



ACADEMY
OF MARY IMMACULATE

NEWSLETTER

THE CITY SCHOOL FOR GIRLS

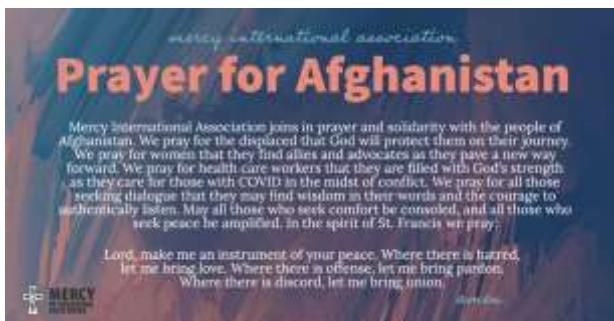
2021
EMBRACE
EMPOWER
EVOLVE
College Theme

FROM THE PRINCIPAL

Dear Parents,

I am sure that, like me, many of you watched in horror the scenes of people endeavouring to flee Afghanistan following the resurgence and ultimately the takeover of their country by the Taliban. It will be difficult to forget - nor do we want to forget - the photos of people hanging from planes in their quest to leave their country and flee to freedom. There are no words for the scenes we witnessed.

As a Mercy community and, as a College whose main focus is the education of girls, we stand in solidarity with the people of Afghanistan, especially the women of Afghanistan. The prayer below was prayed in student Mentor Groups this week.



We also keep in mind the people of Haiti following the very severe earthquake that they have recently experienced.

Our poor world - in such need of healing at the present time!

We often feel so powerless when we look at what is happening in other places and wish we could do something to address that particular situation. We lament that we would assist if we could but it is beyond our endeavours - despite our goodwill. And that is indeed true in many ways. So is there anything we can do?

Perhaps the answer can be found closer to home. We may not be able to offer physical support to people overseas who are suffering and in need but we can offer financial support and solace to people closer to hand. Later in this newsletter you will see reference to the Academy Winter Sleep Out which is our annual fundraiser to support a work of Mercy - McAuley Community Services for Women, an organisation who provide shelter and support for women fleeing from domestic violence and abuse.

Justice Group and Senior Student Leaders met yesterday and are also eager to respond to a recent request for help from Mercy Beyond Borders. This Mercy organisation is working with the people in Haiti. If we can all contribute something to the Winter Sleep Out fundraiser, we will be able to send funds to both of these very worthy causes.

We all seek to make a difference in the lives of others, to offer hope when there seems little hope. Here is one way we can reach out to those in need and I encourage you all to accept this opportunity, and indeed this responsibility, as members of a Mercy community. I commend these causes to you and I ask our God of hope and consolation to be with all the suffering people in our world of today.

Every blessing,

Sr Mary Moloney rsm
Principal

Issue 13 – 20 August 2021

Prayer for Young People

Creator God, we give thanks for the generosity, energy, creativity, and enthusiasm which so often characterises young people. We give thanks for the inspiration they are for each other and for those of us no longer young. May they have the courage, vision, and persistence they will need to continue to work for a better world for all.

We pray also for those young people who are oppressed, disheartened, and experiencing a sense of worthlessness in their lives. Help us all, young and old, to extend to them Mercy and Love, so that they can hope and live anew. Remembering Jesus, who also had to grow in wisdom, strength, and age, we pray with confidence.

Amen

DEPUTY PRINCIPAL – WELLBEING AND OPERATIONS

Dear Parents / Guardians,

I hope this edition of the Newsletter finds you all well and you are all remaining safe once again during these unprecedented times.

With lockdown being extended again this week along with **a tightening of restrictions, your daughter's mental health has been at the forefront of our minds. It's important to not only acknowledge** the girls but also congratulate them for their mature attitude and approach again with Lockdown 6.0. Having just emerged from and returning back to school only seven days earlier from Lockdown 5.0, there was somewhat a subdued feeling around the campus on that first day. However students had bounced back quickly only to be plunged yet into another Melbourne lockdown mid-last week. We continue to ask that they demonstrate resilience, adaptability, versatility and independence but at the same time we know how difficult it is.

