



News

9 August | 2019 *Inspiring today for tomorrow*



Avila
College



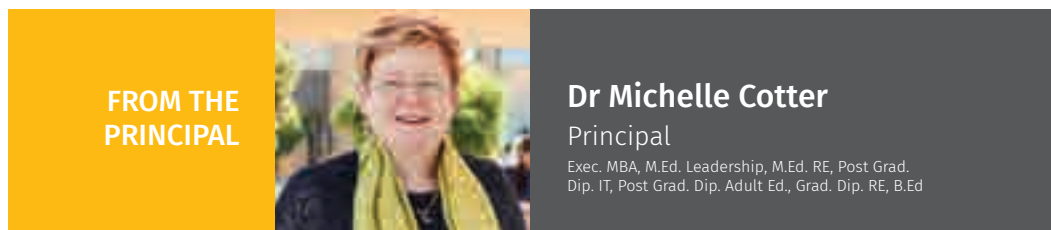
Chiara Smith
Co Captain

Alexandra Michael
Co Captain

35 Charles Street,
Mount Waverley,
Victoria 3149
T 03 9831 9600
avila@avilacollege.
vic.edu.au
avila.vic.edu.au



**Avila
College**



**FROM THE
PRINCIPAL**

Dr Michelle Cotter

Principal

Exec. MBA, M.Ed. Leadership, M.Ed. RE, Post Grad.
Dip. IT, Post Grad. Dip. Adult Ed., Grad. Dip. RE, B.Ed

Semester two has well and truly started with a flurry of activity across the school. Energetic and enthusiastic learning has been taking place across a variety of creative and interesting platforms.

better together

The Amazing Spaghetti Machine project stretched students imagination together with their maths, engineering and project management skills as they developed their very own (and very large) Rube Goldberg machine.

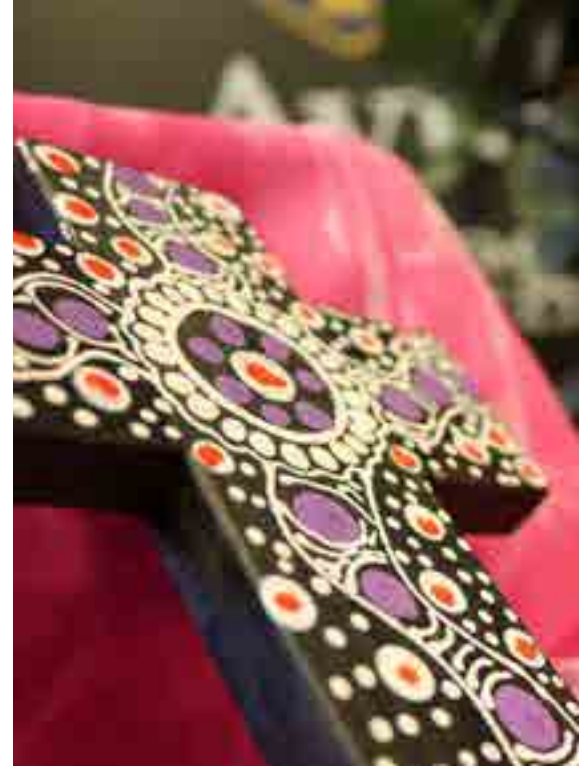
The end result was so impressive that it was awarded the People's Choice Award at the University of Melbourne contest as well as the Use of Materials Award.

What a vibrant and thought provoking time we enjoyed during Public Speaking and Debating Week. Students from all year levels participated and delivered ideas, experiences and information to their audiences in a compelling and eloquent, not to mention often highly entertaining and amusing way! Once again the annual staff versus students debate was a tight contest and a lively

and intellectually stimulating discussion that explored matters of feminism and empowerment.

Congratulations to the Avila netball squad. The teams competed in the All Schools Netball Championship last week and as you can see from this newsletter's cover, demonstrated great athleticism together with strong teamwork. Our Junior Team won the competition and will be progressing through to the state finals.

