MESSAGE FROM THE PRINCIPAL

After four years of planning and hard work we have our International Baccalaureate visitors attend this week to measure our progress in our IB Middle Years Program journey. We see this as an opportunity to receive feedback on the work we have done to make Gilmore College for Girls part of the world community of IB schools.

International Baccalaureate Learner Profile

The focus for this newsletter is: **Principled**

*Students act with integrity and honesty, with a strong sense of fairness, justice and respect for the dignity of the individual, groups and communities. They take responsibility for their own actions and the consequences that accompany them. (IB Learner Profile)*

Students firstly gain an understanding of what it means to be principled and how they could demonstrate that in their day to day behaviors. They learn to recognise when members of the public demonstrate principled behavior and decision making. They then reflect that in their day to day learning and endeavor to act with integrity at all times. A big part of learning how to be principled involves taking responsibility for their individual decision making and actions.

Education Support Staff Week

Recently we acknowledged the hard work all our support staff do in supporting the smooth running of the school and assisting the teachers and students.

During the week the staff provided a morning tea to thank the support staff for their hard work during the year and later in the week they all went out to lunch together.

On behalf of the teachers, students and parent I thank the ESS members of staff for their commitment to Gilmore College for Girls.

**NAPLAN results**

Last week we received the results of the Year 7 and 9 NAPLAN tests. Each student has had a conversation with one of their teachers to examine their performance under test conditions. In this conference a focus was agreed upon to continue learning improvement in that area. For example some students need to continue to do their 20 minutes of reading each night, some others need to work on spelling or their numeracy tasks. The class teachers use the results to inform their class planning.

Each family will receive their daughter’s individual performance sheet along with an information sheet in the mail.

**Out and About**

I have attended some very interesting events over the past fortnight. I attended the Launch of the Centenary Year for the Footscray Technical Institute which is now part of Victoria University. They will have a year of celebratory events. Victoria University is proud of the role they have played in the local community over the past 100 years and in 2016 will have the focus Centenary of Opportunity.

This week I attended the Western Melbourne Children and Youth Area Partnership Forum. This forum brings together a range of local community organisations who are working together to improve the outcomes for young people.

**Parent Opinion Survey**

Prize draw of 2 movie pass has been won by Tim Thlia Lang of 9B. Thank you to all those parents who completed the survey. We will be provided with the survey results during term 4.

**Cancellation**

The Zonta function advertised in the previous newsletter with Margaret Haggart has been postponed. Sorry if that has caused an inconvenience.

**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 accident. It is hard work, perseverance, learning studying, sacrifice and most of all love what you are doing.” Pele.
JUNIOR SCHOOL NEWS

The last week has been an extremely busy one for both staff and students in Junior School. Teachers have been busy writing interim reports in preparation for the parent/teacher interviews on Wednesday the 16th of September. As a result students have been working to complete their work to ensure a positive outcome on report night. It is important that parents of Junior School students make appointments to see their daughter’s teachers. Student achievement is dependent on a partnership between parents, teachers and students and it is important that parents are fully informed regarding their daughter’s progress at school.

Student reports will not be mailed home. To book an interview with your daughter’s teachers, parents will have to go to http://www.schoolinterviews.com.au/ and enter the school code.

This week is Literacy Week. A range of literacy activities will be held across the week starting with a spelling B for the Year 7’s and 8’s.

With the warmer weather upon us – a reminder that students are expected to wear their winter uniform until the end of the term. Students are expected to be in summer uniform at the start of term four.

Helen Voidis  Senior School Leader

SENIOR SCHOOL NEWS

The weeks are flying as we head to the end of Term 3.

Looking back it has been a mammoth two weeks with senior students attending a range of excursions and workshops to enhance their learning in and out of the classroom. The Year 10 students attended to English excursions – they went to see the Bell Shakespeare Company present Romeo and Juliet and also attended the Melbourne Writer’s Festival School Program.

Year 11 students attended the second of their Focus Leadership workshops and have one more this week further developing their communication and leadership skills as well as their self-esteem. Shona Mercaldi of Year 11 represented the College in the Lions Youth of the Year on Monday 24th August which involved public speaking, impromptu questions and an interview. We congratulate Shona for her efforts, representing the College in this prestigious event.

