FROM THE PRINCIPAL

Dear members of the Avila community,

It was wonderful to see so many parents, with their daughters, attend the recent subject selection information evenings as students in Years 8-11 begin the process of subject selection and pathway options for their future educational opportunities. At Avila College we offer a wider range of VCE, VCAL and semester electives for all students to undertake study options that prepare for a wide and diverse range of career choices. I urge students and parents to seek advice and guidance from careers staff and specialist staff who can support students in their decisions. The Curriculum Guide for 2015 can be accessed online on the SIMON homepage and provides an abundance of information regarding subjects and sample study programs. Students are reminded that all subject selections for 2015 must be completed by Friday 22 August.

I thank the many families who have volunteered to complete the online Insight SRC School Improvement Surveys this year. We have been overwhelmed by the number of families who have been willing to be part of this process and, if you missed out this year, there will be another opportunity next year to complete the Parent Opinion surveys. Your input is always valued and appreciated. A reminder that surveys can be completed any time until Friday 22 August. Results from these surveys will be sent to the College later in the year.

Once again the Mazenod / Avila Musical Production was a great success. With this year’s chosen Musical, West Side Story, the performances generated much discussion amongst audience members and from all accounts students from both Avila and Mazenod performed at a very high standard. Special thanks are extended to Mr Ken Nailon, Director and all staff, students and parents from both colleges who supported their sons or daughters in their various roles. The partnership we have with Mazenod College provides wonderful benefits for Avila College students and I would particularly like to thank Fr Michael Twigg OMI for this continued opportunity.

I would like to thank Madeleine Franken, Deputy Principal Learning and Teaching who was acting principal for the first week of this term while I attended an international conference in London, Ontario in Canada. Professional Learning opportunities like this are very enriching and I was proud to share many insights into the programs and curriculum offerings we have at Avila College with people from many countries throughout the world.

Community news:

Prayers and sympathy are extended to Anne-Maree Wise (Staff) following the recent death of her sister, Jade Fragola (Year 10) following the recent death of her mother Sharleen Rabot and to Lorena Posteraro (Year 12) following the recent death of her father Ernesto Posteraro.

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

Louise Gunther
Principal

PRAYER

Lord, all through this week we have been praying for peace. On this day, the Feast of St Mary of the Cross Mackillop, once again, we ask that you send your spirit of peace in the world.

May we take St Mary's example and focus on those who need our help and, in doing so, be peacemakers in the world. Through St Mary's prayers, and our own, we beg for peace in the world.

We make this prayer and the prayers of our hearts in the name of Jesus, who is the Prince of Peace.

Amen.

CALENDAR DATES

Week A
Mon 11 Aug  SCIENCE WEEK
Thu 14 Aug  OPEN MORNING
              VTAC INFO EVENING 7:30pm

Week B
Tue 19 Aug  ORAL REPORTS 4-9pm

Wed 20 Aug  STUDENT FREE DAY
              ORAL REPORTS 1:30-7:30pm
              SCSA SOCCER
              SECOND HAND UNIFORM SHOP OPEN 1-4pm

Fri 22 Aug  SUBJECT SELECTION DUE
              SPECIALIST GROUP PHOTOS

PRAYER

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We make this prayer and the prayers of our hearts in the name of Jesus, who is the Prince of Peace.

Amen.
LEARNING AND TEACHING NEWS

Subject Selection

It was great to see so many parents and students at the recent Subject Selection Information evenings. Students in Years 8 to 11 are reminded that they need to enter their preferences via the SSO link on Simon before 22 August.

Further opportunities to ask questions of specialist teachers have been provided to students in optional lunchtime sessions and via email. Email addresses of all Curriculum Leaders were included in the presentations on the Subject Selection Information evenings. Slides of the presentations can be accessed via the online Curriculum Guide available from SIMON and from the Learning Innovation- Curriculum link on the College website.

Students currently in Year 7 will be asked to select their preferred Language for next year later this term when they have more experience with the language they are studying in Semester 2.

VCE Acceleration

Students wishing to apply to accelerate in VCE are reminded that completed “Expression of Interest” forms must be submitted to their Year Level Co-ordinators, Mrs Anne Stephens or Miss Amanda Flynn no later than Friday 8 August. Students will be informed of the outcome of their applications by Friday 15 August. Students and parents are reminded that the final date for submission of all subject selection forms to Homeroom teachers is Friday 22 August.

Oral Reports

Bookings have opened for Semester 2 Oral Report interviews scheduled for Tuesday 19 August and Wednesday 20 August. Please use the link on PAM or the Quick Links on Avila College’s website to access PTO bookings. Parents are asked to select and carefully check their preferred date on their booking sheet because, in the past, some parents have inadvertently booked for the wrong day and missed their appointments. Parents are free to choose either date but as evening appointments book out quickly, we suggest you make your booking soon. Careers Advisers, Ms Geraldine McKenna and Mrs Clare Meo will be available on the evening too. No booking will be required to speak with them about pathways.

Tip: use the manual booking feature and allow a 5 or 10-minute break between appointments to move from one appointment to another, especially if located in opposite ends of the gym.

