



MENTONE GIRLS' SECONDARY COLLEGE

Cnr. Balcombe & Charman Rds., Mentone. 3194

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NEWSLETTER

No. 13

21st August, 2008

Dear Parents,

We have certainly been busy at Mentone Girls' Secondary College – last week especially so. Students and staff from Nakamura High School in Japan completed their 3 week stay with us. Many thanks to the families who hosted a student or teacher.

On Monday 11th August the students in Year 10 attended an information night to introduce them to the VCE and begin making their course selections.

All Year 9 students had an excursion to the city to begin their City Project on Wednesday, and in the evening there was an information night for students in Year 8.

About 60 ex-students attended a 10 year reunion organised by the Past Students Association on Thursday night.

On Friday all Year 10 students were involved in Course Counselling, where teachers went over their course selections with their parents and them. In the evening the Year 10 dance, run by the SRC, was an outstanding evening for the girls to celebrate their year.

All of the activities required staff to give time above and beyond their classroom responsibilities, and I thank them for their willingness to assist.

Many students are busy rehearsing for this year's College Production – The Wizard of Oz. An enormous commitment is made by both students and staff in creating our production, and I urge all parents and students to attend at least one performance. There are six opportunities for you to see the show, so mark it in your diary now.

The Gymnastics team will be competing at the National level next Sunday, August 23rd. Quite a few sports teams have gone out in the past week, including Junior Football, Year 7 and Year 8 Netball, and this week State Squash and State

Badminton finals, Year 8 Round Robin and Southern Zone Year 8 Badminton. We wish the girls luck in their competition.

Deborah M Lehner
Principal



KEYS PLEASE

THE FIRST STEP INTO THE DRIVER'S SEAT



FREE!

**FORUM FOR LEARNER DRIVERS
AND THEIR PARENTS/GUARDIANS**

Presented by VicRoads

At: Aspendale Gardens Community Centre
103-105 Kearney Drive, Aspendale Gardens
When: Wednesday 3rd September 2008
Time: 7.30-9pm

Good Drivers aren't born. The best way to become a good driver is to get plenty of driving experience.

Sometimes learning how to change gears or even change lanes can be a breeze compared with the challenge of getting your parents/guardians to hand over the car keys.

Keys Please is an informative and interactive forum to introduce the different skills and some valuable tips to help you get that all important licence.

If you can convince your parents/guardians to come along, they will hear how important it is for you to practice driving as often as possible in all types of road conditions.

Participants will receive
a show bag containing "L" plates
The book "Getting There From L's to P's"
Door prizes of Village Movie tickets
Discount offer on "Road to Solo Driving" books

BOOKINGS ARE ESSENTIAL!

Ph. 9587 5955 (by Wed 27th August)

Captain's Corner

I've thoroughly enjoyed watching the Beijing Olympic Games. The skill and endurance of the athletes is amazing, but the thing that stands out to me most is the great sportsmanship shown between them. Although each competitor seeks that gold medal, the ultimate victory is the one that is played in good spirits. Congratulating your opponents and being humble are not just vital in the sporting world, but are necessary in everyday life. When you achieve your goals, it is important to acknowledge those that have helped you along the way. It is also essential to remember that a little competition is healthy. Your challengers are there to motivate you to be the best that you can be.



The path to success is not always an easy one. Sometimes it is because our dreams seem so far out of reach that they feel impossible to accomplish. At other times it is because someone puts you down. Surrounding yourself with positive people that support you is a great way to keep motivated. Take it one step at a time by breaking your goal into smaller, more manageable goals. Write lists, and remember to reward yourself each time you reach your aspiration. Don't be afraid to ask for help and try to learn from your mistakes. If there's one thing that the athletes in the Olympics have shown us, it is that anything can be achieved if you set your mind to it.

For the Year 12's, we are on the home stretch! Keep working hard, because you will gain so much more satisfaction from knowing that you did your best. Our final results are not the be all and end all; rather an open door into our exciting future.

Olivia McConchie
College Vice Captain

College Matters

Casual Dress Day

The Casual Dress Day for Term 3 will be held on Tuesday 16th September. Teachers have become increasingly concerned about the safety risks involved for the girls with some of the footwear worn on Casual Days. To ensure that there are no unfortunate accidents or injuries, we are asking the girls not to wear thongs. For some practical

classes they may need to change their casual shoes for suitable protective footwear.

