The recent 81st House Choral Festival on Wednesday 21st March in the School Hall was an amazing evening with Naiads, winning best overall House with their dynamic performance of ‘Just Shadow Things’. The beauty of the House Choral Festival is that it is totally student led, created, implemented, and involves a large number of students across all year levels from each house in production, orchestra, chorus, costuming and staging.

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The Summer Concert held on Wednesday 14th March was an outstanding success and well attended by parents and friends of Mac.Rob. Our Music Co-Captains, Ms Renee Koh, 12G and Ms Anna Bartels, 12H are highly capable and passionate leaders and I look forward to the music events of 2018 unfolding. Our musicians really stepped up for this first concert of 2018 and put on a fabulous evening for all. I particularly enjoyed our new electric guitar ensemble’s rendition of Purple Haze by Jimi Hendrix. Additionally, I could not help but smile at our Chorale’s rendition of ‘I Sing Because I’m Happy’ with our newest voice teacher Ms Farah Mohd Hisham getting the very best out of our students. Every item of the night showcased our talented musicians and the enjoyment of the students was clear to see. I think the aspect I love most about the Mac.Rob Music School is that it is made up of students from Year 9 through to Year 12 and regardless of year level, the firm friendships abound - it is a close-knit family. Thank you to our Director of Music, Mr Sonny Chua and our fantastic Instrumental Music Teachers, Ms Claire Nicholson, Mr Chris Ondaatje, Mr Jamie McGee, Ms Farah Mohd Hisham, Ms Joanna Patocs, Ms Allison Wright, , Mr Tristan Courtney, Mr Joshua Dema, Mr Robert Mattessi, Ms Svetlana Mik, Ms Marisa Hatibi, Mr Gareth Thomson and Dr Alex Hiew for providing inspiration and careful attention for our students. Additionally, thank you to Ms Angela Lin, our Music Administrator for the program and excellent organisation, Mr Edgar Wegner who ensured that the sound and lighting was perfect on the evening and to our Parents’ Association for providing refreshments. Thank you to all who supported the evening.

School Council Election 2018

Thank you to the parents nominated for a position to serve on The Mac.Robertson Girls’ High School Council. I am very pleased that there has been a healthy response to this process and consequently an election was initiated. One of the hallmarks of a great school is that it has been well governed by effective School Councils over a long period of time and this is very true for Mac.Rob. As Principal I am most appreciative of the support, guidance and wisdom of Councilors in the role they play as team members to provide the best possible educational outcomes for our students. School councils play a key role in Victorian government schools, and being a member of the school council is a rewarding and challenging experience.

The Mac.Robertson Girls’ High School Council membership has three categories:

- Parent Membership – 6 positions
- DET Membership – 5 positions, including the Principal (ex officio)
- Student Membership – SRC President and Vice President
- Community Membership – 4 positions, and includes Representative of Palladians, Parents Association and two other community representatives.

School Council has sub-committees and it is required that each member of Council is also a member of at least one of the sub-committees. The four sub-committees oversee distinct portfolios including: Property and Buildings, Finance, Education and Promotions and Development. School Council meetings are held on the third Tuesday of every month, commencing
at 6.30 pm and usually finishing by 8.00 pm. The meetings of the sub-committees are also held on Tuesdays – Finance is held the second Tuesday of every month while the Promotions and Development sub-committee, Education sub-committee and the Property and Buildings sub-committee usually meet at 5.30 pm prior to the start of the School Council meeting. Additionally we have one combined meeting with Melbourne High School as our brother school.

Our new council met on Tuesday 20th March. Congratulations and thank you to the parent, community and DET employee members who have put their names forward to contribute. Thank you to the committee members who have accepted nominations for the positions of office. These positions can be both challenging and rewarding, but all require a commitment of time and dedication to the good governance of the school. Thank you to outgoing School Councilors including DET member, Ms Margaret Akins and to Community Members Ms Yuliya Mik, Ms Caitlin Fleming and Ms Aiko Ridwan. Your service to our community is very much appreciated.

