MESSAGE FROM THE PRINCIPAL

The end of year is quickly approaching and we have many events happening each week.

International Baccalaureate Learner Profile:
The focus for this newsletter is: Inquirers. Students develop their natural curiosity. They acquire the skills necessary to conduct inquiry and research and show independence in learning. They actively enjoy learning and this love of learning will be sustained throughout their lives.

The IB MYP approach to learning is based on inquiry questions to encourage deeper thinking around each topic. We want to encourage students to question information and to think about their learning and especially, learning how to learn.

The Melbourne Cup at Gilmore
On Friday 30th October we were very privileged to have the Melbourne Cup at Gilmore College for Girls. A party of officials arrived with the Cup and gave a presentation to students about the history of the Cup. We also heard from Ray Selkirk the 1961 winning jockey, riding Lord Fury. The Cup went to only 3 schools so we were happy to be the third school in the visit schedule.

Balmoral Exchange
We look forward to hosting the students from Balmoral College. Earlier in the year our students visited Balmoral for a country experience and now their Year 9 group comes to the city for a week. It is good to see the friendships developed in such a short time between the city and the country students. One comment made last year was “we have never done so much walking!” That is interesting to note as the distance some students travel to school and to sporting events in some country is often over an hour of driving or by school bus.

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
We continue to distribute information sheets that outline the program for the remainder of the year for each year level. The letter has been distributed to Year 10 and 11 students along with their booklists.

Please note the dates for Year 12 Orientation classes and Year 11 Orientation and ensure your daughter attends to gets started on her VCE units. The 2016 Year 10 students will participate in a new program conducted at RMIT that will familiarize them with the tertiary environment. That is a very exciting opportunity and we are pleased to be involved.

The Year 8 and 9 students have their Headstart Program to look forward to.

College Blazer
I am very pleased with the enthusiasm the students have shown towards the new blazer. The majority of families have taken up the special offer and I am looking forward to seeing them all in our new uniform.

Year 7 Enrolments
The 2016 year 7 students are currently completing their enrolment at Gilmore College for Girls. If you are aware of any families new to the area please recommend the school as we do have some vacancies.

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: “What you do today can improve all your tomorrows.” Ralph Marston
JUNIOR SCHOOL NEWS

With Melbourne Cup out of the way the school year is racing towards the post. Teachers are beginning to write reports. It is extremely important that students ensure that all set work requirements are completed and handed in.

Overall, I have been very pleased with the transition from winter uniform to summer uniform. A minor issue has been the wearing of non-uniform jumpers and jackets to and from school. Students must wear the school uniform both to and from school.

Next week will see 40 year 7 and 8 students going on camp to Phillip Island from the 18th to the 20th of November. On Monday the 16th a representative from Quest – Skills for Life will visit the school to talk to students about the camp – in terms of both expectations and activities. A meeting will be held at 3:15 in the L.C.C. for interested parents would like to hear about what their daughters will be doing for the three days they are away.

Mr Reilly                               Junior School Leader

SENIOR SCHOOL NEWS

Our Year 12 students are in the final days of their external exams. It has been a stressful time for them and their families, but it nearly over with the bulk of the exams now done and dusted. We wish them well with their results and look forward to seeing our graduating class of 2015 at the annual Awards Ceremony on Friday 27th November at Victoria University.

Year 11 students are on the countdown for their final assessments and end of year exams. They have ordered their Year 12 jackets, selected their subjects, received their booklists and are slowly getting into the mindset that they will be facing new challenges next year. In the meantime the last day for Year 11 students is Friday 27th November and it is essential that they attend the Headstart program as Year 12 begins on Friday 20th November.

Year 10 students have also received details of their end of year exams and the programs planned to help them prepare for VCE next year. The last day for Year 10 students is Tuesday 10th of December and they need to be at school until then to take advantage of the valuable activities planned for them. They will commence their Headstart program into Year 11 on Thursday 3rd of December. Nominations for the student leadership team have been distributed and there will be elections for the new school captains to be presented to the school community on Awards Day.

I appreciate the emails and feedback from parents and guardians and will keep responding to all queries and concerns – my email is voidis.helen.h@edumail.vic.gov.au

Helen Voidis
Senior School Leader

ScienceWorks

On Friday the 6th of November, the year seven students went on an excursion to ScienceWorks in Spotswood! We learnt and discovered new things about the solar system and the night sky from the Planetarium show. Science works had many areas for visitors to go and explore many different things; we participated in multiple events and tried activities such as beating Kathy Freeman’s running trials and also participating in the Paralympics wheelchair track. We also went through Alice in Wonderland world, experiencing the scientific and fun tasks.

We would like to thank Mr. Payne and Mr. McOmish for taking us there and back, we had a great time and we recommend everyone to experience the fun and learning a lot of new things about science!

Maryam & Sindous 7B

Photos from Our Melbourne Cup visit.

On the Friday before the Melbourne Cup we had a team from the Victorian Racing Club visit with the actual Melbourne Cup. The presentation provided an overview of Melbourne Cup and its rich history.

The history covered what was happening in Victoria during that time. For example, the gold rush and era of Ned Kelly.

Ray Selkirk, 1961 winning jockey talked about his career as a jockey. His grandfather and his father were both jockeys and all he ever wanted to be was a jockey. He said it is every jockey’s dream to win a Melbourne Cup. He had something like 17 rides in the Melbourne Cup.

Thank you to Ms Hardie who organised this very exciting event for our community.
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 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.

Instrumental Music Lunchtime Concert
It was lovely to see and hear the guitar, violin and voice students perform at a lunchtime concert yesterday.
Health Chat

What is a Mindset?
When you’re confronted with a challenging task, do you A) give it your best shot, or B) have a nap? Your answer to this question is probably determined by the kind of mindset you have. Get the info on how to make the most out of your mindset and what to do if it’s troubling you.

