

## Semester 1 – Term 1, 22<sup>nd</sup> February 2016

### Term One Important Dates

#### Junior Campus

1 Mar Y7 Immunisations  
4 Mar Swimming Carnival  
7 Mar-9 Mar Year 7 Camp  
7 Mar Open House  
14 Mar Labour Day Holiday (no classes)

#### Senior Campus

4 Mar Swimming Carnival  
14 Mar Labour Day Holiday (no classes)

**Next Newsletter: 15<sup>th</sup> March, 2016**

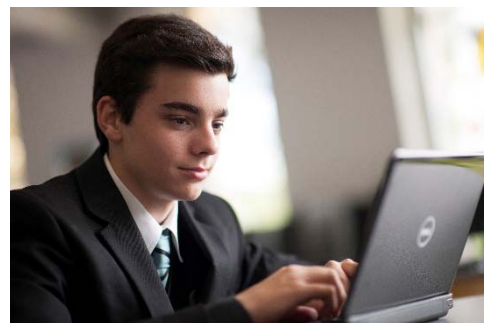
### College Principal's Report

The Meet the Teachers evening for Year 7 parents held at the Junior Campus last week was very well attended. It was a good opportunity for parents and teachers to meet and get to know each other. One of the things that we find most helpful to students is for home and school to work together and support each other to help students learn. Our new computer program, Compass, which parents, students and teachers have access to, is helping us to do that. In speaking to parents on that evening I found that most of the parents attending had been on to Compass and were using it to check what their children's homework was and whether they had been on time to class. I encourage all parents to do this so you can help your children have a 'success' attitude to school.

#### How can you help your child be a better learner?

Participating in the BYOD (Bring Your Own Device) program, which requires students to bring a computer, tablet, iPad or similar device to school each day, is one of the ways families can support their children to learn. We are pleased to see many more students with a device but would still like to see every student with their own. Please make sure you make this a priority for your child as soon as possible.

You can help the teachers do a better job by encouraging your children to show you something they are working on at school. Every time your child gets a chance to show off what they know, it builds confidence.



#### Junior Campus

88 Billingham Road,  
Deer Park, Victoria 3023  
P 03 9363 1155  
F 03 9363 8681

#### Senior Campus

5A Jamieson Street,  
St Albans, Victoria 3021  
P 03 8312 0200  
F 03 8312 0211

#### Trade Training Centre Cairnlea Campus

Ken Jordan Road  
Cairnlea, Victoria 3023  
P 03 8312 0200  
F 03 8312 0211

#### 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)

Teachers don't want perfect students; they want students who try hard. Sometimes parents think every assignment has to be done perfectly and they can put too much pressure on students. It's okay for students to get some problems wrong. It's important for teachers to see what students don't know, so they can go over the material again. Is your child struggling with an assignment? Encourage them to take charge by asking the teacher for help the next lesson. Making the effort to learn is often the most important thing.

Give support and be your child's cheerleader no matter how well (or poorly) you did in a subject. We don't expect you to be an expert in every subject. Just knowing their parent is paying attention can be very motivating for a student.

Teaching isn't easy so it's incredibly uplifting when someone takes the time to say thank you. Why not email when your child enjoys a class event? And if you feel the teacher is doing a good job, let them know. I'm sure they would very much appreciate the feedback.

Please remember our Swimming Carnival coming up next week on March 4th. We want every student there, dressed in house colours and ready to contribute to their community!

Cheers,

*Genevieve Simson*



## VUSC News

### **AN OPPORTUNITY FOR STUDENTS TO IMPROVE OUTCOMES**

Homework Club is offered in the Resource Centre at the Junior Campus from 3.03pm until 3.45pm on Monday, Tuesday and Wednesday afternoons. This is an excellent opportunity for students to revise their work for the day. AVID research shows that if students do not continually revise they lose most of the learnt material within a few weeks.

The Homework Club can be a valuable vehicle to improve reading ability. Library staff will help students find a suitable book and then individually conference with them to improve fluency, comprehension and inferencing skills. Staff will also model the "read aloud strategy" to demonstrate what good readers do.

Additionally the library will be open Monday, Tuesday, Wednesday and Thursday mornings from 8.30am.

We look forward to students participating in these offerings from the College.

