

30 March 2023

Principal's Report

End of term

It has certainly been a busy start to the term with the Year 11 and Year 12 formals, the swimming sports, NAPLAN and House Chorals all being held in Term 1. We welcomed the new Year 7 students who have settled in very well to the routine of secondary school and we also welcomed their families at the Year 7 welcome evening.

Thank you to those parents, carers, staff and students who attended the working bee on Saturday. The additional assistance and work has meant extra gardening and painting to ensure that facilities are kept clean and attractive.

House Chorals

Students are in the final rehearsals for the House Chorals to be held next week. I encourage all families to purchase a ticket and come along to support the work and contribution of the students. They have been rehearsing at lunchtimes and preparing themselves for the performances. Next Thursday will be adjudication day.

The Parents' Association will be holding their annual Chorals raffle on each night. The money raised goes back into projects and items for the school so please support them by buying a ticket.

New building

The new building is close to completion and should be available for students from next term. We will open it for parents and carers to see early next term, and are very excited that we will have an additional space for recess and lunchtime as well as an additional learning space.

School Council

The new School Council met formally for the first time this week and elected the office bearers for 2023. They are Tim Clarke (President), Daniel Roney (Vice President), Greg Allen (Treasurer), and Trent Adams (Secretary).

Casual vacancy on School Council

There is currently a 12-month Community member position on School Council which is vacant. The Council is seeking a person who has a background and skills in marketing, particularly promotions and advertising. School Council meets each fourth Tuesday of the month at 7.30pm. If you are interested, please email me via Compass.

Open day

The College's Open day and information evening is being held on Monday 1 May. Details are on the College website. If you know someone who is interested in enrolment, please encourage them to attend.

As this is the last newsletter for the term, I wish everyone a relaxing break.

Dr Mary Cannon
Principal

Diary Dates Term 1

4-5 Apr	House Chorals
6 Apr	Last Day of Term 1

Student Leadership News

Annual Business Fair

As we near the end of Term 1, I would like to inform you about the annual business fair, which will be held during an extended lunchtime in Week 3 of Term 2 on Wednesday 10 May.

The business fair is coordinated by the wonderful Unit 1 Business Management students and their teacher. Students are broken down into small teams of 3-4 students, and each group is responsible for creating a business plan outlining a product that they plan to sell during the business fair. Students get creative and start by creating a relevant business name and also conduct market research to gather information about their customers preferences via surveys sent to the school community.

Some of the business stalls that are being planned include 2-minute noodles, macarons, Krispy Kreme doughnuts, bubble tea, pastries, iced coffee, and a classic sausage sizzle just to name a few!

The aim of the business fair is to learn about the importance of effective planning and major decisions needing to be made in starting and operating your own business but also for the groups to compete against each other to make the most profit. All profit proceeds will go towards a charity chosen by the students – this has yet to be determined. This event is a great way for students to gather an understanding of how businesses function, the process of building a business and highlights the importance of teamwork.

It's a great event and a lot of time and effort goes into each of the stalls presented on the day. More information about the day will be released closer to the event, so keep a lookout for emails and posters coming out early next term and start saving your money and planning for all the yummy treats that you will be able to purchase. See you all in Term 2!

Georgia Kynoch
Humanities Curriculum Captain

2023 Year 12 Formal

The 2023 Year 12 Formal was held on 2 March at the elegant Loanda By The Yarra. Students and dates presented themselves in beautiful dresses and suits and arrived to photographers, as we anticipated our second formal at Canterbury. The event was an extremely enjoyable experience, with a delicious 3-course meal served throughout the night. Students enjoyed gnocchi, risotto, and a tasty selection of desserts, accompanied by dancing and the DJ's selection of music – everyone had a great start to the night! Students were also photographed and were able to attend the photo booth, which was a fun experience to take some photos with friends.

After the main course was presented, the formal video was played, which was edited by us and included all Year 12s and a few teachers. The video was really fun to film by incorporating the ideas of some students, and there were many chuckles from the audience at a few of the questions!

