MESSAGE FROM THE PRINCIPAL

There are lots of things happening at Gilmore College for Girls as we approach the end of the school year.

International Baccalaureate Authorisation

Congratulations to all at Gilmore! We are now a part of the International Baccalaureate global community. The staff has worked really hard over the past three and a half years to ensure we complied with the very rigorous guidelines in place to be an International Baccalaureate school. I am really pleased that your daughters will experience the International Baccalaureate Middle Years Program. Participation in the Middle Years Program requires each student to become an active learner who is aware of themselves as a learner.

Ms Mueller and I enjoyed our visit to Footscray Primary School recently to see the Grade 5/6 IB Primary Years Program Exhibition. The students had ‘How we share the planet’ as the theme; they had investigated some really challenging topics and presented excellent work.

Later this year our 2016 Year 10 students commence their Personal Project. The Personal Project allows the students to take charge of their learning and produce an artefact. Students can choose to learn a new skill, write a book, make something or outline a project, they can almost do anything so long as they can meet the assessment criteria and complete the project within budget and the set timeline.

Exams finished

All students in Years 10 and 11 have completed their exam period and are now receiving feedback on their performance. Following this they will commence the orientation program for their VCE.

Year 7 & 8 Camp

A large group of Year 7 and 8 students went off to camp at Phillip Island last week. I was pleased to hear about the range of activities the girls had an opportunity to participate in such as the night walk and seeing the penguins. For some of the girls it was the first time they had slept in a tent. Thank you to Ms Dobra, Ms Tait, Ms DeBarros and Ms Cooper for accompanying the students.

Head start

Students in Years 7, 8 and 9 will commence their studies in the next year level when they begin the Headstart program on December 7th. It is very important that all students attend and get a head start on their learning.

Soiree

Please see the notice later in the newsletter regarding our Soiree. Unfortunately I am unable to attend this year as I will be at another presentation.

Scholarship news

It has been a very exciting time for many individual students recently as they have been notified of their success in relation to their applications for scholarships. All students are encouraged to apply for the various scholarships. This year we are pleased to hear Tahlia Gibson is to receive an ABCN scholarship for $7,000. ABCN is the Australian Business Community Network and they are the group who established our partnership with PricewaterhouseCoopers. We have also been notified of our Kwong Lee Dow scholars who we will introduce at our Awards Ceremony.

Reminder

Our Awards ceremony will be held at Victoria University on Friday at 11.00 (Footscray Park campus). Please join us if you can.

Bette Prange

Principal

EDUCATION QUOTE: “You must do the things you think you cannot do”. Eleanor Roosevelt
JUNIOR SCHOOL NEWS

Last week was an extremely busy one for the Junior School, in particular the Year 7’s and 8’s. Last week saw 40 Year 7 and 8 students go on camp to Phillip Island. All the reports from both students and staff have been extremely positive. The sea kayaking seems to have been very popular along with the visit to the penguin colony. A special thanks to Ms. Vendetti for planning the camp and a big thank you to Ms. Dobra, Ms. Tait, Ms Cooper and Ms. De Barros for their extra effort in making sure everyone had a good time.

With the end of the year quickly approaching it is important that students across the Junior School remain focused on maintaining the correct attitude to their work and classes. Regular classes will be run up until the beginning of Head Start Week which begins on Monday the 7th of December.

During Head Start Week Year 9 students will begin working on their Year 10 subjects for 2015. Similarly, Year 8 students will begin working on Year 9 work and Year 7 students will begin working on Year 8 work.

During December we will begin planning for 2016. If students are intending to move to another school for 2016 it would be extremely helpful if the information was passed on to the school office or myself.

Ian Reilly                                Junior School Leader

SENIOR SCHOOL NEWS

Senior school is now fast approaching the end of the academic year with the Year 12 exams finished and our 2015 graduating class waiting for their results which come out on Monday 14th December.

