headspace Sunshine speak to the girls about mental wellbeing. Andrea’s presentation included informing the girls about the range of services offered at Headspace Sunshine; what constitutes good mental health, knowing where to seek help when it is needed as well as tips and tricks on how to look after yourself—especially important with exams and SACS occurring now.

Michelle Hynson - Adolescent School Health Promotion Nurse

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**Young Award Leaders**

Last Thursday three year 10 students attended the Young Award Leader workshop in Collingwood with staff from the Duke of Edinburgh office and students from schools participating in various levels of the Award—Bronze, Silver and Gold. One of the aims of the day was to encourage the participants to help lead The Duke of Edinburgh Award in their schools.

Tahlia, Karabo and Zahraa learned more about the history and aims of the Duke of Edinburgh Award and the esteem it is held in by employers world-wide, as well as the opportunities the Award can offer. All levels of the Award are available to young people up to the age of twenty-five.

Implementation of the Award at different schools was discussed as well as plans for celebrating Dukes Week later in the year.

A new initiative was also discussed—the Getting Down to Business program which has been sponsored by business and is open to students who are 18 or turn 18 in 2015. It is a 12 month program for young entrepreneurs and innovators.

As the Award Coordinator at Gilmore I am looking forward to working with these three girls to facilitate the Award at Gilmore.

Olga Mueller

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**Careers News - May**

RMIT offers a number of events designed to give students in Years 10 to 12 an insight into life on campus. During the school holidays, students engage in hands on workshops and explore different aspects of art, design, science, community studies and engineering. Registrations are now open.

Below is a list of all Experience Days:

- **Monday 29 June**
  - Business
  - Engineering (City)

- **Tuesday 30 June**
  - Health and Medical Sciences (Bundoora)

- **Wednesday 1 July**
  - Justice and Legal
  - Music, Sound and Live Production
  - Science

- **Thursday 2 July**
  - Advertising, Marketing and Public Relations
  - Engineering (Bundoora)
  - Sustainability

- **Friday 3 July**
  - Art and Design
  - Project Management
Further Info and to register please visit www.rmit.edu.au/experiencedays

**RMIT SNAP: Maths and Statistics Master Class**

RMIT SNAP team

**Saturday, 24 May 2014 from 11:00 AM to 1:00 PM (AEST) Melbourne, VIC**

There are also revision lectures in English, Maths Methods and Chemistry but these are booked out. You can, however, go online to put yourself on a waiting list.

**Undergraduate Medicine and Health Sciences Admissions Test (UMAT)**

UMAT is a compulsory test that is used specifically to assist with the selection of students into medicine, dentistry and health science degree programs at undergraduate level. UMAT is held once a year usually on the last Wednesday of July. Students can repeat the UMAT if they were unsuccessful the year before.

- UMAT 2015 will be held on the **29th of July 2015**. Registration deadline is 5th of June 2015, 5pm AEST. Late registrations will be accepted until 5.00pm AEST 19 June 2015, however $65 penalty fee on top of the registration fee applies.

- Students can register for the UMAT only via the ACER website. [http://umat.acer.edu.au/about-umat](http://umat.acer.edu.au/about-umat)

**Coming soon …**

Victoria University’s **Work Experience of a Lifetime** program gives Year 10 and 11 students the chance to win an unforgettable work experience placement at one of Australia’s top companies.

This exclusive access to an exciting company that matches their study interests could powerfully shape their future career and help them build industry networks.

Last year was a huge success, with the winning students gaining hands-on experience with leading companies such as Leo Burnett, The Just Group, Nova, Honda and The Mushroom Group. The companies participating this year will be announced shortly.

The competition is open to all Victorian Year 10 and 11 students and further information will be available as it comes to hand.

**Melbourne Careers Expo**

The Melbourne Career Expo encompasses all career opportunities from employment to education and training in the trades, corporate and professional sectors.

With over 20,000 attendees including jobseekers, apprentices, students and Graduates, this is a fantastic opportunity for VCE students to investigate their future career pathways.

It exhibits a vast array of career advice, employment opportunities, large University and training representation, and a ‘hands on’ Skills Industry Hub.

Now in its 14th consecutive year, the event will be held at the Melbourne Exhibition Centre on Friday 24 July to Sunday 26 July 2015.

See the website for further information:


If you have any questions please see Ms Mueller.

**Important – Are you wasting a Spare Room?**

**Seeking Accommodation for International Students.**

We have a number of students from China who are seeking accommodation from next term while they study at the College.

Homestay is full board accommodation for which a student pays $250 - $300 per week. It includes providing a room, study facilities, meals and a family life.

The benefits to a family include cultural exchange and new experiences, fulfilment in helping young people and the opportunity to develop ongoing, lifetime relationships. It can also give parents the opportunity to stay involved with the college after their own children have graduated.

If you would like to host a student or just obtain more information about homestay, please contact the college.

Mr Walker - International Student Coordinator (ISC) Gilmore College for Girls