



MENTAL HEALTH
Mac.Robbians,
healthy inside and
out! p5



TEDx MAC.ROB!
Sharing stories
from different
perspectives. p6



FRENCH POETS
Berthe Mouchette,
30 students in the
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**PALLAS VIRTUAL
PHOTO DAY**
A day to remember!
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mac.rob news



DATES/EVENTS

Fri 18 September

Last Day of Term 3

Monday 5 October

Term 4 begins

Wed 7 October

GAT (General Achievement Test) Year 11
and 12

Mon 5 - Fri 9 October

Year 9 Morrisby Report Interviews

Mon 12 October

Year 11 and 12 return to school

Fri 23 October

Thank You Day Public Holiday

Mon 2 November

Curriculum Day

Tues 3 November

Melbourne Cup

Mon 9 November

VCAA Exams Commence

Here Comes the Sun!

Spring is here, and with it comes the sunshine. After a term of hard work, I know our students and staff are looking forward to the upcoming holidays and the chance to get outdoors, enjoy the warmer weather and unwind a little. Term three is always busy, and whilst this year we haven't had quite the same buzz in the hallways that usually marks our term, there has been plenty going on! Our student leaders have been especially busy as you'll see, and on behalf of the school community I extend a sincere congratulations to this team, who have been working hard every day to keep our traditions alive and to ensure our school remains as engaging and fun as ever.

This month we've celebrated Mac.Rob week, with a range of activities recognising the birthday of our Founder Sir Macpherson Robertson. Our FAM leaders checked in with our community on R U Ok? Day, an important reminder for us all to look out for each other and take care of our own mental health and wellbeing. In keeping with this wellbeing theme, our Middle School students recently enjoyed a day of 'mental

fitness' workshops, kicked off by Ninja Warrior Olivia Vivian, and our Music students have kept us entertained sharing their growing skills through their Vocal and Flute online soirees.

Last Saturday we were both proud and delighted to see our first TEDx event come to life, thanks to the hard work of a group of dedicated students led by Minseo Kim. As you'll see in our newsletter, it was a packed event, full of interesting and diverse presenters - including our own staff - speaking on a range of topics of interest to our community. In migrating this event online, Minseo and her team ensured the event lost none of its spark or creativity, a testament to their commitment and outstanding efforts.

Finally, our parent teacher interviews, conducted by phone this term, gave our staff the chance to chat with our families, and the feedback from both staff and parents was overwhelmingly positive. Our teachers and students have worked hard this term, but knowing we continue to be well supported by our families certainly lifts our spirits.

I wish everyone a happy, safe and relaxing holiday break.

Anne Stout Principal



Springtime at Mac.Rob Last Day of Term 3 2020



Captain's update

Term 3 has been a fun-filled, busy and challenging term, all spent from the comfort of our homes. I hope you all have enjoyed celebrating the plethora of events which took place over the past few weeks. I have thoroughly enjoyed celebrating all the things that make our community so special during this year's 'Mac.Rob Week'. We celebrated our own individual stories, our schools history as well as Our Story this year.

This year has taught us how important it is to reach out to those around us whilst also looking after ourselves. This year we have been challenged and tested like never before, and have all displayed great resilience and strength, both as individuals and a whole community. Last Thursday was 'RUOK? Day' which is a day run by our Friends At Mac.Rob (FAM) Leaders, raising awareness on the importance of reaching out and asking the simple question 'are you okay?'. I would like to thank Bella, Senalee and their FAM team for the planning and work that went into facilitating a whole week of activities, everything from meditation sessions to the creation of a FAM Website! Although RUOK Day did not look like the usual lunchtime at Mac.Rob, full of bouncy castles, music and fairy floss, however it was just as special and it was more important than ever that we took the time as a community to press pause and reach out.

