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: Risk-takers
Students approach unfamiliar situation and uncertainty with courage and forethought, and have the independence of spirit to explore new roles, ideas and strategies they are brave and articulate in defending their beliefs. (IB Learner Profile)

Students firstly gain an understanding of what it means to be a risk taker with their learning that might mean attempting to answer a question volunteering for something they might not know about or offering to give the first presentation. They then reflect on how they felt and think about going outside their comfort zone more often and to challenge themselves with their learning, not to do the easy things.

International Baccalaureate visit
We had the International Baccalaureate accreditors attend the college for two and a half days to look through our unit plans and our processes. They were very thorough, looking at our documentation, speaking with the staff, students, parents and the College Council. I was really pleased with the group of students who met with the accreditors and with the two students who took our visitors on a school tour. The Accreditors said there was a ‘lovely feel’ to the school and they did say they were impressed with the students they spoke with.

We should know the outcome of the accreditation early November.

Principal for a Day
We were delighted to welcome Doona de Zwart as our Principal for a day on 8th September. She was so inspiring and really reinforced the message to the girls that they need financial security in life and the best way to achieve this is through education.

Geelong Road Speed Restrictions
On Monday 7 September both Mr Nucci and I joined with Marsha Thomson MP, Mr Fox and a small group of students from Footscray Primary School for a photo shoot to announce the 40 km speed restriction to be introduced across Geelong Road. Vic Roads has been back in contact since to say the light sequence has been adjusted already to allow for more time to cross Geelong road.

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

I hope you all have a relaxing break and a safe holiday. For our Year 12 students enjoy this last holiday period and use the time well to prepare for the exams. We look forward to a positive and productive Term 4.

Bette Prange

EDUCATION QUOTE: “I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.” Jimmy Dean
JUNIOR SCHOOL NEWS
With third term nearly over I think, from a Coordinator’s point of view it has been a very positive term. Students have been extremely responsible regarding the way they have approached their learning and the general level of respect students have shown for their teachers and classmates.

On Thursday last week we had a school assembly to acknowledge the excellent work of both Junior and Senior School students. Congratulations to Chloe Yang and Nicki Patsolaridis for winning the most improved student awards. Similarly, Ashley Monaghan, Catherine Ngo and Seibelline Makae are to be congratulated for winning the academic achievement awards.

It has been pleasing to see the various groups of Year 8 students conduct their business as part of the $20 Boss program they are working on at the moment.

With the warmer weather obviously on the way, uniform will change over with the start of term four. It is expected that students will start to wear their summer uniform from Monday the 5th of October. There is a two week change over period, but all students need to be in summer uniform by 19th October.

I hope students, parents and teachers enjoy the upcoming term break and we all return safe and refreshed for term four.

Mr Reilly                              Junior School Leader

SENIOR SCHOOL NEWS
The end of Term 3 is fast approaching with only a few days to go.

Just a reminder that we do have parent/teacher interviews on Wednesday 16th September commencing at 2.00 p.m. It is important for parents/guardians to make appointments and take this opportunity to speak with their daughter’s teachers to identify areas of improvement as well as progress updates.

Reflecting on the last two weeks there have been so many highlights including the Year 12 Formal. It was a beautiful spring evening last Friday 11th September when the Year 12 group and staff gathered at Roselyn House to celebrate the fast approaching end of secondary school for our senior girls. The girls looked glamorous in their stunning evening dresses and I lost count on the number of hummers that transported them to the venue.

In addition to this last Thursday 10th September eleven Year 12 students and myself attended a Q & A session with the former Governor General Quentin Bryce at Victoria University - Law Campus in Queen St Melbourne. It was a unique opportunity for our students to participate in this event and listen to Ms Bryce speak about current issues that are affecting women in the community.

At our recent whole school assembly we acknowledged all the efforts of our students this term but recognised the following students for their efforts:

Most Improved Students: Davey To (Year 10), Laura Guerrero Avellaneda (Year 11) and Phakmo Tso (Year 12)

For Academic Achievement: Zahraa Rohaizad (Year 10), Fatema Mukkram (Year 11) & Penelope McDonald (Year 12)

A uniform reminder that in Term 4 the students are changing back to the summer uniform with two weeks option to continue with winter at the start of Term 4.