Madeleine Franken
Deputy Principal Learning and Teaching

ADMINISTRATION NEWS

2015 Term Dates

The term dates for 2015 have been finalised and are as follows:

TERM 1

Tuesday 27 January - Staff return
Friday 30 January - Students return; Yr 7 -12
Orientation Day 8:30am-1pm
Monday 2 February - Yr 7-12 Classes commence
Friday 27 March - End of Term

TERM 2

Monday 13 April - Staff and students return
Friday 19 June - End of term 3:15pm

TERM 3

Monday 13 July - Staff and students return
Friday 18 September - End of term 3:15pm

TERM 4

Monday 5 October - Staff and students return
Friday 4 December - Yrs 7-9 end of term

Specialist Photos

On Friday 22 August all students involved in College Music ensembles, Sporting teams, Public Speaking and Debating Groups, Reconciliation Group, Junior Drama Club, Book Club, Peer Helpers, and Stage Crew will be required for specialist photos. Students will need to ensure they have their full winter uniform for photos including blazers and stockings. Sports Team photos will require students to be in their full sports uniform. These photos will be made available for purchase later in the term.

Rebecca Cetrola
Deputy Principal Administration
PASTORAL NEWS

Welcome to Term 3
I hope your daughter enjoyed the Term 2 holidays and that there was some time to rest as just reward for her hard work over the exam period and end of term workload. This term is a very busy one and will require students to choose subjects for next year. The 2015 Online Curriculum Guide is available to students and is a valuable resource in helping you and your daughter make an informed decision. Please take the time to discuss her options and carefully consider the information provided.

Leaving School Premises
Please be aware that once a student enters the College grounds she must not leave until the end of the school day. Students who need to leave early require written parental permission to do so. I ask that parents write a letter and this letter be handed to the homeroom teacher in the morning. Year 12 students who have a Period 4 study lesson must sign out at the front office. Students are not to arrive at school, drop off their bags and then leave the grounds, even if there is time to do so before school begins. I ask parents to support the College by not suggesting their daughter do this so that they can buy food for lunch or run an errand. As soon as a student enters the grounds, we are responsible for her wellbeing and leaving the premises compromises our duty of care. Students who need to complete errands in the morning must do so before they come to school.

My Life, My Time - 5 Fast Tips to start getting and staying organised!
Half way through the year is a great time for students to take stock of how they have performed and what they want to achieve for the second half of the year. The following 5 simple steps will help students and parents alike; be more prepared, improve productivity and performance, increase personal satisfaction, reduce stress and provide more time to do the things we really want to do. Learning these skills will serve us well throughout our lives. They teach us to prioritise and achieve success.

1. Set simple daily routines
   - Set times for: meals, chores, homework, study, free time, bed time and time to get up.
   - Prepare: school clothes, packing school bags, sports bags, instruments and lunches.
   - The key is repetition of routines and reducing the number of things to be remembered.

2. Regularly discuss how you plan to spend your time
   - Whilst discussing the day’s activities, help your daughter file loose notes on a daily basis (trim, glue and place into relevant workbooks or clear plastic pockets in folders in date order).
   - Break large tasks such as assignments down into smaller parts and set timelines for each task in order to keep on track and be completed on time.
   - Encourage research, drafts and proof reading to maximise results.

3. List homework and tick it off as it's completed
   - Use lists for routines and chores, tailor them to your child and household; on wall charts, white boards, calendars, diaries (try shared calendars, ie google calendar).
   - Use colour coding so it’s easy to follow (subjects/folders/activities)
   - Place timetables inside the school locker door and in the front of your diary and as a screen saver and match with colour coded plastic pockets, books and folders.

4. Use alarms/timers for computer gaming
   - While everyone needs some downtime, it is important to help ensure that socialising online doesn’t take over from the tasks that need to be done…it can be an awful time thief.
   - A good tip is to remove all electronic devices from the bedroom before sleep; instead, leave them in a communal area to charge or be packed away for the next day. This removes temptation and ensures a good night’s sleep.

5. Praise organisation attempts
   - Routines become habits through repetition and can take months to achieve, so make it a fun journey together.
   - Celebrate each time a task, day, week or month goe

Use your own systems or Google someone else’s. Everyone has their own style so tailor these ideas to suit your household. For more ideas on organising your time, space, school, or home life encourage your daughter to contact Avila’s Pastoral care team.

Sources:  www.schoolatoz.nsw.edu.au www.speld-sa.org.au

Tween, Teens Adept at Hiding Internet Activities from Parents
An interesting read from The Age about teenagers and being upfront with online activities. Food for thought.

The Pastoral Care team

Ecclesiae Filia – Daughter of the Church
MUSIC NEWS

You are warmly invited to the annual Music Festival to be held at Avila College, Bunjil Creation Centre on Thursday 28 August 2014. Soloists will be performing from 6 to 7pm followed by Ensembles from 7.15 - 9.30pm.

The theme for this year’s festival is ‘The Wonderful World of Walt...’ and the evening will feature many favourites from Disney movies.

Tickets are now available from the College website www.avilacollege.vic.edu.au, go to News and Events, then Bookings and the cost is $5 per person. Students performing on the evening do not require a ticket.

