Lantern Newsletter - 28th October, 2016

Principal’s Message

Dear Families and Friends,

Year 12 Graduation was certainly a highlight for our girls, their families, in fact our whole College community. The girls arrived on Monday in an array of colourful costumes and shared a wonderful breakfast as a cohort. Their last assembly together as a group highlighted the love they had for the school, their peers and their teachers. The Graduation Mass and evening were deeply reflective and moving experiences focussing on their Presentation story and values, their accomplishments and achievements, and a tribute to their journey here. The graduating class of 2016 shone as a year level in their commitment to each other and the school. Their dedication to whole school events was evident in the Presentation Week celebrations, sports carnivals and in their modelling of being “Women of welcoming hearts.” You can read more about the Graduation in this edition of the Lantern; I wish them every blessing and success in their exams and in the future.

This Wednesday at assembly we also showcased the amazing work of many of our talented Art students and also some Science achievements and awards. Whilst official invitations are not sent to parents for all the assemblies which occur throughout the terms, I would like to encourage and welcome parents to attend these, particularly if they know their daughter/s will be award recipients.

Last Friday, Michael Elliot, Marketing and Events Assistant from CEM came to the College to film our girls as part of the CEM’s World Teachers’ Day celebrations. The girls spoke from the heart and it was moving to hear their comments about the teachers they interact with and the influence they have on them as learners and individuals. I look forward to sharing the completed video with you.

Many of our students are involved in activities out of school hours which highlight the qualities of a Presentation inspired woman. I’m not always able to write about them all, but in this edition I’m proud to tell you about two of our incredibly talented Year 11 Music -Performing Arts students, Shevaun Pope & Isabella Oates who performed at the ”Walk for Prems” charity event last Sunday, at Albert Park Lake. They sang “Borrowed Angels” by Kristin Chenoweth, as a tribute to all premature babies who have not survived. One of the families released white doves at the end of the song, and it really was an emotional performance. I am very proud of the girls and how beautifully they represented the College.

Filina Virgato
Principal
Prayer: Prayer for the 21st Century

Dear Parents,

I thought this prayer by John Marsden would be appropriate given the tragic conflicts taking place around the world at the moment, particularly in Iraq, Syria and Yemen. We especially think of the women and children caught up in this conflict.

Phil McErvale on behalf of the Mission team.

May we all have a safe journey,
   And may our journeys take us to where we want to go.
   May we be forgiven for the wrong turns we have taken.
   May we all have a place in our hearts for each other.
   May those who live in darkness, find their way into the sun.
   May the blind be able to see, the deaf be able to hear
   And those who can’t walk, run.

May our earth stay beautiful, the seas filled with fish, the gardens filled with flowers
   and the sky filled with sunlight.
   May the pins stay in the grenades.
   May the guns remain unused.
   May the bombs stay unexploded.
   May the wars end.
   May the unlucky have some luck
   And the lucky realise the luck they have.
   May everyone’s nightmares end.
   May everyone’s dreams come true.
   May we all share the joy of loving and living.
   May every thought be free, every problem solved.
   May the worst turn out to be good.
   May there be lots of fun and laughter, especially for the children.
   May friendship be plentiful.
   May we all think of others before we think of ourselves.
   May we all live with knowledge, understanding, respect, tolerance and harmony.
   May we all share the joy and the love of our family and friends.
   May we not be forgotten and may we not forget others.
   May the angels not lift us up early.
   May the world live on in peace forever.

Based on
A Prayer for the 21st Century
John Marsden
This Edition of the Lantern:

- Principal’s Message
- Prayer: A prayer for the 21st Century
- Graduation
- Year 9 Wellsprings for Women
- ‘Women of Windsor’ Annual Event
- Career News
- Upcoming Events
- Canteen Specials
- Illness at School
- Counsellor News
- Uniform Shop—Extended trading hours
Graduation

Year 12 students enjoyed a very happy final day on Monday 17 October. They came in for an early breakfast and set the tone for the day with their dancing and singing. In their final Year 12 assembly, the Time Capsules they had completed in Year 7 were returned to them. There was much excitement and a few tears as they wondered where the years had gone. A final whole school assembly and BBQ lunch hosted by Year 11 students brought their day at PCW to a close.

The theme of this year’s graduating class was **One Year - One Family - Endless Possibilities**. The Mass was celebrated by Father Joe Caddy, Parish Priest of St. Mary’s. The mass was a true reflection of the Presentation values, signs and symbols of the girls’ time at the College.

The Heads of House invited each group of Year 12 students into the Church with a personal address and invitation to carry the lantern flame into the future. I think these words speak very much about the nature of this particular group of Presentation women.

**Kostka - Teresa Ciorciari:**
Year 12 Kostka House, you are a special group of young women with boundless enthusiasm and talent. You have eagerly involved yourselves in the vast array of activities and have proudly represented the College and yourselves. Year 12 Kostka House, your most striking aspect is your spirit of generosity, with each other, your teachers and our Social Justice initiatives. The community of Presentation College Windsor has been strengthened by your presence and I consider it a privilege to have coordinated you over the past two years. May you continue to grow, excel and shine in the years ahead.

**Loyola - Jessica Alger:**
Year 12 Loyola House, you are a strong, positive and enthusiastic group of women. It has been a pleasure to watch you grow, develop and learn over the last three years, as your Head of House. I have had the honour of witnessing as you have developed wisdom, compassion, kindness and knowledge about the world around you. I have been proud to watch you deal with both triumphs and challenges in a way that is hopeful, courageous and determined. You are a group of women who will make your mark on the world, and I will never forget my time with you.
Graduation (cont.)

