FROM THE PRINCIPAL

Dear members of the Avila community,

There is no doubt that these past two weeks have been incredibly busy with a range of events being held both for students and parents to further enhance learning opportunities as well as facilitating greater connection with the teaching staff who play such a pivotal role in the students years at Avila College. I would like to extend my thanks to the staff who have assisted in a variety of ways with the organisation and support of various events at the beginning of the school year as well as the parents who have shown support by your attendance at these occasions. Many have commented on how much they appreciated our recent guest speakers and the vital messages delivered in these presentations. These evenings provide a two-fold benefit to learn more about how you can support your daughter’s secondary schooling, and provide the chance to meet key staff who will be working closely with your daughters throughout 2014.

Amidst the busy early weeks of the school year, we appreciated the opportunity for reflection and contemplation when I attended a recent Religious Education faculty meeting convened by Renee Fleeton, our new Religious Education Curriculum Leader. At this meeting Sr Maria Lazzaro pvbm, our College Chaplain, read a letter she had written imagining what Nano Nagle would say if she visited Avila College today. I invite you to read a short extract from this letter:

As you continue your role here at Avila College this year, I want to encourage your acceptance of this position of privilege and responsibility. I invite you to consider not only the content that you teach or the tasks and functions of your role, but to also consider yourself as a person of the Gospel and the meaning and purpose of your role within the Avila community...this is your time as Religious Educators. Be lantern bearers of life, love and faith. Live and lead from your hearts and conscience. Reflect and act as people of faith and vision, hope and compassion. Be daring to take a risk, challenging of what needs to be challenged and actively think, speak and work to make a difference for your students here at Avila College and for the whole community of life. Let your light shine!

Community news:

Congratulations are extended to Sarah Lambourne (Year 11) who has received an invitation to try out for the State Debating team and to Sophia Hanger and Sarah Wisniewski (both in Year 11) who are the winners of the competition to design Holy Saviour’s Parish logo for their 40th anniversary celebrations.

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

Louise Gunther
Principal

PRAYER

God of our daily lives,
we pray for the people of the cities of the world
working and without work; homeless or well housed;
fulfilled or frustrated;
confused and cluttered with material goods
or scraping a living from others' leavings;
angrily scrawling on walls, or reading the
writing on the wall;
lonely or living in community;
finding their own space and respecting the
space of others.
We pray for our sisters and brothers,
mourning and celebrating -
may we share in their sufferings and hope.
Amen.

CALENDAR DATES

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<td>Tues 4 March</td>
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<td>HOUSE SWIMMING</td>
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<td>Wed 5 March</td>
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<td>ASH WEDNESDAY</td>
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<td>Alternative timetable</td>
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<td>SECOND HAND UNIFORM SHOP OPEN 1.00 - 4.00pm</td>
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College Board Meeting

The Annual Reporting Meeting of the College Board will be held in the Dining Room on Tuesday, 18 March.

Please note the change of time to 7.30pm. A warm invitation is extended to all parents to attend this meeting.

Caryl Finnegan - Chair, Avila College Board
FAITH MATTERS

It’s not often we get a chance to listen to a modern day prophet breaking open an ancient Word and giving it relevance, nuance and meaning for the listener. Recently, at our Commencement Eucharist, the Avila Community had such an opportunity. We gathered to celebrate the beginning of a new school year and to commission our student leaders. Fr Elio Capra, SBD was the celebrant; his Homily broke open for us the meaning behind the Gospel Reading, “The Spirit of the Lord is upon me…” [Luke 4: 14-21]. While there were many pearls of wisdom on offer, the one idea which remains with me was the ideas behind “to proclaim the year of the Lord’s favour.” Through humour and theology, Fr Elio explained to us the importance of what it means to be open to “the Lord’s favour” and that being so inclined really means that we celebrate - all through the year. The celebration he spoke about wasn’t just about parties, but a celebration of the very gift of humanity we’ve been given by our God. This year is to be a year of celebration in which all that we are and all that we have creates a community of love - just as the Gospel calls us to do. Additionally, it is to be a year in which we celebrate the Holy Spirit’s presence in our lives and to see the face of Jesus in everyone we meet. If we can do this, then this place becomes a place based on a loving and living Gospel rather than an ancient text. That’s the challenge! That’s the goal! Through his homily, Fr Elio was able to give rich meaning to our theme for 2014: GIVE over GET. The following prayer is the Commissioning Prayer we prayed for each other towards the end of the Liturgy. I leave it with you in the hope that, from time to time, you are able to pray it as well - for the students, staff, families and friends of the Avila Community as we begin the “the year of the Lord’s favour.”

