

Semester 1 – Term 1, 3rd February 2016

Term One Important Dates

Junior Campus

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|--------|------------------------------|
| 16 Feb | Y7 Meet the Teachers Evening |
| 17 Feb | School Photos |
| 1 Mar | Y7 Immunisations |
| 4 Mar | Swimming Carnival |

Senior Campus

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|--------|-------------------|
| 4 Feb | YR2 VET Commences |
| 17 Feb | School Photos |
| 4 Mar | Swimming Carnival |

Next Newsletter: 24th February, 2016

College Principal's Report

Welcome back to the new school year. We are looking forward to an exciting and fruitful year with many things in store for the students to make their learning active and engaging. The Department of Education and Training plans to make Victoria the Education State and has released an approach for the department and schools to take throughout 2016 and beyond.

The 4 main targets for improved student learning are:

- Learning for Life
- Happy, healthy and resilient kids
- Breaking the link
- Pride and Confidence in our schools

Throughout the year we will be working towards these targets. Our goal for 2016 will be to continue to improve teaching and learning for all year levels. We were very pleased to have increased our median VCE study score last year and will be working towards improving it even further this year. Students will be expected to set their goals for achievement high and to work to achieve them consistently throughout the year.



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Staff resumed work last Wednesday and spent the first two days planning and developing challenging work for their classes. On Wednesday morning we discussed the concept of a Growth Mindset. People who have a growth mindset believe that they can learn anything and achieve highly, if they set their mind to it, work hard and persevere. As a college, we believe all students can learn and achieve if they make the effort to master the work. This is what we expect all our students to do.

We believe it makes it easier for students to do well at school if they have support not only from school but also from home. To assist families to support their student, we have installed Compass which gives families direct access to your child's attendance data, whether he/she is on time to class and the learning materials his/her class is studying. We hope that you make use of the parent portal and that you find it useful. If you have a Smart Phone you can get an app for Compass that will allow you to check on your child's attendance very easily. Of course Compass can also be accessed from your home computer and your child's laptop. Attached to this newsletter is also a list of ways parents can support their children in their studies.

This year we expect all students to Bring their Own Device - a laptop, tablet, iPad, Smart Phone etc, to school for use in their classes. If your child doesn't have one, please ensure that you purchase one for them as soon as possible. As parents will no doubt be aware, a device that enables internet use is an essential part of studying at school; one that students can no longer do without. To check out what the school is recommending that students purchase please follow this link. To browse and purchase the available devices go to: <https://eduportal.centrecom.com.au/Account/SignIn>

You will need to register by following the instruction on the page for creating an account. Our school identification code is: vusc8891. Here you can see the most recent and relevant devices and pricing, as well as available extended warranty, insurance and accessory options.

All the best to students and families for the new school year.

Cheers,

Genevieve Simson



VUSC News

Pick up and drop off

Could parents/guardians please refrain from parking in neighbours' driveways when dropping off and picking up students.

VET NEWS

All VET Courses commence this week

All VET students are encouraged to see the enrolment list in the study centre and flexi centre for location and times of their VET subject.

- Tuesday classes will commence on 2nd February
- Thursday classes will commence on 4th February

Please ensure that your VET Fees have been paid as they are now due.

Elizabeth Pocklington
VET Coordinator

READING MATTERS

In 2016 Year 7-9 students at VUSC will continue to take part in reading for 10 minutes at the beginning of every lesson in all subjects except Mathematics. All teachers will expect students to be engaged in the reading of fiction and non-fiction texts, and our classrooms are equipped with classroom libraries to support students in selecting 'just right books'. We will make books available to students in their classroom libraries, although students are also welcome to bring reading material from home.

How important is reading practice?

Students who read:

- Less than 1 min/day read 8,000 words/year
- 4.6 mins/day read 282,000 words/year
- 20 mins/day read 1.8million words/year

Students who read more than 20 minutes a day have a greater chance of accessing learning across all subject areas, and successfully developing as academic learners.

How Parents Can Help

Parents can help by ensuring their children have an independent reading book in their bags at all times. Parent involvement during home reading is an essential element in developing life-long readers. Encourage your child to read on a nightly basis, record their reading in the student planner and work with your children to complete regular written responses. It is fantastic to be able to listen to your child read, either for part of their nightly reading time or on a few occasions each week, however, when that isn't possible, a conversation about their reading is also effective.

English teachers have one reading lesson per fortnight in the library which is focused on building students' reading comprehension skills; students are also expected to read for at least half an hour each night, and they are able to choose the books they read as long as they have chosen a 'Just Right Book'.

If your child needs assistance with choosing a 'Just Right Book' encourage them to speak to their English teachers as well as the school librarians. Our librarians do a fantastic job recommending books to students as they have a vast knowledge of past and new books that are sure to spark student interest. You can also join the local library and it is free! Brimbank library is on the corner of Station Rd and Neale Rd near the Brimbank shopping centre.