Our inaugural Young Leaders Dinner was a great success on Thursday night. More than 100 people joined us in the Gathering Space for an inspiring experience of reflection, conversation and imagining future possibilities for our fine Avila women of today. Genevieve Townsend (Class of 2013) shared a wealth of knowledge and experiences.



Assumption of Mary

Monday, 15 August the Church celebrates the Feast Day of the Assumption of Our Lady when according to our faith, the Holy Mother, "having completed her course of her earthly life, was assumed body and soul into heavenly glory".

Mary when we think of you, we think of a woman of great faith and strength, yet having a gentle, motherly love.

We believe that you are always there for us and that you love us with a great love.

We ask that you always be a mother to us and act as a model of service in the community.

Give us the strength we need in time of challenge and difficulty.

Amen.

Genevieve acknowledged the strong foundations of self confidence, Gospel and Presentation values and relationships that she developed at Avila and how they set her on her path to study, art and social service. Alumnae spanning our six decades as a Presentation community were reconnected with each other. If any past students couldn't make this event be sure to put the 2019 Alumane Day on Saturday 12 October this year in your calendar.

For those families looking for a place at Avila for a sibling in 2021, please remember that an application is essential. We don't want to have to tell you you're on the waiting list, so make sure your application is in on time please.

Applications for 2021 close in a fortnight on Friday 23 August. The application form is available from the Avila website.

Happy Learning!

Dr Michelle Cotter

FAITH
& MISSION



Ms Carmela Marino
Director of Faith and Mission
cmarino@avilacollege.vic.edu.au



Mietta Busscher
Faith & Mission
Captain

Monique Mason
Faith & Mission
Vice Captain

Clare McMorrow
Reconciliation Captain

Tiara Chandraratne
Reconciliation Vice Captain



Winter Woolies Day

'It is not just about migrants'

"It's about all of us!"

**Annual Mass of All Nations
Migrants & Refugees Sunday
25 August 2019
Rosary: 2pm Mass: 3pm
St Patrick's Cathedral**

Annual Mass of All Nations

The Catholic Archdiocese of Melbourne invites you to the Annual Mass of All Nations on the 105th World Day of Migrants and Refugees at St Patrick's Cathedral East Melbourne

Sunday 25 August
Rosary: 2pm
Mass: 3pm



Faith & Mission Important Dates

Gospel Readings

Sunday 11 August

Luke 12: 32-48

See that you are prepared.

Sunday 18 August

Luke 12: 49-53

I have come not to give peace, but discord.

