

Semester 1 – Term 1, 16 March 2015

Term One Important Dates

Junior Campus		Senior Campus	
17 Mar	Open House & Evening Presentation	26 Mar	Parent/Teacher Conferences
18-20 Mar	Year 7 Camp	27 Mar	Last Day Term 1
26 Mar	Parent/Teacher Conferences	13 Apr	Term 2 Commences
27 Mar	Last Day Term 1		
13 Apr	Term 2 Commences		

Next Newsletter: 13 April 2015

College Principal's Report

Victorian School Sports Award

A huge congratulations to Mr Dale Marshall, our Sports, Health and PE Leading Teacher (right) who was recently awarded the Victorian School Sports Award for Outstanding Teacher Contribution. I was privileged to attend the awards ceremony at the MCG last week, along with Mr Marshall's wife and parents. This award recognizes the enormous amount of work that Dale does every year to coordinate the many interschool sports events that run within the Keilor Division and his tireless work to encourage young people to be physically active. Well done Dale!



Victorian Young Leaders to China Program



Recently Ms Atzarakis and the two Year 9 students who successfully applied for this tour, Phong Le and Kira Siharath, attended a weekend pre-departure orientation camp. I also attended on the Saturday where the Minister for Education, James Merlino MP presented the students with their VYLC blazers. The purpose of this camp was to prepare them for the six week immersion program. The tour will be departing on Tuesday 17th March along with students from seven other schools across Victoria. We wish them all the very best 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
Web www.vusc.vic.edu.au

Open House

Our Open House will be held on Tuesday 17th March at the Junior Campus. We warmly invite all prospective students and their parents to tour our college and hear about the wonderful opportunities we offer our students. There will be campus tours held in the morning and evening, with an AVID information session at 6.30pm and the Principals' Presentation at 7.00pm.

Swimming Carnival

Our students enjoyed a wonderful day at the annual swimming carnival in February. It was great to see lots of students participating in the events and supporting their peers in their house colours. Thank you to our PE team and Mr Steve Quinn, our Sports Coordinator who did an excellent job of coordinating the day.

Danish Principals' Delegation

During February we welcomed two separate delegations of Principals from Denmark. The Principals visited a number of schools during their stay in Melbourne and were particularly interested in our teaching strategies. We have received a letter of thanks from the Department for our hospitality.

Term 1 Reports and Parent/Teacher Conferences

A notice to parents will be issued soon to make appointments with your child's teachers on Thursday 26th March. This is an important time to discuss your child's progress and any concerns you may have. Reports will be issued on this day as well.

Cheers,

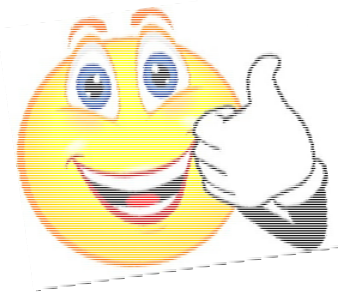
Elaine Hazim

Acting College Principal

An extract from Parenting Ideas Club by Michael Grose

10 ideas for good mental health

Shouldn't all children naturally have good mental health habits? After all, childhood is supposed to be a pretty relaxed time of life, free from the pressures and stresses that come hand in hand with adulthood. Sadly, it doesn't seem that way. According to the Australian Psychological Society one in seven Australian children experience some type of mental health issue, with ADHD, anxiety and depression being the most common.



Having good mental health doesn't mean kids don't experience difficulties or worries. Feeling worried, sad or fearful is normal. Kids who are mentally healthy are equipped to handle many of life's curve balls that come their way. They also don't let their emotions overwhelm them. As a result they learn better and have more friends as well.

As a parent it's useful to reflect on the mental health habits that you promote in your kids. Here are ten ways to promote good mental health and wellbeing in kids:

- 1. Model good mental health habits:** If you, like many parents, live constantly with stress then consider ways to actively minimise it, such as getting regular exercise, plenty of sleep and doing relaxation. Not only will this improve your mental health, and make you easier to live with, it will send a strong positive message that mental health is important. It's worth remembering that kids learn what they live, so make sure they see good mental health habits first hand.
- 2. Make sure they get enough sleep:** Sleep is the one of the building blocks of mental health and wellbeing. Children need between 10 and 12 hours' sleep to enable proper growth and development, while teenagers need a minimum of nine hours. One of the single most powerful strategies to improve kids' abilities to cope with stressful or changing situations is to ensure they get enough sleep.
- 3. Encourage your kids to exercise:** When my mum would tell me all those years ago to turn the television off and go outside and play, she didn't know she was promoting good mental health. She just knew that physical activity was a good thing for an active growing boy. Exercise stimulates the chemicals that improve mood and release the stress that builds up over a day. How much exercise does your child receive?
- 4. Encourage creative outlets:** Kids should practise creativity if for no other reason than it helps them experience the state of 'flow'. This is the state of getting so immersed in an activity that you forget about time and place. It's energizing and helps take stressed and worried kids out of themselves.

5. Provide a space of their own: Children of all ages benefit from having some space of their own where they can think. Boys will often do their best thinking on their own, so they tend to retreat to their caves (bedroom) when things go wrong at school or in their relationships. They need to go within to find their own answer.

6. Talk about their troubles: A problem shared is a problem halved. Talking about what's worrying you is a great way to remove the burden of worry and reduce anxiousness. Some kids bottle up what's inside, while others will catastrophise a situation, which can make matters seem worse. If your child has a problem let him know that his concerns are important to you. Kids often can't tell you what may be wrong, so be observant and gently ask questions to help gain a clearer picture of how kids may be feeling.

7. Help them relax: Make sure your child has a hobby or activity that relaxes them. The ability to relax and get away from the stresses of everyday life is essential.

