Prayer
Loving God, may we be your compassionate heart and hands in our daily lives.
We make this prayer in Jesus’ name. Amen

From the Principal

Student Achievements

Bridie Keogh - Congratulations to Bridie on her fantastic achievement in the International Taekwondo Competition. She competed as a Senior, at 17 years of age, and received a Bronze Medal. Bridie continues to excel in her sport and has a very bright future in Taekwondo.

Julia Hiron - Recently returned from participating in the International Taekwondo Competition. Julia was selected from her club to represent the Australian Taekwondo Team. Julia participated in 2 events for her age group (15-17 years)
• The President’s Cup event in which Julia won 2 golds (1 individual and 1 team)
• The Oceania Championship in which Julia won silver (individual) and gold (team)
Julia is now looking forward to the World Championships later in the year and we wish her all the very best.

Tahlia Sweeney - has been selected for the State U15 Girls Softball Team and will be representing Victoria in January 2019 in Perth. A fine achievement Tahlia, congratulations.

Guliana Lombardi - Competed in the Music Eisteddfod By The Bay on Sunday, 5 August 2018. Giuliana competed in two sections with following wonderful results:
• 15 to 16 years - Solo Song from a Musical Production where she placed first singing, “Burn.”
• 18 years and under – VCE Contemporary Vocal Song taken from 2018 VCE Syllabus where she placed third with her performance of “The Parting Glass.”

Mya Mollica - Clay Target Championships. A field of 117 students competed from all over the South East zone of Victoria and in Mya's section of Junior Girls there were 11 competitors. After shooting at 20 Targets Mya came 5th in her category and displayed great maturity and professionalism representing Ave Maria College. Congratulations Mya!

Student Counselling
This week our college Counsellor Mrs Sue Hall moved into the role full time, following the departure of Ms Ceci Tankey. We thank Ceci for her great care and compassion for our students and wish her all the very best for her future. We are very pleased to see Mrs Hall continuing her wonderful work full time.

Elizabeth Hanney
Principal
Heads of School

Year 7-10 Parent-Teacher-Student Interviews

The Semester 2 Year 7-10 Parent - Teacher - Student interviews are not too far away. They will be held on **Wednesday, 12 September 2018, between 1.30pm and 8.00pm.** Please note, this will be a Student Free Day for all students. Bookings for these interviews will open on **Wednesday, 5 September 2018,** the same day that the Term 3 Interim Reports will be available.

Ave Day Wrap Up

Last Wednesday we celebrated a wonderful Ave Day. The day was filled with events and activities that highlighted the wonderful community of Ave. Special thanks to the Senior School Leaders who worked tirelessly in the lead up to the day to ensure the activities ran smoothly. The Senior Leaders have done a wonderful job all year and their energy and enthusiasm was particularly evident on Ave Day.

Year 12 Trial Examinations Schedule

As mentioned in the last newsletter, the Year 12 Trial Examinations are scheduled to take place during the second week of the Term 3 holidays. The full timetable has been distributed to students and parents this week. A **summary of the schedule** has also been included in this newsletter.

Online Consent for Events and Excursions

The College is in the process of moving to online consent for events. Currently the College has some events that have online consents, while others, such as SCSA sports and Whole School events are still using paper copies. When an online consent is active, parents will get an email notification to access **PAM** to authorise a consent, this is done through ‘excursions’ on the student profile.

Jo Hammer  
Head of School Years 10-12

Claude Ferrarese  
Head of School Years 7-9

Teaching and Learning Leader

Preparing for VCE Trial Examinations

Whilst teachers will provide access to a number of trial papers, students are encouraged to also source as many as they can themselves. **VCAA** and Engage Education have a range of free practice exam papers for students to complete. Completing some past examination papers prior to the trial examination period over the September break will ensure students are familiar with the layout, timing and question types within the paper. Adequately preparing prior to the trial period will ensure that your daughter will be able to attempt all questions in the paper which will then better inform her future revision schedule.

Continuous Reporting

A reminder that you have access to all of your daughter’s assessment results and feedback via the **Parent Access Module.** This allows you to be more regularly having conversations with your daughter and her teachers about her progress and areas for improvement. Log in regularly to also read announcements and access the College Calendar to see the range of Co-curricular activities on offer to your daughter.

