FROM THE PRINCIPAL

Dear members of the Avila community,

It was exciting to see the builders start to set up their designated building space at the western end of the College grounds last week. We are pleased to have contracted Devco building group to undertake the first stage of our 2-part Master building plan. The first project will be a new Physical Education precinct comprising of a full-sized gymnasium, change rooms including toilets and showers, PE staff office storeroom and first aid facilities. Also contained within this building will be a new multi-purpose agriculture / horticulture space that can also double as a general science teaching and learning classroom. On the first floor will be two large classroom spaces that will connect directly to the first floor of the Year 7 and 8 building that was completed in 2012. The second part of the building project for 2014 will be a new gathering space between The Bunjil Creation Centre and the western wall of the Food Technology / Dining Room area. This space will extend the current foyer area of Bunjil as well as provide a more extended gathering area for use by both staff and students. Please refer to the diagrams on Page 2 that have been compiled by Law Architects. As there will be some modifications in accessing certain areas of the school during this building process, I seek the cooperation of all parents when visiting the College in observing any restrictions and safety warnings.

On Wednesday night we were delighted to have Lucinda Nolan, Deputy Commissioner of Victoria Police speak to a large gathering of students and their parents/guardians. Lucinda spoke about resilience and how this has been a key asset in her career path and in achieving such a significant position in the police force. I thank the PFA who sponsored and organized this event.

Community news:

Once again we extend an invitation to our parents/guardians to attend our Term 3 School Assembly to be held on Friday 25 July commencing at 9am in the school gymnasium. Our guest speaker for this assembly will be former student Felicity Ketelaar (nee Simons) who is now the Registry Manager at Migration Review Tribunal & Refugee Review Tribunal based in Melbourne. If you wish to attend please RSVP via email to avila@avilacollege.vic.edu.au by Tuesday 22 July. Following the assembly parents/guardians are invited to join College staff for morning tea in the Dining Room.

I trust all members of the Avila community enjoy the coming long weekend and a chance to prepare for the last few weeks of the Term. Year 9s have undertaken their exams today while students in Years 10 and 11 commence their exams next week. A reminder to all students undertaking a Unit 3 and 4 VCE study that you will undertake the GAT on Wednesday 11 June. For all other students next Wednesday is a student free day, which means students are not required to attend school on that day.

The Avila College community congratulates staff member Chris Nichols and her husband Con on the recent birth of their twin girls – Kiara and Ariana.

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

Louise Gunther
Principal

PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy.
Act in me, O Holy Spirit, that my work, too, may be holy.
Draw my heart, O Holy Spirit, that I love but what is holy.
Strengthen me, O Holy Spirit, to defend all that is holy.
Guard me, then, O Holy Spirit, that I always may be holy.
Amen.

CALENDAR DATES

<table>
<thead>
<tr>
<th>Week A</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Mon 9 June</td>
<td>QUEEN’S BIRTHDAY Public Holiday</td>
<td></td>
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<tr>
<td>Wed 11 June</td>
<td>VCE GAT</td>
<td>YEARS 7-9 STUDENT FREE DAY</td>
</tr>
<tr>
<td></td>
<td></td>
<td>YEARS 10 &amp; 11 STUDY DAY</td>
</tr>
<tr>
<td>Thu 12 June</td>
<td>COLLEGE BOARD MEETING 7pm</td>
<td>YEARS 10 &amp; 11 EXAMINATIONS BEGIN</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week B</th>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Tue 17 June</td>
<td>SCSA CROSS COUNTRY</td>
<td></td>
</tr>
<tr>
<td>Wed 18 June</td>
<td>SECOND HAND UNIFORM SHOP OPEN 1-4pm</td>
<td></td>
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</tbody>
</table>
LEARNING AND TEACHING NEWS

Semester One Exams

Students from Years 9 to 11 are currently well into revision mode for Semester 1 exams. On Friday 6 June, all Year 9 students at Avila will sit exams in English, Maths and Science to give them an opportunity to develop the skills and strategies required for this type of formal assessment. Examinations differ from topic tests in both the formality of the assessment environment and in the range of knowledge recall and understanding required. In Years 10 and 11, students undertake end of semester exams in all subjects. The format of the exams is designed to prepare students for the conditions of external exams such as those of Year 12 subjects. There are no longer external examinations for Year 12 subjects although all students undertaking any 3 & 4 study are required to sit the three hour General Achievement Test (GAT) on Wednesday 11 June.