Year 11 students have also completed their exams and have already commenced their Year 12 Head Start Program. This program kicked off last Friday with a presenter from Elevate Educate who provided some very valuable tips to the group about how to cope with the demands of Year 12. Students have commenced each of their Year 12 subjects and have homework this week which should be completed each night, as well as holiday homework over the summer break.

Year 10 students finished their last exams on Friday and after two days of exam feedback begin their head start program into Year 11. There are two parallel programs running for our Year 10 students from Monday 30th November through to Wednesday 2nd December to help them explore career options and pathways. All permission forms should be returned to the office no later than Wednesday 25th November to ensure that numbers and programs are finalised.

The last day for Year 11 students is Friday 27th November after the Awards Ceremony, while for Year 10 it is Friday 4th December.

The process to elect new College Captains and Sports Captain is under way and the successful candidates will be announced at the Awards Ceremony on Friday.

Another reminder that this Friday is a very special day in the College Calendar and all parents, friends and students from across Year 10, 11 and 12 should attend to acknowledge the efforts and exemplary results of some of our students.

This is my last newsletter entry for a few weeks as I am having hip surgery very soon. In my absences parents/guardians have any queries or concerns please direct them to Mr. Nucci the Assistant Principal or Mr. Reilly the Junior School Leader.

I would like to take this opportunity to thank all the senior school staff and the lovely office ladies for their efforts in supporting the senior school. I wish our Year 12 students the very best for their results and hope that each of them finds a pathway into further study. I look forward to returning next year healthier, with no limp or pain to continue to support every student in the senior school achieve her very best.

Helen Voidis                              Senior School Leader

Year 11 Workshop on Compass

On Friday 20th November during period 2, Year 11 students were introduced to Compass. The Compass system will allow students to access up-to-date and meaningful information about our College. Students will be able to download school resources while at home or on holidays. They can check their attendance records and arrange meeting times with their teachers. Please see Mr. Nucci if you have any questions about Compass.

Health Chat

Getting into a sleeping routine

Having a regular sleeping routine has massive benefits to your physical and emotional health. Find out how to get into a good sleeping routine, and what to do if you’re having trouble.
Why a sleeping routine is useful
We’ve all been told over the course of our lives that a good night’s sleep is important – possibly to the point where we stop paying attention to the advice. Just because the advice is a little tired, doesn’t mean it isn’t true. Research shows that adolescents and young adults need at least 7–9 hours of sleep a night, and getting into a good sleeping routine is the best way to make sure we get the hours we need on a regular basis. People with a good sleeping routine and who get enough sleep have:
› higher concentration levels
› increased energy
› a better memory
On the other hand, when your sleeping routine is messed up, it can have some pretty bad impacts on your physical and emotional health. Not only is it hard to concentrate, feel energised and remember things, but your sleeping pattern can also cause more serious mental health issues. Read the Circadian Rhythms fact sheet on ReachOut.com for some interesting info.

How to get into a sleeping routine
If you think your sleeping routine could use a little help, there are two things you need to do. First, you need to set yourself some routine guidelines. Second, you need to put some strategies in place to help you sleep according to your guidelines. Setting a routine
› Set yourself a time each night to go to bed
› Set yourself a time to get up each morning
› Avoid sleeping during the day
These three steps will help your body clock get into a rhythm and make sleeping feel more natural. It’s not always going to be possible to completely stick to it – things crop up, you might have random early mornings sometimes or a late night here and there. That’s ok – the point is that you stick to these guidelines whenever you don’t have a good reason not to (which should be most nights). The exact time of when you go to bed / wake up isn’t important, but there are a few things you need to consider:
› Going to bed before midnight is ideal
› You should be aiming for between 7 and 9 hours sleep
› Your body needs a decent amount of bright light every day so it can produce certain (very important) brain chemicals

Putting yourself to sleep
Things you can do to help yourself sleep in the hours that you have chosen are:
› Take ten minutes before bed to process the days thoughts and let go of them. It might help to talk to someone about your day, or write down your feelings.
› Sleep in a well–ventilated room that’s not too hot or cold.
› Avoid too much exercise right before bed.
› Drink warm milk or chamomile tea before bed
› Avoiding eating heavy meals late in the evening.
› Play soft, gentle music. Your heart follows music beats, meaning high energy music revs you up, and more peaceful music will help you unwind.