I would like to give a shoutout to Mr Yoshi Hayakawa, one of our amazing PE Teachers, for running Tuesday afternoon Yoga Sessions for all students and staff to attend. As a qualified yoga teacher, Mr Hayakawa runs weekly sessions over Google Meets helping us stretch out our backs and necks after long days working at a desk, and build core strength and improve posture. I have loved jumping on every week along with other students and staff. I'd love to see more of you there – check out your emails next term! Thanks Mr Hayakawa!

As Term 3 comes to an end, make sure you have a restful and well deserved break over these holidays. Take walks, get sunshine, bake cookies, read a book, listen to the birds, and make sure to take time away from screens. As motivational speaker Jana Kingsford wisely once said, 'balance is not something you find, it's something you create'. Let's all create balance these holidays.

Best wishes and happy holidays!

Michaela McMahon, School Captain 2020

PALLAS Virtual Photo Day



A Day to Remember!

Every year one of the biggest events for Pallas yearbook is our annual Photo Day which spans across two days of term 3. Despite lockdown not enabling us to host this event live, with the co-operation and support of many students and staff members, we were able to hold our very first virtual Pallas Photo day. It recognised students' participation across co-curricular events and leadership at Mac.Rob to be featured in our PALLAS yearbook published at the end of the year. To make the virtual event as close to the real life one as possible, and although they were learning from home, students wore their winter school uniform for the last time this year.

Despite the event being very different, much like the other events this year, the flexibility and open-mindedness of students enabled the day to be a great success! We were able to take over 50 photos and below we have added a photo of the form captains of Mac. Rob. Thanks to all, it was certainly a day to remember!



Eve and Nina

Form Captains looking outstanding for the PALLAS virtual photo day!



Mac.Rob Week

Always a highlight of the Mac.Rob calendar, Mac.Rob Week celebrates the anniversary of our founder and benefactor, Mr Macpherson Robertson.

In 1933 Sir Macpherson Robertson donated £100,000 to the state of Victoria as part of the Centenary Celebrations. Part of this money was allocated to funding for a girls' high school, The Mac.Robertson Girls' High School. It's good to remember where you come from!

Students share their thoughts during Mac.Rob Week

I guess I struggled to fit in at my old school but coming to Mac.Rob - I finally can be me... and I'm so grateful for that."

i love you guys, thank you for everything we shared even though it was just a short couple of weeks at school. i can't wait to spend the next 3 years with you!

year 9 student

I can wholeheartedly say that coming to Mac.Rob has absolutely shaped me and allowed me to grow in ways that I will be forever grateful for.

I've always wanted to come to Mac.Rob but the reason for that has changed and I can't thank the Mac.Rob community enough for making me realise that experiences and fun is so much more important than your grades

I've grown so much as a person at Mac.Rob, I've become more confident and understanding, and I'm learning about what it means to be a hard worker but also take care of yourself.



What better way to end Mac.Rob Week 2020 than Friendship Friday and a whole school picnic with friends, see photo above. Aren't we lucky at Mac.Rob to have rolling hills dotted with wildflowers?!

TEDx at Mac.Rob!

The Event

Our debut TEDx event at Mac.Rob delivered via YouTube premiere on Saturday 12 September was very exciting! Mac.Rob and the surrounding community came together to spark deep discussion and connection with ten illuminating talks.

The event was opened by Mac.Rob's own Devshi Janakantha, singing the lovely Abba tune "Andante, Andante" in beautiful voice with keyboard accompaniment. Following Devshi we heard from some truly amazing speakers from people such as Australia's first female Urologist, Professor Helen O'Connel, Bwe Thay, passionate refugee advocate and Victorian Multicultural Commissioner, and Nathaniel Diong, founder of Future Minds Network. Included in the line up were teachers and students of Mac.Rob, and you really need to listen to Siena Rigazzi to appreciate this student's abject passion for the environment.

Our speakers' talks have been uploaded to the TEDx YouTube channel and TED website. It is possible to watch the event now on our Official Mac.Rob YouTube Channel.. [Click here.](#) Do yourself a favour!