Come, Holy Spirit! Love us into life.
Breathe on us anew your gifts.
Challenge us and prompt us.
Dare us into being!
Renew us as we leave this place;
to be your witnesses.
We Commission each other to go out and be disciples of Christ;
to be Christ for each other and to all people.
May this Commissioning and the Eucharist we have shared confirm us in our conviction.
Amen.

Sorry Day

To commemorate the 6th anniversary of the Australian Government’s apology to the indigenous population for the Stolen Generation, Avila acknowledged Proud Race Day on the 13 February. It reminds us how important reconciliation is between Australia and its Indigenous peoples. Our bollards representing famous aboriginal people were placed around the school to remember, not only the famous Aboriginal peoples that have inspired our nation, but also those who came before us.

A three metre long banner which read ‘SORRY’ was created by members of the Avila Reconciliation group and it proudly made a statement along the fence facing the train line that we have not forgotten our apology to the Aboriginal peoples.

This event marks the beginning of our pledge to campaign for Aboriginal equality in Australia, and will be the first of our many steps forward. This also gives the opportunity for everyone to get involved in the various campaigns, which will take place this year, giving everyone an opportunity to give their passion to Reconciliation in 2014.

John Rhynehart
Director of Faith and Mission
ADMINISTRATION NEWS

House Swimming Carnival

Our House Swimming Carnival will be held on Tuesday, 4 March at Oakleigh Recreation Centre, Park Road, Oakleigh.

House Captains have a few different incentives to swim this year, so bring along your dance moves, your enthusiasm and, of course, your goggles and bathers to participate in the House Swimming Carnival in 2014.

A reminder that all students making their own way to the venue must arrive by 9am and have their names marked off by their Year Level Co-ordinator upon arrival.

Students being transported from Avila need to arrive at school by 8:30am and report to the designated rooms as outlined on SIMON messages.

Students who catch the Australiner School Bus will be transported directly to and from the pool.

If your daughter is ill on the day, please contact the General Office on 9831 9600 before 8:30am and a medical certificate will be required the next day. It is anticipated that the carnival will finish at 2pm.

In the event of bad weather the following procedures will be put in place:

• If the carnival has been cancelled, students and parents can check the College SIMON homepage, or check the notifications on the Avila College App, or call 9831 9604 after 7:30am to hear a message.
• Usual timetabled classes for a Day 2 will be implemented, with classes scheduled to finish at 2pm.
• All students who have made their way to the pool will be transported back to school, as will students on Australiner Buses.

We look forward to a great day and welcome parents to join us for the Swimming Carnival.

Rebecca Cetrola
Deputy Principal Administration

Fee Payment Schedule


The details about the 2014 fees, family discount and the payment schedule should assist families with their financial planning. The payment schedule applies to parents who have opted to pay school fees in 10 monthly instalments via direct debit or credit card.

The 2015 school fees will be uploaded to the site when determined by the Board, towards the end of this year.

Please visit the College website regularly to access the most up to date information about school fee related information.

Education Maintenance Allowance (EMA)

The closing date for parents to apply for the EMA is 28 February 2014.


You may also pick up an application form from the Avila General Office.

APPLICATIONS FOR YEAR 7 IN 2015

If you have a Year 6 student at primary school, please ensure that you complete and return an Application for Enrolment form for her by Friday, 28 February 2014.

The new Application for Enrolment form is available on the College website – www.avilacollege.vic.edu.au - or from the General Office.

Please note that as from 1 March 2014, a $300 non-refundable application fee will be required when an Application for Enrolment form is lodged.

For any further information, please ring the Registrar, Maria Nankervis, on 9831 9600.
CURRICULUM NEWS

Oral Reports - Years 7 - 12

4:00 – 9:00pm Wednesday 2 April
1:30 – 7:30pm Thursday 3 April

One of the forms of reporting used at Avila College is the Oral Report meeting. In many schools Oral Reports are referred to as Parent-Teacher interviews. The Oral Report meetings at Avila provide opportunities for students, parents and teachers to discuss an individual student’s progress and to work together to develop strategies to enhance learning.

Next week, parents and guardians will be able to access details of their user names and passwords unique to the online booking program (PTO) used for the Oral Report meetings. Individual user names and passwords for PTO will be available from Simon via the Parent Access Module. Students and parents will be advised via the daily bulletin when PTO bookings are open.