As I have mentioned a couple of times in previous Newsletters, during any lockdown or period of remote learning, our **commitment to excellence in the delivery of the curriculum will continue as will our commitment to the students' wellbeing.** We understand that the remote learning environment can present its concerns and anxieties, but the feedback we have received from parents, staff and the students themselves has been extremely positive. Staff have worked very hard to ensure that learning continues to be robust and engaging and the students have responded with creativity, resilience and independence and for this they need to be commended.

From a Wellbeing perspective, the Wellbeing Leaders have been in regular contact and communication with the students who we know are at most risk, whilst the classroom teachers and Mentor Group teachers continue to monitor the remainder of the students on a daily basis. Students are always reminded and encouraged to be in touch with a parent, a teacher, their Mentor Group teacher, their Wellbeing Leader or a member of the Leadership Team if they need any support at all. Further to this, as of today we have slightly adjusted the period lengths for Year 7 – 10 students as we recognize that it is important to have **regular 'screen free' time multiple times throughout the course of each day. This was communicated to all parents via an email** from Sr Mary and I also sent a similar email to the girls.

Providing resources to the students on a weekly basis has been central to our approach to assist with their wellbeing. A recent example of a Mental Fitness activity provided to the girls was a '**Thoughts Journal**'. They were asked to write down each day 3 things that they found they struggled with on that particular day. They were encouraged to share their thoughts with a trusted friend and together try to determine some ways to overcome these obstacles. Once they completed this, they were asked to write down three things they felt they did particularly well that day. Again they were asked to share these too. The aim of this activity is to ensure they spend some time reflecting on their day as well as keeping them connected with friends.

The importance of exercise and movement should never be underestimated. For their Physical Fitness the girls were provided with a '**10 Minute Tone up with a Twist**' activity. The girls were asked to complete the following exercises with the included household products:

- 10 bicep curls holding a 2 x 400g cans of food, 1 per hand;
- 10 triceps dips using a non-wheeled chair or coffee table;
- 15 push-ups with a minimum 2kg weight (e.g., 2L bottle of milk) on your back;
- 1-minute plank hold with 2kg of weight (e.g. 2L milk bottle, 5 x 400g cans);
- 20 lunges (10 each side) with at least 1kg worth of weight in each hand.

The girls were also encouraged to film these and share them with their friends.

Hopefully these activities go some way in assisting your daughter to remain motivated, engaged and active during lockdown. More activities will be provided each week. As a family please feel free undertake them yourself if they are of interest.

Parent Teacher Interviews

I just wanted to take this opportunity to thank all staff for their hard work over the last fortnight with Parent Teacher Interviews. Similarly, a thank you to all parents for the response to booking in interview times with teachers. With interviews taking place all day last Thursday and then going well into the evening yesterday it certainly makes for very long days for all, **but the conversations to discuss our students and your daughter's progress** are most important to ensure that the girls are achieving at their maximum level. It is fair to say that with interviews being conducted online, there has been a big increase in demand by parents. As a result of this, we have tried two different formats this year and based on feedback we will determine the best way to proceed with interviews for next year. Details will appear on the 2022 College Calendar.

Susan McLean – Cyber Safety

Thank you to Ms. Emma Spreckley for organizing Susan McLean to address all Year 7 students during the day on Wednesday. Susan has already addressed the Year 8 & 9 students this year and as a College we felt that it was prudent that the Year 7 students also heard Susan's very important message. Susan focused on being safe online and the session was very engaging, thought provoking and at times quite scary with regards to exactly what is out in the cyber world. For those of you who have a Facebook account, you can follow Susan at 'Susan McLean – Cyber Safety Expert' or access her website at www.cybersafetysolutions.com.au where you can find a wealth of invaluable and important information to support your daughter.

Parents' Association – Father's Day Breakfast and Mother / Daughter High Tea

Please note that both of these events have been postponed to a date yet to be determined due to the COVID lockdown and associated restrictions. We are unsure if Government regulations will allow us to hold these events later in the year but they will certainly be added to the College Calendar for 2022. Confirmation of details to come as soon as there is clarity around what is possible.

