



LEADERS

Lots to celebrate on International Womens Day



ACTION

MacRobbians join student-led global climate strike



SPORTS

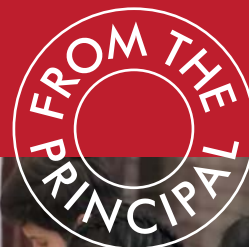
Latest on swimming, cricket, athletics and aerial yoga



YEAR 9

Going back to Primary School

mac.rob news



DATES/EVENTS

Sun 31 March – 18 April

Student Study Tour to Germany

Thursday 4 April

Summer Concert, 6pm, The Hall

Friday 5 April

Last day Term 1, 2.35pm dismissal

Mon 29 April – Weds 1 May

Music Camp, Oasis Campsite

Tuesday 23 April

Term two begins

Wednesday 24 April

Foundation Oration, 6pm in Hall

Saturday 27 April

International Ball,
St Kilda Town Hall, 6–11pm

Friday 3 May

Whole school athletics

Thurs 16 – Sat 18 May

Ladies in Black joint production

Wednesday 15 May

Parent-teacher interviews, 12–7pm

Mon 20 – Fri 24 May

Online Naplan testing

Friday 24 May

Year 12 Formal

Tuesday 28 May

Year 10 SEN Cup

From adversity comes opportunity

*‘My barn having burned down,
I can now see the moon’* **Mizuta Masahide**

If resilience is the art of bouncing back, I’m pleased to say we’ve ended our month with a great spring in our step! Despite our unfortunate break in this month, life at Mac.Rob has continued at full pace, but with an added bonus; the development of a new partnership with our neighbouring government school, South Melbourne Park Primary School. Newly launched this year, the primary school opened its doors to us this month whilst our Lakeside building was out of action, and our Year 9 students have enjoyed the opportunity to meet, mentor and work alongside their more junior schoolmates.

From adversity comes opportunity, and events this month have reminded us all that life can take unexpected turns; it is how we face them that determines whether we flourish or flounder. We have embraced the opportunity to explore new ways of teaching and learning in ‘found’ spaces on campus, and explored new ways of working collaboratively offsite too. I’m proud of the flexibility,

ingenuity and enthusiasm that our staff and students have shown in managing our situation so well.

As the rest of our newsletter will highlight, there's been plenty for us to focus on this month. On March 8 we celebrated International Women's Day, with a number of events occurring around Melbourne and at the school. International Women's Day is an important reminder of the significant work we do at Mac.Rob in developing young women to be future ready, but we know there is still work to do in society to recognize women as truly equal.

House Chorals, as always, was a real highlight, showcasing not only our students' remarkable talent on stage, but also their hard work and great understanding of what it takes to produce an event of such high calibre. I am never surprised by the quality of work our students produce, but I am always impressed... House Chorals was no exception!

Beyond the school, our students have committed themselves to bigger causes in the community; a number of students took part in the School Strike for Climate rally, and our

GIV students devoted their time and energy to supporting Red Cross Calling, an initiative raising funds for those less fortunate in our community. As educators, it is our responsibility to help our students find their place in world beyond school, and I am delighted to see our students engage with issues and causes about which they feel passionate.

As the holidays approach, I encourage our staff and students to rest, relax and enjoy some '*moon gazing*' time with friends and family.

Anne Stout

Acting Principal



Moving right along...



This past month has been full of ups and downs. We have had a multitude of events and student achievements, and on the other hand, we have had some drawbacks. Yet it is in these unprecedented setbacks that we realise how supportive and how resilient our school community is. Through the closing down of Lakeside, we have managed to adapt and persevere with classes, extracurricular activities and our valued education. This could not have been done without the countless hours of work that our principals and staff have put in, sometimes in the middle of the night! We'd like to thank everyone in the school community for any disruption this may have caused and for their patience.

Moving on, one of the major events that was important for us as a school to celebrate and bring awareness to this month was International Women's Day. At the beginning of the week, the school was decorated with quotes and images of influential, inspiring women, and students received a ribbon to wear of the colours green and purple, representing hope and strength. On March 5, Vi Huynh and Samidha Singh held a guest panel of three Palladians who discussed the experiences and challenges they have faced in the workforce.