Year 12 students attended a performance and workshop for their play ‘No Sugar’ giving them an opportunity to further explore the themes in the book as they begin their preparations for the English exam.

In the mix of the last two weeks we also had a number of our senior students participate in the Division Athletics and congratulate Mariama Brima and Fatima Kassem for their efforts in winning their events and progressing to the next round.

Looking forward we have a very busy three weeks to go. Year 12 students are completing their final formal assessment tasks. Year 12 students are also looking forward to their Formal which is now less than two weeks away – photos of this special event to come in the next newsletter.

We are currently writing interim reports and a reminder that all parents/guardians should attend parent/teacher interviews on Wednesday 16th September to gain an update on their daughter’s current progress.

There are a variety of extra-curricula activities that our senior girls can enjoy during lunchtime like scrabble club, year book club, rehearsals for the Gilmore Revue to be staged early next term, SRC, sport etc. We also look forward to the fundraising disco to be held in the last week of term.

Finally another reminder that I can be contacted by email on voidis.helen.h@edumail.vic.gov.au if parents/guardians need to discuss anything to do with the senior school.

Mr Reilly  Junior School Leader

Bell Shakespeare ‘Romeo and Juliet’

All year 8, 9 &10 students had the opportunity to see Bell Shakespeare’s Romeo and Juliet last week. It was a great performance and beautifully complemented the students’ drama and English studies. Below is one year 9 student, Maryan Iman Mohamud’s impression of the event. Many thanks to the Arts Centre and the First Call Fund for providing free tickets for our students.

Romeo and Juliet, Bell Shakespeare

The Arts Centre hosted a remarkable remake of the famous tale of ‘Romeo and Juliet’. The actors did a wonderful job, the stage design was simple, yet ingenious. It was inventive and gave the audience the opportunity to visualize and imagine what was happening. It was a great afternoon and I definitely recommend you see the show for yourself.

Ms Stockdale
All Girls Government Schools Annual Conference
This year the Conference was hosted by PascoeVale Girls school. The Organising Committee was made up of representatives from each of the seven schools. As a committee we had to plan and organise a program based around our theme of ‘Empowering Women’. We came up with a logo and printed it on T-shirts which were worn by committee members.
To start off our day we were lucky enough to have Jess Fraser, as our main guest speaker. Jess is the founder and driving force behind Australian Girls in Gi. This is a community based organisation that supports female grapplers. Jess’s speech was very inspirational and interactive. She was able to demonstrate her skill in Jiu Jitsu, and showed us how we can use it in our everyday life to defend ourselves and keep safe.
After the speech we participated in a yoga class and a Jiu Jitsu class to encourage us to take up self-defense and the other session was to look at relaxation strategies. We ended the day by having lunch and watching short videos about breaking the stereotypes imposed on women.
Overall, the whole experience was enjoyable and empowering. The event that we organised was a success and many strong friendships were formed with the girls from other schools. We would like to thank Mr McOmish and Ms Prange for their support and time.
Macy and Yelena

Chemist for a Day Year 9
Students enjoyed a range of interesting activities at the recent excursions to Victoria University at Werribee. Presenter and top scientist, Ray Horsley guided the girls through seven practical activities which ranged from removing oil from seabird feathers to making esters and measuring electricity from chemical reactions. Two and a half hours flew by with everyone busily experimenting, taking measurements and observing new science ideas and concepts.

“The most interesting thing about the excursion was the experiment we did called the ‘Clock Reaction’ – it was really fun! I also liked being in the University campus.”
- Got, Pam, and Maryan (9A)

Mr Walker (Science Teacher)

Excursion to Lygon Street
On Tuesday 24th August, the Year 8 Italian classes, accompanied by Ms Rendina, Ms Rischitelli and Ms Ciabatti, went on an excursion to Lygon Street to learn about the contribution of the Italian migrants to the cultural makeup of Australia, and Melbourne in particular. We first went on a walk to discover Carlton’s main places of interest, such as D.O.C. and Lygon Food Store, where students learned about typical Italian food products; Brunetti, where they were able to see the Italian way of having coffee (standing at the banco) and to order cakes in Italian. Before visiting the Museo Italiano, we had pizza and gelato at Notturno.

