FROM THE PRINCIPAL

Dear Members of the Academy Community,

We are almost at the end of the beginning of year events. For our youngest students, the Year 7 camp has been and gone and was a wonderful means of building friendships and a strong sense of community. Year 7 students are now well settled into the everyday routine of school.

Last evening, they proved very proficient in demonstrating to their parents, their ability to navigate the Year 7 Maths Pathways program. Well done Year 7!

At the other end of the spectrum, last Friday evening the Year 12 students celebrated their beginning of year with the Year 12 formal, a much anticipated event! The girls looked beautiful and their behaviour was impeccable and we were very proud of them. With the formal over, they are now fully engaged in their studies and committed to achieving to the best of their ability.

Our College Advisory Council met for the first time on 17 February and our three new Council members were warmly welcomed. It is usual to have a focus topic for each Council meeting and at the February meeting, our Careers Practitioner, Lauren Sach, presented on the tertiary destinations of our 2019 Year 12 cohort, indicating that 89% had received an offer to continue their studies at university and 11% had received TAFE offers. While students chose a variety of different universities, Latrobe University seemed to be their main preference.

Our Parents’ Association is growing year by year with about 30 parents gathering in the Library last Monday night and animated discussion taking place about events for the year and presentations that would assist them supporting their daughters. One such presentation that we hope to organise will focus on student anxiety and the role of parents in this important area. A particular area highlighted by parents was their desire to connect more fully on a social basis.

An invitation is extended to parents of our VCE students to attend a VCE Parent information evening on Tuesday 3 March where they will be addressed by Ms Fiona Lennon, Deputy Principal – Learning and Teaching.

While the above events focus on the current College community, our past students also had their special event – the annual Alumnae Reunion. This took place on Sunday 23 February with representatives from each of the decades – from the 1940s to the 2000s. Many of the Alumnae had not been back at the College for 20 or 30 years and they were delighted to see the changes in buildings and there were many comments on the ‘greening’ of the grounds. There was much reminiscing and sharing of stories with the Alumnae delighted that our Senior Leadership Team students were present and very willing to give them extensive tours of the College, evoking memories of past times and introducing them to new developments.

Mercy Outreach is an important aspect of life at the Academy and our staff and students are involved in a number of activities and initiatives. Our regular visits to St Mary’s House of Welcome have begun with staff and students visiting St Mary’s with the aim of interacting with the residents and assisting with the cooking of pancakes. The Justice Group is a dynamic group within the College and the number of students participating in this group continues to grow.

Almighty and Everlasting God,
You have given the human race
Jesus Christ our Saviour
as a model of humility.

He fulfilled Your Will
by becoming Man
and giving His life on the Cross.
Help us to bear witness to You
by following His example of suffering
and make us worthy to share
in His Resurrection.

We ask this through our Lord Jesus Christ,
Your Son.

Amen
A reminder, too, that we are now in the season of Lent. Lent provides us with an opportunity to reflect on our lives and to re-examine our relationships with others and with God. It encourages us to make a difference and to live more purposefully and fully.

Every blessing,

Sr Mary Moloney rsm
Principal

Child Safe School
At the Academy of Mary Immaculate, we are committed to being a nurturing, child-safe school where our students are respected, their voices are heard and where they are safe and feel safe. Our commitment and responsibility to child safety is driven by Jesus Christ’s message of hope, love and care for all.

Academy of Mary Immaculate is fully committed to the following Child Safety Standards:
1. Strategies to embed an organisational culture of child safety
2. A child safe policy or statement of commitment to child safety
3. A child safety code of conduct
4. Screening, supervision, and training and other human resources practices that reduce the risk of child abuse
5. Procedures for responding to and reporting suspected child abuse
6. Strategies to reduce or remove risks of child abuse
7. Strategies to promote child participation and empowerment

The important area of Child Safety is highlighted to staff at formal presentations the beginning of the year and throughout the year. We have several strategies currently in place in our school designed to keep students safe and to affect positive student learning, for example:
- Regular review of Child Safety Code of Conduct
- Regular review of Child Safety Policy
- Regular review of Child Safety Reporting Obligations
- Annual presentation to students on Child Safety Procedures
- Presentations to staff throughout the year on all aspects of Child Safety

As a school we will continue to reflect, review and approve our Child Safety strategies. Wellbeing and Child Safety is everyone’s responsibility. As always, we welcome your comments and would be happy to discuss any ideas or concerns you may have regarding the matter of student safety.

