FROM THE PRINCIPAL

Dear parents, students and all members of the Avila community,

This year’s Year 10 Drama Festival, Through Day and Night, lived up to the excellent reputation this event has built up over the years. Congratulations are extended to the Year 10 Drama class who directed their performances with adaptations based on the novel Where Wild Things Are, written by Maurice Sendak. The performances, involving cast members from Years 7-10, were held over two nights and directed by the students undertaking the Year 10 Drama course – Opposite Prompt. Thanks and appreciation are extended to Miss Kane-Priestley, who taught the students the craft of stage performance management throughout this semester. Year 9 student Bianca Baldwin was the winner of the prestigious Vadi award for 2013 – well done to all students involved in these performances.

Tuesday 12 November was a busy day with various activities taking place. Year 12 students continued with their VCE exams, students in Year 10 and 11 concluded their academic year with a Mass of Thanksgiving, Year 9 students undertook exams, while students in Year 8 engaged in a Medieval Day and Year 7 students participated in a Sporty Maths / Connect Ed day. My thanks to all staff involved in the planning and delivery of these activities. Later that evening we welcomed our new 2014 Year 7 parents to a Transition Night where they were officially welcomed to the College and had the opportunity to hear from and meet a number of the key staff who will be involved in supporting their daughters’ educational journey over the next six years.

All families should have recently received an invitation to our Presentation Evening on Thursday 21 November at Robert Blackwood Hall, Monash University. I urge you all to attend this evening as we are proud to acknowledge the academic and community efforts of our Avila students.

The academic school year does not conclude for another couple of weeks and it is important for students to remain focused and work steadily until the end of the year. I ask all parents to support their daughters during this final stage of the year.

With God’s blessing to all members of our Avila community.

Ms Louise Gunther
Principal

PRAYER

Lord Jesus Christ,
alive and at large in the world,
help me to follow and find you there today,
in the places where I work,
meet people,
spend money,
and make plans.

Take me as a disciple of your kingdom,
to see through your eyes,
and hear the questions you are asking,
to welcome all others
with your trust and truth,
and to change the things that contradict
God’s love,
by the power of the cross
and the freedom of your Spirit.

Amen.

(John V. Taylor)

CALENDAR DATES

Week B
Mon 18 – Wed 20 Nov YEAR 10-11 EXAMS
Thu 21 Nov VCE UNIT 3 and 4 EXAMS FINISH
PRESENTATION EVENING, 7.30pm
Robert Blackwood Hall, Monash University
Fri 22 Nov SCHOOL STARTS AT 9.35am
YEARS 10 – 11 CATCH UP EXAMS
VOLUNTEERS MORNING TEA
Dining Room, 10.00am

Week A
Mon 25 – Fri 29 Nov HEADSTART
YEAR 10 INTO YEAR 11
YEAR 11 INTO YEAR 12
Wed 27 Nov SECOND HAND UNIFORM SHOP
OPEN, 1.00 - 4.00pm

CARITAS Philippines Appeal

CARITAS Australia has provided the College with a link to send donations for the restoration and assistance to victims of the recent typhoon which ravaged the Philippines last week. We encourage members of the College community to contribute. However, in the interim, if you would like to assist in the raising of some funds, please use the following link: http://www.caritas.org.au/learn/newsroom/news-detail?ID=ed46735a-7640-4a48-9da2-a0d0f4a6d200

Ecclesia Filia – Daughters of the Church
ADMINISTRATION NEWS

Presentation Evening

All students received an invitation to attend the Presentation Evening on Thursday 21 November, at Robert Blackwood Hall, Monash University, Clayton Campus from 7:30 – 9:30pm. This is a significant event in the life of the College. It gives us the opportunity to recognise student achievement, excellence and leadership over the year, as well as a chance to gather as a community and to farewell our current Year 12 students.

Tickets are at no cost and order forms were attached to the invitation. A copy of the invitation and attendance/ticket forms can be found on SIMON if required. I ask that all students return the notice of attendance to their homeroom teacher regardless of whether they are attending or not.