Amanda Leigh Walker
Lord of the Fries Founder and CEO



Siena Rigazzi
Passionate Climate Change Activist



Hiroko Mori
Japanese Language Teacher Mac.Rob

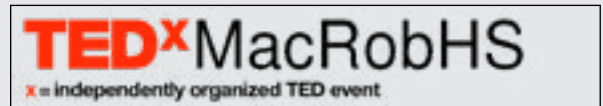
TEDx Organiser's experience

Across the months as I was organising the event, I experienced an almost constant sense of worry that nobody would watch. We had just switched to a virtual event, would people want to tune in? Would they be sick of their screens? It was a strange transition to go from live speakers to asking them to film their own talks on their laptop or phone! However as is often the case, my worries were quickly quashed when the viewers tuning in reached over 140 and a great turnout at the post-event Q&A session.

All throughout the premiere, you could see Mac.Robbians and other viewers starting deep and meaningful discussions in the chat bar, it was wonderful to see! There was over a thousand views on the first day and at time of print, a total of nearly 2,000 views!

The videos were all edited by Batrisyia Khairil (Y10) who put in hours of time and dedication, thank you!

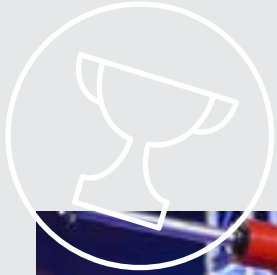
Minseo Kim



Australian Olympian Shares her Story

Mental Health & Fitness Day

Olivia Vivian, who is both an Australian Olympic Gymnast and Ninja Warrior competitor, shared part of her mental health journey with years 9 and 10 at the Mental Fitness Day on Friday September 4.



Olivia presented a session aligned with Black Dog's Bite Back Mental Fitness Challenge which many of our students have completed during their Health classes this term. The Black Dog Fitness program takes a strengths based approach and encompasses positive psychology techniques to encourage students to develop mental fitness in the areas of strength, flexibility and endurance. Students are encouraged to explore gratitude, mindfulness, character strengths, connections, meaning and purpose as proactive ways of enhancing their mental health.

The aim of the day was to equip students with skills and strategies to enhance their mental health both now and into the future.

Following Olivia's presentation, students participated in two workshops of their choice, from fifteen workshops on offer which were run by both staff and senior students. The workshops covered a variety of topics such as pet therapy, the science of happiness, motivation, student Q+A forums, adulting and managing stress.

It is our hope that students continue to reflect and act on their learning from the day. We encourage everyone to build habits that care for their mental health into their daily routine. Below, students recount what they discovered during the presentation:

Enjoyable activities

Amrit practicing gratefulness as it really makes me aware of the things i have in life as many others might not have the same opportunity as me

Srishti mindfulness as it helps me focus more

Vanessa In the midst of our fast paced world today, I want to strive to be present in the moment and realise how much I already have in life

