

## Semester 1 – Term 1, 23 February 2015

### Term One Important Dates

#### Junior Campus

25 Feb Swimming Carnival  
27 Feb School Photos Catch Up Day  
04 Mar Year 7 Immunisation Day  
09 Mar Labour Day (school closed)

#### Senior Campus

25 Feb Swimming Carnival  
27 Feb School Photos Catch Up Day  
03 Mar Year 10 Immunisation Day  
09 Mar Labour Day (school closed)

Next Newsletter: 1 March 2015

### College Principal's Report

#### Open House – Tuesday 17<sup>th</sup> March

Our College warmly invites prospective parents and their children to our Open House at the Junior Campus on Tuesday 17<sup>th</sup> March. See our classes in action and hear about the unique and engaging programs we offer our students. There will be campus tours in the morning from 9am-11am, as well as an evening tour at 6pm. An AVID information session will run at 6.30pm followed by a presentation by the Principal and leadership team at 7pm.

#### Tertiary Offers

Our Year 12 students from 2014 achieved some excellent tertiary offers recently. 97% our students who wanted a place at either university or TAFE received an offer. The college Dux, Lauren Muscat, will be studying Health Science at Monash University. Some of our other top scorers will be studying Science at La Trobe Uni, Arts and Science at Melbourne Uni, Accounting /Business at RMIT, Science at Deakin Uni, Engineering, Nursing, Law/Justice, Youth Work, IT, Building and Education. We are very proud of our graduating students and congratulate them on their placements.

#### Young Leaders to China Program

Two of our Year 9 students, Phong Le and Kira Siharath will be leaving for the Victorian Young Leaders to China tour on Tuesday 17<sup>th</sup> March. Ms Sue Atzarakis will be joining the tour this year, along with over 60 students and 10 teachers from other schools around Victoria. They will participate in a language and cultural program for the first two weeks then stay at a host school for four weeks where they will attend classes, all delivered in Chinese. We wish them well on their adventure and look forward to hearing about their experiences when they return.

#### Senior Campus

5A Jamieson Street  
St Albans Victoria 3021

P 03 8312 0200  
F 03 8312 0211

#### Junior Campus

88 Billingham Road  
Deer Park Victoria 3023

P 03 9363 1155  
F 03 9363 8681

#### Trade Training Centre – Cairnlea Campus

Ken Jordan Road  
Cairnlea Victoria 3023

*Opening 2014*

#### Correspondence To

PO Box 83  
St Albans Victoria 3021

Email [victoria.university.sc@edumail.vic.gov.au](mailto:victoria.university.sc@edumail.vic.gov.au)  
Web [www.vusc.vic.edu.au](http://www.vusc.vic.edu.au)

**College Board Election**

The following parents and staff members who have been elected to the College Board for a two year term:

- Jenny Kanteler – parent member
- Gail Atkins – parent member
- Caroline Dean-Doehnert – parent member
- Elaine Hazim – DET member
- Jim Dowie – DET member

Thank you to these parents and staff for their dedication and commitment to our students’ education.

**Swimming Carnival**

We look forward to seeing all of our students at the Swimming Carnival this week. This is a great opportunity for students to get involved and support their peers. There will be both competitor and novice events that students can participate in. Students are encouraged to come dressed in their house colours on the day. Students will be transported to and from St Albans Leisure Centre. Canteens will be open at the venue.

Cheers,

*Elaine Hazim*

*Acting College Principal*



**VUSC News**

**Will Your Child be Absent from School?**

If a student is absent please call the **ABSENCE LINE** on 8312 0243 (for Senior Campus) or 9363 9727 (for Junior Campus).

**Students Leaving School Early**

Parents are reminded that if they have children who are required to leave school early, they need to either write a note or diary notation which must be presented to the home group teacher before the commencement of school classes. This is to prevent class interruption. We understand that unexpected things happen, however, we ask parents to respect the timeframe involved in locating a student’s classroom and staff availability to retrieve the student from the classroom which is not always an immediate process.

**Yearbooks**

If students have not yet picked up a 2014 Yearbook, they are available at the general office. The yearbook is a fantastic memento of students’ events, achievements and experiences during the year. Pick one up today!

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**Expert’s Tips for Parents to Stop Cyber-Bullying**

Social media is more accessible than ever, and for young people, it means being more connected than any other generation. Unfortunately this has also led to a rapid increase in cyberbullying – to the point that at least one in 10 children are cyberbullied each year.

Susan McLean, a former police officer and Australia’s leading cybersafety expert, says even if parents have no experience with social media, by following a few basic steps, parents can effectively support their children to be safe online.

