FROM THE PRINCIPAL

Dear members of the Avila community,

I would like to welcome everyone back to our final term for 2014 and trust that all members of the Avila College community enjoyed the recent two-week school holiday break. For a number of staff and students in Years 10 and 11, these recent holidays provided opportunities and experiences that I am sure will stay with them for the rest of their lives. The annual Santa Teresa Immersion was again a most successful and educative experience for the ten Year 10 students who spent time working with the the Santa Teresa community as well as seeing some of our “Red Centre.” I would like to particularly thank and acknowledge Darcie Kane-Priestley, Immersion Co-ordinator for leading and co-ordinating a most rewarding experience as well as staff members Ingrid O’Sullivan and Lisa Moloney who also accompanied the students to Santa Teresa. Also held during the recent holidays was the national biennial Presentation Schools Student Conference, at St Ursula’s College, Yeppoon, Queensland. The four Year 10 students who attended were able to meet and share experiences from their schools, especially in relation to the Presentation charism and what it means to be a student at a Presentation School in Australia. Thanks to staff, Renee Fleeton and Carmel Ryan who attended this conference with the students during the holidays.

A personal highlight and memorable Avila event for me was the opportunity to travel with 35 students and four staff on our recent biennial Italian language immersion. Spending almost three weeks travelling around Italy and gaining increased language, cultural and historical knowledge of this wonderful country was indeed a great privilege. I would like to particularly thank Anna Cornell who planned and led this wonderful trip as well as Camila Vascon, Amy Foster and Lauren Stute who also accompanied the students. Each one of us takes away many fond memories of the trip.

Year 8 Blue, Green, Gold and Orange last week completed their week of City Experience culminating in their group project presentations made last Friday night to their parents. Their increased knowledge of places of interest, public transport networks, businesses and social issues facing our CBD have added to these students’ general understanding of our city. My thanks to the staff who supported these students for the week of City immersion.

This time of the year our thoughts and prayers are directed towards our Year 12 students as their days at Avila College come to an end and they prepare for their final examinations. The College will formally say farewell and thanks to these young ladies on Monday, 20 October and in the evening there will be an opportunity to celebrate a special Eucharist to mark their graduation followed by a shared dinner.

Those of you who have visited the College since the recent holiday break will have noticed that the two sections of our building project are well underway. The Gathering Space between Bunjil and the Food and Technology area now has the two-tiered roof attached which means works can progress regardless of weather conditions. The concrete wall panels for the new gymnasium were installed over the holidays and you can clearly see the dimensions of this new space taking shape. Both projects are on-track for their completion dates at this stage.

We warmly invite all our parents and friends of the College to attend the next College Assembly on Thursday 6 November at 8.45am. RSVP to avila@avilacollege.vic.edu.au by Friday 31 October.

Community news:

We remember in our thoughts and prayers staff members Angela Torelli and Marina Kelly who both recently suffered the loss of their grandmothers.

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

Louise Gunther
Principal
LEARNING AND TEACHING NEWS

VCE Baccalaureate
The Victorian Government has introduced a new award in recognition of students who choose to undertake a VCE certificate that includes the rigorous demands of both a language and Mathematics Methods (CAS). Students who successfully complete their VCE with at least 5 sequences of Units 3 and 4 studies, including Mathematics Methods (CAS) and any VCE language, plus attaining a study score with a minimum of 30 in English or Literature, will be eligible for the VCE Baccalaureate. We expect a good percentage of our students will be in the inaugural cohort for this award and know that with strong numbers in both Mathematics Methods (CAS) and languages in 2015 that our students will continue to extend and challenge themselves to achieve at high levels.

Examinations
We wish all Year 12 students well as they prepare to undertake their VCE written examinations over the next few weeks. Students conclude their classes this week and the College community will farewell them on Monday 20 October. Year 12 students have been issued with advice about how to manage their exam preparation over the coming weeks. Our advice to students is to use their time wisely by revising and completing practice exams at home. If students need to contact a teacher they should do so by phone or email. Some students may have extra revision classes scheduled; however, the general advice is not to waste time travelling to school to see a teacher without making prior arrangements.