To accommodate various families’ needs, most students are issued with two logins: one for each parent. If parents intend coming together, only one login should be used to make appointments. Logins are issued for the family so the login for a daughter in one year level can also be used to book appointments for another daughter in a different year level.

Mindful of the parents’ busy lives, we have scheduled two consecutive dates for all students in years 7-12 in the last week of term 1. Parents should select whichever day and time suits them best. Classes for all students will conclude for the term at 3:15pm on Wednesday 2 April.

All Oral Report meetings are held in the gym with a few spilling into the front (stage area) of Bunjil. Interviews are usually only five minutes in length so if a longer appointment is required, the five minute meeting may be used to identify a suitable alternative time to chat with a specific teacher. Each teacher will have many parents to meet with at the Oral Reports so parents are asked to assist teachers by being aware that only five minutes are allocated. If a student has a particular teacher for multiple subjects, only the one appointment slot should be booked. If more time is required, a date can be arranged for that to occur subsequently. Students are expected to accompany their parents to the meetings to discuss their learning.

We urge parents to book early to secure their preferred time slot. If circumstances change, parents can return to the booking program and alter bookings up to 5pm Tuesday 1 April. Parents are reminded that bookings need to be printed using the “Print” button in PTO and not from the browser bar at the top of the screen. In the past, there has been confusion when bookings were printed from the browser before the booking process had been completed and saved. If there are concerns or problems with booking interviews, parents should contact the IT Help Desk at the College.

Madeleine Franken
Deputy Principal Curriculum

Discovery Learning Update

2014 promises to be another exciting year for the Discovery Learning Program at Avila. Students in Years 7 and 9 will head off on their camp programs on Tuesday 11 March, returning on Friday 14 March. The camp programs for Years 7 and 9 are new to Avila this year, and will be operated in conjunction with the Outdoor Education Group. These programs have been developed specifically for Avila, and are a compulsory part of our curriculum. Students participating in these programs can find more information in the student handbooks they have received via email. A packing list can also be found in these booklets. Information confirming departure and arrival times and emergency contact procedures will be sent out in the coming days.

Students in Year 8 will again participate in the City Experience program this year, which is running in partnership with City Cite. Students in 8 Pink, Purple, Red and Silver will participate in the City Experience program from May 12 – 16, and 8 Blue, Gold, Green and Orange from October 6 – 10. Parents are reminded that the City Experience program culminates in a student presentation to parents on the Friday evening, attendance at which is compulsory for students.

Marina Kelly
Discovery Learning Co-ordinator
Year 12 Formal

It was a night to remember! Friday 21 February saw a Cinderella like transformation for Year 12 students as they attended their Formal evening at the Brighton International.

The many days of planning the perfect outfit culminated for many in the grand entrance, arriving as a group in a stretch limousine. The look was decidedly elegant and formal with the red carpet dazzling with splashes of colour in jewel hues or classical gowns in black or white. The staff also dressed to impress. A welcome and an expression of gratitude to the VCAL class who organised the event, by College Captain Georgia Muling was followed by Liturgy Captains Jessica Frizziero and Catherine Darbyshire leading us in saying Grace, as a prelude to a delicious meal. The party really took on a new dimension when everyone hit the dance floor; with displays of uninhibited dancing skills by many girls, their partners and a number of staff.

For a large social event, such as the Formal, to be a success, it takes many hours of careful planning. The Year 12 VCAL class, under the watchful supervision of their teachers, organised most of the event, such as choosing the menu, the music play list, designing and producing the tickets and organising seating. The Formal constitutes part of the VCAL assessment using a real life event in order to put into practice the skills taught in the course.

Congratulations to the VCAL students for such a successful and enjoyable night and special thanks to Ms Dunn for leading the team and Miss Cetrola for the overall administration.

Louise Swift
Year 12 Co-ordinator
Year 8-12 Leaders’ Day

The elected student leaders from Years 8-12 spent all day on Thursday at a leadership seminar, honing their leadership skills and developing their understanding of the 2014 College theme; 'Give/Get'.

We were lucky enough to have Fr Elio Capra speak to the girls for an hour and a half in the morning, eloquently linking our theme of servant leadership and selfless giving to scripture. His use of humor throughout his presentation had the students hooked. The feedback the girls provided after the day was particularly positive regarding Fr Elio’s presentation.

Following this, the students were introduced to Drew Dudley’s idea of ‘lollipop moments’ and everyday leadership – the notion that true leadership is not necessarily about the big-ticket, world-changing decisions, and is not necessarily reserved for leaders like Aung San Suu Kyi or Barack Obama. Rather, leadership can be about small acts that may have a greater impact than we realise. (http://www.ted.com/talks/drew_dudley_everyday_leadership.html).