At the Museo Italiano students learned about the history of Italian migration to Australia, which started during the Gold Rush, culminated in the 50s and 60s following
World War II and continues today. Our tour guide explained how pasta and pizza were looked at suspiciously at the beginning of Italian immigration and that it took a few decades for the Italians to be accepted and eventually admired by other Australians.

The students also saw that Italian culture and language are well alive and widely spoken, indeed, according to the Australian Bureau of Statistics ([ABS] 2006), Italian is the second most widely-spoken language in Australia, with 316,900 people speaking Italian at home.

They all demonstrated a very good level of understanding and showed interest in learning more about Italians in Australia. They can easily relate to cultural and linguistic diversity and thought the excursion was an exciting trip to a mini-Italy!
The students from 8B have been participating in a community project in collaboration with WestCASA Footscray. The yarn-bombing project was set in motion to educate and raise awareness of domestic violence and sexual assault. Our students have been going to WestCASA to knit and crochet pieces which will be joined together and then used to yarn-bomb trees in the Footscray Mall area. Keep your eyes open for their works of art.

Ms Rischitelli
 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, 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.

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

Self-talk – having good thoughts

Self-talk can have a really great impact on your self-esteem and confidence. There is positive and negative self-talk and they both have an impact on how you feel. Positive self-talk tends to make you feel good, whereas negative self-talk often makes you feel pretty crap. There are a few ways you can develop better self-talk including just listening to what you’re saying to yourself each day. It’s worth practicing self-talk as feeling good about yourself is worth the effort.

Even though you might not know it, you’re already practicing self-talk. Self-talk is basically your inner voice, the voice in your mind which says things that you don’t necessarily say out loud. Often self-talk happens without you even realising it and can be a subtle running commentary going on in the background of your mind. But what you say in your mind can determine a lot of how you feel about who you are.

So what is positive and negative self-talk?

Positive self-talk is the stuff that makes you feel good about yourself and the things that are going on in your life. It is like having an optimistic voice in your head that always looks on the bright side. Example – “These clothes look pretty awesome on me”, “I can totally make it through this exam”, “I don’t feel great right now but things could be worse!”

Negative self-talk is the stuff that makes you feel pretty crappy about yourself and things that are going on. It can put a downer on anything, whether it is good or bad.

Example – “I look stupid in these clothes”, “everyone thinks I’m an idiot”, “everything is crap and nothing is going to get better”

Negative self-talk is particularly bad as it brings you down all the time. It can impact on recovery from mental health difficulties and tends to make people pretty miserable. But being positive all the time isn’t achievable either, and isn’t helpful all the time. So how can you make your self-talk work for you?

Better self-talk

There are 3 things you can do that can help with changing the direction of your self-talk.

1. Listen to what you’re saying to yourself – we don’t always consciously take note of that we’re saying in our minds. The first step in improving your self-talk is to actually notice what your inner voice is saying. Take some time each day to listen, and even write down, what you’re thinking.

2. Monitor your self-talk – Is your self-talk more positive or negative? Start questioning your self-talk asking things like:
   › Is there actual evidence for what I’m thinking?
   › What would I say if a friend were in a similar situation?
   › Is there a more positive way of looking at this?
   › Am I keeping everything in perspective?
   › Can I do anything to change what I’m feeling bad about?

3. Change your self-talk – Easier said than done, but definitely worth working on. Try by countering your negative thoughts with positive ones. For example, if you think “I’ll never be able to do this”, ask yourself “is there anything I can do that will help me be able to do this?” Avoid speaking in finite language and try and look for things that might add a better spin to a tough situation.

Why should I practice?

The more you work on improving your self-talk the better you will get. It’s kind of like practicing an instrument or going to sports training, it won’t be easy to start with but will get better with time. It might not seem like much but self-talk is a really important part of our self-esteem and confidence. By working on getting more positive self-talk, you’re more likely to get things done and feel more in control of stuff that’s going on in your life.

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

Michelle Hynson –
Adolescent School Health Promotion Nurse
Monday and Tuesday
Literacy Week and Book Week
This week we celebrate Literacy Week with a range of activities at lunchtime. The week commenced with a Spelling Bee hotly contested by the Year 7 students. Today it will be a Poetry Writing Workshop and tomorrow Dress as a Book Character.

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

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.