



MENTONE GIRLS' SECONDARY COLLEGE

Cnr. Balcombe & Charman Rds., Mentone. 3194

P.O. Box 52 Mentone. 3194 Telephone: 9581 5200 Fax: 9585 1012

NEWSLETTER

No. 6

7th May, 2009

Dear Parents,

This week we are gearing up for our Open Night on Thursday May 7th and Open Afternoons on Tuesday and Thursday next week. I hope you are able to come and see the school and possibly see your daughter at work.

Year 9 students have been involved with the City Experience over this week and last week. I would like to thank all the teachers involved who stayed overnight with the students in the city and learn more about the activities available in Melbourne. In particular, thanks to Mrs. Meredith Hutchins for all the organisation she has done to make this a memorable experience for the students. Years 7 and 9 will be involved in NAPLAN testing next week. As parents may be aware from items in the media recently, DEECD is placing a priority on the results. Each year we are able to use the information generated by these tests, along with other valuable performance data to inform our curriculum planning to better meet the individual learning needs of our students.

Thank you to all the parents who are supporting us by ensuring their daughters are wearing their blazers to and from school. If your daughter comes home and then goes out again in her uniform, it needs to be the full uniform at all times. Changing into thongs or not wearing the blazer is simply not acceptable, so it is better to change completely before going out again.

Deborah M. Lehner
Principal

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Entertainment Books

The College is again selling Entertainment Books during 2009. Books sell for \$65 each and contain thousands of dollars worth of special and discount offers for Fine Dining Restaurants, Cafes, Informal Dining and Take Away Food. There are also offers for Arts, Leisure and Sporting Attractions including cinemas, theatre and tourist attractions such as the Melbourne Aquarium.

\$13 from every book sold is returned to the College to support our fundraising efforts. Entertainment Books are available for purchase from the General Office.

There are only a few books left so if you are planning on purchasing, don't delay!

College Facilities

There are a number of new and recent initiatives in progress designed to improve our school facilities.

Media Studies Centre

The College has identified the construction of a Media Studies Centre as its next major project. Funds have been set aside, several meetings have been held with the architects and this project is now well into the design phase.

Building National School Pride program.

The College has been advised it will receive \$200,000 from the Australian Government for school maintenance and refurbishment works. This funding is part of the Federal Government Economic Stimulus package. It will be used to fund the replacement of the external boundary fence, refurbishment of the portable classrooms in the Reflective Learning Centre and some other maintenance projects.

Language Centre

A further aspect of the Economic Stimulus package is the construction of Science and Language Centres. The College is applying to the Federal Government for funding to construct a Language Centre.

Solar in Schools.

The College is participating in the Solar in Schools program in partnership with Sustainability Victoria. A 4kW solar electricity system has been installed on the roof of the Technology Centre. A further application for funding for an additional 2kW solar system and upgrading of much of the fluorescent lighting in the College to energy efficient tubes is in progress.

Trades Training Centre

The College has entered a partnership with 9 local schools and Holmesglen College to apply to the Federal Government for funding to establish a Trades Training Centre at Holmesglen College. If the application is approved, the facility that will be constructed will enable the range of VET offerings in the local area to be significantly increased.

Water

Visitors to the College will have noticed the two large water tanks that were installed at the end of 2008. The water collected from the roof is being used for toilet flushing. The College is also participating in the Schools Water Efficiency program. During the last holidays over 100 flow control valves were installed on most of the taps in the College. These valves, and the water tanks, have contributed to a significant reduction in water consumption.

Simon Frazer
Assistant Principal

Email addresses and contact details

We are currently conducting an Enrolment Audit of all students. Parents will receive a copy of their details and are asked to check this printout carefully, altering it as appropriate and returning the document to the college as soon as possible. In addition, if you have an email address, please



include this. Once we have email addresses, we will be able to send parents an email link to the newsletter each fortnight. Those families who do not have an email address will still be able to access the newsletter via the website or pick up a hard copy from the General Office.