All students have been given advice on how to prepare for their forthcoming exams. The formal conditions of exams have also been outlined to the students. Students who have queries about exams should speak with their subject teacher or year level co-ordinator. We wish students well for this important assessment period.

Madeleine Franken
Deputy Principal Learning and Teaching

MASTER BUILDING PLAN

Above: New gathering space between The Bunjil Creation Centre and the western wall of the Food Technology/Dining Room area, looking in an easterly direction from the Gym foyer

Below: New Physical Education precinct
Parent Support Seminars

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact/Phone</th>
<th>Venue</th>
<th>Date/Times/Other</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sleep Unit Location</strong></td>
<td>Phone 9210 3146 for details</td>
<td>Mitcham Private Hospital, Mitcham</td>
<td>Useful websites: <a href="http://www.sleep.org.au">www.sleep.org.au</a> and <a href="http://www.betterhealth.vic.gov.au">www.betterhealth.vic.gov.au</a></td>
</tr>
<tr>
<td>For diagnosis and treatment of sleep problems and disorders for teenagers and adults.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Stronger Families Program - Addressing Youth/Parent Conflict 12-17 year olds</strong></td>
<td>Phone Intake Team 9871 8700</td>
<td>UnitingCare, Knox Ozone, 1012 Little Burwood Highway, Wantirna South</td>
<td>Mondays to Fridays ongoing from 9am-6pm.</td>
</tr>
<tr>
<td><strong>Knox Youth Services</strong></td>
<td>Phone 9298 8000</td>
<td>Eastgate Building, rear of 511 Burwood Highway, Wantirna South</td>
<td></td>
</tr>
<tr>
<td>(counselling and referral to other services)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Monash Youth and Family Services</strong></td>
<td>9561 7359</td>
<td>14 Bogong Ave, Glen Waverley Family Counseling for families with children 0-18. Youth counseling 12-25 yrs</td>
<td></td>
</tr>
<tr>
<td><strong>Stepfamilies Australia</strong></td>
<td>P: 9663 6733, <a href="mailto:info@stepfamily.org.au">info@stepfamily.org.au</a></td>
<td>18 June 2014, other dates throughout the year</td>
<td>6 week course, <a href="http://www.stepfamily.org.au">http://www.stepfamily.org.au</a></td>
</tr>
<tr>
<td>Making Step-families Work</td>
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</tbody>
</table>

Regards,
Pastoral Team
Newman College

On Friday 23 May, we, along with the Year 12 Co-ordinator Mrs Swift, were invited to attend the Forum Dinner held at Newman College, a Jesuit residential college at Melbourne University. We were taken on a tour by a resident at the college, which gave us an opportunity to see what it is like living on campus. Later, we enjoyed a dinner, hosted by Sean Burke, Provost of the College and Fr Bill Uren SJ, Rector of the College. We were joined by other student leaders from various schools and university students and were privileged to hear from guest speaker Mr Shane Carmody, a historian who spoke about Ned Kelly and the judge who sentenced him, Redmond Barry. It was an enjoyable night and we are very thankful to Newman College for providing us with the opportunity to explore what their college has to offer.

Georgia Muling and Monica De Rango
College Captain and College Vice Captain

AUSTRALIAN GEOGRAPHY COMPETITION: THE RESULTS ARE IN!

Students from Avila tested their geographical skills and knowledge against students from all around Australia in the 2014 Australian Geography Competition.

We have a number of student geographers at Avila who performed to a very high level in the competition this year with four gaining high distinctions, seven gaining distinctions and 12 gaining credits.

Over 70 000 students from 760 schools entered the Australian Geography Competition so the results give us a benchmark as to how our students are going in some aspects of the subject.

Bernard Fitzpatrick, the competition's national coordinator said the competition played a role in promoting this important subject to students and the wider community. He added that Geography is such an important subject to develop in students a real understanding of the complex social and environmental interactions happening around them.

The highest achieving students will represent Australia in two international events in 2015: the National Geographic World Championship's Big Week Out and the International Geography Olympiad in Moscow, Russia.

Congratulations to: Georgia Wilson Wall, Year 11, Mia Silich and Javira Altmann, Year 9, who were in the top 10% of all students across Australia.

Particular congratulations has to be given to Alysha Wanigaratne of 8 Blue who was at the very top of the competition gaining a result in the highest 1% of all 70 000 students!