I would like to wish all our families in the senior school a safe and relaxing holidays. To our Year 12 students a timely reminder to plan your holidays, keep revising and be ready for the practice exams at the beginning of Term 4.

Helen Voidis                              Senior School Leader

ANNOUNCEMENT

New Scholarship
Last week at the assembly I was able to inform students that there will be a new scholarship awarded in 2016. The Vic and Jean Hume Lions Community Service Award is open to students to apply for; it is for volunteering and community service. Students will need to demonstrate what they do in relation to community service and volunteering.

Mrs Jean Hume is a former student and both she and her husband were committed to community service through their membership of the Footscray Lions Club.

New signs
You will see a range of new signs around the school. We have had new photos taken and refreshed the signs that can be seen from Geelong Road and Barkly Street. This all matches our new logo which will appear on the school uniform next term.
Year 12 Formal
Last Friday, the Year 12 girls glammed up for their formal. They all looked fantastic and enjoyed a lovely dinner and dancing to celebrate the end of their schooling. It is such a delight to see them all grown up!

Principal for a Day
On Tuesday 8th September we participated in Principal for a Day, we had Ms Donna de Zwart the CEO of Fitted for Work as our Principal for a Day.

Donna spoke with the Year 12 Business Management class, the Year 8, 9 and 10 students and attend 7A Circles. She reinforced the need for all women to have financial independence, financial independence broadens choices. She also made note that throughout life we are often confronted with challenges but everyone can get through the setbacks. Her company is a Not for Profit organisation that works with women to dress them for work, assist with resumes, and practice interview skills. When they get a job they have a mentor that assists them to hold onto the job.

Donna discussed ways in which Gilmore College for Girls and Fitted for Work can assist each other in the future. There are volunteering opportunities, members of our community can contact them for support and there may be work experience opportunities or she may have contacts with other organisations for work experience.
Ms Prange
Year 10 Food Technology

Recently the students in year 10 Food technology worked on a range of pie recipes. The results look very appetising!

On Tuesday 8th September a group of Yr 8 and 9 girls from Gilmore College participated in a Performing Arts Competition. This opportunity, offered by COASIT and VATI to all Victorian schools running Italian programs, saw the participation of upper primary, junior and senior secondary students. The scene or dialogue could be original or adapted, but it had to be performed in Italian and incorporate one Italian proverb.

The girls from Gilmore decided to choose the proverb “L’abito non fa il monaco”, which is equivalent to the English “Don’t judge a book by its cover”. The play - written by the girls with the help of the pre-service teacher Nataša Ciabatti and based on a book titled “Pecore nere” (Black sheep) - tells the story of a 16 year old girl, who migrated from Somalia to Italy 10 years ago, and is now struggling with her identity.

The judging criteria were fluency, intonation and pronunciation in Italian, originality of the play and level of performance/dramatisation. The students collaborated on the play during lunch times, while a lot of effort had to be put in by them individually after school. This year was the first time Gilmore College participated in the competition and we got second prize. Congratulations to all the girls for their enthusiasm and participation.

Italian Performance
This week the year 8 students have been completing the $20 Boss Project. All of this term they have been completing online modules about business and entrepreneurship and working towards developing their own business enterprise. This week they have been running their businesses. These included food stalls, films at lunchtime, dance classes, and making and selling bookmarks.

Next week they will reflect on the success of their enterprise and what they have learned from the process.

The $20 Boss Program is an initiative of the Foundation for Young Australians and each student was funded $20 as start-up capital for their venture by the National Australia Bank. Each student is to return that $20 plus an extra dollar from the profits they make in order to continue the program nationally in 2016.

Thanks to Ms Finch and Ms Thatch for the work they have done in implementing this project.

Olga Mueller & Cheree Dobra (Year 8 teachers)

Careers Chat

Although the following information is of most relevance to students in Year 12 in 2015, students who are in years 7 to 11 should also be aware of the importance that institutions place on community service and involvement.

The International Baccalaureate also places a high value on community service and students in years 7 to 10 should be considering how they can build on their service involvement and experience so that they meet the requirements of the IB Middle Years Programme as well as building a resume to use in applications in Year 12 for both courses and scholarships. Participation in leadership roles and programs is also viewed very favourably by employers and tertiary institutions.