As builders have commenced work, we ask that all visitors to the College are mindful of restricted access to some key areas. Currently, the only access to Bunjil is through the gym. Parents and students will need to walk around past the science labs and art rooms and through St Teresa’s Garden to enter the gym.

We appreciate your support of the Music Festival and look forward to a wonderful evening of entertainment from our very talented students.

Roxane Lascaris
Music Co-ordinator
DANTE ALIGHIERI POETRY COMPETITION RESULTS

Congratulations to the following girls who were awarded prizes in the Dante Alighieri Poetry Competition.

Original Poetry Section:
Olivia Condina-Hibon, 1st Prize
Tanisha Rupesinghe, 2nd Prize
Vanessa Cincotta, 3rd Prize

Recitation Section:
De'Arne Cvektovic, 2nd prize
Olivia Condina-Hibon, 3rd Prize

Prize winners will be presented with their trophies and prizes at the annual Awards Night:
Friday 12 September, 6.40 pm
Carrillo Gantner Theatre
Melbourne University

Well done to all finalists and prize-winners, a great effort, girls!

YEAR 8 ITALIAN POETRY PRIZE WINNERS

Once again this year we held the Year 8 Italian Poetry Competition, in preparation for the Dante Alighieri Competition in Year 9.

All Italian classes studied the poem "Le Prime Viole", even visiting the Avila violet patch for a close look at the tiny flowers described in the poem.

Five finalists were chosen from each class and they recited their poem to our guest judge, Signora Dinelli, who awarded prizes. She was most impressed with all the finalists, in particular Isabella Marotta (First Prize), Rebecca Darbyshire (Second Prize), Serena Battista (Third Prize), Alessia Lo Surdo and Kiara Barbis (Equal Fourth Prize).

The girls were presented with their prizes by Miss O’ Sullivan at the recent Year Level Assembly. Congratulations girls and well done to all prize-winners and finalists.

Domenica Tarquinio
Italian Teacher

FELICITY FASCINATES

What can you accomplish in 10 years after finishing Year 12 at Avila? Felicity Ketelaar returned to Avila for the Term 3 Whole School Assembly to tell us her version. Staff, students and parents who attended the assembly were amazed at Felicity’s ability to turn her school experiences into aspirations, which then became the cause for her to have significant impact on the world. She talked about her time in Senegal, making use of her French language skills, as well as her experiences as an intern at the UN and describing what it was like to work with the Federal Minister for Defence and meet with foreign leaders. It was inspiring to hear about Felicity’s commitment to social justice and to trying to make “every conversation I have with people better for me being part of it.”

Felicity demonstrated what a person can achieve when they set goals, aim high and explore possibilities.

Jason Isma
e.Learning Leader
CHRISTIAN REACH-OUT SPONSORSHIP OF AUSTRALIA

Jesus once said to his disciples, "Don't let the left hand know what the right hand is doing." The message is generally interpreted as, do good and don't flaunt it or advertise it, simply do good for good's sake. Similarly, we are called to give assistance in all manner of ways for the good of the other. However, at times it's good to know that the good one does is appreciated. With this in mind, we present to you Charlotte Patricio. Charlotte was the beneficiary of the fundraising that the Year 7 students undertake for the Philippines Mission run by the Presentation Sisters there. Each year the girls are introduced to the Mission by one of the Sisters living in Australia and each year they undertake fundraising activities to ensure girls like Charlotte can achieve maximum benefit for their efforts.

Take some time to peruse the pieces of information we received recently from Sr Joan Power, pbvm which give us an insight into Charlotte's world, her thankfulness and the manner in which the Avila girls live out the College's maxim from Jesus: "I have come that you may have life and have it to the full." It's important, too, to note that the students involved in fundraising for Charlotte extends from the current Year 8 students all the way up to the current Year 12 students and beyond. It's been very much a collaborative effort. Thanks be to God!

John Rhynehart
Director of Faith and Mission

Above: Charlotte Patricio with her father.

March 11, 2014

Dear Avila College,

Good day!

First of all I thank God for the additional year that He added to my life. And I would like to thank you for the birthday gift that I received from you during my birthday. I’ll pray to God to shower you more blessings and prosperity.

God Bless!

Much Love,
Charlotte Patricio
# 202

Above: A letter from Charlotte thanking Avila students for their support in helping complete her studies.

Above: A letter to Avila, from Charlotte.
FROM THE IT HELP DESK

Does your MacBook need some Love?

Have you run a Time Machine Backup or even know how to set one up?

Do you know how to correctly clean your MacBook, run updates or create an Apple ID where a credit card doesn’t have to be linked to your account?

You can find all the answers to the above questions and more by visiting: http://techangels.avilacollege.vic.edu.au/

We have put together some small movies that will help you get the most out of your MacBook. We are open to suggestions and we will keep adding more information throughout the year.

Jodie Dean
Computer Support

HOLIDAY EXPERIENCES AT COLES

Can you spot Abigail, Devni, Adele and Amanda?

During the Term 2 holidays, 31 students from across Melbourne, including 4 girls from Avila, participated in a work experience program at Coles IT in their Head Office in Tooronga. During our time at Coles IT we participated in several activities that included learning, experiencing and problem solving.