**Nagle - Tina O’Donnell:**
Year 12 Nagle students, you are to be congratulated, and, most of all, thanked, for working tirelessly to support the girls in our House. You model the values of our namesake, Nano Nagle, demonstrating care and compassion, as well as an awareness of what is fair and just. You are sensitive to others and, above all, fill the Nagle rooms with joy. I find your spirit of friendship uplifting. Leadership can be truly challenging but you have led with energy and conviction. In fact, over the years you have contributed in both bold and subtle ways to the life of our College. In the words of T.S. Eliot, "You are the music".

**Xavier - Josie Dilettoso:**
Year 12 Xavier House you have worked together as a team to navigate the sometimes tricky, always interesting and very demanding role as student leaders of Xavier House. Your friendliness, optimism and good humour have been appreciated by all of us. But it is your empathy, and respect for each other, for staff and for the values you hold dear that will be re membered long after you have left the College. May you always continue to respond as Nano did in the spirit of hospitality, compassion and justice.

Our College Captain, Stephanie Guzzardi and Vice Captains, Erin O’Brien and Vy Nguyen, spoke to all students at the College assembly and then to parents on the evening of the graduation.

Here are a few excerpts from their speeches. We are very proud of them and of the graduating class of 2016. We wish them well in their exams and all future endeavours. They will always be part of our Presentation Family.

**Stephanie Guzzardi: College Captain**
Good evening teachers, students and most importantly, our special guests. For many of you this may be the first time you have entered this hall, and for others, it’s one of many. For most of our guests, however, it’s also probably the last time you will sit in this hall. This hall, this school, this second-home, is a place which holds much significance for us as students – when we come here we feel safe and cared for, we are educated and inspired, and most of all, it’s within these walls that we have developed into bright Presentation women ready to take on the world. It’s a very special thing to be a Presentation girl. It’s like being a part of a sisterhood, but a huge one. In fact it spreads all around the world, but what’s even more important is how we got the opportunity to be one of these Presentation Women.

It’s thanks to you - our mothers, fathers, step-parents, host parents, grandparents, great grandparents, brothers, sisters, aunts, uncles, cousins, friends, and anyone else here tonight – it’s thanks to you that we are sitting here today graduating from some of the most valuable years of our lives. If you’re sitting here tonight, it means you are someone special to one of us. Someone who has been supportive, a role model, and has always gone that extra mile to help us when we were in need. Without you, we couldn’t have made it through the last six years. We have our parents especially to thank – you deal with us on a daily basis, through thick and thin, through the complaints and the stresses, the late night party pick-ups and last minute assignments. Without you by our side, we wouldn’t be where we are today, and so whilst we may not say it that often, thank you for everything you do.

To the girls of the class of 2016 for the final time: I have had an amazing time growing alongside you all. Whilst I’ve known some of you since the first days of Year 7, and others only in the last couple of years, I feel so special to share this unique connection with you all. You are all powerful young women. And you have the chance from this night on, to make the most of not only these upcoming exams, but the endless opportunities that you come across. I feel like once exams are over, once we have departed on our after school travels and other plans, we will look back and miss our school days – as crazy as it may sound. Life within the gates of PCW is extremely special, and whilst our one year might be over, I know that our one family will live on forever.
Graduation (cont.)

Erin O’Brien – College Vice Captain

To my beautiful year level, the class of 2016. Remember when that 16 in our emails seemed like some distant reality. 6 years of discovering ourselves, growing together and just being the most ridiculous people. It’s honestly so bizarre to think of all that time passing, when we admired the year 12’s and now we realise how existential they were feeling. The other night my mum asked me ‘is there anything you will miss about school’ and while I gave her the ‘why would you ask me that question right now’ look, immediately I thought of you all, of course closely followed by NAPLAN and the GAT. The fact that each day I won’t be forced out of bed to spend four periods a day with such a diverse and incredibly inspiring people forces emotions into my corpse like body. I’ll miss laughing, crying, stressing, singing, procrastinating and giving each other piggy backs metaphorically of course. I’ll miss our year level huddles, warm smiles and the influence and gifts you individually give. Because you are a bunch of uniquely intelligent and forward thinking young people.

So thank you PCW for bringing together a family, thank you to the nurturing teachers who support this and also I’m sorry for having to put up with me. To the two girls standing with me on the stage and especially to my sisters the class of 2016.

I love you all

Vy Nguyen – College Vice Captain

Take a look to your left. And take a look to your right. Hopefully by this point in the year, you recognise the girl next to you. She might be your best friend; she might be just an acquaintance, or if you’re on the edges of the rows, it might actually be a teacher.

Even if you’re not aware of it now, it’s this companionship with the girls in front of you, behind you, and on either side of you, that will get you through. I’m not going to lie; high school is hard. The day that you realise that the girls around you are just humans trying to find their place in the world as well, school life gets exponentially better. If you think you can make it through this place alone, I applaud you, because without the very girls you clapped in today, there’s no way I’d be standing here.
Year 9 Wellsprings for Women

The Year 9 Eachtra Program has had a long relationship with Wellsprings, and this year this relationship was expanded to include our Class Captains visiting and contributing. Wellsprings was opened in Dandenong in 1996 to serve the needs of migrant women who were all too often isolated and lacked access to education. Twenty years on, Wellsprings continues to offer a diverse program to meet the needs of women in the community of Dandenong and beyond. Please find some of the students thoughts about their experiences below.