On March 8, in collaboration with the Music Captains, Hannah and Christina, we held a Lunchtime Showcase to celebrate the many talents of the young women here at Mac. Rob. We'd like to thank Imogen, Sidney, Eliana, Vy, Devshi, Saira, Joanna, Chau, Hannah and Christina for being "brave" and performing amazingly on the day. We'd also like to thank everyone who came along to watch; your enthusiasm and excitement really fueled the energy and positive vibes we were hoping for. Overall, the entire week was a great chance for us to celebrate the work of the inspiring women that have come before us, as well as those that we are around every day. We continue to encourage you all to fight for gender equality in our society.



Along with the events held at school, some of our Student Leaders had the opportunity to attend Women's Day breakfasts held by Alliance Girls Australia, United Nations and Rotary Club, which you can read about further in the newsletter.

Preparation for our major House event, House Chorals has also been underway, with a large percentage of the school dedicating their lunch times and out of school time to participate in the singing, acting and music aspects of chorals. We thank everyone involved for all the hard work they have put into this celebration performance and we congratulate all House Captains and Directors for their exceptional performances seen on 27th March.



This month a number of portfolios also held a planning day with their respective student teams. We were lucky enough to spend half a day with our team of Form Captains who shared some great ideas for what we want our year to look like.

Thank you for the amazing month Mac.Rob and we wish for everyone to enjoy their holidays. We can't wait to see what we can achieve together next term!

Chelsea and Sinali

Applications now open for The Academic Excellence Scholarship

The Academic Excellence Scholarship is a grant of \$2,500 awarded to acknowledge academic excellence through financial support and/or recognition to enable students of excellence to engage in extra-curricular program. This Scholarship is awarded for distinction, to provide opportunity. Examples of activities include study tours, language exchanges and music competitions. **Applications close on 23 April 2019.**

To apply visit macrobfoundation.com.au/grants

SRC update

We are nearing the end of Term 1 of 2019 and what a jam packed term it has been. We would formally like to congratulate Ms Stout for her appointment as Principal of Mac. Rob. We are really excited to continue to work alongside her in advocating for student voice whilst empowering all students to influence their own path to mastery of self. We would also like to thank the student body for taking the closure of Lakeside in their stride and adapting accordingly.

The SRC has been busy over the course of the last month attending and presenting at the Inner South Principals' Conference, on the 1st of March, which saw the congregation of Principals, Assistant Principals and Leading Teachers from the Inner South Region. Alongside the SRC-AT leaders we presented a workshop on 'Student Voice and Advocacy', talking about and interacting with the guests present about the practices and ideologies employed at Mac.Rob, whilst also sharing our perspectives and experiences regarding student voice and implementing change. We ran some activities and posed a number of questions to the audience allowing them to think about the current systems at their schools, such as the difficulties they may face in implementing a more involved student leadership team, and how these could be improved in accordance to student agency.



The SRC also ran its annual planning day involving executives and representatives from each year level as well as our SRC-AT team. We came together to introduce our SRC family to each other and planned collaboratively as well as in our individual teams to focus on the three aspects of SRC and their betterment for the student body. We also discussed the direction that SRC would take for this year and brought together amazing ideas that we thought would engage the student body.

Overall this has been an amazing term and we can't wait to come back even more FIRED UP AND READY TO GO for next term!

Thanks, **Izza** and **Prasadi**



Well done to our SRC who set up an impromptu fundraiser to provide assistance for the communities impacted by the New Zealand shooting tragedy. We raised \$1000 which will be donated to GiveALittle.

International Women's Day

A number of students attended *International Women's Day* events throughout the first week of March. Here are their reflections.

The Alliance of Girls' School Australasia's Breakfast

On Monday 4 March, a group of Mac.Rob students attended the *International Women's Day Breakfast* hosted by The Alliance of Girls Schools Australasia. As soon as we entered Queens Hall in Parliament House, we were faced with the portrait gallery of all former Premiers of Victoria, yet our eyes searched for the one and only woman whose portrait hangs on the walls: Joan Kirner. It was a stark reminder that we as women have a long way to go to achieve complete gender equality in our personal and professional lives. The breakfast was delicious, with dishes such as frittatas, yoghurt cups and savoury scones being served. A piece of advice from Joan Kirner was something we should all strive to keep in mind; as women, we often underestimate what we are capable of and downplay our abilities. This *International Women's Day*, we were reminded never to let the fear of failure keep us from reaching for the stars.