Important Dates

14 August

Memorial of St Maximilian Kolbe

15 August

Solemnity of the Assumption of the Blessed Virgin Mary

19 August

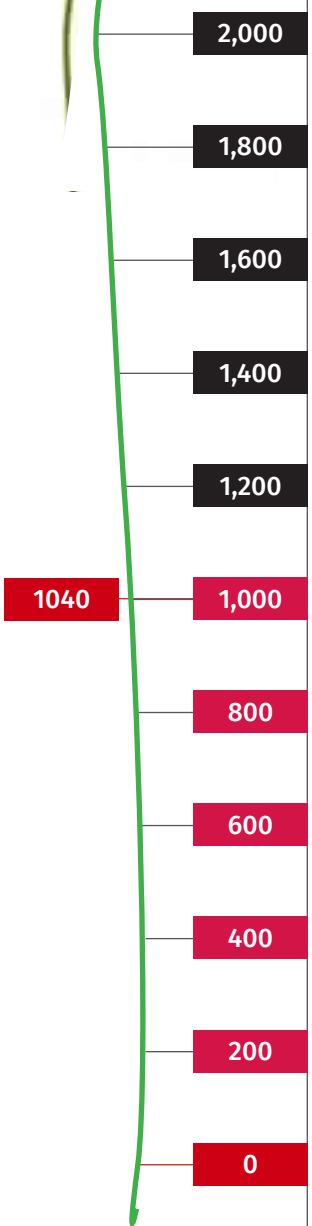
World Humanitarian Day

19-25 August

Migrant and Refugee Week

20 August

Memorial of St Bernard



**Our Poppy
Target**

2,000 BY NOV 8





Year 11 InterFaith Tour



Year 9 RE Excursion





Prakashika Ravi
Learning Captain



Stephanie Skafidas
Learning Vice Captain

**LEARNING &
TEACHING**



Ms Leah Eekelschot
Deputy Principal Learning & Teaching
leekelschot@avilacollege.vic.edu.au



Ms Klara Baka
Director of Learning & Teaching
kbaka@avilacollege.vic.edu.au



Parent-Student -Teacher Meetings

Bookings are now open for this semester's Parent-Student-Teacher Meetings. We encourage parents and students to book in times as soon as possible and take advantage of the opportunity to discuss subject selection, reflect on the year thus far and the plan for the semester ahead.

Parent-Student-Teacher Meetings Calendar Dates

Thursday 15 August | 3:30pm - 8:30pm

Tuesday 20 August | 3:30pm - 8:30pm

**Please Note: students
finish at 1.10pm on the
days of the Parent-
Student-Teacher Meetings.**

Making Bookings

Step One

- > Log on to PAM
- > <https://pam.avila.vic.edu.au>

Step Two

- > Click on Parent Teachers Interview link on top right hand corner

Step Three

- > Select Subject
- > Select Time
- > Click on Book Now
- > Print booking times



Amazing Spaghetti Machine Contest

A team of Year 10 students have been working for a number of weeks (including during the school holidays) on the design, construction and launch of their very own Rube Goldberg machine.

The complex contraption was entered into the Amazing Spaghetti Machine Contest at the University of Melbourne and Avila's machine won the People's Choice Award and the joint winners of the Best Materials Award! Made up of a number of recycled and repurposed materials, the Avila machine triggers a chain reaction to raise a flag. The machine was judged on reliability, timing, technical design, use of materials and presentation.





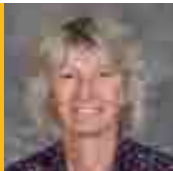
Claudia Chmielewski
Wellbeing Captain

Anna Zhang
Wellbeing Vice Captain

Michaela
Jansens Ter Laeck
Student Representative
Council Captain

Madelyn Janky
Student Representative
Council Vice Captain

**STUDENT
WELLBEING**



Ms Janine Bauman
Deputy Principal Students
jbauman@avilacollege.vic.edu.au



Mrs Anne Stephens
Director of Student Wellbeing Yr 7-9
astephens@avilacollege.vic.edu.au



Anna Marvelli
Director of Student Wellbeing Yr 10-12
amarvelli@avilacollege.vic.edu.au



Never give up on your dreams!

Shannon D’Cruze
RMIT Counsellor Intern at Avila College

As a teenager, you probably don’t want to go to bed early.

As a parent, you are probably continually telling your teenager they need to get more sleep.

Here’s something you might not know. It is normal for teenagers to resist going to bed early and biology is the cause.

Your body clock which is in charge of your sleep patterns, gets reset during teenage years.

This results in melatonin (the sleep hormone) being released later at night for teenagers than adults.

Hold on students, this does not mean it’s okay to stay up late into the night!



Sleep is vital to your physical, psychological and social well-being.

Not getting enough sleep can lead to:

- decreased concentration
- memory impairment
- reduced academic and sporting performance
- mood instability and negative thoughts
- feeling 'off' throughout the day

So here's the golden rule!

Teenagers need between 8 to 11 hours of sleep!



Sleepy Tips

Here's some tips for teaching your body clock who's boss and getting a healthy amount of sleep at night.

Tip 1:

Develop a schedule around what time you go to bed and wake up every day, even weekends!