By the time the video ended, awards were presented. The categories included Best Dressed and Best Dressed Date, Life of the Party, Partners in Crime and Best Dressed Teacher! Although nominations for the categories were very close,

all winners were very deserving of their awards. Big shoutout to Mr Ouliaris for winning Best Dressed Teacher - rocking up with a green suit!



We would like to thank Ms Jackson for organising the event as well as Ms Weston who assisted with setting up the TryBooking payments and collated all necessary paperwork. The night was so fun, and we are very appreciative to all teachers who ensured the night was a success. It was a great way to get away from homework and take a break before SACs begin!

We would also like to thank all students and dates for attending the event. The atmosphere was so positive and the event was a brilliant start to our final year of high school.

Sanuki De Soysa and Sara Lim
School Captains

Teaching and Learning News

VCE UNIT 1 Food Studies – Blackburn Lake Indigenous Tour

Last week, the class had the pleasure of visiting an indigenous foods presentation at Blackburn Lake. Our presenter was Tanveer Alvi, the Environmental Education Officer for the City of Whitehorse. She delivered a very interesting PowerPoint display including what constitutes Melbourne's food bowl, where does our food come from and how is our urban sprawl affecting this. She then compared it to the Indigenous food bowl that was and still is around Blackburn Lake. We smelt and tasted some indigenous bush foods, lemon myrtle tea, wattle seed et al, viewed their display, saw eel nets, cooking stones and receptacles, and delved into the preparation and cooking methods that were used.



We then walked around Jubi's garden outside the visitor centre to see firsthand the types of flora the indigenous population used to live and work with. It was fascinating. We finished with a brief walk to the lake to see the wonderful views it offers. Thank you to Jason Kruse for accompanying us.



We are about to start L02 - Food In Australia. In this area of study, students focus on the history and culture of food in Australia. They look at indigenous food prior to European settlement and the attempts of the first non-indigenous settlers to establish a secure and sustainable food supply. All of this sets students up for an interesting journey into learning about Australia's past and future food culture.

Fiona Skerrett
VCE Food Studies Teacher

News from the Library

What a great start to the year it has been in the library, we have had a wonderful first term! The Year 7s have been terrific with their borrowing and returning and it has been a pleasure to see them enjoying the whole space and attending our clubs.

The Premiers' Reading Challenge (PRC) will launch at the start of Term 2 and we are excited to support the students in their reading.

We have over 2100 titles which are on the Premiers' Reading Challenge list so there really is something for everyone. These books are easily identifiable with a spine label to show it is a PRC Year 7&8 or PRC Year 9&10 book.

Happy reading!

Angela, Catherine and Shani
The Library Team



Sport Report

Year 7 Inter-school Basketball

Canterbury Girls' Secondary College's Year 7 students proved to be a force to be reckoned with at the all-day interschool basketball tournament on Wednesday 29 March. With nearly 50 students vying for a spot on one of the three teams, the competition to make the cut was intense.



Throughout the day, Canterbury Girls' dominated the competition, each team going undefeated in all their matches. It was a truly remarkable achievement, and one that should be celebrated by the entire school community.

There were too many standout performances to mention individual names, but it's important to recognize the hard work and dedication of the Year 10 coaches, Emily Marinkovic and Amy Gerdson. Their leadership and guidance undoubtedly contributed to the success of the Year 7 teams.



Looking ahead, it's clear that this group of talented young athletes has a bright future ahead of them. With such an impressive display of skill and determination at such a young age, there's no doubt that huge things are expected to come from this group in the years to come.

It's an exciting time for Canterbury Girls' Secondary College, and we can't wait to see what this talented group of students will achieve in the future. Congratulations to all Year 7 basketball players on an outstanding performance!

Kate Hedin
Basketball Coach



Upcoming Sporting Events

4 Apr	Senior Round Robin Basketball, Hockey, Table Tennis
27 Apr	School Fun Run
28 Apr	State Swimming @MSAC
1 May	EMR / State Diving @MSAC
3 May	Senior Girls AFL
4 May	School Athletics Carnival @Box Hill Athletics Track
9 May	Senior Round Robin Badminton, Netball, Soccer
11 May	Intermediate Girls AFL
16 May	Intermediate Round Robin Badminton, Netball, Soccer
19 May	Division Cross Country @Macleay Park
25 May	Year 8 Round Robin Badminton, Netball, Soccer
31 May	Year 7 Round Robin Badminton, Soccer

Division Swimming

34 swimmers competed at the Boroondara Division Swimming Carnival on 14 March. At Division, Canterbury Girls' students raced against Kew High, Doncaster High and Balwyn High School.