I ask that you please continue to remain safe, connected and look after each other as we traverse through the next fortnight. As always, please remember never hesitate to be in touch should you have any queries or concerns.

Mr Sam Di Camillo, Deputy Principal - Wellbeing & Operations

DEPUTY PRINCIPAL – LEARNING AND TEACHING

Dear Parents/Guardians,

So here we find ourselves once again in remote learning mode. While this is certainly not the position we wanted to be in at this stage, we are grateful that we have learned so much in this space already and can adapt to the changing circumstances. As Sr Mary has already outlined to you, we are changing the school timetable to better cater for remote learning. This change acknowledges the toll for students of being constantly online and allows for more breaks to occur for students throughout the day. Brain breaks are valuable, both in this context and even in face to face learning. They reduce stress and frustration, allowing students the opportunity to improve their focus upon the return to learning. Please do encourage your daughters to take the opportunity that this revised timetable gives them. While the VCE timetable remains largely unchanged, we hope that the extended break that occurs during Mentor Group from

Tuesday to Thursday, gives our VCE cohort some respite from online learning, while still ensuring that classes provide them with optimal learning opportunities.

I would like to take this opportunity to acknowledge the work of all our staff during these difficult weeks. The constant shift from on site to remote learning and then back again has proved very challenging. The shift from face to face teaching to remote learning necessitates a distinct change in practice. Teachers have been required, at very short notice, to reimagine the method of delivery, to rethink the set tasks and, in many cases, to rewrite assessment. All the while, they face the same challenges that every family in lockdown faces: helping to support their own children with school work and/or supporting aging and vulnerable family members as well. I am grateful to work with such a committed group of teachers and thank them for their work.

We look forward to welcoming our students back on to the school grounds in future. In the meantime, my very best wishes to you and your family. Keep safe and well.

Subject Selection

Year 8 Subject Selection: Year 8 students were this week introduced to the subject selection options for Year 9 2022.

A copy of the PowerPoint and the Subject Handbook can be found in SIMON (School Links/Handbooks).

The Web Preference System will open on Friday 20 for students to submit their preferences and close at Midnight on Friday 27. We encourage all Year 8 families to discuss elective opportunities with their daughters during this time and contact the College should you have any questions.

Ms Fiona Lennon, Deputy Principal – Learning and Teaching

DIRECTOR OF FAITH AND MISSION

Reflection

15 August, the Assumption of Mary, is a significant feast day for a College dedicated to Mary. The gospel reading for the Assumption mass is the Magnificat.

The Magnificat is subversive. It is a song of praise of a woman of faith. It is the prayer of a woman who courageously submits to the will of God. It is a cry of anger and rage at the injustices of the world. It is a proclamation that in the kingdom of God the lowly are raised up and the hungry are filled with good things. It is a prayer of justice.

Throughout history, this prayer of a young mother to be, has been seen as a serious threat to repressive regimes. In the 1800s, British authorities in India banned the **recitation of the prayer amongst India's Christian community**. The prayer was banned by the Argentinian junta in the 1970s after the Mothers of the Disappeared used it as a call for non-violent resistance to the dictatorship.

The German Lutheran theologian, Dietrich Bonhoeffer, who was killed by the Nazis in 1945 wrote:

"The song of Mary is the oldest Advent hymn. It is at once the most passionate, the wildest, one might even say the most revolutionary Advent hymn ever sung. This is not the gentle, tender, dreamy Mary whom we sometimes see in paintings; this is the passionate, surrendered, proud, enthusiastic Mary who speaks out here.....These are the tones of the women prophets of the Old Testament that now come to life in Mary's mouth."

The theologian Warren Carter wrote that in the time of Jesus, two to three percent of the population was rich, while the majority lived a subsistence-level existence.

"Mary articulates an end to economic structures that are exploitative and unjust. She speaks of a time when all will enjoy the good things given by God."

The 'name saint' of a College provides an important statement about the values and charism of the College community. At the Academy of Mary Immaculate, we can seek strength from the patronage of a courageous mother, a first disciple, a woman of faith and a powerful voice for justice.

