

PRINCIPAL NEWS

On Wednesday night, over 600 Year 12 students and their parents and teachers gathered at the Palladium on Southbank for the **Year 12 Valedictory Evening**. It has been very difficult to find a venue which can cater for the numbers wishing to attend the Valedictory in recent years and I think that the Palladium is an excellent answer to the problem. Guests chatted and enjoyed drinks and finger food first and then took their seats in the very large and splendid auditorium for the formal proceedings. I congratulate all the speakers who provided a comprehensive appraisal of the contribution of the class of 2008 during its four years at Mac.Rob and the audience was most appreciative of the students' musical and dance performances.

In a new feature of the program, two students, **Tilly Reynolds** and **Marion Tissera** were invited to deliver the Valedictorian address which showcased the best of the class of 2008's activities and was delivered with wit and typical Mac.Rob humour. The evening concluded with the presentation to each student of a portfolio containing a graduation certificate, a school reference and mementos. This year it included the Year 9 passports which the students wrote about themselves outlining their hopes and expectations of themselves before they arrived at Mac.Rob as a little bit of nostalgia.

Thursday morning saw the BBQs wheeled out to the undercroft for the **annual pancake breakfast** which the teachers cook for the Year 12 girls who enjoyed themselves in the balmy weather. The fairy floss also proved very popular for breakfast and probably assisted with the energy needed for all that frenzied dancing.

Probably the highlight of the morning was the Year 9 students forming a **guard of honour** and cheering the **departing Year 12 students**, who appeared very moved as they proceeded down the stairs and through the front entrance of the school.

Congratulations to the Class of 2008 on the way they have conducted themselves this year. We look forward to their success in VCE and wish them all the very best for their careers after school.

Jane Garvey

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CONGRATULATIONS Madeleine Barrow

Earlier this term we reported on **Madeleine Barrow** of **10A** being named **Victorian winner** of the **2008 Research Australia National Youth Ambassador for Health Research**. Madeleine provided an insightful view on the state of Australian health and provided astute observations and creative solutions to our country's health problems.

As a consequence of her outstanding entry, and as a Research Australia Youth Ambassador, Madeleine has now been offered the **amazing opportunity to shadow a Victorian Neurotrauma Initiate (VNI) Fellowship winner**. The shadowing will involve visiting one researcher at a hospital in Victoria in November, and learning about the research they are currently undertaking.

The areas Madeleine has been offered to work in are:-

Ms Jane Galvin, The Royal Children's Hospital:

How children recover fine motor and upper limb skills following traumatic brain injury (TBI)

Dr Gavin Williams, Epworth Hospital:

Development of a clinical tool for measuring high-level mobility (the HiMAT) to provide an evidence-based model for quantifying the mobility limitations that restrict participation following TBI.

Dr David Berlowitz, Institute for Breathing and Sleep:

the role of Continuous Positive Airway Pressure in improving breathing, quality of life, neuropsychological function and autonomic dysfunction in people with acute quadriplegia.

Dr Jerome Maller, Alfred Psychiatry Research Centre, Monash University:

The research project aims to use an advanced form of brain imaging to study the functional and structural changes that occur in people with TBI and depression

A report based on the views of the National and State winners will be presented to government, impacting health and medical research strategies for generations to come. This is a tremendous honour and success for one of our very bright and motivated girls. Congratulations to Madeleine for this outstanding achievement.

Ms Michelle Pride
Year 10 Coordinator

The Alliance Française Berthe Mouchette Competition 2008

Each year all French classes take part in the **Alliance Française Berthe Mouchette Competition**. This year the following students received awards;

First Prize:

Yan Shan Lui 10F — Oral Exam
Anna Schneider 9F — Committee Prize for the best candidate in Year 9

Second Prize:

Alice Kennedy 10A —Year 11 Oral Exam
Swetha Prabhakaran 9A— Written Exam

Third Prize:

Alexandra Marks 10E— Written Exam

The awarding of prizes will take place on the evening of Wednesday 12 November at 7.00pm at Glen Eira Town Hall.

Congratulations to the above students as well as to the two Year 12 French classes where 32 of the 43 participants have received First Class Honours in the oral exam.

Félicitations!!

Mme Trenchard Smith
French Teacher

2008 SPEECH NIGHT

This year **Speech Night** is on **Tuesday 24 November** at **7.30 pm** in the **Town Hall**. Students have already received information about how to order their 2 complimentary tickets and any additional ones they require. To secure their tickets, **students need to return their order form to the General Office by next Monday 27 October**.

Rehearsals for the Speech Night singing have already commenced and from next Monday 27th, the school will run a slightly adjusted timetable to allow additional rehearsals on most days.

Students are required wear their school blazer, winter skirt, white shirt, school tie, black tights or black knee-high socks and black school shoes to Speech Night. They should ensure that their uniform meets the high standard of dress required for this most important school occasion. They now have lots of notice to check if any cleaning or repairs of their uniform are necessary.

Ms Rebecca Vosper
Assistant Principal



The 2008 Parents' Association Book and Uniform Sale is on Saturday 6 December this year between 9 and 12 pm.

If students want to sell books through us we will be collecting books between 11 am and 2 pm on 18 and 21 November (for Year 11 and 12 students only) and 24 November (all students) in the Consultation Rooms opposite the Hall, Level 2 Kings Way. We will also be collecting books all day on 27 November for all students.