Subject selection confirmation for 2015
Within the next week, students currently in Years 10 and 11 will be issued with booklists and slips confirming their subject allocations for 2015. Of course, developing a timetable for over 1100 students is a complex task that takes much time. So far, only the senior timetable grid has been finalized with Years 8, 9 and 10 expected to be completed within the next fortnight. If there are serious concerns with subject allocation, students should let Mrs Franken know immediately.

Booklists
When subject selections are confirmed, students will be issued with hard copies of the booklist. Please note that all orders must be lodged online with Campion. Those who place senior booklist orders before Friday 31 October may collect their books or large art supplies between 12:30pm and 4:00pm from the College Dining room on Tuesday 18 November. Alternatively, parents may arrange for home delivery from Campion. Books will not be left at Avila so senior students may need to make arrangements with another family member or friend to collect their package on Tuesday 18 November. As so many students undertake accelerated learning in Years 10, 11 and 12, the booklist for the senior students contains all three-year levels’ requirements in the one document.

Students studying VCE Years 11 and 12 subjects in 2015 will need to have the correct resources for use during HeadStart (21 – 28 Nov) and with holiday homework. Our bookseller, Campion has been very supportive in lodging orders early with publishers so that, as far as possible, books are available for HeadStart. The HeadStart program for Years 11 and 12 is designed to prepare students for the following year’s study. VCE and VCAL students will be introduced to each course and given homework for the holidays that must be completed by the first day of classes in 2015. We ask that parents support their daughter’s senior studies by submitting orders by 31 October so that students can keep up with the expected learning, both during HeadStart and over the holidays.

Orders for booklists for Years 7 to 9 will need to be completed online by Thursday 4 December for home delivery in January or for collection from the College between 9am and 1pm on Tuesday 20 January. Links to both Campion and Avila College’s second-hand book website will be available from 21 October on the College website. If buying or selling second-hand resources, please check carefully for the edition and licence. Many online resources cannot be accessed second-hand.

Madeleine Franken
Deputy Principal Learning and Teaching
We truly cannot believe that the school year is going by so fast. As we look forward to Avila Day celebrations, staff and students are busy at work preparing for the day. Our thanks must go to the College’s Student Representative Council who have been working hard to plan the annual carnival that will take place after the Eucharist and homeroom trivia.

Avila Day is always a special day as we all come together to celebrate the unique nature of our school culture. The day reminds us that we are called to be a ‘Daughter of the Church’ and that actions matter. The school community prays and plays together on this day, and sets aside time to reflect on what being an ‘Avila girl’ really means.

**Parent Support Programs**

<table>
<thead>
<tr>
<th>Program</th>
<th>Contact/Phone</th>
<th>Venue</th>
<th>Date/Times/Other</th>
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<tbody>
<tr>
<td>Stronger Families Program</td>
<td>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>Relationship Counselling, Parenting</td>
<td>Intake contact Gennene Mitchell on 9871 8900.</td>
<td>1248 High Street Road, Wantirna South</td>
<td>Ongoing throughout 2014. Moderate fees apply and after hours appointments available</td>
</tr>
<tr>
<td>Monash Youth and Family Services</td>
<td>Phone 9518 3900 for information</td>
<td>14 Bogong Ave, Glen Waverley Family Counselling for families with children 0-18. Youth counselling 12-25 yrs.</td>
<td></td>
</tr>
<tr>
<td>School Refusal Program</td>
<td>Phone 9873 4344 or email <a href="mailto:mitcham@ccam.org.au">mitcham@ccam.org.au</a>.</td>
<td>Catholic Care, 510-512 Whitehorse Road, Mitcham.</td>
<td>Cost according to income.</td>
</tr>
<tr>
<td>Anglicare Youth &amp; Family Services</td>
<td>1800 809 722</td>
<td>7-11 Shipley Street, Box Hill</td>
<td>Monday-Friday 9am-5pm</td>
</tr>
<tr>
<td>South Sudanese Women’s Group (Arabic/Nuer)</td>
<td>Phone Yvonne 9885 7789. Visit <a href="mailto:youthservices@craigfc.org.au">youthservices@craigfc.org.au</a></td>
<td>Craig Family Centre 7 Samarinda Avenue, Ashburton</td>
<td>Held every second Tuesday from 12.30-3pm</td>
</tr>
</tbody>
</table>