All students who plan to attend the night, including award winners, musicians, presenters or audience members, need to attend the rehearsal held on the day of Presentation Evening as they will all be involved in a Finale item. If your daughter has yet to submit her permission form to attend the rehearsal could you please ensure she does this by Monday 18 November.

The next school day, Friday 22 November, will start later. Homeroom will be at 9:35am followed by Period 1 at 9:45am. A revised timetable will apply for the rest of the day. The Australiner bus service will operate the normal routes but with pick ups an hour later than usual.

We look forward to seeing you at Presentation Evening, which is our last major event of the year.

Miss Rebecca Cetrola
Deputy Principal – Administration

Founder of Presentation Sisters, Nano Nagle, declared Venerable by Pope Francis

The Presentation Sisters around the world and all those involved with them are celebrating the official announcement of the declaration of the Order’s founder, Nano Nagle, as Venerable (October 31, 2013). This announcement brings the Canonisation of Nano Nagle one step closer as it is the second of four stages in the Canonisation Process.

Speaking on Wednesday 13 November, Head of the Union Congregation, based in Ireland, from their Leadership Team for the Presentation Sisters, Mary Deane, said: “We are delighted with the news. By proclaiming Nano Nagle as venerable, the Universal Church has recognised Nano as a woman of Faith, hope and heroic virtue whose vision and work transformed the lives of so many. For our Sisters, Associates and Friends of Nano throughout the world, Nano has been and continues to be a source of inspiration and challenge as we respond to the needs of today in fidelity to the Gospel and in the spirit of Nano.”

Nano Nagle is one of the great pioneers of Catholic education in Ireland. Her mission of educating the poor began in a ‘little school’ in Cove Lane in Cork in 1754. In setting up schools in defiance of the established colonial order she sided with those made poor and challenged the institutional injustice that perpetuated marginalisation and poverty. Nano responded to the needs of her time and developed an educational curriculum suitable to the individual capabilities of her students. To this day Presentation Sisters and friends of Nano remain committed to working with those most in need through a broad range of ministries.

FAITH MATTERS

In the light of what has been presented to us over recent months we feel the need to address the matter of the abuse issue in our Church. The Royal Commission into child sexual abuse within institutions has been hearing evidence and considering reports from various groups within the society. The Catholic Church is the next group to go before the Commission. It is timely, therefore, to include in this newsletter what the Church in Victoria is saying about its role in this shameful chapter of its history and how it intends to respond.

In the following pages there is a response and information distributed by the Truth, Justice and Healing Council. I invite you to read it, and if you feel you need to, make use of the resources being offered. In some way, and at some level, all of us have been affected by the child sexual abuse scandal in our Church. The Truth, Justice and Healing Council has been formed to begin the process of healing, understanding and forgiveness and to put in place policies and procedures so that all people, but especially the young and vulnerable, are able to live a full life in the Church Community without fear of harm. If there is any way in which we at Avila College can support you or a member of your family in this matter, please don’t hesitate to contact us.

Mr John Rhynehart
Director of Faith and Mission
The Truth, Justice and Healing Council is coordinating the Catholic Church’s response to the Royal Commission into Institutional Responses to Child Sexual Abuse with a commitment to cooperation, openness and justice for victims and survivors. It has been established in recognition of the importance of the Royal Commission and the imperative for the Church to address the past openly and honestly, the good with the bad.

Let there be no misunderstanding: the sexual abuse of a child was, is and always will be a crime, and a profound contradiction of all we believe in. Our intention is to strive for healing of victims; to deal promptly and effectively with those guilty of abuse; and to prevent further abuse.

The Catholic Bishops of Victoria and the Catholic Religious Orders, Congregations and Societies within Victoria, Facing the Truth

Hearts are heavy with a deep sense of shame and dismay about the crimes of sexual abuse committed by those who were supposed to represent Christ to them. The Church is committed to eradicating this awful evil and to rebuilding trust.

Denis Hart, Archbishop of Melbourne

We must seize this time, a time of trial, of suffering, yet a God-given opportunity for a rebirth like that of Baptism, where purification clears the path to new life as a more humble, open church with that ‘mind that was in Christ Jesus’.