Mercy Day Mass

As I write, the Melbourne lockdown is scheduled to end on 2 September. If this were to occur, students and teachers may be able to gather on the morning of Mercy Day to celebrate Mass on our College day of celebration. Because we need to be ready to respond to whatever the Covid virus throws up, our student leaders are now getting ready to film themselves from their homes in preparation for what may be Mercy Day Lockdown 2.0. Our College Captain, Jennifer Salatino and our College Faith and Liturgy Captain, Lily Bratovic are doing a great job choosing mass readings and organizing for the year level student leaders to prepare prayers for the mass. Mercy Day is a very special day. Not even Covid will stop us from celebrating.

Mr Mark Hyland, Director of Faith and Mission

STUDENT COUNSELLOR

A topic that generates a fair amount of discussion in the media and angst in many a household, possibly on a nightly basis, is **that of sleep. We know that sleep deprivation has an effect on one's physical and mental wellbeing. And in adolescents, it significantly impacts on their ability to learn.**

The amount of sleep an individual requires is age dependant and the recommended hours are as follows:

School Age - 6-12 years: 9-12 hours
Teen: Age - 13-18 years: 8-10 hours
Adult: 7 or more

However, achieving the optimal sleep required is without its challenges. Changes in sleep patterns, part-time jobs, homework, social media and devices and the impact of lockdowns on routines, all play their part in contributing to the nightly battle of getting our adolescent to bed. Yet we know that if they are to flourish it is essential that we don't give up.

Double click on the link below – this article addresses the issue of sleep and gives parents some valuable insights and strategies that may help in dealing with their sleep deprived adolescent.



[sleep-teens.htm](#)

As always if you have any concerns, please feel free to contact me.

Ms Giovina Costantini, Student Counsellor

JUSTICE

In 2021 our Term Three Mercy fundraising is being done in Houses. Each House is working together to raise funds for our Mercy causes.

The first is *McAuley Community Services for Women* who work with families experiencing homelessness and domestic violence.

We are also mindful of the recent events in *Haiti* where the Mercy sisters work within the community. As part of the global Mercy family, we are hoping to make a financial contribution to support the community that is experiencing enormous trauma and hardship.



We call on your generosity at this time to help us raise as much money as we can by depositing funds into our Academy Mercy Fundraising online bank account using the link below.

When depositing funds please write your child's House name/ Mercy Fundraising. Eg: Sherlock/Mercy Fundraising
Bank link: <https://www.bpoint.com.au/pay/academyvic>

You can explore [McAuley Community Services for Women](https://www.mcauleycsw.org.au/) here: <https://www.mcauleycsw.org.au/>

A highlight of our fundraising term is the annual *Academy Winter Sleepout* which is on the evening of *Thursday 2 September 2021* when students and families are invited to come together to find out more about McAuley Community Services for Women.

We will be joined by Tanya Mathias from McAuley Community Services for Women.

Ms Sue Moran and Mrs Catherine Glenister, Justice Leaders

INFORMATION TECHNOLOGY

The students in 8 Red have been very involved in their subjects and the extra-curricular opportunities offered by the College. These two images represent students from our class who were in receipt of awards for Semester 1.



Year 8 Red Mentor Group:

Students Image 1: (from left) Maria Kaldas, Niki Christakos, Elise Dabbs, Amelia Grbac & Evie Morris

Students Image 2: (from left) Sophie Lee, Lucy Nieuwsteeg, Maria Kaldas, Mazie McLachlan, Mia Mizzi, Niki Christakos, Wendy Lok, Evie Morris, Miriam Alves-Perini, Amelia Grbac

DigiTech – Year 10 Cyber Sleuthing

The Cyber Sleuthing class has been investigating how micro:bits might be used to assist our budding gardeners in caring for their plants. They are also learning about populating and interrogating databases to discover trends in data and sleuthing through cyber security challenges via an online platform - Grok.