Di Braiden
Year 9 Coordinator

Wellsprings for Women was truly an amazing experience. I got to meet so many new inspiring and wonderful women who risk their lives and everything they've got to come here. I was able to teach women about time, something that we would normally take for granted and how to speak English. I think the thing I loved the most was seeing all the different cultures and hearing all the experiences that these women have gone through. I definitely recommend visiting Wellsprings to everyone looking to try something new and I can genuinely say that I enjoyed my time there.

Kayla Doan

On the 18th of October a group of Year 9 Class Captains visited Wellsprings for Women in Dandenong. This centre is a place where women of all ages can come to be educated and supported by the staff of Wellsprings. The main purpose of the centre is to empower women, especially those who've come from war torn countries who arrive in Australia with nothing. They would be supported so they can rebuild their lives, making opportunities for themselves and their children. We assisted with language classes and conversation classes, some girls were even lucky enough to interact with the children. This was an incredible learning experience for us as we saw how much we take the little things for granted. Knowing how to tell the time and learning some of what we think would be basic English words were quite challenging for some of the Wellsprings clients. From this incredible experience I'm sure we all learnt not to take the things that come easy to us for granted.

Adeline Chiwetu
9 Gold
"Women of Windsor" Annual Event

After the huge success of last year’s alumnae panel, we are very pleased to invite you to the 2016 Women of Windsor Alumnae celebration.

Please join us on:

Saturday 13 November, 2016

1.30 pm - 4.30 pm

at

Presentation College Windsor

Panel discussion followed by afternoon tea and tours

At this event our alumnae panel will consider ‘How Women of Windsor celebrate learning and life.’

We are delighted that Anna Burke has agreed to once again facilitate the panel.

Panel Facilitator

Anna Burke MHRI
(Class of 1983)

Anna was formerly the Federal Member for Chisholm and in 2012 and 2013 was the Speaker of the House of Representatives.

Panel Member

Trish Fields
(Class of 1969)

Trish is a food industry specialist with a wealth of senior commercial and corporate affairs experience in Europe and across Asia Pacific and America. Trish is a founding Director of ASX listed Yowie Group Ltd. Trish was also previously a member of the PCW Board.

Panel Member

Andrea Grant
(Class of 1991)

Andrea is a former teacher and leader in Catholic girls’ schools in Melbourne. She is currently Mission Leader for Kildare Ministries which has governance over ten schools and two community works across Australia including Star of the Sea College, Wellbeing for Women and Presentation Family Centre.

Panel Member

Chloe Tomsui
(Class of 2007)

Chloe works for the Dept of Health & Human Services, within their Youth Justice program. Chloe assists with supervision & rehabilitation of children on community based orders, parole and supervised bail.

School Leaders

Fiona Li, Santina Bresolin & Pascale Latras
(Class of 2017)

Fiona, Santina & Pascale have recently been elected as leaders of the College for 2017.

Please pass this Invitation on to other PCW Alumnae who may be interested in attending.

Cost: $40 per head

Booking Form attached

RSVP to Trish Chester by Friday 4th November, 2016

womenofwindsor@pcw.vic.edu.au or 8517.2704
Careers News

Year 12 Careers Information: Results, ATAR, Offers and Change of Preference (COP) Information 2016

Parents and Year 12 students please find important information below with regards to the next stages in finishing VCE and the VTAC process. Please read over it carefully and contact me should you have any questions. This time can be one of anticipation and excitement but also sometimes disappointment. If the latter, it is important to remember that there are many ways to get to where you want in life and the news you receive about your results and ATAR does not determine this or who you are as a person.

Please keep checking your school email for information forwarded on from VTAC by me. Enjoy some well-deserved R and R after a busy year of hard work. Wishing you all the best!

VCE Results and ATAR
Online: 12th December (7am) and in mail: 14th December

Once results are released, either Mr Pearce or I will contact you to see how it is all going. I will be available on the 12th to 14th of December for consultation should you need to discuss your future pathway or change of preference. If possible try and email me to arrange an appointment to avoid having to wait around.

Change of Preference (COP)
The main thing to remember with change of preference is that you put them in order of what you really want (regardless of ATAR) and that you have met all the selection criteria as outlined in the VTAC guide.

* You can change course preferences as many times as you like while Change of Preference is open
* Once you have your ATAR consider
  Your order of preferences – think about what you really want to do and where you want to go most
  Add any backup course options (make sure you satisfy the course requirements!
  Make use of all 8 preferences: very popular courses may have filled all places in Round 1
  Get your preferences in and correct by December 15th for International students and by December 20th for domestic students.

If you have received a lower ATAR than expected did you opt in to receive Supplementary Offers when you registered? If not, then you may want to opt in now!