Tip 2:

Make sure your room is very dark, quiet and uncluttered

Tip 3:

Avoid drinking coffee, black or green tea, energy drinks and soft drinks in the evening

Tip 4:

Download F.Lux filter onto your electronic devices to reduce visual stimulation when you use your phone/laptop in the evening

Tip 5:

Stop watching TV and using your phone at least an hour before bed

Tip 6:

Do something relaxing before bed like taking a shower, reading, meditating, listening to a sleep story or thinking about how grateful you are for your family, friends and pizza

Tip 7:

Be sure to turn off your phone or keep it in another room while you sleep to avoid disruptions and unnecessary drama! I know this feels almost impossible and requires great discipline, but you'll be so much better off for it!

References

[National Centre of Excellence in Youth Mental Health 2019, Mythbuster: Sleep and young people: Putting the myths to rest,](#)

The National Centre of Excellence in Youth Mental Health, viewed 24 July 2019,

[National Centre of Excellence in Youth Mental Health 2017, Fact sheet: Sleep + young people,](#) The National Centre of Excellence in Youth Mental Health, viewed 24 July 2019

F.Lux 2019, F.Lux: Software to make your life better, F.Lux, viewed 24 July 2019, <https://justgetflux.com>

Starting the day with a Positive: Morning Homeroom.

Mornings at Avila are alive with the buzzing sounds emerging from every homeroom. School has begun!

Each day at Avila College starts with students meeting in their assigned homerooms with their homeroom teacher. This fifteen minute block, from 8.35 to 8.50 am, at the beginning of their working day, serves a variety of important purposes in the students' life at the College.

Research has shown that for a modern teenager to have robust mental health they must feel a connection to something bigger than themselves. For Avila College students, this is often what they find as a member of a homeroom. It is a time when our students interact with their peers, celebrate special occasions, discuss current affairs, major events in their year level and social issues that concern them.

Having an adult mentor or advocate in the school is a great advantage for our students and this role is fulfilled by their homeroom teacher. A strong connection with this person is established in homeroom each morning, over the course of the year. It is an important point of contact with a trusted adult in their lives. Homerooms, in the company of their teachers, often establish their own 'personality', which can even extend to their own jokes. This all adds to a student's sense of belonging.



Often it is during homeroom that important information is distributed to students about their academic program. This information and that pertaining to extra-curricula activities is communicated when the Class Captains read the Student Messages to the class. This fifteen minute period of the day also allows each student to organise their materials. It gives them time to settle and establish focus.

Homeroom looks different for different year levels throughout the school. In Year 7 Gold, for example, you may see students discussing ways in which to make their homeroom really feel like home. Their decoration committee is a force to be reckoned with! At the other end of the school, the Year 12 Leaders have made Wednesday homeroom a time for the year level to bond. This bond will prove ever more important as they move towards the final stage of their school journey.

Every morning homeroom begins with a prayer. This communal prayer is a time for the sharing of a common faith and an all-important moment in the students' busy day when they can engage in conversation with God.

Who could believe that so much could happen in that short period of fifteen minutes!

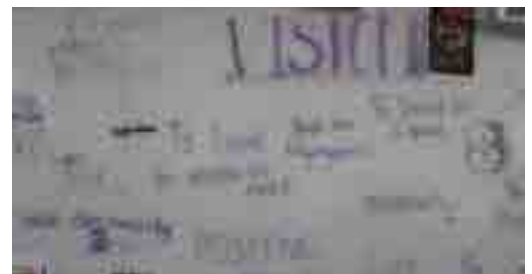
Anne Stephens
Director of Wellbeing



Inside 7 Red Homeroom

7 Red Homeroom features a Presentation Values board, where students focus on a different value each week and write up words, messages and thoughts that resonate with them related to that value.

Year 10 Peer Helpers Jessica Halvy and Stephanie van Langenberg also visit regularly to chat and play games during the homeroom session.