After a successful day, 10 athletes from Canterbury Girls' were the top swimmers in their swimming events. They qualified for the Eastern Metro Regional Swimming competition on 28 March at Aquarena Ringwood.

EMR Swimming

Medal winners:

Gold	Riley Cardow	12-20yr 100m Breaststroke
Gold	Riley Cardow	17Yr 50m Breaststroke
Silver	Sara Lim	18-20Yr 50m Breaststroke
Silver	Isabel Neeson	12-13Yr 50m Breaststroke
Silver	Caitlin Truong	16Yr 50m Breaststroke
Silver	Haimi Truong	18-20Yr 50m Butterfly
Bronze	Riley Cardow	17Yr 50m Freestyle
Bronze	Caitlin Mulheron	15Yr 50m Butterfly



Riley Cardow has qualified to compete in her two gold medal events at State Swimming in Term 2, on Friday 28 April.

Riley also broke the Division level records for these two events on Tuesday 14 March. The record for 100m Breaststroke was unbroken since 1998, and for 50m Breaststroke since 2008. We are proud of your performance, Riley, congratulations on your achievement!

Congratulations to all the competitors at the Eastern Metro Region Swimming finals on Tuesday 28 March:

Amelie Atkinson	17-20Yr 4x50m Medley Relay, Freestyle
Genevieve Carboon	16Yr 4x50m Relay
Riley Cardow	12-20Yr 100m Breaststroke 17Yr 50m Breaststroke 17Yr 50m Freestyle 17-20Yr 4x50m Medley Relay, Breaststroke
Tess Cartledge	15-16Yr 4x50m Medley Relay, Backstroke
Kendra Cheesman	15-16Yr 4x50m Medley Relay, Freestyle
Tali Gawel	16Yr 4x50m Relay
Sara Lim	18-20Yr 50m Breaststroke 17-20Yr 4x50m Medley Relay, Backstroke
Caitlin Mulheron	15Yr 50m Butterfly 15Yr 50m Freestyle 15-16Yr 4x50m Medley Relay, Butterfly
Isabel Neeson	12-13Yr 50m Breaststroke
Georgia Nimco	16Yr 4x50m Relay



Caitlin Truong 16Yr 50m Breaststroke
16Yr 50m Freestyle
15-16Yr 4x50m Medley Relay, Breaststroke
16Yr 4x50m Relay

Haimi Truong 18-20Yr 50m Butterfly
17-20Yr 4x50m Medley Relay, Butterfly

Corey Lawson
Swim Coach

Staff v Students' Volleyball

The Year 12 vs staff competition began this year with Year 12s playing the staff in an intense match of volleyball. The Year 12 volleyball team won against the staff in straight sets. The next staff vs students' competition will take place in Term 2 with a game of netball.

Lillie Allen
Sport Captain

Should any students be interested in competing, or should you have any queries, please contact me at cla@cgsc.vic.edu.au.

Corey Lawson
Sport and Sport Education Co-ordinator

St Patrick's Day Lunchtime Concert

On Thursday 17 March 'Lore' performed a lunchtime concert in recognition of St Patrick's Day. The ensemble performed a wide selection of pieces in Folk and Roots styles to an enthusiastic audience. Thank you to Ms Farnan for putting the concert together and to the students for performing.



Beginner Strings "Vivace" First Rehearsal

On Friday 18 March, the beginner string ensemble "Vivace" commenced rehearsals with Ms Di Sisto. Before their first rehearsal the beginner students had only four to five lessons.

Ensemble playing is the most important and enjoyable part of learning an instrument. It brings together so many skills such as listening, empathy and working within a group.

The ensemble got off to a great start and produced a warm sound together playing on open strings.