The elected office bearers for 2018 - 2019 are:

- President: Dr Sonja Hood
- Vice President: Dr Hans-Gerhard Schneider
- Vice President: Dr Mo Jamal
- Treasurer: Ms Delphine Cassidy

2018 – 2019 Parent members:
- Ms Delphine Cassidy
- Dr Sonja Hood
- Dr Anitra Goriss-Hunter
- Mr Hans-Gerhard Schneider
- Mr David Craven
- Dr Reza Hoseinnezhad

2018-2019 Student members:
- Ms Samantha Lau
- Ms Raagini Mehra

2018 - 2019 DET members:
- Ms Michelle Pride
- Mr Luke A. Francis
- Dr Toni. E Meath
- Mr Ewan Campbell
- Mr David Beale

2018 - 2019 Community members
- Dr Marita Walmsley
- Dr Mo Jamal
- Ms Tanya Skvortsova
- Ms Margaret Webb

Sub Committee Chairs include:

- Education Sub Committee Chair: Mr Simon Maaser
- Finance Sub Committee Chair: Dr Delphine Cassidy
- Buildings and Grounds Sub Committee Chair: Ms Yvette Arnott
- Promotions and Development Sub Committee Chair: Dr Toni Meath

Congratulations to Ms Zoe O’Connor, 11D for completing an expedition on the Young Endeavour. The Young Endeavour Youth Scheme is a not for profit organisation which provides young Australians with a unique, challenging and inspirational experience at sea. The voyages increase self-awareness, develop teamwork and leadership skills and create a strong sense of community responsibility amongst members of the youth crew.

The four Academic Select-Entry High Schools have worked collaboratively to develop a new website partly as a launching pad to the DET application site and as a united communication to the wider community of why we exist. I encourage you to visit the site at: https://selectivehighschools.education/

As a busy Term 1 ends, we wish all of our students and their families a safe and happy holiday. I look forward to meeting many of you at our Parent/Teacher/Student interviews early in Term 2.

Yours in learning,

Dr Toni E. Meath
2018 House Choral
Leadership Forum

On Wednesday the 21st of March, the form captains of year nine attended the City of Port Phillip Leadership Forum. Along with Mac. Rob, there were a few other schools participating in this event hosted by Ylab. Ylab is an organisation where young people are called to help promote justice for youths by speaking out about their cause at different events, holding fundraisers for projects that they create and much more. At the event on Wednesday, Ylab focused on the theme, ‘Creating Healthy Minds’, branching out to the sub-topics; stress reduction, healthy coping strategies and positive friendships.

We were shown a short video about one of the projects that a few Ylab members had started called ‘Steer North’. Steer North is a health promotion charity made to spread the awareness of living healthy, active and creative lives by completing cycling trips as a group to different communities, spreading their message and collecting money to provide for cancer research, education and patient care. After this introduction, we participated in a number of team building activities, having the opportunity to meet and bond with some other students from the different schools. One task that we did during a session was an activity where we got asked some questions about leadership and had to write our answers on some sticky notes then place them on the walls of the building. We then reflected by discussing the various anonymous answers as a group. After this activity we had some self-leadership reflection time and joined back with our school groups to complete some more tasks.

We were asked to come up with a project for our school groups to complete over a long period of time. As a group, the Mac.Rob girls decided to work on decreasing congestion in public transport by reserving a carriage in trains during peak work time just for students. We believe that this problem can be carried through as it solves the major concern of discomfort for passengers, both students and general public. We are planning to begin by conducting a survey about this matter at Mac.Rob, neighbouring schools and possibly some regular PTV passengers, evaluate this data then proceed dependant on the gathered information. We are hoping that with the help of the rest of the Mac.Rob leadership team, we will be able to achieve our goal, or at least help prosper this idea into happening in the future. To monitor our progress, the City of Port Phillip will hold two more forums later into the year, where we will present our collected data and will explain the next steps that we will be taking to the other schools and the councillors of the City of Port Phillip.

On behalf of the Year 9 Form Captains, I would like to say a huge thank you for this amazing experience we had the chance to take part in and that we are very excited to see how we can use the many skills that we learnt at this forum to help the Mac.Rob community.

Nandana Nair, 9E
The year has started well with the usual 1st Term ferocity. Students were promptly organised into their core ensembles and prepared for the annual Summer Concert. The music department farewelled staff members and welcomed a new music administrator, Ms Angela Lin, who has already shown great understanding of the uniqueness and quirks of our extensive music program. As the term finishes, we are now in preparation for our eagerly anticipated annual Music Camp in term 2 for our top level ensembles: Symphony Orchestra, Symphonic Wind Band, Chamber Voices, Stage Band, Chamber Strings, and the Guitar Ensemble. This camp is a significant opportunity for the ensembles to establish long lasting bonds among the musicians and to have intensive learning and playing time, in preparation for the upcoming concerts and competitions.