Paul Ekers
Humanities Assistant- Geography
Year 7 – Student Leadership – Congratulations!

We are pleased to announce the results of the Year 7 Student Leadership Election. The following Year 7 students have been elected to positions of student leadership for 2014:

Art Captain: Elena Disilvestro
Drama Captain: Tess Martin
Music Captain: Emma Gare
Public Speaking and Debating Captain: Alexandra Capa
SRC Leaders: Sarah Ang, Madeleine Buzza and Mia Sinclair
Chisholm House Captain: Bridgette Roza
Flynn House Captain: Sinead Kelly
Mackillop House Captain: Daniella Fischer
Nagle House Captain: Tricia Cowen

We are looking forward to your contributions to the student leadership team in 2014. It was exciting to read and listen to all of the ideas expressed in your applications about ways of integrating our theme, Give/Get, into your areas of interest.

Congratulations are extended to all students who were shortlisted for the above positions, and to the large number of Year 7 girls who applied. We look forward to reading and watching your applications for the Year 8 leadership election.
Kobos in the Resource Centre

As well as having a large range of new fiction novels to select from, girls now have the opportunity to borrow and read eBooks on the Kobo eReaders recently purchased by the Avila Resource Centre.

So far we have six devices, each of which has been loaded up with 21 of the most sought-after fiction titles. We will add more titles over time and also plan to purchase another six Kobos in the short term.

When asked about reading habits, the students tend to say that they prefer to read a physical book rather than read on a device as they are looking at the screen of their MacBooks so much of the day already. The Kobos however, are a different experience again. They aren’t backlit like the iPad or their laptops; they make use of a technology called eInk. It’s a much softer, more page-like experience and easier on the eyes.

They are loaned out for two weeks, just like any other book, but if you can read more than one book in that time, you’ll have access to 20 other titles on the device.

They are proving to be very popular and the initial feedback has been very positive.

_Dianne O’Neill_
Head of Resource Centre

VCE Geography Unit 3 Fieldwork trip to Murray Darling Basin

How is water used along the river system? What does a fish ladder look like? How does irrigation work and what can be done to improve irrigation technology? These questions and more were answered by nineteen Year 11 and 12 students last Friday and Saturday on an overnight trip to Echuca. The students are currently studying water as a resource and water management in the Murray Darling Basin, and this timely fieldwork takes in a number of sites in the Goulburn region of the basin to enhance students’ knowledge and understanding of the topics covered in class. Highlights included a trip on a paddle steamer in Echuca, observing the coriolis effect at the Goulburn Weir and a quick stop at the Barmah-Millewah forest, one of the Icon sites in the Living Murray Initiative. Mr Paul Ekers provided expert commentary at each stop, impressing the students with his knowledge of Eucalyptus Camaldulensis, and Mrs Tanya Induni is also to be thanked for accompanying the group. It was an absolute pleasure to be out in the field with a group of such keen, observant geographers.

_A Andrea McCann_
VCE Geography teacher
ART NEWS – BEHIND THE SCENES

Here is a sneak peek into the studios at Avila College. Semester 1 is almost over and the students have impressed us with their creative talents and we look forward to selecting their work for our VCE Grad show in term 3 and our Annual Art Exhibition in Term 4. Until then here is some insight into the practice of our budding young artists.

YEAR 7 ART
Anne Graham has been teaching her class ceramics this term. The students thoroughly enjoy learning how to manipulate forms with clay.

YEAR 9 2D
Anne-Maree Wise has been teaching Studio Arts 2D this semester. These students are now working on canvas. Some students are working with an impasto medium to thicken the paint and are applying the acrylic paint with a palette knife rather than a brush.

YEAR 10 STUDIO ARTS – Photography
Students have been working on combining negatives in the darkroom and also using Photoshop to create a work exploring the libraries archives. This task was called Avila Now & Then.

YEAR 11 STUDIO ARTS
Marjolyn Willis gave the students studying Unit 1 Drawing in Studio Arts an inspirational starting point this semester; Books. The students’ works are on display in the Art Foyer and each work showcases their amazing skills.

Jolenta Kirkwood
Curriculum Leader The Arts
PUBLIC SPEAKING NEWS

Sunday 25 May saw six Avila College girls compete in Rostrum’s National Voice of Youth Public Speaking competition. The juniors were represented by Dion Andrikopoulos, Georgia Pitt and Brooke Jamieson. The prepared speeches were on the topics “If it ain’t broke, don’t fix it”, “Climb every Mountain”, and “Trash and Treasure”.