Congregational leader of the Sisters of Charity and Chair of Catholic Religious Australia, Sr Annette Cunliffe RSC
What will the Council be doing?

The Truth, Justice and Healing Council has been established by the Catholic Church to help the Church fully embrace the Australian Government’s Royal Commission into Institutional Responses to Child Sexual Abuse. The Council will help the Church deal with the tragic legacy of child sexual abuse and help victims and survivors to be heard and supported.

The Royal Commission is an opportunity for the Church to explain the way it has treated victims and survivors, to acknowledge past wrongs and failings and to find ways in which to work towards justice and healing for all.

Importantly, it is an opportunity for victims and survivors of sexual abuse to come forward and be heard in an environment of support and safety.

The Council will tell the full story of child abuse in the Catholic Church including what has been done to protect children, particularly since the 1990s and the introduction of the reconciliation schemes, Towards Healing and the Melbourne Response.

The Council will also work on developing new policies and procedures to protect young people in the future and to help the Church respond to any future complaints appropriately and justly, putting the needs of victims and survivors first.

Why has the Council been set up?

The Council will be the Church’s representative during the Commission process. The Council will assist the Commission by dealing directly with the many different diocesan and religious organisations around Australia from which the Commission may be seeking information on how the Church has dealt with child sexual abuse.

The Council will help the Church and all its dioceses and religious orders cooperate with the Royal Commission by producing evidence and complying with all of the Commission’s requests.

Who is on the Council and what are their backgrounds?

The Council is made up of 13 men and women with professional and other expertise in the areas of child sexual abuse, paedophilia, trauma, mental illness, suicide, education, public administration and governance. Ten of the Council members are lay people and four of the Council members have either been abused themselves or have direct family members who have suffered clerical sexual abuse.

Who has established the Council?

The Council has been established by the two overarching Catholic Church organisations, the Australian Catholic Bishops Conference and Catholic Religious Australia which, together, represent dioceses and congregations across Australia.

This is the first time dioceses and religious orders across Australia have authorised a single body to help represent them en masse to any legal body, let alone a Royal Commission.

Who will the Council represent at the Royal Commission?

The Council will represent dioceses and religious orders at the Royal Commission and will be the primary voice and the channel by which the Royal Commission will engage with the whole Church.

Contact Us

Call the Council
To telephone the Truth, Justice and Healing Council, call 02 6234 0900 between 9am and 5pm AEST Monday to Friday.

Write to the Council
Truth Justice and Healing Council
PO Box 4593
Kingston ACT 2604
Or send a fax to: 02 6234 0999

Email
You can email the Council at info@tjhcouncil.org.au

You can also go to our website to subscribe to receive our newsletters, media releases, blogs and other information.

www.tjhcouncil.org.au
CURRICULUM NEWS

Exams
Year 9 students undertook their exams in English, Maths and Science on Tuesday (12 November) and the Years 10 and 11 students commenced their exams on Thursday (14 November). Year 12 students will sit their final written exam on Thursday 21 November.

Year Level Coordinators, Curriculum Leaders and teachers have advised students about how to prepare for their exams and of the specific materials that are permitted in the different subjects’ exams. All students were given a handout detailing examination regulations regarding dictionaries, calculators, electronic devices, mobile phones, pencil cases and drink bottles.

HeadStart
All students currently in Years 10 and 11 will undertake the HeadStart program from Monday 25 November to Friday 29 November. Year 9 students undertaking a VCE subject in Semester One should attend the HeadStart lessons for that subject unless they have a formal assessment occurring in their Year 9 class at the same time. Where such a clash occurs, the assessment of the Year 9 subject will be the higher priority.

During HeadStart students undertake three lessons over the course of the five days in each of their Semester One subjects. Homework will be set to assist students to commence the new year with confidence and knowledge regarding the type of learning that occurs in each subject. In many cases, the homework is designed to prepare students for school assessed coursework (SAC) tasks that occur very early in the course. Any student who knows that she will be absent from any of the HeadStart program must see her current Year Level Coordinator. Students are advised that absence may put their VCE studies at a disadvantage. Absentees will be required to catch up on the work missed in addition to completing all holiday homework.

