Lest we forget
Dear members of the Avila community,
As we embark on a new term, I hope and trust that all members of the Avila College community had a restful break over the recent Term 1 holidays. At the end of last term we came together on Holy Thursday where we asked all students and staff the following:

“To remember that we have much to celebrate. We recall the service that Jesus taught us through his ministry and at the Last Supper. We remember that he gave His life for us at Calvary and along with this remembering, we celebrate. Most significantly we celebrate new life he gave us, when he rose from the dead.”

I would like to thank Carmela Marino, Acting Director of Faith and Mission, our musicians and singers led by Roxane Lascaris, Music Co-ordinator, Liturgy Captains and students involved in the very moving reflection.

It has been most positive to see so many parents attending our Oral Reports this past week. While these interviews provide one way of connecting with your daughter’s teachers, I encourage all parents to contact staff directly if they have any queries about their daughter’s progress. Tomorrow marks the annual House Athletics Carnival held at Bill Stewart Reserve, Burwood Hwy, Burwood East. All information regarding this whole school activity has been sent out via CareMonkey. Good luck to all competitors and thank you in advance to our Physical Education Department who have been working in preparing for this day. Last Friday our Year 11 Formal was held at Lincoln Receptions and I am proud to say that all students displayed exemplary behaviour which meant the night was enjoyed by all staff and students in attendance. My thanks are extended to our VCAL students and Jenny Dunn, VCAL Co-ordinator who helped to organise this most pleasant evening.

Over the next couple of weeks all families will be extended the opportunity to complete the Enhancing Catholic School Identity surveys. Please refer to the information in this newsletter regarding these surveys.

This years Time to Shine Concert hosted by Catholic Education Melbourne, will feature three Avila students. Well done to Inalya Altmann, Emma Woolley and Sarah Lambourne (past student) who will be involved in two performances at the Regent Theatre on Saturday 30 April. Tickets are available from Ticketmaster.

Community News
All parents are invited to our next College assembly to be held on Tuesday 26 April commencing at 8.45am in the College hall. There will be a guest speaker, Lynn Berry, the founder of the 5,000 Poppies Project followed by morning tea. Please RSVP via avila@avilacollege.vic.edu.au by Friday 22 April.

Staffing Updates
At the end of last term we farewelled Jason Isma who has been our e.Learning Leader / Professional Practice Leader for the past 4 years. Jason has taken on a new role at another school. We wish him well and thank him for all his leadership over the past four years.

We welcome the following new staff to Avila; Anastasia Moore temporary Receptionist, Olivia Juric and Lynette McLennan, Term 2 LSL replacements, Sam Harkin Science Lab Technician, Aaron Hammond IT and Kerri Stiles who will work each Wednesday and alternate Fridays in the Health Centre.

Next Monday marks Anzac Day where we not only remember all Australians who served and died in war and on operational service but also those men and women who are currently serving in various roles to protect our freedom here in Australia. I encourage people to attend the Dawn Service at the Shrine of Remembrance or to attend local RSL services close to their homes.

With blessings to everyone in this year of Mercy,

Louise Gunther
Principal

Cover image: Remembrance wall at the Australian War Memorial, Canberra

FROM THE PRINCIPAL

Prayer
Heavenly Father, we thank-you for sending your own Son, to become part of our family, We ask you, Lord, to protect and watch over the Avila families so that in the strength of your grace its members may enjoy prosperity, possess the priceless gift of your peace, and, as the Church alive in the home, bear witness in this world to your glory.

We ask this though Christ our Lord.

Amen.

Calendar dates
Tue 19 April Classes conclude at 1:05pm
Oral reports 3:15-8:30pm
Wed 20 April House Athletics Carnival, 8:45am
Mon 25 April ANZAC Day
Tue 26 April College Assembly, 8:45am
Wed 27 April Second Hand Uniform Shop open 1pm-4pm
Alumnae Committee Meeting, 5pm
PFA Meeting, 7pm
Tue 3 May Open Morning, 9am

Avila College acknowledges the Wurundjeri people, the traditional custodians of the land on which the College is built.
THE ENHANCING CATHOLIC SCHOOL IDENTITY PROJECT
The Enhancing Catholic School Identity Project is a project that aims to assist schools to understand better how their Catholic identity is expressed in work and in practice and to support them in future development of their school.