Term Dates

3 Apr Victorian Sprots Awards MCG
String Quartet
4-6 Apr House Chorls

TERM 2

25 Apr Anzac Parade
11 May Junior and Autumn Concert

String Quartet – General Assembly

Members of our String Quartet Olivia Neish, Belle Wong, Leila Subocz and MaryAnne Dumitrache performed at the general assembly this week. The ensemble performed a sensitive interpretation of “River Flows in you”. Congratulation to all performers.



VCE Music - Top Class Excursion

Yesterday, the VCE Music students braved the rain, making it in to the city to enjoy two concerts at the Top Class Music event held at the Melbourne Recital Centre. The concerts presented performances from last year's top VCE Music performers featuring a wide range of instruments and musical styles. The excursion serves as an invaluable experience for our students, exposing them to the caliber of musicianship amongst student peers.

Michael Sword
Head of Music

CONCERT *BLACK*

Performing is an integral part of the study of music and presentation is of great importance. All students performing in ensembles at CGSC are required to wear Concert Black attire. This may include combinations of the following:

DRESS OR SKIRT

Formal, modest, below the knee when seated, to be worn with black stockings or tights

PANTS

Classic cut, full length pants, not low waisted or jeans with black socks. No leggings, except if worn under a skirt or a dress

SHIRTS AND TOPS

Sleeved or sleeveless (no shoestring straps)

BLACK SHOES

Concert Black allows for individuality, however we do ask that you abide by the guidelines in support of all students and the presentation of the ensemble.

the parents' association



Canterbury Girls'
SECONDARY COLLEGE

Dear Community,

The CGSC Parents' Association (PA) held its second meeting for the year on Tuesday 21 March. It was nice to welcome some new parents and carers at the meeting.

For new parents and carers to the school and other families who may not know what The PA does, we are a voluntary group supporting the school community. It has a few key focus areas including:

- providing social opportunities for parents and carers,
- supporting school activities and
- undertaking fundraising.

Social Opportunities

In terms of social opportunities, we had a fabulous **Year 12 Parents and Carers' Drinks** at the Auburn Hotel on Thursday 23 March. There were around 20 parents and carers including some new school families. It was a great relaxed get together. Thanks to the Year 12 coordinators Sally and Andrea for coordinating this event. We will hope to have some more of these types of events across the year for all year levels. If you are interested in arranging an event, please let us know. The PA email is pa@cgsc.vic.edu.au.

The **Mother's Day Luncheon** is coming up in Term 2 on Friday 12 May. Tickets are on sale via TryBooking at <https://www.trybooking.com/CGQWM>. Tickets are selling fast, so if you would like to come along don't leave it too long to sign up! If you don't know anyone, there will be plenty of friendly faces, and if you want to come as a group, that is also welcome.

Upcoming School Events

The next school event we are supporting is the **Athletics Day**. This is being held on Thursday 4 May at Box Hill Athletics track. The PA will be running a BBQ on the day. If you are able to help between 10am – 2pm, please email The PA.

Fundraising

In terms of fundraising, The PA has just held its **Hot Cross Buns Drive**. This was a sell out with 100 packs sold. We thank Woodfrog Bakery for their generous donation of the buns and the parent and carer helpers who folded boxes and packaged these for collection. Please support the Woodfrog bakery in Camberwell as they support us.

We are currently busy collecting prizes and preparing for the **raffle** at the **House Choral performances** on Tuesday 4 and Wednesday 5 April. Please buy tickets to support the school. If you are able to help sell raffle tickets between 6 – 6.30pm on these nights, please email The PA with your details. We do have some further raffles across the year, so if you can donate any prizes, that would be appreciated.

The Parents' Association is a welcoming group of parents and carers who have a child or children at Canterbury Girls' Secondary College. This group meets on the 3rd Tuesday of each month at 7.00pm. If you would like to come along, the **next meeting is on Tuesday 16 May** (no April meeting due to school holidays).

Anne Chipperfield
The Parents' Association President

P.S. If you would like to support the PA, but cannot donate your time or efforts, you can contribute via the PA levy. If you do not want to contribute the full amount of \$50, you can nominate a different value. PA funds help raise monies for resources that are not funded by the Government (i.e. language assistants, food tech ovens, dishwashers etc.) and every little bit helps!