Booklists
Booklists have been issued to all students along with confirmation of their electives for 2014. Booklists need to be submitted by Thursday 5 December either online to Campion or in hard copy to either Avila’s General Office or directly to Campion Education, 632 Mitcham Road, Mitcham.

Online Second-Hand Book Sale
The online second-hand booklist can now be accessed from the College intranet (Simon). To list books for sale or to arrange to purchase second-hand books, students need to use their normal Avila login and password.

Mrs Madeleine Franken
Deputy Principal – Curriculum

A Step Back In Time
The Year 8s have studied Medieval History throughout the year and it all culminated in Medieval Day on Tuesday 12 November. Bunjil Creation Centre was filled with excited kings, queens, court jesters, peasants, priests and nuns. There were a few executioners who received a few frightened looks from the assembled audience. The Year 8s went to a great deal of effort in preparing their costumes and they had the opportunity to parade in front of the year level.

Students participated in a range of activities throughout the day. They learnt to dance medieval style. Artistic students excelled when completing the calligraphy session. “Medieval Education” ran specialised sessions in Combat and Crime and Punishment. I am happy to report that all students survived!

A banquet was held and even the peasants got fed. The day finished with a special screening of Robin Hood starring Kevin Costner. The Year 8s sure do enjoy a love story!

I would like to take this opportunity to thank the Year 8 History teachers: Ms Baker, Mrs Wright, Mrs Hanger and Mr Ekers, for not only running the day but for the organisation that went into preparing for the day. Students gain a deeper level of understanding when given the opportunity to participate in such days. My thanks are also extended to Ms Lewis for conducting the dance sessions.

Mr Emilio Bernardo
Curriculum Leader – Humanities
Melbourne Theatre Company Youth Scholarship Course

I was lucky enough to receive a place in a scholarship course with the Melbourne Theatre Company, along with 25 other students from all around Victoria. As my holidays usually consist of lying in bed and watching movies all day, the idea of waking up at 6am for 5 days in a row was horrifying; however the times I spent at the MTC headquarters was definitely worth the early wake ups. This experience proved to be a huge challenge both emotionally and physically as the course involved several physical theatre workshops and through this we explored sharing personal stories through performance. As a passionate theatre kid myself, I thoroughly enjoyed the chance to see two decorated plays, ‘The Cherry Orchard’ and ‘Hard Rubbish’, but the highlight for me was certainly brushing shoulders with Eddie Perfect and also catching a few words with the legendary Geoffrey Rush as we devised a performance within the professional MTC Studios. The week concluded with the group presenting our own performance and a huge thank you must be given to Miss Kane-Priestley (pictured in the photo with me) for giving up her time during her holidays to come and watch the performance and for nominating me for the course. It was an incredible honour to experience professional theatre and I’m looking forward to returning to the MTC in 2014 to complete work experience!

Maddie Durrant (Year 11)

Year 10 Drama Festival

Drama Festival is the highlight of the year for many Year 7 to 10 students. For most, it is the chance to be a cast member in one of the student written and directed plays. For twelve Year 10 students enrolled in the Drama course, Drama Festival was the chance to do what many had dreamed of doing since Year 7; be the one in the director’s chair. Being a director was no easy task. At the beginning of Semester Two, the theme for 2013, the popular picture book Where the Wild Things Are by Maurice Sendak, was announced to us and we began our extensive research into the book. Eventually, ideas were constructed and our analysis separated into four different categories, which were destined to become the four plays. Many weeks later and many drafts discarded, each group was left with an intricate script that they could truly be proud of. One challenge down, another one was to be faced; the prospect of having to cast people to play our characters. Avila has a great deal of dramatic talent and each person who auditioned is to be commended. After much deliberation, casts were formed and rehearsals began. Though quiet at the beginning, each cast formed great friendships amongst one another and with their directors. So much extra work went into each play; the dedication from both the directors and the cast is actually quite incredible. We rehearsed twice a week for several weeks until 5pm or, on some occasions, 7pm. Not to mention extra time spent by the directors shopping for props, working on multimedia, or staying at school to paint blocks! This isn’t to say we didn’t love every moment of it. By the last rehearsals, each play had formed such a cohesive cast and their relationship had gone from simply being in the same play, to strong friendships. Thank you to the parents of the girls involved for their understanding and flexibility with the long hours. Thanks also to Sophia Elliott, our amazing Year 10 Drama Captain, who was a wonderful friend, mentor and shoulder to lean on for all of us, who did so much work behind the scenes. Finally, of course, a huge thank you to Miss Kane-Priestley, who makes the massive feat of Drama Festival possible every year. We couldn’t be more grateful for everything she does.

