



NEWSLETTER

PRINCIPAL NEWS

The **Selection Panel** for the **2010 School Captain and Vice Captain**, comprising Ms Kylene Cook, Miss Margaret Akins and current School Captain Bebe D'Suza, last week interviewed a number of students who had been shortlisted from a large number of applications. The school is very fortunate to have such a great field of leaders to choose from and doing so was a difficult task because the standard was so high.

I would like to **congratulate Ishara Fernando** on being chosen as **School Captain for 2010** and **Alexandra Marks** on being chosen as **Vice Captain**. I look forward to working with both girls in their new leadership roles.

Congratulations to Vellyna Sumaro, Angela Zhang and Hilary Hunt who have been selected for the **National Youth Science Forum** in January next year in Canberra. This takes the number students selected for this most prestigious forum to four which is outstanding.

Ms Jane Garvey



The 2009 Parent Opinion Surveys

An **urgent reminder** to those parents who received a survey this year to ask their daughter to **return it to the General Office early next week.**

We need to submit these for collation by **Friday 4 September**.

Thank you for your assistance with this.

CAREERS

Mr John Gowans will be at Mac.Rob for the remainder of Term 3, while Ms Serpless is on leave. He may be contacted by email at irene.serpless@macrob.vic.edu.au or by telephone on extension 715.

University of Otago visit

The **University of Otago** is a prestigious University situated in Dunedin on the South Island of New Zealand. It offers a wide range of courses from the **Health Sciences, Law, Arts and Commerce**. A representative of the University, **Ms Claire Cook** will visit Mac.Rob on **Tuesday, 8 September**. Interested students are welcome to meet Claire in room **L203 at 12:30 pm**.

So you want to be a Doctor!

Mr Gowans will conduct a presentation for **prospective doctors** on **Thursday 3 September**, during the lunch break. He will discuss the range of courses in Medicine across Australasia, the application processes involved and the preparation that would be prudent for candidates. The venue is room **L207**. The presentation begins at **12:40 pm**, so please be prompt!

Mr John Gowans

Careers



INDONESIAN NEWS

Indonesian Independence Day on Monday 17 August, a great opportunity for several Mac.Rob students to find out more about Indonesian culture. **Jennifer Dinh Nguyen 10I**, won 3rd prize in the Senior Division of the **Independence Day Poster competition**, from over 180 entries. She was invited to attend the flag raising ceremony and celebrations at the Consulate General in Melbourne. **Shriya Rattan 12G**, also won an **Independence Day scholarship** for VCE students, as a result of the essay she wrote on Australian-Indonesian relations and her performance in a short list interview. Shriya flew to the Indonesian Embassy in Canberra to join in the festivities there. **Read below for Shriya's report.**



On Saturday 25 August 2009, five students studying Indonesian from various schools within Victoria and three Indonesian teachers and I participated in a **scholarship program** run by **VILTA** to attend the **Indonesian Independence Day Ceremonies at the Embassy in Canberra.**

Firstly, I would like to thank the teachers from VILTA as well as the staff and families of the Indonesian Embassy in Canberra for all their effort, planning, generosity and hospitality. Without them this program would not have been so successful.

When we arrived on Saturday morning, we headed straight to the Embassy to witness the 'Festival Indonesia'. However not only did we attend the festival, but we were convinced to be models in the fashion show displaying traditional Indonesian clothes.

That night we each met with our respective host families and spent the night with them. Sunday was a day for sightseeing; our group went from Telstra Tower to the National Museum. We also had lunch with the ambassador himself at a Balinese restaurant open just for us, which was a very intimidating but enriching experience as all the students were encouraged to carry the conversation in Indonesian.

On Sunday night, we ventured out to see the city. Although everything was closed, we managed to find a nice café where we all had a bit of a break and got to know each other better. On Monday, our final day in Canberra and also Indonesia's Independence Day, we attended the official ceremony at the Embassy followed by the opportunity to mingle with the Indonesian society living in Canberra. Before returning home that evening, we also managed to fit in a visit to Parliament House and the War Memorial.

Being immersed in the language although for only a short time, I learnt to speak more fluently as well as deepening my understanding of Indonesian culture. The trip to Canberra was educational as I had to concentrate on speaking Indonesian as well as acknowledging and respecting the cultural differences between us, it was a very memorable experience.



*The Melbourne High School and
The Mac.Robertson Girls' High School*



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Orders will be posted to your nominated address on the same day of receipt of your order and payment. There is no additional charge for postage.

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Alternatively, you may make a personal purchase at the General Office of Melbourne High School during school hours.

Share this special community event with your friends and family forever. A beautiful memory of this very special combined school production of Disney's *Beauty and the Beast*.

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Week 7: Food, Glorious Food.....

So what sort of impacts does food have on the planet?