Top two strengths

Heli humour & kindness

Jess kindness & teamwork

Saira creativity & honesty

Matangi perseverance & creativity

Chantal forgiveness & perseverance

Adriana humour & perspective

Senara kindness & hope

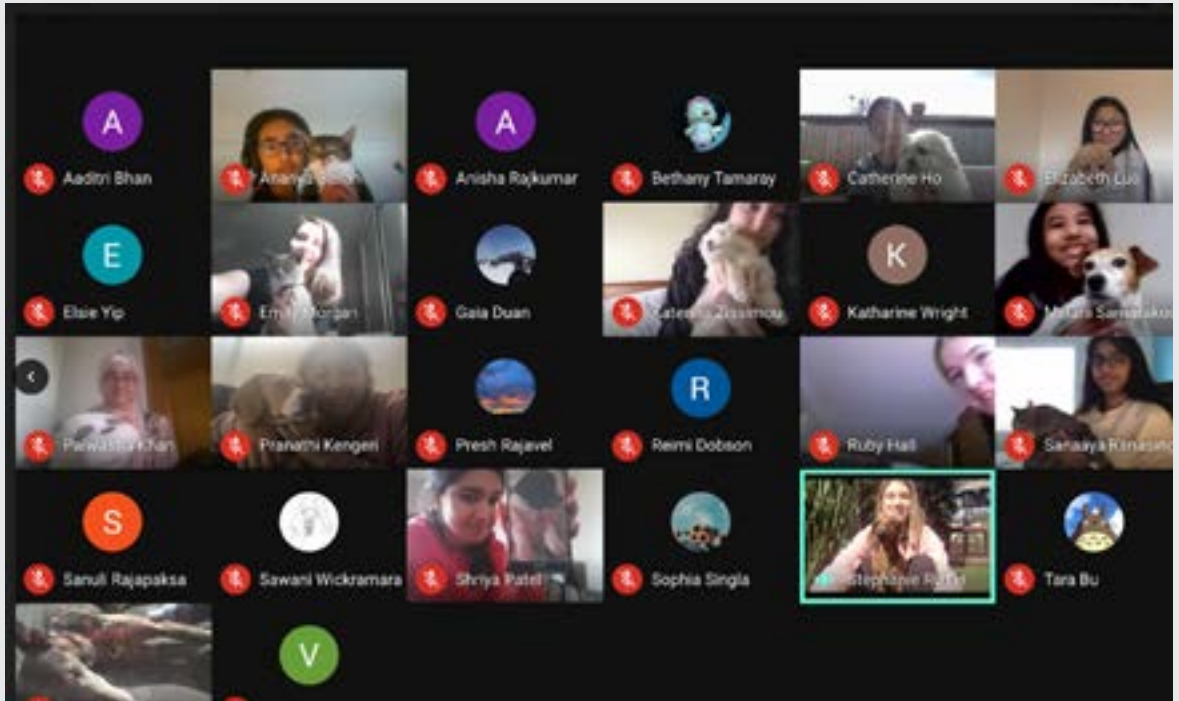
Shreya love & bravery

Zara spirituality & creativity

Adriana humour & perspective

How happy is your mind?

Mental Health & Fitness Day *continued*



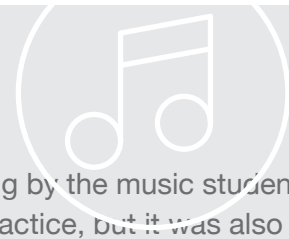
Pets with their companions in the Pet Therapy workshop showing just how important pets are to good mental health

Pet Therapy

Take a glimpse into this incredible two way bond between humans and animals. This workshop proved that the bond is not only special but has shown to reduce our stress and anxiety levels. Feeling low? Get a pet and join the club!

The Science of Happiness Students tell us what makes them happy...what makes you happy?





Musical Soirée

The music department's Vocal Soirée was given top billing by the music students this month. Not only was it a culmination of many hours of practice, but it was also filled with the joy, passion and energy that the students bring to their singing! It was an opportunity for all singing students to perform and share the amazing work they have been doing during remote learning. We had singers of all years and experience join the soirée, which has been our first online soirée and proved to be very successful! It was wonderful to watch the all students being so supportive of each other, applauding and commenting in the chat.

We had a wide range of music from a classical art song to rap and everything in between! The performances showcased the students' developing vocal technique, understanding of style and performance skills. The Flute Soirée was also held in September, giving the audience the opportunity to be wafted away on the ethereal sounds of the graceful, poetic and whispering sounds of the woodwind instrument that is the flute.

Each instrumental group within the music department usually holds their own soiree each year, often in the theatre or hall.



Vale Mr Sonny Chua



Mr Sonny Chua conducting at the Autumn Concert 2018

It was with great sadness that we recently shared the news of the passing of Mr Sonny Chua.

Mr Chua was the Director of Music at Mac.Rob for ten years, from 2009-2019. During this time, he touched the lives of a huge number of students, with whom he shared a deep love of music. An outstanding musician, Mr Chua was a fierce advocate for Music education, and a determined supporter of student agency and voice within the school, and within the Music program. Our staff and Music students, both past and present, will reflect fondly on the passion, enthusiasm and energy Mr Chua brought to Mac.Rob, and his legacy can be seen in the strong Music leadership program that continues to thrive in our school.

