



# GILMORE COLLEGE NEWSLETTER

## KEY ARTICLES – MAY 08 EDITION

### Principal's Report

Staff have been very busy assessing student progress and writing students end of semester reports. Thursday June 5 is Report Writing Day and no students are required at school. The end of semester provides a good opportunity for each student to assess their effort for the first semester. They could ask: Have I attended all classes? Have I worked as hard as I could have? Have I sought the teachers' assistance when unsure of a task? The answers to these questions, viewed along with the end of semester report, can provide a plan for increasing each student's success in Semester 2.

### Attendance and Late to School

Poor attendance and lateness to school continues to be a problem for a number of students. It is very difficult for students to stay up to date with their school work if they regularly miss school. Lateness also is very disruptive to the other members of the class. Could I please ask parents to stress to their daughter the importance of being at school as much as possible and being on time? Of course if students are ill the best place for them is at home however we are concerned that a number of students do not have a legitimate excuse for missing school. Students who have been absent are required to bring a note from their parents unless the school has been notified by phone or in some other way. Consequences for lateness are being considered by the staff and students will make up the learning time lost.

### Uniform

It has been very pleasing to see most students in school uniform this year. Could I please remind parents and students that Gilmore Girls' College does have a compulsory school uniform. The uniform is important for a number of reasons:

- It promotes pride in the College.
- It gives a positive image.
- It helps to ensure that the College is a safe environment by allowing staff to quickly identify visitors to the College.

Could all parents please assist us by ensuring that students are in uniform at all times. If there are special circumstances why a student cannot be in uniform the student needs to obtain an "out of uniform" pass from the office. This however should not be occurring on a regular basis.

Also as parts of the uniform are expensive can I suggest that students have their name on their jumpers. Many of the girls are reporting that they have lost their jumper and if items were labelled it would be much easier to return them to the owner.

### End of Financial Year Special

The College blazer will be on sale for **\$165.00** from now until the end of term. See Matt in the uniform shop Wednesday lunchtimes. I would particularly recommend the purchase of a blazer for students in Years 9 & 10 as it will last for the rest of your school years and will certainly keep you warm.

### Athletics Carnival

The Annual Athletics Carnival was held last Tuesday and it was great to see the other talents students possess. Although the winter weather has settled in we were lucky to get through the day without rain. Thank you to Ms Paris for coordinating the day and to all the teachers who officiated and assisted on the day.

### Westside Arts

We had two students perform in the Westside Arts Concert at Hamer Hall last Monday evening. This is a huge celebration of the talent of the young people in the West and it is always a terrific night with items of a very high standard. Geraldine Gray and Elsie Daddow were members of the flute ensemble. Thank you to Lynette Newman for supporting the girls' involvement in this great opportunity.

### Public Speaking

Public speaking is a very difficult task for many of us so it is terrific for the girls to have the opportunity to develop this skill and present to a range of audiences. Four of our students participated in the Wyndham Youth Public Speaking Competition; a competition jointly sponsored by the Hoppers Crossing Rotary Club and the Apex Clubs. I had the opportunity to hear some of the speeches the girls prepared and found they were very well written and delivered with conviction.

### Year 8 Togetherness Day

A group of Year 8 girls participated in an activity day at Pascoe Vale Girls College. This day is one of the activities

organised to reinforce the links between the state government girls schools. A number of demonstration workshops were conducted then the girls from each school provided an overview of what makes their school unique.