The Seniors were represented by Tamar Haizagian, Sarah Lambourne and Clarissa Frizziero and they spoke on the topic “We hear what we want to hear”. All of the students did a terrific job and displayed excellent skills in delivering their speeches. Particular mention should go to Clarissa, who spoke about the need to listen to the Syrian voices in the current conflict. She had an excellent grasp of the topic and was passionate in her plea for nations to act on this civil war and put an end to the horrific human rights issues arising from it. Clarissa progressed to the regional semi-finals where she was required to do a short-notice speech in addition to her prepared speech.

We would like to thank the girls for their on-going commitment to representing Avila College at many public speaking events. They are incredible ambassadors for the College and we often have people approach us to comment on the high quality of their speeches and their focus on issues of Social Justice. We also extend thanks to the families for their support in getting their child to an event or coming to support the competitions; it does build a wonderful community.

Christine Valladares and Kelly Bunning
Public Speaking Co-ordinators

PARENTS AND FRIENDS REPORT

BABBA Parent Evening, 7.30pm Friday 8 August

When all is said and done, I have a dream to be a Dancing Queen, a Super Trooper. Knowing Me, Knowing You, many Avila parents will say I Do, I Do, I Do, I Do, I Do to coming along to the upcoming BABBA night in the Gym on Friday 8 August from 7.30pm.

Don’t Ring Ring, but go to the College website, News and Events, Bookings to book. Booking early is The Name of the Game as places are limited.

I know many people who have already booked their tables and are planning their outfits for the big night with BABBA.

It will not cost too much Money, Money, Money, tickets are $35 per head. You can B.Y.O. food and soft drinks, and drinks will be available for purchase on the evening.

There may even be dance competitions with prizes and The Winner Takes it All. Mamma Mia! So face your Waterloo and Take a Chance on Me and join us as we say, Thank you for the Music.

Lucinda Nolan Presentation

Thank you to all the families who came along to Bunjil on Wednesday 4 June to hear Lucinda Nolan, Deputy Commissioner Victoria Police, speak about “Building Resilience for Strong Female Leaders”.

It was a privilege to listen to the insights from Ms Nolan who has had a distinguished career over many years. I felt very fortunate that my daughters had the opportunity to hear from such an inspiring role model.

Please feel free to join us at our next PFA Committee meeting in the Dining Room at the College from 7pm on Wednesday 18 June.

Loretta Stapleton
President, Avila College PFA
MEET... THE DRAMA CAPTAIN & DRAMA VICE-CAPTAIN

Julia Prestia

It has been an absolute privilege and honour to have been elected Drama Captain this year. I have always been dramatically passionate about all things Drama, being involved in many productions in the school. Since Year 7 I have enjoyed acting and/or directing in the drama activities Avila offers, such as Creative Arts and the Year 10 Drama Festival. As Captain, I hope to encourage other students to get involved in these activities that are not only so much fun, but also incredibly rewarding.

This year the most rewarding experience (so far) has been my involvement in the Creative Arts Festival. From the scriptwriting phase to show time, I was able to write, act and direct to help create (if I say so myself) a marvellous show.

I’m looking forward to continuing to work actively in the Drama department, with Ms Kane-Priestley, Mr Cash and my fellow Drama Captains from Years 8-12, who have made this year that much more special—especially Cathy, my fellow Year 12 Captain who has been a gem to work with. Another highlight for me is working with the lovely girls in Junior Drama Club every Monday lunchtime, since I was one of those enthusiastic girls all the way back in Year 7. It has been a great year so far and it can only get better from here.

Catherine Smith

Working in unison with an ensemble of like-minded, passionate people, Drama is dissimilar to any of the other subjects that I study in Year 12. It has been paramount to my life at the College since year 7, having participated in Junior Drama Club, Creative Arts, and the Year 10 Drama Festival, as well as performances to primary schools, including the Vermont South Special School. As a Drama Captain since year 9 I have cherished every performance and feel incredibly privileged to have been elected in my final year of schooling. I am exceptionally grateful for the opportunities I have been given to explore theatre in a safe and receptive environment, and for the teachers (Mr Cash and Ms KP), who have inspired and motivated me along the way.

Alongside Julia, I look forward to working with the immensely talented performers at the College and hope to inspire my fellow Avilonians to get involved in the Arts, even if that simply means buying a ticket to the Year 10 Drama Festival!