The message is that it is not too early to start!

Note from Deakin University – information about scholarships

We look at scholarships a little differently at Deakin. Our aim is to acknowledge and reward academic prowess, contribution to the community, leadership skills, achievement in extracurricular activities, or perseverance and achievement despite hardship. To find out more about Deakin University’s new scholarship program, visit deakin.edu.au/scholarships.

Vice-Chancellor’s Academic Excellence Scholarship This scholarship is awarded by the Vice-Chancellor to Australian undergraduate students whose exceptional academic achievements, proven experience and leadership has truly set them apart. The scholarship includes:
- 100 per cent of tuition fees
- a cash payment of $5000 per year
- participation in the Vice-Chancellor’s Professional Excellence Program. For more information, visit deakin.edu.au/study-at-deakin/scholarships-and-awards/vice-chancellors-academic-excellence-scholarship

Deakin Scholarship for Excellence This scholarship rewards strong academic performance teamed with excellence in extracurricular activities, community service or leadership. The scholarship includes $5000 paid as cash or towards tuition fees per year, or a
combination of both to the value of $5000 per year. For more information, visit deakin.edu.au/study-at-deakin/scholarships-and-awards/deakin-scholarship-forexcellence.

**Deakin Student Support Grant** This scholarship offers financial support to students who have displayed passion, perseverance and commitment to study despite financial hardship or other disadvantages.

For more information about Deakin’s full range of scholarships, please visit deakin.edu.au/scholarships.

**Ms Mueller**

**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.

**Ms Goyne**

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**Year 7s attend Intergalactic Nemesis Performance**

Direct, from the USA, Intergalactic Nemesis weaves the modern form of a graphic novel with the by-gone art of the radio play. Our year 7s were lucky enough to view this award winning, cutting edge theatre and they loved it! Here’s what some of them had to say about their day:

Yasmin: The sound effects were very realistic and the voices were very clever! I would definitely recommend this show.

Sindous: I definitely enjoyed the play. All the characters were really good and enthusiastic. They expressed their emotions and it was really good to see how they all learnt their lines off the top of their heads. I definitely enjoyed it and would definitely watch it again!!

Yusra: It was amazing, everything was on point, the sound was fantastic, the lady in the black was really good. If I rated it from 1 to a trillion it would be a TRILLION. I wish that we could have stayed for the other part but I hope that the Galactic Nemesis will become a movie. The best show EVER.

Maryam: I really enjoyed the comic because of how enthusiastic the actors were and of how much thought would have gone into this. It was funny, loud, interesting and romantic at the same time. You could really understand what was going on throughout the whole play unlike some other comics. Overall I think this excursion was really great and I would be more than happy to go again!

Daniella: We went to the Arts Centre and we saw the play Intergalactic Nemesis. There were enthusiastic actors. It was so funny, loud, interesting and romantic. I really loved watching the play. It was the BEST PLAY EVER!!!!!!

Amina: I really enjoyed the show because the sound effects. It was excellent and the performers were really good because all of them knew what they were doing. I thank Gilmore for taking the year7s to the Arts Center. THANKS!!!!!!! VERY MUCH!!!!!!
Lanima: I really loved the excursion. I think it was the best one so far. I thank everybody who organized this play and it was amazing.

Many thanks to The First Call Fund and the Arts Centre and our teachers, Cheree Dobra, Lachlan McComish and Chaplain Beverley Hardi for accompanying students on the day.

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Health Chat

Relaxation training: progressive muscle relaxation
Find out about progressive muscle relaxation and why it is an important way of reducing stress and anxiety. Learn the steps involved in progressive muscle relaxation and get tips on what to do if you’re not getting the hang of it.

Why progressive muscle relaxation is useful
When people are stressed out, anxious or have an anxiety disorder, they often have really tense or tight muscles. This means that you can actually reduce the stress and anxiety you feel, if you learn to relax your muscles properly. Progressive muscle relaxation can help you with this – it’s one of the most common types of relaxation training, and it’s used by a lot of people. It involves tensing and relaxing different groups of muscles through your body.