School Uniform

Most students are wearing school uniform very well and more students are wearing their blazer to and from school. Students may wear either complete summer or complete winter uniform in May; however, winter uniform is to be worn from 1st June until the end of August.

Piercings

The Student Managers and I have been speaking to girls who have nose piercings and asking them to remove them or wear a clear plastic 'plug' in them. I am pleased to say that most of the students we have spoken to have been complying with this rule. I also thank parents for their support.

Additional Sporting Activities

I am in the process of finalising the policy regarding students who wish to participate in sports not offered by the College. Details will be provided in the next newsletter.

Bronwyn Moline
Assistant Principal

Middle School

'Keys Please' cancelled

Only a limited number of Year 10 students have returned their forms for the Keys Please information session that was advertised in Term One. VicRoads requires a minimum number of participants and as this minimum has not been reached, this information session has been cancelled.

Work Experience

All students in Year 10 should now be finalizing their Work Experience arrangements. Please check with your daughter to ensure that she has submitted all of the necessary paperwork that will enable her to participate in the program later this year. Work Experience enquiries should be directed to Mr Thompson.

Absence notifications

Please remember to notify the Middle School if your daughter is absent from school. A quick phone call in the morning to inform us that your daughter is unable to attend school is very much appreciated. To phone Middle School direct please call the following numbers.

Year 9 9581 5208
Year 10 9581 5218

Middle School Team



SRC

From 20th - 25th April I was lucky enough to attend the UBS, Young Women's Leadership Academy at Sydney University. 50 public school girls from across New South Wales, ACT and Victoria, who are recognised in their vast range of schools and communities as aspiring leaders or innovators of change, were selected to attend the week long conference.

I arrived at Melbourne airport on the Monday morning, desperately searching for any other petrified looking 16 year old girls and thankfully made my first two friends, who happened to be from Brighton and Traralgon, before we even began our departure for Sydney. Once we arrived, all 15 Victorian girls mingled effortlessly before being greeted by the ACT participants and those from coastal or rural NSW at the airport. We were escorted onto the bus and driven to Sydney Women's College, an all female boarding house for students at the University of Sydney. The College looked like it belonged in a Jane Austin novel and has played home to some of Australia's most recognised and established women, such as Tanya Majors, an aboriginal former Young Australian of the Year and Quentin Bryce former Principal of the College, and now Governor General of Australia. Throughout the duration of the conference we undertook activities such as the "Myer Briggs personality test", and mock debates on government issues run by the current Australasian Debating Champion. We had seminars on media influence with Angela Bishop from Channel 10, the etiquette and effectiveness of dressing for occasions, improvising speeches (which was especially fun for me as a budding politician), recognising our own personal leadership styles, identifying our own personal values and mostly networking and creating contacts with professionals in all different fields. Throughout the week I actually learnt a lot about myself, including learning to tolerate and communicate with those who have opposite political or personal values. I learnt that listening is a much more effective tool in persuading others to follow you, as all talk becomes tiresome and boring. And that there are at least 49 other people on this earth, that could probably 'out enthuse' me, if we ever had an 'enthusiastic' competition.

A huge thank you to Ms. Lehner, Ms. Cook and Mr. Warden, for providing me with this once in a lifetime opportunity.

Louise Mapleston 11E



Music

TERM 2

May 7 [Thurs] Open Night 7.00 - 9.00 p.m.

Week 4: May 11 - 16 VCE Theatre Studies Performance - "As you like it" - various nights

May 13 [Wed] VCE Recital Evening

May 15 [Fri] House Music Combined Rehearsal/Meeting

May 20 [Wed] House Music Competition Dress Rehearsal (lunchtime, period 4)

May 20 [Wed] House Music Competition 7.30 pm

May 25 [Mon] MSO Educational Passports Concert 1, Hamer Hall 6.30 p.m.

Week 6: May 27 & 28 [Wed and Thurs] Year 9 Drama Performances of Polly Anna

June 4 [Thurs] Year 7 Band Night 7.15 p.m.

