



The Southern Star

Southern Cross Grammar

Mr Andrew Ponsford
Principal

Congratulations to our student achievers

It is always very heartening to learn of student successes —special congratulations to the following students.

Nurainy Azman (Year 10), Tahlia Balliet (Year 10) and Tomislav Kvesic (Year 5) who participated in the semi-finals of the Mandarin Youth Bilingual Speech Competition last weekend.

All three are to be warmly commended for achieving this standard of competence.

Tomislav (pictured below, first row centre) and his partner took out first prize, and will now represent Australia in the Grand Final to be held in Beijing. An outstanding achievement.

Furthermore, Yi-Jen Hsu (Year 4) will represent Victoria in table tennis.

As a community, we are very proud of these students. The journey of success is invariably built upon the support of others, and I know, that at this time, these students will remain mindful of the encouragement they have received from staff, parents and friends.

100 Days of Foundation

I warmly commend the Foundation community, including students, parents and staff, on the successful achievement of this milestone. Our students have accomplished so much in such a short space of time!

I was not quite sure about the introduction provided by Ms Pimpini, when she commented that I was well placed to speak on the topic of 'one hundred'. However, I do know that watching our youngest students sit and participate so successfully in their special assembly, and to understand how far they have come, gave me great inspiration and joy.

Well done to many on negotiating the start to school so positively! Thanks and congratulations to Ms Pimpini, Ms Busby and Ms McKerrow.



Ms Louisa Rennie
Deputy Principal and Head of Senior School

Time to get motivated

How frustrating is it for you when you see all of your peers focusing effortlessly and maintaining momentum with their studies?

Honestly, all of us struggle with procrastination or lack of motivation at times, even people who are focused and productive. Perhaps the singular outstanding feature is that 'those people' understand why they are not motivated, and then they make a choice to do something about it.

Procrastination or lack of motivation is not necessarily about poor time management. How often do you put things off because you are not 'in the right mood' When we do this, we then choose to distract ourselves with other things like checking our phone, talking to our friends, taking a break. Then we feel guilty that we have wasted time – this makes our mood worse.

Negative thinking or negative self-talk underpins procrastination. If we allow negative thoughts to continue, then we allow ourselves to procrastinate.

So what can we do about this? We can take control of our mood.

Here are some strategies that may be useful, especially for our Senior School students who are working hard in Term 3.

- **Set goals:** set some goals, and make sure they are achievable—this will keep you positive.
- **Barriers:** before you even start, check what is obstructing your path to success—turn off your emails and social media devices.
- **Environment:** make important choices about where you are studying. Be disciplined, even if it is for short consistent periods of time.
- **Break it up:** if the task is large, break it up to make it more achievable. This way you can plan to spend your time on particular steps or stages. When you feel or see progress, you will be further encouraged to continue.
- **Get started:** commit to spending fifteen minutes to get started—you will be amazed how much you can achieve in a short time, and this will build your confidence as well.
- **Tick the box:** make a to-do list and break the task up so you can tick off the various stages—this assists us to feel a sense of accomplishing something, and helps with our momentum.

- **Self-talk:** make choices about what you think, because this will affect your emotions. Actively choose to think and speak positively about the task and how you are going to achieve it. Focus on the actions you will take, not the avoidance behaviours.
- **Outcome:** you know the process is worth it, so stay focused on the end goal and how you will feel when the task is completed.



Mounirh Zoghaib and Kyle Maravilla (Year 12)

Spotlight on Kyle Maravilla

Kyle Maravilla is one of our wonderful Year 12 students. He joined the School in Year 6 (2012) and has enjoyed his experiences throughout Middle and Senior School.

One of his biggest highlights was the Year 12 Leadership Retreat held earlier this year. For Kyle, this was a time to build closer friendships with his peers, and understand one other's goals, aspirations and plans for after Year 12 graduation more intensely.

When learning, Kyle likes to be engaged in conversation with teachers in order to fully understand and grasp a concept. This challenges how well he knows the information he learns, so he is able to apply it in exams and SACS.

