MESSAGE FROM THE PRINCIPAL

We are excited to announce that we are participating in Principal for a Day next month and have Donna de Zwart as our guest Principal. Donna is the CEO of Fitted for Life which is an organization that supports women experiencing disadvantage to get work and keep it. “We do this by providing a free personal outfitting and interview service at our boutiques located in Melbourne and Parramatta, and through our mentoring and transition to work programs operating in Melbourne and Parramatta Since 2005, Fitted for Work has transformed the lives of more than 20,000 women.”

International Baccalaureate Learner Profile
The focus for this newsletter is: Open-minded
Students understand and appreciate their own cultures and personal histories, and are open to the perspectives, values and traditions of other individuals and communities. They are accustomed to seeking and evaluating a range of points of view, and are willing to grow from experience. (IB Learner Profile).

Students examine ways in which they show they are open-minded. They learn to define what being open-minded means and how to reflect that in their day to day learning. Having the ability to be open-minded is an excellent trait to take into the workforce and into their adult lives.

IB MYP Parent Information Meetings
We have staff from International Baccalaureate visiting in the first week of September to work through the accreditation process. I would like any parent who can be involved in a meeting to contact me please. We need parent representation to gain accreditation.

Year 10 Course Counselling and Student Subject Selections
Students from Year 10 are currently in the process of making subject selections for 2016. A parent meeting was held last week. Years 10 MIPs teachers, along with Ms Mueller have led the students through a process of identifying relevant occupations and courses for each student.

Annual All Girls Government Schools Conference
The Planning group put together an inspirational conference that was enjoyed by all our participants. Thank you to Sweeney Real Estate for the loan of their six seater van.

Evelyn De Bonnaire Scholarship
I was delighted to attend the Zonta meeting last week with Tracey Le – 2015 recipient of the Evelyn De Bonnaire award; and her family. Tracey made a presentation to the club and thanked them for their generous support.

Parent Opinion Survey
Thank you to those parents who have provided feedback to the Department of Education and Training through your survey response. The Department will analyse the data and return a report to us.

Prize draw of 2 movie passes will be drawn. Please return your survey by the end of the week to be in the prize draw.

Early Finish for students
On Tuesday 15 September and Wednesday 16 September students will be dismissed at 1.02. On Tuesday the staff will undertake anaphylaxis training and on Wednesday it is Parent Teacher Interviews. Please keep the date free.

Friday 18 September is the last day of term and students will be dismissed at 1.42.

Bette Prange
Principal
EDUCATION QUOTE: “Success is not final, failure is not fatal: it is the courage to continue that counts.”
Winston Churchill
**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.

Last week saw students involved in a range of different activities across the Junior School. On Wednesday the Year 7 and 8 students were entertained with a presentation from the Brothers and Sisters. This highlighted the need to value friendships and the community we live in. On the same day 9A were on an excursion to Victoria University in Werribee. This week will see the Year 8’s and 9’s going to a production of Romeo and Juliet.

With parent/teacher interviews on the 16th of September students in the Junior School have four weeks to make sure they are up to date with all their work.

Mr Reilly  
**Junior School Leader**

**SENIOR SCHOOL NEWS**

The weeks are flying by this term and we are now up to Week 6 of a ten week term. This means Year 12 students have only eight weeks of the academic year left before it is time to prepare for those end of year exams. If students miss a SAC due to illness then a medical certificate must be produced for them to re-sit which occurs on a nominated Saturday morning. Since we are at the half-way mark of the term Year 12 students who are at risk will have parental interviews with Ms Prange and myself this week.

The Year 12 students are also busy completing their online VTAC applications and a parent information session was held last Thursday 13th August to explain this process. Ms Mueller went through key information about the tertiary course selection process for next year and key dates were distributed to those who attended. Support continues to be provided to our Year 12 students during their timetabled MIPS classes to complete their VTAC applications, on a Monday as well as during some lunchtimes and study periods.

The Year 11 students have had guest speakers and incursions over the last two weeks during their MIPS classes. A group of 11 students have also attended the first of three focus leadership training sessions through ABCN at Price Waterhouse Coopers located at Southbank.