During lunch, the student leaders were given the opportunity to put this idea into practice through sharing a cupcake with someone. Afterwards, stories were shared; some leaders chose to give their cupcake to a new Year 7 they didn’t know, whilst others used them to express gratitude for ‘lollipop moments’ they had experienced from fellow Avila students.

The afternoon was spent in smaller teams, working on department-specific goals and action planning. The girls generated many exciting ideas together; the team spirit was palpable! Congratulations to the Year 12 Leaders for running such efficient and productive team meetings.

Following the day, the student leaders were asked to provide some feedback.

“I always knew that our theme ‘Give/Get’ is an integral part of what it means to be Catholic, but realised today just how relevant it is to our faith. I definitely enjoyed listening to Fr Elio, who was not only very engaging but also had some very good ideas about our theme. The main thing I learnt from him was that a way we can give is by sharing our gifts with everyone. It had never occurred to me that our theme could be applied in this way of sharing our best qualities and talents.”

“After today I realised that I’ve had so many ‘lollipop moments’ in school and out of school. It made me feel special and that by having this leadership role I have been given some responsibility in the Avila community and the opportunity to give to others through small lollipop moments. Also, I enjoyed working at the workstations. Beforehand I knew NO ONE in my group, and this made me make new friends and work in a team with different people.”

Thanks are extended to Mr Rhynehart, Mrs Kralj and Sister Maria for their time and support in ensuring the day ran smoothly.

Miss Madelaine Scott-Jones
Student Leadership Coordinator

MATHS HELP

Catch up Corner
Maths help is offered at Catch Up Corner at lunchtimes for students in Years 7 to 10 who need extra help or a more detailed explanation of a more difficult concept. These sessions are held in Room 66.

Mathsonline.com.au
All Years 7 to 10 students have been given log in details for this Maths website. Maths Online guides your daughter through maths topics, lesson by lesson, allowing her to pause, rewind and repeat all or part of any lesson. Your daughter has access to skills from other year levels, which provides her with the opportunity to revise skills previously learnt or to attempt more difficult skills. Each lesson includes a test so that your daughter can see how well she has understood the work. Your daughter’s teacher may set specific lessons for her to do or your daughter can attempt lessons any time.

VCE Maths
VCE students are encouraged to maximize their opportunities for learning within class time. Of course, if a student has a particular concern, she may make an appointment to meet with her teacher at lunchtime or in a study lesson. If an appointment is made, a student should have a very clear list of the work she wishes to review.

Rosie Ryan
Mathematics Curriculum Leader
PASTORAL CARE

It has been very impressive to see how quickly students have settled into the rhythm of a new school year. Our senior students are already beginning to prepare for up-coming assessment tasks. Many of the junior students have displayed a good level of independence as they move into new homerooms and subjects, but this may not have been the experience for all families.

If your daughter has had a bumpy start to the school year, it is important to help her put events into perspective and work out ways that she can improve situations before they get out of control. Staff want to work in partnership with all parents and their daughters but it is not healthy for a young person’s wellbeing to have every hurdle removed from their way. To do so would teach that the only way forward is when others change their behaviour; not the young person. This is not to say that there aren’t times when it is best for a parent to call the College and speak to a teacher about serious concerns, and we welcome these conversations.

Sexting

Some sobering news….Did you know that sexting is illegal if the person are under 18 years old?

What is Sexting? Taking naked or sexually explicit photos and sending them by an electronic means.

1. If the person is under 18 years of age and takes a naked or sexually explicit photo of themselves, or someone else under 18 years, they can be charged with “the intent to create child pornography”.

2. If your daughter receives an electronic communication e.g. a text or Snapchat ™message that contains a photo of a naked or sexually explicit photo of someone under the age of 18 years, and forwards it on, she can be charged with “the intent to supply child pornography”.

3. If your daughter receives an electronic communication that contains a photo of a naked or sexually explicit photo of someone under the age of 18 years, She should show an adult immediately. If she just leaves it on her device, she can be charged with “receiving child pornography”.

All of these charges carry a penalty that includes up to 10 years jail, and are considered Child Sex Offences. If found guilty, will be listed on the Child Sex Offence Registry. This will prevent your daughter from overseas travel, many lines of work and working with children in any form.

It is important to speak to your daughter about this sensitive issue so that she understands the serious nature of sexting. Sexting has a wide range of risks, both legal and social, that she may not have thought about.