**Change Over of Uniform**

All students should now be in their summer uniform. Please note that your daughter cannot wear her PE uniform to or from school during Term 1 or 4. We ask for parent support to ensure that their daughter wears that uniform in a presentable and correct manner, especially in regards to the length of the dress. The dress must be worn at the top of the knee and students will be asked to address this in the coming weeks if the dress is deemed too short.

**Support Your Daughter Through Exam Preparations**

Many parents may feel concerned by the change in behaviour and the heightened stress levels their children face during exam time. Children need realistic, balanced and positive outlooks in order to be resilient. They need to know what’s expected of them and how to produce it. This provides them with a sense of control and confidence in their abilities. Warm, loving and tolerant home environments help buffer people from external pressures and expectations and sometimes even from themselves. Here are some ways you can support your children to calmly and productively complete their studies and those looming exams.

1. Encourage a balance of study and recreational activities that they enjoy such as a walk, run, swim or a game of sport to clear the head, relax the body and oxygenate the brain in readiness for more study. They need regular study breaks during which they should get up and move around i.e. 40-50min study then 10 min break every hour.
2. Encourage a good night’s sleep (8-10 hours). This will reduce tiredness and allow the brain to embed the studied information into memory. Even day naps between tests help consolidate the memory and make you more attentive.
3. Make available fresh, healthy and nutritious meals, snacks, treats and drinks. Eat together regularly and away from the study area. Feed them well to keep their body and brain in peak condition. High sugar levels, fat and caffeine all have negative impacts on their health and performance and should be kept to a minimum.
4. Talk about what topics are being studied, be curious and ask questions and seek explanations. Use bright colours to help them draw and remember mind maps of topics, highlighting important links. This will help your child to put their studies into context for you, which in turn reinforces their knowledge and memory retention and retrieval. All good practice for the exam.

5. Trust your child to do well. Tell them how confident you are in their abilities.

6. Demonstrate your love. Give them a hug or a cuddle and a kiss, even in passing. There is nothing like human touch to release all the positive endorphins through their body, and it will relax and reassure them that you love them no matter what the outcome. Continue to do this through the good and not so good times.

7. Praise them on their efforts. Avoid praising their outcomes and comparing them to their peers or siblings. Teach them to be realistic and acknowledge how tough it can be. Stay positive and remind them that they have many options, showing them that there is life after exams by discussing upcoming events and opportunities.

8. Ensure a quiet and comfortably warm study space with adequate uncluttered desk space, lighting and comfortable seating. Reduce loud noise in the house and minimize interruptions when they are studying. Suggest soothing study music in the background (try Youtube).

9. Help them create a study plan, (break work into small chunks) to cover all the topics needed, including revision time. Help them to visualize the process and their success. Don’t nag, threaten or try exuberant bargaining as it will backfire.

10. Encourage them to look beyond their textbooks and to ask teachers for clarification of topics they are struggling with and to know what types of questions will be on the exam and how it will be set out. Access old exams to practise on, these are great ways to pinpoint the topics needing further study. Time them and do them under exam conditions in preparation.

11. Help them ensure their clothing is clean and ready and don’t worry about their messy rooms; it’s not a priority at the moment. There will be plenty of time after the exams to clean and tidy. If it is really unpleasant and not conducive to study, give them a hand but be sure to ask if it’s ok to move anything. Try offering to take their dirty clothes and empty their bins and air the room whilst they’re out.

12. Encourage them to relax, teach them some mindful meditation and deep breathing exercises to start and finish the day or in times of stress. Suggest warm showers/baths before bed and to turn off any technology at least half an hour before bed. Charge devices in communal areas away from their rooms. Use soothing music or reading stories as a way to wind down before bed.