Mr Sonny Chua, Director of Music

Miss Anna Bartels and Miss Renee Koh, Music Captains’ Report:

Last Wednesday was the first event on the music calendar, Summer Concert! It was a display of what the core ensembles within our school’s music program have been working on so far. Some of the highlights of the night included Electric Guitar Ensemble making their Mac.Rob Music debut, and Saxophone Ensemble with their stunning interpretation of the operatic rock classic, Bohemian Rhapsody.

The concert also marked the farewell of a few of our beloved staff members. We formally said goodbye to Ms Lazzari, our previous music secretary who will be greatly missed, as well as Ms Patocs, who will be going on maternity leave. We also had a tearful goodbye to Mr McGee, our beloved guitar teacher, who has made such an impact on our guitar program, as well as stage managing duties in previous years. He will be sorely missed by not just his students, but any student who he has genuinely supported and encouraged during his years at Mac.Rob.

Summer Concert was truly exciting and we’d like to thank all the parents and friends that came to listen to what we’ve been working on the entire term. Thank you especially to Mr Chua, Director of Music, and his inspiring team of teachers for guiding and supporting our music education and performances. We look forward to seeing you all at our next concert in the coming months!

Miss Kaitlyn Sim, Leader of Strings:

The String Program at Mac.Rob endeavors to get as many students involved as possible through our various string ensembles, as well as proving enhancement learning through various projects. We are, therefore very grateful to the Parents Association for their generous financial support for two cellos for our growing lower strings. These cellos, which belonged to an ex-family of MacRob, are in fine condition (almost new!) and will be able to empower growth and development within our ensembles as more students can readily access these instruments. We are excited that these will be used well in rehearsals and heard in our upcoming concerts.
The Victorian Premiers’ Reading Challenge is now open and Mac.Rob is excited to be participating.

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. The PRC is both a personal and form group challenge for children to read as many books they can by the end of week 2 Term 3 2018.

The LRC runs the challenge as a literacy initiative. It also forms part of the bonding process for Year 9 as the will work together as a team to “out read” other Year 9 groups. The prize is a whole day excursion to the Melbourne Writers Festival Schools Program, a luncheon and of course, their form inscribed on the illustrious PRC trophy. Each student has had a PRC captain elected to motivate and lead the group through the process. The LRC provides twice-monthly tally sheets and holds regular meetings with the captains. All new titles to the PRC list are added annually and are readily identifiable via the “quick link” fiction on the Access-It catalogue, by PRC stickers, display or by consulting with LRC staff. English teachers are also encouraged to bring their Year 9 classes into the LRC for quiet concentrated PRC reading. Over the holidays, the LRC doubles the loan quota from five to ten items to facilitate the challenge. We also receive many requests from students for suitable titles via the “request a book” function of the LRC website. This year the PRC will be managed by myself and one of our new team members; Mr Oliver Jach.

All students who meet the challenge requirements will receive a certificate of achievement signed by the Victorian Premier and can choose to have their name included on the online Honour Roll. Parents, please sign the form distributed via the PRC captain and return it to school to indicate if you would or would not like your child’s name to appear on the Honour Roll. To read the Premier’s letter to parents, view the booklists and for more information about the Victorian Premiers’ Reading Challenge, visit: www.education.vic.gov.au/prc

2018 PRC Captains

9A: Jenna Ma
9B: Chen Li
9C: Kaveetha Arachchige
9D: Thanh Tran Thi Hai
9E: Amy Sun
9F: Selini Samaranayake
9G: Thevni Kalansuriya
9H: Divyangana Dutta Rao
9I: Rajeeva Pendyala

Best wishes to all Year 9 forms.

Nuccio Gurciullo
Head of Library
As we delve into our MISSION TO MARS project, the understanding of biology, and experimental method is imperative to achieve successful results. Throughout our first term at Mac.Rob, we meticulously studied this branch of science, analysing the components required in a scientific experiment and learning about fascinating ecosystems, environments and organisms.

To develop a better understanding of these concepts, we participated in an excursion on Wednesday 14th March to the Sea Life Melbourne Aquarium, where we learnt about animal adaptations, interactions and relationships. Whilst we engaged in an interactive tour of the many exhibits displayed, we gained interesting facts from our knowledgeable guides who thoroughly explained the different concepts. One of the most amazing adaptations we learnt about was how a 5.8 m saltwater crocodile named Pinjarra is able to survive up to 12 months without food in the wild. It does this by only moving for 3 hours daily, can you believe it?