DEPUTY PRINCIPAL
Dear Parents/Guardians,

Parents’ Association
Last Monday evening, the College held its opening Parents’ Association Meeting for 2020. It was very well-attended with over 30 people present and students from every year level represented. Key agenda items covered in the meeting included:
- Introducing the process of revisioning Wellbeing in the College
- Child safety
- Themes and focuses for each of the meetings throughout the year
- Upcoming events in 2020

It was a meeting which symbolised the community spirit which exists within the College. If you are interested in being a part of this vital and active organisation or in contributing or helping in any way, please do not hesitate to email me at: paul.finneran@academy.vic.edu.au.
The College is dedicated to sustaining an actively participatory partnership with parents which serves to engender a bipartisan support for the students in their journey at the Academy. Such a partnership is vital in ensuring our students’ educational experience a fulfilling and formative one.

The next meeting is being held on Monday 23 March. I look forward to working with all of you throughout the year.

**Parent Expertise**
As part of the College’s intent to continue to seek ways to increase the level of parent engagement we are asking for parents who are willing to share their expertise or skills with the College.

These skills could be contributed in a number of ways, including in our Wellbeing programs or through planning and preparing for special events which take place such as, the College Musical Fundraiser, the Meet & Greet evening for parents, the Father’s Day Breakfast and Mother/Daughter High Tea (both held in August), and the prospective Father/Daughter Handyman session.

If you feel you have skills/talents that you wish to offer the College, please email me directly at my email address listed above.

**Dealing with Anxiety**
The number of students experiencing anxiety seems to be on the increase each year and, for families and schools, it is an issue which is addressed in a variety of ways. Certainly, such anxiety is a by-product of an increasingly complex society, underpinned by an even more intricate web of relationships.

To that end, the College is organising a parent presentation on dealing with anxiety. This presentation will be given by psychologists from Insight Psychology. The presentation will focus on providing strategies in responding to and managing adolescents who experience anxiety.

We do not have a set date for the presentation as yet, but it will be held on either 23 March or 27 April beginning at 7pm. Should you be interested in attending this presentation please email me directly at paul.finneran@academy.vic.edu.au

**Mobile Phones**
As you would already be aware, the College has an Electronic Devices Policy within which the use of mobile phones is addressed. As it states, the students are not permitted to use their phones between 8.30am and 3.15pm, unless used for educational purposes as directed by the classroom teacher.

We are still having some students using their phones for personal reasons throughout the day and this is in direct contravention to the policy. When students have been spoken to about this issue, there have been many occasions where the students have stated that they were simply responding to a message from their parents or answering the phone to speak with them.

We ask that parents do NOT call or message their daughters throughout the school day. There are other avenues of contact available including your daughter’s email address or via Reception in the Front Office. Of course, in emergency or urgent situations, students may be permitted to call parents/guardians on their phones but ONLY if the student seeks permission from a staff member. We thank you in anticipation of your support with addressing this matter.

**Closing Remarks**
On Wednesday, the College conducted liturgies for Ash Wednesday in every homeroom. Such liturgies are a stark reflection of our Catholic identity which we seek to readily enable in the faith life of the College.

Ash Wednesday, as we know, marks the beginning of the Lenten Season, a season of redemption and renewal. It is my favourite time in the Christian calendar, as it is a season of hope. It provides us with an opportunity to start again; to redeem ourselves for past wrongs. We all mistakes and there are times where we hurt others with our words or actions. On most occasions, such hurt is caused unintentionally and without malice and often we will seek forgiveness for our actions.