Diary dates

Next monthly meeting

Date: 16 May
Time: 7.00pm
Venue: Conference Room

Office bearers

President: Anne Chipperfield
Vice-Presidents: Christine Harkness, Penny Ison
Secretary: Nicola Rowling
Treasurer: Steve Elsbury
PA email address: pa@cgsc.vic.edu.au

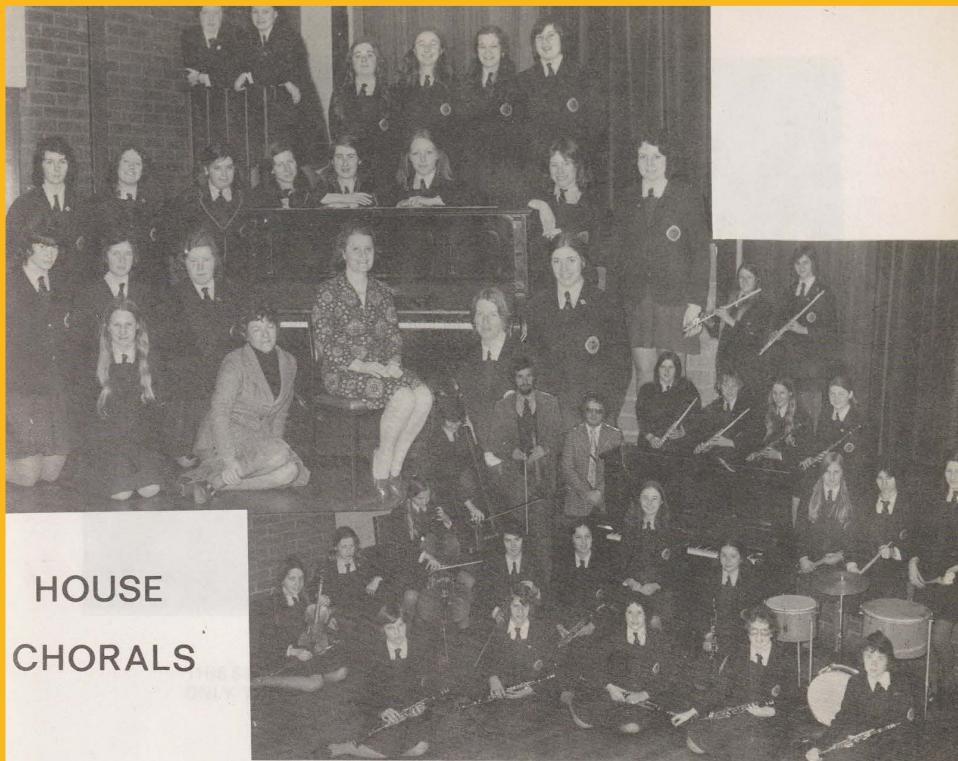


from the archives



Canterbury Girls'
SECONDARY COLLEGE

House Chorals in 1975 with Flynn as a winner.



HOUSE CHORALS

Tension was great as 300-odd twittering young girls scrambled to their allotted seats that fateful morning. Soon they would be trooping up to the stage to make their singing debut in a blaze of glory. The bell would tinkle, signalling the readiness of the adjudicator; the music would flare up, and the conductress begin making encouraging gestures.

But wait. First, soloist and group acts had to be endured. Shuffling feet skidded to a halt, and creaking chairs flapped up. The blue curtain opened slowly and deliberately. To the wide-eyed and gaping-mouthed enjoyment of the song birds, clarinetist, violinist and pianists warbled melodically, fighting for the honour of winning the section. Flynn supporters went wild when Miss Bernadette Arthur, who was clearly in a class on her own, was deemed the winner. Full credit must go to Cattanach's house's clarinetist, Sandra Haack, who came a close second — only two points behind.

Elation ran high in the Flynn camp as their instrumental group gave a rousing rendition of 'T.V. Advertisements'. Other entrants in this section were gratefully accepted but the abundant applause and excellent reception of Flynn was rewarded with another first place. The adjudicator, Mr. Cairns, had until now been consistent. Would he judge three-in-a-row for Flynn, sending 200 students and patriotic Flynn members screamingly ecstatic? We would soon know. All that remained was to have a break

for recess and come in ready for a melodic fight to the finish.