It is important to have a discussion with your daughter, even if you don’t think she would ever do this. Knowing the law and what to do if she receives unsolicited and inappropriate photos arms your daughter with information that gives her the tools to protect herself.

Conversations About Social Media Evening

For our Year 7 and 8 Parent Community, we have a Conversations About Social Media evening on Wednesday 26 March in the Year 7 and 8 building. The Counselling Team will present and facilitate conversations on embracing the benefits as well as handling the challenges of social media.

Donna Teekens
Counselling Team

Year 10 & 11 Parent Information Evening

On Tuesday 11 February Year 10 & 11 parents were invited to meet their daughter’s homeroom teacher and listen to our guest presenter Chris Daicos who is a Training and Development Consultant. She provided the audience a unique and entertaining perspective on building resilience for our students and daughters.

We thank all our parents for attending and for providing such positive feedback regarding the changed format this year. Chris is available for private consultations via her website www.chrisdaicos.com.au and has also provided her presentation PowerPoint (click here) as requested from a lot of parents.

We look forward to seeing parents again at Oral Reports at the end of term.

Amanda Flynn  Anna Marvelli
Year 10 Co-ordinator  Year 11 Co-ordinator
Presented by Critical Agendas:

**Developing Positive Adolescents! - Is it more important to fix a weakness or improve a strength?**

The presentation explores the forty elements of adolescent development in terms of the internal resources and external assets available for raising and educating children.

Internal resources include how to create a positive support network between family, school, neighbourhood and positive adult role models; How to develop a child's positive outlook through community involvement; How to set clear rules, boundaries and expectations; How to create constructive time management strategies.

External assets include Creating a commitment to learning; Imparting the positive values of care, fairness, integrity, honesty, responsibility and restraint; Crafting adolescent social competence; from planning and decision making to resisting the negative peer group; Developing a positive identity, positive personal power, self-esteem, a sense of purpose and hope for the future.

Tuesday 11 March 2014, 7pm to 9pm, Strathcona Baptist Girls' Grammar School 34 Scott St, Canterbury

Wednesday 12 March, 2014 7pm to 9pm, Salesian College 10 Bosco St, Chadstone

$15 per person (at the door) NO EFTPOS, Includes Free Tea/Coffee from 6.30pm

**Secure your place!** Email rick@criticalagendas.com.au, Include your NAME and No. Tickets required and Venue attending. (No obligation) Collect and pay for tickets on the night. Enquiries: Freecall 1800 638 012

Voice and Movement – Drama for Everyday Life Program:

**Confidence in the Social World: Handling Teasing & Bullying**

When it comes to teasing and bullying, some of our students on the autism spectrum have difficulty in identifying the difference between friendly teasing and bullying. However, it is possible to learn skills that can help students feel confidence in identifying these cues and strategies to handle them. You are warmly invited to attend an Information Evening on Confidence in the Social World: Handling Teasing and Bullying.

Angelica Rose, Founder and Principal of Voice and Movement, will present the Information Evening and provide you with invaluable access to:

- Ways to assist your client/child identify the difference between friendly teasing and bullying;
- Strategies to handle bullying behaviour;
- The chance to ask questions and find out how our program could assist your clients/children in developing social skills and making friends.

**TIME** 7:30 pm start - 8:30 pm  
**DATE** Tuesday, 18 March 2014  
**VENUE** Meeting Room 1, Box Hill Library, 1040 Whitehorse Road, Box Hill *(plenty of off-street parking behind the library, enter via Bank St)*  
Melways Map Ref 47 E9  
**COST** Complimentary  
Please register your attendance by contacting us on 03 9890 0728 or emailing us at info@voiceandmovement.com.au

Kind regards  
*The Pastoral Care Team*
Lion’s Youth of the Year

Miranda Koroknai and Sophia Elliott represented Avila College at the Lion’s Youth of the Year award. This National competition aims to encourage self-expression, confidence, citizenship and leadership in young people. The candidate needs to show poise and personality and be able to be an ambassador for the youth of today within Australia or overseas under the auspices of the Lions Clubs.

Both students submitted an extensive application form, which formed the basis of an interview conducted on Sunday 17 February. The competing students from the district, and their families were then hosted at Mount Waverley Bowls Club with Mount Waverley Lions members, where they presented a prepared speech of 5 minutes duration on a topic of their choice and also 2 impromptu speeches on topics unseen. This is an incredibly difficult task as the topics ranged from whether the government should intervene in manufacturing industries closing down to whether the money spent on events such as the Olympics and Grand Prix could be justified. Both girls were excellent in the formation and execution of their argument.

