

Semester 1 – Term 2, 4th May 2015

Term Two Important Dates

Junior Campus		Senior Campus	
7 May	Y7 & 9 Immunisation Day	6 May	Senior Soiree 6pm Drama Room
8 May	Y7-9 Cross Country Fun Run	18-22 May	Education Week
12-14 May	NAPLAN Testing	20 May	Athletics Carnival
18-22 May	Education Week		
20 May	Athletics Carnival		

Next Newsletter: 25th May 2015

College Principal's Report

It's great to be back after my term off. I'm feeling refreshed and looking forward to the rest of the year. On Tuesday I welcomed back our students who've been on the DE&T study trip to China. They came home looking somewhat tired after an overnight plane trip, but saying they had a great experience and have made fast friends with students from the other schools with whom they travelled. I'd like to thank Ms Atzarakis for accompanying them on the trip and being prepared to spend 6 weeks away from her family to care for our students. She tells me it was a wonderful experience and well worth it. Welcome back!

Recently our college took part in an International Study of City Youth. This is a major longitudinal study of Year 10 students in cities around the world to find out more about student journeys through school into further study, work and life beyond school. The study aims to examine relationships between students, communities and schools to better understand how different approaches to learning opportunities influence student outcomes. 150 of our Year 10 students participated in the study.

The results for our school were not only interesting but also very pleasing. Almost 9 out of 10 of our students (89%) rate our school positively on having good teachers and getting good results. High proportions of students also rate our school highly on having interesting subjects (82%) and getting the best out of students (86%). Over eight in ten students have high opinions of the learning climate at the school in terms of peer relationships (84%) and teacher empathy (81%). Most students are generally confident in themselves as learners (89%). As you know we consistently challenge students to 'Aspire to Achieve' in all that they do at school and to Create the Future.

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This study also found that most year 10 students plan to complete year 12 and almost two thirds plan to go on to university. This is quite a large increase on what students planned to do when Victoria University Secondary College was first established.

Another interesting aspect of the study was the impact that participation in the AVID program has on students' learning. Students were asked to identify the most useful things about AVID, compared to other subjects they do at school. Students most frequently commented that AVID:

- *helps you improve all of your subjects by giving you a variety of strategies*
- *teaches you Cornell note taking skills*
- *helps you become an organised learner*
- *helps you communicate with each other by collaborating and sharing ideas and opinions*

Students across the school, in all classes, are being taught some of the AVID skills, such as how to collaborate, take Cornell notes, use binders to organise themselves and learn a variety of strategies that will help them throughout their school lives and into further study and work.

I'd like to thank Ms Elaine Hazim for taking on the Acting Principal role in my absence. She did an excellent job and was well supported by the rest of the Principal team and the leading teachers. I'd also like to thank Mr Jim Dowie for standing in as Campus Principal at the Junior Campus for three terms in Ms Hazim's absence. He also did an excellent job. It's great to know that we have a strong leadership team who can be relied on to keep our school well on track and constantly improving.

Cheers, *Genevieve Simson*



VUSC News



Lest We Forget

ANZAC 100 YEARS COMMEMORATIVE EVENT AT SENIOR CAMPUS

The ANZAC 100 year commemoration event was organised by Ms. Devi's Year 10 History class on 24th April at the Senior Campus. This event was attended by the dignified war time Veterans, the staff and the Year 10 History students.

The event was marked by an exhibition which showcased all kinds of war time memorabilia. One of the highlights on display was a real life model of a Casualty Clearing Station which portrayed how the wounded ANZAC soldiers were treated at the station while waiting to be transferred to a hospital. All the Year 10 History students contributed towards setting up the exhibition and involving themselves in cooking a traditional military luncheon which was thoroughly enjoyed by the staff, visitors and the Year 10 History students. The event was also briefly covered by the Brimbank Leader newspaper.





The purpose of this exhibition and the luncheon was to forge the spirit of ANZAC which encapsulated the qualities of sacrifice, courage and mateship of Australian and New Zealand soldiers. An exposure of such a magnitude provides the students an opportunity to understand that the courage and bravery of the Australians who served in World War 1 has helped to shape the Australian Society and our national identity into what it is today.



I would like to acknowledge Ms Joyleen Auld, Ms Aprajita Saracino and the Year 10 History students for their tireless efforts in making the VUSC 100 Years ANZAC commemorative event a huge success.

Ms Pramila Devi, Year 10 History Teacher

Our Year 8 Students Talk Cyber Safety

Last week renowned cyber safety expert, Susan McLean, gave a very powerful presentation to our Year 8 students about how to remain safe while online. She asked students to consider the 'Three Rs' of posting things online: **Respect, Responsibility and Reputation**. Staff and students all commented on how effective and engaging this presentation was.



VCAL Happenings

Year 12 VCAL students have commenced started their Personal Development Projects which they will conduct over the next coming months.