Kyle has thoroughly enjoyed Psychology and Business Management, as this content is particularly related to his future aspirations.

Time management is a challenge that Kyle has encountered this year, as he sometimes sacrifices his sleeping time to finish his work for the next day.

To improve on this, he is using his School Diary to organise his time efficiently, including time to get a full night's rest.

In 2019, Kyle is keen to explore either Business or Civil Engineering.

He has researched the various university courses, and is working hard to achieve the ATAR required to secure a place. His parents have guided him to network with people in the field of Civil Engineering, and this has helped Kyle understand first-hand what the career pathway entails.

Kyle is feeling a little anxious about the upcoming exams, yet also excited that he will successfully graduate from the School.

He is completing practice exams to help ease the stress and build his confidence, but is still making the most of the time he has by spending time outside of school with his peers.

Ultimately, Kyle is eager to complete school on a high note by making sure he is prepared for the exams and cherishing the time he has with his classmates. He looks forward to taking his acquired knowledge to university to continue his education journey.

Kyle, we believe in you, and wish you every success in your preparations this term!

Spotlight on Mounirh Zoghaib

Mounirh Zoghaib began her school journey at SCG in Year 8 (2014).

Now, as a Year 12 student, she reflects on her experiences at the School. One particular highlight during her time at SCG has been recognising her ability to improve her scores and make time to socialise and connect with friends.

She is enjoying English, Chemistry and Business Management, and has a strong sense that these will benefit her in her future endeavours.

Mounirh makes and completes notes that she is able to use for revision, and apply to practice exam questions. She highlights one of her challenges as being time management – learning how best to use her time and making commitments to herself about segmenting her time wisely—this is very important for staying on top of every subject.

In her time management, Mounirh sees room for improvement, and looks forward to what the future holds for her.

She is concerned about the upcoming exams. However, by managing her time, she is preparing to manage the stress effectively and build her confidence, in order to believe that she can do well and push past her limits.

Mounirh's dream is to be accepted into a Bachelor of Science at Monash University.

With Pharmacy in her sights, entrance into a Science degree will be an excellent start on her career pathway.

Stay focused, Mounirh, we are proud of you and all you have achieved so far!

Congratulations

We extend warmest congratulations to our Intermediate Debating Team, who won their Debating grand final today. The team included Liam Giacchi, Tahlia Balliet and Athif Rauf. Tahlia was also recognised as the best speaker for this debate.

The Senior Debating Team, Kasey Mercieca, Kyle Maravilla and Muneib Rauf, won their semifinal and went through to the grand final, but unfortunately in what was a good debate (for an impromptu topic with only an hour to prepare), they were outdone by the home team from Sacred Heart College.

Thank you to Mrs Boulton for preparing our students so competently and well done to our students for being proud SCG ambassadors.

Mrs Julie Baud Deputy Principal and Head of Teaching and Learning

Thank you to the parents and carers of our Senior School students for their interest and involvement in the recent subject application interviews for the 2019 Year 11 and Year 12 students.

The process has been very effective and informative for everyone involved. The students' preferences will now be used to develop the VCE Blocks for next year.

If there have been any issues with blocking a student's preferred combination of subjects, I will be in contact with families in the next week or two to discuss the best options moving forward.

As indicated in last week's newsletter, the Subject Application Interviews for the current Year 9 students will be held in Week 5 of this term, 3.30pm – 6.30pm, from Monday 13 August – Thursday 16 August. Year 9 families will receive information about these interviews soon, with further details available next week. Year 9 – Year 11 students are encouraged to attend Open Days at as many different universities and tertiary institutions as possible to explore what they have on offer.

Details can be found on each institutions' website. The more research you do in this area, the better equipped you will be to make those challenging decisions about your future.

Families interested in meeting with the Pathways Coordinator, Mr Paolo Familiar, to discuss specific programs, tertiary courses or alternative pathways, should contact Mr Familiar via email at pfamiliar@scg.vic.edu.au.

Families of current Year 7 and Year 8 students should also be aware that the Information Night for the 2019 Year 8 and Year 9 students is to be held on Thursday 23 August.