Thank you

The Library Team –Junior Campus

### **PICK UP AND DROP OFF**

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

### **FREE STATIONERY OFFER**

We only have limited stock left of the FREE Stationery packs. When you pay Essential / Optional and Electives in full, you will receive the pack for FREE. The Pack is valued at \$45 and includes all items listed under Stationery on the 2016 booklists.

### **CAMPS, SPORTS AND EXCURSIONS FUNDING**

All students who are listed on a family Health Care card, have their own Health Care card or are living out of home qualify for this funding. Applications forms are available at the General Offices and on Compass. Funds are held at the college for your child's use and may be used for sporting activities, camps, excursions or sports uniform.

### **SCHOOL COUNCIL ELECTION**

Thank you to the following parents and staff who have nominated to serve on the College Board for another two year term: Annette Lawrence, David Lawrence, Sue Atzarakis and Amanda Mullins.

### **CONGRATULATIONS EMMA MISI!**

Congratulations to Year 10 student Emma Misi who was successful in obtaining a scholarship to play in the John Antill Youth Band over the holidays. Emma plays clarinet and attended an audition for the Melbourne Youth Music band last year, where she played two contrasting solo works of her choice. The John Antill Youth Band has a reputation for nurturing young wind, brass and percussion students in a creative environment, providing opportunities for developing players at a level not offered by any other organisation in Victoria. Emma rehearses with the band every Saturday morning and will be performing in concerts throughout the year. Well done Emma!



### **SCHOOL BUSES**

Parents and students are advised that all VUSC school buses are now fitted with Closed Circuit Television Systems (CCTV). The cameras will monitor outside the front of the bus as well as inside the bus.

### **LAWN BOWLS**

Congratulations to the Junior Campus and Senior Campus Lawn Bowls teams who competed against each other in the Division Final recently, after both teams won their respective semi-final games. This is the first Keilor Division Competition for the 2016 sport calendar and it is great to see we are off to a flying start!!

The Junior Campus team came away with the win to be VUSC 2016 Divisional



Open Lawn Bowl Champions with the Senior Campus team as Runners-Up. Well done to all staff and students involved! Congratulations also to Chris Kiselis, Ryan Chatterton and Zain Ali who went on to compete in the Western Region Lawn Bowls competition and came second overall. Well done boys!



## **Victoria University Secondary College has a new WEBSITE!**

Log on to [www.vusc.vic.edu.au](http://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.

## **Victoria University Secondary College - Open House**

**Monday 7<sup>th</sup> March 2016**

**Junior Campus, 88 Billingham Rd, Deer Park**

**Morning Campus Tours**  
9.15am, 9.45am, 10.15am

**Evening Campus Tour**  
6.00pm

**AVID Presentation**  
6.30pm

**Welcome and Presentation by College Principal and Leadership Team**  
7.00pm – 7.30pm

# Creating good study and work habits in secondary school

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By Michael Grose – Parentingideas Club

*Here are seven ways to develop healthy, strong study skills that will serve your young person well this year and throughout their lives.*



## **1. Establish a thorough homework process**

Encourage your young person to:

- ✓ Write down an assignment when it's given orally
- ✓ Ask the teacher clarifying questions if he doesn't understand anything
- ✓ Use a planner or some other organiser to plan his or time
- ✓ Place his homework in a designated place as soon as it's finished.

## **2. Establish a Study Zone at home**

Choose a consistent study or homework space that's conducive to working. Encourage your young person to stick to this space. Some young people need absolute quiet when doing homework, while others work better with soft music. Contrary to the opinions of many teens, studies consistently show that loud music and/or TV are highly distracting to students. Don't let your young person develop the habit of working in bed as this will make it difficult to go to sleep. Keep work and sleep spaces separate.

## **3. Establish a regular study time**

The establishment of a consistent and specific time to do home work has been linked to academic success. Help your young person work out the best time for him or her to crack the books – before or after dinner, or both. Encourage your young person to take regular breaks to keep their brain alert. Every hour – or whenever she feels frustrated or angry – she should get up and walk around, get a snack and let her brain recover.

## **4. Establish a way to stay organised**

Getting organised reduces stress levels and improves the chance of success. Consider a colour-coding system to keep assignments organised by selecting a single colour for each class (like science or history). Use that colour for that subject's folder, highlighters, sticky notes, etc. The colours will not only keep your teen organised but will also enhance his or her recall of the subject.