Rotary Club Breakfast

There seems to be still a long journey ahead until we can happily announce that gender equality has been attained. The can of worms has been opened, and change is happening, it is through these conversations and the act of listening that we can make change for the better. Empowerment must first be in the individual and only then can it be supported by the system. In order to have power – to have a seat at the table – women should step up to the fight within an unjust system. **Nina Cohen** (Yr.12)

UN Women's Breakfast

There is never a good reason to wake up at 5:30 on a Tuesday morning. Yet, 10 of us excitedly arrived at Crown Palladium for the United Nations International Women's Day breakfast. As we yawned our way through tea and coffee, an amazing seminar began calling to the feminists within us all. We heard from an inspirational array of keynote



speakers, male and female, because we are all part of the discussion. Mele Mauaiaivao highlighted the work and progress the United Nations team is making in the Pacific. The United Nations is creating a generation of women who are educators, advocates and will eventually become the forefront of a complete societal shift. Richmond Football Club CEO Brendan Gale discussed tackling locker room culture and the positive influence the introduction of AFLW has had on the sporting community. Despite the privilege we live in, even as a developed country we are still fighting for equality. That is the key, that is what is so crucial. Start a conversation, get involved, because we all have a voice and it is our responsibility to take a stance, and to make a change. And a change we will make.

Happy International Women's Day!



Introducing our new ergonomic Crumpler school bag

We're proud to be partnering with local Melbourne designers Crumpler to produce our new school bag. Created specifically with Mac.Rob students' needs in mind, the bag represents a contemporary addition to our school uniform. Deliberately designed with a smaller capacity than previous bags, its size reminds students to prioritise the materials they carry to school, and its ergonomic design ensures spinal support for travel every day. Like all Crumpler products, the bag comes with a lifetime warranty, making it a long term purchase which can be used well beyond its school years.

Eddie Woo wows students

On March 12 a number of Mac.Rob students were fortunate to attend a Masterclass with Australian Local Hero and Mathematics teacher Eddie Woo, hosted by Melbourne High School. Through an interactive 'lesson' Eddie talked about the importance of creativity and openness in teaching and learning Maths, and used Maths problems to illustrate the significance of this kind of thinking. Many thanks to Melbourne High School and their Parents Association for organizing this event and inviting us to attend.





Year 9 return to primary school!

South Melbourne Park Primary School opened its doors to its founding students and families only 8 weeks ago ...little did they know they would also be welcoming our entire 250 year 9 cohort into their school!

With a cohort of 130 staff and students, the arrival of year 9 has trebled the primary school's population over the past two weeks!

Year 9 have adapted well to their new temporary environment and have been challenged to develop the necessary skills to balance both collaborative and independent work in the absence of a set timetable. The experience has been an overwhelmingly positive one, with students able to immerse themselves in work that reflects the future of learning: critical and creative thinking, deep questioning of ideas and understanding, and exploration and evaluation of the challenges set through the 'Mission to Mars' interdisciplinary program.

In the students' own words, the great successes of this experience have been the flexibility of the program, the interaction with the primary school's younger students, Mission to Mars, the asynchronous learning, learning to adapt to new situations and bringing them closer together as a cohort.

Perhaps the most valuable aspect of the new environment and more flexible approach is immeasurable opportunities to further connect with each other. The opportunity to explore new friendships and consolidate established ones cannot be underestimated. Students of year 9 and their families are to be commended for supporting the school, the staff and each other through what has been a galvanizing experience for our students and school.

The Premiers' Reading Challenge launched for 2019

The Premiers' Reading Challenge (PRC) for 2019 is underway, with all Year 9 students challenged to read 10 books from an approved reading list and 5 books of their own choice. The challenge is run by the LRC team in coordination with Year 9 English teachers, and has been a staple of the school since 2007. Whilst traditionally Year 9 forms have competed to read the highest quantity of books, this year the LRC has shifted the focus to quality of students' reading. The form which shows the most genuine interaction with the books they choose (as displayed through creative responses and reviews) will win the prize of attending the Melbourne Writers' Festival and a celebratory luncheon. There will also be book vouchers for individual students who show themselves to be highly engaged with the challenge. We know that there is no shortage of great readers at Mac.Rob and the LRC hopes to nurture this love of reading through programs like the PRC.