This time, the whole school bundled into the Assembly Hall and, with teachers and parents present, the students prepared to become unbearably nervous, hoarse and paranoid with fear. The set song that the choirs had worked on was taken from 'Father Noah and His Floating Zoo' and a varied assortment of the 'free-choice' songs were listed on the programme.

Bell! . . . Introduction! . . . Sing! . . . The words flowed quickly and easily. Sounds blended; everything was going to be fine.

The waiting next time did not seem as bad and you were ready and rearing to go with the song that had been worked at for so long. Yes, the words were there, the smile came easily to your face — and suddenly — as quickly as it had begun, the ordeal was over. As the singers filed off stage, a smile of relief flashed across all faces.

Another wait — would they never be over? Finally, our distinguished Miss Reed led adjudicator Mr. Cairns to the microphone on stage. The moment had arrived. The moment longed for since first practice. Girls sat on the edge of their chairs, holding their breath. Fingers and legs were crossed. The winner was FLYNN.

Image from Canterbury Tales 1975

School Working Bees

Working Bees give every family the opportunity to assist in the improvement of the school grounds and buildings for our students. We hope that all parents and carers will take their turn because all our children benefit from the result and there are tasks to suit all levels of skill.

If you would like to help at a working bee session, register [here](#).

If you are unable to help at working bees this year, but would like to make a donation of \$50.00 to assist in buildings and grounds maintenance, contact the General Office at (03) 9830 5099.

Working Bee dates for 2023

25 Mar	Working bee #1 8:45am - 12.00pm
27 May	Working bee #2 8:45am - 12.00pm
12 Aug	Working bee #3 8:45am - 12.00pm
11 Nov	Working bee #4 8:45am - 12.00pm

Uniform Shop

New – Softshell Jackets

The Uniform Shop has recently added softshell jackets to the sports uniform range. These jackets are replacing the current shower proof jackets. Softshell jackets are \$110.00 each and can be purchased online or in store on Tuesdays.

All profit from the Uniform Shop goes back into the school for the benefit of the school community. The Uniform Shop is open on Tuesdays from 8:30am to 3:30pm. We encourage students to visit the Uniform Shop during recess and lunch times. Card only, sorry no cash or cheques.

Elena Mantelos
Uniform Shop Manager

Address

19A Wentworth Avenue, Canterbury 3126
03 9831 8661
uniform@cgsc.vic.edu.au

Online Ordering

<https://myschoolconnect.com.au/cgscuniform>

Canteen News

Dear Parents, Carers, Students and Staff,

The canteen staff are reminding you that you can order online through My School Connect. We have all items that we sell in the canteen on a daily basis online. Click [here](#) and put your order in so you are not to be disappointed and miss out on your favourite meal.

Thank you!

Melissa
The Canteen Team





Canterbury Girls'
SECONDARY COLLEGE

OPEN DAY AND INFORMATION NIGHT

Monday 1 May 2023

Open Day School Tours
(Bookings essential)

10.00am - 11.30am

1.00pm - 2.30pm

Booking details are available
on the College website:

cgsc.vic.edu.au

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Information Evening
(No bookings necessary)

7.00pm Curriculum Displays

7.30pm Information Evening Presentations

8.30pm Finish



2024

ENROLMENTS NOW OPEN

See College website for further details
or contact the school at

03 9830 5099

Mangarra Rd • Canterbury VIC 3126

+61 (3) 98305099 • info@cgsc.vic.edu.au • www.cgsc.vic.edu.au



Become a foster carer

The greatest gift you can give is your care.
Begin your journey with Anglicare Victoria by learning
more at our next information session.