June 16 [Tues] Salaka - African Drumming Interactive Concert - Year 8

June 19 - 20 [Fri-Sun] Music Camp - [a 3 day camp which singers and instrumental students with at least one years experience attend]

June 25 [Thurs] Music Camp Concert

PLEASE NOTE CHANGE OF DATE!

Susanna Rummel

Director of Performing Arts

Sport

ATHLETICS SPORTS 2009

On Thursday 24th April, Mentone Girls' Secondary College conducted its athletics carnival at Dolomore Oval.

With a foretaste of winter forecast to chill the veins during the coming weeks, we experienced a late blast of autumnal splendour with the mercury settling in around the mid-twenties. Students, staff and parents alike basked in the sunshine under brilliant azure skies with the occasional cottony cloud intensifying and transforming the roof to a duller pewter shade as the students wended their way home after yet another successful and enjoyable day on the college's packed sporting calendar.

The girls celebrated the swimming program with an overflow of patriotic fervour in their choice of clothing, yet somehow they excelled themselves on the track and field events day. Most girls joined the costume party and proudly displayed their house allegiance on any visible part of their body.

Amanda Aridi did Jackson proud as she wore a skirt held together by plastic green-tinged shot cups. She also wore ersatz, lime-greened rimmed glasses in tribute to Elton John and bottle green



tinsel around her ankles. Her Jackson team-mates also got into the act with every variation of green on show in an array of fabrics which would have done a textiles exhibition proud. Some were veritable fashion plates while others vied for the taste bypass award.

Melba was not to be outdone, notably with the Stephanies: Strong and McMurray, sharing a custard-yellow chicken suit throughout the day. But the hues of this most mellow house were ubiquitous with many of the girls adorning their hair in golden and amber ribbons, while others favoured straw or saffron-coloured headwear and Mrs Merrick looked positively incandescent in her glowing yellow shirt as she bustled hither and thither ensuring the sports were running smoothly.

The Mackellar girls enjoyed a love affair with tinsel and tulle. Many of the girls tucked their hair into sparkly, tinsel crowns or strolled around the track encumbered by tulle fairy-skirts. Violet and lavender shirts were also prominent, while one student had an arrangement of lilac plastic plates around her waist. Mrs Rummel and Mrs Steinfort were the star staff 'fashion' performers for the house of the famous poetess. As they dutifully electronically timed races throughout the day, they represented an incongruous tableau with the combination of top hat, feathered scarf, apron, passé taffeta eighties style dress, shell necklace and mohair cardigan in a vast array of purple shades on show, between them.

Kenny also joined the spirit of the fashion show with generous splashes of blue on display. Its participants seemed to enjoy brandishing the 'K' letter on the chest of their runners, which at least made the judges' jobs easier. The Kenny girls also seemed to stain and dye their arms with enthusiasm and many navy and electric blue limbs were prominent, sometimes in a last rush of sweat-soaked adrenalin as they desperately sort the finish line in a last spasm of hope.

The Year 12 girls stood out in respect of their enthusiasm as they embraced their last opportunity to compete in an all-school sports carnival, and this time as 'queens' of the arena. Beth Mammos and Linnea Beer chose the moment to pay tribute to Cathy Freeman as they donned athletic bodysuits: Beth luminous in a turquoise and tangerine coloured one. Lou Nelson wore a voluminous outfit she referred to as 'Big Ben', which sported the colours of all four houses.

The Year 11 girls did a sterling job cooking sausages and veggie burgers with the barbeque being a popular area for runners to sate their burgeoning appetites. Ms Johnson and Ms

Flamank supplemented the menu with busy work at the canteen.

While there were dozens of willing and impressive athletes in action, some stood out for various reasons. While many of the girls were simply happy to compete and earn points for their houses, others reached for the line with bulldog ferocity.

Some like Emma Milliken in the distance events, and Maddie Lee Gow and Holly Colbert and the Deacon sisters, bestrode the athletics stage with an air of imperium. The only dampener was a lack of relay runners for some houses, which meant their inability to be represented over all age groups.