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.

Day 1 Mr Tato
Day 3 Mrs Trifilo
Day 4 Ms R Ryan
Day 5 Mrs Talj
Day 6 Miss Scott-Jones
Day 7 Mr Baroudi
Day 8 Mrs L Hughes
Day 9 Mrs Smith
Day 10 Ms Gilfedder

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.

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.

Rosie Ryan
Curriculum Leader Mathematics
HEALTH CENTRE NEWS
Be Smart Be Active

Physical Education should be a vital part of any well-balanced school curriculum and, at Avila College, students have so many wonderful ways to engage in physical activity.

Many schools reduce the amount of time students spend doing physical activity as soon as it is no longer mandatory. It is good to see that the Year 11 curriculum includes the Sport and Recreation program.

There is plenty of research that highlights the benefits of regular physical activity for the mind as well as the body. We are not designed to be sedentary. It might surprise you or your daughter but...

Research out of the Universities of Dundee and Strathclyde claims that every 15 minutes of daily exercise improves performance by an average of about a quarter of a grade, meaning it is possible that children who carried out 60 minutes of exercise every day could improve their academic performance by a full grade – for example, from a C to a B, or a B to an A.

Sometimes students feel they do not have enough time for exercise and sporting pursuits with all their study in the senior years, but by making time they could actually improve their academic results.

Cathy Angus
Registered Nurse

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CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Mon 9 June</th>
<th>Tue 10 June</th>
<th>Wed 11 June</th>
<th>Thu 12 June</th>
<th>Fri 13 June</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Canteen Closed</strong>&lt;br&gt;QUEENS BIRTHDAY</td>
<td>Susan Hennessy&lt;br&gt;Karen Davin&lt;br&gt;Caroline Murphy&lt;br&gt;Betty Chmielewski</td>
<td><strong>Canteen closed</strong>&lt;br&gt;STUDENT FREE DAY</td>
<td>Catherine Bradwell&lt;br&gt;Cheryl Thomas&lt;br&gt;Louise Maugeri&lt;br&gt;Kirsty Morgan</td>
<td>Angela Ng&lt;br&gt;Angela Billson&lt;br&gt;Shi Lin</td>
</tr>
<tr>
<td>Mon 16 June</td>
<td>Tue 17 June</td>
<td>Wed 18 June</td>
<td>Thu 19 June</td>
<td>Fri 20 Jun</td>
</tr>
<tr>
<td>Angela Elliott&lt;br&gt;Joey Virgine&lt;br&gt;Christine Locke&lt;br&gt;Francis Prestia</td>
<td>Maree Bentivegna&lt;br&gt;Narelle Palmara&lt;br&gt;Teresa Pascuzzi&lt;br&gt;Christine Lane</td>
<td>Maria Dew&lt;br&gt;Sylvia Cooper&lt;br&gt;Teresa O’Hara</td>
<td>Maryanne&lt;br&gt;Macpherson-Caldeira&lt;br&gt;Jan Hugheson&lt;br&gt;Donna Crugnale&lt;br&gt;Kerry Bickers&lt;br&gt;Stella Rechichi</td>
<td>Kanella Tsatas&lt;br&gt;Marla Mariani&lt;br&gt;Kaz Dalton</td>
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</tbody>
</table>
What is nutritional imbalance?
Nutritional imbalance can be caused by the body not being able to absorb certain nutrients, or simply from a poor diet. Imbalances can create unpleasant side effects or conditions that could lead to serious diseases. Vegans or vegetarians could be at risk of having nutritional imbalance because they might not be getting enough nutrients from their ‘no-meat’ diets. They just need to remember to replace animal based foods with healthy nutrients.

A survey of adolescent girls shows that many girls are not consuming adequate amounts of calcium, folate and iron.

A close up on calcium
Calcium is found in most dairy products: milk, cheese and yoghurt are rich calcium sources. Other calcium sources are salmon, sardines and green leafy vegetables. The body needs calcium to maintain strong bones, and to carry out many important functions. Calcium is required to build bones and other hard tissue (e.g teeth and cartilage), which means it is extremely important the body gets enough calcium during periods of rapid growth (adolescents). Youth is a time period which signifies the greatest increase in bone density and significantly helps to achieve optimal peak bone mass.* Those who fail to achieve peak bone mass during adolescence are more likely to get osteoporosis. Therefore, it is vital that youth get enough calcium to build as much bone density as possible.