Australian, American and European studies have all come to the same conclusion - 3 areas of our life create 75% of the earth's environmental damage, and they are in order of priority:

the food we eat - how we travel - the energy and water efficiency of our houses and gardens.

Out of everything you do, what you choose to eat has the biggest impact on the environment.

Farming uses more resources than any other industry: 2/3rds of Australia's land and more than 2/3rds of our water.

Food production and consumption also produces 1/5th of our greenhouse gas emissions.

But what can a person who lives in the city do about it? We still have to eat! The problem is not that we eat but what we eat.

We can reduce our personal ecological footprint by making better choices about what and how we consume food:

Choose greener protein.....

You don't have to become a vegetarian to make a difference. Lower your impact by reducing how much animal produce you eat - cut down your red meat and dairy consumption.

Beef cattle are not suited to the Australian climate and soils and they also produce massive amounts of methane gas, which is a greenhouse gas that has 21 x more heat trapping potential than carbon dioxide. The low down on meat stats are 1 kg beef = 51 kg ghg, 1 kg lamb = 14 kg ghg, 1 kg pork = 2.9 kg ghg, so its easy to understand the environmental reason for reducing our consumption of meat from large animals. Not to mention the land clearing (tree felling) that is required to farm large animals, the feed lots required to produce the meat and the water required to farm and process red meat.

Dairy and cattle produce more greenhouse gas emissions than beef cattle because lactating cows eat nearly twice as much as beef cattle which means more methane production. Milking sheds and dam areas are also a major source of methane gas from the manure and urine, and this often ends up polluting water courses.

What goes in...

Food from animals is more resource intensive than plant-based foods. Water use in food production tells a particularly powerful story.

7-8 litres are used per lettuce

30 litres per slice of bread

50 litres per cucumber

50 litres per tomato

3000 litres per 150g steak

10 kilograms of feed is needed to produce 1 kilogram of beef – more than double that needed to produce pork.

What we throw away...

Australians are throwing away 3 million tonnes or \$5 billion of food every year – that's 145 kgs per person! This is like buying 5 bags of groceries then coming home and throwing one straight in the bin.

Rotting food waste releases methane which is 21 times more potent than the carbon dioxide that comes from your car.

According to CSIRO data, dumping a kilo of beef wastes the ~20,000 litres of water it took to produce that meat. Throwing out a kilo of white rice will waste 2,385 litres of water. Wasting a kilo of potatoes costs 500 litres of water.

What can I do?

Aim for one less red meat meal and two fewer serves of dairy a week – any reduction will make a real difference, and why not try out Meatless Monday or cooking at least one vegetarian meal a week.

Find greener alternatives – kangaroo, organic chicken or sustainably harvested fish. Kangaroo is good for your health and for the planet – it's low in fat, high in iron, cheap and has a low environmental impact (kangaroos eat a balanced diet rather than pasture, they don't compact the earth and they don't produce the methane gas like cows and sheep!)

Cut down your dairy intake by eating 2 fewer serves a week - replace with non dairy alternatives or eat organic dairy products.

Grow your own vegetables and fruit. Even households with limited space can grow herbs and vegies in containers.

Build a chook shed and collect your own fresh eggs. Feed your kitchen scraps to your chooks.

Eat organic and free range - Organic farmers practise sustainable farming methods.

Eat seasonal and eat local - If you eat fruit and vegetables that are out of season remember that it must have travelled vast distances from a place where it is grown.

Buy less processed food - Generally processed food uses more energy and water to produce. Buy fresh fruit and vegetables rather than canned or frozen.

Try these strategies to avoid wasting food:

Plan your meals so you'll know what to buy and therefore waste less



**The Mac.Rob Music Department
presents a**

Music Staff Gala Concert

**Monday
14th September 2009
At 7.30 pm—Hall**



Forthcoming Events



Term 3 2009



Week 8:

Wednesday 2 September

Chemistry Olympiad

Friday 4 September

Winter Sleep Out—Gym

Week 9:

Sunday 6 September—Tuesday 8 September

Sydney Girls Exchange

Wednesday 9 September—Saturday 12 September

Combined Mac.Rob and MHS Play—The Visit

Week 10:

Monday 14 September

Music Staff Gala Concert—Hall 7.30 pm

Tuesday 15 September

School Council Meeting 6.30 pm

Parents Association Meeting Function Room
7.30 pm

Wednesday 16 September

Science Study Tour departs

Deposit due for English Literary Tour

Friday 18 September

Last day Term 3—students dismissed at 2.30 pm

TERM 4

Week 1:

Monday 5 October

Term 4 commences

'The Visit' - Combined Play

Opening night — Tuesday 8 September, 7.30 pm

Show dates Tuesday 8 September to Saturday 12 September at 7.30 pm

No matinee performances

Venue: The new Melbourne High School Studio Theatre.

Tickets: \$22 Adults, \$17 Concession and \$70 for a family.

Tickets are available www.mhstix.com.au and are on sale at the door.