We started off with a general introduction about Coles and various rules we needed to follow and were split up in host teams. These host teams consisted of two students and were guided by a team leader from a specific department. Devni’s team leader was from Liquor while Abigail’s was from Financial Services.

Devni’s highlight was seeing the data centre, kitchens, testing rooms and the colourful workspace. Abigail loved the Masterchef challenge in which the students created cupcakes from scratch. It is best not to describe the ones her team managed to make!

Overall this was an incredible week that involved making new friends and gaining a clear idea of what it might be like to be employed by a company such as Coles.

Abigail Dineen and Devni Nagodavithana
Year 10 Students
AVILA STUDENTS SHINE AT A TEACHERS’ CONFERENCE

On Friday, 25 July, I had the pleasure of taking four Avila students to present at Digital Learning and Teaching Victoria’s inaugural conference: Creating New Connections. Our presentation’s title was a mouthful but here it is: Connecting Girls To Big Ideas In Computer Technology Through Meaningful Projects.

Proudly showing their “speaker” badges (L-R): Amanda Disilvestro, Adele Easton, Anastasia Abeywardana and Erin Flatters.

The four students presented with confidence and wowed the audience of teachers with displays of projects they had completed at school. With 15 minutes of time left, we gave the audience a choice between starting a tutorial we had prepared and engaging in a discussion. The audience decided they would spend 15 minutes directing questions at the four students.

In their responses, the students went beyond the specific skills they had learnt in IT and discussed the value of persevering with difficult projects, the way in which problem-solving was transferrable between subjects and the relative advantages of independent learning and group work. In fact, their answers were so thoughtful that I feared the audience would assume we had rehearsed them.

After the session, I found the following tweet from the day’s keynote speaker, Mr Adrian Camm from Geelong College:

Ziad Baroudi
Curriculum leader, Technologies

ADVANCING THE SKILLS OF NIGERIAN MOTHERS

On Thursday 27 June all Year 10 students participated in an important cause by reaching out to mothers and newborns in Third World countries. They were taught how to put birthing kits together, and this resulted in approximately 1000 kits being made and sent to Nigeria. Throughout the process volunteers from the Zonta Organisation gave us directions and support.

The Zonta Foundation was established in 1919. The primary aim and objective is to ensure that women in developing countries are able to have a safe delivery of their baby. The work that Zonta does prevents and reduces the spread of diseases, which are carried from the mother to the newborn but also from others around them. Zonta also aims to promote justice and respect for human rights and fundamental freedom.

Prior to the day, VCAL students worked effortlessly in preparing the birthing kits. As this was a significant social justice event, VCAL students held meetings and kept track of the action that needed to be taken. They did this by documenting their ideas and thoughts using Google docs and running the event like it would be run in a professional environment. At times students were faced with challenges, but together as a team we worked through each challenge and solved the problems.

Weeks of preparation quickly came to a close as the big day approached and it was time for all our hard work to be put into action. The day ran smoothly because we were organised and setting up wasn’t stressful, but more an exciting task.

After weeks of hard work all our efforts had finally paid off. Without the help of our VCAL teachers, who were dedicated and willing to lend a hand, this day wouldn’t have been such a success. Also we would like to congratulate the Year 10s on their efforts as they work efficiently. If you would like to volunteer your time to this great cause please visit this website [http://zonta.org.au/](http://zonta.org.au/) for more information.

Ashlynn Heaton and the Year 11 VCAL Class

Pictured Right: Year 11 VCAL student, Chloe Ong assisting the Year 10 students in putting birthing kits together
DEBATING NEWS

Round Five of the Debaters Association of Victoria competition is a power-paired round. This means that first on the ladder debates second, third debates fourth and so on. This means that most debates are very close and so it was a most entertaining night for the audiences. Sadly, this was the same night as the musical and so some of our teams were depleted, nevertheless we are hopeful that we will have teams go through to the finals after strong performances at Years 10 and 11.

I would like to take this opportunity to thank our wonderful parents who support their daughters throughout the season. Avila parents make a fine audience.

Congratulations to Sophia Elliott, Amber Ricardo, Katerina Sova, Dion Andrikopoulos, Tamara Ryan who received “Best Speaker” Awards.

Chris Valladares
Public Speaking and Debating Co-ordinator

PUBLIC SPEAKING NEWS

Sophia Elliott competed in VCAA’s Plain English Speaking Award (PESA) semi-final, on Friday 27 July. This competition allows students to build self-confidence, speak on a topic they are passionate about and extend their skills in oral communication. Sophia’s prepared speech was titled “To be original” and explored the beauty of Shakespeare’s language and the challenge to young people to be original in their use of language. The three minute impromptu topic was “the show must go on”. The calibre of students was extraordinary and they spoke on topics ranging from Monsanto’s role in the declining bee population to the need for an ethical response to asylum seekers. The students spoke with great passion, understanding and poise.

The last week of Term 2 saw students competing in two public speaking competitions. On Wednesday 23 July, Emma Spencer, Eliza Kin, Javira Altman, Manik Liyange, Alysha Wanigaratne and Katia Vascon competed in the Debater’s Association of Victoria Junior Public Speaking Competition. The students all attended a workshop on effective public speaking before they presented a 4-5 minute prepared speech on one of the following topics: Australia’s National Identity, Environmental protection, a world without hunger or Women across the world. The girls were then required to complete two impromptu speeches of 2-3 minutes. They are to be commended for all the hard work they put into preparing for the competition and the manner in which they engaged in the day.