8. Have two routines – weekday and weekend: Most households are pretty highly scheduled these days. These structures are necessary when we're busy. Families need a second, more relaxed weekend routine that helps kids relax and unwind. It's important to have this release valve if families are flat out busy during the week.

9. Foster volunteering and helpfulness: Social isolation is a huge predictor of poor mental health. Encourage your child to be connected to and help others in any way possible. Helping others reinforces social connectedness and the importance of being part of a community, as well as providing opportunities for positive recognition.

10. Bring fun and playfulness into their lives: Kids should be the kings and queens of play; however, some children live such full-on, organised lives that much of the natural fun and spontaneity has been stripped from their everyday life. If you see your child constantly stressed or overwhelmed by events, change the mood by going to a movie, joining them in a game or seeking other ways to have some fun.



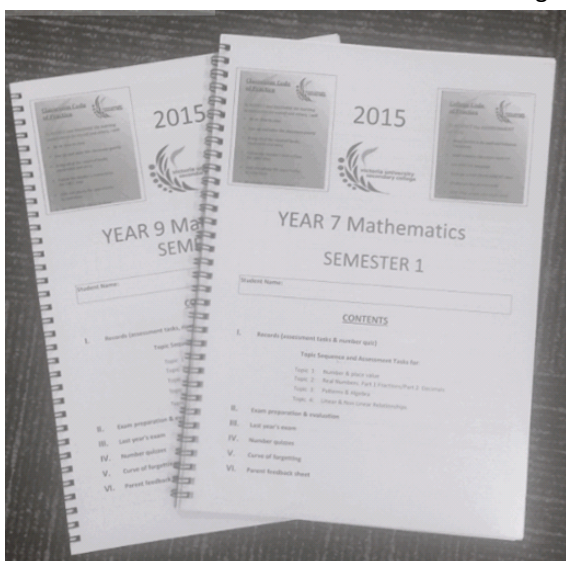
VUSC News

Education Support Forms

The last day to accept the family education support forms is the end of Term 1, Friday 27th March. This date is non-negotiable, and forms will not be accepted after this date for existing VUSC students.

The Mathematics Resource Booklet

You may be wondering what it is? It is a resource developed here at VUSC to improve student outcomes in mathematics. It was trialled in classes back in 2013 and then a random group of students were asked whether they believed the "Resource Booklets" had any benefit to them as learners.



100% of the students interviewed believed that the Resource Booklets had significantly improved their organisation and skills.

The Mathematics Resource Booklet includes:

- Topic sequences to let the student and parent know what they will be studying during their lessons and the work they are expected to complete.
- Sample assessments tasks used during the previous 12 months. (These can be used as practice before doing the 2015 assessment tasks).
- Results Summary page so parents and students can see progress at a glance.
- Exam preparation hints and materials including two trial or practice exams.
- Number Quizzes used during the first few minutes of the mathematics

classes to practice and improve students' speed and accuracy of number skills (ie. multiplication tables, fractions, integers, simple percentages etc.)

Students from Year 7 to 10 should bring this booklet to class every maths period. There is a section at the back of the booklet that asks for parental feedback. This simply requires parents to look at the booklet a couple of times a semester to note how the booklet is being used.

At VUSC we are committed to working in partnership with our parents to provide the best opportunities for our students. The Resource booklets we hope will strengthen this vital link between parents and teachers.

Keilor Division Swimming Championships

The College took out a squad of 48 students to the Keilor Division Swimming Championships on a cold and windy Friday recently. Some pleasing results on the day were:

- Ricky La - 4th Breaststroke, 3rd Freestyle
- Emma Misi - 1st Breaststroke, 3rd Freestyle
- Tiui Misi - 1st Breaststroke, 1st 100m Freestyle, 1st 50m Freestyle, 1st Backstroke
- Brooke Gane - 3rd Breaststroke
- Epaté Misi - 1st Breaststroke, 1st Freestyle, 1st Backstroke
- Khoa Tran - 2nd Freestyle
- Zoe Ha - 4th Freestyle, 2nd Backstroke
- Jackielyn San Miquel - 4th Freestyle
- Callum Cook - 2nd 100m Backstroke



U/12-14 Boys Medley Relay team – 3rd (Ricky La, Khoa Tran, Antonio Caruso, Dylan Caruleski)

U/17-20 Boys Medley Relay team – 1st (Tiui Misi, Epati Misi, James Pulis, Tee Beazley)

Congratulations to all competitors for representing the College and upholding all College values.

Your SHAPE team

Mr Rocco Giovanniello, Mr Quinn, Mr Marshall, Ms Hogarth, Ms Kelly

Year 8 Soccer

Last Thursday our Year 8 Boys Soccer Team attended the annual interschool soccer tournament. The boys displayed an overall competitive edge and style of soccer that had the opposition chasing the ball as we passed it around the park with ease. We eliminated schools such as Copperfield and Gilson College. Congratulations to Jacob Rengthlang for best on field, Dean Nedelkovski for most creative player, Ali Yalcindag for the golden boot and Martin Nguyen and Peter Cabraja for best defenders, as well as the rest of the team for an excellent display of football knowledge and skill at the highest level - *Coach Mr Squeo*

SCHOLARSHIPS NOW AVAILABLE

Entry into Year 7 in 2016

Academic Excellence

Leadership & Community Contribution

Performing Arts

Sport

Applications are available at the general office and close on Friday 20th March.

Victoria University Secondary College

Open House

Junior Campus in Deer Park

Tuesday 17 March 2015

88 Billingham Road,
Deer Park, Victoria 3023
Enquiries: 9363 1155

Campus Tours
9:00am–11:00am

Evening Campus Tour
6:00pm

AVID Information Session
6:30pm

Welcome & Presentation by College Principal
7:00pm

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