Preferences can be changed between all rounds (but it does close for a short time before each offer round)

<table>
<thead>
<tr>
<th>VTAC CHANGE OF PREFERENCE</th>
<th>OPEN</th>
<th>CLOSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Undergraduate and graduate entry (other) courses</td>
<td>1 August (9am)</td>
<td>8 November (4pm)</td>
</tr>
<tr>
<td>International VCE applicants</td>
<td>1 August (9am)</td>
<td>15 December (4pm)</td>
</tr>
<tr>
<td>Undergraduate and graduate entry (other) courses</td>
<td>21 November (10am)</td>
<td>20 December (12noon)</td>
</tr>
<tr>
<td>Undergraduate and graduate entry (other) courses</td>
<td>4 January 2017 (10am)</td>
<td>4 January 2017 (noon)</td>
</tr>
<tr>
<td>Undergraduate and graduate entry (other) courses</td>
<td>19 January 2017 (10am)</td>
<td>31 January 2017 (4pm)</td>
</tr>
<tr>
<td>Undergraduate and graduate entry (other) courses</td>
<td>8 February 2017 (10am)</td>
<td>9 February 2017 (4pm)</td>
</tr>
<tr>
<td>Undergraduate and graduate entry (other) courses</td>
<td>14 February 2017 (10am)</td>
<td>16 February 2017 (4pm)</td>
</tr>
</tbody>
</table>

Please see the separate Change of Preference 2016 document for information regarding the process for most Universities. Always check with the institution directly in case things have changed.

Megan Larritt
Careers Teacher
mlarritt@pcw.vic.edu.au
Careers News (cont.)

Offers

ALWAYS ACCEPT an offer!

- Even if you are hoping for a higher preference offer in a later round, you should accept any offer you receive.
- You are automatically considered for any higher preferences in future offer rounds.
- 80% of offers are made in Round 1.
- There is no guarantee of receiving another offer in a later round.
- Courses are not required to participate in subsequent rounds.
- If you receive another offer in a later round, you can withdraw from the earlier offer at that point.

Verbal offers have no status. If you receive a verbal offer you should ask for the name of the person making the offer and contact VTAC immediately.

Responding to an offer: Accept, Defe, Reject

- Receiving an offer does not confirm your enrolment in the course. To secure your place, you must follow the enrolment instructions in your offer message. In some cases you may be required to attend enrolment in person on a specific date and time.
- To accept an offer, follow the instructions in the offer advice to enrol at the institution.
- No separate acceptance notification to VTAC is needed.
- If you can't attend enrolment or are unable to attend at the specified time you should check with the institution whether an authorised nominee (someone you choose) can enrol on your behalf.
- To defer an offer, contact the institution: Not all courses allow deferment. [http://vtac.edu.au/courses-inst/institutions/deferment.html](http://vtac.edu.au/courses-inst/institutions/deferment.html).
- To reject an offer, take no action.
- The offer will automatically lapse if you have not enrolled by the deadline.

Supplementary Offers

- Not yet received an offer after Round 2 and you have given permission, then institutions will contact you directly to suggest courses which still have vacancies.
- Supplementary offers will commence after Round 2, and be formalised in the next offer round.
- Opt in by the deadline, opt out at anytime – this is done by updating your personal details you filled in initially and answering the question: Do you want to participate in the supplementary offer process.
- Supplementary offers will be processed weekly.
- If you receive two or more offers at the same time, you will need to choose which offer to accept— you should not accept more than one offer.

<table>
<thead>
<tr>
<th>OFFERS EMAILED TO APPLICANTS</th>
<th>EMAIL</th>
<th>USER ACCOUNT OPENS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early offers</td>
<td>18 November</td>
<td>18 November (2pm)</td>
</tr>
<tr>
<td>International VCE early offers</td>
<td>19 December</td>
<td>19 December (2pm)</td>
</tr>
<tr>
<td>International offers</td>
<td>9 January 2017</td>
<td>9 January 2017 (2pm)</td>
</tr>
<tr>
<td>Round 1 offers for all other courses</td>
<td>18 January 2017</td>
<td>18 January 2017 (2pm)</td>
</tr>
<tr>
<td>Round 2 offers for all other courses</td>
<td>7 February 2017</td>
<td>7 February 2017 (2pm)</td>
</tr>
<tr>
<td>Supplementary offers</td>
<td>February 2017</td>
<td>February 2017</td>
</tr>
</tbody>
</table>
### Change of Preference (COP) Dates and Contacts 2016

This information is only a guideline and it is important that you check dates and times yourself.