Nakamura Visit

After a most successful stay, our Japanese visitors from Nakamura High School left last Sunday. There were 10 students and two teachers with us for three weeks. The principal, Mr. Kimura, and the PT Chairman joined the tour in the later stages. They are most keen to host a group from Mentone in 2009. Following the friendships that have developed over the three weeks, we are hoping that there will be a tour of Japan next year. Thank you to the families who generously hosted the visitors while they were here. Without this support, such valuable cultural experiences would not be possible. Also thank-you to Allan Trigellis-Smith for all the work he put into managing and organising the program.

Year 10 Social

Thank you to Mrs Liakos, Ms Watson and the SRC Executive for their outstanding efforts in the planning and organisation of the evening. This helped ensure the success of the night.

Newsletter Distribution

We are currently in the process of installing a new computer system. This week's Newsletter is being distributed to all students in hard copy as we are currently unable to place it online.

Judy Lielnors
Acting Assistant Principal

Middle School

After the recent Middle School Course Information Evenings, most students are busily involved in making their elective selections for 2009. Students are encouraged to ask advice of their parents, teachers and older friends about the different subject offerings before making their final choices.

Dates to remember:

The Year 9 (into 10) students must have their final selections and forms (including their web receipt, and their semester one report if they are applying for VCE acceleration) into their Course Counsellors by Friday 22nd August at the latest. Below is a list of Course Counsellors for the Year 9 (into 10) students:

9A –GB 9B - JM 9C – AWA 9D – BK
9E – M 9F – PCO 9G – DHA 9H - JGO

The Year 8 (into 9) students must have their final selections and forms (including their web receipt) into their Course Counsellors by Friday 29th August at the latest. Below is a list of Course Counsellors for the Year 8 (into 9) students:

8A –LL 8B - JWA 8C – FG 8D – McL
8E – C 8F – ATS 8G – L 8H - RT

Importantly for students not returning to Mentone Girls Secondary College in 2009 it is essential you complete and submit the Course Selection Sheet for 2009 indicating your intention to leave by answering the question at the top of this sheet (then have your parents sign in the appropriate place at the bottom of the form.

Middle School Team

SRC

The SRC have been very busy in organising the Year 7's fundraiser events for their sponsored child, Josephine Namuganyi. The last cake stall was a great success and we will be holding another one within the coming weeks. Alongside this, the SRC have donated \$78 to **World Vision**, enough to purchase seeds, tools and agricultural training for six families. This money will be a great help allowing these families to produce enough food to support themselves for years to come.

The year 10 social has also been a topic high on the agenda, with the SRC team organising the event. It was held on Friday the 15th of August, and was a very successful night. A huge thanks to all the staff who helped in the preparation of the night and also to those who attended the night itself. In particular to Miss Watson and Mrs Liakos for their great efforts!



Also coming up within the next few weeks is the **SRC Casual Day** which is to be held on the 9th of September. The theme for this casual day is the environment, to coincide with the schools launch of our solar panels and water tanks. We are asking everyone to wear something green, or even some op shop clothes to encourage recycling.

Sarah Struthers
SRC Secretary

VIC SRC On Thursday the 26th of June Rosie Sheppard, Amanda Aridi, Emily McDermott and I from Year 11 attended the Victorian SRC

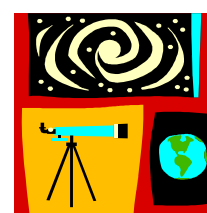
Regional Student Conference. Students from schools around Melbourne from Years 9-11 were all there for the same reason, to learn from others. The day gave us an opportunity to talk to other schools about our own SRC, how it is run and strategies we use to reinforce it's effectiveness. It was valuable as we got to brainstorm ideas we have for future projects and also look into projects that had gone well for other students. Our College was represented in a bright light as we were seen as one of the most involved schools. Thank-you to Ms Liakos for giving us this opportunity and taking us on the day.

Brianna Reynolds
Year 11 SRC

Science

ICAS Science Competition results

Our students performed very well in the ICAS Science Competition. All of the Year 7 and 8 students participated as well as a group from Year 9-12. The results were pleasing; 48 Year 7, 39 Year 8, 9 Year 9, 5 Year 10 and 1 Year 11 student received Credits. The students who achieved a Distinction or High Distinction were presented with their certificate at the last General Assembly. They were; Distinction- Year 7 Darcie Bourke, Evelyn Clark, Jade McKenna, Varsha Nayak, Julia Quirk, Iman Tran, Carly Williams. Year 8- Rosemary Cole, Nina Moorrees, Jacqueline Sale, Vanessa Stephen, Holly Treverton, Year 9- Andrea Nelson. Alice McLaren from Year 10 received a High Distinction. Congratulations to all of the girls on their achievements.



