

## Prayer

Loving God, may we use the gifts You have given us through the Holy Spirit to bring Your kingdom closer. We make this prayer in Jesus' name. Amen



## From the Principal

### Student Wellbeing Program

It is very pleasing to see the wide range of opportunities provided to our students to extend and support their learning. Each Year Level has a Wellbeing Plan, with a particular focus. They have been sequenced to be age and developmentally appropriate, and are being led by the Year Level Team Leader in conjunction with Homeroom Teachers. I note this below for the information of parents and invite you to discuss these themes with your daughter.

**Year 7:** Let Your Inner Beauty Shine

**Year 8:** Awakening Your Awareness

**Year 9:** Your Responsibility, Your Relationships,  
Your Community

**Year 10:** I Own My Choices

**Year 11:** Seizing Opportunities

**Year 12:** Individually We Are Ranked But Together We Are  
ONE

In our next edition, we will profile a vast range of Co-curricular opportunities for students.

### Kick Arts

Congratulations to our Year 12 student leaders for a very successful Kick Arts Night last Friday evening. Hosted by student leaders across our three neighbouring Catholic Colleges, it was a privilege to witness such talent and community spirit. We thank St Bernard's for hosting this very enjoyable event. Congratulations to Ave Maria College performers, they did themselves and the College very proud.

A particular acknowledgement of the Dance Crew who took out victory in the Dance category – a wonderful performance which brought together the girls' own choreography with the support of College House Captain, Georgia Tankey.



### Helene House Day

Helene House celebrated their patron this week. Helene de Chappotin first joined the convent in 1864, taking the name Mary of the Passion. Helene was a fearless and tireless messenger of God's love. Having encountered God's love, she recognised her call to be a person of truth and love to all. She formed the Franciscan Missionaries of Mary in 1885. By the time of her death in 1904, the FMMs were working in four continents, spreading the message of God's truth and love by their own lives. They came to Australia in 1941 and in 1946 they established the Ave Maria Retreat House for Women here in the Clydebanks building. This year, we will honour Helene de Chappotin by creating a life sized bronze sculpture of her to stand at the front of the College. Our forebears have much to teach us and Helene in particular reminds us of our Franciscan and Gospel values of peace, truth and love for all. I thank Cheryl Kerin and Emily Raffaele who travelled with a group of students to Malmsbury for the foundation work for our Helene Sculpture; an historic day for all.

Elizabeth Hanney  
Principal





## Deputy Principal Leadership & Learning

I was listening to an interview recently with an inventor who talked about the importance of failure in his work. As the interview went on his message for schools was "Let kids fail!" In his work, it is through testing and failing that he has developed his greatest insights and discoveries. He contends that failure in his work is to be welcomed and watched as that's what gives him the ideas on how to change and improve.

He went on to apply this more broadly to education in a society that values success so highly where we do not teach kids to fail. *"The idea that we teach by rote in order to learn things and then mark as brilliant or clever the people who get the right answer first time I think, is entirely the wrong way to teach people. Life is not like that. In life you don't have the right answers available all the time; you have to work them out."* Interestingly he goes on to state, *"I would actually mark students by the number of mistakes they make because they've experienced failure and learnt from it. The brilliant child who gets it right first time because they remember the answer isn't necessarily the one who is going to change the world or going to succeed in it."*

As parents and educators there is so much for us to reflect on from this message; not only for the young we are bringing up but just as much for ourselves. How willing are we to embrace failure as the pathway to success? How do we encourage and mentor our young people's learning through failure? In my experience, for fear of failure, we get bogged down in planning every detail before proceeding; so much so that we don't actually proceed! I know I learn best by experience; that is, do, then reflect. Of course there has to be planning but one needs to know when to stop talking about an action and start carrying it out. This model is referred to as an inquiry-action approach. Actions are taken, then evaluated and reflected upon and the knowledge gained drives the next action. Fullan labels this sequence a Ready - Fire - Aim. This kind of learning takes courage and I believe modelling and fostering such courage in our young is invaluable to their growth.

Watch a wonderful TED-Talk on [discouraging the fear of failure](#) from Regina Dugan.

Phillip Tascone  
Deputy Principal Leadership & Learning

## Heads of School

### NAPLAN 2016

Congratulations to all students in Year 7 and 9 on the successful completion of the 2016 NAPLAN tests. Students are to be commended on their conduct and attitude towards the test, with both being favourable and positive. NAPLAN results will be made available to families later in the year. Further information about this will be communicated in due course.

### Year 7 Parent Social Event

The College hosted the inaugural Year 7 Parent Social Night at Windy Hill on Thursday, 28 April. This was a terrific community event with 35 parents coming together to meet and share experiences in a social setting. Thank you to all who attended. Parent social nights for other year levels are scheduled for later in the year, keep an eye out in future newsletters and SkoolBag for more information.