You and your child may also like to browse through the books that have appeared on the Children's' Book Council Awards - visit <http://cbca.org.au/winners-2015.htm> ; The Premier's Reading Challenge lists,

<http://www.premiersreadingchallenge.sa.edu.au/prc/pages/books/challenge/?reFlag=1>

Or The Inky's list (voted on by students) <http://www.goodreadingmagazine.com.au/books.cfm?award=89>

There is also a great website, www.goodreads.com which has a variety of lists available alongside detailed descriptions. Please be mindful some of these books may be more appropriate for mature students.

Please do not hesitate to contact your child's English teacher if you have further questions.

Athena Vass

Literacy/English Leader

Junior and Senior Campuses

Camps, Sports and Excursions Fund – APPLY NOW!

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school excursions, camps and sporting activities. If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seekers and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

The annual CSEF amount per student is:

- **\$125 for primary school students**
- **\$225 for secondary school students**

To apply, download the attached application form from Compass and bring it into your campus general office with your concession card. Year 7 students who receive the CSEF are also eligible for a uniform voucher. Secondary schools are required to make applications on behalf of parents so please register your interest at the school.

Victoria University Secondary College has a new WEBSITE!

Log on to www.vusc.vic.edu.au to visit our new website and read about the latest news, college events, curriculum programs and extra-curricular activities, and much more!

There is also a quick link to Compass to easily access the Parent Portal.

School Council Election – Parent Nominations Now Open

The Victoria University Secondary College Board (School Council) is responsible for efficient governance of the College and supports the Principal to provide the best possible educational outcomes for our students. Parents are invited to nominate as members of the College Board to provide input and feedback, and share information, knowledge and ideas about several aspects of the College to enhance educational opportunities for our students. The College Board meets on two Wednesday evenings per term and memberships are for two years.

There are three parent vacancies open for nomination with a term of office from 9th March 2016 to 9th March 2018.

Nomination forms may be downloaded from Compass or obtained from the office at each campus. All nominations must be lodged at your campus general office by 4.00pm on Friday 12th February 2016.

If you would like to find out more about what's involved, please contact a member of the Principal team on 9363 1155 or 8312 0200.

Victoria University Secondary College

Open House

Monday 7th March 2016

Junior Campus, 88 Billingham Rd, Deer Park

Morning Campus Tours
9.15am, 9.45am, 10.15am

AVID Presentation
6.30pm

Evening Campus Tour
6.00pm

**Welcome and Presentation
by College Principal**
7.00pm

10 Ways to Build Resilience

Posted on Generation Next website on [February 2, 2015](#) by [Shridevi](#)

Many people react to life's challenging experiences with strong emotions and a sense of uncertainty. Yet people generally adapt well over time to changing situations and stressful conditions. Resilience is the process of learning to 'bounce back' from adversity, trauma, tragedy and other significant sources of stress.

Resilience is not a trait that people are born with. It involves behaviours, thoughts and actions that can be learned and developed.

A combination of factors contribute to resilience:

- The capacity to make realistic plans and take steps to carry them out
- A positive view of yourself and confidence in your strengths and abilities
- Skills in communication and problem solving
- The capacity to manage strong feelings and impulses.



10 Ways to Build Resilience

1. Make connections. Good relationships with family members, friends or others are important. Accepting help and support from those who care about you strengthens resilience. Some people find that activity in local groups provides social support. Assisting others in their time of need can also benefit the helper.

2. Avoid seeing crises as insurmountable problems. You can't stop highly stressful events, but you can change how you interpret and respond to these events. Try looking beyond the present to how future circumstances may be a little better. Note any subtle ways in which you might already feel somewhat better as you deal with difficult situations.

3. Accept that change is a part of living. Certain goals may no longer be attainable as a result of adverse situations. Accepting circumstances that cannot be changed can help you focus on circumstances that you can alter.

4. Move toward your goals. Develop realistic goals. Do something regularly — even if it seems like a small accomplishment — that enables you to move toward your goals. Instead of focusing on tasks that seem unachievable, ask yourself, "What's one thing I know I can accomplish today that helps me move in the direction I want to go?"

5. Take decisive actions. Act on adverse situations as much as you can. Take decisive actions, rather than detaching completely from problems and stresses and wishing they would just go away.

6. Look for opportunities for self-discovery. People often learn something about themselves and may find that they have grown in some respect as a result of their struggle with loss. Many who have experienced tragedies and hardship have reported better relationships, greater sense of strength even while feeling vulnerable, increased sense of self-worth, a more developed spirituality and heightened appreciation for life.

7. Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps build resilience.

8. Keep things in perspective. In trying times, try to consider the stressful situation in a broader context and keep a long-term perspective. Avoid blowing the event out of proportion.

9. Maintain a hopeful outlook. An optimistic outlook enables you to expect that good things will happen in your life. Try visualizing what you want, rather than worrying about what you fear.

10. Take care of yourself. Pay attention to your own needs and feelings. Engage in activities that you enjoy and find relaxing. Exercise regularly. This will help to keep your mind and body primed to deal with situations that require resilience.

While these tips provide a good useful starting point, it is important to remember that the key is to identify ways that are likely to work well for you as part of your own personal strategy for fostering resilience. For example, some people write about their deepest thoughts and feelings related to trauma or other stressful events in their life. Meditation and spiritual practices help some people build connections and restore hope.