In the prepared speeches Miranda spoke about the need to be more compassionate in our attitude to asylum seekers. Sophia spoke about William Shakespeare and the power of language and the need for originality. Both girls spoke passionately and convincingly, and I am delighted to inform you Sophia is now the 2014 Lions Youth of the Year in the City of Monash. She now goes on to compete in South Eastern zone final in March.

Kelly Bunning
Teaching Staff

Building Together To Achieve Success

In the Year 12 Living and Values program, we spent one of our sessions building towers in groups in our homeroom. Each group was given a bag of supplies and the aim was to build the tallest freestanding tower possible from what we were given. The task proved challenging as some groups had better supplies that others. Our group came to realise that stability rather than height was the key to winning.

This simple and fun activity taught us the value of teamwork in order to create success. For teamwork to be effective, we had to listen to each other’s ideas and share our own, while also working dynamically and efficiently to be a cohesive group. The task also highlighted the importance of having balance in our lives, as the groups that were building for height rather than stability were unsuccessful in their endeavour, facing many, perhaps unnecessary, challenges in making their tower free standing. Our group also learnt the power of a positive mindset, as we were ready to give up halfway when our tower wasn’t working, but a few encouraging words gave us the motivation to persist, and in the end, win the challenge.

These lessons, taken from this fun activity, can be applied to our lives as Year 12 students and have deepened our understanding about achieving success.

Grace Rodrigues
12 Blue
PFA REPORT

What a wonderful start to the year we have had. Like our daughters, we have certainly hit the ground running.

I was delighted to speak at the Years 8 and 9 Information Evening held recently. I spoke about what an exciting calendar of events and activities the PFA has planned for the Avila College community in 2014. I also addressed visitors at the Open Morning and was pleased to see so many people in attendance. Those I spoke with enjoyed their tour of the school and the presentation by the Principal, Louise Gunther, and the Deputy Principal Curriculum, Madeleine Franken.

Here is a summary of PFA events for the year:

- Mother's Day Stall: Tuesday 6 May
- Mother's Day Breakfast: Friday 9 May
- Guest Speaker Evening: Wednesday 4 June
- BABBA Evening: Friday 8 August
- Father's Day Breakfast: Friday 5 September

Whilst I know these events will all be popular, the response to the BABBA Evening in August has been fantastic, so put the date in your diary now.

We will be providing details closer to the events but will be asking for your support and assistance to help make then a success. We will be calling for donations for the Mother's Day Stall so please start putting aside any items you may want to donate or “re-gift” and we will let you know when to deliver them to the College.

Our first PFA meeting for the year will be very busy organising the myriad of details for the upcoming year. I would like to thank the PFA Committee in advance for their commitment and assistance. As someone once said, “Volunteers are not paid, not because they are worthless, but because they are priceless.”

We have a great team of parents on the PFA Committee, if you would like to join us please let the Director of Marketing and Development Annie Opray know by emailing aopray@avilacollege.vic.edu.au We meet once a month from 7pm at the College and the dates are on the website.

Regards

Loretta Stapleton
PFA President

Avila College Online

We have been fortunate to receive many positive comments about the Avila College website launched in October last year. The site presents important information about the College to existing families as well as the wider world.

To further promote Avila College and all the wonderful opportunities on offer we have developed an app and established a Twitter account.

There are a few ways to download the free app as follows:
or visit the app store and select Avila College.

The app contains a wealth of information which is accessible anywhere, anytime. The app will also allow us to push out notifications for messages such as Sports day cancelled due to rain etc.

We are now also on Twitter so please follow us to learn about all the happenings at Avila, @avila_college and #avilacollege and https://twitter.com/Avila_College

Twitter provides a snapshot of events and successes. It would be appreciated if you would retweet our messages as often as you can so we can reach as many people as possible. Thank you for your support.
Meet... the LITURGY CAPTAIN and VICE-CAPTAIN

Jessica Frizziero

I’ve had so many wonderful opportunities given to me during my 6 years here at Avila and I’m ever grateful for every one. In year 7, I was blessed to be in a homeroom where all 24 students sat together at lunchtime. In years 8 and 9, I learnt some tough lessons about friendship and myself but was so appreciative of having such excellent staff and counselors that got me through. In Year 10, I had the honor of being one of the lucky girls to be chosen to go on the Indigenous Immersion trip to Santa Teresa; which was one of the most memorable and eye-opening experiences I’ve ever had. I’ve played in ensembles, joined drama groups and performed at numerous Creative Arts and Drama Festivals.