Lauren Ramsey (Year 10)
Mathematics Competitions At Avila

Congratulations to all students who participated in three Maths competitions offered at Avila this year. Students mentioned below were presented with their certificates at a recent College assembly.

• Australian Mathematics Competition

In the Australian Maths Competition (AMC) students use their mathematical knowledge to solve problems ranging from straightforward to extremely challenging. The competition aims to be accessible to all students, not just the mathematically gifted. The AMC is an internationally recognised competition open to all Australian school students as well as students from other countries. This year over 100 Avila students achieved a credit, distinction or high distinction certificate. Congratulations to the following students who achieved a distinction or high distinction:

High Distinction Certificate: Sarah Park (Year 8)

Distinction Certificate:
- Year 7: Vicki Andritsos, Kalkhi Jeyaprakash, Claire Peethamparam, Jessica Satya Graha, Katia Vascon, Alysha Wanigaratne, Solbi Yun
- Year 8: Vanessa Cincotta, Zoe Evans, Rose Healy, Nicole Ng, Stephanie Prigg, Crystal Zhou
- Year 9: Tamara Cooke, Stephanie Maderazo, Melissa Mokos-Lynch
- Year 11: Monica De Rango
- Year 12: Genevieve Townsend, Rebecca Costa, Sora Lee

• Maths Talent Quest

A group of enthusiastic Year 8 students took on the challenge of the Maths Talent Quest, which focuses on investigating the use of mathematics in real life situations. This competition is open to all students in Victorian schools. Students investigated a topic of their choice and, with the guidance of Maths teachers, researched, designed, solved problems and communicated their mathematical thinking in relation to their area of interest.

Congratulations to the following girls who were recognised for their work in their project, in which they investigated what happens to smart phones when they become obsolete: Laura Brulez, Meenu Manickam, Emma Spencer, Kannica Tan.

• Australasian Problem Solving Mathematical Olympiads

This year, more than thirty Year 7 students with strengths in mathematical thinking and good problem solving capabilities competed in the Australasian Maths Olympiads. The teams met regularly during Terms 2 and 3 at lunchtimes to practise their problem solving skills and entered five separate contests, which they completed independently under test conditions. Congratulations to Alysha Wanigaratne (Top 25% in Australasia) for her outstanding results.

Year 7 Sporty Maths

Year 7 students had the wonderful opportunity to spend half the day applying their Mathematical skills to real life settings when they participated in Sporty Maths activities on November 12. They skipped, sprinted, jumped, took free-throws and worked out the dimensions of a soccer field. While playing sport and having fun, the students had to measure their heart rate, draw a diagram to scale, work out the nutritional value of popular breakfast cereals and solve logic problems. They used their knowledge of symmetry to design a locker room and apply statistical measures to determine the strength of their grip. Some participating teachers were convinced the hand-grip equipment was faulty but it appears some Year 7 students do have superior strength!

Many thanks to all students and staff (Maths and non-Maths teachers alike) for their enthusiastic participation.

Ms Rosie Ryan
Curriculum Leader – Mathematics
Parents and Friends Report

As I sit down to write this report I am reflecting on the fact that there is such a positive energy within the PFA Committee. I was delighted to receive some emails from Avila teachers stating how much they enjoyed their morning tea for World Teacher’s Day. Under the leadership of Helene Diamantopoulos the team did a wonderful job and we are all encouraged by the positive feedback. Once again I would like to thank the many parents who baked delicious cakes, slices and treats.

