Prayer

To mark the feast of Leo the Great, Pope and Doctor of the Church: "Loving God, when unity seems difficult, may we remember that we are all created in Your image, so that what unites us is much greater than what divides us. We make this prayer in Jesus’ name. Amen”

From the Principal

Recently I have had the privilege and pleasure of attending two significant community events. The first was as a guest judge at the Moonee Valley City Council Community Awards ceremony. It was wonderful to hear of, and subsequently meet, many local heroes, members of their community who give so generously of themselves for the benefit of others.

Last week I was delighted to be joined by outgoing College Leaders Wendy Ibrahim and Rebecca Micallef, and incoming Captains Isabella Gabrielle and Ciara Brown, at the Victorian Student Representative Council (VicSRC) Awards at the State Library. Ave Maria College was awarded second place in the Group Action Category for student voice. James Merlino, Deputy Premier and Minister for Education presented the award to Wendy and Rebecca. The award recognises the importance of amplifying student voice and connection within school communities. This year, our outstanding student leadership team at Year 12 developed a week long plan of activities to engender and celebrate student engagement. Their video story of this event was submitted to VicSRC and earned them this recognition. It was terrific for our 2016 Leaders to be present to witness the many great ideas and initiatives taking place in other schools. This and the fine example of their 2015 counterparts at Ave Maria College is sure to provide great inspiration to Ciara, Isabella and the 2016 Student Leadership team.

I commend Molly Kennedy of Year 11 (recently appointed Faith and Social Justice Captain 2016) who wrote a wonderful article for the CEM website offering a heartfelt reflection on the recent trip to St Maria Mazzarello School in Venilale. As we continue to build our partnership with Timor Leste, it is important to stay connected to the people and the stories of this community and our girls’ experience of their visit. You can read the article here.

Building update

The removal of the portable classrooms last week was a pleasing thing! Not only does it provide a welcome return of space, it also signals completion of our new building which has been under construction for most of the 2015 academic year. We have assurances from the builders that works will be completed before the end of the year, enabling rooms to be set up in readiness for 2016. After the winter months of prolonged extreme weather, all is progressing well with internal fitout. Our students across all year levels can expect to enjoy great learning environments with the enhancement of our science labs, new general classrooms, a research hub and on the top level, our Arts precinct including gallery and outdoor studio.

Peace,

Elizabeth Hanney
Principal
Heads of School

End of Year Programs
Students by now have brought home all the information they will need regarding end of year examinations and programs. If you have any questions about these please do not hesitate to contact either of us.

End of Year Masses
Another warm invitation to all parents, who are invited to join us for the End of Year Masses for Years 7-9 and Years 10-11. Each Mass will be celebrated in the Francis Hall at 12.15pm on the students’ last day. The students are dismissed following the conclusion of the Mass. Information about RSVPs is included in the end of year information brought home by students last week.

The dates are as follows:

- Years 10-11: Thursday, 26 November
- Years 7-9: Friday, 4 December

Studying for examinations
As the Years 7 – 9 students begin their revision and preparation for exams it may be helpful to use an examination planner. A template has been prepared for each year and placed on the year level front page of AveSpace>Learning (or via the link above). It is important when scheduling revision time that students set specific and achievable goals to work towards in this time. This planner template sets out a goal of 10-15 minutes per examination subject per night, and 20-30 minutes per subject over the weekend. The template requires students to nominate the time they are going to do the revision (and it should not be in one block) and where this will occur. Some revision experts suggest studying each subject in a different room, as it helps the brain to categorize / compartmentalise learning – just a suggestion, but worth a try!

Likewise, using a variety of revision strategies – such as flashcards, conversations and constructing mind maps of information - is just as effective as reading over notes or doing practice questions. Parents can get involved by using the flashcards or just engaging in a conversation about the topics. A good starting point might be to ask your daughter – what can you tell me about …… (insert topic)? For parents though, it is important not to bombard them. Be guided by their responses and ask open questions to illicit more information; don’t be too hasty to correct them, lead them to the right information through good questions.