Maths and Science Week

Last week was abuzz with a number of maths and science related activities running to celebrate Maths and Science Week. The Ave Hackers Competition challenged students to unleash their inner hacker and try to hack a different 5 sequenced code, while the student messages trivia quiz proved challenging. A number of Grade 5 students were treated to an Ave Science experience working in the labs for the first time and conducting a range of experiments. Thank you to the Maths and Science Domains for their work in putting together the activities.

Jessica Hall  
Teaching and Learning Leader
Faith and Religious Education

The Environment Ambassadors
The Environment Ambassadors have put posters together to educate the College about what is already being done for the environment at Ave Maria College – such as the 200+ solar panels on the roofs of buildings. Any more and the College would need to register as an energy provider. The students have also put posters on rubbish and recycling bins to remind everyone about correct separation.

Social Justice Focus
Each Year level has a social justice focus. In the coming weeks, Year 11 students will raise money and awareness for Australian Catholic Religious Against the Trafficking of Humans (ACRATH). The Year 9 students are collecting clothes and non-perishable food items for the St Vincent de Paul Winter Appeal.

Faith and Social Justice Leaders
Our Faith and Social Justice Leaders will be collecting sanitary items that will go to Melbourne Period Project which provides sanitary items for homeless women.

Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. (John 12:24)

As humans we want a ‘satisfying’ end – whether that is the end of a story, the end of a phase of our lives or the end of a life. If the ending is untimely or there are ‘loose ends’, our brains will ‘worry away’ at such matters until a ‘completion’ can be found. The disciples of Jesus suffered a devastating loss at his death. It was only after the resurrection of Jesus when they turned his words over and over in their minds that they could find an answer much broader than Jesus.

This type – the death that gives life – they finally saw in many places, including nature. With this faith, disciples of Jesus found the grace and strength to withstand persecutions and many other difficulties. With this faith, an individual life helps to build a community. This logic is still counterintuitive, as I suspect it always will be. Yet there is so much richness that we must try to break it open for our young people so that they can ponder its truth in the light of their lives. With God’s grace the pattern will continue.

Patrick Jurd
Director of Faith and Religious Education

Student Counsellor
Self-Compassion

In the counselling space I have noticed that the overwhelming challenge faced by people is the challenge of their own thoughts. Negative thinking or cognitive distortions, are irrational thoughts that can influence our emotions. When they are in their most extreme form, they trigger maladaptive behaviours.

Our default thinking style as human beings living in a Western society is geared toward the negative. It is suggested that we have upwards of 50,000 thoughts a day, and of those thoughts, 70% are negative. So it is no wonder we experience high rates of depression. It destroys self-esteem, and replaces it with shame and self-loathing. Imagine if it was in reverse, and 70% of our daily thoughts were positive, loving, compassionate and non-judgemental. How different we would feel about ourselves, and others!

Self-compassion is an important step towards allowing more positive thoughts, because it acknowledges difficult experiences, where there is pain, hurt or sadness. Instead of criticising and judging yourself when you notice your shortcomings or failures, self-compassion means you are kind and understanding in those moments.

Allowing the heart to lead as an organ of perception, is a beautiful way to allow self-compassion. Opening your heart to the human condition of suffering allows you to honour and accept your humanness, and everyone else’s. Antoine de Saint-Exupéry, the author of The Little Prince, perhaps had insight into this phenomenon of the heart when he wrote: ‘And now here is my secret, a very simple secret. It is only with the heart that one can see rightly; what is essential is invisible to the eye.’

A simple heart meditation can help immensely, to pause the self-criticism, and enable self-compassion.

Following is a simple technique that I often use with young people when they are in a difficult struggle:

- Say to yourself: “This is a moment of suffering. This really hurts.”
- Acknowledge the shared humanity of your suffering: “Suffering is a part of life. I am not alone. We all struggle in our lives.”

With hand over heart, feel comforted by the heart’s energy and warmth, and offer a gentle wish for yourself: “May I be kind to myself...may I be forgiving...compassionate...peaceful...accepting...strong.”

