Welcome back to term 4. It promises to be a very busy term as the year 12 students complete their secondary education and we finish the year!

**International Baccalaureate Learner Profile**

The focus for this newsletter is: Balanced. Students understand the importance of intellectual, physical and emotional balance to achieve personal well-being for themselves and others. (IB Learner Profile)

Students firstly gain an understanding of why it is important to have balance in our lives, and why our personal wellbeing is important. By focusing on each of these aspects – intellectual balance to achieve good results in all subject, physical wellbeing so we can come to school each day and perform to the best of our ability; and emotional balance so that we can respond to various situations in a good frame of mind, then students will be better placed for success.

**Awards**

At the end of the term we held an assembly to congratulate the students on their efforts during the term. In particular I congratulated the students who met with the International Baccalaureate representatives and spoke about the school and the program. Awards were provided for Academic Achievement and Most Improved. We also had prizes for students who received a ‘Well Done Award’.

**Parent Teacher Interviews**

It was lovely to see so many parents meet with the teachers at the Parent Teacher night during the last week of term. For those parents who could not attend the interviews you daughters report will be mailed home or you may be requested to meet with the coordinator.

During this term all items of the uniform will have our new logo. College council has approved the introduction of a new blazer. There is a special offer for the new blazer - $150. We will phase in the new uniform over the next 12 months and then all aspects are compulsory.

**New Scholarship**

During last term I spoke with members of the Hume family and representatives from Footscray Lions Club in relation to establishing a new scholarship. The family members would like a scholarship in memory of their mother Jean Hume; a former student of Footscray Girls High School. Students who volunteer and have evidence to support their community service are eligible to apply.

**Year 12 Graduation**

Student in year 12 only have a short time left at school before their exams. On Friday 23 we acknowledge the end of their time and farewell them at a Graduation Assembly. I look forward to sharing this special event with the students and their parents.

**End of year Awards Ceremony**

Our Awards Ceremony will be held on **Friday 27 November**. Please keep the date free. More information will be circulated shortly.

**Student Free Day**

Teachers have completed a series of Twilight Professional Development sessions to allow a student free day on **Monday 2 November**. Please note that year 12 students who have an exam on that day are required to attend their exam.
JUNIOR SCHOOL NEWS

The start of fourth term is always an interesting time of the year. We have the upcoming Spring Carnival and the Melbourne Cup. There is a definite wisp of Christmas in the air. Unfortunately it is not quite that simple. It is important that students remain focused on their work and realise the best gift they can give their parents is an excellent end of year report.

Several students have asked about the Year 7 and 8 camp. The camp is definitely going ahead – 40 students have paid up which is a fantastic response. The camp will take place between the 18th and 20th of November.

A reminder that all students should be in summer uniform and that the uniform shop is open 10.15am on Mondays and 1.00pm on Wednesdays.

On Thursday the 22nd there will be an information evening for Year 9 students and their parents regarding subjects at Year 10 for 2016. It is difficult to imagine that the Year 7 students who started in 2013 are nearly half way through their journey at secondary school. Time, apparently, waits for no-one.

Mr Reilly Junior School Leader

SENIOR SCHOOL NEWS

Welcome back to Term 4. The year seems to be flying by for our students which is why they need to make the most of every opportunity,

For our Year 12’s the exams are only weeks away now so it is time to study, study, study. We began this term with practice exams to give our students the opportunity to have a taste of what the exams will be like and to also allow teachers to identify areas of concern that need further work before the students finish.

Next week is the last week for formal classes for our Year 12 students with a dress up and morning tea for staff and students on Thursday 21st October. On Friday 23rd of October it is the traditional graduation ceremony commencing at 9.30a.m. in the gym and invitations have been sent out to parents. We encourage our students to work hard and achieve their very best in their exams which begin with English on Wednesday 28th October 2015.

Year 11 students are busy thinking about their Year 12 with the jackets designed. To finalise the orders parents/guardians need to pay $110 by the end of October to ensure delivery for the start of the 2016 school year. Nominations for leadership roles in the school next year will be called shortly. They are also finishing the last of their units of work as the countdown for their end of year exams begins.

Year 10 Advance students are off on their annual Duke of Edinburgh camp under the watchful eye of Ms Mueller and Ms Goyne. We hope they have a wonderful time at Phillip Island and we look forward to their stories and photos at the end of the week.