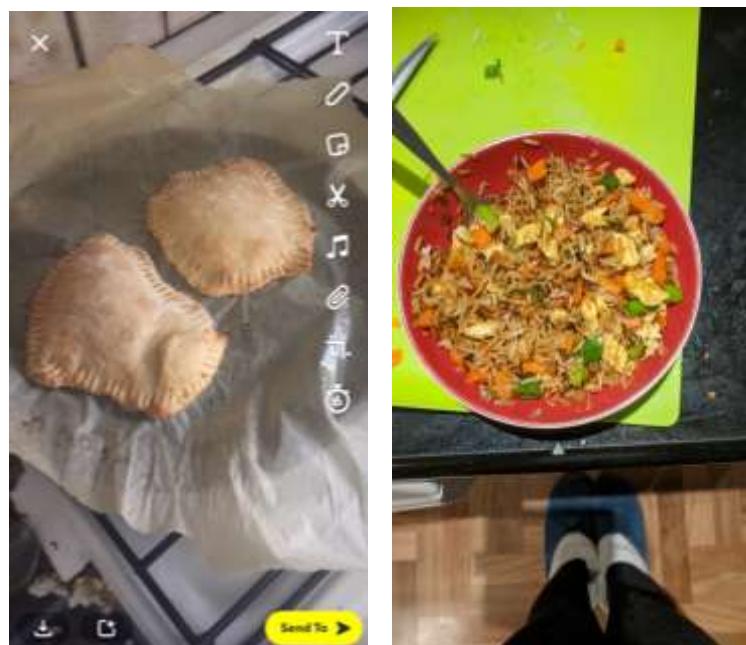


(from left) back row: Amelia Wojcik, Hannah Prior, Mia Vincini, Alyssa Dollente, Liah Solomon, Malaya Oehlers
Front row: Simone Jacklin, Stephanie Dabbs, Gemma Napolitano, Holly De Brincat

Ms Kate Jones, Information Technology Learning Leader

FOOD TECHNOLOGY

Food Technology classes have not stopped while we are in lockdown yet again. **It's really great that so many students have** still been able to cook at home. Cooking is a great break from screens at the moment and excellent for boosting our mental health. It also comes with the added bonus of keeping everyone healthy by eating nutritious vegetable packed meals and giving parents a well-deserved night off from cooking. It saves you money and it brings joy and connectedness when you share the meal with your family and it helps to create family bonds. You can relax, recharge, laugh and tell stories about the ups and downs of life at this time in our lives. Year 8 classes have been making Fried Rice, Silver beet and Potato Torte and Vegetable Pasties. Year 9s made Spaghetti Bolognese and the Year 10s made Vegetable Samosas.



Ms Mara Atkins, Food Technology Learning Leader

MATHEMATICS

Year 7 Statewide Mathematics Games Day

The Academy was represented at the Mathematics Association of Victoria Year 7 State Games Day by the following keen, enthusiastic and talented students - Trinity Liang Cardenas, Zara Fox, Allira Silvestro, Audrey Ream, Siona Sarma, Saskia Shultz and team captains Millie Bain and Mirsini Tu.

"The Year 7 State-wide Maths Game was great fun. It really got your mind working on different and interesting problem solving and mind game activities. It was interesting and at some stages challenging. I think it was a great to improve problem solving and teamwork skills." Millie Bain 7P Year 7 Team A Captain

"The difficulty like no other, time of the essence, "The Victorian Mathematic competition". Something Academy's Year 7s took a part in. Four rounds along with a set of tasks that question the knowledge of each one of us. An experience Academy offers girls to put into practice the capabilities of themselves with the collaboration of other peers. Although there may not be a physical reward, we all have taken back the opportunity to work with fellow Year 7s and an inspiration to continue with hopes for a bright future". Mirsini Tu 7B Year 7 Team B Captain

Congratulations to Zoe Accetta, Olivia Cover, Ava-Grace Silvestro (Team Captain) and Harper Smith who competed in the Year 9 Statewide Maths Games Day recently!

Despite being in lockdown and on the day of Parent Teacher Interviews, these girls participated in team Maths puzzles, problem solving, Maths games and a relay... all online! They were placed in the top 10 across the state which is an amazing achievement - Well done girls!



Mrs Marie McCarthy, Mathematics Learning Leader

McAULEY RESOURCE CENTRE

Students are encouraged to celebrate Book Week (21 -- 27 August) by wearing book character bling and accessories on Monday 23 August during mentor group or even all day.

