



NEWSLETTER

## PRINCIPAL NEWS

On early Wednesday morning, nine of the school leaders and I attended the **Unifem International Women's Day breakfast** at which recently **retired Police Commissioner Christine Nixon** was the keynote speaker. **Unifem** is the **United Nations Development Fund for Women**. Ms Nixon began her address by speaking about her career in policing and her message to the young women listening about working in a male dominated culture was a simple one, be the best you can be and find ways of negotiating cooperation and support in the workplace. She emphasises also that it is important for women who gain promotion "not to pull the ladder up after them".

Ms Nixon then went on to speak about her work in supporting people affected by the bushfires both in her former role and now as head of the Bushfire Recovery Authority over the next twelve months. She was asked by the Premier, John Brumby, to take on this responsibility while the two of them were at Kinglake together in the aftermath of the fires. The care and concern she expressed for the people she is supporting reinforced the widely expressed approval of her appointment for the audience who gave her a huge round of applause. A really inspiring person, she left the venue to return to the bushfire scene.

Also inspiring was the next speaker, **Fozilitun Nessa** a young woman from Bangladesh, who in 1999 soon after finishing school was the victim of an acid attack after refusing to marry her neighbour whom she hardly knew. She spent many weeks in hospital and in order to save her life underwent five reconstructive operations. Since then she has worked with the **Bangladesh Acid Survivors Foundation** to support other victims and raise awareness about this pervasive violation of women's rights. In 2007 there were over 187 people who suffered acid attacks, most of them women, often less than 18 years of age. Fozilitun is touring Australia in her determination to bring attention to this issue and give hope to these women.

I congratulate **Samantha Ferris** who recently was made a **Queen's Guide** by **Girl Guides Victoria**. This is the highest award that can be earned by youth members of the Guides and requires a sustained effort in attaining a range of skills and knowledge and a high degree of initiative, responsibility and reliability. Samantha and the other awardees will be presented with their awards by the **Governor, Professor De Kretser** at a special ceremony at Government House.

Jane Garvey

## A Sinfonia Of Slices

A **cake stall** is to be held at recess on Wednesday 11 March by

***Friends of Music @ Mac.Rob.***

Music students, please bring cakes and slices. Other Mac.Rob students, please come and enjoy them!





**Cassandra (far left) and other recipients, with Premier John Brumby.**

### The Premier's Spirit of ANZAC 2009 Study Tour



**Cassandra Petkovksi** is one of ten Victorian Year 10 students who have been selected to represent their schools, state and country on a study tour encompassing insights and understanding of the contribution of Australians in the wars fought in South Korea (1950-3) and Gallipoli, Turkey (1915). Cassandra will be spending ANZAC Day (25 April) in Seoul, the capital of South Korea.

Cassandra spent Friday 27 February touring the Shrine of Remembrance, meeting Australian veterans of the Korean War, receiving information about the study tour and culminating in a presentation by the Victorian Premier, Mr John Brumby.

We wish Cassandra all the very best for the trip and know that she will return to Mac.Rob with many stories about what she has seen and learnt.

**Marina McAlpine**  
History Teacher

### Reminder to Parents / Guardians Notification of Student Absences

[studentabsences@macrob.vic.edu.au](mailto:studentabsences@macrob.vic.edu.au)  
or telephone: 98647759

Notification of Student Late Arrivals  
[registrar@macrob.vic.edu.au](mailto:registrar@macrob.vic.edu.au)



### School Tours for Prospective Students and Parents

Thursday 19 March: 2.00 – 3.00 pm

Thursday 30 April: 2.00 – 3.00 pm

Tuesday 12 May: 1.00 – 12 noon

Wednesday 27 May: 11.30am – 12.30 pm

Tuesday 2 June: 11.00 – 12 noon

**Bookings are essential for all School Tours**

**Contact Registrar's office - 9864 7755**

### Information Nights for Prospective Students and Parents

Wednesday 25 March 7 pm—School Hall

Thursday 21 May 7 pm—School Hall

### 2010 Entrance Examination for Year 9

Saturday 13 June: Royal Exhibition Building  
Carlton: 12.30-4 pm

### 2010 Entrance Examination for Years 10, 11 & 12

Friday 5 June at The Mac.Robertson Girls' High School

Morning session: Year 10

Afternoon session: Years 11 & 12

### SWIMMING SPORTS AND ATHLETICS SPORTS

The **Swimming sports** will take place on Tuesday 10 March at the Melbourne Sports and Aquatic Centre. The program commences at 9.00am and concludes at 1.00pm when students will be dismissed.

The **Athletics sports** will take place on March 26 at Olympic Park. The program will commence at 9.00am and conclude at 1.00pm. when students will be dismissed.