### Learning for Life

As examinations approach for Years 10 and 11 students and assessments for other year levels become more frequent, it is timely to remember that learning is for life, not just for assessments. It is easy for students to fall into the trap of focusing only on what needs to be learnt for a test or exam, however, we take this opportunity to remind students and parents that learning is more than memorising and recalling facts.

It is vital that they consider the underlying skills needed for success – good time management, problem solving, summarising, comparing and contrasting, and decision making. These are skills that need refining and improving just as much (perhaps even more so) than learning the content, and, they can make a real difference to the performance in and assessment.

Head of School Years 7-9            Jo Hammer  
Head of School Years 10-12        Matt Smith



## Important Dates

Wednesday, 18 May  
Thursday, 19 May  
Friday, 20 May  
Tuesday, 24 May  
Wednesday, 25 May  
Monday, 30 May—Monday, 6 June

SCSA Indoor Soccer  
Year 8 Special Persons' Mass  
Year 7 Faith Formation Day  
SCSA Basketball  
Year 10 Keys Please Incursion  
Year 10 and 11 Examinations

# Teaching and Learning Leader

## Preparing for Examinations

Examinations are an important part of the learning process at the College. They ask students to demonstrate how well they are able to recall and apply, under timed conditions, what they have learnt.

The Year 10 and 11 examination period is fast approaching and your daughter can never begin preparing too early. Time management is crucial in the lead up to this period. Managing home study, sporting commitments, family obligations and in some instances a part time job can be challenging but is manageable if your daughter stays organised. A study timetable may work for some students or ask your daughter to set some revision goals that can be used to help guide and motivate her learning. Your daughter's teachers continue to be her greatest resource and I ask that you encourage her to seek additional help during this time if she needs it.

## Using Technology to Assist in Study

There are a number of interactive tools and websites that can assist in both revision and the establishment of good study habits. You may like to browse some of the following websites and applications with your daughter:

[Youth Central](#): Study tips and resources.

[Bubbl-us](#): Mindmapping made easy.

[Study Vibe](#): Explore all this site has to offer, there is a range of study tools, research guides and tips for goal setting and motivation.

[Quizlet](#): Makes studying fun, easy, and effective. Create your own sets of study material or choose from millions created by other Quizlet users. Then master your subject with powerful interactive learning tools including memory tests or race against the clock in a game of match.

[Khan Academy](#): Over 10,000 videos and explanations at your fingertips in math, science, economics, history, and much, much more

**Voice Record Pro**: Record yourself reading your notes or textbook and listen to it to assist in your revision.

Jessica Hall

**Teaching and Learning Leader**

# Faith and Religious Education

Sunday, 15 May was Pentecost Sunday. As he has done for a number of years, Archbishop Hart has written a [Letter to Youth](#). The above link also has a number of engaging videos that are worth viewing and could spark family discussion about its topic of mercy.

On Wednesday, 4 May 2016 the Year 11 cohort bustled into rooms M203/M204 in the Mary Centre to listen to the life of a Muslim woman in Australia. This inspiring woman, Sherene Hassan is the first woman Vice-President of the Islamic Council of Victoria. Hassan was born in 1969, in Western Australia to immigrant parents. She told us about the challenges and hardships she faced and still faces today in Australian society, as a Muslim. She began by telling us about herself, her school life and family. She talked about the peer pressure, prejudice and racism she faced whilst attending high school when multiculturalism was almost non-existent in Australia. Hassan told us that wearing a headscarf should not be restricting but empowering as a woman of faith in the Muslim religion.

From this, she began to talk about Muslim customs and the core of Islam, including the Five Pillars of Islam. She related this newfound information to everyday life and how she goes about living out the virtues of peace and protection of life, in the modern world today. Through this experience, we learnt that Islam is not a religion of extremism and violence but a religion of peace, protection of all life and faithfulness. Sherene Hassan inspired us to think about our own faith and how we can live out God's love as strong, independent women in society today.

**Clare Shu Year 11**



Patrick Jurd  
**Director of Faith and Religious Education**



## Student Counsellor

### Don't Pass Your Worries on to your Children

Have you ever noticed that anxious parents tend to have anxious children? This is partly due to the genes that are passed on to the child. However, a recent study, published in The American Journal of Psychiatry, found that anxiety largely arises from environmental factors, [The intergenerational transmission of anxiety: a children-of-twins study, 2015](#). While there's not a lot that can be done about your child's genetic makeup, there are things you can do to help prevent your child from becoming anxious. For instance, don't be anxious around them. If children observe their parents' fear or worries, they may adopt those same worries.

A positive aspect of the anxiety research is that the trajectory of children's mental health is not "set in stone." Parents can be proactive in helping their child become strong and resilient. My advice to parents is to be aware of your own anxieties so you can avoid passing them on to your children. For example, if going to the dentist makes you anxious, send your child with your partner so that she doesn't pick up on those emotions.

It is a parents' role to help children face their fears. Sometimes parents help their children avoid anxiety-provoking situations because they're worried it's too much for the child. This takes away the opportunity for the child to learn that they can actually cope with the situation after all.