Finally, last Friday the 1 August, four students from Years 8 and 9 competed in the Legacy Public Speaking award. They were Ellie Kleins, Abbey Goullet, Olivia Condina-Hibon and Zoe Evans. They spoke on a topic of the competitor’s choosing on any subject relating to the ideals of voluntary service, social justice, caring, personal effort, personal sacrifice and/or mateship. The impromptu speech is to be of two minutes duration with five minutes preparation time. Particular congratulations are extended to Zoe who was a winner on the day and progresses to the next stage, Regional finals. We wish her all the best.

Kelly Bunning
Public Speaking Co-ordinator
Year 7-12 Student Leadership Seminar

Our guest speaker set the tone of the Years 7-12 Leadership Seminar on Thursday 24 July. Chantelle Baxter, founder of One Girl (www.onegirl.org.au) and TEDx Macquarie presenter, spoke to our student leaders about her experiences in Sierra Leone, creating opportunities for girls’ education. Her stories, whilst at times difficult to listen to, were inspiring and ultimately positive. Chantelle challenged the student leaders to have passion and to do something with that passion sooner rather than later.

“I liked her presentation because she had first hand experience with the situations she was dealing with. Her stories were very eye opening and it made you want to hear more about situations in Africa.” – Student Leader

“Her presentation was very inspiring because she was so young and had done so much! She told us that we don’t have to wait to get out into the world to do something with our passion, but that whenever we feel ready to start something, we should do it. I felt so enraged at the way girls our age are living in Africa and the videos she showed us were so eye-opening. She was a great speaker and I’m so glad to have listened to her.” – Student Leader

The middle session of the day was spent work-shopping the things the student leaders are passionate about, providing them with some tools they can use to develop ideas for action and positive change. The leaders were challenged to come up with 100 ideas to start solving a problem in society. Some brilliant visible thinking was on display!

At the end of the day, we celebrated with a liturgy. Students wrote prayers for each other for this service, which were thoughtful; specific to the individuals they were praying for and indicative of the care that Avila students often show towards other members of their community.

I’d like to take this opportunity to congratulate the leaders on their approach to the day. They were willing to take on challenges and were energetic in their discussions with one another.

Madelaine Scott-Jones
Student Leadership Co-ordinator
ART NEWS
Here at Avila College we are always amazed and in awe of our talented Arts students. Whenever competitions or scholarships come to my attention I encourage our students to apply. Two students that recently took up an opportunity were Pauline Mazzarado and Tamanna Kaul in Year 11. Both these students were successful in a scholarship program held during the July holidays. These experiences often lead to further opportunities, accelerate their career in the field and provide a network for the students. In light of the experiences Tamanna and Pauline have shared below, I would like to encourage Year 11 Visual Arts students to attend a lunchtime information session on an upcoming scholarship program for the January holidays to be held in Canberra at the National Gallery of Australia. This session will be at lunchtime Monday 11 August. Last year a past student, Lauren Trantino, was selected for this unique program and is now pursuing a career as a Museum Curator.

Jolenta Kirkwood
The Arts Curriculum Leader

Young Leader's Program
This year, my friend and I were given scholarships to attend the July Young Leader’s Program - Fine Arts Stream at Trinity College in Parkville. There were about 150 students, literally from ALL over the world - it was so crazy! I thought people from overseas countries were so brave to come all the way to Australia just for this program.

I am happy to say that I think it was one of the best experiences I have ever had. It was a one-week program and a great opportunity to meet like-minded people. The activities consisted of going to exhibitions, learning and performing a Shakespeare play, improvising, singing and song writing, drawing, circus training, creative writing and creative communication. We also had an entertaining evening of activities like Cultural Night, Zumba, Karaoke Night and learning about leadership through YMCA.

My favourite activity was going to ACMI and having an hour to explore the Dreamworks Animation Exhibition. I have always been interested in animating, but I never really thought about it as a career. After seeing how much fun it is, I have decided to think about going into animation or something similar, instead of just dismissing the idea.

Another great part of this program was making new friends. I met some really awesome people that I became close to in just one week, which surprised me because I didn’t think I was great at making new friends.

Overall, I absolutely loved the experience and I am thinking of applying for the scholarships again so that I can have another chance to meet more people and expand my skills.

Tamanna Kaul
Year 11 Visual Arts Student

My experience of the Young Leaders Program at Trinity College is an event that I will cherish in the future. My friend and I chose the fine arts scholarship, for the Trinity College’s Young leaders program, and we were lucky to have been chosen from the three available scholarships. During the one-week program I developed a variety of skills such as communication, leadership and analytical skills. The program has not only given me the opportunity to draw, sing, act and learn among students from around the world, but to also experience a slice of university life as we slept, ate and taught in areas where the Uni students would be.

The program allowed me to explore and learn from the students, their different traditions, and cultures. Whilst sightseeing the different street art around Melbourne lanes, two galleries and three exhibitions, my art experience became richer upon hearing the different responses of particular artworks from the international students. It was very pleasing to hear their enthusiasm and interest in Australian culture.