<table>
<thead>
<tr>
<th>Institution</th>
<th>Contact Details</th>
<th>Times</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australian Catholic University</td>
<td>Hotline 1300 ASK ACU (1300 275 228) 'Know your Options' Info Session (Melbourne)</td>
<td>12.00pm – 4.00pm, 5.00pm – 7.00pm</td>
<td>Dec 13 (Tuesday), Dec 14 (Wednesday)</td>
</tr>
<tr>
<td></td>
<td>'Know your Options' Info Session (Ballarat)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.acu.edu.au">www.acu.edu.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Australian College of Applied Psychology</td>
<td>1800 061 199</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.acap.edu.au">www.acap.edu.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Box Hill TAFE</td>
<td>Study Options Information Evening <a href="http://www.boxhill.edu.au">www.boxhill.edu.au</a></td>
<td>5.00pm – 7.00pm</td>
<td>Dec 14 (Wednesday)</td>
</tr>
<tr>
<td>CQU (Melbourne)</td>
<td>13 CQUni (13 2786) National Online Information Session <a href="http://www.cqu.edu.au/calendar">http://www.cqu.edu.au/calendar</a></td>
<td>9.00am – 1.00pm</td>
<td>Dec 19 (Monday)</td>
</tr>
<tr>
<td>Deskin College</td>
<td>Online Live Chat Sessions</td>
<td>9.00am – 5.00pm, 9.00am – 12.00pm</td>
<td>Dec 12 – 16 &amp; 19, Dec 20</td>
</tr>
<tr>
<td></td>
<td>Hotline (03) 9244 5600 Email: dсли<a href="mailto:-direct@deakin.edu.au">-direct@deakin.edu.au</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Melbourne Campus at Burwood - Information Evening <a href="http://www.deakincollege.edu.au">www.deakincollege.edu.au</a></td>
<td>4.00pm – 7.00pm</td>
<td>Dec 13 (Tues)</td>
</tr>
<tr>
<td></td>
<td>Geelong Waurn Ponds Campus - Walk &amp; Talk Tours</td>
<td>4.00pm – 7.00pm, 11.00am – 1.00pm</td>
<td>Dec 14 (Wed), Dec 15 (Thur)</td>
</tr>
<tr>
<td></td>
<td>Geelong Waterfront Campus - Information Evening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deskin University</td>
<td>Online Live Chat Sessions</td>
<td>9.00am – 5.00pm, 9.00am – 12.00pm</td>
<td>Dec 12-16</td>
</tr>
<tr>
<td></td>
<td>Change of Preference hotline: 1800 MY FUTURE (1800 693 888)</td>
<td></td>
<td>Dec 19 (Monday), Dec 20 (Tuesday)</td>
</tr>
<tr>
<td></td>
<td>Melbourne Campus at Burwood - Information Evening <a href="http://www.deakincollege.edu.au">www.deakincollege.edu.au</a></td>
<td>8.00am – 7.00pm, 9.00am – 5.00pm, 9.00am – 12.00pm</td>
<td>Dec 12-14</td>
</tr>
<tr>
<td></td>
<td>Geelong Waterfront Campus - Walk &amp; Talk Tours</td>
<td>8.00am – 7.00pm, 9.00am – 5.00pm, 9.00am – 12.00pm</td>
<td>Dec 13 (Tuesday), Dec 14 (Wednesday), Dec 15 (Thursday)</td>
</tr>
<tr>
<td></td>
<td>Geelong Waurn Ponds Campus - Information Evening</td>
<td>4.00pm – 7.00pm, 11.00am – 1.00pm</td>
<td>Dec 14 (Wed), Dec 15 (Thur)</td>
</tr>
<tr>
<td></td>
<td>Warrnambool Campus - Walk &amp; Talk Tours</td>
<td>4.00pm – 7.00pm, 11.00am – 1.00pm</td>
<td>Dec 14 (Wed), Dec 15 (Thur)</td>
</tr>
<tr>
<td></td>
<td>Werribee Learning Centre - Drop in Session</td>
<td>12.00pm – 5.00pm</td>
<td>Dec 15 (Thursday)</td>
</tr>
<tr>
<td>Federation University</td>
<td>Info Day (Ballarat, Berwick &amp; Gippsland Campuses) <a href="https://federation.edu.au/future-students/study-at-federation/info-day">https://federation.edu.au/future-students/study-at-federation/info-day</a></td>
<td>11.00am – 2.00pm</td>
<td>Dec 14 (Wednesday)</td>
</tr>
<tr>
<td>Holmesglen Institute</td>
<td>1300 693 888 Change of preference information sessions</td>
<td>9.00am – 7.00pm</td>
<td>Dec 15 (Thursday)</td>
</tr>
<tr>
<td></td>
<td>For more details refer to <a href="http://www.holmesglen.edu.au/open">www.holmesglen.edu.au/open</a></td>
<td>9.00am – 7.00pm</td>
<td>Throughout day - refer to website for specific sessions</td>
</tr>
<tr>
<td>La Trobe Melbourne</td>
<td><a href="http://www.latrobeuniversity.edu.au/cop">https://www.latrobeuniversity.edu.au/cop</a></td>
<td>Same as La Trobe University</td>
<td>Same as La Trobe University</td>
</tr>
</tbody>
</table>
## Change of Preference (COP) Dates and Contacts 2016

This information is only a guideline and it is important that you check dates and times yourself. 