I am signing out now for the last time, having finished my last day at Ave Maria College as a Student Counsellor. I would like to wish all the students and families of Ave Maria College every blessing for the future.

Ceci Tankey
Student Counsellor
Careers and Pathways

Dates to Diarise in Term 3

University / TAFE Open Days 2018 – throughout August

Year 12 VTAC applications – throughout August and September

Deakin Accelerate Information Evening

Deakin Accelerate is a rewarding VCE Extension Studies program, where students complete 2 first-year university units alongside their Year 12 studies, either on campus or online (via the Cloud campus). 70% of Accelerate students choose to study online as it allows them to fit their study around their VCE timetable. Students and parents are invited to attend an Information Evening to learn about the 2019 Deakin Accelerate program.

Date: Thursday, 6 September 2018 (Melbourne Campus)
Time: 6.00pm – 7.30pm

Find out more and register at Deakin Accelerate

Fine Arts and Music Degrees at University of Melbourne

Year 12 students applying for the following Fine Arts or Music courses at the University of Melbourne for 2019 are encouraged to take note of extra-requirements for eligibility to be selected. All applicants must submit their Supplementary Application Form (available from their VTAC Account) by the dates listed. Details of the Audition/Folio/Test/Interview will be sent to applicants between late September and early November. Visit www.vtac.edu.au to confirm the summary of essential requirements.

New Bachelor of Educational Studies at Australian Catholic University

The new Bachelor of Educational Studies has been designed for students who are passionate about becoming teachers but do not achieve the entry requirements to go directly into a Bachelor of Education (Primary) or the Bachelor of Education (Early Childhood and Primary). Find out more at Bachelor of Educational Studies

Study Overseas Expo – The World Awaits

A reminder to students considering applying to study overseas of the 'Study Overseas Expo – The World Awaits' on Monday, 27 August 2018 at Melbourne Grammar School.

To register visit Study Overseas Expo - The World Awaits

For more information please visit Career News Pathways Knowledge Bank.

Helen Aliaga
Career and Pathways

Student Leadership

Ave Day Reflection

Last Wednesday saw all members of the Ave Maria College come together and celebrate our school, our community and our history.

We were lucky enough this year to have the opportunity to participate in a variety of new activities. This ultimately saw an increase in the number of students immersing themselves in the culture of College life. The festivities of the day kicked off with the Colleges very own ‘Ave’s Got Talent.’ Students from various Year Levels showcased their incredible talents in the areas of dance, acting and singing having performed with a group or as a solo act. The talent show provided the opportunity to recognise the wide range of student and teacher performances in a day where we celebrated all things Ave. The conclusion of the competition saw a winning performance from Corrina Merolli (Year 12) and Elisha Andres (Year 9) performing an incredible rendition of ‘All I Ask’ incorporating both the use of guitar and vocals.

Further celebrations followed as lunchtime saw the introduction of Food Trucks, Staff vs Student Dodgeball, Bingo, the Staff vs Student Debate and a sausage sizzle lunch. The food trucks provided the opportunity for both staff and students to indulge in delicious foods: hot chips, pizza, spring rolls and ice-cream. The much loved sausage sizzle lunch saw many members of the College enter the line which wound around the Francis Piazza. The highly competitive Staff vs Student Debate saw the teachers emerge victorious. One of the final activities of the day involved students coming together in the 4 Houses of Francis, Mary, Clare and Helene to participate in a new edition for the day’s events comprising the Ave House Line Dance and Chant. It was great to see both staff and students getting amongst the House Line Dance and Chant in a fun and enjoyable way. Even though this year saw no competition being made out of the House Line Dance and Chant, Staff and Students still gave their all, committing to an entertaining and light-hearted performance.

Looking back on the day we saw this as one of the best Ave Days experienced thus far due to the incredibly uplifting atmosphere and involvement from all members of the College.