13. Keep a note pad and pencil on their desk and by their bed to record anything they need to remember that pops into their mind. This will ensure the information will be safe until they have time to attend to it.

14. The day before the exam run through the checklist of items needed for the exam. Place needed items in a clear zip-lock bag such as pencils, sharpeners, erasers, pens, calculators, rulers and ID cards.

15. Place a timetable of their exams on the fridge. Run through transportation to and from exams; ensure Myki cards are topped up if using public transport.

**Exam Day Tips**

1. Ensure they have breakfast before morning exams and lunch before afternoon exams. Provide them with fresh bottles of water to keep them hydrated through the exams.

2. Encourage the students to write down their worries and concerns before the exam so that it’s out of their head and they’re free to concentrate.

3. Stand with friends who are positive and enthusiastic before the exam, avoiding those that are negative and agitating.

4. Arrive early and go to the toilet before it starts. Sit down and breathe slowly and deeply first.

5. Skim read the questions; allocate enough time for each, especially the harder ones. Ensure they understand what the question is asking – watch the wording. If possible underline important words/phrases/instructions. Build confidence by doing easy questions first. Keep an eye on the time and reread answers to correct spelling and check workings.

6. Encourage them to work to their time allocations at their own pace. And to ignore how quick/slow other students are.

7. Listen to relaxing music or exercise afterwards.

Reference: kidshelp.com.au

Wishing Avila families and students every success in Term 4.

Regards,

The Pastoral Care Team
ADMINISTRATION NEWS

Avila Day

Wednesday 15 October is the feast of St Teresa of Avila and the College will be celebrating Avila Day. The Avila Day Eucharist will begin at 9am in the College Gym. This is a significant celebration for our College community and we warmly invite all our parents and friends of the College to attend the Mass and morning tea. RSVP for the Mass and/or morning tea to avila@avilacollege.vic.edu.au by Tuesday 14 October. This is followed by a variety of festivities for our staff and students. Students will be dismissed at 2pm on this day. The Australiner School bus service will operate from 2pm. Please note that all students are expected to be in their summer uniform including blazer for Avila Day. The canteen will not be open on the day. Students are encouraged to support the SRC’s fundraising effort by bringing money along and buying food and drinks.

Mid Year Break Survey Invitation

We are seeking feedback from our parent and student community regarding the implementation of the 3 week mid year break. We welcome our community to complete the short survey that can be found by clicking on this link https://docs.google.com/a/avilacollege.vic.edu.au/forms/d/1iXVhZ1YyBGfheim5WDIJw/SXNXmb09ugQfEV4k0KLNY/viewform?c=0&w=1&usp=mail_form_link

Rebecca Cetrola
Deputy Principal Administration

5TH CENTENARY OF ST TERESA OF AVILA

The Melbourne Secular Order of Discalced Carmelites invites you to come and celebrate the 5th centenary of the birth of St Teresa of Avila, mystic and Doctor of the Church. Share in our Open Reflection Day- talks, prayer, quiet time and Mass. Join us for the day or just come along for the talks at the Salesian Retreat Centre, 465 Lysterfield Rd, Lysterfield, on Sunday 19 October 2014. For further details and bookings phone Monica 0448 844 811 or Anne 0437 541 194

John Rhynehart
Director of Faith and Mission

AVILA Uniform Shop News!

Due to changes in the school sports uniform in 2015, the Avila Second Hand Uniform Shop is no longer able to accept the following items: tracksuit jackets, tracksuit pants, polo tops, microfiber maroon shorts, bathers, fleece vests.

The Avila Second Hand Uniform Shop will be open, from 1-4pm on:
- 22 October, 12 November, 26 November 2014.

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.

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
AVILA ART SHOW
Save the date Monday 27 October, it’s one of the most anticipated events on the school calendar. Come and see works from talented students from Years 7 -12 and the staff who also exhibit artwork. This much loved event showcases work selected across all subjects and there is a Year Level Co-ordinator’s Prize for one student at each year level. We look forward to seeing you there!