Prabhloyan Gill
Public Speaking
& Debating Captain



Rachel Iwuagwu
Public Speaking
& Debating Captain

**PUBLIC
SPEAKING &
DEBATING**



The Final Round of the Senior DAV Competition

This year Avila returned to Wesley Glen Waverley for Senior Debating and the consensus is that it was a good decision.

In the middle of winter it is a relief to not have to travel so far and to be home earlier.

Also the students have had a chance to meet students from schools in our local area.

The competition has been very close throughout the season and we are pleased

that we have a Year 10 team (Emma Johnston, Julia Grubnic, Tina Varone, Jocelyn Satya-Graha and Adrianna Thenabadu) go through undefeated. We wish them well in the finals.

Congratulations to the students who received Best Speaker Awards in the last round: Tina Varone, Martina Go, Alissa Yee, Oviya Ponkathirvarathan and Nishara Fernando.

Students attend a Leading Human Rights Conference



Prabhloyan Gill
Year 12



Lily Maul
Year 12



Monique Mason
Year 10



Madeleine Buzza
Year 12

We were fortunate to attend a human rights conference run by the Monash University Castan Centre. The conference consisted of speakers and panels of human rights activists tackling a variety of issues both in Australia and on an international scale.

This was an amazing opportunity to learn about human rights issues in our society and to explore the ways that these issues can be tackled.

Listening to human rights lawyers, artists, professors, and directors of human rights advocacy groups gave us a chance to learn about:

- work in the Australian legal sector
- the passion of those working in human rights
- the state of human rights in Australia and the world.

A highlight of the conference was the panel on refugees in Australia, in which the speakers discussed the importance of working with refugees on the issues they face within Australia and offshore - Australia's infamous treatment of refugees from the perspective of the world stage.

It was more than informative - it was very, very moving. It gave us more of an understanding of the lives of refugees and the failings in Australia's treatment of these most vulnerable people.

We were lucky enough to have further discussions with Associate Professor Kate Galloway who delivered a very engaging and insightful presentation about data and the importance of privacy.

Being able to attend this conference was an amazing learning opportunity, it gave us a chance to better understand human rights issues in our society and how we can help resolve these to make a positive change.

Thank you to Avila College for funding this experience of the world we are about to enter.



Elizabeth Dinh
Year 9 Public Speaking
and Debating Captain

The Legacy Competition

On Friday 26 July we travelled to Box Hill RSL to compete in the Legacy Public Speaking Competition. Legacy is a special organisation that supports the families of servicemen and women who have been injured or killed. They offer this Public Speaking competition to develop young leaders who are socially aware.

As the the four of us headed to Box Hill there were many nerves as this was the first Public Speaking competition for Talissah Lodge (Year 9) and Anja Hulston (Year 8).

To settle the nerves, we slowly recited our speeches and discussed impromptu topics that could come up.

It was a great experience and everyone was happy with the way we delivered our speeches.

Thank you to Ms Carroll for taking us on this day and we wish Nishara Fernando (Year 9), winner, the best of luck in her semi final.



Year 7 Public Speaking

Congratulations to Lila Chang, who won the Year 7 Public Speaking Competition with her presentation on how little things matter.

Year 8 + 12 Public Speaking


Congratulations to Caitlin Beyrooti, Gisella Santosa, Rachel Iwuagwu and Sara Whitehead who were the joint winners of the Year 8 and Year 12 public speaking competitions respectively.



Public Speaking and Debating Week



COMMUNITY



Mr Justin Cash
Community Engagement Manager
jcash@avilacollege.vic.edu.au



Kathryn Limeira-Beaton
Sustainability Captain
Dana Tomljanovic
Sustainability Vice Captain
Georgia Miller
Stage Crew Captain
Lauren Karipidis
Stage Crew Vice Captain



Father's Day Breakfast

Friday 30 August | 7.30-8.30am

Always a highlight on the Avila school calendar, this year's Father's Day Breakfast is on Friday 30 August. Dads, Grandfathers and Beaut Blokes are invited to join us for an early breakfast in the Gathering Space from 7.30am. Don't forget to wear your footy scarf!