Details of the text books we will be selling and collecting from students and the necessary documentation will be available within the next fortnight. Year 11 and 12 students can collect this at the General Office and the Senior School Office. We will also be making the booklists and forms available through the Newsletter which can be accessed online at any time on;

http://www.macrob.vic.edu.au/news_newsletter.htm.

Collection of uniforms is per the arrangements in the notice which was distributed to all students by Paula Glover. Please contact Paula at school on 9864 7759 for further information about this. Spare copies of the uniform lodgment forms are available at the General Office.

Students please consider selling your books and uniforms through us. This is our major fund raising activity and through this we are able to fund the Small Grant's Scheme, the end of year prizes, the Year 9 BBQ and the many other things we help the school with financially.

Summary

Activity	Day	Time
Collect Books	18 th November - VCE only	11.00 – 2:00
Collect Books	21 st November - VCE only	11.00 – 2:00
Collect Books	24 th November - all students	11.00 – 2:00
Collect Books	27 th November - all students	All day
Sell Books	6 th December	9:00 – 12:00

Remember the forms can be collected from-

- The General Office
- The Senior School Office

The online newsletter: http://www.macrob.vic.edu.au/news_newsletter.htm

- Year 9 and 10 students will receive this information in Form Assembly



BEING ACTIVE WITH ASTHMA

Being active is vital for your health and wellbeing. Sometimes, however, the physical exertion of exercise or physical activity can trigger a bout of asthma. **This is called 'exercise induced asthma' (EIA).** This kind of asthma is usually easily managed and should be a part of any Asthma Action Plan.

Some of the symptoms of exercise-induced asthma include:

- **Shortness of breath**
- **Wheezing**
- **Chest tightness**
- **Persistent cough**

These symptoms can occur during, or more commonly, after exercise. It is the type of exercise, the amount of time spent exercising and the intensity of exercise that is important. Typically, vigorous activity for six minutes or more in cold, dry air is more likely to trigger asthma. Also consider the environment you are exercising in as you may be exposed to a number of asthma triggers.

You can reduce the risk or prevent exercise-induced asthma by preparing for physical activity in a few simple ways:

- **Make sure your day-to-day asthma is well managed**
- **Use your blue reliever medication around five to ten minutes before you warm up. Speak to your doctor about this.**
- **Always warm up with light exercise and stretching 10 – 15 minutes before you play sport or exercise**
- **Always cool down**

If you would like further information about exercise-induced asthma, please call the Asthma Helpline on 1800 645 130 or visit The Asthma Foundation of Victoria's website www.asthma.org.au

SPRING POLLENS

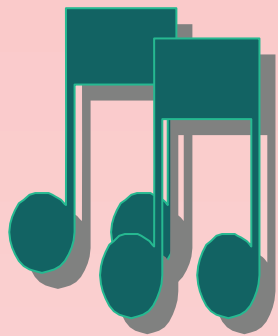
Spring can be a difficult time for people with asthma and allergies. A combination of the change of seasons and an increase in airborne pollen can trigger an asthma attack. Research from The University of Melbourne's School of Botany, has identified grass pollens as the major contributor to allergies in the outdoor atmosphere of the city.

During spring and early summer, the School of Botany at the University of Melbourne, together with the Asthma Foundation of Victoria offers a pollen count service that forecasts the level of pollen in the air. This service can be accessed through the Asthma Foundation of Victoria's website, www.asthma.org.au

Whether you are in the city or rural areas here are some tips to prevent asthma and allergy in spring:

- **Always carry appropriate medication with you in case you need it**
- **Try to avoid going out on windy days or after thunderstorms**
- **Avoid activities in areas where grass is being mowed**
- **Keep windows closed at home and particularly when in the car and use recirculated air in the car when pollen levels are high**
- **Avoid hanging washing outside on high pollen days. The pollen sticks to your clothes.**

The Asthma Foundation of Victoria also provides brochures on Allergy and Asthma and Low Allergen Gardens, for a copy of these brochures please contact The Asthma Foundation of Victoria on 9326 7088 or visit www.asthma.org.au



Soirée

Thursday 13 November
6.30 — 8.30pm
Theatre
Admission is free!

Parents, students and friends are warmly invited to attend.

Supper — by gold coin donation.



FRIENDS OF MUSIC MEETING

**Wednesday 29 October at 6pm in the
Function Room. This is the last meeting
for 2008. New members are still
welcome.**

FORTHCOMING EVENTS: TERM 4



Week Four:

Monday 27 October

Year 11 Study Day
Speech Night Rehearsal Timetable Commences

Tuesday 28 October—Friday 30 October

Year 11 Exams

Wednesday 29 October

Friends of Music Meeting 6 pm—Function Room

Friday 31 October

Year 12 Exams Commence

Week Five:

Monday 3 November

Year 10 Study Day
Canteen Closed

Tuesday 4 November

Melbourne Cup Public Holiday

Wednesday 5—Thursday 6 November

Year 10 Exams

Week Six:

Tuesday 11 November—Thursday 13 November

Duke of Edinburgh Camp

Thursday 13 November

Earth & Cosmos Excursion

Middle School Music Soiree 6.30—8.30 pm
Theatre

New Parents Information Evening—7.30 pm Hall

Week Seven:

Monday 17 November

2009 VCE Orientation Program Commences

Tuesday 18 November—Thursday 20 November

Duke of Edinburgh Camp

School Council 6.30 pm
Parents Association 7.30 pm—Function Room

Wednesday 19 November

Japanese Exchange Departs

Friday 21 November

Year 12 Exams Conclude