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Principal News

This week I met with the principals of all the State girls' schools as part of the executive for the Association of State Girls' Secondary Schools of Victoria for an evaluation of the recent Year 10 Leadership Conference at Canterbury Girls' Secondary College. Not everyone realises that there are a number of single sex State girls' schools but in addition to Mac.Rob there are Mentone Girls, Canterbury Girls, Pascoe Vale Girls, Preston Girls, Mathew Flinders Girls, Melbourne Girls and Gilmore Girls schools.

Each year a leadership conference for Year 10 students is held at one of the schools which is planned for and run by the girls themselves. A committee is formed of girls from each school and they meet on a number of occasions to plan the activities and organise speakers and workshop leaders. The planning committee enjoys the opportunity to meet at different schools and get to know a bit about them while making new friends. Each school sends 20 students to the conference which is usually held in Term 3 and the feedback every year is very enthusiastic.

At the principals' meeting this week we decided to offer an additional Middle School day in 2008 for Years 8 and 9, with activities such as theatre sports and an arts presentation along with a keynote speaker to allow the students to meet, interact and develop their awareness of the Association in preparation for the leadership conference which next year will be held at Gilmore Girls' College.

Jane Garwey

Trip to Canberra

On the Sunday, 21 October, Ms MacAlpine and I met up at University House in the Australian National University, Canberra for the annual *Plan Your Own Enterprise Competition*. Although I did not emerge as winner in the Under 18 Division, it was an unforgettable experience. Organised by the VCTA (Victorian Commercial Teacher's Association) in alliance with CPA Australia, Quicken and NGT Travel, the three day stay in Canberra included a full itinerary. Not only did we get a chance to meet up with the other outstanding students from the other States, but we had great fun meeting people such as Ms Margaret Beerworth from CPA Australia, Mr Jeremy Duffield founder of Vanguard Investments Australia and also a superb candle lit dinner on our last night. We also had a brief tour of the capital city. I am sure Ms MacAlpine will now have many more stories to tell her Year 10 Business Legal class!



Margaret Long
Year 10 H Student

Grampians Camp

Earlier in the year the Army Cadets headed off to the Grampians. I had no idea what to expect, however, I knew it was going to be good. We arrived to excellent weather, lunch and a game of rugby at which the girls excelled. Later that day we did an enormous tiring hike up a mountain. The lollies that we had soon disappeared. Afterwards we set up camp and sat around a camp fire that was really warm, relaxing and singing fun songs. The next day our group went

rock climbing and abseiling. All of the girls were very good at the rock climbing and everyone loved it. We then went abseiling. It looked unbelievably high from where we were standing, however, when we went down, it was very quick. It was a literally breath-taking experience. In the afternoon we went on a hike that was long, hard and steep, but we all completed it. The view at the top of the mountain was amazing.

Grampians camp was a camp like no other, the food was great, the weather was great, the views we saw were never-again, and the experiences we had were never-again.

Cadet Alexandra Dudley
2007 Mac.Rob Army Cadet

Badminton Team Wins Silver Medal in the All Schools Competition

The Mac.Rob Badminton team competed successfully in the Victorian All Schools Competition held at MSAC on Thursday, 11 October. The team defeated Mt Lilydale Mercy College 6-0, Presbyterian Ladies College, 4-2, in the round robin rounds of competition. The team defeated Toorak College, 6-0 in the semi-final and lost to Glen Waverley Secondary College, 5-1, in the final. The competition in the final was close with Chiu Pin Ho and Genevieve Lim, losing their singles matches, 31-28 and 31-25. These students, and Akshita Sundaresh, Tracy Liu, Elizabeth Wong, and Gulrez Kaur, are congratulated for winning the silver medal in this competition.

Parents' Association Session on VCE Exam and Performance Pressure

The session was organised by Parents' Association on Tuesday, 16 October at 7.30 p.m.

It was a successful evening, tapping into an obvious need in the school community with over 60 parents and students attending. Piers Lloyd, a psychologist with extensive experience in working with families and adolescents, presented current and pertinent information about the impact of stress, anxiety and procrastination on academic performance and personal wellbeing. He provided sensible advice about how individuals can minimise the negative effects of such reactions to pressure.

Thank you to Fiona Broderick and Marian Bierenbroodspot for organising this and to Jeremy Hunt, Robert Koop and Nick Stokes for technical assistance.

Rebecca Vasper
Assistant Principal

Upcoming Events

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| November | 6 | Melbourne Cup— Public Holiday |
| | 7 | Year 10 Study Day |
| | 8 & 9 | Year 10 Exams |
| | 13 to 15 | Duke of Edinburgh Camp |
| | 14 | Links Leader Training |
| | 19 Nov to 7 December | 2008 VCE Orientation |
| | 20 to 22 | Duke of Edinburgh Camp` |
| | 22 | Links Leader Training |
| | 23 | Japanese Exchange Departs |
| | 27 | Speech Night |
| | 28 | Report Writing Day—Students NOT required at School |
| | 29 | * Peer Support Training * French Exchange Departs |
| | 30 | Last Day—Year 10 |
| | December | 3 to 14 |
| 4 | | Orientation Day for 2008—New Year 9 Students |
| 21 | | End of Term 4 |