The final eagerly anticipated event was the staff versus house captains relay. While the girls couldn't wait to test their running prowess against their older opponents, and with an expectant throng



gathering, it was difficult for the teachers to muster a team. Ms Moline and Mrs Merrick exuded athleticism, yet rejected all persuasive entreaties towards participation. Admittedly the former's mellifluous tones reverberated around the arena all day as she stuck to the task of announcing all results and attendant requirements. Eventually Mr de Munk, Mr Shillabeer, Mr Bartlett and Ms Jarvis, did well to eclipse some speedy students. Ms Jarvis did the teachers proud in holding off the fast-finishing house captains in a race, which was run in the old-style shuttle format to save some ageing bodies!!!

Congratulations to all who made this an entertaining and worthwhile college event. First and foremost the tireless Mr Shillabeer and his able assistants Mrs Merrick, Mr Santos and Mr de Munk must be commended for all the work they put into the day. Many other staff had to transport resources and equipment to the oval to ensure that the day ran according to expectations. Thanks also to the parents who attended and to all the students who participated, showed loyalty to their respective house or who assisted staff in the fulfilling of their duties.

Winter might be about to be uncorked but on athletics day, autumn still had a strong pulse and undoubtedly the memories from this event will be printed indelibly on the minds of many of those who attended, especially the senior girls who farewelled their days of house sports carnivals.

Anne Gamble

Careers

JOB GUIDES FOR YEAR 10 STUDENTS

All Year 10 students will be receiving a copy of the 2009 Job Guide at their next Year Level Assembly on Wednesday May 20. This publication is a very valuable resource for career exploration and information and should be retained for the next few years for future reference. Apart from descriptions and requirements for an array of occupations, the Job Guide also has a number of very useful (but often overlooked) chapters at the start which look at career decision making, job hunting skills (useful when looking for casual or full time employment), and sources of help for transitions through study and work. **Parents are encouraged to look at this.** Any Year 10 girls who miss the assembly and do not receive their copy should see me in the Careers Room.

UMAT REMINDER FOR YEAR 12 STUDENTS

Information and applications about the Undergraduate Medicine and Health Sciences Admission Test (UMAT) are now available from the UMAT office at ACER at www.umat.acer.edu.au. Registrations to sit the test close on June 5 and the test is on Wednesday 29 July. This test must be sat by Year 12 students applying to study **Medicine, Pharmacy, Pharmacy/Commerce and Physiotherapy at Monash University, Oral Health at Melbourne University** (some of their courses which previously required the UMAT no longer do so as they are post-graduate entry under the 'Melbourne Model' - **dentistry, medicine optometry, physiotherapy**), and **Dentistry and Oral Health Science at La Trobe University (plus similar courses at interstate universities)**. Applicants who do not complete the UMAT will NOT be considered, regardless of their ENTER.

CAREERS IN SPORTS MEDICINE SEMINARS

Olympic Park Sports Medicine Centre - sports physician, physiotherapy, soft tissue therapy, dietetics, podiatry, psychology. **When:** Registration: 6.45-7.15pm, program 7.30pm, Fri 22 May; **Where:** Lexus Centre, Cnr Batman Ave & Swan St, Melb; **Cost:** \$25 per student; **Registration:** call Emma, ph 9415 8399. ethorncroft@opsmc.com.au.

Sports Medicine Aust. - podiatry, exercise science, physiotherapy, medicine, psychology, dietetics, osteopathy. **When:** 9.15am-12.40pm, Sun 24 May; **Where:** Melbourne Sports & Aquatic Centre, Champions Room, Albert Park;

Cost: \$35 per student, \$25 per parent; **Book:** forms in Careers Room or call Bree York on 9674 8707, bree@vic.sma.org.au

CAREERS IN LAW EXPO (presented by Law Institute and RMIT)

For those interested in a career in the law, and finding out about types of legal practice, career paths, traineeship/practical training. **When:** Wed 13 May (4.30-5.45pm: obtain personal advice and resource materials; 5.45-7.45pm: seminar program featuring guest speakers - solicitors, law clerks, legal assistants, young lawyers); **Where:** RMIT Storey Hall, 342 Swanston St, Melb.; **Cost:** Free; **Book:** Leanne Newson, 9607 9468, lnewson@liv.asn.au (give name, phone, number coming and postcode). **Information:** www.liv.asn.au/events/lawweek.

