

Prayer

Loving God, as creation shares the joys of spring with us, may we appreciate your gifts to us.
We make this prayer in Jesus' name. Amen



From the Principal

St Teresa of Calcutta

Mother Teresa is now known as St Teresa of Calcutta following her canonisation by Pope Francis last weekend. So much of Teresa's life and ministry resonates with Franciscan spirituality; her simplicity, her care and service to all, particularly the poor and her joy in life. St Teresa (1910 – 1997) saw clearly, as Francis did, the call to be Christ in the world. She summarises this in three words, Prayer, Love, Service. Teresa liked to give out what she called her 'business cards'. These did not contain her contact information but several lines which express her most basic teaching:

The fruit of silence is **prayer**,

The fruit of prayer is **faith**,

The fruit of faith is **love**,

The fruit of love is **service**,

The fruit of service is **peace**.

Student Achievement

Congratulations to the following students who have excelled in their learning by participating and achieving success in their field:

Ballarat Music Eisteddfod - Receiving place awards in a broad range of singing categories, **Alyssa Soloczynskyj (1st place Jazz)**, **Guiliana Lombardi**, **Joanna Ckuj** and **Isabella Trinchera**

Health and PE, Mental Health Foundation's Creative Writing Competition - Taking out first and second prize respectively, **Hannah Davies** and **Jessica Storey**

Wool4School - Named State Winners in the Textiles competition, **Lauren Sponza** and **Antonia Kerrison**

Business & Humanities - Ave Maria College was the most frequently named school in the recent awards given as part of IPAB, Victoria University's annual 'I Plan a Business' (iPAB) competition giving emerging student entrepreneurs the chance to apply their creativity and business skills to new ideas.

In 2016, the competition was open to Year 10 and 11 students in secondary schools across Victoria. Ave Maria had finalists in 3 of the 4 categories; Best Business - Individual, Best Business - Group and Best multi-media submission.

The individual winner, **Maddison Cottle**, proposed a DriveThru chemist, which uses a 'click-and-collect' app to facilitate fast, easy collection of prescriptions. Other recipients were: Mikayla Harris-Grey, Melissa Marinelli, Molly Farrell, Gemma MacGregor, Keely Clark, Scout Else, and Isabelle El Hage. Further details are enclosed.

Congratulations Maddison and all students on your recent success and pursuit of excellence. We also acknowledge the teaching staff for their expertise and encouragement of our students in all endeavours.

"Our task is to educate our students' whole being so they can face the future. We may not see the future, but they will and our job is to help them make something of it."

Sir Ken Robinson, 'The Element: How Finding Your Passion Changes Everything'

Elizabeth Hanney
Principal



Change of Date for Enrolments for Year 7 in 2018

Enrolment Applications for Year 7, 2018 are currently being accepted by the College and must be submitted by Friday, 16 September 2016.

Placement offers will be posted on Friday, 14 October 2016.

All families, including families with another daughter currently enrolled at the College, must submit an Application for Enrolment.

To organise a copy of the College Prospectus or to book a College Tour, please contact the Registrar, Ms Carmel Brewster on 9331 9308 or visit our website at www.avemaria.vic.edu.au.



Heads of School

Subject Selection 2017

As you would be aware all students completed their 2017 Subject Selection nominations a couple of weeks ago. The first phase of timetable construction is currently underway. As you might imagine it is a complex task to develop a timetable and ensure all students are pursuing subjects of their choosing. Unfortunately, for a small number of students, we have had to allocate them to one of their reserve preferences. Students that have been affected in this way have been advised. This phase of the process will continue to unfold over the final weeks of Term 4. We thank all students for their patience and understanding as we work through the various stages. Final confirmation of 2017 subjects will occur in November, when booklists will also be distributed.

End of Year programs

It is hard to believe that preparations for the end of year programs for Years 7-9 and 10-11 are well underway, but in reality there are just a few weeks left in the 2017 academic year. Students should be in the preparation phase for the end of year exams, ensuring they are putting in place solid revision and study habits. Parents should take note of the examination periods for each group:

Year 10-11 : Thursday, 17 November-Thursday, 24 November 2016.

Year 7-9 : Monday, 28 November-Wednesday, 30 November 2016.