The attached photo shows the Year 9 PRC Captains with librarian Mr. Jach. The Captains from left to right are Adriana Rahman (9E), Aleena Antony (9J), Natasha Poon (9C), Catherine Xu (9H), Amy Jiang (9G), Sabah Mahjabin (9I), Kelly Lee (9A) and Kesha Ng (9D). Missing from the photo are Ashnoor Malhotra (9B) and Hannah Louey (9F).

For more information, [click here](#)





Mac.Rob joins hundreds of thousands across the globe on climate inaction

On Friday 15 March, 50 MacRobbians took part in the historic student led Global Climate Strike march.

The Melbourne School Strike 4 Climate march was one of 65 marches, which took place in every state that day all over Australia. On the same day, across the globe, school children and their supporters, in a staggering 110 countries, did exactly the same.

When we met each other as planned, armed with banners, to proceed together as MacRobbians to the The Old Treasury building, we did not realise that we would be part of 30,000 school children who would march through the streets of Melbourne that day. At the Old Treasury building the electrifying atmosphere was generated not just through chants and inspirational speeches but also by a tangible understanding that everyone there had the identical desire and conviction about safeguarding our future. Just once did we control our passion, when the entire crowd kept simultaneously silent while we phoned Bill Shorten. Maybe he would congratulate us or indicate solidarity with us? Sadly he was unavailable to come to the phone. On the streets, as we marched and chanted, people leaning out, waved their support out of high office windows and bystanders encouraged us with their smiles.

Leaders took notice and praise gushed. Our premier, Dan Andrews, by bravely stating that he would support his own children to join the march, also supported us. New Zealand Prime Minister Jacinda Ardern praised the school strike march and the UN Secretary General stated that such student 'action' gives meaning to the Paris agreement. So the high felt through participation is easy to understand.

This global event spurred on by the inspirational Greta Thunberg (up for the Nobel Peace Prize at 16 years of age), indicated the passion that the youth of the world have, to safeguard our planet for human habitation (and so bravely call out governments on their inaction on climate change).

We are proud that Mac.Rob stood up and was counted. Being part of the march helps you to realise that you are not alone at all - in your passion for change, in your desire to take action and be heard, that you can have a hand in your future.

Please come and join us next time so that our voices are even louder.

Natalia Kelly-Gerreyn, Siena Rigazzi, Emma Zhong

Giving it a go

GIV has had an exciting start to 2019 and we can't wait to continue bringing the best volunteering opportunities to you! We have appointed 4 amazing and passionate executives.

Year 9 **Malmi Wijesinghe**

Year 10 **Emma Zhong**

Year 11 **Sarah Deng**

Year 12 **Samantha Yee**



We set up the *Fitzroy Reading Club*, which helps primary school students with literacy and numeracy every Tuesday. Next term, the Smith Family's *Student2Student Reading Program* will also be up and running. These activities are great for anyone who loves to teach or just be in the company of children! We've learnt so much over the course of these events and nothing could be more heartwarming than helping a few kids out.

Early in March we marshalled and set up the *Melanoma March* at Princes Park, this is the 5th year Mac.Rob has volunteered for this event! Apart from being an extremely fun experience, we believe that raising awareness for this cause is so, so important.

Lastly, one of our flagship events, the *Red Cross Calling* took place last week on the 22 March. Over 120 amazing students volunteered from 8:30am–5:30pm in various spots throughout the city. We raised around \$2,000, which we know is extremely important leading into the winter months. (To put that into perspective, that's 200 hot meals for people in need or 100 blankets for survivors of natural disasters). This event is not only very eye-opening, but also a fantastic way to socialise and make a difference in the world.

We look forward to an equally productive Term 2 and are always excited to hear your ideas! So if you have an event you would like us to organise, we really encourage you to email sl.giv@macrob.vic.edu.au.

We've had an incredible term 1 and would like to thank our supporting teachers Mr Gurciullo and Ms Dean, as well as all the volunteers this far. We look forward to seeing more people volunteering throughout the rest of this year and hope you can all find it in your hearts to GIV a little. We all have an important role in making a safer, more supportive society.