\$5 tickets available here: www.trybooking.com/BELZR

Pieces of the Puzzle

After weeks of careful work and patience, the 2000 piece puzzle in the Library was completed!





New SBS series highlights inappropriate online behaviour

The storyline of the new SBS series "The Hunting" focuses on the sharing of intimate photos and videos online without consent .

The [e-Safety Commission](#) has highlighted the release of this series as an opportunity for schools and parents to continue age-appropriate conversations about safe online behaviour.

Their spotlight article provides a number of useful conversation starters and discussion points that can be used by adults when discussing this topic with adolescents.

SBS has collaborated with the e-Safety Commission to produce a range of educational resources including a comprehensive [Parent Discussion Guide](#) which is recommended for use by families if watching the program.



Student Free Day Friday 16 August

Avila College will be closed on Friday 16 August as staff attend a Faith Professional Learning Day offsite.

2021 Applications Close Soon!

Applications for Year 7 (2021) close Friday 23 August. Please Note; current families need to submit an [application form](#) by this date to secure a place for any new students.



Avila Calendar

Tuesday 13 August

VTAC Information Evening

Thursday 15 August

Parent-Student-Teacher Meetings
Students finish at 1.10pm

Friday 16 August

Student Free Day
Staff Faith Professional
Learning Day

Monday 19 August

Year 10 Reflection Day

Tuesday 20 August

Parent-Student-Teacher Meetings
Students finish at 1.10pm

SECONDHAND UNIFORM SHOP

Wednesday 28 August 1-4pm

AVILA COLLEGE GENERAL OFFICE HOURS

8am - 4.30pm

**PLEASE CALL THE ABSENTEE
LINE BEFORE 10am
on 9831 9696**



Marisa Georgiou
Year 7

Briana Pathiraja
Year 7

Yolanda Edwards
Year 7

Merin Pynadath
Year 7



Every picture tells a story...

This school has great students and staff but if you look up from your electronic devices you will see the breathtaking nature and scenery around our school.

We have had some fun creating a photography competition to see who could take the best photos of our natural environment at school.

This small competition between some Year 7 friends went on for two days.

We explored our wonderful school environment by wandering around to find some good and unique photographic subjects.

We used our recess and lunchtimes to find interesting places to produce an image both inspiring and fascinating.

As we are all Year 7's this was a great way to explore our new environment. As we looked, we found some amazing spots that were hidden in plain sight.

We took photos in St Teresa's Garden, near the library, the community garden and many more areas around the school.

We spent time going through our many photos and showing the photography staff. They were impressed with our work and frankly so were we.

We had fun finding the right angles and perspective to look at things. We have all discovered a new hobby together.

With all this said, we hope photography can become more popular around the school. Taking photos and finding places to do this, is really fun.

As we said earlier we have all found a new hobby and some of us have been inspired (however it is a bit early) to take up photography in Year 9 as an elective.





Tricia Cowan
Sport Captain

Sophie Gregson
Sport Vice Captain

Bridgette Roza
Chisholm Captain

Sarah Ang
Flynn Captain

Daniella Fischer
MacKillop Captain

Zoe Gifford
Nagle Captain



All Schools Netball Championship

The Avila teams starred at the All Schools Netball Championship with the Juniors winning their section, the Intermediates placing second and the Seniors fourth!



International Dancer!

Year 10 student Natalie Khoo was selected to represent Australia as a member of The Australian International Dance Team 2019 (IDO) who recently competed in the Commonwealth Dance Championship in South Africa.

Congratulations Natalie and her Showdance team on their placements.

- Gold medal and judges award for their showdance Adult small group
- Gold medal for showdance large group
- Gold medal for showdance trio
- 8th place for showdance solo
- Silver medal for Jazz small group

According to Natalie: "It was an amazing experience in South Africa with all the fun activities, and being able to perform on the Commonwealth stage made it even better.