There are no obvious short-term effects of not having enough calcium, but some symptoms of serious calcium deficiency include numbness and tingling of the fingers, abnormal heart rhythms that can even be life-threatening.

*the maximum bone strength reached in early adulthood.

Long and short term effects
A short-term effect of insufficient carbohydrates (a great source of energy, found in breads, cereals, rice, pasta, legumes and potatoes) can make you tired, which could also effect your intellectual development because you can't concentrate in school, and not want to go to school which could affect your social health.

Iron deficiency can lead to anaemia; a condition caused by a reduced ability of the body to deliver enough oxygen to body cells due to a lack of healthy red blood cells. Iron can be found in lean red meat, turkey and chicken, fish, eggs, nuts, brown rice, tofu, bread and leafy green vegetables.
House Athletics Champions

The House Athletics Carnival took place on Thursday May 1. Due to a computer error on the day we were unable to award our year level champions and runners up. Below are our year level champions for 2014. Congratulations to all our champions and runners up.

| Year 7: | Champion - Monique Louey  
Runner Up - Jessica Boribon
| Year 8: | Champion - Monique Larose  
Runner Up - Olivia Bruce
| Year 9: | Champion - Grace Cross  
Runner Up - Roisin Selvarajoo
| Year 10: | Champion - Breanna Beltrame  
Runner Up - Alicia Bonaffini
| Year 11: | Champion - Hannah Jach  
Runner Up - Brittany Davison
| Year 12: | Champion - Kate Townsend  
Runner Up - Yasna Cook

Netball 2014 Timeline

Except for the WINT teams, training will be 3:30pm to 4:45pm on the normal training days for the respective year levels: Tuesday Juniors, Wednesday Intermediates, Thursday Seniors.

<table>
<thead>
<tr>
<th>TEAM</th>
<th>TOURNAMENT</th>
<th>TRAINING STARTING DATE</th>
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<tr>
<td>ALL SCHOOLS Senior</td>
<td>ALL SCHOOLS (August 1 OR 4)</td>
<td>June 5th</td>
</tr>
<tr>
<td>Junior A</td>
<td>ALL SCHOOLS (August 1 OR 4)</td>
<td>June 5th</td>
</tr>
<tr>
<td>SCSA senior</td>
<td>SCSA (September 15)</td>
<td>August 14th</td>
</tr>
<tr>
<td>Intermediate A</td>
<td>SCSA (September 15)</td>
<td>August 13th</td>
</tr>
<tr>
<td>Intermediate B</td>
<td>SCSA (September 15)</td>
<td>August 13th</td>
</tr>
<tr>
<td>Junior A</td>
<td>SCSA (September 15)</td>
<td>August 12th</td>
</tr>
<tr>
<td>Junior B</td>
<td>SCSA (September 15)</td>
<td>August 12th</td>
</tr>
<tr>
<td>Junior C</td>
<td>SCSA (September 15)</td>
<td>August 12th</td>
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</table>

Upcoming Trials

SOCcer – Keep an eye on the bulletin, soccer trials will be starting in the last few weeks of the term

Trainings

CROSS COUNTRY – training is Wednesday morning. Arrive in the gym foyer at 7am. The run is from 7.15-7.45am. All welcome

AEROBICS – trainings continue for our Aerobics teams Tuesday and Thursday mornings 7-8 am in the gym

HOCKEY – teams have now been selected and training continues:
  Juniors – Tuesday – 3.30-4.30pm
  Seniors – Thursday – 3.30-4.30pm

WINT NETBALL – training is underway on Monday mornings 7-8 am in the gym

ALL SCHOOLS & SCSA NETBALL – training begins next week on the following days:
  Juniors – Tuesday – 3.30-4.45pm
  Intermediates – Wednesday – 3.30-4.45pm
  Seniors – Thursday – 3.30-4.45pm
SCSA Basketball

It was an early arrival at Avila and even though many of the girls were extremely tired there was a buzzing energy in the room. Off we went for the long trip down to MSAC with all the girls singing some old school 90s music to get them hyped. Once we arrived at the venue Mrs Brennan gave us all the run down of the day and from then on it was go, go, go.

The Juniors had a hard day by being the first game of the morning followed by four games straight. They had a fairly tough run through the duration of the tournament, only winning one game; however, the girls showed tremendous Avila Spirit and persevered throughout the day with great help from their coach Miss Vining and help from Tamara Ludekens.