I’ve been granted so many awesome opportunities here at Avila, but the greatest by far is having the absolute privilege of being the Avila College Liturgy Captain for 2014.

One of my major goals is to make faith and religion a relatable aspect of our society, particularly for youth. Too often people hide their faith and allow it to become a secret part of their identity. But we should be embracing it and proudly standing out from the crowd to call ourselves Christian or Catholic or a follower of any religion for that matter. I hope that Avila is able to be an environment where people do feel comfortable and confident talking about and expressing their faith.

Catherine Darbyshire

My name is Cathy Darbyshire and I am the Liturgy Vice-Captain for 2014. I am super excited to work with the Student Leadership Team and feel incredibly blessed to be given this opportunity. My religious faith plays a big part of my life, and Avila College has given me many exciting opportunities to develop my understanding of what it means to be a Catholic.

Over the years I have been involved with many aspects in the College including Creative Arts Festival, Red Cross Door Knock, Year 10 Drama Festival, and I was recently given the opportunity to attend the Australian Catholic Youth Festival. I was also chosen to represent the College in Brazil last year for the World Youth Day celebrations, where I was able to express my faith alongside three million other young people across the globe. This experience was life-changing and I think it is important for our generation today to know that it is okay to be proud of our religious beliefs, and not to feel scared or embarrassed to express them.

My goal for this year is to remind others ‘to give rather than get’, and encourage students to become involved in school activities and to get out of their comfort zone through participation. We don’t know what we can achieve until we put ourselves out there. I also aim to make Year 12 a positive and memorable year, and to challenge myself by dealing with any obstacles that come my way.
Note from the HEALTH CENTRE

8 Healthy benefits of Drinking Water!

While most of us know that we should be drinking 6 to 8 glasses of water each day (more during exercise and in the heat), the truth of the matter is that many of us do not follow it through.... Here are some reasons to keep those water bottles filled!

1. Since your brain is mostly water, drinking it helps you think, focus, concentrate better and be more alert.
2. The only liquid that safely promotes weight loss. Removes by-products of fat, reduces your appetite, raises your metabolism and has zero calories!
3. Drinking water flushes out your toxins. Your body gets rid of waste through sweat and urination, which reduces the risk of kidney stones and UTI's.
4. Want to look younger? Drinking water moisturizes your skin, keeps it fresh, soft, glowing and smooth. It can even rid you of some wrinkles.
5. A large percentage of headaches are caused by dehydration. Drink water to relieve and prevent headaches. (Migraines & back pains too.)
6. Proper hydration helps keep joints lubricated and muscles more elastic preventing sprains and cramps!
7. A water guzzler is less likely to get sick. Drinking water helps fight against flu, cancer and other ailments like heart attacks.
8. Save money, as water is free. If you do not like the taste of tap water, (Pre bottled flavoured water can contain more sugar than soft drink) try adding:
   • a slice of citrus fruit
   • whole strawberries
   • watermelon and mint
   • raspberry and lemon.

Freezing a drink bottle with water up to one third full at night and topping it up the next morning will keep the water cool at school on hot days.

Cathy Angus (Registered Nurse)
Phone: 9831 9646. Email: cangus@avilacollege.vic.edu.au

CANTEEN ROSTER

Mon 3 Mar  
Jacqui Giuliano
Liz Nunn
Imelda Evans

Tue 4 Mar  
Nicole Stow
Susan Natoli
Bronwen Mancini

Wed 5 Mar  
Kim Middleton
Surenthini
Rayhudhevan
Annmarie Freely
Ann Avice

Thur 6 Mar  
Sharon Rice
Karen Roache
Brid Gill
Winniefred Rebellow

Fri 7 Mar  
Sharon Clarke
Judy Bruce

Mon 10 Mar  
LABOUR DAY

Tue 11 Mar  
Susan Hennessy
Karen Davin
Caroline Murphy
Betty Chmielewski

Wed 12 Mar  
Maria Dew
Nono Tupou
Sylvia Cooper
Amanada Walker

Thur 13 Mar  
Catherine Bradwell
Cheryl Thomas
Louise Maugeri

Fri 14 Mar  
Angela Ng
Angela Bilsom
Shi Lin

AVILA Second Hand Uniform Shop News!

If you are looking for Winter uniform, navy VCE jumpers, a spare dress, blazer or PE uniform, please be sure to check out the second hand uniform shop at Avila. We have quite a range, and lots in great condition!

The Avila Second Hand Uniform Shop will be open, from 1-4pm, on:

Wed 19 February, 5 March, 19 March 2014.