The act of forgiveness is such an important one. To seek forgiveness can be difficult, but often, at times, actually forgiving someone is harder. It is in the act of forgiving that we can let go of the hurt and rid the burden of guilt for other, thereby giving them hope.
Let us teach our children, our students, the true value of forgiveness. Forgiveness encompasses the six mercy values of compassion, courage, hospitality, justice, respect and service. Let us teach them that it is in the act of forgiveness that we are being authentic people of mercy. I think Pope Francis sums it best below:

“In today’s society where forgiveness is so rare, mercy is ever more important”

Mr Paul Finneran
Deputy Principal - Wellbeing & Operations

DIRECTOR OF FAITH AND MISSION

This week I had the privilege of exploring the ancient Jewish purity system with my Year 9 Religious Education class. In the time of Jesus, the Jewish belief was that a person’s purity depended on one’s birth and lineage. Priests and Levites came first, and were followed by Israelites and then converts to the Jewish faith. Males were considered purer than women. The rich purer than the poor. People who were chronically ill or suffered from physical impairments were considered as impure. Rules surrounding who one could or could not eat with were deeply embedded in the purity system.

This understanding helps to explain so many stories in the Gospels. No wonder scandal was caused when Jesus sat at table with tax collectors or when he engaged in conversation with the woman at the well. In the story of the Good Samaritan, the Priest and the Levite were required, by the system, to walk past the bleeding man because they would have been ritually impure if they touched him.

Jesus challenges the socio-political structure of the purity system with an appeal to place compassion for all of our brothers and sisters ahead of the dictates of the Law.

In last Sunday’s first reading from Leviticus we hear the Lord saying to Moses “Take no revenge and cherish no grudge against any of your people. You shall love your neighbor as yourself.” This is the Golden Rule. Do to others what you want them to do to you is a common Christian expression of an ethic found in all of the great religions of the world.

As my Year 9 RE class moved towards its denouement, one of students put up her hand to challenge me. “Sir”, she said, “the thing I know about the Church, is that throughout history it has always acted with greed to increase its wealth and power.”

For the student, this was more than a statement of historical fact. It was a challenge to the realities that she could see in our times. Many centuries after the writer of Leviticus recorded God’s command to ‘love your neighbour as yourself’, Jesus challenged religious leaders distorting the Law and its rituals to promote their wealth and power. And then many centuries after Jesus, my Year 9 student similarly rails against Church leaders distorting religious laws and teachings to promote their self-interest.

I wonder whether the rebellious teenagers who speak out against injustices and lack of compassion they observe in too many Church leaders, realise how close they are to the example of Jesus. Jesus did not wear the purple robes of power, lead armies or seek presidential election. To claim Jesus as saviour is to want to model our lives on him. An odd kind of Messiah, who challenged injustice, who taught us to be meek, to be poor in spirit and to hunger and thirst for righteousness.

If my Year 9 student was prepared to put her challenge into action and seek to act justly with her family, her friends, her local community and her environment, I do not doubt that she would find the freedom that Jesus promised. She certainly got me thinking.

Mr Mark Hyland, Director of Faith and Mission
JUSTICE

Make your school slavery free Resource launch
Student representatives from all year levels were present at the Make your school slavery free Resource launch proudly hosted by our school. Francesca Perri from Year 11 reflected on this event.

Representing my school at the Anti Slavery Resource Kit Launch meant so much to me! I am so grateful to have listened to the powerful words of Archbishop Comensoli in our very own chapel, and to hear him share with us the shocking truth of slavery and human trafficking. The launch itself has made me more aware of just how terrible human trafficking is, and how it continues to happen across the world every single day without us even realising. I am now more conscious of what products I buy and use, and I really do look forward to implementing a new Fairtrade lifestyle at the Academy.

Francesca Perri, 11 Green

A powerful start to Academy’s 2020 FIRE Carrier Program
Sherry Balcombe from the Aboriginal Catholic Ministry spoke passionately to Academy’s Justice Group and FIRE Carrier students last week about a number of justice issues such as what January 26 means to Aboriginal Australians, as well as the issue of treaties and a voice in parliament. As a FIRE Carrier school we are committed to being Friends Igniting Reconciliation through Education. Sherry ignited the flames for us to begin our 2020 FIRE carrier year.