What’s a mindset?
You know how many people like to define themselves as being either a “glass half-full” or “glass half-empty” kind of person? What they’re talking about is their mindset. Simply put, a mindset is a set of ideas and attitudes that shape the way someone thinks about themselves and the world. Someone’s mindset will determine the way they behave, their outlook on life and their attitude towards everything that’s going on around them. For example, getting back to the glass analogy, if you’re a glass half-full kind of person, you tend to have a positive mindset which means you approach everything that you do in an optimistic way. If you’re a glass half-empty kind of person, you might approach or think about many of the things you do in a more negative or cynical way.

The kind of mindset you have can really shift the way you approach your everyday life. And the good news is, your mindset is not set in stone; there are things that you can do shift your mindset so that you’re getting the most out of it.

The different kinds of mindsets:
There are two different kinds of mindsets: growth mindsets and fixed mindsets. Someone with a growth mindset is likely to:
- be keen as a bean to learn from the people around them
- understand that in order to get what they want, they’ve got to put the hard yards in
- recognise that failure is an opportunity to learn
- be aware of their weaknesses, and focused on improving them
- welcome challenges
- be open to new things and new ways of learning

The flip side of that is a fixed mindset. Someone with a fixed mindset is likely to:
- avoid challenges where they think they might stuff up
- not deal very well with setbacks
- try to hide their mistakes

- be convinced that their abilities are limited to one area. For example, believing that they’re a ‘creative’ type or an ‘athletic’ type etc
- practice negative self-talk by saying things like “I can’t do it.”

How to get a growth mindset?
So, it’s clear that growth mindsets are really important for learning new things, embracing new challenges and dealing with setbacks. Check out some handy tips for turning a fixed mindset into a growth mindset:
- I can’t do it…yet. The way we talk to ourselves in our mind (our self-talk) has a really big impact on what we actually achieve. If you tell yourself that you can do it, chances are that you will; even if it doesn't happen straight away.
- Challenge accepted. Next time someone throws an unfamiliar or tricky task your way, don’t throw it back at them – embrace it. Even if you stuff up along the way, you can be sure that next time you’ll do better.
- Do some hard yakka. You’re unlikely to reach your goals if you’re not putting in the effort to match. Put the hard work in and you’ll be able to enjoy the rewards.
- Ain’t no such thing as perfect – there is always room for improvement. Always put as much effort as you can into the learning process. Practice your skills and make an effort to learn new ones. Last time we checked, the guitar isn’t going to learn itself.

Celebrate the big successes, and the small ones:
- Be open to new ways of doing things. You can never be sure of how something is going to pan out if you’ve never tried it before. Before you make the assumption that something will never work, ask yourself “Why won’t it work?”
- Don’t let setbacks get you down. When you come across setbacks, think about things that have helped in that situation before, and things that haven’t. Take feedback on board, and make changes accordingly. Setbacks don’t mean you’ve failed; just that you need to try a different approach.

Troubled by your mindset?
If you’re having issues getting a positive have a chat to someone you trust about it, like a friend or teacher or chat with a counsellor; they’ll work with you to help you understand what’s going on and figure out how to improve things.

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 on 9689 4788.

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BECOME A FOSTER CARER!

All sorts of people make great Foster Carers. They are tradesmen, nurses, sales reps, shop assistants, teachers etc.

They are couples, singles, from different cultural backgrounds, with or without their own children. They are people who have the desire to give a child a safe and welcoming place to stay.

Our next information session is on Saturday 28th November 2015 @ 10.30am to 11.30am in the Yarraville area. Come along to find out more & have your questions answered. Ask us to come and speak at your school. To book or to receive an information package please contact Liesl Trenfield on 93967400 or liesl.trenfield@anglicarevic.org.au. It is easy to become an Anglicare Foster Carer, call us NOW to talk about how.

You will make all the difference!

Yarraville Carols in the Gardens 2015.

Celebrating its 22nd anniversary, the Yarraville Carols in the Gardens is one of the West’s best Christmas Carols.

Saturday 19th December 2015 commencing at 7pm.

Yarraville Gardens, Hyde Street

The evening will feature a number of special guest artists, including a mass choir (comprising choristers from “Footscray Sings”; “Willin Wimmin”; and “The CHOIR”); Footscray-Yarraville City Band; Hyde Street Youth Band, and several opera singers, incl. Margaret Haggart, internationally acclaimed Soprano.

Fireworks 10pm. Free Event.

Enquiries: David Palmer 0416 497 398
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 19 Elmhurst Rd • St Matthews TC 96 William Rd
1300 22 33 86 ACEFUNTENNISSCHOOL.COM

YOUTH SERVICES
FREE PARENTING FORUM

RESILIENCE AND SCHOOL TRANSITION
WEDNESDAY 2 DECEMBER 2015

Any transition period is a critical time for a young person, often evoking a variety of emotions, behaviour and concerns for both young people and their parents. For many, these transition periods are considered a major stepping stone on the way to becoming an adult. Secondary school can be regarded by several changes; young people interact with many other young people, different teachers, and have different expectations of both performance and responsibility. A well supported transition can maintain the strong sense of belonging and enable young people to continue to enjoy and succeed in school and everyday life.

Presented by Sharon Witt, a dynamic educator, author and speaker. Sharon has authored 12 books for young people including the best selling Teen Talk Series and Getest series. She is also the author of Surviving High School.

This Parenting Forum is free for all parents, guardians and workers who live, work or study in Hobsons Bay.

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