Sue Cook
Science Domain Leader

Sport

Year 7 Netball

Our 'A' and 'B' teams both made it to Southern Zone finals last week. Both teams have played with persistence and passion all the way through the stages and have been brilliantly supported by their families, who have come to watch at each stage! On Friday, we played at Dandenong, against three other schools. The 'B' team won all their games and are Zone Champions – congratulations, girls! The team consisted of: Rebecca Proc, Chelcie Keenan, Grace Nelson (Captain), Olivia Garretto,



Caishlin Simpson, Evelyn Clark, Emily Murphy, Emma King and Marli Grosskopf.

The 'A' team were defeated by Berwick on a countback, but have the potential to be state champions in the future, as they are all outstanding netballers! Congratulations to the team: Monique Kruse, Ashleigh Burchell, Amber Swales, Georgia Scott, Chelsea Goldin (Captain), Jessi-May Hyland, Zoe Farrell, Charlotte Harper, Lauren Hulse and Georgia Kirwan. Ms. Stephens and "Mr. Fork" are so proud of you all. **One, two, three...MENTONE!**

Careers

Parent Information Evening at Monash University

Parents of Year 11/12's - find out how to support your child as they consider future study options. Be provided with a chance to look at courses, scholarships and student services and how to ease the transition to university. Speakers include current students and academics. **When:** 7-8pm, Mon 25 Aug; **Where:** Caulfield Campus, Building H; **Info:** Call 9903 4758 or Valerie.foster@adm.monash.edu.au; **Bookings:** www.monash.edu.au/parents.

Engineering at Monash

An evening for prospective students and their families, giving a chance to talk to course advisers and faculty staff and tour the facilities after a formal presentation. **When:** 7-9.30pm, Wed 3 Sept; **Where:** Lecture Theatre C1, Building 63, Clayton Campus; **Reg'n:** www.eng.monash.edu.au or 9905 3404.

Hair and Beauty Careers Expo

Victoria University is offering this Expo covering beauty therapy, natural spa therapy, hairdressing, make-up for theatre and special events and modelling. **When:** 10am-3pm, Sat 30 Aug; **Where:** 225 King St, Melbourne; **Info:** www.vu.edu.au/visitvu; Campus tours every hour.

Interested in Holmesglen TAFE?

Information sessions for students and parents. **When:** (ALL 6pm) 9 Sept – Hospitality/cookery/bakery; Children & community services; Building/construction; 10 Sept – Tourism/ wellbeing/ recreation; horticulture; art industries; 11 Sept – Health/sciences/nursing; business; engineering /electro-tech; IT; **Where:** Conf. Centre, Chadstone; **Reg'n:** 9564 2608, jessicaw@holmesglen.vic.edu.au.

Greg Feben
Student Pathways

Parents and Friends

Parent and Friends Dinner

Come and have a night out, Meet some other parents.



All parents welcome.
Beaumaris R.S.L.-Furphies Bistro
Smorgasbord \$13.00 per head
Thursday 28th August, 2008
7.30 p.m
R.S.V.P. 26th August, 2008
Julie Kerdel 0412 326 260 or juliekerdel@optusnet.com.au

City of Kingston Children's Services Training Seminars and Workshops 2008 21st Century Fathers

Tuesday, 2 September 2008
Registration from 6.30pm Starting @ 7pm
Concluding @ 9pm
Presenter: Darren Varley, Parent Educator

All fathers, grandfathers, parents and carers are invited to celebrate Fathers Day by attending this seminar. DO IT FOR YOUR KIDS!

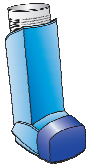
Topics discussed in this seminar will include :

Fatherhood and how parenting has changed
Different styles of parenting
Resilience and building relationships
Work life balance
Questions and discussion

\$5 per person Bookings are essential as places are limited
For more information and bookings
Phone: 9581 4585 Fax: 9581 4500
Email: donna.feore@kingston.vic.gov.au

Correct Use of Puffers and Spacers

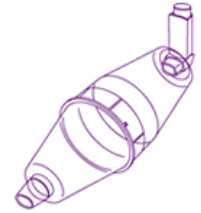
New research from the Woolcock Institute of Medical Research has shown that up to 90 per cent of people on asthma medications are using their puffers (Metered Dose Inhalers) incorrectly leading to poor asthma control, increased hospital visits and increased cost of treatment.