Alongside his work in the field of education, Mr Chua was an extremely accomplished musician and pianist in his own right, well known and highly regarded in the music community for his composition and published works. He will be sadly missed.

Our Music students have prepared a tribute to Mr Chua which will be passed to his wife, Melinda, and his young daughters, Aria and Umi.

Prends courage mes ami!

Alliance Française Berthe Mouchette Poetry Competition

Each year French students at Mac.Rob have the opportunity to show their poetry prowess by participating in the Alliance Française Berthe Mouchette Poetry Competition. This offers students a great opportunity to engage with native speakers, delve deeper into French culture and finesse their oral language skills. This year's theme was "Courage" and the students worked diligently to learn a poem of their choice ready to recite for the competition. Year 9 and 10 students submitted a video recording of their poem recital and the Year 11 and 12 students recited a poem and engaged in conversations with examiners over Zoom.



A total of 30 Mac.Rob students were selected as finalists!

Year 9 Aaditri Bhan, Gracie Gao, Callista Leong-la, Ananaya Mittal, Kathy Nguyen, Lana Selthofer, Hannah Thai & Suvaitha Wiknesh

Year 10 Juliana Chandrasekara, Jessica Oon, Dilky Padmaperuma, Nethaki Rupasinghe & Arushi Senchaudhuri

Year 11 Amie Dao, Malak Ababneh, Vigneshya Vishwanathan, Juliette Masson, Gila Bloch, Divyangana Dutta Rao, Nina Miriyagalla, Krishni Rajasingam-roshan, Sejal Sookram, Elaine Tan & Semiha Ulubasoglu

Year 12 Anoushka Iyer, Orly Golod, Sassandra Rae, Rebecca Geary, Manal Ajmal & Meghana Jonnalagadda

The finalists for Year 9 and 10 will recite their poems for assessors on the 11 October in the finals of the competition. The VCE finals, held on the 12 and 13 of September, required students to prepare for a four minute general discussion in French with two assessors over Zoom.

We wish all the Mac.Rob participants, *bonne chance!*

STUDENT EXPERIENCE **Semiha Ulubasoglu 10F**

This year, the annual Berthe Mouchette Competition was conducted online. At first, I was a little nervous with the shift to online testing, however it all went smoothly. We recited a poem of our choice afterwards they asked questions regarding themes and ideas of the poem to gauge my comprehension. We then discussed my personal life where I talked with the examiner about my hobbies and family, after which we conversed about my interactions with the French language and culture. I found it a very enjoyable and interesting experience!

Living Below the Line

“I hope you are well. My name is Jo Ee and I am a student from 9A. I am writing to let you know that I am participating in Oaktree Foundation’s campaign to Live Below the Line on the 7th to 11th of September.



I’m Living Below the Line because I believe in empowering young people to lead, demand and create a more just world. I believe in the capacity of young people to be able to make a difference in the world. Live Below the Line is a fundraising campaign run by Oaktree Foundation, helping young people across the Asia-Pacific access education and improve communities face with poverty and injustice.

By living below the line, I will feed myself on \$2 or less a day for five days on 7-11 September, which will give me a small glimpse into what life can be like for the 1.85 billion or so people across the world who are struggling through extreme poverty every single day. \$2 is the equivalent of the extreme poverty line, meaning people living in poverty have to cover costs of medicine, transport, housing, and more—all for the cost of under \$2!

Through fundraising, I hope to play my part in helping end poverty and injustice by donations as well as raising awareness of this issue and starting conversations surrounding the inequality and struggles countless others face every day.

Please either join me in doing Live Below the Line or Dine Below the Line or donate to me [HERE](#) today! Donations are accepted until the end of October. Thank you.

Any and all donations will be greatly appreciated!”