FIND OUT ABOUT MELBOURNE UNIVERSITY

'Focus on Melbourne' is an evening seminar series for Yr 10-12 students/families. Get information about courses, hear about the Melbourne Experience, career prospects and ways to get involved with the university community. Evenings to be held, all 6.30-8pm: **Law** (12 May); **Commerce** (27 May); **Engineering** (4 June); **Arts** (9 June), **Music, Visual & Performing Arts** (10 June); **Science** (23 June); **Biomedicine** (22 July); **Environments** (29 July). **Information:** 8344 6543; **Registration** (essential): www.futurestudents.unimelb.edu.au/focusonmelbourne

Greg Feben
Student Pathways

MELBOURNE GIRLS' COLLEGE

extends an invitation to

Mentone Girls' Secondary College Parents

to attend A PRESENTATION on

"Sexualisation of Young Women"

by

DR. KAREN BROOKS

Described as 'Australia's best known academic' by ABC radio and a 'celebrity academic' by other media. Karen currently lectures at the University of the Sunshine Coast in the areas of youth, sexuality and popular culture using a psychoanalytical model.

When: Tuesday 2nd June 2009

Time: 7.30 pm

Where: Melbourne Girls College
Yarra Boulevard, Richmond
College Lyceum

Cost: \$5.00 (payable at door)

ASTHMA – Frequently Asked Questions

Can a child grow out of asthma?

No, there is no cure to asthma. It is more likely to occur in younger years when the airways in the lungs are still developing and therefore more sensitive. However, once someone has been diagnosed with asthma, they can remain symptom free for an extended period with symptoms then reappear later in life.

Why should a spacer be used when taking medication through a puffer?

Spacers deliver more medication to your lungs, minimize side effects and require less coordination. A spacer is a plastic container with a mouthpiece and one way valve at one end and a hole for a puffer at the other. Medication is sprayed into the spacer, then immediately breathed in.

Can I overdose a child on reliever medication?

No, the blue reliever medication is completely safe and you cannot overdose a child with this medication. There can be side effects from the extended use of blue reliever medication in a short period of time, including raised heart rate, hyperactivity, shakiness or headache, but these side effects usually subside quickly and are preferable to the potential damage from not being able to breathe.

What if the child is allergic to Ventolin?

It is very rare for this to occur; however in this circumstance you can administer a Bricanyl turbuhaler, as it does not contain salbutamol. If the child is allergic to the propellant in the metered-dose inhaler; then a dry powder turbuhaler is suitable to use in this circumstance.

To obtain a **FREE Asthma Control Pack**, containing information to assist parents and students in managing their asthma, please call **Louisa or Sarah** at **The Asthma Foundation of Victoria** on **1800 645 130** or email schools@asthma.org.au



BRING HOME A BROTHER OR A SISTER

In July 2009, students, aged 15 – 18 years, from over 15 countries will be arriving in Australia to study at local schools for 5 or 10 months. Opportunities exist to act as a host family in a volunteer/unpaid capacity. Hosting can be on a temporary, short or long term basis.

Host families help provide our students with the chance to study and experience life in Australia. This is a great way to learn about another country and culture, establish a lifelong link to a family in another country and contribute to international goodwill. If your family can offer a friendly, supportive and caring home environment, contact us today.