Everyone should use a spacer when using a puffer (for both reliever and preventer puffers). Using a spacer is significantly more effective than a puffer on its own. The medication is delivered more efficiently into the small airways in the lungs where it is needed (approximately over 3 times more effective). Less medication is deposited in the mouth, reducing the side effects associated with preventer medications.

How to correctly use your spacer and puffer:

1. Remove the cap from the puffer mouthpiece
2. Hold the puffer upright and shake
3. Fit puffer mouthpiece into the spacer (at the opening opposite to the mouthpiece)
4. Breathe out, tilt the chin up
5. Put the spacer mouthpiece in your mouth and create a seal with your lips
6. Press the puffer to release one puff into the spacer
7. Breathe in and out through the spacer for 4 normal breaths
8. If more puffs are needed repeat steps 6 and 7
9. Replace the cap on the puffer



If you would like more information please call The Asthma Foundation of Victoria on 1800 645 130 or visit www.asthma.org.au.



Asthma Management Checklist for Parents of Children with Asthma

1. **Does your child have an up to date Asthma Action Plan that tells them how to manage their asthma and what to do if their asthma gets worse?** Your child's asthma should be reviewed regularly with their doctor and their school should have a copy of their Asthma Action Plan. It is very common for children to have occasional or seasonal asthma. An Asthma Action Plan is still needed for when this occurs.
2. **Does your child carry their reliever puffer and spacer with them at all times?** Medication needs to be available wherever your child may be (school, sporting field, home). The expiry date of the medication and the amount of medication left in the canister should also be checked regularly.
3. **Are you and your child aware of your child's asthma triggers and do you take steps to avoid them?** It is also important to highlight the key symptoms, triggers or special features of your child's asthma with their teachers so they can assist in managing your child's asthma more efficiently.
4. **Do you listen to what your child says?** They will be aware of their asthma symptoms and should be able to tell you when they need their medication.
5. **Does your child take their asthma medication correctly?** Good technique allows more medication to get into the lungs where it is needed.

It is important to work with our school to ensure that your child's asthma is managed appropriately. If you have any questions about asthma management at school or would like to discuss asthma further, please call the Asthma Helpline on 1800 645 130 or visit The Asthma Foundation of Victoria's website www.asthma.org.au



Key Dates 2008

August Thursday 21 st	City Project Excursion- all day Year 12 MIPS Counselling Session Gymnastic Team Practice period 4 State Squash finals
Friday 22 nd	Year 10 Macbeth Incursion p4 "Monty the Rockman" Year 8 Science periods 1 & 2 State Senior Badminton Year 11 Food Technology Excursion Year 8 Round Robin
Sunday 24 th	Production Rehearsal 10.00am-4.00pm
Monday 25 th	State Senior Netball Year 12 Theatre Studies Excursion "Cat On a Hot Tin Roof" 6pm
Tuesday 26 th	Yr 7 Round Robin Yr 7&8 Southern Zone Badminton
Wednesday 27 th	Level Assembly SRC Yr 12 Leaders Conference -Gilmore GSC VCE Parent Teacher Interviews 5.00-7.30pm
Thursday 28 th	SRC - lunchtime BBQ State Junior Football Semi-final VCE Stage Band recording-lunchtime PFA Social Event Beaumaris RSL 7.30pm
Friday 29 th	State Senior and Intermediate Soccer
September Monday 1 st	Peer Support – P3
Tuesday 2 nd	State Gymnastics Competition
Wednesday 3 rd	State Gymnastics Competition State Junior Football Production Dress Rehearsal
Thursday 4 th	Production- Matinee and Evening Performance 7.30pm
Friday 5 th	State Year 7 & 8 Netball Production- Evening Performance 7.30pm
Saturday 6 th	Production- Evening Performance 7.30pm
Tuesday 9 th	Peer Support – P1 SRC Casual Dress Day PFA Meeting 7.30pm
Wednesday 10 th	Production- Evening Performance 7.30pm
Thursday 11 th	Year 7-10 Parent Teacher Interview Day-no classes, students required to attend for interviews
Friday 12 th	City Project Expo Day Production- Evening Performance 7.30pm
Saturday 13 th	Production- Evening Performance 7.30pm