In addition to learning about the lifestyle of many marine organisms, we were given special access to the behind the scenes of the aquarium; learning how it optimally replicates the natural environment of the sea. This included making their own tides, foam and changing the diets of animals everyday!

Overall, we all enjoyed interacting with the amazing and beautiful variety of marine life that is cared for by the Melbourne Aquarium. It is definitely not long before we use this valuable information in order to consider and allow for life on Mars.

Diana Vu and Sharnali Barua 9C
Royal Australian Air Force at Mac.Rob

On March 28, 35 students from Years 10 to 12 took part in an immersive aircraft simulator experience, courtesy of the Royal Australian Air Force. The experience was designed to develop an interest in aviation careers such as Pilot, Air Combat Officer and Air Traffic Controller.

Each session of twelve students took approximately two hours as students rotated through the various hands on activities.

The highlight was a life size state-of-the-art F18 Super Hornet cockpit simulator. In reality, this plane has a top speed of 1,960 kilometres per hour. The RAAF trailer transporting this to Mac.Rob measured 5 by 12 metres when unfolded. Students had a short session on the controls before taking their place as either a pilot or air combat officer. Despite the odd crash, due to confusion between the throttle and the joy stick, students found it a different and stimulating experience.

As well they participated in a virtual reality experience, air traffic control games and aircrew life support gear demonstrations. The Air Force personnel were drawn from a variety of different backgrounds and offered a vast array of experiences and knowledge, which they shared with students.

The experience was a memorable one which also demonstrated the need for STEM subjects for careers of the future.

Our thanks to the RAAF.
Monash Business Scholars Day

In the Easter holidays five selected Year 12 students will participate in the Monash Business Scholars Day.

The Business Scholars Day is an inspiring full-day program that gives students the chance to extend their academic studies and sample life as a university student. It is designed for Year 12 students studying one or more of the Accounting and Economics. It is a great opportunity to build upon academic skills and knowledge, attend workshops taught by leaders in their field and meet current Monash Business School students.

Monash Big Data Challenge

A further group of five Year 12 students will attend the Monash Big Data Challenge, at the Clayton Campus on April 5, an exciting opportunity for students to explore what they can achieve at university with their mathematics skills. Designed for high-achieving Mathematical Methods and/or Specialist Maths Year 12 students, the day is an opportunity for them to build on their knowledge and skills while getting a taste of university life.

As part of the day, students will be placed in teams and will tackle a challenge in actuarial science, business analytics or econometrics.

Water Aid Event

Melbourne Water in partnership with the Australian Water Aid Association invited ten Year 10 students to a special networking event to celebrate International Women’s Day. They listened to keynote speaker Rosie Wheen, Chief Executive of Water Aid Australia, who spoke about the need to provide clean water and sanitation for women in developing countries. During morning tea students also had the chance to talk to women in careers such as environmental and chemical engineering, researchers and other scientists all of whom worked in STEM. Our thanks to Melbourne Water for inviting us to the event.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
<th>Details</th>
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</thead>
<tbody>
<tr>
<td>Sat 24th March</td>
<td>10am – 12noon</td>
<td>Elster Creek</td>
<td><strong>Wildlife Walk</strong></td>
<td>Come face to fin and feather with the interesting wildlife of Elster Creek including the Short Finned Eel and migratory birds. Learn about water bugs and how they help us determine how healthy the water is.</td>
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<tr>
<td>Thursday 5th April</td>
<td>10am – 12noon</td>
<td>St Kilda Pier</td>
<td><strong>Pamper the Penguins</strong></td>
<td>Come and help our local penguins by improving their homes, growing their plants and learning about climate change and shells.</td>
</tr>
<tr>
<td>Thursday 5th April</td>
<td>1 – 3pm</td>
<td>St Kilda Pier</td>
<td><strong>Pamper the Penguins</strong></td>
<td>Come and help our local penguins by improving their homes, growing their plants and learning about climate change and shells.</td>
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<tr>
<td>Saturday 7th April</td>
<td>10am – 12noon</td>
<td>Point Ormond</td>
<td><strong>Wildlife Walk and planting</strong></td>
<td>Discover the local wildlife then roll up your sleeved to plant indigenous native plants to help our local birds.</td>
</tr>
<tr>
<td>Wednesday 12th April</td>
<td>10am – 12noon</td>
<td>EcoCentre</td>
<td><strong>Build a nest box</strong></td>
<td>Wildlife walk around St Kilda Botanical Gardens learning about why we need nest boxes. Roll your sleeves up and construct a nest box to help local insect-eating micro-bats.</td>
</tr>
<tr>
<td>Sunday 6th May</td>
<td>1.30-3.00pm</td>
<td>St Kilda Pier</td>
<td><strong>Pamper the Penguins</strong></td>
<td>Come and help our local penguins by improving their homes, growing their plants and learning about climate change and shells. Learn about the Earthcare St Kilda community volunteers.</td>
</tr>
<tr>
<td>Sunday 20th May</td>
<td>9 – 11am</td>
<td>Point Ormond</td>
<td><strong>Wildlife Walk and planting</strong></td>
<td>Discover the local wildlife then roll up your sleeved to plant indigenous native plants to help our local birds. Learn about the Friends of Elster Creek community volunteers.</td>
</tr>
<tr>
<td>Sunday 10th June</td>
<td>9 – 11am</td>
<td>Elster Creek</td>
<td><strong>Wildlife Walk and planting</strong></td>
<td>Discover the local wildlife then roll up your sleeved to plant indigenous native plants to help our local birds. Learn about the Friends of Elster Creek community volunteers.</td>
</tr>
<tr>
<td>Sunday 29th July</td>
<td>10am – 12noon</td>
<td>Elwood Foreshore</td>
<td><strong>National Tree Day</strong></td>
<td>Roll up your sleeves and participate in National Tree Day 2018. Learn about how the plants help our foreshore and discover the wildlife that will enjoy the new plants.</td>
</tr>
</tbody>
</table>