<table>
<thead>
<tr>
<th>Institution</th>
<th>Contact Details</th>
<th>Times</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>La Trobe University</td>
<td>1300 113 045</td>
<td>7.00am – 7.00pm</td>
<td>Dec 12 &amp; 13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.00am – 5.00pm</td>
<td>Dec 14 – 16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10.00am – 3.00pm</td>
<td>Dec 17 – 18</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.00am – 5.00pm</td>
<td>Dec 19 (Monday)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.00am – 12.00pm</td>
<td>Dec 20 (Tuesday)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9.00am – 5.00pm</td>
<td>Dec 12 – 16</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10.00am – 2.00pm</td>
<td>Dec 13 (Tuesday)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11.00am – 2.00pm</td>
<td>Dec 13 (Tuesday)</td>
</tr>
<tr>
<td>Future Students Centre Drop-Ins - Melbourne</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melbourne Advisory Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bendigo Advisory Day</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.latrobe.edu.au/prefer">http://www.latrobe.edu.au/prefer</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Melbourne Polytechnic</td>
<td>(03) 9289 8400</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.melbournepolytechnic.edu.au">www.melbournepolytechnic.edu.au</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Monash University</td>
<td>1800 866 274 hotline</td>
<td>9.00am – 5.00pm</td>
<td>Dec 14 (Wed)</td>
</tr>
<tr>
<td>Change of Preference Expo</td>
<td></td>
<td>3.00pm – 7.00pm</td>
<td></td>
</tr>
<tr>
<td>Building H, Caulfield Campus</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.monash.edu.au/cop">www.monash.edu.au/cop</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Navitas College of Public Safety</td>
<td>1800 783 661</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="http://www.ncps.edu.au">www.ncps.edu.au</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>RMIT University</td>
<td>Hotline (03) 9925 2260</td>
<td>8.30am – 5.30pm</td>
<td>Dec 12 – 16</td>
</tr>
<tr>
<td></td>
<td>COP Expo – Arts, Design, Communication, Justice, International, &amp; Community Services Courses</td>
<td>8.30am – 5.30pm</td>
<td>Dec 19 (Mon)</td>
</tr>
<tr>
<td></td>
<td>COP Expo – Business Courses</td>
<td>8.30am – 12.00pm</td>
<td>Dec 20 (Tues)</td>
</tr>
<tr>
<td></td>
<td>COP Expo – Science, Engineering &amp; Health Courses</td>
<td>3.00pm – 5.00pm</td>
<td>Dec 14 (Wed)</td>
</tr>
<tr>
<td></td>
<td><a href="http://inspired.rmit.edu.au/">http://inspired.rmit.edu.au/</a></td>
<td>11.00am – 1.00pm</td>
<td>Dec 15 (Thur)</td>
</tr>
<tr>
<td>Swinburne University</td>
<td>Hotline 1300 275 794</td>
<td>6.00pm – 8.00pm</td>
<td>Dec 13 (Tues)</td>
</tr>
<tr>
<td></td>
<td>Live Chat</td>
<td>11.00am – 4.00pm</td>
<td>Dec 14 (Wed)</td>
</tr>
<tr>
<td></td>
<td>COP Expo Hawthorn Campus</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.swinburne.edu.au/chooses/">http://www.swinburne.edu.au/chooses/</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>University of Melbourne</td>
<td>13 63 52</td>
<td>Course Information Day Parkville Campus</td>
<td>Dec 12 – 20</td>
</tr>
<tr>
<td></td>
<td>Online Support</td>
<td>9.00am – 5.00pm</td>
<td>Dec 12 – 20</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.cop.unimelb.edu.au/2016">www.cop.unimelb.edu.au/2016</a></td>
<td>10.00am – 2.30pm</td>
<td>Dec 14 (Wed)</td>
</tr>
<tr>
<td>Victoria University</td>
<td>CHAT AND HOTLINE 1300 842 864</td>
<td>One-on-one Appointments</td>
<td>Dec 12 – 16</td>
</tr>
<tr>
<td></td>
<td>One-on-one Appointments</td>
<td>8.30am – 6.00pm</td>
<td>Dec 12 – 16</td>
</tr>
<tr>
<td></td>
<td>COP Expo at Footscray Park Campus</td>
<td>8.30am – 12pm</td>
<td>Dec 19 (Mon)</td>
</tr>
<tr>
<td></td>
<td><a href="http://www.vu.edu.au/change">www.vu.edu.au/change</a></td>
<td>9.00am – 5.00pm</td>
<td>Dec 14 (Wed)</td>
</tr>
<tr>
<td>William Angliss Institute</td>
<td>1300 ANGLISS</td>
<td></td>
<td>Dec 13 (Tues)</td>
</tr>
<tr>
<td></td>
<td>Course Information Expo – Melbourne Campus</td>
<td>4.00pm – 6.00pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>One-on-one consultations available</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="http://www.angliss.edu.au/">http://www.angliss.edu.au/</a></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**CHANGE OF PREFERENCE (COP) DATES AND CONTACTS 2016**

This information is only a guideline and it is important that you check dates and times yourself.

<table>
<thead>
<tr>
<th>INSTITUTION</th>
<th>CONTACT DETAILS</th>
<th>TIMES</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Melbourne Polytechnic Skills and Job Centre Doncaster</td>
<td>Lvl 1, Shop 1085, 619 Doncaster Rd, Doncaster 3108 03 9269 8400 <a href="mailto:courses@melbournepolytechnic.edu.au">courses@melbournepolytechnic.edu.au</a></td>
<td>Mon - Wed 9AM - 5:30PM  Thurs - Fri 9AM - 9PM  Sat 9AM - 5PM  Sun 10AM - 5PM</td>
<td></td>
</tr>
<tr>
<td>Melbourne Polytechnic Skills and Job Centre Plenty Valley</td>
<td>415 McDonalds Road, Mill Park VIC 3082 03 9269 8400 <a href="mailto:courses@melbournepolytechnic.edu.au">courses@melbournepolytechnic.edu.au</a></td>
<td>Mon - Wed 9AM - 5:30PM  Thurs - Fri 9AM - 9PM  Sat 9AM - 5PM  Sun 10AM - 5PM</td>
<td></td>
</tr>
<tr>
<td>Melbourne Polytechnic Skills and Job Centre Northland</td>
<td>2-50 Murray Road, Preston VIC 3072 03 9269 8400 <a href="mailto:courses@melbournepolytechnic.edu.au">courses@melbournepolytechnic.edu.au</a></td>
<td>Mon - Wed 9AM - 5:30PM  Thurs - Fri 9AM - 9PM  Sat 9AM - 5PM  Sun 10AM - 5PM</td>
<td></td>
</tr>
<tr>
<td>Melbourne Polytechnic Skills and Job Centre Chapel St</td>
<td>403 Chapel Street, South Yarra VIC 3141 03 9269 8400 <a href="mailto:courses@melbournepolytechnic.edu.au">courses@melbournepolytechnic.edu.au</a></td>
<td>Monday - Saturday 10AM - 6PM  Sunday - Closed</td>
<td></td>
</tr>
</tbody>
</table>
Counsellor News