We will be creating a photo montage, thus students can take a photo of themselves holding the book they are promoting (if they have it) and send it to Ms Salvo Fabiola.Salvo@academy.vic.edu.au. There will be prizes. Ideas:

- *A Harry Potter scarf, are you a Grifindor or Slytherin?*
- *Do you have a toy Spot The Dog or even a real white dog for Tintin?*
- *A crown for Four Dead Queens. Surprise us!*
- *Each day we will also post literary trivia questions for students to answer. Have fun!*

Mrs Pam Saunders and Mrs Anne Chowne, McAuley Resources Co-Learning Leaders

PERFORMING ARTS

Winter Music Recital

On Thursday 5 August Academy Music Students were given the opportunity to perform at the Winter Music Recital, which was a great success.

The Recital gives students from across all year levels, a chance to share something they have been working hard on in Instrumental music lessons at school, and a great chance to perform.

Unfortunately, this year with COVID restrictions, it was not possible for parents and families to watch the recital. However, we were able to perform to our peers and friends whilst still having the wonderful opportunity to perform live. Every student gave it their all in their performances, and every parent should be proud! From beginner piano items through to VCE solo performances and combined ensemble items, a diverse show was put on in each performance area. Ensemble performances began the night with the Concert Band in the Hall, AMICCI in the Drama Studio and Isabella/Leonora Strings in the Chapel.

Speaking on behalf of the drama studio, the morale was high and the talent in the room was inspiring. I think that performing in an intimate space can be nerve racking, and furthermore, performing for friends and peers is even more so! Something that stood out to me was the level of support in the room across all year levels, with every student being cheered and applauded. It is great to see that we are supported in sharing our talents at school, especially by our peers and amazing music teachers. We haven't had many opportunities to perform live in the past months, and this event was a lovely experience of music and talent!

Chloe Lawton - Performing Arts Captain

A wonderful afternoon of live musical entertainment was experienced by all at the Winter Recital. It was a joyous occasion for the performers, students, leaders, staff and Instrumental teachers. To be a part of such a positive team of professional musicians guiding these aspiring musicians here at the Academy is an absolute privilege.



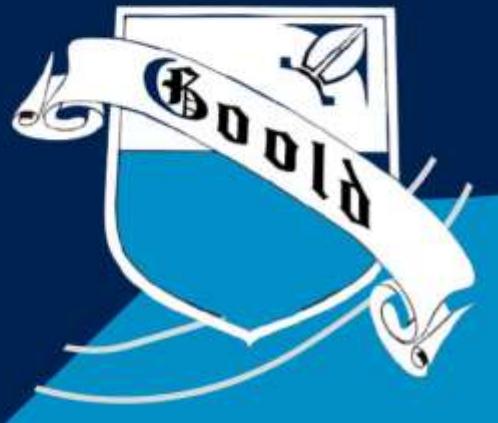
Ms Mirelle Morris, Instrumental Music Coordinator



Mercy Fundraising

Raising funds for McAuley Community Services for Women who help women and families in the areas of homelessness and domestic violence

<https://www.bpoint.com.au/pay/academyvic>
Add your funds on this bank link. You must label it your house/Mercy fundraising. For eg: Sherlock/ Mercy fundraising.



ST MARY'S HOUSE OF WELCOME Taste for Change - October 29

Do you have a Taste for Change?

A 100% lockdown proof event - A virtual masterclass and gourmet hamper delivered straight to your door!

When: Friday 29 October, 7.00pm - 8.30pm AEST

Where: In the comfort of your own home!

Taste for Change is your opportunity to sample some of the best wine, drinks and produce Victoria has to offer, while immersing yourself – at home – in a Masterclass hosted by wine expert, Max Allen.

This year, as well as wine, we will be including some boutique craft drinks and a de-alcoholised offering.

****SPECIAL EARLY BIRD TICKETS – Only \$195!**

Hurry, only available until 5pm Friday 20 August.

Book your tickets now! – <https://www.trybooking.com/BTESV>

All proceeds go towards supporting our Welcome Steps program for rough sleepers and people experiencing chronic homelessness.