Over the next few weeks the College will be asking all members of the Avila community to provide feedback about how the Catholic identity is lived and shaped at the College.

Feedback is provided through a number of questionnaires that ask individuals to reflect on the different elements of the College that define its identity. These surveys will allow Avila’s Catholic identity to be quantified in a statistically accurate way, providing invaluable information for future planning.

The survey will be open to all families as of Monday 18 April through to Friday 6 May. Further to this information families will receive an email in the next few days with additional information about how to complete the survey and the login details. Students at the College may be asked to also complete this survey during scheduled Religious Education classes.

Parents, students and staff at the College will all be part of this important project. Families are encouraged to complete the survey to help better create, through vision and dedication, a whole school community that encapsulates the Catholic identity of Avila College.

LEARNING AND TEACHING NEWS

NAPLAN
Parents of students in Years 7 and 9 are reminded that the national testing program for literacy and numeracy will take place on Tuesday 10, Wednesday 11 and Thursday 12 May. All students in Years 7 and 9 are required to undertake all tests. All NAPLAN tests will occur in the Years 7 and 8 classrooms in the morning and parents are asked to assist in ensuring that students are punctual so that they can commence the tests as scheduled. More information about the NAPLAN program will be sent to parents next week.

Oral Reports
Oral reports for all students have been held over the first two weeks of Term 2. It has been great to see so many parents attend with their daughters to discuss their progress. With the introduction of continuous online assessment it has meant that richer and more detailed information about what has been achieved and specific advice for future learning could be discussed. Setting up this new way of working with our students and parents has taken a little time during Term 1 and continues in Term 2 but we believe the benefits for student learning are worth it. We ask for parents’ patience with the final implementation of this initiative and will endeavour to keep you informed along the way.

What Can Adults Learn From Kids?
Sometimes we are so busy with our daily lives that we forget to pause and think about all the wonderful initiatives that come from our children. At home and in the school environment we often lead the dissemination of content. It’s easy to forget to take a step back and learn from the children we are so blessed to have surround us everyday. If we look back at history we know that some of the most profound events have been from kids.

Anne Frank touched millions with her powerful account of the Holocaust, Malala Yousafzai was living under Taliban rule, where young girls were at times forbidden to attend school. She started writing a blog under a pseudonym for the BBC at the age of 11, detailing what life was like and sharing her views on education for girls. Katie Stagliano was nine years old when she discovered how much of a difference she could make. After growing a cabbage for a school project (one that grew to nearly 20kg,) she donated the produce to a local soup kitchen, where it helped to feed nearly 300 people. Katie realised the impact she could have on poverty with her green thumb and established vegetable gardens in order to donate what she grew to the people who needed it most.

Age has nothing to do with brilliance and creativity. Kids can be full of inspiring aspirations and hope, they believe in possibility. Perhaps we need certain types of irrational thinking to stop us from holding back. At some point we probably have all had big plans that we have held back from because we think ‘that’s impossible, that won’t benefit me’ or ‘that is too expensive’. Kids are not hampered as much for reasons not to do things.

Kids don’t think about limitations they think about possibilities. Possibilities of a better world, a world where we all get along and there is no war. A world where no-one goes hungry. Kids already do a lot of learning from adults. Learning between grown ups and kids should be reciprocal. Creating opportunities for children so they can grow up and amaze us is something as adults we can do for the next generation. They are the ones who will bring this world forward and kids need opportunity to lead and succeed. So next time I am sitting in the classroom or at the dinner table I intend to really listen and learn from the children I am surrounded by. After all they are the leaders of tomorrow.