I can say that the program has given me a lot more than what I had expected. It has enriched and opened my mind to new pathways for the future. Throughout the week I was able to form new relationships with people who lived across the globe, developing important skills and learning more about myself.

Pauline Maderazo
Year 11 Visual Arts Student
International Competitions and Assessments for Schools (ICAS) Science competition results for 2014.

The ICAS Science Competition is an international quiz run in association with the University of New South Wales. It is a rigorous test that requires skill in observing, measuring, predicting, interpreting and problem solving. This year, one hundred and ten Avila students competed in the competition. Entry into the competition is on a voluntary basis. Certificates are awarded in the following levels: High Distinction; Distinction; Credit; Merit; and Participation.

The following students obtained High Distinction, Distinction or Credit Awards and are listed in order of achievement.

**Year 7**

**Distinction:** Harinie Soori (top 4% of Australia), Scarlett-Rose Tasakistaras (top 11%)

**Credit:** Lauren Kanepidis, Ixya Shrestha and Georgina Qiu

**Year 8**

**Distinction:** Alysha Wanigaratne (top 4% of Australia)

**Credit:** Gabrielle Poh, Jessica Bishop, Vidya Wijekoon, Leah Dyer, Athira John, Yooni Kim and Rheann Wickramasinghe

**Year 9**

**High Distinction:** Zoe Evans (top 1% of Australia)

**Credit:** Javira Altmann, Georgia Pitt, Kannica Tan, Claudia Cuthbert-Blake, Nicole Ng, Crystal Zhou, Laura Brulez and Vanessa Cincotta

**Year 10**

**Distinction:** Lisa Dupuy (top 8% of Australia)

**Credit:** Jessica McLean, Melissa Mokos-Lynch, Katerina Sova, Joella Fernando, Daniela Los Surdo, Manira Chandrasekhar, Lucy Dever, Devni Nagodavithani and Catherine Pagliaro

**Year 11**

**Credit:** Leah Oirbans

**Year 12**

**Distinction:** Madeleine Heyn

**Credit:** Monica De Rango, Jessica Fernando, Christine Ishak, Amy Kampus, Audrey Chew and Grace Rodrigues

In addition, we would like to recognise the Year 12 students who have participated in the competition throughout their time at Avila. They are: Grace Rodrigues, Christine Ishak, Carla Timi (6 years), Jessica Fernando, Monica De Rango and Audrey Chew (5 years).

Congratulations to all students who participated in the Competition and we hope you will enter again next year.

*Dr. Sue Liston*

Head of Science
MEET... THE HOUSE CAPTAINS

Sarah Colaneri, Flynn Captain

It has been a tremendous honour to be elected as the Flynn House Captain for 2014. Sport has played an influential role throughout my time at Avila and I am incredibly privileged to have been elected during my final year of schooling. An important goal for this year has definitely been to not only encourage students to participate in sporting activities but also to explore a sport out of their comfort zone. I appreciate the amazing possibilities that have arisen from this role and will continue to strive to do my best to support sport at Avila. As well as this, I am looking forward to continuing working alongside my fellow House and Sport captains and the PE department, to ensure that we finish off a successful year of sport at Avila with as much house spirit as possible. GO FLYNN!

Rebecca Andrews, Chisholm Captain

My time at Avila has been great! I have participated in swimming, netball, hockey, softball, tennis every year since year 7 and this year became Tennis Captain. I have been in the Reconciliation Group and had the opportunity to go to Santa Teresa in Year 10, which was such a once in a lifetime experience and has made me very passionate about social justice issues. One day I would love to go overseas to a developing country and work there as a teacher.

Grace Rodrigues, MacKillop Captain

It truly is a privilege to be elected as Year 12 MacKillop House Captain. Sport has been a life-long passion of mine, both playing and watching. I’ve competed in the Avila Hockey Team every year and the Cricket and Footy teams on various occasions. I believe the key values of sport such as determination and teamwork are vital to every day life in striving for success while also encouraging those around me to do their best. It’s been a joy to work with the rest of the large cohort of House Captains in the school to try to promote both house spirit and involvement in sport.

Sarah Lamb, Nagle Captain

Throughout my years at Avila College I have been fortunate enough to receive multiple opportunities to further myself in sport. Participating in football teams, basketball, volleyball, cross-country and more, I have been able to participate and gain so much from them. My involvement within the college has not always been through sport; however, it is these sport teams and the new friendships made that have assisted me in my goals for the future. I hope to become a Speech Pathologist and help those, both young and old, to communicate.
PARENTS AND FRIENDS REPORT

BABBA
Preparations are now complete for our BABBA Gala Event this Friday 8 August. Thank you to all parents who are coming along, I am sure it will be a great night.

Annual General Meeting
The next meeting will be held from 7pm on Wednesday 27 August in the Dining Room. This meeting will also be the AGM and all PFA Committee positions will be elected for the coming twelve months.

Being involved in the Avila College PFA has been a very rewarding experience for me and I know for many others on the Committee. It does require a time commitment but the feeling of satisfaction and the pleasure of being part of such a wonderful group of parents make it all worthwhile.

