**Calendar of Events**

### OCTOBER
- **3**
  - TERM 4 BEGINS
- **7—11**
  - Year 12 Practice Exams
- **12**
  - Year 7 Immunisation
- **18—21**
  - Duke of Ed Camp
- **19**
  - Last day of classes Year 12
  - Whole School Assembly
- **20**
  - Year 12 Valedictory Dinner
- **26**
  - Year 12 Exams Commence
- **18—22**
  - 9D City Experience

### NOVEMBER
- **1**
  - Melbourne Cup Day
- **2**
  - School Council Meeting
- **14—18**
  - Year 11 Exams
- **16**
  - Year 12 Exams Finish
- **21**
  - Year 9 Exams
  - Year 11 Course confirmation
- **21—25**
  - Year 10 Exams
- **22—25**
  - Year 11 to 12 Transition
- **24**
  - Senior School Principal Awards
- **28**
  - Report Writing Day (Pupil Free)
- **29—2**
  - Year 10 - 11 Transition
- **30—2**
  - Year 9 - 10 Transition

### DECEMBER
- **6**
  - Orientation Day for Year 6
- **7**
  - Middle School Principal Awards
- **6**
  - Junior School Principal Awards
- **14—19**
  - Year 7 and 8 Activities
- **19**
  - LAST DAY TERM 4
Maribyrnong Sports Academy
10th YEAR ANNIVERSARY
GALA DINNER
(In lieu of the Annual Sports Awards)

Tickets only available for sale until 10/10/16

Buy tickets before 16th Sept. and get $5 off!

Friday 28th October 2016
Maribyrnong Sports Academy Stadium

Formal Dress/Full School uniform for current students
Limited parking available via the Gordon St. entrance
Otherwise parking available at MAC or Highpoint
Celebrations will start at 6pm sharp

Child & Adult Tickets available now at:
www.trybooking.com/MLME
Library News ....

Winter is always a busy time in the library—let’s be honest it makes a cozy alternative to the cold outside.

Apart from providing respite from the weather this term, the Library has also celebrated Book Week, with a talk from award-winning author Jack Heath to all Year 7 and 8 students and lots of quizzes and fun during Book Week itself. We held a morning tea for our top borrowing students and discovered they are as good at eating as they are reading!

The theme this year was Australia: Story Country and we celebrated all the great Australian literature that is available to us. The Young Adult Book of the Year was announced—Cloudwish by Fiona Wood. This is available to read as a paper copy or on Overdrive.

We have also run our annual Marby Chess Master Competition with our winner once again being Hristijan Korunovski and our runner up being Aryaman Bhardwaj. There is now a great pool of chess players and we hope to extend this in the future as well as our involvement in external competitions.

We also enjoyed watching the Olympics and cheering on our Aussies! All in all, a busy term and looking forward to the final term of 2016 and lots of sunshine. Don’t forget to check the library and Overdrive for great new reads.

Student Accident Insurance

Parents are reminded that the College and the Department of Education do NOT provide accident insurance for students whilst at school, on excursions, swimming, sporting programs or on camps.

Parents/carers are responsible for paying the cost of medical treatment for injured students, including transport costs.

For your information: reasonably low cost accident insurance policies are available from commercial insurers.

SRC News ....

Congratulations to the first Student Voice Initiative run by the Leaders of Maribyrnong. Last Tuesday in a staff meeting a cohort of the SRC ran an Open Conversation – Teach the Teacher PD session on Student Engagement to the teachers of Maribyrnong.

Students and staff were engaged and enthusiastic as they came up with discussion points on the surveys administered during the term. Both staff and students worked together to produce some strategies that are only going to be used to enhance the learning environment at Maribyrnong.

Congratulations to all involved.
YEAR 12 VCD

This Term the Year 12 VCD students worked hard to complete their folio and final designs. Some of the models are amazing and all this amazing work will be on show during week 3 of Term 4 at the Annual Art/Design Exhibition in the Arts Hall. Keep an eye on Compass for exact dates and details.

STUDENT LEADERSHIP

Earlier in the Term a group of Year 8 students travelled to the Museum of Australian Democracy at Eureka to complete a workshop on Leadership and Democracy. The Year 7 leaders travelled into the city to attend a Parliament house tour and the State Library. The students also completed a day long treasure hunt that took them out of their comfort zone and made them think out of the box. A great day was had by all.
Beating Exam Stress

Exams are pretty much always stressful. You can manage your stress by planning well, and having realistic expectations. If there’s stuff you’re not strong on, there will be others in the class, and the teacher who can help you. You can also manage stress by staying healthy.