Angela Torelli
Acting Deputy Principal Learning and Teaching
WELLBEING NEWS

Support for Parents, Carers and Teachers - Parentzone

Parentzone is the Regional Parenting Resource Service. Every year, Parentzone works with thousands of parents, carers and professionals to access the resources and support they need to parent effectively. Often parents report that they come to Parentzone group work programs to learn new strategies so they can stop yelling at their kids or losing their temper. By the end of the program, one of the most common things parents report is that they are no longer shouting at their kids: "I'm more level headed. I'm cooler and calmer, and I can see clearly now. I have other tools to use instead of yelling at them."

Parentzone is available to parents, carers, grandparents of children 0-18 years and professionals working with children and families. They provide a variety of parenting programs offered at no cost. Parentzone provides ‘one off’ parenting forums as well as parenting programs that run for 2 hours each week, usually for 4 – 8 weeks. There are morning, afternoon and evening groups available.

Also available is a quarterly newsletter containing information about groups and events, family supports and professional development. To access their newsletters visit: www.anglicarevic.org.au/newsletters

LAVP Matters

This week during the Living and Values Program (LAVP) two classes of Year 8 experienced CatholicCare's program: Relationology. The program is a fun, inspiring and interactive workshop which supports students to have positive relationships with their peers in a world dominated by social media and technology. Through research and reflecting on their own life experiences, students explore the benefits and challenges of technology in building strong connections to others. Other Year 8 homerooms will cycle through this program during the year. Below is a lovely reflection from Year 8 student, Nicole Trawicka (pictured), about the program.

“During our Pastoral class 8 Gold and Orange were visited by Kate from CatholicCare, who spoke to us about ‘Relationology’; how technology affects the relationships we have with the people around us. Together, the classes and Kate created a pros and cons list about technology and how it's used and found that the list was very even, meaning whether technology had positive or negative effects on our relationships and everyday lives was entirely up to us.

We discussed some questions which included ‘How much time does your family spend on technology each day?’ As we discussed this question, we realised that, even when we aren’t including the use of our laptops during school time, we still use technology for up to several hours each day, doing homework, watching videos and communicating with friends.

‘But are we really communicating with these people?’ This was one of the other things we discussed. A diagram we looked at showed that only 7% of communication is the words themselves. The remaining 93% consisted of body language and the way we speak, which leaves texts, emails, tweets and other forms of messages completely up to interpretation. We also found that some of us would use technology instead of socialising with our own families, and that this is becoming more and more normal as technology becomes more common in households. Often we will stop face-to-face conversations with people to answer text messages, and this can distance us from the people around us. After realising just how much of an impact technology really makes on our relationships and how much we actually use it, I'm sure we'll all be more conscious about our use of technology and will try to make an effort to use it less and live in the moment more.”

The Pastoral Team

UNIFORM CHANGEOVER

Changeover to Winter Uniform: The changeover period from summer to winter uniform will be 11 April through to 24 April. All students need to be in winter uniform on Tuesday 26 April 2016.
YEAR 11 FORMAL

After many weeks of planning, the night had finally arrived. Glamorous young women and men arrived in various modes of transport, including impressive limousines, to the Lincoln Reception Centre in Toorak for the 2016 Year 11 Formal.

They were greeted at the door by Mrs Kralj and Mrs Stephens, introduced their partners and literally jumped for joy on seeing their school friends decked out in all their finery. The red carpet at the Oscars had nothing on our show.

After enjoying a delicious dinner, the dancing started and many young women and some young men showed their prowess on the dance floor. New hits and old were enjoyed by students and staff alike, with the perennial favourites the Nutbush and the Macarena proving the most popular.

The official aspect of the night began with the Acknowledgement and Grace being delivered by Zoe Evans and Maeve Gill. Later in the night, Sinead Coulter and Lauren Gabriele delivered some well-deserved awards to various members of the year level.

The end of the evening rolled around all too soon when parents had arrived to pick up their tired, foot-sore but very happy daughters. Another successful Avila College Formal had come to an end.