Jolenta Kirkwood
The Arts Curriculum Leader

Photos below from 2013 Avila College Annual Art Show.
Right: Students looking at Design Technology folios
Below Left: 2 Exhibition of photographic works from staff
Below Right: Exhibition of Year 11 Studio Arts students
VERMONT SOUTH SPECIAL SCHOOL PERFORMANCE

On Friday 10 October, eight Drama students across Years 7, 9, 10 and 11 visited Vermont South Special School to put on a performance for the prep students. During my time rehearsing, I was faced with the challenge of developing a performance that not only young children would enjoy, but also understand. It helped me to gain more experience in learning to express my ideas and contribute to the task of creating a performance which catered to the young age group with special needs. It was great that I was doing something that I love and bringing joy to others from doing so! The reaction from the preps was so rewarding and it provided me with the feeling of a great sense of achievement knowing that I, along with my peers, was part of making their day special.

Lauren Gabrielle
Year 9 Drama Captain

AVILA CONGRATULATES

Avila College would like to congratulate Jane Vadiveloo, daughter of past teacher Anne Vadiveloo for her announcement as a winner in The Australian Financial Review and Westpac 100 Women of Influence Awards for 2014. Jane is the CEO of the ground breaking Not-for-Profit Children’s Ground based at Kakadu, West Arnhem and has been recognised in the Philanthropy category for her contribution to leading new approaches that bring together community, government and private sectors to end entrenched disadvantage in Australian communities. During the recent Santa Teresa Immersion, staff and students spent time with Jane at Akeyulerre which she founded. This Healing Centre aims to provide a place where Arrernte people can practice and enjoy their cultural life on a daily basis. Avila College was able to donate to the work of Akeyulerre through the generosity of our community in supporting the cake stalls, which have been held at the Oral Reports during the year.

Darcie Kane-Priestley
Immersion Co-ordinator

Left: Immersion Co-ordinator, Darcie Kane-Priestley with Jane Vadiveloo in Alice Springs.
SANTA TERESA IMMERSION

The more you learn the more you realise that you don’t know. For the 13 of us who travelled to Central Australia this year, this statement has never been more relevant.

On September 11, ten fortunate Year 10 students and three teachers, Miss Darcie Kane-Priestley, Mrs Lisa Moloney and Ms Ingrid O’Sullivan, embarked on a journey that will stay with us for the rest of our lives. The annual Santa Teresa Immersion Program to Alice Springs, Santa Teresa and Uluru, aims to provide a rich learning opportunity, enabling students to develop a greater understanding about Arrernte culture, language and the challenges which the region faces. The Immersion also aims to strengthen the bonds between the Santa Teresa community and Avila College, a relationship which began in the 1980s, when some girls came down to Melbourne to attend school here at Avila.

Whether it be in the op-shop, creche, school, or community centre, we are forever grateful for the way in which we were welcomed into the Santa Teresa community. For example, we were fortunate to be taken ‘out bush’ for dinner with the Ronson family, a family who welcomed us in as their own. We were also fortunate to witness the great strength and faith of so many inspirational women.

Throughout the week, we relished the opportunity to be of service to others, making a genuine difference to the lives of so many. Over the 11 days we spent in Central Australia, we were challenged physically, mentally and spiritually. Our way of thinking was challenged and the way we interacted with others changed. But this allowed us to grow as individuals, forging relationships with each other and with the many people we encountered.

“Life-changing” is a phrase that is used far too frequently, but when describing the Santa Teresa Immersion, there is no other phrase that could be used. Our journey has been one that is unique to any other, an experience that we will treasure for the rest of our lives. This Immersion is merely the beginning of what we hope will be a life-long journey of working towards justice. Through our experiences, we have all come to the realisation that, as young people, we really are the best people to advocate for change. As Jane Vadiveloo (daughter of Anne Vadiveloo, who taught at Avila for many years) and Father Bosco Son SVD (Parish Priest of Santa Teresa) emphasised to us:

“Young People don’t have any prejudices; they don’t discriminate. Therefore, they are the best people to create change.”