It was bad luck for the Intermediates, who tried hard all day, but could not place a win on the board. Even though they were struggling for a win, the teamwork and encouragement throughout the day was immense. Thank you to Mrs Dent for her ongoing support to the girls during the day.

The senior girls worked tirelessly for the whole tournament and were unlucky to fall short in the Semi Final. The girls all stood up to the mark once they came up against a student from CLC who is currently in the Australian squad and another girl who is a representative of Victoria. Throughout this game the girls took on the challenge and showed great skill and teamwork. Losing the Semi Final by one point was a great effort overall. Thanks to Mrs Brennan for her constant enthusiasm and competitive spirit.

A special thanks to Miss Randle and Mr Whiston for running and organising the day and ensuring it all ran effectively.

Well done to all Avila Basketballers, you showed true Avila Spirit.

Tayla Hope
Basketball Captain

AVILA Uniform Shop News!

Please note that PSW, our school uniform suppliers, have advised that their store will be closed on Mondays during Terms 2 and 3, this year.

Opening hours at the Mount Waverley outlet will be:
Tuesday-Friday: 8:30am - 5:00pm
Saturday: 9am - 2pm

However, if you need Winter uniform items, there are many second hand items in good condition available in the Avila Second hand uniform shop. There are lots of skirts, jumpers (both maroon and navy), blazers, blouses and track tops.

So consider the savings before you buy!

The Avila Second Hand Uniform Shop will be open, from **1-4pm** on:
- **18 June, 23 July, 20 August 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.
PATHWAYS NEWS

The Careers Hub has certainly been a hub of activity. Year 10 students are now exploring options for their VCE / VCAL pathways and beyond. Further information will be provided on Tuesday 29 July when Year 10 and Year 11 students have a Careers Day. Year 10 students are reminded that this year is a great time to complete work experience. We strongly encourage students to complete Work Experience in the holidays rather than during valuable school time. It is best for students to use their initiative in finding a placement. The necessary forms can be obtained from the Careers Hub and must be returned at least three weeks prior to the placement.

Year 9 students are having a Careers Day on Friday 20 June. This will provide them with an opportunity to consider their interests and possible course and career goals. Any past students or friends of Avila College who would be willing to speak to Year 9 students about their Career pathway please contact Geraldine McKenna in the Careers Hub. Email gmckenna@avilacollege.vic.edu.au

An Avila College Careers Guidance website is currently under construction. It contains links, latest news and information about the Careers Program at each Year Level at Avila. The link is now on Simon.

Australian Apprenticeships Pathways: For anyone interested in exploring apprenticeship and traineeship options this website is a valuable resource. http://www.aapathways.com.au/Home

Latest News / Upcoming events:

ACU University Experience - Tuesday 8 July

University Experience is a hands-on fun free event, where you will be able to participate in a range of activities related to the course area of your choice.

A range of workshops are available in the following areas: Business, Exercise Science, Law at ACU, Media Communications, Occupational Therapy and Speech Pathology, Politics, Psychology, Public Health, Theology and Youth Work.

To Register:
http://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/university_experience/university_experience_melbourne

Student Experience at Monash - Tuesday 17 June

To Register: http://www.monash.edu/at-monash-seminar/

Open day dates 2014

Sat 2 Aug  Monash University (Berwick & Peninsula campuses)
Sun 3 Aug  Deakin (Warwembool),
          Monash University (Caulfield, Clayton & Parkville),
          Swinburne Uni & TAFE
Sun 10 Aug  Australian Catholic Uni (ACU) (Melbourne),
            Deakin (Geelong),
            RMIT Uni & TAFE (Bundoora, Brunswick, City)
Sun 17 Aug  La Trobe Uni (Bendigo),
            University of Melbourne
Sun 24 Aug  Box Hill Institute,
            Deakin Uni (Melbourne),
            La Trobe (Melbourne),
            Victoria Uni,
            William Angliss Institute
Sun 31 Aug  ACU (Ballarat),
            Federation Uni (Ballarat & Gippsland)

Jenny Dunn and Geraldine McKenna
Careers
Presents an Avila Parents 
Social Evening featuring

On: 7:30pm Friday 8 August
At: Avila Gym
Cost: $35 per person
BYO food and soft drinks
Drinks will be available to purchase on the night
Dress: Glam up a little or a lot

Bookings: www.avilacollege.vic.edu.au

News & Events, Bookings