Keep GIVing :))

Love Jennifer and Justina

Arts update



Danna Wan and *Degradation of Home*

Top Arts success

This year we were pleased to celebrate Danna Wan at the Top Arts 2019 opening at the National Gallery of Victoria. Danna's work 'Degradation of Home', will be on display at the NGV (22 Mar–14 Jul 2019) and is to be seen by thousands of visitors and inspire countless students. If you see her around, please congratulate her on this mammoth achievement. Graduating student Jun Soong, was shortlisted and will appear on the NGV website.

Gallery visit

VCE Studio Arts students had a jam packed day of art in March. They attended a workshop about interpreting and analysing contemporary art at the Australia Centre of Contemporary Art. Students discussed in detail alternative narratives, illusions in media, cinematic and theatrical devices, including installation, *misé en scene* and compositions with video, light and sound.

Romantic Poetry Picnic

Deep in the theater out of rain,
Desperately trying to use our brains.
With soaring hearts and poem parts,
The Lit Cult class begins to make art.
At first reading then dropping that facade
and crafting our own, wow, that's a bit too avant-garde.

by **Vivienne Kerslake**



Year 10 – Literature, Culture, Revolution class



VCE Studio Arts class at ACCA

Singing up a storm at House Chorals 2019!



Chorals is always one of the most memorable nights of the year, and this time was no different, if not better.

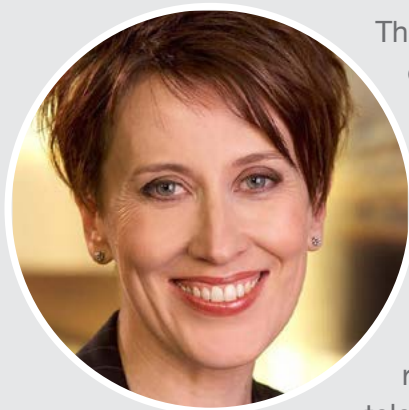
The night started off with a bang, with the combined madrigals from all four houses performing a spectacular rendition of *Scarborough Fair*; in doing so they embodied the unity and harmony that this year's chorals was full of. This then continued on into a night full of hilarious, dramatic, tense and overall entertaining performances. However, to say that the performance put on by the school on Wednesday night was easy would feel wrong. Every person involved in the making of chorals 2019, whether it be the teachers, the school leaders, or the performers themselves, undoubtedly felt the effects of the break in that occurred two weeks ago, yet we were all able to overcome this and put together a night filled with positive energy – a vibrant celebration of the incredible arts program that is so deeply enshrined into the culture of Mac.Rob.

Though the night was not a competition, each house performed to an extremely high calibre, and was able to receive thorough and well-thought out feedback from our gracious and experienced adjudicators. It was truly a night to remember, and we thank both everybody involved and everybody who came to watch and supported the school. We hope you enjoyed the show, because we sure did!



Christina Montgomery Oration

The Mac.Rob Foundation is proud to present the fourth annual *Christina Montgomery Oration* at Mac.Rob on Wednesday 24 April from 6pm.



This year the Foundation is delighted to announce that this year's speaker is journalist and broadcaster Virginia Trioli.

Virginia is the author of *Generation F: Sex, Power and the Young Feminist*, and is a Walkley Award winner. She is a regular commentator and host of television shows such as Q&A and ABC Breakfast News. Virginia has long been a supporter of the school and we thank her for her ongoing support.

Tickets are available from \$10 and can be purchased [here](#).

Congratulations!

Congratulations to Rebecca Wei (11C), who has been accepted into the Cornell University 2019 summer program. This is a wonderful opportunity for Rebecca to participate in an enriching learning experience at an Ivy League research University.

Congratulations to Yu Ling (Elaine) Cheung (12F), Khy Yie Choo (12J), Jiaying Lu (12E) and Zofia Wikowski-Blake (12F) who have been invited by Australian Science Innovations to be part of the Australian delegation in the Asian Science Camp held in Shantou, Guangdong, China, between 28th July-3rd August 2019. This opportunity follows their score of High Distinction in one or more of the 2018 Science Olympiads. We wish them all success in this academic endeavour!

Hansen Scholarship

On the 21st of February, I had the pleasure of accompanying Ms Stout to the Government House for the opening ceremony of Melbourne University's prestigious Hansen Scholarship. A highly coordinated event, it provided a wonderful opportunity to meet and speak with the Governor of Victoria, the Honourable Linda Dessau AC; the CEO of the Hansen Little Foundation, Ms Jane Hansen; Melbourne University staff and other Year 12 students.