**Mac.Robertson Girls' High School Parents Association  
International Night 2009**

**Saturday 21 March 2009**

**7:00pm – 11:00pm**

**Mezzanine (Gym building), Mac.Rob GHS**

**\$30 per head – BYO Drinks & Glasses**

Mac.Rob's diverse and talented international community brings you a new and exciting event to celebrate multiculturalism in our diverse school community. The night will consist of a buffet-style dinner of international food with entertainment and prizes. This is a good opportunity to be more involved in the school community, to meet other parents, and to help fund raise for your daughter's school.

Parents@MacroB invites you to organize your own table, join in with your form group or let us seat you with new friends.

**Tables are limited so please book early to avoid disappointment.**

**Bookings close on Thursday 12 March 2009**

**Contacts:** Athula Fernando: 9801 0187 or 0401 999 600 email: [incommittee@macrob.vic.edu.au](mailto:incommittee@macrob.vic.edu.au)

Jeremy Hunt: 9828 9140 email: [parents@macrob.vic.edu.au](mailto:parents@macrob.vic.edu.au)

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**Response Form**

Please return this slip to the School Office or send the details to the email address

[intickets@macrob.vic.edu.au](mailto:intickets@macrob.vic.edu.au) by **Thursday 12 March 2009**. Payment can be made by cash / cheque payable to 'MGHS Parents Association' or directly into Mac.Rob PA bank account BSB 033165 account 138690.

**I/We would love to attend International Night** – number of seats requested @ \$30 per head:

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**I/We will not be able to attend International Night** but would like to forward a donation.

Enclosed is cash/cheque for \$..... or, Paid \$.....directly into the above account.

Name(s):.....

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Phone:.....Email:

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Daughter's name and form:

.....

I would prefer to be seated

with.....



## Back to School Spike

Back to school time presents a phenomenon called the '**February Epidemic**', which is a well-documented occurrence of an increase in asthma hospital admissions in children. This trend occurs two weeks after school goes back, with the spike generally occurring in mid to late February. An increased exposure to colds and flu, the most common triggers for asthma, can explain the peak.

- Schools can ensure that all students with asthma have a written Asthma Action Plan that outlines their asthma management, including details of medication, emergency contact details, asthma triggers and what to do in an asthma emergency.

Knowing the probability of an asthma attack is higher during this time of year, it is vital that parents ensure their children take their prescribed preventer medication and carry their blue reliever medication at all times.

For further information, please call the Asthma Telephone HelpLine on 1800 645 130 or visit [www.asthma.org.au](http://www.asthma.org.au) or [www.asthmafriendlyschools.com.au](http://www.asthmafriendlyschools.com.au)

## Bushfires and Asthma

With the devastating Bushfires that have occurred throughout Victoria and with fires still burning across the State, there is an increased risk of asthma. Parents and carers of children with asthma should remain alert and ensure the child carries their blue reliever medication with them at all times.

Tips to minimize the effects of Bushfire smoke:

- Smoke and increased air pollution from fires can cause people with asthma to experience increased symptoms, such as **wheezing, coughing, chest tightness** or **shortness of breath**.
- Children are one of the first to feel the effects of smoke and particle pollution for this reason extra care needs to be taken.
- Always follow the child's written Asthma Action Plan.
- Parents and teachers need to be aware of the additional risk and be prepared.
- Ensure the child has access to blue reliever medication and continue use of preventer medication.
- When smoke is in the air, but fire is not directly threatening, keep children indoors, and close all windows and doors.
- Avoid doing physical activities outdoors.
- If a child develops symptoms, seek medical assistance immediately.
- If the child's blue reliever medication is not reducing asthma symptoms, start Asthma First Aid and seek medical attention without delay.

For further information, please call the Asthma Telephone HelpLine on 1800 645 130 or visit The Asthma Foundation of Victoria's website [www.asthma.org.au](http://www.asthma.org.au) or [www.asthmafriendlyschools.com.au](http://www.asthmafriendlyschools.com.au)

# Forthcoming Events

## Term 1 - 2009



### Week 7:

**Monday 9 March**

Labour Day Public Holiday

**Tuesday 10 March**

Swimming Sports at MSAC. Students dismissed at approximately 1 pm

**Wednesday 11 March**

Friends of Music cake stall—recess

### Week 8:

**Monday 16—Saturday 21 March**

Multicultural Week

**Saturday 21 March**

Parents Association International Dinner—  
7 pm Gym Mezzanine

### Week 9:

**Thursday 26 March**

School Athletics Sports—Olympic Park.  
Students dismissed at approximately 1 pm

**Friday 27 March**

Grand Prix. Students not required at school

### Week 10:

**Wednesday 1 April**

House Chorals Rehearsals: 1.35 pm—4.05 pm

**Thursday 2 April**

Year 9 Activity Day

**Friday 3 April**

Last Day of Term 1