Dieting behaviour is a big concern in adolescence if for no other reason than it can become the start of anorexia or bulimia. On top of that it has a negative impact on our children’s self-esteem and can also impact their moods and concentration. Teenagers’ reasons for dieting are varied, but body image dissatisfaction and a desire to be thinner is the motivating factor behind the majority (Findlay, 2004). Attempts to lose weight can be associated with behavioural changes such as alterations in eating habits and/or exercise frequency.

Dieting is an intentional, often temporary, change in eating to achieve weight loss (Neumark-Sztainer, Jeffrey & French, 1997; Schur, Sanders & Steiner, 2000). Comparing studies of dieting status and degrees of dieting are problematic due to variations in definitions; however, there is consistency in defining self-induced emesis, laxative use and diet pill use as unhealthy or extreme dieting (Neumark-Sztainer, Story, Dixon & Murray, 1998). Chronic dieting (more than 10 diets in a year), fad dieting, fasting and skipping meals are also classified as unhealthy strategies.

The use of these behaviours to achieve weight loss is often referred to as disordered eating if the behaviours are not sufficiently severe to warrant a diagnosis of an eating disorder.

Factors influencing teen dieting (Findlay, 2004):

**Individual factors:**
- Female
- Overweight and obesity
- Body image dissatisfaction and distortion
- Low self-esteem
- Low sense of control over life
- Psychiatric symptoms: depression and anxiety
- Vegetarianism
- Early puberty

**Family factors:**
- Low family connectedness
- Absence of positive adult role models
- Parental dieting
- Parental endorsement or encouragement to diet
- Parental criticism of child’s weight

**Environmental factors:**
- Weight-related teasing
- Poor involvement in school
- Peer group endorsement of dieting
- Involvement in weight-related sports

**Other factors:**
- Certain chronic illnesses, especially diabetes
- Presence of other risk behaviours; smoking, substance use, unprotected sex
Counsellor News (cont.)

Consequences of dieting
Teenage dieting is the usual antecedent to anorexia and bulimia nervosa.
Dieting has been associated with a fivefold to 18-fold increased risk of developing an eating disorder (Findlay, 2004).

- Dieting is associated with potential negative physical health consequences.
- Nutritional deficiencies, particularly of iron and calcium, can also pose short- and long-term risks.
- In growing children and teenagers, even a marginal reduction in energy intake can be associated with growth deceleration.
- Disordered eating, even in the absence of substantial weight loss, has been found to be associated with menstrual irregularity.
- The long-term risk of osteopenia and osteoporosis.
- The medical complications of any purging behaviour, such as self-induced emesis, laxative use or diuretic use, are well-established, as are the risks associated with stimulant weight loss medications.
- Variety of symptoms including food preoccupation, distractibility, irritability, fatigue and a tendency to overeat, even binge eat.
- Many lifestyle habits are established during the adolescent years and alterations in the eating habits of children and adolescents could have lifelong implications for dysfunctional eating.
- May have a negative impact on the young person’s self-esteem because, during childhood and adolescence, self-esteem is, in part, defined by successes and failures.
- There is mounting concern that dieting in preadolescents and adolescents may have the paradoxical effect of resulting in excess weight gain over time.

What can I do as a parent?
- Encourage normal eating – provide healthy foods at home
- Try not to criticise your daughter’s weight (if you notice a problem, take problematic foods out of the house)
- Try not to model fad dieting behaviour or discuss your unhappiness with your own weight with your daughter
- Try not to make derogatory comments about anyone’s weight
- Discourage fad diets, fasting, skipping meals and dietary supplements to achieve weight loss.
- Advise teenagers to be wary of any weight loss scheme that tries to sell them anything, such as pills, vitamin shots or meal replacements.
- Encourage age-appropriate physical activity and teach teenagers that there are a variety of reasons to exercise, not just to control weight.
- Teenagers who are concerned about weight or shape should be educated about the difference between ‘healthy weight’ and ‘cosmetically desirable weight’. For teenagers, these may be very different, because many teenagers want to be thinner than is required for good health. Teenagers should be encouraged to accept a realistic weight for themselves.
- Be aware that many weight loss attempts in teenagers are not required or justified on the basis of improved health and may reflect other issues in the adolescent’s life, such as low self-esteem, being teased about weight, family pressure to achieve a certain ideal or a serious psychiatric illness such as an eating disorder. For many dieting teenagers, the behaviour is not really about their weight.
- For teenagers engaging in more severe weight loss practices, screening for eating disorders should be done promptly and early referral made for assessment.
- There is no evidence that commercial weight loss programs are safe or effective for children or teenagers. Where available, referral to a multidisciplinary paediatric obesity program may be beneficial.