Anne Stephens
Year 11 Co-ordinator
SPORT NEWS

SCSA Swimming
Once again the time had come for the Avila swim team to show off their abilities and refined skills since the Genezzano swim meet weeks prior. This time a team of enthusiastic girls were on the big stage at Melbourne Sports and Aquatic Centre. Unlike the past few years, due to school camps, Avila were put up to Division 1, a huge challenge but the girls didn't disappoint!

Coming away with 6th place the girls are to be commended on an outstanding performance. A huge congratulations to all those involved in the swim team for 2016 for their excitement and dedication at 7 o'clock in the morning and for not counting the laps but making the laps count.

Hope to see all of you girls back up on the blocks next year!

Special thanks must go out to Mr Ross, Ms Flynn, Ms Gilfedder and past students Natalie and Danni Costello, Rebecca Abbott and Steph Della Penna for their encouragement, organisation and support through competitions and trainings. "Just keep swimming"!

Georgia Abbott
Swimming Captain

SCSA Diving
In early 2016 the diving squad started training once again for another great season. Trainings followed last year’s trend of around 20 girls attending each Monday morning, meaning there was always enthusiastic and excited girls to learn new dives, and perfect the ones they already had.

The season progressed with the same enthusiasm from all the girls. Due to such high numbers in attendance Miss King, the diving coach, had a tough decision of selecting only a few girls per section, to head to the Division 1 competition. With the talent that each girl showed this proved to be a difficult decision for Miss King to make.

After much deliberation a final team was decided. In each the junior, intermediate and senior division we had a full team of 3 girls, and an emergency for both the junior and intermediate section.

Competition day finally arrived and the excitement became evident during the dinner provided by the schools cafe, the night of the competition.

Overall the Avila team presented three dives per girl beautifully, finishing in 4th Position. Our competition was tough and each of the juniors came home with a 3rd place ribbon.

Thank you to all the girls who trained incredibly hard every Monday morning and congratulations to all the girls on their progress and performance. Thank you to Miss King and all the other teachers from the PE department who took it in turns to help coach the vast number of girls. We look forward to seeing all of you again next season, at the beginning of Term 4, 2016.

Caitlin Wood
Diving Captain

SCSA Tennis
On Thursday 10 March, bright and early, the tennis girls, along with Mrs Williams and Mr Bernardo, ventured out to Boroondara Tennis Centre for what was sure to be a competitive, but more importantly, a fun day of tennis. It was quite a change, as myself and many of the other girls are used to these tennis days being extremely hot and having to slap on the sunscreen all day. Instead, we were actually playing in rain for most of the day, with very overcast weather. It was quite a change! The girls didn't let the rain stop them from having a fun and enjoyable day though, and I am very proud of the results from the day.

Even though our senior and intermediate teams didn't make it to finals, our junior team made it all the way to the final and they eventually, after more playing in the rain, came out the victors! Very well done junior girls, you did me very proud as Captain! I hope you all enjoyed the day and good luck for next year’s tournament!

Madison Fowler
Tennis Captain
SCSA Indoor Cricket

On Wednesday 13 April, 29 girls headed to Box Hill Indoor Sports Centre for the SCSA Indoor Cricket Competition. After a quick warm up, it was time for all 3 teams to play their first game.

The junior team was determined to start the day well and had a fantastic start winning 80 – 24 against Ave Maria. They continued to play in great form and remained undefeated for the rest of the day, which further secured the team a place in the grand final. The junior team played PCW Melbourne in the final and were victorious, champions of the junior tournament!

The intermediate team had a slow start to the day, however they never ceased trying. After a few close matches, the intermediate team won their first game against St. Aloysius, 43 - 34. Although it was a tough day the intermediates placed 4th, a great achievement.

After the first over of the match against Ave Maria, we were committed to the win. This encouraged the team to keep playing well, winning 3 out of the 5 games played. Overall, the senior team narrowly missed a place in the grand final, placing a respectable 3rd.