Year 10 students and their families attended their VCE Information Night last Wednesday 12th August. It was very well attended by families and students can now download the Senior School handbook through GILNET. Ms Prange and Ms Mueller will be interviewing each student about their VCE subject choices and potential courses. Parents/guardians are very welcome to make an appointment to be part of this discussion by contacting the front office and speaking to either Ms Prange or Ms Mueller.

Finally a number of our senior students have applied for a range of extra curricula activities and we wish them well in their endeavours. Firstly Shona Mercaldi is competing in the Lions Youth of the Year having to prepare a speech and answer impromptu questions as part of this prestigious competition. We also have a number of Year 12 students who have submitted their ideas if they were governor general for a week, to be able to attend a forthcoming presentation by the former Governor General of Australia Quentin Bryce at Victoria University Law Campus in the city.

If you have any issues or concerns please do not hesitate to contact me through email

**voidis.helen.h@edumail.vic.gov.au**

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

**Year 11 MIPS Update - Ambulance Victoria visit**

Do you know how to act in an emergency? Could you give life-saving CPR? Do you know the best ways to keep you and your friends safe?

Our year 11 MIPS students can now answer “Yes!” to all of these questions following an engaging presentation from Ambulance Victoria this week. During this presentation students were given tips on ringing triple zero as well as practical instruction on performing CPR. It was an engaging, hands-on presentation and a really timely reminder about how to stay safe and look after each other.
Ms Stockdale

**Anti Bullying Performance.**

Last week the Year 7s were able to participate in a performance focused on anti-bullying. Using performance as a way to involve the students and increase their understanding sends a powerful message about what constitutes bullying and how everyone has a responsibility to behave in an inclusive manner.
As part of their IB studies in Language Acquisition our EAL students have been studying Australian Animals. In researching these animals we planned a trip to the Royal Melbourne Zoo at Parkville where much was learnt and many, many photos were taken. Here are our student’s reflections on their day….

Baritu Ali

Our class went to the Royal Melbourne Zoo. We went there to investigate our animals. My animal was the Little Penguin. I noticed that there aren’t many Little Penguins in the zoo. My favorite enclosure was the butterflies because they were sitting on my hand and my friends took pictures of me holding the butterflies. I had a great time at the zoo.

Ngan Nuyen

Our EAL class went to the Royal Melbourne Zoo. We were looking at Australian animals. I was researching a koala. I noticed that the koala was sleeping and didn’t wake up. I learnt that the koala sleeps for 20 hours a day!
Another thing that was fun was when I saw a wombat rolling in his burrow, it was very cute. My favorite animal was the koala.

Got Kaew Ard

Our EAL class went to the Royal Melbourne Zoo on the 10th of August 2015. We were looking at Australian Animals. I was researching the emu, the second largest bird in the world. I noticed that an emu has very long legs and their body looks like a small cushion. They also have a big, long neck. Another thing that was fun were the fish. They were very colorful and beautiful. I like the creatures under the sea as well as the bugs and butterflies. When they fly over my hand and around me I feel like I am in a dream.

TinTilia Iang

Our EAL class went to the Royal Melbourne Zoo. We were looking at Australian animals. We saw a lot of animals. I was researching a wombat. At first I didn’t see a wombat and we walked around looking at animals step by step. Finally I saw a wombat. It was sleeping in its burrow. The wombat was beautiful and it was a nice color. Another thing that was fun was walking around looking at animals because I like walking. My favorite animals were the butterflies. They are so beautiful and had different colors. They are very lovely and I took a picture of them. I learnt what animals look like, what they eat and where they live. I learnt a lot of things about animals. I really enjoyed the zoo.

Ms Stockdale

Careers Chat

Attention current year 9 students:

Work Experience 2016

Work Experience dates for 2016:

20/6/16-24/6/16

It is time to think about placements for next year. If you are thinking about a specific field of work then you need to start making plans now! Positions in the Police Force, Hospitals, Research Labs and other highly sought after placements need to be put into
motion now. Many students will be undertaking work experience at the same time as you, so there will be some competition out there. Start planning now.

This notice arrived this week…if you are interested please see me.

**Victoria Police Mounted Branch Work Experience information sheet**

If you are interested in a work experience placement at the Victoria Police Mounted Branch, be prepared for a week of early mornings and hard work. However you will find it a rewarding and enjoyable experience.