“It’s really important that if your child is being cyberbullied, you don’t cut them off from social media and take their technology

away – the vast majority of kids won’t tell a parent if they are bullied and harassed online for fear of losing access,” Ms McLean says.

She says when confronted with their child being cyberbullied, parents should follow the quick response checklist:

- Reassure and comfort
- Don’t respond to the bully
- Block and delete the bully
- Report the bullying to the site
- Keep a copy
- Tell the school (or relevant place) and seek action
- If the bullying is ongoing, inform police.

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## Team 9 Adventures at Altona Beach



## Tax File Number Applications

From 1 January 2015 secondary schools will no longer be able to assist students in obtaining a Tax File Number.

Students must now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

To apply and also to find out about participating Post Offices, visit **Apply for a TFN**.

Students will still need a tax file number when they start work (part-time and full-time) and all students planning on a tertiary education require one when they start.

Importantly, current Year 12 students are reminded that they cannot enrol in a CSP (Commonwealth Support Place) course at university without a Tax File Number, so it is worthwhile getting an application submitted early!

[www.vusecondarycollegecareers.com](http://www.vusecondarycollegecareers.com)

I've put together a new website.

UAC/VTAC/QTAC

It's a "One Stop Shop" for everything you need with Career Planning and help.

VET

LATEST NEWS AND EVENTS

**CHECK IT OUT NOW!**

WORK EXPERIENCE

*Mr Robert Bortagnolio*

Careers Practitioner

DO AN INTERESTS TEST

FIND A JOB

CHOOSE A UNIVERSITY

GAP YEAR

CREATE A RESUME

DEFENCE CAREERS

YOUTH ALLOWANCE



THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT



# How To Talk To Teens Who Don't Want To Talk



Do you have a teenager who isn't interested in talking with you? Do you get monosyllable answers to your questions? If so, you – and they – are normal. But don't give up trying to have a good quality conversation with your teen. Teens don't have to be having long, deep and meaningful conversations with adults on a daily basis – but it is important they share their thoughts and feelings with adults at least some of the time.

Here are a few ideas to help the process.

## **1. Talk while doing something else at the same time**

Try conversations in the car, while walking the dog, ironing and so on. Create spots in your house that a teenager can sit and eat or look at magazines, etc. and talk to you while you are also doing something (cleaning up, looking at the paper yourself, etc.).

## **2. Express less intense emotion (positive and negative) while talking to the teen**

Teenagers will often 'turn off' if they notice stress, worry, frustration and excitement in an adult's voice. Try to be as neutral as possible in conversations with uncommunicative teens. Express interest and care but stay nonchalant, casual and 'mild' with words and body language.

## **3. Try closed questions**

If open ended questions (How was your day?) aren't getting you anywhere, try closed questions with just a few options. For example, "What did you like most, 'this' or 'that'?", "What was the hardest bit, 'this or that'?", or "On a scale of 1-10, how good/bad/worrying/fun/upsetting/easy is this/was that?". These are often easier for teens to answer.

## **4. Try written communication**

Excellent teen-adult communication often happens via email, texts, notes left on pillows and Facebook posts (yes, even if they are in the next room!). Teens often feel less embarrassed and vulnerable communicating in writing, and they can do it in their own time.

## **5. Talk about yourself**

Don't make conversation just about interrogation. Share your own thoughts, daily experiences and feelings. Talking idly about things helps increase their own sharing in the long term.

## **6. Try addressing the uncommunicative behaviour directly**

Sometimes, it can work to be upfront about the difficulties in communicating. Say: "I know you don't always feel comfortable talking about this stuff, and I really will try not to bug you, but I need to know a couple of things". Or try humour: "Here we go again, I'm going to pester you for information, I know it's a pain, but just five minutes and then I'll stop talking".

## **7. Offer options for communicating with someone else**

Help teenagers find opportunities to talk with another adult they trust. Organise for an aunt/family friend/older cousin to take the teen out for coffee or be with them and initiate conversation. Set up counselling sessions with a GP/school counsellor/psychologist. Communication that happens between a teenager and adult can have positive outcomes.

## **8. Don't get frustrated, just try again tomorrow**

If the teenager still doesn't want to talk, don't take it personally. It's not your fault – or theirs. It's just the teenage brain focussing on other things. Try again tomorrow. And the next day. Never give up on showing care and interest. Eventually they will start to talk, often when you least expect it.

*By Kirrilie Smout, Clinical Psychologist Specialising in supporting Kids and Teens*