On Tuesday 12 November I had the pleasure of speaking on behalf of the PFA at the Year 7 Parent Information Evening. It was lovely seeing the families that will join us next year. It gave me the opportunity to invite all Year 7 students and their families to a Welcome Picnic on Friday 7 February at Avila, which will be held within the school grounds.

2014 is shaping up to be a very busy year. We will have an Avila Mothers’ Day Stall which will be held on Tuesday 6 May, so forget the Glen and shop at the Gym. We will be calling for donations early next year for the Stall.

On Friday 9 May we will have a special Mothers’ Day Breakfast in the Dining Room. This will be a fantastic chance to get to know other Mums. Please mark these dates in your diary and more information will follow early next year.

As this will be my last report for 2013, I would like to thank Ms Gunther, Mrs Opray, the PFA Committee, Avila staff, students and parents for supporting the PFA. I would like to wish you all a very happy, safe and Merry Christmas.

I look forward to 2014 when I hopefully will have the opportunity to meet many of you in person.

Loretta Stapleton  
President, Avila Parents and Friends Association

Year 11 VCAL Class views the 007 James Bond Exhibition

A James Bond exhibition is currently being held at the Melbourne Museum. Bond fans thrilled with excitement as they entered the front doors to see famous artifacts and movie clips. As you travel down the escalator you enter the foyer which houses costumes and the famous, eye catching Aston Martin car. As you walked under the round dome into the marvellous world of James Bond there was so much to view. You are first introduced to the gold lady lying on a rotating bed from the film Goldfinger, as well as different gadgets used in the film such as the golden gun made up of Bond's cigarette lighter, cigarette case and pen! As you move around the exhibition you learn a lot more about the behind the scenes work that goes into each film. You will notice that the costumes displayed look different in the movies due to the intensity of the lighting used. A casino table re-created with mannequins modelling costumes from numerous movies both recent and much earlier, gives an insight into the opulence and glamour the movies aim to emulate. Overall this is a must see exhibition whether you are an enthusiast or not. 007.....Bond, James Bond.

Michelle Messina (Year 11 VCAL)

At the entrance to the exhibition, under a dome is the iconic Aston Martin car that James Bond owns. From a golden lady, casino tables and stunning costumes the world of espionage and intrigue are explored through James Bond's exploits and experiences. The original film sets and story boards are fascinating because they allow you to see some of the tricks and technology used to create the special effects. Movie clips in the exhibition demonstrate how many of the articles in the exhibition are used in the original movies. In the Villain’s room Solitaire predicts Bond’s future but it does not look good! Regardless, Bond always gets his girl and his Martinis are shaken, not stirred.

Laura Moretti (Year 11 VCAL)

The Melbourne Museum is currently hosting an amazing James Bond exhibition. Before you even step foot in the exhibition there are some small snippets from a variety of movies and also on display is the famous Aston Martin. As you move through it shows model gadgets and scenes from the movies and how they all worked. The costume room is next and it shows many of the costumes worn by the characters throughout the James Bond movies. In the centre of the large room they had re-created the casino scene. Throughout the exhibition there were many sketches and models of houses, buildings, gadgets, cars and costumes. The layout going through the different rooms flowed really well and it was exciting to think about what was coming next. I would like to recommend the James Bond exhibition as I felt you didn’t have to be a fan of the movies, anyone of any age could have enjoyed it. I give it a 10/10.

Shannon Mackay (Year 11 VCAL)
Santa Teresa Immersion

The Santa Teresa Immersion departed on 12 September with ten students and three teachers: Miss Kane-Priestley, Ms Kirkwood and Ms Foster. Before we even ventured onto the plane, we spent many weeks preparing for the Immersion. We learnt about the Arrentre culture, traditions and people so that we could look at all our experiences from the point of view of someone with background knowledge who was willing to help out and meet people, and not simply from a tourist’s perspective. We learnt the importance of looking at things with an open mind; wanting to learn as much as we could about the place we would be traveling to.