Congratulations to all of the girls involved and a special mention to the junior team for winning their tournament. Not only did we play well, we were also noted for our sportsmanship and humour on and off the pitch. It was tremendous effort for all 3 teams to place where they did especially as we had moved from Division 3 last year to Division 1 this year. Thank you to Mr Whiston, Mr Bullock and Ms Bauman for coaching the teams and encouraging us all to do our best and enjoy the day.

*Hannah Faraone*
Indoor Cricket Captain

Pictured right: (top) Junior team, (middle) Intermediate and (bottom) Senior team

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**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 difficult concept.

These sessions are held in Room 66.

- **Day 1:** Mrs Talj
- **Day 2:** Ms Cummins
- **Day 3:** Mrs Trifilo
- **Day 4:** Mr Edwards
- **Day 5:** Ms R Ryan
- **Day 6:** Ms C Ryan
- **Day 7:** Mrs Lloyd
- **Day 8:** Ms Zammicheli
- **Day 9:** Mrs Smith
- **Day 10:** Ms Gilfedder
PFA NEWS

PFA Report
Welcome back to an active start to Term 2 and I hope you feel recharged and refreshed after the break.

Mother’s Day/ Special Person’s Breakfast
Thank you to the many Mothers, Daughters and Special Persons who have already booked their tickets via the College website for the Breakfast which will be held from 7.30am on Thursday 5 May in the Gathering Space. The PFA is busy organising a delicious menu and we are all really looking forward to hosting the morning. Mother’s Day is such a special occasion to be able to celebrate together. Places are limited, so I encourage you to book now so you do not miss out. The cost is $10 per person and bookings can be made via the College website, www.avilacollege.vic.edu.au News and Events, Bookings.

Trivia Night – Friday 22 July
Please mark Friday 22 July in your diary now so you can come along to the Avila College Trivia Night. Get a table together or join with other parents to test your knowledge on a wide range of topics. The cost is $20 per person and bookings can be made via the College website, www.avilacollege.vic.edu.au News and Events, Bookings. It will be a great night out and a good opportunity to get to know other Avila parents. I look forward to seeing you there.

Upcoming Year Level Events

Year 10 Parent and Daughter Event – Sunday 1 May
All Year 10 parents and their daughters are invited along to a cooking class from 10am to 1pm on Sunday 1 May at OTOA kitchen in Richmond. Have fun learning how to prepare delicious Asian dishes and then enjoy sampling them for lunch. The cost is $45 per person and please RSVP by 27 April 2016 direct to OTAO Kitchen via https://otaokitchen.rezdy.com/102722/avila-college-social-function

Year 9 Parent Function - Friday 3 June
All Year 9 parents are warmly invited by their Class Reps to a gathering at the Wheelers Hill Hotel from 7 – 10pm on Friday 3 June. Finger food will be served and drinks can be purchased at bar prices. Come along and meet other Year 9 parents in a casual setting and enjoy a night out. The cost is $20 per person and bookings can be made via the College website, www.avilacollege.vic.edu.au News and Events, Bookings.

Parent Volunteers
If you have an hour or two to spare to help with the Mother’s Day Breakfast or the Trivia Night, please email pfa@avilacollege.vic.edu.au We will need assistance with set up and preparation, hosting the events and then pack down. Many hands make light work and we would be so pleased if you can spare some time to assist.

Next Meeting
The PFA meets at the College for an hour or so once a month, please feel free to come along, we would love to see some new faces. The next meeting is at 7pm on Wednesday 27 April.

Hoping to meet you at our next PFA meeting or at one of the social events we have coming up in the calendar.