I would like to say a very special thank you to all current PFA Committee members who have worked tirelessly since the PFA was formed last year. Their organising ability and support for each other has forged some wonderful memories and new friendships that will last long after our daughters have left Avila. I would also like to thank the Principal, Ms Louise Gunther, for her encouragement, assistance and attendance at our evening meetings. We could not have achieved half of what we have without her wonderful support.

I would like to encourage all parents to get involved and nominate for a position on the Avila PFA Committee. The Nomination Form can be accessed via the website, go to www.avilacollege.vic.gov.au, click on Our College, then Parents and Friends Association. Nomination forms must be submitted by Friday 22 August.

Father’s Day Breakfast
Father’s Day is fast approaching and we will be hosting our first Father/Daughter breakfast. Please mark Friday 5 September in your diary now. More details will follow in the next newsletter.

Spring Racing Gala
We are really looking forward to hosting a Spring Racing Gala Evening on Friday 24 October at the College.
I know it sounds a long way off but please mark the date in your diary now as this will be a fantastic fun filled evening.

As you can see the second half of the year is busy with PFA events so please take the opportunity to join us and get to know other Avila parents.

Loretta Stapleton
President, Avila Parents and Friends Association

CANTEEN ROSTER

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<thead>
<tr>
<th>Mon 11 Aug</th>
<th>Tue 12 Aug</th>
<th>Wed 13 Aug</th>
<th>Thu 14 Aug</th>
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<tr>
<td>Angela Clarke</td>
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<td>Maria Dew</td>
<td>Catherine Bradwell</td>
<td>Kanella Tsatas</td>
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<td>Lorraine Dorio</td>
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<td>Nono Tupou</td>
<td>Cheryl Thomas</td>
<td>Kaz Dalton</td>
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<td>Salvina Senzio</td>
<td>Caroline Murphy</td>
<td>Sylvia Cooper</td>
<td>Louise Maugeri</td>
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<td>Betty Chmielewski</td>
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<td>Teresa O’Hara</td>
<td>Kirsty Morgan</td>
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<tr>
<td>Monique Heyn</td>
<td>Maree Bentivegna</td>
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<td>Jan Hugheson</td>
<td>Filamena Olivetti</td>
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<td>Jenny Satya Graha</td>
<td>Cathy Jarvis Peace</td>
<td>STUDENT FREE DAY</td>
<td>Kerry Bickers</td>
<td>Helen Silich</td>
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<td>Maria Arhondis</td>
<td>Narelle Palamara</td>
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<td>Andrea Roza</td>
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<td>Karen Rowbotham</td>
<td>Teresa Pascuzzi</td>
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<td>Michelle Sinclair</td>
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<td>Christine Lane</td>
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Ecclesiae Filia – Daughter of the Church
HEALTH CENTRE NEWS

Tips For Students With Asthma For Staying Active This Winter

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to students participating in sports and physical activities.

Here are some tips to help prevent EIA in students:

Before Exercise take reliever medication 5-20 minutes before warming up. (Students should take their reliever medication to P.E. and always have one at school.)

Warm Up before exercise as normal.

During Exercise watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the student should return to the sporting activity after a second occurrence of asthma symptoms.

After Exercise cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

Other things to remember:

- All students should have a current Asthma Action/Care Plans filled out by their doctor. (Forms are available in the Health Centre)
- If possible, activities that are scheduled for the night should be indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
- Encourage students with asthma to participate fully!

(Adapted from Asthma Foundation Victoria newsletter)
Cathy Angus R.N.

MATHS NEWS

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.

Rosie Ryan
Mathematics Curriculum Leader

Day 1: Mrs R Ryan
Day 2: Mr Tato
Day 3: Mrs Trifilo
Day 4: Mrs Zammicheli
Day 5: Mrs L Hughes
Day 6: Mr Baroudi
Day 7: Miss Scott-Jones
Day 8: Mrs Talj
Day 9: Mrs Smith
Day 10: Ms Gilfedder
Avila Aerobics Stars

During the school holidays a number of Avila students participated in an Aerobics competition and achieved some excellent results. Sophie Cantwell, Cloe Johnston and Alyssa Gray competed as part of the Fitness Aerobics Team and won a gold medal. Roisin Selvarajoo competed in the world stream and received a bronze medal for her singles routine and a gold medal as a part of her step team routine. Roisin will now compete in the world competition in Prague.

Congratulations to the following students who competed:
Sophie Cantwell (Year 10)
Cloe Johnston (Year 10)
Roisin Selvarajoo (Year 9)
Alyssa Gray (Year 8)

Carly Randle
Sports Co-Ordinator

Upcoming Tournaments

- SCSA Soccer, Wednesday 20 August at the Darebin International Sports Centre, Darebin Road, Thornbury.
- SCSA Volleyball, Thursday 28 August at the Melbourne Sports and Aquatic Centre, 1 Aughtie Drive, Albert Park.