Caitlyn Quinn and Catherine Pagliaro
Year 10 Students

Pictured Left: (Top to Bottom)
1. The staff and students on the Santa Teresa immersion with ex Avila Student, Anita Gorey and her niece, Renee Gorey.
2. The students at the top of the hill that overlooks the community of Santa Teresa
3. The beautiful art work by Georgina Furber at the Santa Teresa Spirituality Centre
4. Donations of clothes to the Santa Teresa Op Shop from the Staff at Avila (over 300kg!)
5. At Akeyulerre (traditional Arrernte Healing Centre) with past Avila student, Veronica Turner.
PARENTS AND FRIENDS REPORT
Welcome back from the holiday break which I hope was enjoyable and restful for your family. It is hard to believe we are now in the last term for the year. We, as Avila parents are thankful to all of the staff for their continued efforts to help our girls to achieve their best. There are somewhat stressful times ahead as the girls cope with pressure of exams but we know they have been given every encouragement to prepare well.

Spring Racing Gala Evening
Due to a combination of factors we will not be proceeding with the Spring Racing Gala Evening planned for Friday 24 October. The response was low and we realise it is a very busy time of year for everyone and so we may consider rescheduling this event at another time.

IGA Community Benefits Scheme
Next time you are shopping at IGA/Ritches Mount Waverley, be sure to use your Community Benefits Card. IGA donate a portion of sales back to community groups which can be significant over time. If you already have a card make sure you have nominated Avila College as the community group or if you don’t already have one it only takes a moment to set up, just ask at the check out. Thanks for your support.

World Teachers Day Friday 31 October
World Teachers Day is not far away and the PFA will be providing a buffet luncheon for Avila staff at the College on Friday 31 October. We ask for your support in providing something delicious to add to the buffet and the dishes can be sweet or savory; it is up to you. Thank you to the families who have already said that they will provide a platter for the luncheon. If you would like to supply a dish please do not hesitate to contact Helene Diamantopoulos who is the PFA Champion of this event. Helene can be contacted via Annie Opray, Director of Marketing and Development, at aopray@avilacollege.vic.edu.au

As always, thank you for your kind support and I look forward to a very successful and rewarding Term 4 for all families and the Avila PFA.

Loretta Stapleton
President, Avila Parents and Friends Association

CANTEEN ROSTER

<table>
<thead>
<tr>
<th>Mon 13 Oct</th>
<th>Tue 14 Oct</th>
<th>Wed 15 Oct</th>
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<td>Betty Chmielewski</td>
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<td>Amelia Meerwald</td>
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<td>Karen Rowbotham</td>
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Sports Awards Night 2014

On Thursday 18 September the Avila sporting community gathered to celebrate our team and individual sporting successes over the past year. Thank you to all students who have participated in sporting teams in 2014 and contributed to sport at Avila. Congratulations to all students who received coaches and excellence awards on the night for their high level of skill, participation, commitment and sportsmanship.

Special congratulations to the 2014 Sportswomen of the Year:

- Year 7 – Tricia Cowan
- Year 8 – Abbey Goullet
- Year 9 – Briana Garner
- Year 10 – Erin Flatters
- Year 11 – Stephanie Della Penna
- Year 12 – Kate Townsend

From our Sportswomen of the year an overall sportswoman is chosen to receive the Overall Outstanding Sportswoman of the Year, which was first presented in 1984 in memory of ex-student Melanie King. It is awarded to the student who has displayed excellence and passion across a number of sports and who represents the College in the interschool programme with commitment and loyalty to the Avila community. Congratulations to our 2014 recipient Stephanie Della Penna.

Thank you to the Physical Education department for their assistance in the organisation of the night and the Year 12 Sport and House Captains for hosting the evening. We look forward to another great year of sport at Avila in 2015.