How to do it
Preparation
Make sure before trying out progressive muscle relaxation training, that you do these things:
› Find a comfortable quiet space. Make sure you’re in a place free of distractions. Switch off your phone, go into a quiet room, and avoid being around other people if you think they’re likely to be a distraction.
› Make sure you’re comfortable. Wear comfy clothes, take off your shoes, and if you’ve eaten recently, give your food some time to digest.
› Sit on a chair in a comfortable position. You can also lie down if you prefer, but you’re more likely to fall asleep.

The relaxation
› When you’re prepared and ready, focus your mind on your right foot (you can start with your left side if you’re a leftie and it feels more normal).
› Breathe in, and tense your foot muscles as hard as you can.
› Count to ten, with your muscles still tense.
› Suddenly and quickly release your foot muscles so that they’re completely relaxed.
› Count to twenty.

Now, repeat the process from the start and do it again, using the same foot. You should notice more sensations the second time. When you’ve tensed and relaxed the same muscle twice, it’s time to move on to another group of muscles. Do exactly the same thing – tense muscles for ten seconds, relax for twenty, repeat. The idea is to relax and tense all the muscles in your body, starting with your feet and working your way up.

Recommended order of muscle tensing
› Right foot
› Right lower leg and foot
› Entire right leg
› Left foot
› Left lower leg and foot
› Entire left leg
› Right hand
› Right forearm and hand
› Entire right arm
› Left hand
› Left forearm and hand
› Entire left arm
› Abdomen (tummy)
› Chest
› Neck and shoulders
› Face

Don’t forget, if you’re a leftie, you can start with your left side if it feels more comfortable.

When you’ve completed this process, your muscles should be much more relaxed. The more you practice it, the more relaxed your muscles will be able to become over time:

Finishing a session
When you’ve finished your last tensing pattern,
› Relax with your eyes closed.
› Count slowly backwards from 5 to 1.
› Get up slowly. If you get up too quickly the drop in blood pressure could cause you to fall down again or feel dizzy.

If you’re having trouble
Progressive muscle relaxation training can be really hard, particularly at first. People have trouble staying focused. The main thing to remember is that the more you practice, the easier it will become. It can be really frustrating to get over the initial hurdle, but don’t be discouraged.
You may also find it easier if you have someone to call out the steps to you, so that you don’t have to remember in your head which muscle group to move to next. Try and find a video or audio track which uses progressive muscle relaxation techniques if you think it might help.

Michelle Hynson –
Adolescent School Health Promotion Nurse
Monday and Tuesday

SPORTS UPDATE

Congratulations to all students who were involved in interschool sport this term. It has been an extremely busy term for sport, particularly over the past few weeks. We have one more sporting event (WMR Athletics) left for this term which will be held on Thursday. Goodluck to all athletes involved!

On Sunday 21st June I attended the 2015 Pierre de Coubertin Awards Ceremony at MSAC with our award recipient Sara El Houli and Sara’s family. It was a great event and extremely rewarding for Sara, a multi-talented athlete and outstanding role model. Sara is a natural leader both on and off the sporting field. Sara dedicates her time to sport and fitness at school and within the community. She has been actively involved in a wide range of sports since commencing at Gilmore College for Girls. This year Sara has been instrumental in the creation of a women’s youth football team in the local community. Sara's dedication and commitment to sport is an inspiration to others. We congratulate Sara on her achievements.

We would also like to congratulate all Year 7, Year 8, Intermediate (Year 9/10) and Senior (Year 11/12) students for their outstanding commitment to interschool sport throughout this year. Next term junior students will be involving in the swimming program at Vic Uni. We also have several badminton teams competing in the 2015 Badminton Victoria All Schools Championships next term. All the best to all athletes involved. Thanks must also go to all staff, student teachers and parents for their involvement in the interschool sport program.

Ms Dempster - Sports Coordinator

Important Notice!
Are you wasting a Spare room?

Homestay for International Students

We have many students wanting to come to Gilmore College who will pay $250 - $300 per week for accommodation with families and friends in the community. This money is tax free for up to 2 students.

The family provides a room, furniture, home-life and meals.

International Student make a valuable contribution to the college in working hard and families enjoy making a new friend from overseas.

For information please contact the College or the Coordinator, Mr Peter Walker

Image courtesy of [Crazyjoe] / FreeDigitalPhotos.net
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.