**Location:**

515 Mickleham Road, Attwood VIC 3049.

**Hours of Duty:**

You will work an 8 hour day. During the shift you will be allowed a lunch break and a break for morning tea. The work experience guidelines recommend that you commence your shift at 8.00 am, however we prefer you to start earlier, at 7.30 am. This is because our many of our Mounted Branch members start their day at 7.00 am, when most of the stable work gets done and we welcome assistance from students!

**What you will need:**

- Sensible footwear, eg. Blundstone boots or similar to protect your feet,
- Sensible, comfortable clothing for mucking out stables. Overalls will be provided but you will still get dirty! Stable gloves are also available,
- Lunch – there is a kitchen available for use. A café is within walking distance if required. Tea / coffee / hot chocolate / milk and water are provided,
- Long hair is required to be tied back, for safety reasons,
- Other than a watch, no jewellery is to be worn; and
- Mobile phones are not to be used whilst on work experience.

**At no time during your placement will students be permitted to ride Police troop horses.**

Ms Leanne Goyne, Work Experience Coordinator

Students in Years 10, 11 and 12 are at this time of the year considering their options for 2016. All students are encouraged to attend Open Days at tertiary institutions, find as much information as they can about careers and courses and discuss career options with parents. For those who need further assistance they are welcome to arrange an appointment with me. At Gilmore we had two information nights last week – one for Year 10 students and parents and one for year 12 students and parents. Year 10 students will be entering the final years of secondary education and enrolling in the Victorian Certificate of Education. Year 12 students are making applications to VTAC (the Victorian Tertiary Admissions Centre) for tertiary positions in 2016.

**Sports Programs at Victoria University**

It is about this time of year when year 12 students will be looking at their options for next year. For those who are not particularly inclined to start a degree straight away, Victoria University has pathway options for those interested in sport, fitness and massage and in particular, in its second year, their sport academies. The Sport Academies are full fee courses and fees can be deferred via VET Fee help.

Interested students should attend the **Open Day 23rd August 10am-3pm** [http://www.vu.edu.au/open-day-2015/](http://www.vu.edu.au/open-day-2015/) or contact Koya Marney Manager Sport, Fitness and Massage Programs directly.

Phone +61 3 9919 5587 Email [koya.marney@vu.edu.au](mailto:koya.marney@vu.edu.au)

**SIS50612 Diploma of Sport Development:**

The Diploma of Sport Development also includes the newly formed VU Sport Academies – current sports are Basketball, Soccer and most recently Golf. It is intended that Tennis and Netball will also be included in 2016. Here students spend 8-10 hours/week training, being coached by elite level coaches as well as receiving an education.


SIS50213 Diploma of Fitness;
(Students must enrol in the Certificate III and IV in Fitness first, if they do not already hold these qualifications)

HLT40312 Cert IV Massage:

Upon successful completion students are guaranteed a pathway into most Higher Education programs, in particular and with credits into bachelor programs within the College of Sport & Exercise Science.

If you have any questions please see Ms Mueller.

Is your child in year 10 and better suited to a hands on approach to learning?

Apply for a $25,000 scholarship for your child if they are planning to study VCAL in Years 11 and 12 as part of the 2015 Lynne Kosky Memorial VCAL Scholarships.

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.

What to do if 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. To get that push, see the Maintaining Regular Exercise fact sheet on ReachOut.com

References and further information:
www.reachout.com.au

Michelle Hynson –
**Adolescent School Health Promotion Nurse**
**Monday and Tuesday**

**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

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**Altona North Primary School Reunion**

**An AFTERNOON TEA will be held in the ANPS School Hall.**

Cresser Street, Altona North  
**Sunday 23rd August 2015**  
1.30pm to 4.30 pm  
Fingerfood and beverages supplied. Please come along. Register and RSVP by Friday 7th August 2015.  
Phone 9391 4233 or email

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**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 2016, 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 29 October 2015.
APS Careers in Psychology Seminar
Date: Saturday 12th September
Time: 1pm – 4 pm
Venue: Lecture Theatre 3, Building B, Level 1, Room 77
Deakin University
221 Burwood Highway
Burwood, Victoria
Cost: Free
Contact email: melbapssstduents@gmail.com