**Bette Prange  
Principal**

### **English Department News - Writing and Poetry and other Competitions for you to enter**

- 1. Taronga Foundation Poetry Prize – Australia’s Leading Prize for young poets**
  - Open to all Australians Junior, Intermediate and Senior age groups share in prizes valued over \$31,000
  - Entries accepted until 19<sup>th</sup> September 2008 Entry fee \$5.00
  - “I am bound and carved by the waters of my life”. J. Burnham 13, QLD
  - “What happens to words when they are no longer used? The last breeding pair dead”.
  - Joint class submission or and individual submission
  - See [www.btgstudios.com/tfppanimal.html](http://www.btgstudios.com/tfppanimal.html) for information on this year’s environmental focus, bears. For more information on bears go to [www.freethebears.org.au](http://www.freethebears.org.au) Entry forms available at [www.tarongafoundation.org](http://www.tarongafoundation.org)
- 2. Dorothea Mackellar Poetry awards 2008**
  - National Literacy and Numeracy Week initiative
  - Total school fee of \$15.00 for all entries
  - **All entries must be received before June 2<sup>nd</sup> 08** Winners announced during Literacy week
  - Write a poem on the theme of Forests, Feathers, Fins and Fur or a topic of your own choice. Poems must be less than 80 lines. Poems judged on originality, imagery, use of language and construction.
  - For more details see [www.dorothea.com.au](http://www.dorothea.com.au)
- 3. The Beijing 2008 Olympic Games Australia Post - Write a letter competition. Fantastic Prizes! More information released in June – get ready now!!**
  - Write a letter of support and encouragement to our Australian athletes performing in Beijing. Address:
    - Athlete Name:
    - Sport:
    - GPO Box 580
    - Melbourne
- 4. MS Readathon**
  - You will need to register. See Ms Jarman or your English teacher for a registration form or you can register on line at [www.msreadathon.org.au](http://www.msreadathon.org.au)
  - June 1<sup>st</sup> until June 30<sup>th</sup> is the targeted reading month – so warm the reading muscles, get in practise and be ready to race through lots of books in that month!! You also need to get some sponsors who will donate money for the books you read or for your effort. All money must be received by August 30<sup>th</sup> 2008.
- 5. Future Leaders Writers’ Prize 2008 – Senior students – Year 11 and 12 students**
  - “The purpose of a writer is to keep civilization from destroying itself”. Albert Camus
  - Entries must be submitted electronically by August 1<sup>st</sup> to Dr. Helen Sykes at [Helen@futureleaders.com.au](mailto:Helen@futureleaders.com.au) The essays must be 800 to 1,000 words and can be fiction or non-fiction and on any topic.
  - Future leaders, a national initiative about leadership and the future of Australia, seeks to involve, inform and inspire young people ([www.futureleaders.com.au](http://www.futureleaders.com.au))

Talk to you English teachers for help and inspiration!

**Ms. Jarman  
English Co-ordinator**

### **Year 7 SOSE Excursion to Newell’s Paddock on the Maribyrnong River**

On Wednesday 21<sup>st</sup> May 80 year 7 students and their teachers walked to Newell’s Paddock to look at the wetlands, learn about the flora and fauna and complete their mapping exercise. Steve and Sue, the Maribyrnong Council Parks and Garden’s rangers, informed the students of the history and ecology of the area. Students learnt how they could learn to protect the wetlands.

### **A Man for all Seasons**

As part of their Year 12 English course year 12 students study the play “A Man for All Seasons”. On the 6<sup>th</sup> of May the girls went into the city to the Arts Centre to see a performance of the play by the Melbourne Theatre company accompanied by Mr Stephens and Ms Eichler. All came back with rave reviews of the performance and new confidence about their knowledge of the play. “I recognized the quotes, Ms” “It was fantastic, Ms”.

### **House Drama Theatre Sports Competition**

Congratulations to the Banksia House team of Courtney Rowlands, Jade Peace, Imogen Stroud, Elsie Daddow, Isabelle Puyat and Bridget Nicholoso Nee Gott who won the school House Theatre Sports Competition last week. All house teams were put through rigorous improvised scenarios as part of this competition and all performed well under this pressure. A teacher team comprising of Mr Braumberger, Ms Taunt, Ms Blayney and Mr McOmish also entertained a thrilled student crowd with their dramatic flair.

Many thanks to the House Drama Captains, School Council President, Margaret Haggart, the teacher judging panel and student teacher, Andy Godson, for their support of this event.

**Lara Stockdale  
Drama Co-ordinator**

### **Visit Gilmore Actors**

On 21<sup>st</sup> May the Complete Works theatre company visited Gilmore to perform "The Word Superb" for all year 7 and 8 students and the Year 9 Drama class. The performance of Mulga Bill's bicycle was enjoyed; the Romeo and Juliet sonnet sung tenderly to Ms Deliopoulos brought many laughs as did The Caterpillar's Song. At the end of the performance the students asked the actors questions about their acting careers and had learnt about different forms of poetry from around the world.