Bookings and more information:
Karen Jones
Port Phillip EcoCentre
E: schools@ecocentre.com
P: 9525 3102
W: www.ecocentre.com/Alive-Outside

Alive Outside is provided in partnership with City of Port Phillip
Enough As She Is: “When girls know why they matter inside, they become more resilient in the face of stress”

Issue 4/2018: March 20, 2018

In light of the toxic culture of self-promotion and perfectionism that has overtaken the internet, along with the cyberbullying and trolling that accompanies it, there is talk of both cleaning up the online world and arming our children, particularly our daughters, with the resilience to cope with its devastating negativity. But what exactly does it mean to instil resilience in girls? What role can parents play? And why is it so important?

The release of Rachel Simmons’ new book, Enough As She Is: How to Help Girls Move Beyond Impossible Standards of Success to Live Healthy, Happy, and Fulfilling Lives, has been met with widespread acclaim for its down-to-earth advice designed to help adults give girls the tools to overcome the growing culture of self-criticism that means that “no matter how hard they try, they will never be smart enough, successful enough, pretty enough, thin enough, popular enough, or sexy enough”.

Simmons — author of Odd Girl Out and The Curse of the Good Girl, and an educator at the well-known American women’s university, Smith College — warns that “we have raised a generation of young women so focused on achieving that they avoid healthy risks, overthink setbacks, and suffer from impostor syndrome, believing they are frauds”. In addition, while they spend more and more time projecting an unrealistic image of themselves online, they are withdrawing “from the essential relationships that offer solace and support” and which bolster their self-esteem.

Girls may be more successful than boys in getting high academic results and heading to university, writes Simmons, but “they have also never struggled more”. Outwardly “exceptional” girls are inwardly anxious and overwhelmed, under pressure to be a “supergirl” and constantly comparing themselves in person and online to their peers.

Simmons cites data from the United States showing that depressive symptoms in girls increased by 50% between 2012 and 2015 (twice the rate of increase for boys) and that the Girls’ Index, a survey of girls in Grades 5 to 12, found that the number of girls describing themselves as “confident” declines more than 25% throughout middle school.

On the other hand, asks Simmons, “aren’t girls the ones crushing boys at school?” Aren’t girls going to university in greater numbers than boys? Yes, she writes, but “all that girl power seems to have come at a cost”. All too often this success is fuelled by intense self-criticism and fear, leading girls to feel anxious and overwhelmed.

What girls need is practical advice from trusted adults to help them reject “supergirl” pressure and toxic stress so they can become resilient adults leading happy, healthy and fulfilling lives. Simmons’ top three tips for parents are to:

PO Box 139, Tugun QLD 4224 Australia
(e) agsa@agsa.org.au (t) +61 7 5521 0749
www.agsa.org.au

The Alliance of Girls’ Schools Australasia is a not for profit organisation which advocates for and supports the distinctive work of girls’ schools in their provision of unparalleled opportunities for girls.