Kind Regards

Wasana Fernando
PFA President
Invites Avila College Mums/Special Persons and Daughters to a

Mother’s/Special Person’s Day Breakfast

Date: Thursday 5 May at 7.30am
Venue: Gathering Space
Cost: $10.00 per person
Bookings: www.avilacollege.vic.edu.au
News & Events, Bookings

Limited Places…Bookings Essential
PATHWAYS AND CAREER NEWS

Recent Work Experiences

Over the Term 1 Easter Break I was given the opportunity to undertake work experience for four days at Sierra Delta. Sierra Delta is a web design, brand management, marketing and event management business. The team of seven worked very hard to help me learn and succeed while enjoying my time there. Had I not been presented with the opportunity I never would have considered undertaking work experience in this area. Now I am so grateful and thankful for the chance that I got. I loved every minute of this valuable experience and can’t wait to go back throughout this year to learn more and to continue to develop my skills. I have found that by being in a creative environment my eyes have been opened to a whole new world of career paths and opportunities I’d never seen before and given me a new direction for my future.

Ceilidhe Barwick
Year 11 Student

During the holidays, I was given the amazing opportunity of completing work experience at GlaxoSmithKline (GSK), Boronia. Throughout the five days, I was based in the vaccines department. The team, consisting of 12 people, were all working to develop vaccine nebulizers using the Blow-Fill-Seal (BFS) method. In a simplified explanation, this involves melting plastic and applying heat to mould the shape of the vaccine nebulizers and filling it with vaccine. After being sealed it is passed through a leak detector to identify components of the mould that could contain openings, because it could contaminate the vaccine. The production occurs in a sterile environment, it was necessary to wear a lab coat, a hair cap and sterile footwear in order to enter the facility. When working with the vaccines, gloves were worn. I learnt the importance of teamwork through this experience, as everyone had a role to play in order for the process to run smoothly. I was also given a factory tour of GSK and on the final day I was fortunate to visit Monash University's Pharmaceutical Science Parkville campus and see the projects they were currently working on in collaboration with GSK. Overall, I enjoyed my time at GSK, I understood many processes, gained knowledge and would love to go back again.

Devni Nagodavithana
Year 12 Student

DREAMING OF FLYING?

Lilydale Flying School, Yarra Valley Aviation, have an Open Day on Saturday 30 April from 12.00 - 4.00 pm. Speak with pilots and Instructors to discover career and recreation pathways in Aviation. Turn up on the day and be eligible to win a FREE Introductory Flying Lesson. 13 MacIntyre Lane, Yering, 3770. BBQ food - Guest Speakers - Aviation Career advice - Guided hanger tours - Aircraft displays - Women pilot forum - Competitions and Special offers. Visit Yarra Valley Aviation - Home for more information

Items in the latest Career News, available on the Career guidance tab on SIMON, this week include:

- Dates to Diarise in Term 2
- News from the University of Melbourne
  - 'Focus on Melbourne' Series
  - New Bachelor of Design degree from 2017
  - Bachelor of Science Videos
- 'Inside Monash' Seminar Series
- Scholarships at Bond University - applications now open!
- Connect with Deakin at Melbourne Knowledge Week
  - Building Startups the Silicon Valley Way
  - Virtual Reality Lounge
  - Life in the Cyber-Physical World
- Billy Blue College of Design Open Day
- Southern School of Natural Therapies Open Day
- University of Queensland Information Day in Melbourne
- Difference between a Physiotherapist and Occupational Therapist?
- Become an AUSTSWIM swimming teacher.

Jenny Dunn - Pathways Co-ordinator
Email: jdunn@avilacollege.vic.edu.au

Geraldine McKenna - Careers Counsellor
Email: gmckenna@avilacollege.vic.edu.au
Want to know how to help your teenager with career ideas?

What types of jobs are there?

What other education options are available for disengaged youth?

What is VCAL, VCE and VET?

Want to know more?

FREE WORKSHOP

Date: Tue 3rd May 2016
Where: City of Kingston
34 Brindisi St. Mentone
Time: 10am to 12noon

Bookings essential by Thursday 28 April
To Alisa McDonald at Kingston Youth Services
t 1300 369 436 or e youth.services@kingston.vic.gov.au