It is also important to consider how much can be asked in a 60 minute exam. It can be overwhelming to try and revise a semester’s worth of work, so they should take a planned approach. Students will, if not already, be advised on the topics and questions types they might expect to see in the exam.

Learning Leader

Thinking ahead to end of year Examinations
At this point, your daughter should have received a copy of her Examination timetable and End of Year Program for the last weeks of school. The Years 7-9 Examinations will commence on Monday, 23 November and finish on Wednesday, 25 November.

The thought of sitting an examination may be an exciting opportunity for some, to sit in a formal examination environment, but for others it could be one filled with uncertainty as they move in and out of their comfort zone. No one likes being in situations where we cannot entirely control what happens, especially when the result really matters to us. One important response is to decide to control what you can control, and not waste time getting worked up over the elements that you can’t control. Be prepared!

So many times from our students we hear from them; ‘How do I study?’ ‘What do I do?’ In the week leading up to examinations, teachers will be assisting students in their revision of the semester’s work by using a range of strategies that may involve collaboration with other students, independent learning, time tasks, quizlets or looking more closely at exam style questions.

After the examinations, students will receive examination feedback from their teachers. During this time, students will be asked to reflect upon not only the result or score, but the verbal and written feedback provided. Students who are real ‘learners’ will take the time to consider all the feedback and ask themselves: ‘What do I need to do differently next time?’.

As a Year 8 Homeroom Teacher, I have begun talking to the students about preparation, schedules, getting organised, where to find additional resources and asking for assistance. The students have decided that an Examination Learning Wall in our Homeroom is a great idea as a daily reminder of tasks to be completed and gentle reminders about the purpose and benefits of sitting exams. Our Homeroom Ambassador, Abbey Crowley, put together a motivational Examination Preparation sheet which will form the centrepiece of the learning wall. The class also made suggestions to add subject examination guidelines, motivational expressions and a ‘How are you preparing?’ space to entice others to reflect and write about their exam preparation.

Great ideas 8E! Good luck to all students sitting exams.

Debra Coyne
Learning Leader
Faith and Religious Education

Each of the following points directly relate to our 2015 College theme: “Honouring God’s creation”.

On behalf of Year 8 students of 2015, I can say that the Year 8 Faith Formation day was an extremely valuable and educational day for us all. The theme of the day was ‘Caring for Creation’. Not only did we explore conservational conflicts, but we participated in a fun activity about endangered species with an ex tram conductor, learnt about the use of water in everyday products and spent some time brainstorming sustainable designs for Maribyrnong Park. The weather made our lunch and snack breaks perfect; I am sure we all absorbed a lot of Vitamin D that day.

All together, we now have a new perspective and outlook as to our environment in our area, thanks to the Friends of the Maribyrnong Valley.

Georgia Wheaton 8A

On 14 November, Caritas Australia, in partnership with many of Australia’s leading Christian NGOs, will bring hundreds of people who follow Jesus together in Sydney for a one day climate justice conference called “Light The Way”. Participants will hear personal stories of people already impacted by climate change, learn about the latest climate science, and explore the theology of climate justice.

In Melbourne there will be a People’s Climate March on Friday, 27 November beginning at 5.30pm. It’s one of many similar marches in Australian cities as participants walk alongside millions of people in hundreds of major cities around the world. By coming together it is demonstrating that our political leaders are out of step with the Australian community and the rest of the world. The march is being held because we want our leaders to listen to our communities and help us build a brighter and fairer future for all.