When Sherry Balcombe came to visit it made us aware of how Australia’s First Peoples feel when we sing the National Anthem and celebrate Australia Day. It made me feel sympathetic that they feel disrespected and sad when we participate which I had never thought of before. I now believe that the National Anthem should be altered to pay respect to the First Peoples since the anthem disregards them being here before the First Fleet. We should be proud that Australia’s aboriginals have the oldest continuous culture in the world.

After this experience I also learnt more about how vital a treaty is and that we are one of the only countries who does not have a treaty with its First Peoples. I think after finding this out that it is important for everyone to learn more about Australia’s First Peoples and how important this treaty is since it would unite us and pay respect to Aboriginal people.

Krissy Francis 9 Barak
YEAR 12 NEWS

Last Friday night, the Year 12 Formal was held at L’Unica on Parkville. The event was a great success with all students, their guests and staff enjoying the night. It was a wonderful opportunity for the students to let their hair down, in what has been an extremely busy start to the year.

This was a memorable night that our students will remember. They were dressed beautifully and I was very proud of the positive attitude towards the event. I’ve never seen so many people perform “The Nutbush” on the dance floor, and this only added to the positive vibe. It was a fantastic opportunity for all students from different groups to interact with each other and enjoy an environment outside of the classroom.

A Year 12 Formal does not go smoothly without the support of many who give up their time. Firstly, thank you to the Student Leadership Team for their input regarding the running of the evening and also to Ms. Kerry Stevenson for her efforts in organising the balloon wall decoration. Thank you to Sr. Mary, Mr Paul Finneran and the staff who supported the evening with their attendance. Mrs Kerri Ruff and Mr. Andrew Baker were so efficient in organising the tables and Trybooking system, without your help the night would not have gone so smoothly. Finally, an enormous thank you needs to go to Mr John Andritsos, as your support and guidance in the running of this event was greatly appreciated. Congratulations on a great start to the year ladies!

Mr David Molino, Year 12 Wellbeing Leader

YEAR 7 NEWS

What an incredible start to 2020 the Year 7 team has had. How the time has flown and what a transformation the girls have made already! It is the talk of the school how well our new members of the Academy are coping with the vast transition from primary to secondary school. I wish to thank all of the College community who have supported the Year 7s.

Our first event was the Welcome Mass and BBQ on 5 February. The evening was filled with an uplifting Mass, wonderful music, and great food cooked by Academy staff. Thank you to all of the families who came along.

Transition Camp was another big event on the calendar for our Year 7s. On Wednesday 12 February, we all bussed down to Don Bosco camp at Safety Beach. The students spent three hot days getting to know each other in a fun and sometimes challenging way. We had many activities including stand-up paddle boarding, amazing race adventures, talent shows, night beach walks and many more. Lifetime memories were made over the three days and I would like to take this opportunity to acknowledge all staff and students who contributed to another successful and gratifying camp.

Thank you to all of the Year 7 families who have supported the College through this busy time. The students should be very proud of their efforts thus far.
SPORTS DEPARTMENT

Sports leader’s breakfast
The Academy Sport Leaders met at MSAC on Wednesday 19th February, along with sport leaders from other schools, for the SCSA Sports Leaders 2020 Breakfast. We heard from a special guest speaker who, we later found out, is the first Australian athlete to qualify for both the summer Olympics and summer Paralympics, Melissa Tapper. After seeing her play Table Tennis with the executive officer of the SCSA association, Zoe and Ms Spreckley got the chance to have a hit with her too. We then headed upstairs to have breakfast and hear her inspiring life story.

Melissa Tapper, since birth, didn’t have nerves in her right arm, meaning she had little to no movement. With her strong willed personality and persistence, she was able to reach her dreams of playing in the Olympics as well as work towards bringing some movement in her arm.

Although, Melissa told us this didn’t come without its challenges and that was one thing the other leaders and I were able to take away from the speech. She was very encouraging and related her struggles, to the struggles year 12’s may face whilst doing VCE and gave us some strategies to help get through the tough and stressful times. Never give up is a saying which she lives by and encouraged us to live by it as well.