To learn more about this opportunity call Student Exchange Australia on 1300 135 331

or visit our website: www.studentexchange.org.au



Winter and Asthma

With the winter months approaching, it is important to be aware of the triggers that can affect your asthma during this season. A sudden change in temperature, such as cold air or windy days can be a trigger for some people with asthma. It is recommended that you take your usual dose of reliever medication before going out on cold, windy days. Wearing a scarf over your face will help to warm the air before you breathe it in. Thunderstorms can also trigger your asthma. This is due to the large quantities of pollen, in very small particles, being released into the air, as the raindrops break down pollen particles already in the air. It is best to stay inside with the windows closed during thunderstorms. Visit your doctor to determine if weather change is a trigger and ensure you have a written Asthma Action Plan outlining what to do for your day to day asthma, what to do if your symptoms worsen and how to cope with an asthma emergency. As we head toward cooler months, The Asthma Foundation of Victoria recommends that everyone with asthma should have a flu injection as people with asthma are at higher risk of developing complications from influenza.

To obtain a **FREE Asthma Control Pack**, containing information to assist parents and students in managing their asthma, please contact **Louisa or Sarah** at **The Asthma Foundation of Victoria** or **1800 645 130** or email schools@asthma.org.au

MORDIALLOC NEIGHBOURHOOD HOUSE

Term 2: **Mandarin Language** classes

Thursday, May 7th

7.00pm – 9.00pm Run for 8 weeks.

Term 2: **Computers for Beginners: Including Digital Photos**

Tuesday, June 2nd

6.30pm – 8.30pm Run for 4 weeks

*Must have own computer at home to complete tasks

Occasional Child Care Available,

Monday – Friday

3 hour and 5 hour sessions daily.

BOOKINGS ESSENTIAL

MORDIALLOC NEIGHBOURHOOD HOUSE: 9587 4534

Key Dates 2009

MAY Monday 11 th	Year 7 Immunisations Theatre Studies evening performance
Tuesday 12 th	NAPLAN - Years 7 and 9 Open Afternoon 2.00pm Theatre Studies evening performance Parents and Friends Association 7.30pm
Wednesday 13 th	NAPLAN - Years 7 and 9 VCE Music Recital Night
Thursday 14 th	NAPLAN - Years 7 and 9 Open Afternoon 2.00pm Theatre Studies evening performance
Friday 15 th	Cross Country 1.15pm – 3.25pm Theatre Studies evening performance
Monday 18 th	Year 9 ABCD Shrine Excursion
Tuesday 19 th	College Council 7.30 pm
Wednesday 20 th	Year 8 Leadership Conference House Music Competition 7.30pm
Thursday 21 st	Year 7 Anti-Bullying workshops Periods 1-3
Friday 22 nd	Year 9 EFGH Shrine Excursion
Monday 25 th	Debating Competition
Wednesday 27 th	Year 9 Play 7.30pm Global Citizens Day – Year 8
Thursday 28 th	SRC Casual Day 'Reading matters' activity for Year 7 and 8 Year 9 play 7.30pm
JUNE Monday 1 st	Unit 1 Exams
Tuesday 2 nd	Unit 1 Exams
Wednesday 3 rd	Unit 1 & Year 10 Exams
Thursday 4 th	Unit 1 & Year 9 & 10 Exams
Friday 5 th	Unit 1 & Year 9 & 10 Exams Year 7 Band Night
Monday 8th	Queen's Birthday holiday
Tuesday 9 th	Unit 3 Exams Parents & Friends Association 7.30pm
Wednesday 10 th	Unit 3 Exams
Thursday 11 th	GAT Exam Year 7 Zoo Excursion
Friday 12th	Report Writing Day – Pupil Free Day
Monday 15 th	Debating competition
Tuesday 16 th	Year 8 Music workshop Period 4 College Council 7.30pm
Wednesday 17 th	Year 9, 10 and 11 reports verification 2.30 – 4.30pm Past Students Reunion – 10 years (Class of 1997)
Thursday 18 th	Year 8 workshops Year 7, 8 and 12 reports verification 2.30 – 4.30pm
Friday 19 th	Year 12 English performance Period 4 Year 8 workshops Music camp begins
Tuesday 23 rd	VCE Music recital
Thursday 25 th	College Assembly
Friday 26th	Last day Term 2 finish at 2.15pm