## **5. Establish good time management skills**

The best way to help your young person organise their time is to use a large wall calendar so they can jot down study, leisure, family and other activities. The visual nature of the wall calendar will enable you as a parent to help them stay on track as well.

## **6. Eliminate time robbers**

Many teens work inefficiently wasting time on mobile devices and other activities. Help your teen recognise time robbers and eliminate them so they can finish homework quickly and have more time to do other things.

## **7. Conduct a regular extracurricular audit**

Take a hard look at your young person's overall time commitments. Help them reprioritise their commitments if much of their time and energy is taken up with a part-time job, extracurricular activities, and their social lives. While it's important that young people have interests outside school, it's equally important that these commitments don't overwhelm or impact negatively on their study.



## Sports Corner

### Inter-School Sport Timetable

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.

#### **Term 1, 2016**

Week	Date	Sport	Year Level	Location	Coach
6	Fri 4th March	VUSC Swimming Carnival	All	St Albans LC	SSV
7	Mon 7th March	Futsal	IBG	Derrimut	St Albans
7	Wed 9th March	Rugby 9's	IBG SBG	Keilor Park	VUSC
7	Fri 11th March	Divisional Swimming Champs	Year 7-12	St Albans LC	DMA, RGI, SQU
8	Fri 18th March	Baseball/Softball	SBG IBG	Keilor Park	PGI
		Tennis	SBG IBG	Taylor Lakes	MHU, TSQ
		Volleyball	SBG IBG	Gilson / Copperfield	DMA, TAD, RGI
9	Thur 24th March	WMR Swimming	All	Geelong - Kardinia Pool	SSV

#### **Term 2, 2016**

Week	Date	Sport	Year Level	Location	Coach
2	Mon 18th April	Soccer	SB	Keilor Park / Green Gully	RGI
2	Fri 22nd April	Soccer	SG	Keilor Park / Green Gully	RGI
3	Tue 26th April	Soccer	IB	Keilor Park / Green Gully	TSQ, RGI
4	Wed 4th May	Netball	SBG IBG	Altona	
		Badminton	SBG IBG	Altona	
4	Fri 6th May	Netball	7BG 8BG	Altona	
		Badminton	7BG 8BG	Altona	
5	Mon 9th May	Golf	8BG 7BG	Sunshine Golf Course	RGI
6	Thur 19th May	Soccer	IG	Keilor Park / Green Gully	TSQ, RGI
6	Mon 23rd May	AFL	SB/IB	Keilor / Marbi	
7	Thur 26th May	AFL	7B 8B	Keilor Park	
7	Fri 27th May	Cross Country	All	VUSC	DMA, RGI, SQU
8	Tue 31st May	Soccer	8G	Keilor Park	TSQ
8	Thur 2nd June	Soccer	8B	Keilor Park	TSQ
9	Tue 7th June	Soccer	7G	Keilor Park	TSQ
9	Fri 10th June	Soccer	7B	Keilor Park	TSQ

### VUSC House Swimming Carnival

Victoria University Secondary College believes it is important to strengthen our school community by celebrating as a College at our two major college events each year – our annual Inter-House Swimming Carnival and Athletics Carnival. These events continue to be an important part of our College development, as it provides an opportunity for our College to come together to build relationships and to strengthen the student and staff relationships, while promoting a healthy and positive community.

#### **Year 7-12 College Inter-House Carnival Dates:**

- **Swimming Carnival – Friday 4th March at St Albans Leisure Centre**
- **Athletics Carnival – Wednesday 18th May at Essendon Athletics Centre**

The total cost for both events is \$20, which will include transport fees, entry fee, awards, use of recreational activities and an icy-pole at swimming and a BBQ lunch at athletics. All students should pay the full \$20 and return their permission slip for both events to the General Office, by Friday 26th February at the absolute latest. NB Payments cannot be split.



## Sports Academy Update

### **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.

NOTE: Training is COMPULSORY for all student athletes (please let your coach know if you cannot make training).

Students MUST have the following items with them to participate in training sessions:

- Fitness Centre (FC) Waiver Form completed and handed into the Strength and Conditioning Coach,
- A towel,
- A water bottle,
- A change of clothes, and
- Runners (Football boots for outdoor sessions).