Patrick Jurd
Director of Faith and Religious Education

Important Dates Term 4 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday, 13 November</td>
<td>Years 10 &amp; 11 Examinations Begin</td>
</tr>
<tr>
<td>Friday, 20 November</td>
<td>VCE Commencement Week</td>
</tr>
<tr>
<td>Monday, 23 November</td>
<td>Years 7-9 End of Year Program (Examinations) begin</td>
</tr>
<tr>
<td>Friday, 27 November</td>
<td>Year 7 2016 Orientation Day (Peer Support Leaders to attend)</td>
</tr>
<tr>
<td>Monday, 30 November</td>
<td>Assessment and Reporting Day (Student free day)</td>
</tr>
</tbody>
</table>

Student Absence
To report a student absence please telephone Ave Maria College on 9331 9359 at any time to leave a recorded message.

Administrative Services
Student Counsellor

The Power of the Heart

The HeartMath Institute was established to conduct research into the heart’s intuitive intelligence, to help people bridge the connection between their heart and mind, and deepen connection with the hearts of others.

Science now proves the heart is far more than a pump. It profoundly influences the way we perceive and respond to the world around us. It is a highly complex, self-organised information processing centre with its own functional brain that communicates with, and influences, the cranial brain, affecting intelligence and awareness. This in turn affects the body’s major organs and the heart will ultimately determine your quality of life. The idea that one can ‘die from a broken heart’ is not so far-fetched when it is known that our inner emotional state alters our heart rhythms.

The heart’s energy has been proven to be even more powerful than the brain – 500 times more powerful! Imagine you sit within three metres of someone and after 20 minutes your heart entrains with that other person. Entrainment describes a state in which two heart-rhythm patterns become synchronous and operate at the same frequency. It is a phenomenon of the human heart which scientists are only now starting to open their minds to.

Imagine world leaders and politicians leading with their heart; being heart-empowered individuals who choose a way of love, demonstrating compassionate care for the well-being of themselves, others and the planet. Jesus is a perfect example of a heart-empowered leader. What a different world it would be...

Pay a little more attention to your heart. Ask your heart for answers, listen for direction, tune into your heart’s intuitive, loving and non-judgemental wisdom. Teach your daughters about the power of their hearts. By learning heart-focused tools and techniques you can reduce stress, increase resilience, and gain greater personal balance, creativity, insight and fulfilment.

The HeartMath Institute website (www.heartmath.org) has wonderful free resources and heart-focused programs including a Heart-Coherent Parenting page with resources for teens. Click here for the link. I encourage you to check out this seven-minute video to be blown away by the vital and powerful role the heart plays in our lives.

Ceci Tankey
Student Counsellor

Pathways News

Low Income Healthcare Card

Once you have finished school you are no longer a student and you may be eligible for a Low Income Health Care Card.

This card gives access to a range of concessions, not only on some health care items but also on a range of other goods and services. In particular, TAFE and other short courses offer substantial discounts for cardholders.

It is recommended that all graduating Year 12 students consider applying for this card once the exams are over.

Visit Low Income Healthcare Card and download the application form at Low Income Healthcare Card Application.

VCA and MCM Summer School Program

Focused on developing a broad range of techniques are the Victorian College of the Arts (VCA) and Melbourne Conservatorium of Music (MCM) Summer School courses.

Summer Schools are either three or five days long and take place within the two weeks of Monday 11 January to Friday 22 January 2016. Find out more at VCA & MCM Short Courses.

Australian Youth Humanities Forum

The Australian Youth Humanities Forum offers a Humanities counterpart to the National Youth Science Forum. Hosted by The University of Melbourne, the Forum is part festival of ideas, part careers fair and aims to re-imagine the role of the Humanities in the future.

By setting sessions devoted to the career pathways of humanities-trained professionals alongside prominent speakers’ reflections on the humanities in community life, the forum aims to equip participants with both practical information and civic inspiration. Forum details:

Wednesday 20 January and Thursday 21 January 2016
The University of Melbourne
Registrations close on 20 November 2015

To find out more and/or to register to attend this Forum, visit Australian Youth Humanities Forum.

Work Experience at Austin Health in 2016

Applications have opened and students should note that placements are allocated on a "first come - first served" basis.

For further information and to download the application form, visit Austin Health Work Experience.

Helen Aliaga
Pathways Coordinator