Carly Randle
Sports Co-ordinator

Interschool Gymnastics Competition

The 2014 Gymnastics team consisted of girls in Years 7-11 who had a range of capabilities. All worked well together to learn all of the skills and routines that they required for their routines. Girls constantly worked hard at training and should be commended for all of the effort that they put in throughout both the trainings on Wednesday and Thursday afternoons and during the competition days.

Despite the many nerves about forgetting routines or making mistakes, on 9 and 10 of September our Avila gymnasts competed beautifully in floor, bars, beam and vault and they definitely did Avila very proud. A special mention to; Deanna Tambakakis, Jacqueline Roache, Emily Govic and Stephanie Smith for finishing in the top three in their individual apparatus.

On behalf of the gymnastics team I would like to thank Miss King and Ms Spurritt for their never-ending support and incredible coaching.

Brittany Davison
Gymnastics Captain

Trainings

SOFTBALL – training continues:
- Juniors – Tuesday 3.20-4.20pm
- Intermediates – Wednesday 3.20-4.20pm
- Seniors – Thursday 3.20-4.20pm

CRICKET – training continues:
- Juniors – Tuesday 3.20-4.20pm
- Intermediates – Wednesday 3.20-4.20pm

Upcoming Tournaments

- SCSA Softball – Wednesday 15 of October at Jells Park, Wheelers Hill
- Junior Cricket – Monday 20 of October at Hislop Reserve, Balwyn North
- Intermediate Cricket – Wednesday 22 October at the Pakenham Recreation Reserve, Pakenham
**SCSA Netball**

Finally, after another long netball season, our teams were ready to compete in the SCSA Netball tournament at Jells Park on Monday 15 September. All our training paid off with some excellent results.

- The Seniors came 4th overall
- The Intermediate A team, after a close grand final, managed to win and take out the tournament in 1st position
- The Intermediate B team also had a close grand final, unfortunately falling short by only a goal, placing 2nd
- The Junior A team made the grand final look like a training drill winning by more than 10 goals to take out 1st position
- The Junior B team placed 4th
- The Junior C team placed 5th

A special mention goes to Bridget Ryan, Zahli Spurling and Dinelle Hettarachchi who were named best players in their respective grand finals.

Thank you to all our coaches; Miss Randle, Mrs Dean, Mrs Rowell, Mrs Wright, Ruth Smith and Melissa Perez for their faultless dedication to their roles. A special thank you to Ruth and Mel (Avilonians from 2013) for continuing to share their extensive netball knowledge and experience with us. They keep on being excellent role models for the Avila netballers. A big thank you also to Mrs Bell for her incredible guidance and assistance at tournaments and for giving all of us so many opportunities to represent Avila in netball.

*Maryanne Harley and Isabelle Hanna*

Netball Captains

**MS 24H SWIM SQUAD**

There is a lot you can achieve in 24 hours. Unfortunately sleep was not one of those things for me over the weekend. At 12am on Saturday, Georgia Abbott and I started the MS 24 Hour Mega Swim. Our team, Squirts Squad (a team made up from staff members at SwimWorld) battled through the day, night and into the next morning to raise money for MS. We raised over $5,600 for the cause and swam 86km collectively. Our team swam the most on the day and even smashed out the occasional butterfly set. The 24 hours were some of the toughest I have experienced but was well worth what we achieved.

*Caitlyn Quinn*

10 Silver

(Caitlyn Quinn pictured far right)
PATHWAYS NEWS

EAP Applications are now open. [Apply here](#)

ACU looks for students who, like us, understand the importance of working toward the common good and have a willingness to make a contribution to their communities ([see examples of community involvement here](#)).

You can apply if you are currently in Year 12, if you are a non-recent school leaver (such as a mature-age student). Both domestic and international students can apply if you hope to enrol in a course at ACU. We believe these students should be recognised for their contribution and leadership potential, and this is why we grant them status as Early Achievers. One of the biggest benefits of the program is that successful applicants receive an offer well ahead of the usual tertiary admissions announcements.