Students are undertaking a wide range of projects including:

- A VUSC VEG Patch gardening group
- Students visiting Arcare Aged Care Facility in Burnside to work individually with residents and recording their personal history
- A group designing and painting a mural at the Brimbank bicycle education centre at Green Gully
- Students taking singing lessons at University Park Primary School and then holding a performance
- Groups undertaking coaching teams in soccer, basketball, rugby, dance and AFL
- Conducting a breakfast club every Monday and Friday 8.15 - 8.50am which all students are welcome to attend.



All year 11 VCAL students attended careers and job fair at Club Italia on 29th April. These students have also started on their first project for the year.

Each newsletter we will bring you a series of photos showcasing progress of different projects. This week features the VUSC VEG Patch crew working hard to maintain their garden!

Civil Construction Josh & Simote on the job!



Sports News

Inter-School Sport Timetable Term 2, 2015

Week	Date	Sport	Year Level	Location
4	6-May	Netball	SB/SG/IB/IG	Altona
		Badminton	SB/SG/IB/IG	Altona
4	7-May	Netball	Y7/8/BG	Copperfield/Gilson
		Badminton	Y7/8/BG	Altona
4	8-May	Junior Cross Country	Y7-9	Deer Park
	TBC	Touch	U18	Elwood Park
6	18-May	AFL	SB/IB	Keilor Park / Maribyrnong Park
5	20-May	VUSC Athletics	All	Essendon Athletics Centre
7	26-May	AFL	Y7B/Y8B	Keilor Park / Maribyrnong Park
7	29-May	Keilor Division Cross Country	All	VUSC – Junior Campus
8	2-June	Soccer	7G	Keilor Park
8	4-June	Soccer	7B	Keilor Park

Note: Students interested in representing the college in interschool sport competition are asked to please see your campus Sport Coordinator for more information or the Campus Coach.



Sports Academy Update

Congratulations to Tony Tumusa, who was part of our VUSC Rugby Academy Program last year, who has been selected in the 'New Zealand Junior Kiwi Squad' for the ANZAC Test this Saturday in the Gold Coast!

AI5 CAMP – DO NOT MISS OUT THE HIGHLIGHT OF YOUR SCHOOL YEAR!!!!

A reminder that progressive payments need to be made to the general office for the Australian Institute of Sport Camp. If students/families have any questions please contact your academy coach.

Training - Our Sports Academy programs have been busy preparing our students athletes physically and mentally for their sports. Our compulsory training sessions have been buzzing with excitement!! We thank our student athletes who continue to commit to their personal gains and the program.

Rugby Academy - Mr Tony Adam – Rugby Coordinator and Head Coach

Term 1 has been an extremely busy term for the Rugby Academy, with our senior and intermediate boys and girls all in action. We have also had a number of individuals gain selection in a number of representative teams.

U18's Boys 9's

On Tuesday 17th March our Senior Boys Rugby League Team participated in the 9's competition at Haines Park Reserve in Werribee. It was the boy's first game of the year and although a little rusty they played with plenty of spirit and vigour and managed to 'blow away' the opposition in their pool games. However, as fatigue set in and injuries mounted, the final was bound to be a test of courage and perseverance. Fortunately, the boys managed to muster enough energy to win the final against Kurunjang Secondary College 5 tries to 3. They now progress through to the finals on May 25.

U/18's Girls 9's Tag

VUSC has once again demonstrated its commitment to girl's rugby in the North-Western Region by sending 3 teams to the Girls Gala Day, held at Harlequins Club in Kew. The senior teams were made up from a wide range of students from Year 9 to Year 12. They all thoroughly enjoyed the games and competed hard, playing some very attractive tag. VUSC 1 team managed to reach the final, unfortunately losing to Melton SC in extra time. Congratulations must go to all girls for the level of skill demonstrated and the way they conducted themselves during the day. We look forward to further games during the year.

Boys U16's 9's

On Friday 24th April our Intermediate Boys Rugby League Team participated in the Western Division 9's competition held at Galvin Park, Werribee. Despite going through the preliminary rounds undefeated and a strong favourite to win the final, we unfortunately could not get the job done and lost the final against a very enthusiastic and committed Braybrook College in extra time. The game was a thriller and seesawed end to end. Credit must go to the boys for the way they fought out the final, especially since they had to play consecutive games at the end of the day. We are now hoping to get a wildcard invite to the 9's finals to be held in May.

Xavier 7's

With the rugby season beginning across Melbourne, we were given the opportunity to play in the prestigious Xavier College Sevens. This is a long running tournament that all of the top Private schools take part in. We took a young side to compete in the U18's tournament and were in the same Pool as Xavier College, Scotch College and Marcellin College, all very good teams with a proud history. In the first game we made a few errors but size and power got us over the line with a 12 – 0 win. We then had to play Scotch College who were runners up in 2014. We had a great start and finished 15-7 winners which meant we had to win our last game against the strong Marcellin College to progress to the Cup. In what was our best game of the day we scored tries at will and dominated the game winning 32 – 20.