It is important for children to be exposed to adversity. This helps them to learn resilience and determination. It is a good idea to model this behavior to your child by thinking out loud how you do not put yourself down and are self-accepting when something bad happens (e.g., "I didn't get that promotion at work. While this is disappointing, I will not put myself down by thinking 'I'm hopeless.' After all, I'm still me – a capable and likeable person.")

Sue Hall  
**Student Counsellor**

### Uniform Reminder

Parents and students are asked to be aware of the requirement for white shirts of the uniform to be tucked in. The winter skirt is not to be rolled up but worn neatly with the shirt tucked in and the uppermost button done up. When arriving and leaving the College students must be wearing their Blazer.

## Pathways News

### Year 12 Tertiary Institution Future Options Day

As part of the Careers Preparation at Ave Maria College, an excursion will occur for all Year 12 students to a number of tertiary institutions on Wednesday, 8 June 2016. The purpose of this excursion is to help students become familiar with post-school careers and future educational opportunities. Students will visit three Universities, which will give them an insight into courses available, university lifestyle and the layout of the institutions.

### Year 10 Work Experience

The official week of Work Experience runs from Monday, 20 – Friday, 24 June 2016. Students in Year 10 are asked to make contact with their employers in the next week. The purpose of the contact is to clarify location, hours, dress code, supervisors and the like. Students will be given a Check List to make sure they cover all bases.

### The Morrisby Report Year 10 Students

Students in Year 10 have begun the [Morrisby Online](#). All students complete an assessment which measures preferences and aptitudes for verbal, numerical and abstract abilities. Students also answer a questionnaire on their talents and aspirations. Morrisby Online is an interactive website dedicated to providing education and careers advice for teenagers which can help and inspire students to explore the different options and opportunities available to them.

### Open Days 2016

Dates for Open Days 2016 have now been published and are available in the Announcements/ Careers and Pathways on Ave Space.

### ACU Early Achievers Program

Year 12 students who demonstrate leadership in the school or workplace, coordinate a community initiative, volunteer in a local cultural, sporting or religious group or provide care to someone in need? [Australian Catholic University's Early Achievers' Program \(EAP\)](#) recognises a students' potential to achieve great things. Year 12 students are encouraged to start gathering their required documentation now to submit with along their application. Failure to meet all the requirements for the EAP will result in not being considered for the program.

Helen Aliaga  
**Pathways Co-Ordinator**

## VCE Global Politics Victorian Parliament Excursion

On Tuesday, 3 May 2016 the VCE Global Politics class visited the Victoria Parliament where we experienced what it was like to be in question time and to sit and talk with a State Member for Niddrie, Mr Ben Carroll. The day began with a tour of parliament in which we were able to experience sitting in the chairs of the ministers in both the Legislative Council and Legislative Assembly. This gave us a greater understanding of what it would be like to have a position of power like ministers, and the formality of the process during discussion in the two houses.

After our tour we were granted the opportunity to sit down and have morning tea with MP Ben Carroll, the State Member for Niddrie. During our chat we discussed political and social issues which we felt strongly about and had informed discussions about the Labor party and what Mr Carroll does in his position.

Following morning tea we were lucky enough to be able to sit in and watch question time. This was an exciting new experience for us all as some of us didn't know what to expect and what to make of it. The theatrics of question time surprised everyone, and it was truly an educational experience. Overall we all enjoyed the day and were grateful to have been given this opportunity.

**Stephanie Farah and Bridget Casey**



## Timor-Leste Benefit Ball

The annual Ave Maria College Timor-Leste Benefit Ball is our major fundraising event to support St Maria Mazzarello school in Venilale, Timor-Leste.

Funds raised on the night will go towards a range of supports at our sister school, including learning and sporting resources, academic scholarships and teaching staff support.

**We invite parents and friends of the College, along with senior students from Year 11 and 12 at Ave Maria College, to join us for this important community event.**

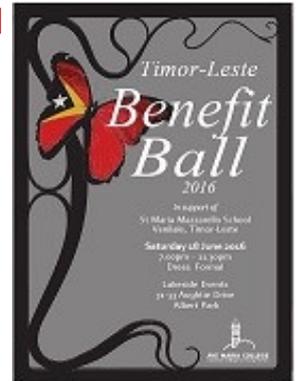
### TICKETS

*Ticket include canapés, a two-course meal and beverages (including alcohol for adults)*

Adults \$100

Year 11 and 12 Ave Maria College students \$90

Bookings: [www.trybooking.com/KSLR](http://www.trybooking.com/KSLR)



## Camps, Sports and Excursions Fund

The final closing date to apply for the "Camps, Sports and Excursions Fund" (CSEF) is Friday, 3 June 2016.

If you have a valid means-tested concession card such as a Health Care Card or a Pension Concession Card, and your daughter is named on this card, then you may be eligible for funding.

Applications are available from the Finance Office, the Registrar or on CSEF website [www.education.vic.gov.au/csef](http://www.education.vic.gov.au/csef).

**Finance Office**