Further details will be available closer to the date.

Ms Janis Coffey
Head of Middle School

Camps within the Middle School are designed to boost students' resilience, cultivate collaboration and teamwork, and develop their perspectives about their world.

This week the Year 9 students reflected on the signature programs offered at Southern Cross Grammar. Having spent six nights away on the red dirt roads myself, I can say the experience has been one of the highlights of my career as an educator.

The opportunity to explore the hidden gems of this beautiful country while, at the same time, building relationships amongst the cohort of students is certainly one to remember. I am sure you will also see from the reflections below how memorable and meaningful the camping program is at SCG.

Broome Adventure, 24–29 June, by Callum Weir



"An incredible adventure" were the words repeatedly echoing through the hallways of Southern Cross Grammar after the Broome Camp Experience.

The camp provided Year 9 students with the opportunity to grasp the beauty contained within Western Australia's Kimberley Region.

We saw many sights including Cable Beach, Gantheaume Point and local wildlife.

They also took part in many experiences such as a boat ride into Cygnet Bay, a tour of the Cygnet Bay Pearl Farm, a trip to the fish hatchery, a tour of Pearl Luggers Broome, a swim in the pool, the Broome night market and an outdoor movie.

A common memorable moment in Broome was the vermilion-coloured scarlet sand that ended up in every student's shoes, clothes and suitcases. Year 9 students also witnessed aspects of Aboriginal Australian culture in Broome and the labour their society has encountered. Overall, the Year Nine Broome Experience gave an insight into a different world.

Melbourne Experience, 25 – 29 June
By Alyssa Kishta Dziubinski



During the Melbourne camp we experienced the sights and local wonders of the most liveable city in the world.

Major events that all of us enjoyed were: the tour and showcase at the Arts centre; a walk through the NGV, a live recording of The Project, a walk around the Melbourne Zoo, dinner at the Eureka Sky Deck; a Graffiti Tour; an Aboriginal historical tour; and urban abseiling in Southbank.

The camp is a great option for other students wanting to gain experiences such as conquering fears, learning about transport and the diverse cultures of the city in which we live.

Hong Kong Tour, 24 June – 5 July 2018, by Victoria Vo & Queenie Yang



On the last week of Term 2, eighteen Year 9 students set off to their long-awaited camp in Hong Kong.

As our group arrived in Hong Kong, we experienced a different culture and made connections with people.

Over the course of ten days, we got to visit multiple popular attractions like Lantau Island, the Peak Tramway, Sneaker Street and

Disneyland.

Whilst visiting these sights, we were able to explore many diverse areas of the City and indulge in a variety of cultural foods.

We came across a new cultural aspect of Hong Kong - bargaining. Ladies Street was popular for bargaining with over 100 stalls selling a great variety of inexpensive fashion, including clothing, accessories and souvenirs.

It's a different experience to shopping malls. We would bargain all the time, offer a price, they'd counter with \$100, you would then suggest \$25, and the final price would end up at \$50. In the end, everyone managed to buy some goods!

Although we were occasionally challenged with some minor difficulties like losing direction when out and about and on the MTR, we were able to learn to cooperate with one another and develop independence to find our way around.

This camp taught us how to adapt to unfamiliar environments and to be adventurous and open-minded about new things. This was a once in a lifetime opportunity that we will always remember and I highly recommend this phenomenal experience to future Year 9 students.

Ms Romina Pimpini Head of Junior School



I wake up every day feeling very grateful to be a member of our SCG school community, and to be in the role that I am in. While it seems that in my life I have spent forever at school, this week we got to reflect with our youngest learners on the milestone of what can be achieved in only one hundred days of school.

100 Days milestone for our Foundation students

This week we celebrated one hundred days of school for students in FBU and FRM, commencing with an assembly where we had a packed house of parents, carers and family members.



All of our Foundation students dressed up to commemorate these first hundred days of school.

Wardrobes of friends and family had seemingly been raided as Foundation students paraded their outfits, complete with accessories, including walking sticks, grey hair, glasses, pearls and even wrinkles!