The Academy Sport Leaders loved being able to meet Melissa Tapper, hear her story and even hold her Commonwealth Games Gold medal, which was surprisingly heavy. We wish her luck in her future endeavours.
Swimming Carnival

This year’s annual swimming carnival was held on Monday 17 February at Boroondara Sports Complex. Having the whole school attend and participate in the carnival was so much fun! The atmosphere on the day was great, everyone cheered loudly for their houses and swam as many races as possible.

McAuley definitely showed passion on the day and successfully won the cheering award. However, they were just snubbed of the win from Sherlock who came out on top and won the 2020 Academy Swimming Carnival. It was such a great feeling when we heard Ms Spreckley announce that Sherlock had won the swimming carnival. If it wasn’t for all the support of our team mates always willing to jump in the pool and all the teachers hard work in organising the events the day wouldn’t have gone as well as it did!

Congratulations to Sinead Sheehan for winning the Opie Shield on the day. The individual awards were in hot contest this year with the gold medal winners being Allegra Kilne, Mia Romano and Kayla Dunkin, there was a three-way tie for Silver medal in the junior division with Isabel Juricskay, Mackenzie Bate and Bridget Martin all ending the day on 31 points. Silver for the intermediates went to Clarissa Augoustakis and Alana Bennett-Mazzeli for the seniors. Bronze medal winners were Claudia Cover, Ruby Prattico and Katja Curtin. Congratulations to all on their fantastic achievements in the pool.

All round this was the best swimming carnival that there has been at the Academy, well at least for us. Other than mother nature blessing us with great weather, the Academy spirit was flying high and could be felt in the air by everyone. Any nerves about the day were definitely settled by the reassurance from not only all the house captains but all team mates. The houses at the Academy are already showing true team spirit and we are so excited to see where the bonds in our houses will go this year and further more.

Olivia Spicer, Sherlock House Captain and Zoe Anderton, Sports Captain

Digital Art and Photography Excursion

The Digital Art and Photography classes excursion to the NGV/Ian Potter Centre was rewarding in many ways. My classmates and I were able to see firsthand the kind of pieces of art that photographers can create, and it was very interesting to explore the different themes and styles within the exhibitions. The exhibitions that we saw were called “Olympia - by Polixeni Papapetrou”, and “Bleached Gothic - by Petrina Hicks”, and both portrayed different themes such as beauty, history, life, women, and children.

I was particularly fascinated by some of Polixeni Papapetrou’s final works, as they were able to capture emotions of sadness and death in a very elegant and entrancing way. The combination of foil and screen-printing meant that you could view the photographs from many different angles, and have a different experience each time. Overall, it was a great experience that introduced us to the world of professional photography artists, and inspired us to think deeply about the messages in our own future works.

Sophia Anastasiadis, 9 Mackillop
NGV KAWS Exhibition
The Year 9 Sculpture class visited the NGV to see the KAWS Exhibition on 24 February. Brian Donnelly (aka) KAWS’ work portrays art through paintings, murals, sculptures and street art. His works show emotion and are a truly unique take on the human condition. The art pieces make you feel attached because the meaning of the sculpture can be adapted to your own feelings. The sculptures were all large scale and heavily stylised, but totally captivating. The exhibition, titled Companionship in the Age of Loneliness, portrayed a theme of emotion and we all could relate to at least one of the pieces. Overall the exhibition was very enjoyable and impressive.

8 Purple NGV excursion
On 25 February I went on an excursion with my classto the NGV (National Gallery of Victoria). We looked at examples of Medieval Renaissance and Baroque art. We saw Giambattista Tiepolo’s Banquet of Cleopatra. My favourite part of the excursion was seeing the Banquet of Cleopatra up close and in reality. I did not expect the painting to be so big and bold. The artwork itself was beautiful but I did not like how Cleopatra was depicted as a European queen rather than an Egyptian Queen. Giambattista Tiepolo’s Banquet of Cleopatra was created in the Baroque period. It was wonderful excursion especially because we got to catch the tram and see such beautiful artwork during our usual art period.