MY EXPERIENCE LIVING BELOW THE LINE:

“Living on \$2 a day didn’t feel like much of a challenge at the start—I could still afford three meals a day, and that didn’t seem to make a very big difference on my daily life. But as time went by and I actually began the challenge, it was the little things that got to me; I noticed just how much the freedom to choose what I wanted to eat whenever I wanted to mean to me. And then there was the fact that the repeated meals, though supposedly filling and somewhat nutritious, got bland over time and didn’t quite come with the same feeling of satisfaction.

At the end of the week, I was more than ready to take a break and enjoy a snack—\$2 doesn’t quite give the room for chocolate. Overall, I felt that living under \$2 a day for 5 days had provided me with an invaluable experience that had given me an insight as to what those who this campaign endeavours to help are going through, and they have it so much worse! And despite having gone through those 5 days under that incredibly tight budget, I can’t imagine having to go through and live like that indefinitely and would never wish that upon anyone else.”

Jo Ee Quah

Making History!



In true Mac.Rob style, a group of eager and passionate students took up the 2020 National History Challenge to explore their love of history. The theme was fittingly 'Contested Histories' as 2020 has proven to be a turbulent, challenging and historical year. **Amani Chandna** from 9C, reflected on her experience "I really loved doing this competition. It allowed me to think outside the box and find creative ways to present research and make it more engaging for the audience."

Here's what a few of the history students shared about this experience:

Sydney Lay 9C shared that "usually, I'm not that history orientated however, I decided to give this a go and it has made me realise that there is more to history than remembering dates."

Sanaaya Ranasinghe 9I was "very excited and happy to be participating in such an interesting event! I expanded and improved my knowledge and skills so much!"

Aaditri Bhan 9B "being involved in the NHC was a great experience that provided me with the opportunity to conduct an investigation on my own terms. I would definitely recommend it!"

Madison Greco 9F "thoroughly enjoyed the experience of participating in the NHC as it provided me an amazing, rewarding and enriching opportunity to research and learn more about a part of history that I am passionate about."

Minseo Kim 11F shared how "it was a nice break from studies to research a topic of my choosing, a reminder of how fun learning for the sake of learning is."

Congratulations to all our NHC students for entering and progressing to state level: Rebecca Wei 12C, Minseo Kim 11F, Tram Anh (Annie) Pham Ho 11C, Evonne Lu 10G, Jessica Oon 10B, Elisa Scholast 10H, Grace Wang 10F, Diemmy Pham 10F, Sunfeier (Selina) Chen 10G, Tongyue (Christina) Quan 10G, Sydney Lay 9C, Sanaaya Ranasinghe 9I, Madison Greco 9F, Aaditri Bhan 9B, Rianna Yu 9C and Amani Chandna 9C.

As part of the judging panel, it was one of the toughest years as all entries were of an exceptionally high level, a wonderful testament to the passion students have for their history education. We extend our congratulations to a few students whose work was recognised in the top three for their categories, and will be judged at the national level soon. We wish them luck in the State or National titles in the their categories:

Minseo Kim for Australian Wartime Experience:

Selina Chen & Christina Quan for Asia-Australia Relations

Thank you to everyone who participated in the NHC 2020, it was wonderful to share this journey with you!

Stephanie Ruth

Start the conversation, R U OK?

A question we all should be asking if we notice a glum buddy is, R U OK? Just those four letters opens up a conversation that they may need to have but did not know how to start. Mac.Rob FAM Committee, Friends at Mac.Rob, created avenues for these conversations to start on R U OK Day, Thursday 10 September.

The FAM committee created a unique and wonderful 'R U OK? Day' [website](#) for the Mac.Rob community to share videos, performances, information and ways to have the conversation to help friends talk about their mental health.

Jessamine, Ananya, Meghana, Joanna and Chau all did student performances which warmed all our hearts.

Annie Louey, ex Mac.Robbian, who is now a stand up comedian, (laugh now!), shared a video with us about her experiences with mental health, you might recall Annie was our interesting and funny guest speaker at Presentation Night last year.

