FUTURE COLLEGE EVENTS

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MESSAGE FROM THE PRINCIPAL

The end of year is quickly approaching and your daughter will have many assessment tasks to complete in the run up to reports. Please check with your daughter what work they have to complete and assist them with meeting submission dates.

International Baccalaureate Learner Profile:
The focus for this newsletter is: Reflective.
Students give thoughtful consideration to their own learning and experience. They are able to assess and understand their strengths and limitations in order to support their learning and personal development.

Students focus on their learning and reflect on the work completed; they consider whether it was their best effort, completed to the level required and submitted on time.

Farewell to year 12 students.
We held a Graduation Ceremony for our Class of 2015 last week. It was lovely to view the slide show of the year 12 involvement in the school activities throughout this year.
On behalf of the college community I extend our best wishes to each student as they enter the examination period.
I would also like to take this opportunity to thank all the Year 12 teachers for their tireless efforts and support for the students throughout the year. In particular, I would like to thank Ms Voidis, the Senior School Coordinator for her guidance and support for the Year 12 students throughout the year.

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’.

Booklists
Booklists will be distributed during this week so please make sure your daughter collects one and has it returned to the school by the due date.

Orientation Programs
Later in this term we have Year 12 Orientation classes and Year 11 Orientation so that the students can commence their VCE studies.
Later in the term the remaining students are promoted to the next year level and commence their Headstart Program.

2016 Changes.
Next year the college will change to a five period day. This is in part to accommodate compulsory language at Year 10 but also to provide more contact time in each subject. Students will work Periods 1 and 2 then Circles, have periods 3 and 4 then lunch and after lunch they will have period 5. As the lunch break will be later students should have a substantial snack for recess.
The new school finish time will be 3.15.

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.

2015 Awards Ceremony
The Awards Ceremony will again be held at Victoria University on Friday 27 November. Please keep the morning free to attend.

Bette Prange Principal

EDUCATION QUOTE: “Knowing is not enough; we must apply. Willing is not enough, we must do.” Johan Wolfgang von Goethe
JUNIOR SCHOOL NEWS

Friday was an extremely important day in the College calendar. The final day for the Year 12’s is a serious reminder to all students in the Junior School that their time at Gilmore is all about success and achievement. In three years time the present Year 9 students will be standing in front of the school and reflecting on what their time at Gilmore has meant to them. The successful completion of V.C.E. starts in the Junior School. Positive work habits and doing your best are the keys to completing Year 12. If students do not approach their studies at the Junior School with a sense of purpose they will struggle to be successful at Years 11 and 12.

It was pleasing to see how many parents and students attended the Year 9 to Year 10 information evening held in the Learning Centre on Thursday evening. A special thanks to Ms Voidis for ensuring the evening was both informative and entertaining.

The change-over to summer uniform for fourth term has, in most instances, been very positive. One minor issue, however, is that some students are not wearing leather shoes. The school policy is clear that the shoes worn to and from school must be leather and have a strap or buckle that runs across the top of the foot.

Mr Reilly Junior School Leader

SENIOR SCHOOL NEWS

It has been an emotionally charged time at Gilmore as formal classes for our Year 12 students finished last Wednesday. On Thursday they had their traditional celebration day to mark the end of their secondary schooling. Dressed up in a fine array of costumes from Snow White, to the SWAT team, to Minny Jackson from the movie ‘The Help’ it was a fun filled morning with photos, morning tea and some relaxation time before the stress of exams begins.

The Formal Graduation was held last Friday 23rd of October and it was wonderful to see so many families and past students attend. The school captains’ speeches captured the year that was for our Graduating Class of 2015 and Tracey Le’s efforts with the video were also to be commended.

We now encourage our Year 12 students to stay focused on their revision as the first exam is not too far away.

Year 11 is also on the home straight with only three weeks until their end of year exams begin. It is critical that all Year 11 students are at school each day to complete all assessment tasks and prepare for these exams. Nominations for the 2016 school captains will be sought this week and the voting process should be completed shortly.

End of year exams for Year 10 students are four weeks away beginning on Wednesday 18th November. Again students need to be at school every day completing work and assessment tasks to ensure they gain good results in preparation for VCE. I would also like to commend the Year 10 students who attended the Advance Camp as part of their Duke of Edinburgh Certificate last week. Under the watchful eye of Ms. Mueller and Ms. Goyne all went well and the group is well on their way to successfully completing this very prestigious certificate.