At the end of last term we had parent/teacher interviews. For those parents/guardians who were unable to attend please contact me on 9689 4788 or via email voidis.helen.h@edumail.vic.gov.au to organise an appointment.

Finally a reminder that all senior students should be in their summer school uniform by the end of next week regardless of the weather. There is a two week change over period and then as of Monday 26th October only the summer dress, pants or shorts with the school shirt are permitted.

Helen Voidis Senior School Leader

ANNOUNCEMENT

New Scholarship

Last term at the assembly I was able to inform students that there will be a new scholarship awarded in 2016. The Jean and Vic Hume Lions Community Service Award is open to students to apply for. It is for students who volunteer and provide community service. Students will need to gain a reference and provide evidence to support 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.

See the library screen for details and see Ms Bragaglia for an application form.

New College Blazer

New logos will appear on all our school uniform pieces and College Council has approved the introduction of a college blazer. The school has negotiated an introductory offer of $150 for this year so that many of our 7-10 students can purchase the blazer. This offer is only from now until the end the year to encourage the introduction of the blazer. Within the next two years it will be compulsory for all students to be wearing the blazer so it would be wise to purchase while it is subsidised.

Students could make 3 x $50 payments or in a lump sum and delivery will be 4-6 weeks from now.

The students have been heavily involved in the design of the blazer and you can see examples on our new signs.

SCIENCE WEEK 2015 HAILED A SUCCESS BY STUDENTS
The theme of Science Week this year was ‘Making Waves – The Science of Light’, and the Science team made waves of their own with a program of events to celebrate. A quiz competition ran every day during Science Week, with students pitting their wits against a range of science questions. On the Wednesday, Miss Tait provided a lively and interesting demonstration of chemistry experiments, which included spectacular reactions and colours. On the Thursday, the interactive play booked by Ms Farag ‘What’s the Matter’ took students on an intergalactic adventure to explore how 100 years ago, Albert Einstein used the science of light to define what gravity actually is and how this helped him to document his famous Theory of General Relativity. On the Friday, there was also a team quiz event that involved 50 students in hot competition. They thoroughly enjoyed Mr. McOmish’s science related jokes.

Students were asked to give their feedback via an online survey, and responses indicated the program of activities were a success. All respondents said the daily quiz improved, clarified and/or helped their understanding of science. Students commented that they found the play interesting and engaging, and that it had inspired to inquire further either into the topic of the play or more broadly into science. Students also found the chemistry demonstration entertaining and informative, and the quiz was informative and interesting. The chemistry demonstration was particularly praised, with students saying “More explosives and more experiments!” and “I like the experiments that Ms Tait did. I hope next year will have more teachers to do the experiment to show us”.

Next year Science Week will run from 13-21 August, and the theme will be ‘Drones, Droids and Robots’!

Year 11 Industry and Enterprise Studies
Last term, as part of their Industry and Enterprise Studies assessment, year 11 students conducted a student initiated enterprise project. They chose to organise and run several fund raising events. The first of these was milkshakes, the second lunch time pizzas and the third a bake sale. As a result of their enterprise, teamwork and organisation they raised $423 which they chose to donate to the Asylum Seeker Resource Centre. On Thursday, the 8\textsuperscript{th} of October the class walked to the ASRC offices in Footscray. Sara El Houli presented the results of their efforts to Bronwyn, a volunteer at the centre, who explained the work of the resource centre and the types of help that they provide for people who come to Australia as asylum seekers.

As well as developing valuable work related skills these girls have made a significant contribution to the broader community and should be congratulated on their commitment and efforts. Thank you to Ms Hardie who came along with the students. Members of the class: Lenje Cunahan, Monique Mc Lean, Sumeyra Goceman, Julia Haile, Said Amin, Sadiya Chroco, Ging Kaeward, Anna Smillie. Rayan Elless and Wenting Lu

Ms Mueller

Drama Horrors
In two weeks, the hard work of our year 8 drama students will culminate in a performance of their own class horror play. This unit exemplifies the student directed nature of
our IB course work in that students in each class must work together to write, direct and perform their own play. Backstage, props, set design and costumes are also developed by the students themselves requiring great creativity, teamwork and self-direction. I am very much looking forward to being shocked and amazed with the result!

