

Semester 1 – Term 2, 15th June 2015

Term Two Important Dates

Junior Campus		Senior Campus	
25 June	Parent/Teacher Interviews	25 June	Parent/Teacher Interviews
26 June	Last Day Term 2	26 June	Last Day Term 2
13 July	First Day Term 3	13 July	First Day Term 3

Next Newsletter: 13th July 2015

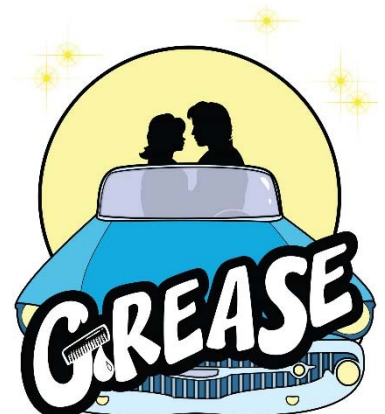
College Principal's Report

Chinese Sister School Visit

Our sister school from Jiangsu in China is sending 19 students and 3 teachers to visit us from 23rd July to 28th July. They will attend school on Friday, Monday and Tuesday. On Thursday when they arrive there will be a reception at Government House to welcome them. I will be attending that along with 5 host students. Families will meet the student they are hosting on Thursday afternoon at the school. Thank you very much to the families who have volunteered to be hosts. We have an interesting program designed for the students including lunch time activities, the band playing, a staff vs student volleyball match, English classes and attending regular classes. The visit will be an excellent opportunity for our students to learn more about China and their culture.

College Production – ‘Grease’

Our theatre production this year is the school version of *Grease*. Rehearsals have begun and once again we are looking forward to an excellent show. The performances will be at Altona City Theatre from July 30th – 1st August. All welcome.



Compass

This year the college has installed a Learning Management and Communication electronic system called Compass. It manages student attendance, communications, student record keeping and learning task management. Next term we will be installing a parent portal which will allow families to log in directly. This will enable parents to check their student's attendance, any communications teachers send to their classes and assignments and homework. In time we will move to parents being able to read reports online, make payments for excursions and camps online, and to communicate directly with teachers about their child's learning.

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Rugby League Under 18s

The boys Rugby League Under 18s have once again become State Champions! They will represent Victoria in the inter-state championships later this month. Well done to the team and their coaches.

Junior Performing Arts School

On 16th - 18th June we are running JPAS with over 90 primary school students from Deer Park West Primary, Deer Park North Primary and Cairnlea Park Primary School participating. The primary students will attend VUSC on Tuesday, Wednesday and Thursday to learn to sing, dance and play various musical instruments, culminating in a concert in the gym at the Junior Campus on Thursday night. Thanks to Mr Vikas and the music department for their organisation of this event.

Later Years Expo

Course Counselling for Year 9 students will begin next term on 20th July. The Later Years Expo held this night provides students and parents with the opportunity to explore what each subject offers, speak to the teachers and attend the information session that explains the VCE and VCAL certificate requirements. All current year 9 students and their families are expected to attend.

ABCN Aspirations Program

Our business partners Hall and Wilcox will be working with Year 11 students as mentors in the Aspirations Program tomorrow. The Aspirations program involves year 11 students in four sessions where they work with the lawyers from Hall and Wilcox to learn more about the world of work and practice interview skills. The program takes place at the school for the first 3 days and ends with a full day at Hall and Wilcox's offices in the city.

Genevieve Simson

Principal



VUSC News

Junior & Senior Percussion Ensembles

Congratulations to the Junior percussion ensemble, who opened the VUSC Athletics carnival on 25th May. They also cheered on runners as they closed in on the finish line during the track events. The senior percussion ensemble performed just before the relay event, adding to the already exciting and supportive atmosphere. A big thankyou to Sam Oliveri and Adam Grech who rehearsed and prepared the students for the performances, and well done to everyone who added to the spirit of the day!



Year 10 Concert Band

The Year 10 concert band was invited to perform for Victoria University at the Sunshine Hospital on 28th May. Daniel Jezovita, Luke Schembri and Dashmir Demiri were asked back to perform at the postgraduate ceremony, after they impressed the hospital staff with a performance last year. They performed a range of music from rock blues, jazz standards to Bruno Mars. Thank you to Adam Grech who prepared the students and helped them on the day.



Andre Vikas
Music Coordinator

VCAL Happenings

Bullying Awareness Program

Year 12 VCAL student Daniel Azzopardi presented a Bullying Awareness Program to the Year 7 students at the Junior Campus recently. Daniel's project is about bullying and his aim was to create awareness on the effects of bullying. The program also gave the Year 7 students a chance to think about their behaviour and help them understand how to put a stop to bullying.



Daniel made an interactive powerpoint presentation where he described what bullying is, how it affects people, the main types of bullying, and ways that students could help themselves if they are getting bullied. Daniel also organised a guest speaker, Joanne Mutsaerts who is a constable police officer from the Caroline Springs Police division. Joanne backed up Daniel's presentation by giving her presentation on laws and legislation that deal with bullying. At the end of Daniel's presentation he gave the Year 7's a confidential survey about how safe they feel at school and also gave them handouts with information on Kids Help Line and R U OK information. Daniel's presentation was very effective and he received great feedback from college principal Elaine Hazim as she has asked him to present his project again to the Year 8's in the upcoming weeks.