SM Findlay; Canadian Paediatric Society, Adolescent Health Committee Paediatr Child Health 2004;9(7):487-91
Upcoming Events

Week Beginning Monday 31st October
Monday 31st October  
Mid Term Break
Tuesday 1st November  
Melbourne Cup Holiday
Wednesday 2nd November  
Year 11 Study Day
Thursday 3rd November  
Unit 2 Exams begin
Friday 4th November  
Final Day of Year 10 Classes

Week Beginning Monday 7th November
Monday 7th November  
Year 7 Retreat
Tuesday 8th November  
Year 10 Exams begin
Friday 11th November  
Year 12, 2017 Leadership Training day
Saturday 12th November  
Women of Windsor Annual Event

Week Beginning Monday 14th November
Monday 14th November  
Year 10 into 11 Orientation begins
Year 11 into 12 Orientation begins
Tuesday 15th November  
Year 9 Camp 1 begins
Finance Meeting @ 5.30 pm
Board Meeting @ 7.00 pm
Friday 18th November  
Final Day of Unit 3/4 Exams
Year 7, 2017 Orientation Day

Week Beginning Monday 21st November
Tuesday 22nd November  
Year 9 Camp 2 begins
Parent Association Christmas Function
Friday 25th November  
Parent Association Teachers’ Morning Tea

Week Beginning Monday 28th November
Monday 28th November  
Year 9 Leadership Training Day
Tuesday 29th November  
New Student 2017 Orientation Day
Year 9 Expo & Awards Night
Wednesday 30th November  
New International Student Orientation
Final Day of Year 9—Conclude @ 1.00 pm
Thursday 1st December  
CBC / PCW / St Mary’s Christmas Carols @ 6.30 pm
Friday 2nd December  
Final Day of Year 7 & 8 Classes—Conclude @ 1.00 pm

Week Beginning Monday 5th December
Monday 5th December  
Finance Meeting @ 5.30 pm
Board Meeting @ 7.00 pm
Friday 9th December  
Teaching Staff Conclude

Week Beginning Monday 12th December
Tuesday 12th December  
Board (End of Year Function)
Friday 16th December  
Administration Staff Conclude @ 1.00 pm
Office Closes
Canteen Specials

Week Commencing Monday, 31st October
MUFFIN: Cherry Ripe
SALAD: Caesar Salad

Week Commencing Monday, 7th November
MUFFIN: Orange & Poppyseed
SALAD: German Potato

Students can place LUNCH ORDERS before school and at recess. They can pick up their orders at the back door and avoid lining up with the crowds at lunchtime.

Breakfast
The Canteen is open for breakfast every morning from 7.45 am until 8.20 am

The following is available for $1.00:
- Ham & Cheese Croissants $3.50
- 2 x slices of toast—butter, jams, vegemite and juice $2.00
- Cereal & Juice or Yoghurt & Juice $2.00

Illness at School

Students may sometimes contact parents if they are feeling unwell and want to be collected from school. Parents are asked to reassure their daughter about informing a teacher and then going to Sick Bay. Parents will be contacted if need be. Please do not automatically come to the school at your daughter’s request as this leads to a breakdown in communication and inaccurate attendance records.

If a student is feeling ill when at school they must inform their Homeroom Teacher, Year Level Coordinator or Head of House before reporting to Sick Bay.

When appropriate the First Aid Officer will make contact with parents to organise collection of their child.

Parents are to report to the General Office upon entering the school.

*Under no circumstances are students to contact parents to arrange being picked up.*
Uniform Shop: Extended Opening Hours

**PRESENTATION COLLEGE**
**MELBOURNE UNIFORM SHOP**

**NORMAL TRADING HOURS**
- **TUESDAY** 8.00AM – 11.00AM
- **THURSDAY** 1.00PM – 4.00PM

For personal fitting appointments outside of shop hours please contact Linda at the uniform shop on 9510-5090 or email pcw@dobsons.com.au
Alternatively, shop online at www.dobsons.com.au

**Extended Trading Hours**
**NOVEMBER – DECEMBER 2016**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRIDAY</td>
<td>13/11/16</td>
<td>8.00AM – 3.30PM</td>
<td>Orientation Day</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>29/11/16</td>
<td>8.00AM – 1.00PM</td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>30/11/16</td>
<td>8.00AM – 1.00PM</td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>1/12/16</td>
<td>1.00PM – 4.00PM</td>
<td>Last Trading Day</td>
</tr>
</tbody>
</table>

**JANUARY 2017**

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUESDAY</td>
<td>24/1/17</td>
<td>10.00AM – 3.00PM</td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>25/1/17</td>
<td>10.00AM – 3.00PM</td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>26/1/17</td>
<td>Australian Day</td>
<td>Closed</td>
</tr>
<tr>
<td>MONDAY</td>
<td>30/1/17</td>
<td>10.00AM – 3.00PM</td>
<td></td>
</tr>
<tr>
<td>TUESDAY</td>
<td>31/1/17</td>
<td>10.00AM – 3.00PM</td>
<td></td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>1/2/17</td>
<td>10.00AM – 3.00PM</td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>2/2/17</td>
<td>8.00AM – 11.00AM</td>
<td>Year 7 Commence</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>3/2/17</td>
<td>8.00AM – 11.00AM</td>
<td>Years 8-12 Commence</td>
</tr>
</tbody>
</table>

As of Tuesday 7/2/2017 the School Shop hours will resume as normal.

Presentation College Uniform also available from:
Dobsons, 667 Glenferrie Road, Hawthorn Ph: 9819 1122
Monday – Friday 8.30 am – 5.30 pm   Saturday 8.30 am – 5.00 pm