The first few days in Alice Springs were spent visiting Akeylurre, a traditional healing centre. We learnt about the importance of bush medicines and their effectiveness. We met M-K Turner, who welcomed us onto the land. That was an amazing experience in itself because we felt incredibly welcomed and thought that it was incredible that we could actually feel like we were more connected to the land, than we felt before. We visited other places in and around Alice Springs, such as going to see Christopher - the producer of “Italk library”. Italk library is a very effective means of bridging any language/cultural gaps between Indigenous and non-Indigenous people as they learn about each other’s culture for a more smooth transition and merging of the cultures. The whole group felt it was an ingenious idea and felt so privileged to meet the creator of such a wonderful program. We saw the glorious beauty of the land as we visited Ellery Big Hole and Simpson’s Gap. It was in Alice Springs that we felt we could actually feel the connection between ourselves and the land, which could be only described as being the most freeing feeling in the world. When we next moved to Santa Teresa, we were amazed by seeing the community in all its splendor, because we had only seen it in pictures beforehand. I don’t think that anything could prepare us - not the meetings or anything else - for the moment when we drove into town (after driving 80km out of Alice Springs) and saw the beautiful white Church with the cross on the hill in the background. It’s the moment where we all understood how real the whole experience was. Being in Santa Teresa was wonderful. We were far away from the business of cities and the overflow of technology that we had at home. The last few days were spent at the Uluru Camping Ground, traveling to Uluru and Kata Tjuta. After having spent time in Alice Springs and Santa Teresa we had really grown to appreciate the beauty in the land and just how special it was. We saw the importance of treating the land with care, respecting the land rather than using it; working with it instead of against it. We overcame physical challenges on these last few days because we did long walks extremely early in the morning, which was a great contrast to the previous days where we experienced a great deal of mental and emotional challenges.

The Santa Teresa Immersion ended with thirteen people stepping off a plane in Melbourne Airport, feeling much more content than they did before and we had a sense that we had grown as people and as a group. Each person had their own thoughts and feelings but all grew closer over the fact that they all shared the same experience. That experience changed everyone’s perspective and helped them to grow as people, and we all hope to bring all the lessons we learnt into our futures.

Margaret Hurley and Elizabeth D’Lima
Thank you

I would like to say a huge thank you to the many students, staff and families who prepared and packed Christmas Boxes during October. The school donated a total of 111 boxes to be part of Operation Christmas Child and those boxes will be distributed to children in developing countries around the Asia-Pacific Region.

Thank you everyone for your thoughtfulness and generosity. This really reflects Christ in Action as together we are trying to make Christmas more joyful for others.

Mrs Marie Stuart
Avila Young Vinnies

AVILA
Second Hand Uniform Shop

The Avila Second Hand Uniform Shop will be open on the following days from 1.00-4.00pm:

Wed 27 November, Wed 4 and Wed 11 December

The Second Hand Uniform Shop is located behind the VCAL House, diagonally opposite the front gates of the school. Students can visit the shop during their lunch break or after school.

If you would like to submit uniform items for resale, drop them off during shop times or leave them at the Avila General Office. EACH item must be clearly labelled with name, address and phone number. Only parents/guardians may sign the form authorising the sale of second hand uniforms and agreeing to the terms and conditions of sale. Please dry clean blazers and skirts. We welcome donations of uniforms that can be given to families in need.

If you need a second hand uniform but cannot come on the dates above, please phone the Avila Office 9831 9600 on Monday or Wednesday mornings to arrange another time.

Alternatively, you can email vnicoll@avilacollege.vic.edu.au with any query about a second hand uniform.