Wednesday 5 April @ 7.30pm
Online via Zoom. Register [HERE](#)



www.anglicarevic.org.au/fostering

**BETTER
TOMORROWS**

body project australia

Join Sara and Bec from headspace Hawthorn for the Body Project. This is a 4-week program where you will learn strategies to feel comfortable and accepting of your body. You will:

Challenge thoughts about your body
Start to feel more accepting of your body
Push back on the media and society's expectations

Who:

Young people aged 16-25 who identify as female

When:

Thursdays 4:30-6:00pm
6th April - 27th April

Where:

Boroondara Youth,
Level 1, 360 Burwood Rd,
Hawthorn

To register:

<https://bit.ly/3ClXbl6>



Camberwell Netball Club



Year 10 & 11 players wanted



*A community-based
netball club for all
genders and abilities*

*Come along for some
fun and fitness
in a friendly environment*

An existing team is looking for players to join. Saturday afternoon games at Waverley District Netball Association, Cassina Drive, Ashwood.

Register your interest:

camberwellnetballclub@gmail.com

More information:



camberwellnetballclub

WINTER SEASON

Term 2 & 3

A COUPLE OF SPOTS REMAIN!!

Girls & Boys Born:
2014 or 2015

Playball players
welcome as we
play Saturday
mornings

Training Venues

Camberwell High, Strathcona &
Camberwell Girls Grammar



Email: operations@canterburycougars.com

Website: www.canterburycougars.com



Whitehorse
FESTIVAL SEASON

Moonlight Movies

Thursday 6 April 2023



Moonlight Movie Night

It's a perfect summery night out — the big screen under the stars, ice cream in hand, just around the corner in your neighbourhood park. And it's free!

Whitehorse Moonlight Movies is pleased to kick off the April school holidays with an outdoor movie. Tote your bean bag, your picnic blanket or your low-rider chairs — no glass, please — and settle in for some open-air cinema (we'll have ice cream and coffee trucks waiting!).

Puss in Boots: The Last Wish

Date: Thursday 6 April 2023

Time: Gates open 6pm; screening 7pm

Where: Box Hill Gardens - Box Hill

Admission: Free

Rating: PG





Thursday 9 March 2023

ABC calls on students to “Takeover Melbourne”

The ABC is calling on young people from across Greater Melbourne to share a story about their life through the Takeover Melbourne competition.

The annual ABC storytelling competition – in partnership with VicHealth—creates a powerful platform for young Melburnians to be heard and to share their experiences, challenges and passions.

Entries for the 2023 Takeover Melbourne competition open today, and the ABC is calling on all high school-aged young people to share a story about themselves.

Competition winners will work with ABC producers to develop their stories for broadcast across the ABC. They will also have access to networking and leadership opportunities, during the Takeover Melbourne Summit.

Warwick Tiernan, acting Director of ABC Regional and Local said: “We’ve seen previous Takeover Melbourne winners go on to do great things and I can’t wait to welcome this year’s cohort.

“Takeover Melbourne, now in its fourth year, provides a powerful platform where young voices can be heard. And for the rest of us to listen.”

Sarah Loh, Executive Manage of Future Healthy at VicHealth agreed this was an invaluable opportunity for all young people. “Takeover Melbourne gives us an

opportunity to showcase the creative, smart and valuable lessons young people can share with us.

"We need to centre their voices and work with them to build a healthier future. At VicHealth, we can't wait to keep providing these initiatives through Takeover as part of our Future Healthy initiative. I encourage all young Melburnians to enter a story and look forward to hearing and learning from them."

Last year's competition drew in hundreds of entries from young people across Melbourne. One winner included Caitlin from Burwood, who shared her story of finding solace in swimming since being diagnosed with OCD.

"I thoroughly enjoyed the Takeover Melbourne experience" Caitlin said.

"It helped me get out of my comfort zone and share my story with so many people in the hopes that they could relate and know they aren't alone. I have gotten many great opportunities for which I am thankful for. It was such a great experience!"

Entries are now open for the competition via the Takeover Melbourne website and close 25 June: <https://www.abc.net.au/takeover/programs/takeover-melbourne>

You can check out previous winners' stories here:

<https://www.abc.net.au/takeover/programs/takeover-melbourne/meet-the-winners/101576664>

For further information, contact:

Alexandra Neill
ABC Producer, Takeover Melbourne
Neill.alexandra@abc.net.au
0431 815 664