PEDAGOGY TEAM
How can parents help with student learning?
As teachers we are always being asked by parents what they can do to help with their daughter’s learning. The single biggest factor to affect learning is sleep. If your daughter is not getting enough sleep her ability to problem-solve; to analyse information; to comprehend when reading; to think creatively; to focus; and to be relaxed are all affected. So in answer to the parent question of ‘What can you do to help your daughter’s learning?’ The first thing I would urge you to do is to ensure your daughter is having the opportunity to have enough sleep regularly, if not every night.

How much sleep is enough?
There have been many scientific studies on teenagers and sleep. The science tells us teenagers need on average 9 hours and 12 and a half minutes sleep per night for maximum body functioning. This may seem very high, but sleep is when many important processes take place including growth and strengthening of memories. We know that screen time before bed reduces the melatonin levels in the body when they should be increasing and therefore affects the body’s ability to fall asleep. This then interferes with the circadian rhythm, which is the body’s 24-hour cycle.

To help your daughter to make the most of each day, ensure she has good sleep each night. I have included somelinks below to a television program focused on the science of sleep and some websites with useful information.
Here is a link to a short segment from the ABC Catalyst program about teenagers and sleep:
https://www.abc.net.au/catalyst/staying-up-late/11013178

Here are some links to websites with information on teenagers and sleep:
https://raisingchildren.net.au/teens/healthy-lifestyle/sleep/sleep-teens

Ms Annette Williams, Science Teacher and Pedagogy Team member

**MATHEMATICS**

**Maths Help Times**
As has been the practice in the past, the Maths department is again offering help for students outside of Maths classes. The times are shown below. A student may choose to come on a regular basis or simply on the occasions when she needs some extra help. All are welcome.

<table>
<thead>
<tr>
<th>Day(s)</th>
<th>Time</th>
<th>Place</th>
<th>Year Level(s)</th>
<th>Teacher</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 &amp; 7</td>
<td>Lunchtime</td>
<td>Fiction Library</td>
<td>All</td>
<td>Mr Chan</td>
</tr>
<tr>
<td>2</td>
<td>3:30 – 4:30</td>
<td>MRC</td>
<td>All</td>
<td>Mr Myers</td>
</tr>
<tr>
<td>3 &amp; 8</td>
<td>Lunchtime</td>
<td>McK 2.2</td>
<td>7 &amp; 8</td>
<td>Ms O’Connell</td>
</tr>
<tr>
<td>3 &amp; 8</td>
<td>3:30 – 4:30</td>
<td>MRC</td>
<td>7 – 10</td>
<td>Ms Ambrosini</td>
</tr>
<tr>
<td>3 &amp; 8</td>
<td>3:30 – 4:30</td>
<td>MRC</td>
<td>VCE</td>
<td>Mr Tellefson</td>
</tr>
<tr>
<td>4 &amp; 9</td>
<td>3:30 – 4:30</td>
<td>MRC</td>
<td>All</td>
<td>Ms Jones</td>
</tr>
</tbody>
</table>

Ms Kathy O’Connell, Mathematics Learning Leader

**REGISTRAR**

**Change of Details**
A reminder to parents/guardians to contact Ms Kerri Ruff, College Registrar when there is a change in address, email, telephone or mobile. Updates made in CareMonkey or SIMON are not reflected on Synergetic, the Academy’s student data management system. Please email or phone Kerri: kerri.ruff@academy.vic.edu.au or 9412 7154.
We’re Super Excited to See You!

BACK TO HOLY ROSARY BARBY

All ex students from Holy Rosary welcome!

FRIDAY 13TH MARCH
RSVP: frontoffice@kingsington.catholic.edu.au
4PM - 5PM

Could $500 help you with high-school costs?

Join Saver Plus and we’ll match your savings, dollar for dollar, up to $500 for school costs.

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saverplus.org.au
Find us on Facebook

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education you need, have regular income from paid employment, or a parent or guardian, have a current Health Care or Pensioner Concession Card, and be in receipt of an eligible Commonwealth social security benefit, allowance or payment.

Saver Plus is a program underpinning the School of the Future model which gives students ongoing, direct financial support to help them make their dreams a reality. For more information, visit Saver Plus or call 1300 610 303.