Last Thursday evening 22nd of October we also met with the families of our Year 9 students to talk about the programs in the senior school and begin their transition for 2016. If parents or guardians were unable to attend they can contact me or Mr. Reilly to make an appointment and we can go through the presentation which included information about Work Experience next year and Advance.

Finally all students should be in the correct summer uniform now. Also if senior students are late on three occasions they will be issued with a detention on Thursday afternoon in G3 from 3.10 until 4.00p.m. It is essential that they are on time to avoid falling behind with their work.

I am always happy to speak with parents or guardians about their daughter’s progress and any other concerns they may have. An email to voidis.helen.h@edumail.vic.gov.au or a phone call on 9689 4788 is all it takes to set up an appointment.
Monday the 12th of October, thirteen year ten students met at Footscray Station at 10:00AM. We were about to embark on our five day journey around Phillip Island and French Island. Our Gilmore students were going to be camping with Beaufort Secondary College. Our first encounter with each other was cold but soon enough we were warming up to each other, cracking jokes and having a colossal amount of fun.

We shopped for our week’s food supply in mixed groups and visited the adorable penguins at the Penguin Parade. Many thrilling and breathtaking activities were included in the camp, sea kayaking being the most foreign for many. The sun was out and the glimmering water, calming. Many walks along beaches were involved. The magnificent views of the beach will be forever ingrained in our memories.

On Wednesday we left for French Island on the ferry. The lack of people and the abundance of nature was astonishing, what there also definitely wasn’t a lack of were mosquitoes. We had a tour of the island, the prison, and McLeod’s Eco Farm. We collected wood and lit bonfires each night. We learnt a variety of camp skills and that concluded our time at French Island. Friday morning we packed up and departed for Stony Point where we took a train back to civilisation.

Overall, the camp was an experience to be remembered. New friends were made and we conquered not showering for three days. It was a spectacular camp. Thank you to Ms Goyne and Ms Mueller for all the efforts made in making the Year 10 camp come to life.

Hannah Milthorpe & Zahraa Rohaizad
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 $160 with raincoat for this year so that many of our 7-10 students can purchase the blazer. This offer is only from now until the end of 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.

Health Chat

Managing Stress:
Managing stress is easier when you know what it is. Find out what it looks like when you’re stress is getting out of control, and what to do to manage stress when it’s a problem.

What is stress?
Before you can get started managing stress, you should understand what it is. Stress is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. The human body responds to events that provoke stress (stressors) by activating the nervous system and specific hormones, releasing more of the hormones adrenaline and cortisol into the bloodstream. These hormones speed up heart rate, breathing rate, blood pressure, and metabolism.
The physical changes prepare you to react quickly and effectively to handle the pressure of the moment. This natural reaction is known as the stress response. Working properly, the body's stress response improves your ability to perform well under pressure.

Signs you need to start managing your stress:
If you’re stressed out, some of these things might start happening to you;
You might feel:
• hostile, angry, or irritable
• anxious
• like avoiding people
• moody or frustrated with things that normally don’t bother you
• worthless or doubting your abilities

Physical effects:
• upset stomach, diarrhoea, or indigestion
• headache
• backache
• having a hard time sleeping
• eating more or less than normal
• raised heart-rate
You might get only a few of these things, but any of them could be a sign your stress is getting out of control.

What to do about it:
If you’re feeling stressed out and it’s getting in the way of everyday life, the sooner you start doing something about it the better you’re going to feel. Check out our suggestions on ways to relax (www.reachout.com.au)
If nothing’s helping, check to see if something more serious is going on. Sometimes when stress doesn’t go away, no matter what you do, it is a sign that there is something more serious going on. Being permanently stressed may mean you have a problem you can’t resolve, or you’re not coping very well. Check out the fact sheets on feeling stressed out all the time, or feeling overwhelmed, for more info on what might be going on.

References and further information:
www.reachout.com.au
Michelle Hynson – Adolescent School Health Promotion Nurse
Monday and Tuesday

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
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 300 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 Elmhurst Rd • St Matthews TC 95 William Rd
1300 22 33 86 ACEFUNTENNISCHOOL.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:
- Doctor John Sherman
- Mr Alan Sale
- Police Officer
- Doctor Alberto Velasco

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.youthsafety.com.au/ICE
or contact your local Rotary Club President or Secretary who can be found on our district 9860 website — www.rotarydistrict9860.org.au

A gold coin donation would be welcome from those attending as all funds raised will go toward supporting youth at risk.

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.