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

Alternatively, you can email vnicoll@avilacollege.vic.edu.au with any query about a second hand uniform.
Genazzano Swim Meet - Avila girls make a Splash!

After battling early morning starts to participate in the morning training sessions at Just Swimming in Syndal, since October last year, it was finally time for the first meet on the Avila Swim Squad’s calendar - the Genazzano Swim Meet. On the afternoon of the 14 of February a very excited bus full of Avila girls from across all year levels arrived at the pool for the first competition for some of the junior girls and sadly the last Genazzano meet for the Year 12 girls.

It was an amazing effort by our girls with a final result of 4th place by only 4 points, the closest result in a long time! Congratulations girls on an amazing meet and equally amazing result!

The next (and final) meet for the 2014 swim squad is the SCSA Meet at Melbourne Sports and Aquatic Centre on the 20 March. Keep training hard girls - only a few more early morning sessions to go and best of luck for SCSA!

Rebecca Abbot
Swim Captain

House Swimming – Get in the Spirit

The House Swimming Carnival will take place on Tuesday 4 March and we want all students to get in the spirit by dressing in their house colours.

- Students must wear their PE uniform to and from the pool with their Avila bathers underneath
- At the pool students are encouraged to get into the house spirit and change into appropriate clothing of only their house colour
- All students MUST wear the Avila College PE shorts and a hat
- Singlet tops, body paints, hair sprat and zinc are not allowed.
There will be points awarded on the day for best-dressed house and best house spirit!

Trainings

- Tennis – Tuesday 3.30-4.30pm on the outside courts
- Diving – Monday 6.45-7.45am at Aqualink Box Hill
- Swimming – Wednesday and Friday 7-8am at Just Swimming Syndal
- Aerobics – Tuesday and Thursday 7-8am in the gym
- Athletics – Tuesday and Thursday 3.30-4.30pm at Holy Family Primary School

Upcoming Tournaments

- SCSA Tennis – Thursday 6 March at the Boroondara Tennis Club, Bulleen
Youth Mass at St Michael’s Parish Ashburton

Students in Year 5, 6 & 7 are invited to St Michael’s first Youth Mass for 2014 on Saturday 22 March at 6:30pm in St Michael’s Church. Rudolf is especially looking forward to welcoming back students from St Michael’s School who are now attending Year 7 in our surrounding Catholic Schools and to meeting any new young people from Year 7 who wish to attend. Please gather at 6:15pm in the Hub for Mass at 6:30pm. Following Mass everyone is invited to the Hub for pizza, films and social gathering. The night will conclude at 9:00pm. Cost: $5.00 payable at door. For catering purposes please RSVP to stmichaelsyouth@smashburton.catholic.edu.au

40th Anniversary of Holy Saviour Parish

All current and past members of the Holy Saviour Parish Community are invited to reserve the date of Saturday 2 August 2014. Please join us for a Gala Dinner, celebrating the 40TH ANNIVERSARY OF HOLY SAVIOUR PARISH OF GLEN WAVERLEY NORTH. The Gala dinner will be a formal (adults only) occasion at the Whitehorse Club on the evening, with fabulous dining, door prizes and dancing. A wonderful opportunity to catch up with your Holy Saviour parish and school friends. Please advise anybody else who may be interested.

To receive a formal invitation, please send an email with Subject: Gala Dinner and your name and postal address to hspcommunitygroup@hotmail.com.au

St Michael’s Netball Club looking for new players.

St Michael’s Netball Club plays in the Waverley District Netball Association
The Saturday season at Waverley District commences 16th March
All games are played at Ashwood Courts, (Cnr Cassinia Avenue & Farmer Street, Ashwood)
If you were born in 2000 and 2001 (Years 7 & 8) and want to join in and play netball with a friendly and vibrant club, please go to the St Michael’s Netball Club website: http://stmichaelsnc.com.au/
Or direct any enquiries to admin@stmichaelsnc.com.au

Monash Relay For Life!

4pm Sat April 5th – 10am Sun April 6th 2014
Waverley Softball Association, Wheelers Hill

Register your team TODAY! at:
www.relayforlife.org.au
1300 65 65 85
Holy Family School

The Great Fete

250 Stephensons Road, Mt Waverley

Saturday 15th March 2014
10am - 4pm

Find us on facebook Holy Family 2014 Great Fete

Nunawading Fiat Alfa Romeo
Barry Plant
Bakers Delight
We're for real.

Syndal’s Bridal
Dry Cleaners
*Australia’s Leading Bridal & Formal Wear Dry Cleaner*

Bambou
Early Learning Centre