Stefan Sagdinov and Daniel Azzopardi

Camps, Sports and Excursions Fund (CSEF)

The Camps, Sports and Excursions Fund (CSEF) will run over four years and provide payments for eligible students to attend camps, sports and excursions. Families holding a valid concession card, temporary foster parents or students 16 and over with Health Care Card are eligible to apply. Eligible secondary school students receive \$225 per year of eligibility. Payments will go directly to the school and be tied to the student. **To apply, please complete the CSEF Application Form attached to this newsletter and return it to your campus office by Friday 26th June.**



Sports Corner

Rugby League Wrap

2015 9's State Finals Senior U/18's

Congratulations to the Victoria University Open U/18's 9's team who convincingly won the inaugural State 9's Final at Langama Park, Sunbury. Playing in wet and muddy conditions the team managed to play tough, controlled and patient football to wear down their opposition. Their defence in particular was a strong part of their game as they continually put their body on the line and scrambled hard to shut down the opposition. Having 2 U/16's, Kalevarne Fuatimau & Ralph Lafituanai, play up a division was a highlight, with Kalevarne scoring 3 tries in one game. Special mention must go to Tiui Misi for the way he led by example and how he impacted on the team's performance.

Game 1:	VUSC	defeated	Point Cook	20 - 6
Game 2:	VUSC	defeated	Hallam	20 - 4
Final:	VUSC	defeated	Point Cook	34 - 10



Intermediate U/16's

Unfortunately the boys U/16's team lost the final to a very strong Hallam team. After winning all 4 preliminary games to get through to the final the boys couldn't match their stronger opponents who brought 3 fresh players into their team for the final. Despite being on the wrong end of the scoreboard they did not stop trying and must be commended for their endeavours and good sportsmanship.

Game 1:	VUSC	defeated	Wallan	18 – 6	Game 2:	VUSC	defeated	Braybrook	14 - 8
Game 3:	VUSC	defeated	Hallam	18 - 12	Game 4:	VUSC	defeated	St Paul's	24 - 4
Final:	Hallam	defeated	VUSC	28 - 6					

Individual Achievements

CAS Selection - Uala Salia

Congratulations to Uala Salia for his selection in the Combined Affiliated State team to play in the Australian Schoolboy championships in Wollongong in early July. Playing on the wing for the winning Victoria U/18 team, Uala was able to demonstrate his vast array of skills and contribute strongly to the team performance. This is a fantastic achievement given Uala is competing against boys two years older than himself. Congratulations Uala!



Rebels 18's Development Squad - Quidelis Dominic

Quidelis has just been informed of her selection in the train-on squad to train twice a week over the next 4 months. This is a fantastic achievement as she is one of the youngest in the squad. Congratulations Quidelis!

Mr Dale Marshall

Sport Promotion Leader

How to Know if Teens Are Getting It Wrong Online

Posted on Generation Next website

Technology has become the new battlefield for parents, teachers, and teens. Regular conflicts arise over content (what the kids are doing on their devices) and context (when they're doing it!).

Ever since the arrival of Facebook in 2004, youth (and adults) have used apps in naive and dangerous ways. Reputations have been harmed. Lives have even been lost. Tinder, Kik, Snapchat, Ask.fm, as well as old favourites like Facebook, Twitter, and Instagram all offer more than enough risk to give any parent grey hair, and to cause endless family conflict.

According to Intel Security's 2014 Tweens, Teens, and Technology report, over 67% of tweens and teens have social media accounts. 20% of our children have talked online with a stranger, and 6% have actually *met* that stranger in person. Other research indicates that about 28% of teens admit to sexting, while close to 50% of teens have been cyber-bullied.

In a *Pediatrics* editorial, researchers have reviewed the limited data about context, and argued that young kids playing with devices are potentially having their development stunted. They identify research that points to concerns around children's self-regulation, empathy, social skills, problem-solving skills and the simple ability to handle being bored!

But don't take the phones off the kids! Researchers have found that when we remove devices from our kids, they struggle to concentrate, are distracted, and the effects on their ability to concentrate and reduce anxiety are negative. Cognitive performance declines and heart rate, blood pressure and anxiety go up. We're damned if we do, and damned if we don't. Lastly research is suggesting that screen time in the bedroom is particularly problematic: kids who have devices in their rooms are sleeping less, sleeping more disturbed, & suffering as a result!

In spite of the mixed research that suggests both benefits and concerns related to our children's time on devices, the weight of evidence suggests caution. With ever-present access to devices, parents and teachers should seek to do the following at a minimum:

1. Keep kids off devices before bed
2. Keep devices out of rooms at night, or insist on flight mode being activated (and turn off the house modem)
3. Allow children under 2 minimal (preferably zero) access to devices, and children under 5 will ideally have no more than 30 minutes a day.
4. Be involved, ensuring teens are doing what they 'should' be doing on their devices, rather than messaging, you-tubing, and gaming.
5. Reducing control on our part, and encouraging and guiding children to make wise decisions about device use autonomously.

So should our children be "on", whether it's online, on games, or on social media? The answer is that it depends. It depends what they're doing, and it depends when and where they're doing it.

By Justin Coulson PhD