Elaine Cheung

For more information regarding the Hansen Scholarship [click here](#).

Women in conservation

I had the privilege to be invited to the 2019 Women in Conservation Breakfast hosted by Bush Heritage and Trust for Nature this month. It was an honour to be recognised as a young woman in conservation and it offered me an invaluable opportunity to be able to network and engage with others in the conservation field.

The Breakfast is an annual, sell-out event with guests from the conservation, corporate and government sectors coming together to celebrate women in conservation. This year, Dr Jenny Gray from Zoos Victoria was the keynote speaker; she eloquently spoke about her passion for animals and the environment as well as her commitment to improve standards and regulations of zoos and aquariums around the world. I was fortunate enough to be able to speak to her after her inspirational speech and am ever more so determined to follow my dream of a career in conservation and environmental sustainability.

Chenxin Tu

MHS Indonesian Exchange

This month Melbourne High School hosted a large group of exchange students and teachers from their sister school, SMA IV Senior High School in Denpasar, Bali (also known as FOURSMA), however they were short of host families. Three Mac. Rob students, Jade Kong (Year 9), Bek Larratt and Kim-Ly Ta (Year 11) recognised what a great opportunity was presented by this situation and offered to each host a Balinese student for a week. Whilst these three students were able to gain much out of the hosting experience, such as language and cultural exchange as well as new transnational connections and friendships, it is worth recognising the generosity of these students and their families to offer up their homes and their time at such short notice, only weeks out from the arrival of the group from Indonesia. Another Year 9 student, Tristen Ho, joined Jade for a Scavenger Hunt activity in the city which brought FOURSMA, Melbourne High School and Mac.Rob together. When Mac.Rob closed unexpectedly on the final day of the exchange, Bek and Kim chose to spend their day at Melbourne High with the exchange group, further exemplifying the commitment of these students and the great community spirit between our schools.

Mr. Knock, Indonesian Teacher



From the 12th to the 19th of March, Mac.Rob and Melbourne High took part in an exchange with sister school FOURSMA in Bali, Indonesia. I, along with two other Mac. Rob girls, was lucky enough to have the chance to host our own Indonesian students. With this exchange came lifelong friendships between hosts and billets alike. The exchange was such an amazing opportunity to strengthen our Indonesian knowledge and gain valuable insight into the culture of Bali as well as how an Indonesian student of our own age lives and experiences the world. From this exchange I feel as if I have gained another sister living in a whole other country but still so similar to myself. We even had the privilege of being able to see the students perform cultural dances mixed in with current trends and styles. Our billets also taught us the correct way to respect and address elders, putting this into practice when meeting the distinguished teachers of the Indonesian high school. This exchange was truly an amazing experience and I wholeheartedly recommend it to anyone thinking about it in the future.

Kim-Ly Ta (11)

Sports report



Beachside swimming success!

On the 5th of March, 20 students competed at the Beachside Swimming carnival. Students represented Mac.Rob with pride and although competition was fierce, Mac.Rob was a dominant force in the pool. Every swimmer received at least one ribbon for their efforts, placing them in the top three in their age group. Their achievements lead to Mac.Rob being crowned champions for both the Intermediate and Senior Girls competitions, a truly remarkable effort by the team! All swimmers are to be congratulated on their performance, with a special mention to Isabelle Chong-Nguyen and Bessie Nguyen who were both awarded age group champions. Best of luck to the eleven swimmers who will compete at the Region championships later this month!

Senior cricket play region finals

On the 7th of March, the Mac.Rob senior cricket team set off to Frankston, to play the regional finals against Parkdale Secondary College. Mac.Rob won the toss and chose to bat first. Parkdale was a strong bowling side with a few experienced players, however Mac.Rob still managed to score 57 runs, with Silan diving a few times and even bruising herself! Mac.Rob then bowled, and managed to get a few wickets, including a run out quite early in the innings. Parkdale batted well and managed to beat our score, however Mac.Rob put up a really good fight. The Mac.Rob girls had good levels of intensity in the field throughout the game, and encouraged each other after every single ball. Great effort and sportsmanship overall by the Mac.Rob team, who should be very proud of themselves!

Thank you to Mr Campbell for supporting the team.