With progression to the Cup semi-final we were drawn against St Kevin's College, a team we have beaten in the past and a school that has won the Xavier Sevens for the last 10 years. As with these tournaments, by the fourth game there were injuries and players were getting tired. Unfortunately St Kevin's were too strong and won the game. Overall it was a great experience and commitment from the guys to give up their Saturday to play in what is a tough competition. Well done boys!

Representative Honours

Term 1 has seen numerous representative honours for our Students in both Rugby League and Rugby Union.

Rugby League:

- Melbourne Storm U/18 representatives: Tiui Misi,
- Melbourne Storm U/16 representatives: Richard (Wes) Sisifa, Nikau Williams, Uala Salia
- Melbourne Storm U/17 Development representatives: Darrel Tai, Leo Fifita
- Under 18 Victorian Schoolboys squad: Tiui Misi
- Under 15 Victorian Schoolboys: Lloyd Tevita-Letalu
- Under 14 Victorian State side: Lopeti Faifua, Derek Iva

Rugby Union:

- Under 18 Victorian Schoolboys Rugby Squad: Masi Alohelei
- U17 Rugby Union Melbourne Rebels Gold Cup: Masi Aleholei
- U/16's Schoolboys Squad: Christian Mua
- U18 Melbourne Rebels 7's: Quidelis Dominic

Elite Sports Performance Excursion

Last term 30 academy students were privileged to experience training from ex Collingwood Strength & Conditioner – Marty Girvan. Marty has worked with numerous athletes at the elite level across many sports including AFL, NRL, cycling and boxing

to name a few and has a vast understanding of athletic performance. The students from the academy program were introduced to a range of different techniques designed to improve flexibility, mobility, stability and body awareness for successful training.





JOIN A SPORTING CLUB!!!

Any Student interested in joining a sporting team outside of school, please see Mr. Marshall or your HPE Teacher for further information.

SHAPE Department Report

Lastly, we look forward to the continued support and dedication of our student coaches and helpers. Students, who are interested in coaching a College sporting team, need to see Mr. Marshall for further information or your campus sport coordinator.

Sporting quote of the Month: *“Never say never because limits, like fears, are often just an illusion.” (Michael Jordan).*

Mr Dale Marshall - Sport Promotion Leader



Community News

4 Ways Positive Psychology Can Reduce Adolescent Depression, Stress and Anxiety

Posted on Generation Next website



Positive Psychology has become the ‘buzz’ trend among educators and others who work with children. Living our best life, and helping our youth to find greater joy, purpose, contribution and meaning *does* sound appealing.

But is positive psychology all it’s cracked up to be? Is the evidence base solid enough for us to change entire school wellbeing programmes, argue for a new way of measuring national output (through a national wellbeing index, rather than just GDP) and push for more “happy” times?

Many believe that positive psychology is about being ‘happy’. This is not entirely true.

Positive psychology is the scientific study of what makes life most worth living. While early research into wellbeing examined the happy stuff, positive psychology is far more nuanced than that.

For example, a life well-lived might be that of Mother Theresa or Nelson Mandela. These paragons of social change unquestionably lived lives of remarkable inner strength, virtue, resilience, and contribution. They lived according to their highest values and impacted hundreds of millions around the world. But would you say they were ‘happy’? To the contrary, they experienced some of the worst and most challenging that humanity offers.

A life well-lived is about more than the typical ‘feel-good’ happiness we envision when we think of positive psychology. A life well-lived is about purpose, meaning, and contribution. It is about engagement and development. It is having the capacity to experience pain, sorrow, and difficulty in ways that grow and strengthen us.

Positive psychology acknowledges that a life well-lived is less about being ‘happy’, and more about living life according to our best and noblest values. Of course, sometimes positive psychology is about nothing more than simply feeling good. That is valuable too, and it is something too many of our teens are struggling with.

Positive Psychology and Teens

Adolescence has always traditionally been a time of challenge as teens pull away from their parents, develop and consolidate their identities, and assert their independence. But being a teen may be trickier in today’s society than ever before. It is widely accepted that our teenagers are facing unprecedented challenges with depression, stress and anxiety as society changes, technology develops and the adolescent experience evolves.

Despite these challenges, some positive psychology strategies can inoculate our youth against mental illness. Learning to apply the science of **strengths, gratitude, optimism, and altruism** can lead to positive outcomes in the lives of our teens. While effect sizes and long-term results from intervention studies are sometimes weak, researchers have shown that when adolescents experience and practice these psychological strategies, they experience increased levels of school and life satisfaction, and overall wellbeing. Their experiences of psychological distress and behavioural problems are reduced.

Implementing these strategies can be challenging. Some youth are resistant. Some contexts make some interactions tricky. But positive psychology research suggests that these strategies (among others) may offer hope for our teens and those who care for them as we strive to reduce their experience of depression, stress and anxiety, and increase their resilience and wellbeing.

– Justin Coulson PhD