Exams are a hassle
We’re saying it because it’s true. No one likes doing them, and cramming information into your brain over a short period of time is stressful. A bit of stress can get you going, but too much can make you exhausted, angry and annoyed.

Managing Stress
You’ll be less stressed if you’ve got an idea of how the lead-up to your exams is going to look, so plan what you’re going to study and when, and stick it up on the wall, or on your desktop. Break it down into manageable chunks and start working through it at the rate you planned. It’s probably more boring at the start, but it’s far less stressful. Plan some break times days off too!

Take the pressure off
Aside from preparing, you can also deal with pressure and expectation by realistically assessing how you think you’ll go, and working to do the best you can. If other people’s expectations are pressuring, talk to them and try to get them to back off. If you’re putting too much pressure on yourself, try to realise failure isn’t fatal.

Do it together
There are other people studying for the same exam, and they probably don’t like having to lock themselves away to study any more than you do. Get together with them and take the books outside from time to time, if you’re not as strong in certain areas, it could help to talk to other students as well. If you are good at it, share the brain-wealth.

If you need help, get it
Your teachers are there to help you understand the subject, so if you’re not understanding stuff, tell them and they’ll help. If your study load or exams are driving you mad, there is wellbeing staff at the school who are there to help with that as well.

Have options
Don’t put all of your hopes into getting into one course, have a few options, and realise that if your hearts set on one thing there are always going to be other paths to it.

Take action, NOW
- Grab a notebook and start planning study, and activity breaks
- Take regular breaks, it actually helps you study better
- Work on building better coping skills

Chrystie Mitchell - Health Promotion Nurse (Tuesdays and Thursdays in A4)
References and further information: www.reachout.com.au
Year 11 Deb Ball
Some pics of a great night ... planning underway for next year’s ball which will be on August 19. See Compass for more details or see Mrs Smith in the library.

International Students Term 3 - 2016
During this term Maribyrnong College has welcomed four new International Students in to our program. All of the students are in Year 10. The students are Yifeng GAO and Wenxian YANG (from China), Thu NGUYEN and Ngoc HONG (from Vietnam). All the Students adjusted very quickly to the school environment and made many new friends.

INTERNATIONAL GO KARTS
Our end of the Term social event took place at ACE Karts centre in Albion. The majority of the students had never experienced Go Karting. They were amazed with the Karts and their speed capacity. They were all revved up and could not wait to be behind the wheel.

Excitement filled the air as they hit the gas and raced around the first corner. At the end of their session the students enjoyed a BBQ. It was an exciting and action packed day.
Year 8 Geography Field Trip - Organ Pipes

Soccer News

The Year 7 Girls Soccer team are state champions – they won the State Title in a penalty shootout!
The Senior Boys Soccer team were also victorious in winning the State Title.
Congratulations to everyone involved!!
Maribyrnong College is looking for Family Homestays for our International students from Vietnam & China.

Homestay hosts receive a weekly payment for providing:
- A furnished bedroom with linen provided
- 3 meals a day; breakfast & lunch can be self-serve, dinner is a cooked meal.
- Internet access
- A friendly, caring home

We are constantly in need of Homestays for our students and in particular:
- In Term 4 2016, we have 2 new students arriving from Vietnam & China.
- In Term 1 2017, we have 6 new students arriving from Vietnam.

If you would like more information about taking a student into your home, please email Judy Cameron, the Overseas Students Homestay Co-ordinator at: cameron.judy.ja@edumail.vic.gov.au
Debating and Public Speaking

It was a fitting end for Debating at Maribyrnong in Term 3 winning all of their final debates from Year 8 to Year 12. Students have worked tirelessly to build and prepare their speeches and through this effort have watched themselves improve through the year. Congratulations to all involved with the season and in particular to Lucy Bongiovanni, Mohamed Semra, Jamieson Battistella and Elaine Greeley for winning Best Speaker awards in the final round.

Congratulations also to Jamieson Battistella on her efforts in the Footscray Lion’s Youth of the Year dinner winning the Best Speaker Award. She impressed judges and audience alike with an impassioned speech on ‘Gender Equality in Sport’, and spoke with confidence and poise on two impromptu topics.

Congratulations again to our fantastic Maribyrnong College Debating team for a great 2016 season. We hope to see an even bigger and better team next year.

Junior Food Technology

This term has been action packed with a new batch of students entering the kitchen. Recipes have included pikelets, chocolate cake, stuffed potatoes, spaghetti bolognese, orange and poppyseed muffins.

Thanks to all the students who keep sending through photos of their home-cooked creations—it’s marvellous to see your ongoing culinary progress.