Lara Stockdale             Drama Teacher
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8B Beam Routines
In term 3 we worked on developing our balancing skills to present a beam routine to the class. We learnt how to mount, walk forwards, walk backwards, balance, turn, leap and dismount off the beam. Many girls performed a roll dismount and Mayamu was able to do a cartwheel off the beam to finish her routine. Monica showed amazing flexibility, strength and poise to do an amazing split leg balance on the beam. We had lots of fun.

Tori 8B

Sample of new College Blazer

Health Chat
How to study
Studying before exams is the best way to be prepared. You can make
it easier by breaking it into manageable steps, preparing a dedicated study area, revising what you’ve already studied, and managing expectations and pressure.

**Break it down**
You look at the amount of stuff you have to learn for a course or exam, and it feels like a huge, unmanageable task. So, break it down. Make a list of small, achievable study steps – maybe summarising a category or chapter – and tick each one off as you do it. Then, make a list that builds on that – you’ll get further, more quickly, than you thought was possible.

**Make a space**
Decide on an area to study in (even just a corner of your room), and don’t do anything else there. This’ll make it easier to avoid procrastinating. Make it a clean, well-lit, comfortable space so you’re not constantly getting up and walking away.

**Take breaks**
Don’t force yourself to push on through when you’re tired. You can only absorb so much in one sitting. Try to take at least a ten minute break for every hour of study you do. Also, don’t sacrifice sleep to study – you need to get good sleep to be on top of your game.

**Revise**
Instead of just working your way from one end of the textbook to the other, take time to go over what you’ve already looked at. This will help it sink in and become more accessible in your memory. Go over last week’s formulas, charts, essays or chapters while you’re pushing on with this week’s.

**Take the pressure off**
Working up to exams can be (and probably is) pretty stressful. If pressure’s motivating you, and isn’t a problem, great! If it’s getting to your head though you can relieve it by:
- Talking to someone outside the situation
- Getting some time away from study
- Revising your expectations
- Talking to people who you feel are putting extra pressure on you

References and further information:

Michelle Hynson –
Adolescent School Health Promotion Nurse
Monday and Tuesday

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**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

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**COLD ROCK DOCKLANDS**
(Right under the Melbourne Star Wheel)
Shop 7  101 Waterfront Way
Docklands   Vic 3008

**PART TIME STAFF NEEDED**
Work available at Cold Rock Docklands for bright bubbly students 16 years and over with a good work ethic.
Subject to availability must be flexible to work a combination of Day, Afternoon, Evening and Weekend shifts including the school holiday period. Please contact Pam Doyle in person by phone 0400 039 644 (not email) at Cold Rock Docklands to arrange to attend an information / interview session
First information session will be at 10 am on Saturday 24th October
( bring along a your resume )
All New Enrolments Get a Free Tennis Racquet!

KIDS CLASSES
Free Trial Lesson!
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!
• High energy workout and burn
  500 to 1000 calories
• Drill-based and play-based
  activities
• Lose weight, get fit and have fun
• Participants wear heart monitors,
  exercise to music and use low
  compression balls and a variety of
  equipment such as agility ladders
Cost: $12.50 a session.

LOCATIONS: Kensington Banks TC Smithfield Rd • North Park TC Flemington Rd
Gladstone Park TC 18 Eltham Rd • St Matthews TC 95 William Rd
1300 22 33 86 ACEFUNTENNISSCHOOL.COM

‘Keeping Our Kids Alive’
Youth ICE and Mental Health Forum
Tuesday 20th October 2015
6.45pm—9.30pm
The Auditorium at St Bernard’s College,
Beryl St, Essendon

ICE
Drug addiction
Social interaction
Youth suicide

Keynote Speaker Professor Tony Jorm
Other Speakers:
• Dr John Sherman
• Mr Alan Eade
• Police Officer
• Dr Peter Golub
A panel Q&A will follow to enable those attending to ask questions and
receive advice.
Support services will also be attending for individual assistance and advice.
Tea and coffee will be provided.

To register your interest: http://www.youthcentre.com.au
or contact your local Rotary Club President or Secretary who can be found
on our district 9860 website — www.rotarydistrict9860.org.au

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.