Amongst many other activities, Bella and I conducted an Instagram live where we meditated with other Mac.Robbiens, ommmm.

Bella and Senalee FAM Leaders



Jessamine Lau performed Wayo by Bang Ye-Dam



Comedian Annie Louey, Mac.Robbian alumni, shared her story

How to keep the conversation going...



Message to Aliens...



is there anyone out there?

For our Astrobiology project, we decided to test the intelligence of the extraterrestrial life that may potentially receive it. We put fairly valuable information in, but instead of giving it freely, we wanted to see if the aliens were ‘worthy’ of receiving it.

Our information was encrypted using a code called ‘cipher’, where the order of the English alphabet became jumbled. Each level was secured by a riddle password and consisted of information like images, audio files and messages from mankind, ultimately conveying that we do not mean harm. When solved, details such as the planet we come from and our species were revealed, as well as a way for them to send us a reply.

We think sending messages to space is particularly significant in these times because to this day, we don’t have much knowledge on what is out there and sending this message gives us a chance of finding or being heard by any type of intelligent civilization. Even if no message is sent back to us, we as humans can rest easy knowing we have at least attempted to contact our extraterrestrial neighbours and perhaps, one day, try again with better and more improved technology.

Winning Team: Maggie ZHU, Trisha LIOW and Elly LAU



Cipher students used to send the message to aliens

Clue: 3 9 16 8 5 18

you must solve the riddles first in order to access the content in the levels

Level 1

texq dlbp rm urq kbsbo zljbp altk? _ _ _

dobbqfkdp colj xklqebo ifbcloj.

tb al klq jbxk exoj.

tb txkq ql hklt tel vlr xob.

For readers who get past Level 1 and would like to play on, please contact newsletteritems@

Positive quotes

“One day your life will flash before your eyes, make sure it’s worth watching.” Gerard Way

“Never be a prisoner to your past. It was a lesson not a life sentence”

“Do or do not. There is no try” ~ Master Yoda

“The way I see it, if you want the rainbow, you gotta put up with the rain.” ~Dolly Parton

Fiona A 9G

Which career is for you?

A career podcast put together by Mac.Rob Careers teamed with Palladians was launched this week. Hosted by Tyson Day, a career strategist from Arrive & Thrive, the series of six interviews of leading Palladians in the fields of Arts, STEM and Business. Episode one is available now, with the rest being released during September and October.

The podcast interviews offer a raw, honest and inspiring insight into these women and their unique pathways and professions you just can't get from reading career outcomes on a university website!

[Episode 1](#) - Media & Communications with Dr Nasya Bahfen (Journalist & Lecturer) provides any aspiring media/arts student with valuable insight into the world of media and communications. Nasya is a media academic at La Trobe University (Journalism) and is the AFL Multicultural Ambassador. [Listen](#) to learn more!



Palladians Update

Building strong connections with current students is important to us, and to do this, a number of programs have been initiated lately. We recently sent the year 9 and 10's an encouraging postcard, designed by six generations of alumni specifically created for the students.

The virtual Junior Leadership Program for Year 10, is for students learning how to develop their own style of leadership skills. We look forward to extending this beneficial program into 2021 to our current year 9's, hoping many will participate next year.

For our senior students, we are holding a series of career webinars with Q&A in October with industries such healthcare, legal/public service and creative arts career pathways, you can find more details on the Palladians website and facebook page. Finally, Palladians are excited to be involved in a new podcast from the Careers team at Mac. Rob who have created, '[Career Perspectives with Palladians](#)'. See article above for more.

Join Palladians! In celebration of Mac.Rob week, we launched a promotion for year 12, if you join the Palladians with a bestie before leaving Mac.Rob, you get a \$20 voucher. Become a Palladians member and be part of this interesting and wonderful network, to join visit this link [JOIN PALLADIANS!](#)

Contact Sally with any questions at president@palladians.macrob.vic.edu.au.

Caitlin, Ann and Sinali