If you are having trouble getting into a sleeping routine.
Often if you’re stressed and anxious it can lead to sleeping problems, but as the stressful situation passes a more regular sleeping pattern should return. If you’ve been unable to sleep for a few weeks it’s worth taking a visit to your GP. They’ll be able to rule out any disorders, such as asthma, and help you figure out if anything serious is going on. Fixing a sleeping problem is going to be much easier and faster if you seek professional help.

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

Michelle Hynson - Adolescent School Health Promotion Nurse Monday and Tuesday

Careers News
Students in Year 12, please note; your results come out on 14th December and I will be available all that week for students who want to see me to discuss options for 2016. Students may want to change course options in light of their results.

Gilmore College for Girls
Annual Soiree

All students, families and friends are invited to attend and enjoy an evening of musical entertainment, showcasing the talents of the students.

Come one and all to our evening of musical entertainments on Tuesday 1st December from 7pm.

Be delighted by offerings from our instrumental music students, including strings, guitar, keyboard, and rhythm ensembles! Be dazzled by the soaring vocal power of the choir and other class song groups!
Everyone is welcome to attend and we’d love to see you there supporting the talented students that put their time and effort into learning and practicing their instruments.

**Date:** Tuesday 1st December  
**Time:** 7 pm – 9 pm  
**Venue:** LCC @ Gilmore Girls  
**Light refreshments will be served.**

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**Year 7 & 8 Camp.**

On the Wednesday the 18th 39 girls from years 7 & 8 headed off to camp at Phillip Island. There was plenty of excitement, sugar consumption and “are we there yet?” Ms Dobra, Ms De Barros, Ms Cooper and Ms Tait tagged along with the girls to have some fun.

Once we had arrived at San Remo we met our group leaders, Kaz, Albie and Kyle from Quest skills for Life, who showed us our camp site and supervised the tent set up (oh no! TENTS!!!). Once camp was set up we headed off the Churchill Island, where the girls milked a cow, watched sheep shearing and even had a go a whip cracking (something Ms Tait excelled in, surprise surprise). There were plenty of smells and they got worse as the day went on and we headed to the Nobby’s and the Penguin Parade. After a walk to the blowhole and learning about little penguins we were all tired and ready for dinner. BBQ at the Cowes foreshore refueled us for a night of watching the penguins come in to nest for the night. Just like the penguins it was our time for bed too.

After a short sleep the girls were up bright and early to cook us all breakfast. The day saw a lllllooooooommmnnngggg sand-dune/cliff walk up The Pinnacles and back with the rangers, learning about wildlife along the way. Sea kayaking was also on the agenda with a few girls ‘accidently’ falling in. Dinner and light walk finished off the day with the girls spotting pufferfish and “sea-turtles”. It was straight to sleep for everyone after such a busy day.

After packing up camp we headed to our final destination of the trip, the Koala Conservation Centre, there was heaps of hushed squeals when a koala was spotted, but it was all too much for some of the koalas, because really how much can a Koala bear! It was a very quiet trip home with almost all sleeping the whole way.

Thanks to all the girls, teachers, parents and Quest for such an awesome experience!

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**Student view**

The camp was based at Phillip Island and we completed various activities which ranged in difficulty and skill, such as hiking, kayaking and seeing and learning about a range of animals.

While on this island we visited iconic destinations which were on Phillip Island such as the Nobbies Seal Centre, the penguin Parade, and the Koala Conservation Centre.