Yasmine Athaide and Vanessa D’Andrea
College Co-captains

Helen Aliaga
Career and Pathways
Ave Day Photos
## Unit 3/4 Trial Examination Schedule (by Subject)

<table>
<thead>
<tr>
<th>Name</th>
<th>Duration (inc. reading time)</th>
<th>When</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounting Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>Biology Unit 3 &amp; 4</td>
<td>2hrs 45 mins</td>
<td>Monday, 1 October</td>
</tr>
<tr>
<td>Business Management Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Thursday, 4 October</td>
</tr>
<tr>
<td>Chemistry Unit 3 &amp; 4</td>
<td>2hrs 45 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>English Language Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Wednesday, 3 October</td>
</tr>
<tr>
<td>English Unit 3 &amp; 4</td>
<td>3hrs 15 mins</td>
<td>Monday, 1 October</td>
</tr>
<tr>
<td>Food Studies Unit 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>Further Mathematics Unit 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Thursday, 4 October</td>
</tr>
<tr>
<td>Further Mathematics Unit 3 &amp; 4 EXAM 2</td>
<td>1hr 45 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>Global Politics Units 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>Heath and Human Development Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Wednesday, 3 October</td>
</tr>
<tr>
<td>History (Revolutions) Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Wednesday, 3 October</td>
</tr>
<tr>
<td>Legal Studies Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>Literature Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>LOTE: Indonesian Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Wednesday, 3 October</td>
</tr>
<tr>
<td>LOTE: Italian Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Monday, 1 October</td>
</tr>
<tr>
<td>Mathematical Methods Unit 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>Mathematical Methods Unit 3 &amp; 4 EXAM 2</td>
<td>1hr 45 mins</td>
<td>Wednesday, 3 October</td>
</tr>
<tr>
<td>Media Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Monday, 1 October</td>
</tr>
<tr>
<td>Music Performance Units 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>Outdoor and Environmental Studies Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>Physical Education Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Thursday, 4 October</td>
</tr>
<tr>
<td>Physics Unit 3 &amp; 4</td>
<td>2hrs 45 mins</td>
<td>Thursday, 4 October</td>
</tr>
<tr>
<td>Product Design and Technology Unit 3 &amp; 4</td>
<td>2hrs 45 mins</td>
<td>Thursday, 4 October</td>
</tr>
<tr>
<td>Psychology Unit 3 &amp; 4</td>
<td>2hrs 45 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>Religion and Society Unit 3 &amp; 4</td>
<td>2hrs 15 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>Specialist Mathematics Unit 3 &amp; 4</td>
<td>1hr 15 mins</td>
<td>Friday, 5 October</td>
</tr>
<tr>
<td>Specialist Mathematics Unit 3 &amp; 4 EXAM 2</td>
<td>2hrs 15 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>Studio Arts Unit 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>VET Certificate II Business Unit 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Monday, 8 October</td>
</tr>
<tr>
<td>VET Certificate III in Sport and Recreation Units 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Monday, 1 October</td>
</tr>
<tr>
<td>Visual Communication Design Unit 3 &amp; 4</td>
<td>1hr 45 mins</td>
<td>Monday, 8 October</td>
</tr>
</tbody>
</table>
Community News

AVE MARIA COLLEGE PRESENTS
SPECTACULAR
 WHO ARE YOU, GOD,
 AND WHO AM I?

6:30PM
FRIDAY, 24 AUGUST 2018
FRANCIS HALL
@ AVE MARIA COLLEGE

ADULTS & STUDENTS $10.00
PRIMARY SCHOOL STUDENTS: FREE
www.trybooking.com/WPJW

Booking via trybooking

THIS FRIDAY
Community News

Back to Ave Day
Saturday, 1 September 2018
2-4pm for a 4pm
14-22 Vida Street, Aberfeldie
Bookings via: www.trybooking.com/WG0C

Father’s Day Breakfast
Guest Speaker Dr Mary Oski
Director of Learning Services
Ave Maria College Alumna
Tuesday, 4 September 2018
7.15am-8.15am
Francis Hall
Bookings via: www.trybooking.com/XNGH

Confirmation of Return for 2019
Parents are asked to ensure they complete the 2019 Confirmation of Return for your daughter/s. If you have not already done so please complete via the link above. Any questions regarding the confirmation of return for your daughter should be directed to our Finance Office on 9331 9300.

Student Deliveries
Parents are reminded that the College does not accept deliveries for students through the day. We ask that parents and families do not send flowers or gifts to students at the College. Your assistance is greatly appreciated.