Following the examination period, each group will undertake several days of orientation and transition for the forthcoming year. Detailed information about the End of Year programs will be communicated in early Term 4.

Term 4 Uniform

With spring now upon us, Term 4 will see students return to wearing the College summer uniform. We ask that parents and students prepare for the first day back by ensuring dresses are the correct length (knee length). Most students have grown since Term 1 so it is highly likely that dresses will need to have the hem lowered. It is advisable this occurs during the school holidays. The summer uniform also requires long white socks. Please ensure you have an adequate supply of these. Whilst blazers are not required to be worn to and from school in Term 4, the school holidays are a good time to have the blazer dry cleaned. As always, uniform regulations can be checked by referring to the student planner.

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

Teaching and Learning Leader

Preparing for Examinations

The VCAA examination period for students completing unit three and four is fast approaching and the holiday trial examinations is another reminder of what is ahead. Students in remaining year levels will also be completing examinations near the conclusion of Term 4. With a number of examinations scheduled close together this can lead to great stress for students - and those who live with them. The key to managing this is all in the preparation and there are a number of things you can do to help support your daughter during this time.

Effective study and learning habits

- Help them find a quiet place to study without distractions.
- Encourage your child to complete as many practise questions as possible. For unit three and four studies students can find all the past examination papers on www.vcaa.vic.edu.au
- Encourage your child to ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- Help them to plan their study schedule early on so they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Break it down into small chunks.

Healthy Sleeping and Eating Habits

- Encourage your child to stick to a routine of going to bed at a reasonable time.
- Help them to cut back on coffee and other stimulants (energy drinks). Encourage them to drink lots of water instead.
- Remind them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, vegetables, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Avoid junk food if possible. It will bring a sudden sugar high which will fall away quickly, leaving your child feeling tired.

Relaxation Ideas

- Encourage them to go for a walk, run or do some other exercise they enjoy.
- Teach them relaxation techniques such as listening to gentle music, getting them to lie down, closing their eyes and taking deep breaths while visualising a calming scene.

Jessica Hall
Teaching and Learning Leader

Important Dates

Wednesday, 7 September
Friday, 16 September
Thursday September 29— Wednesday, 5 October
Monday, 3 October
Wednesday, 12 October
Thursday, 13 October

Year 7-10 PTS Interviews (2.30pm to 8.00pm)
End of Term 3—3.25pm Dismissal
VCE Unit 3 and 4 Trial Examinations
Term 4 Commences
2016 Arts Festival
Year 10 and 11 Parent Social Night

Faith and Religious Education

On Monday, 29 August the second Parent-Daughter Spirituality evening was held. The theme of the evening 'The Future', parents wrote a letter outlining their dreams for their daughter's future then shared this on the night. Rich and warm conversations ensued and the students were challenged to come up with their own sense of their future, sharing it with their parents. Parent feedback from Parent-Daughter Spirituality evening:

'I talked to my daughter about having faith throughout her life, how it can enrich you, and in difficult times, knowing God is with us, gives us inner peace and understanding.'

'It was a chance to talk openly with my daughter away from interruptions and distractions. I hope it reflects the importance we both place on Christian values and actions.'

On Friday, 2 September we enjoyed the Year 7 Elders' Mass with Celebrant Fr Brian Cosgriff. Led by Ms Sims and the vocal ensemble, it was a rich celebration of the place older people have in the lives of our Year 7 students. Those special people attending received thank you cards and enjoyed refreshments afterwards.

On Friday, 26 August, 14 Ave Maria College students from Years 7-12 along with a number of staff braved a crisp night to take part in the annual Winter Sleepout. This event raises awareness of the situation of the homeless with participants donating their bedding as well as raising sponsorship in aid of St Vincent de Paul.

"Young people are selfish!"

Cry
those who do not know.
On a cold August night
Young women
And older fellow travellers
Bedded down
On concrete
With a cardboard mattress.
A night's discomfort
In solidarity
With those for whom
This is a permanent situation.

Watching this group sleep
There is a dignity
In their choice to be here.
What is society saying
About the dignity of those
Who have no choice?

Patrick Jurd

Director of Faith and Religious Education



Student Counsellor

C.A.R.E.

On cold winter days and nights there is nothing nicer than keeping warm under a cosy blanket; especially if it has been knitted by someone who cares.