Haleema Shiraz (12H)



Ride 2 School Day

On Friday the 22nd of March, Mac.Rob celebrated National Ride 2 School Day. Held annually, this event promotes the benefits of active travel to school both in terms of health and fitness and the environment. Student lead groups walked and cycled to school from Flinders Street and South Yarra train stations and were rewarded with a small breakfast treat upon arrival. Thank you to all students who participated in the event and congratulations to Darcy Maloney who was the winner of a brand new bike and helmet for being involved. Ride 2 School day was expertly organised by the Sport Rep and Environmental committees, thank you to these students and well done on running a successful event!

House Athletics

The annual House Athletics Carnival is fast approaching! It will be held at Lakeside Stadium on Friday May 3. Students should keep an eye on their emails for sign up sheets and house parade themes which will be shared by their House Captains. Everyone can run, jump or throw so we look forward to seeing all students actively involved!



Aerial yoga

Relaxing, reassuring, rewarding. The Year 10 body balance excursion to Body Flow Yoga has been interactive and eye opening. Aerial yoga combines traditional yoga poses with the use of a silk hammock and has been a novel experience for us all. During the short session, we have learnt a number of poses including inverted butterfly, downward dog and supported chair pose. These simple poses help to build our confidence with the attached silk especially since many of us have not completed any aerial yoga classes before.

The instructors were encouraging and engaging which helped us feel confident and willing to try these new and very different poses. The environment was peaceful and filled with the most enticing scents, perfect for the relaxation vibe. The feedback from our class was only positive and everyone is eager to return.

Biomedical Science Circle

Symposium Day, 20 March 2019

The 2019 Biomedical Science Symposium, now in its fourth year, was another successful event, with 30 girls attending from Year 10 through to Year 12. This year, twelve Mac.Rob alumni participated from a range of biomedical disciplines including medicine, dentistry, pharmacy and psychology as well as current students studying medicine and pharmacy. It was a great success, as measured by the enthusiasm of the current and past students of the School.



Students were given the opportunity to attend two 30-minute sessions and engage in lively discussions. The small numbers of students per speaker allowed for in-depth discussions about careers and the profession. Each speaker had a unique story to tell with fabulous achievements. It was a very positive experience as noted by the engagement in discussions and conversations during afternoon tea.

Thank you to Hao Vo-Tran (Pharmacist), Dr Carolyn Ng (Specialist Orthodontist), Dr Nandini Nagasundaram (Doctor), Dr Maria Nguyen (Doctor) and Lara Silkoff (Psychologist) who took time off from their professional commitments and talked about their careers.

In addition, thank you to the past students who are currently studying Medicine and Pharmacy who helped and provided guidance on the next steps after Year 12 – Amanda Nguyen, Arsheeyar, Sandra Li, Angela Ran, Shivangi Gupta, Neev Jhala, and Samantha Congdon.

Finally, thank you to Jane Hedley, Career Adviser, for her great job in organising the event and making it special and successful for all involved. We look forward to another terrific event in 2020!

Dr Sharann Johnson

Convenor – Biomedical Science Circle

Email sharann.johnson@bigppond.com

Ladies ticket sales start next week

Mac.Robertson Girl's High School and Melbourne High School present
the new Australian musical



Book by Carolyn Burns

Music and Lyrics by Tim Finn

Adapted from the book *The Women in Black*, by Madeleine St John

By arrangement with David Spicer Productions – www.davidspicer.com.au

16–18 May

7:30pm Thursday to Saturday

2:00pm Saturday Matinee

Mac.Rob Hall, Mac.Robertson Girl's High School

Tickets

Adult \$25

Student/Child \$18

Family (2 adults + 2 children) \$75

The Mac.Rob community will be sent a booking link via Compass.



Music Concerts

Here are the dates for Mac.Rob's 2019 Seasonal Concerts.



Summer Concert

4 April

Autumn Concert

6 June

Winter Concert

24 July

Spring Concert

19 September

Palladians

2019 Reunion Dates

Place the following dates in your diary and let all your class mates know.

5 and 10 Year Reunion Classes of 2014 and 2009

Friday, 5 April 2019

Windsor Alehouse Brew Room

20, 30 and 40 Year Reunion Classes of 1999, 1989, 1979

Friday, 14 June 2019

Venue TBA

50 and 55+ Year Reunion Classes of 1969, 1964 and before

Wednesday, 22 May 2019

Royce Hotel

Register at www.palladians.com/events