EAP Applications open Monday 11 August and close Monday 20 October. Outcome advice – end of November

Watch the videos; [Preparing](#) your EAP application, [Submitting](#) your EAP application, [Monitoring](#) your EAP application

Deakin Scholarships

See, [www.deakin.edu.au/scholarships](http://www.deakin.edu.au/scholarships) to find out current scholarships and award schemes now available for 2015 study.

GUARANTEED ENTRY PATHWAYS FROM TAFE TO DEAKIN

The Deakin Pathways Program seeks to encourage increased participation in higher education and provide a supported student transition to higher education through VET programs. The Program will substantially expand career outcome-focused pathways into Deakin courses by offering mapped pathways with VET providers. Deakin’s long-standing partnerships with Box Hill, Chisholm, Riverina, South West and The Gordon Institutes now offer guaranteed entry pathways in a range of disciplines. These provide students with a seamless transition from Diplomas to Deakin degrees. [Click here for further details](#).

WHAT IS MIBT?

Melbourne Institute of Business and Technology provides certificate and diploma courses in commerce, computing, engineering, health sciences, management, media and communication and science. The Diploma courses are offered in association with Deakin University campuses. This is an alternative pathway to university. If successful in the Diploma, students are able to move to the second year of an appropriate degree. Consider applying through VTAC for MIBT (or other pathway institution such as La Trobe Melbourne or Monash College) if you are concerned that you may not achieve a high enough ATAR to access your university choices.

Monash Extension Update

Now is the time for high achievers to consider Monash Extension. The Extension program allows high achieving Year 12 students to get a taste of university before finishing school. Students complete a pair of first year university subjects as part of their final year school studies allowing them to extend and enhance their learning in an area of interest. Whether they would like to meet other higher-achievers, get a taste for university life, challenge themselves, or gain that valuable increment on their VCE score, the program will help them get ahead.

Units offered Accounting, Computational Thinking, Mobile Applications Development, Biomedical Science, Biology, Chemistry, Mathematics and Physics.

We welcome any student interested in studying Monash Extension to attend the Extension Information Evening.

Over supper, the evening will give prospective students, parents and teachers an opportunity to speak to past Extension students and academic staff about the program. Brochures and application details will be available on the night.

When: Wednesday, 15 October
Time: 7pm
Where: Clayton Campus
To register, visit [monash.edu.au/extension/register.html](http://monash.edu.au/extension/register.html)

_Jenny Dunn, Geraldine McKenna and Clare Meo_
COMMUNITY NOTICES

St Thomas of the Apostle Springtime Fair
St Thomas of the Apostle School and Parish invite you to an afternoon of family fun at our Annual Springtime Fair. Taking place on Saturday 25 October, from 12 pm to 6 pm at 67 Central Road, Blackburn. Please enjoy with us delicious food, entertainment, rides and attractions, stalls of all varieties, animals and much more!
To purchase ride wristbands, visit trybooking/87866

Parenting Adolescents is a program for parents of young people aged 10 -15 years of age. Over 5 weeks the program will cover a number of topics including:
- Understanding adolescent development
- Setting boundaries & limits
- Consequences
- Strategies to deal with adolescent behaviours
- Respectful communication
- Problem solving
- Anger
- Self care

In addition to these topic areas, the program will give parents the opportunity to share their experiences and learn from each other.

When:
30 October and 6, 13, 20, 27 November 2014
Time:
Thursday’s 10:00am – 12:30pm
Where:
Monash Youth and Family Services
Clayton Community Centre,
Corner of Cooke St and Centre Rd Clayton.

There is no fee but bookings are essential as places are limited. To book call Libby or Jenny at MYFS on 9518 3900

Mazenod United FC
Junior Teams Recruitment Program for 2015

JOIN THE ‘NODDERS ARMY’ NOW!

- specialized FFV training program with accredited coaches
- world-class all-weather grounds and facilities at Mazenod College, Kernot Ave, Mulgrave
- open to boys and girls aged 4-17 in 2015
- discounts on registration fees for management committee volunteers

Contact Mario Palermo 0487307436 or visit us at the MUFC Family Day, Sunday 12 October 2014 11am-2pm at Mazenod College for registration information