CANTEEN ROSTER

MON, 18 Nov
Amelia Meerwald
Angela Clarke
Assunta Calafiore
Lorraine Dorio

TUE, 19 Nov
Louise Ryan
Maree Bentivegna
Narelle Palamara
Teresa Pasuzzi
Venetta Gough

WED, 20 Nov
Elizabeth Dabrowski
Penny Russo
Peta Denham Harvey

THU, 21 Nov
Maryanne
Macpherson-Caldeira

FRI, 22 Nov
CANTOEN CLOSED

MON, 25 Nov
Bec Mazzarella
Maria Biviano
Nicole Woolley

TUE, 26 Nov
Jane Karagianis
Kayleen McLean
Nicla Coad

WED, 27 Nov
Helen Colbourn
Juliette Schizzerotto
Marcia Janky
Tina Mercuri

THU, 28 Nov
Kathryn Coughlan
Madeline Barbis
Nancy Abdou

FRI, 29 Nov
Bernadette Bito
Debbie Papalaskaris
Gabriella Verga

Uniform Shop
Trading Hours

Monday – Friday 8:30am – 5:00pm
Saturday 9:00am – 5:00pm

Uniform Sale
Take 5% off everything!* MON 11 NOV - SAT 14 DEC
Don’t miss out! Limited time offer!

PSW Store
290 Stephensons Road, Mount Waverley
Phone: 9809 5477
Note from the HEALTH CENTRE

Diabetes

**Type 1 diabetes** occurs when the pancreas is unable to make enough insulin. Insulin is a hormone that acts as a key to let glucose from the food we eat pass from the blood stream into the cells to provide energy.

At Avila College we have a few girls with type 1 diabetes. It is not an illness that you will recover from in a week or two. It is something you will have for life.

The goal of diabetes management is to keep blood glucose levels as close to the normal range as possible because this reduces the risk of developing long-term complications. This can be achieved by insulin injections, blood glucose monitoring as well as balancing food intake and physical activity. Every day people with Type 1 diabetes-prick their fingers many times to check their glucose and have injections of insulin.

Type 1 diabetes is an autoimmune disease that cannot be prevented or cured. There is research into the causes such as the INIT II trial (please read the advertisement inserted to the right).

**Type 2 diabetes** is the most common form of diabetes, affecting 85 to 90 per cent of all people with diabetes. It usually develops in adults over the age of 45, but it is increasingly developing in people at a younger age.

Type 2 diabetes is known as a ‘lifestyle disease’ as it is often triggered by being inactive or carrying excess weight around the abdomen. It tends to run in families. Type 2 Diabetics still produce insulin, so losing weight and increasing physical activity can delay the need for tablets and medication.

There has been Government funded strategies to help prevent Type 2 Diabetes (Work Health Checks, ‘Life Be in it.’, etc). Some older people do not realise they have type 2 diabetes until they have a complication such as a heart attack or stroke or loss of vision. Common symptoms of type 2 diabetes are thirst, tiredness, frequent urination and persistent infections.

The main difference between the two types of diabetes is **type 2** can be prevented (most of the time- by keeping the waistline down, healthy eating and exercise.) Whereas with **type 1** diabetes we don’t yet know the exact cause but we do know that some people carry genes that might make them more likely to develop **type 1** diabetes. Research into **type 1** diabetes is so important.

For more information and reading [http://www.diabetesvic.org.au](http://www.diabetesvic.org.au)


Cathy Angus R.N.
College Nurse
ST MICHAEL’S FAMILY FUN FAIR
SUN NOV 17th
10 am – 4 pm

Food  Rides  Stalls  Fun

ST MICHAEL’S PRIMARY SCHOOL 268 HIGH ST ASHBURTON

+ENTERTAINMENT
*KIDS’ ACTIVITIES  *ANIMAL FARM
*RAFFLE  *SILENT AUCTION
*COFFEE BY OAKROOM
*BAR AND MUCH MORE

www.stmichaelsfair.weebly.com
www.facebook.com/StMichaelsFamilyFunFair

ST. SCHOLASTICA’S TWILIGHT FAIR

Amusements
4 Way Bungee / Chair-O-Plane / Formula Racing Activity Combo / Hurricane Ride

Entertainment
Soft Drinks, International Foods, Balloon Man, Grocery Shop, Chocolate Trailer, Bottle Toss, White Elephant, Toys Face Painting, Tattoos, Plants, Ice-creams, Show Bags, Kids Café, Kids Craft, Photo Booth, Pancakes

Saturday 16th November
4 pm – 9 pm
St. Scholasticas Primary School
348 Burwood Highway