We got to meet people from other countries such as Canada, South Africa, Malaysia and even the USA and Slovenia! After an excessive amount of training it has all paid off and I will never forget this wonderful opportunity."



History Detectives

Maps in hand, Year 7 students explored the school campus in their Humanities class last week, identifying and capturing pictures of the historical plaques located throughout the College.



Literature Link Up

VCE Literature students enjoyed an interactive online lecture with Dr Grace Moore from the University of Otago in New Zealand.



RoboGals Workshop





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



Mrs Madeleine Franken
Careers
mfranken@avilacollege.vic.edu.au



Year 12 Transition Support

Applications for tertiary study in Victoria in 2020 have now opened.

This is an exciting time for our Year 12 students as they focus on future areas of study at universities, TAFEs, private providers or in the workforce.

All Year 12 students had the opportunity to open an account with [VTAC](#) on Thursday 8 August with Careers practitioner support. It is normal and expected for some students to be nervous about their transition from school and for some to feel stressed about their plans and decisions for the future. There are many supports available to them here at school and we urge them to make use of them early and not leave decisions and procedures until the last minute.

Being knowledgeable of the process and options helps students feel better prepared and we encourage them to attend as many open days and information sessions as possible.

Thank you to those families planning to attend the Avila College VTAC Information evening next Tuesday 13 August. Please remember to bring your 2020 Year 12 VTAC Guide and a pen with you. If you are unable to attend, the [VTAC webinar](#) may be of assistance.



Free VTAC Webinar for Students and Parents

Next Wednesday 14 August from 7-8pm, VTAC will run a free community webinar hosted by the CEAV.

This webinar will cover the complete VTAC application process, including using CourseSearch, the preference system, SEAS, scholarships, and the ATAR and scaling.

Students and parents can register [via eventbrite](#), and the link to join the webinar will be sent out 24 hours prior to the webinar.

Open Days

Open Day season is in full swing and we encourage students from Year 9 upwards to attend at least one event a year. Attendance provides an opportunity for students to explore the range of pathways that exist, get a feel for different types of campuses and institutes, and speak to students and staff about graduate outcomes and pathways into various areas.

It's not too late to visit one this year. Check out the list below.

[2019 Open Days List](#)

Oakleigh Central Jobs Fair

[Oakleigh Central is running a Jobs Fair on Thursday 15th August from 4-7pm.](#) Attendees will have the opportunity to meet employers face-to-face and ask about real job opportunities (Christmas casual positions through to volunteer opportunities with local community groups) available at Oakleigh Central and the surrounding businesses. A number of employment agencies will also be in attendance, to provide advice on resumes, cover letters, interview tips and guidance on further training & development.



Isabel Amoranto
Year 11

Work Placement News

My placement with the Melbourne Symphony Orchestra was an unforgettable and rewarding experience that has enriched my understanding of the opportunities available in the arts industry.

These three days felt very short and thoroughly provided insights into career pathways in both musical administration and musical performance. Our main project during the placement was to create a concert pitch which was presented to a panel of executives, similar to how the MSO plans and creates their concerts. In the process, I was able to work collaboratively with a group of talented and like-minded students whilst also receiving feedback from the administrative staff. Other highlights included attending a public performance of the orchestra and observing the rehearsal with guest pianist, Lang Lang.

Overall it was a unique opportunity to be immersed in an environment that combines ones passion with work.

MACKILLOP DAY



JUBILATE DEO

featuring Avila
students Barbara
and Rocio Ravanal
in the choir!

SATURDAY 14 SEPTEMBER 2019

2.30 PM AND 7.30 PM

DEAKIN EDGE, FEDERATION SQUARE

GENERAL ADMISSION \$25 CONCESSION \$20

FOR BOOKINGS VISIT WWW.TRYBOOKING.COM/BEITP

For more information visit excelsis.org.au
or email us at info@excelsis.org.au



EXCELSIS