### **Science and Mathematics News**

#### **Student Research Scheme**

This program is run by CSIRO Education, Victoria and enables students to work alongside scientists in laboratories and in the field, doing real research. Selection into the scheme is by application.

In Term I, year 11 students were encouraged to apply and select an area of science of interest to them. Trinity Le and Hiep Le were successful and will be undertaking exciting projects. Trinity will be working along side medical scientists at RMIT University in the field of Health Studies gathering and scoring data on Obesity and Weight Loss Goals. Hiep will be looking at the population genetics and the ecology of platypus with researchers in the Genetics Department at Melbourne University. They will complete 20 hours of research, design a poster detailing the work and give a talk to their peers back at school later in the year. We all look forward to hearing about their projects and wish them an enjoyable and interesting experience.

#### **Rio Tinto Science Competition**

This was held at school recently with 26 students from year 7 – 12 participating. Results should be returned to the school next term.

#### **ICAS Science Competition**

This was held on May 28<sup>th</sup> with over 80 students participating. All year 7 students were sponsored for this event by the college which paid their \$6 entry fee. We hope the experience will encourage them to continue participating in the event in future years.

#### **Maths Competition and Chemistry Quiz**

Entry to these events has now closed. The competition dates are Thursday 31<sup>st</sup> July and Thursday 24<sup>th</sup> July respectively.

#### **Victoria University 5<sup>th</sup> Annual Problem Solving Competition for year 9 - 12 July 29th**

This is a challenging online competition and can be done at home or school between 9am and 9pm. Registration must be made prior to the day at <http://psc.csm.vu.edu.au>

#### **Brain Bee Challenge – State Final**

Congratulation to Melissa Le Fevre (10C), Thao Ly (10C) and Celestine Kavana (10A) for winning through to the state final of this neuroscience competition. Along with Julia Troung (10) they will make up our team competing at Melbourne University on 26<sup>th</sup> June. Good luck to the girls. More information: <http://abbc.edu.au>

**Peter Walker  
Science Co-Ordinator**

#### **"Falling In Love With Food"**

Dear Parents and friends of students at Gilmore. Last year I applied and received some funding from Maribyrnong City Council to promote healthy lunches at Gilmore. Next Friday, 6th June 7A will be having their healthy lunch day and on Thursday 12th June and 7C will be having their healthy lunch day. Parents and other members are cordially invited to attend and participate in this activity. Please direct any enquiries to K. Parkinson at Gilmore. I look forward to seeing you.

**Kelly Parkinson  
Food Technology  
Department**

## **Understanding Food Labels Helps Families Make Healthy Choices**

Buying healthy and enjoyable food for your child's lunch box can be tricky at the best of times, but having to interpret nutrition information panels and health claims can make it an even more complicated task for parents. Food manufacturers use packaging as an opportunity to promote the benefits of their product but may not tell the whole story about what the food contains, such as high fat, sugar or sodium (salt) levels. Parents are often left feeling confused about what is really healthy for their child.

Advocacy group The Parents Jury's campaign for Improved Food Labeling Systems informs and empowers Australian parents to learn about the types of information that appear on food packaging, to understand labeling regulations, and to practice reading food labels at home with their families.

It is important that parents are able to trust the nutrition information they find on food packaging because Nutrition Information Panels, nutrition claims and endorsement 'stamps' all influence the purchases that parents make on behalf of their children, for better or worse.

The Parents Jury's campaign advocacy kit contains information about the different types of information that appear on food packaging such as ingredients lists, Nutrition Information Panels and nutrition claims. It teaches parents how to interpret food labels and to read between the lines of potentially misleading claims and endorsements. The kit also contains lots of handy tips, resources and Internet links to help parents and children make ongoing healthy food choices.

To get involved with The Parents Jury's campaign for Improved Food Labeling Systems, visit <http://www.parentsjury.org.au>, or email [enquiries@parentsjury.org.au](mailto:enquiries@parentsjury.org.au).

*The Parents Jury is supported by Diabetes Australia - Vic, WA and QLD, The Cancer Council Australia and its member bodies, The Australian and New Membership of The Parents Jury is free and open to all Australian parents, grandparents and guardians of children aged under 18 years.*

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