The C.A.R.E. group was established in 2015 by a group of students who show Compassion, Acceptance, Respect and Empathy (C.A.R.E). The group meet once a week to knit squares for rugs that will be donated to a charity. This term we meet in F101 every Tuesday lunchtime joined with Pat Hunter. There's lots of lively conversation and it is a nice to know that our efforts will be helping someone less fortunate stay warm.

The C.A.R.E group promotes a culture of tolerance, acceptance and celebrating difference; so it is an ideal place for students who would like to make new friends. It doesn't matter if you can't knit; there are plenty of people to teach you. We are very close to finishing our first rug and we almost have enough squares for a second one. If this sounds like something your daughter would enjoy, maybe you could suggest she join us.



Susanne Hall
Student Counsellor

Pathways News

VTAC Important Dates:

[Timely applications through VTAC:](#)

Thursday, 29 September 2016

[SEAS applications](#) close: Tuesday, 4 October 2016

[Scholarships through VTAC](#) close: Friday, 14 October 2016

Students applying for courses that have **extra requirements** (i.e. submitting a folio, a pre-selection kit, arranging an interview, etc.) are reminded that failure to meet the deadline date for these means students may no longer be eligible for selection into their desired course. Students eligible to apply for **SEAS** are also reminded they cannot apply for SEAS until they have made their VTAC application, so putting their VTAC application in soon would be to their advantage.

Victoria University continues to support students from Ave Maria College with the [Achievement Scholarship Program](#). The university offers two scholarships to students from Ave Maria College who enrol to study at VU. \$5000 per year (up to four years) for the highest-ranked student who enrolls to study higher education, \$2000 per year (up to two years) for the highest-ranked student who enrolls to study TAFE. All students who wish to be considered for an Achievement scholarship must apply by Saturday, 1 October 2016 through the following website, <https://www.vu.edu.au/study-with-us/scholarships/vu-achievement-scholarships>. Students will need to enter the Ave Maria College code which is available from Ms Aliaga.

La Trobe University continues to offer Ave Maria College a [Vice Chancellor's Excellence Scholarship](#). Recipients of the scholarship will receive \$6000 per year for up to four years. Recipients will also have access to La Trobe's exclusive [Hallmark Program](#). Applicants must express their interest in the scholarship to Ms Aliaga and fill out the VC Excellence Scholarship Application Form. Applications must then be submitted to Ms Aliaga by Wednesday, 5 October 2016 for endorsement. Applicants must ensure their VTAC application has an eligible La Trobe course at the highest eligible preference.

More details on scholarships and courses can be found on the Careers and Pathways page on AveSpace.

Helen Aliaga

Pathways Co-ordinator

Helene Library Holiday Hours

The Helene Library is open during the school holidays.

Students are encouraged to take advantage of this quiet time in the library for extra study or holiday borrowing.

Open Hours: Monday, 19 to Thursday, 29 September 2016, 8.00am—4.00pm

2016 Victoria University IPAB I Plan a Business Competition

Congratulations to our students who won in a majority of categories at the I Plan a Business competition (iPab) 2016. The young entrepreneurs of tomorrow were recognised at Victoria University's annual ceremony held on Tuesday, 16 August and Ave Maria was successful in three of the four categories; and, having finalists in all. The individual winner – Maddison Cottle Year 10 proposed a Drive-Thru Chemist, which uses a 'click- and-collect' app to facilitate fast, easy collection of prescriptions. A total of 290 business students in Years 10 and 11 from 25 schools across Victoria competed either individually or in groups.

Winner—Year 10 Individual Business Track: Maddison Cottle, with the title *Drive Thru Chemist*



Co Winner Mikayla Harris-Grey and Melissa Marinelli with the title *Santa's Special Deliveries*



Other award recipients;

Finalist Group Business Track, Molly Farrell and Gemma MacGregor, with the title *Global Café*.

Co Winner Certificate of Congratulations, Keely Clark and Scout Else, with the title *Key Fetch*.

Finalist Year 11 Individual Social Enterprise Category Isabelle El Hage, Homeless Health Services.

Further details at [Young Entrepreneurs Rewarded Article](#)

Photos Courtesy of Victoria University 2016.

Carmel Rumoro

Business and Humanities Teacher