Mr Ponsford shared with the audience stories about 'being old' and he reflected on how energised our littlest learners help him feel each day.

Many Foundation students had the chance to share their ideas about "100" with Ms Pimpini and the roving microphone.

Their ideas included:

Q: What would you do with \$100?

A: Buy LOL Dolls

Q: What would you do with 100 soccer balls?

A: Play with 99 other friends

Q: What would you make with 100 pieces of LEGO?

A: A train – a very long train!

Following our assembly, the students shared in a sequence of activities linked to the number one hundred, including cup stacking, beading and crafty creations.

A big thanks to Ms Busby and Ms McKerrow for all their planning and preparation in making this day a memorable one.

Another big thanks to all the parents and carers who helped our youngest SCG community members look like the oldest people at school!



Abhinoor Kaur, Natasha Patankar, Elena Hanna & Lucy Antram enjoyed time being the 'Golden Girls'



Shrey Patel, Quentin Nguyen & Jayden Tran



Ava Tkatchyk, Kaya Kogutowska & Laura Stark

Lorraine MacDonald
Head of English (F - Year 2) and Middle School Teacher



The Word Mania Competition started on Monday, and we are seeing some amazing results on Day 3.

We need to continue to keep the momentum going. Please encourage your children at home to build as many words as they can to help guide their year level and the School towards the top of the leader boards.

All schools that place first on their region's skill leader board for their year level at the end of the competition become national finalists.

Those schools will also become eligible to compete for the major prizes in the final round!

The first round of the competition will close on August 10.

Current ranking within Melbourne's West is as follows.

	Skill Competition	Participation Round 1	National Leader board
Year 1	8th	6th	50
Year 2	2nd	2nd	9
Year 3	2nd	2nd	7
Year 4	12th	99th	256
Year 5	6th	10th	48
Year 6	1st	5th	8

Kirsten Smart
Year 2 Teacher and New Generation Learning Coordinator

Tomorrow we will see the first New Generation Learning Day, which is replacing the former Passion Day.

Students have nominated a preferred workshop from 21 options, based on the overarching theme 'Our Country: Past and Present'.

These workshop activities aim to expand students knowledge of Australia, whilst drawing attention to and exploring the SCG Student-Centred Vision values and NGL Principles in greater depth.

During the concluding assembly, ten students will be awarded a certificate based on their competent skills in demonstrating one of the Vision's core values.

- Listen and respect
- Be responsible
- Be creative and a problem-solver
- Take risks
- Question and explore
- Aim high
- Do your best
- Be a leader
- Understand yourself
- Be fair and helpful

Dina Lira
Learning Resource Centre

MS Readathon 2018 and CBCA Book Week 2018

The MS Readathon has started for 2018 and will run during August. The website is all new and much easier to use. You can add books you have read, and also leave book reviews.

Register to join the Southern Cross Team here, get reading, and start fundraising! All funds raised will go to support people living with Multiple Sclerosis.



Book Week is approaching fast! The theme for 2018 is 'Find Your Treasure'.

In Week 6, we will have our annual Junior School Dress Up Parade, and the Year 5 and Year 6 classes will also dress up and participate in Book Week activities.

Now is the time to organise a costume of your favourite book character, or use the 2018 Book Week theme as inspiration. More details to come in next week's newsletter.

The Parents and Friends' Association



PFA F - 4 Disco

Friday 24 August
the Junior School Hub
5:30 – 7:30pm



- Dancing & Food
- Games & Prizes
- DJ & Fun

Help us celebrate Daffodil Day
By wearing your coolest yellow outfit

Book here early so you don't miss out:

<https://www.trybooking.com/XDUN>

\$1 per ticket booking will be donated to the Cancer Council



Road Safety

Please take care when travelling around our school's proximity, as student safety is important, and we must be reminded of the legal 40km/h speed zone in and around schools.



Lost property?

If your child is missing items of clothing or other school items, please ask them to check the Lost Property shelf in the Junior School and Middle School buildings.