Trainings

GYMNASTICS
Training continues in the gym Wednesday and Thursday afternoon from 3.30-4.30pm
SCSA Soccer training continues:
  o Juniors – Tuesday 3.30-4.30pm
  o Intermediates – Wednesday 3.30-4.30pm
  o Seniors – Thursday 3.30-4.30pm
SCSA Volleyball training continues:
  o Juniors – Tuesday 3.30-4.30pm
  o Intermediates – Wednesday 3.30-4.30pm
  o Seniors – Thursday 3.30-4.30pm
SCSA NETBALL training continues:
  o Juniors – Tuesday 3.30-4.45pm
  o Intermediates – Wednesday 3.30-4.45pm
  o Seniors – Thursday 3.30-4.45pm
** VTAC Information Evening - Thursday 14 August, 7:30pm in Bunjil **
Information about VTAC Applications, SEAS applications and Scholarships will be provided for parents and students. All students and at least one parent / guardian are expected to attend.

** Year 12 News **

** VTAC APPLICATIONS **--Applications for university, VET and private provider courses for 2015 open on Monday 4 August through the Victorian Tertiary Admissions Centre. Any Year 12 students wishing to apply for courses need to visit [www.vtac.edu.au](http://www.vtac.edu.au). Timely applications close on 30 Sept. After that the application fee rises from $28 to $93. You can apply for up to 12 courses, placing them in the order you most want them. You will receive an offer in January for the highest course in your list for which you meet the requirements (eg ATAR). Make sure you check out prerequisites and the selection criteria for all courses for which you are applying.

** SPECIAL ENTRY ACCESS SCHEME (SEAS) ** – The Victorian Tertiary Admissions Centre (VTAC) 2015 Guide has a section about SEAS (pages 30-43), [www.vtac.edu.au/who/seas.html](http://www.vtac.edu.au/who/seas.html). Read this to see if you are eligible for any special consideration for your course application. There are five categories of disadvantage. NOTE: SEAS applications are made on the VTAC website, but can only be done after applying for courses (SEAS applications close: 7 October).

** THINKING OF SCHOLARSHIPS AFTER YEAR 12? ** Most institutions listed in the VTAC Guide have a number of scholarships available to applicants. Scholarships either require a direct or VTAC application. Read the Guide (Pages 44-50), see the VTAC website, and institution websites. Some scholarships appear in the body of the VTAC Guide course descriptions (eg Swinburne Information Technology (Scholarship Program), page 469.

** Work Experience **


A Student’s Reflection on Work Experience:

“After spending a week of work experience at Tempo Media, for Spress Magazine, I can honestly say it was the best thing I have done. Throughout the week I was required to travel via public transport from Glen Waverley to North Fitzroy by 9am. The jobs I was required to do daily were write letters to the editor, write reports on 5 current things in the news, interview people and write an article about them, review movies and albums, write a “hot or not” section for teens and write trivia questions for teens.

The tasks were both challenging yet enjoyable, and really helped me learn more about Journalism.

Thanks to work experience I have now made my decision to become a journalist and cannot wait to see what the future holds for me.”

Thank you to Kate Lentini for her reflection, above. A reminder that any student intending to do Work Experience in the September Holidays should have all paperwork submitted to the Careers Hub by Friday 29 August.

** Year 10 and Year 11 Careers Day **

Students engaged cooperatively and enthusiastically in all the activities prepared for their Careers Day. They completed a Vocational Test and had some time to explore and consider their subject selections for 2015 and beyond. The Expo in the afternoon was a big success with students making the most of the opportunity to speak with Recruitment Officers from ACU, Monash University, Deakin University, RMIT, Holmesglen TAFE, Box Hill Institute and VECCI. Thank you to all staff and students who helped to make the day valuable for all.
OPEN DAYS
University and TAFE Open Days are coming up soon. They are a great way to find out more about courses, collect information, talk to staff and students, and to check out facilities. Year 10-12 students are advised to attend.

Open day dates 2014:

<table>
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<tr>
<th>Date</th>
<th>Location</th>
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<tr>
<td>Sun 10 Aug</td>
<td>Australian Catholic Uni (ACU) (Melbourne) Deakin (Geelong) RMIT Uni &amp; TAFE (Bundoora, Brunswick, City)</td>
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<tr>
<td>Sun 17 Aug</td>
<td>La Trobe Uni (Bendigo) University of Melbourne</td>
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<tr>
<td>Sun 24 Aug</td>
<td>Box Hill Institute Deakin Uni (Melbourne) La Trobe (Melbourne) Victoria Uni William Angliss Institute</td>
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<tr>
<td>Sun 31 Aug</td>
<td>ACU (Ballarat) Federation Uni (Ballarat &amp; Gippsland)</td>
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A more detailed schedule of Open dates can be viewed at [http://www.vtac.edu.au/opendays.html](http://www.vtac.edu.au/opendays.html)

Another Careers Expo
The Melbourne Careers Expo is a careers and education event with 180+ exhibitors from many occupations, information from universities, VET, private providers, ‘try a trade’, seminars, GAP year, and government student services.

When: 15-17 August
Where: Melbourne Exhibition Centre
Info: [info@careerexpo.com.au](mailto:info@careerexpo.com.au)

Jenny Dunn, Geraldine McKenna and Clare Meo

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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:
- **20 August, 10 September, 8 October 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](mailto:vnicoll@avilacollege.vic.edu.au) with any query about a second hand uniform.