	Monday	Tuesday				Wednesday	Thursday		Friday	
<b>Before School 7:30 - 8:30</b>		Junior ADP and SDP Strength & Conditioning					Junior ADP and SDP Strength & Conditioning			
<b>Period 1 9:00 - 10:12</b>		VCAL Student Athletes					VCAL Student Athletes			
<b>Period 2 10:12 -11:24</b>		VCAL Student Athletes					VCAL Student Athletes			
<b>Period 3 11:49 - 1:03</b>										
<b>Lunch 1:03 - 1:51</b>	Senior SDP Skills	Junior ADP and SDP Resistance Training		Junior Girls Netball			Junior ADP Resistance Training	Senior SDP Skills		
<b>Period 4 1:51 - 3:03</b>		Senior Sports Academy Extra S&C Session					Senior Sports Academy Extra S&C Session			
<b>Period 5 3:15 - 5:00</b>	Senior Sports Academy Extra S&C Session	Snr ADP S&C	Jnr SDP Skills	Rugby Boys Skills	Rugby Girls Skills	Rugby Academy S&C	Senior SDP S&C	Senior ADP S&C	Senior Girls Rugby Females Resistance Training	Senior Girls Netball

### **VUSC Sports Academy Programs:**

- Sport Leadership Program (Year 9-12)
- Rugby League Academy (Year 10-12)
- Rugby 7's (Year 10-12)
- Soccer Development Program (Year 7-12)
- Volleyball Development Program (Year 7-8)
- Athlete Development Program (Year 7-12)



### **VUSC Rugby League Academy Camp**

Last week 30 Rugby League Academy students participated in a 2 day camp at Lady Northcote Recreation Centre in Rowsley, Victoria. The aim of the camp was to challenge each and every student-athlete physically, mentally and emotionally as well as get to know each other in greater depth. The group participated in many fun and challenging activities that required teamwork and trust as well as participating in many exhausting activities such as a 2 hour mountain bike ride and The 'Red Flag' session conducted by Mr Marshall. We also had 2 guest speakers (Andrew Blowers -Melbourne Storm life coach and Tia Suemai - Walking Out program) who delivered an evening session on "Personal Strengths".

Throughout the camp the squad continuously impressed us with their ability to work together as a team and push themselves beyond their limits. This we believe will be the platform for a successful year in both the classroom and on the training and sporting field.





We look forward to the boys building on the success of the camp as we strive to reach our 2016 goals.  
Mr Adam

### **Sport-Coordination and Sports Academy Staff**

If students and parent would like further information about the College Inter-School Sport Program, please contact the below staff members:

VUSC Senior Campus Sport Coordinator – Mr. Steven Quinn  
VUSC Junior Campus Sport Coordinator – Mr. Rocco Giovanniello  
VUSC Rugby Coordinator – Mr. Tony Adam  
VUSC Rugby Union Females Coach – Ms Casey Nicholls  
VUSC Soccer Coordinator – Mr. Rocco Giovanniello and Mr. Tony Squeo  
VUSC Athlete Development Program – Mr. Marshall and Ms. Hogarth  
Sports Academy Strength and Conditioning Coach – Mr. Matt Mallach

### **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. 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, Health and PE Leader

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## **Umpire Football and Earn Money**

Umpiring is a great option for boys and girls who enjoy football but may not play regularly, or for players who wish to learn how to umpire as well. Umpiring allows you to be involved in football, have the opportunity to umpire at the highest level and GET PAID for something that you enjoy \$\$\$\$\$\$\$

Umpiring allows you to develop life skills such as:

- Leadership
- Critical and clear thinking
- Decision making
- Communication
- Management of people
- Opportunity to umpire AFL Auskick Rules Grid Games on AFL Match Days!!!!

### **St Albans VUSC Umpiring Academy**

**Date / Time:** Starts at 3.30 pm on Monday 29th February

**Location:** VUSC Recreational Centre (entre via Moffat Street, St Albans).

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# VUSC NETBALL PROGRAM – JOIN NOW!

Our College has joined with Netball Victoria, Brimbank Council and St Albans/Caroline Springs Netball Association to establish a Net Set Go Program for our students and students within our local community. If you or anyone you know are interested in joining, please attend our Saturday morning Netball Program at our Senior Campus (enter via Gymnasium car park, Moffat Street, St Albans). Further details below.

# Join in the Netball fun!



**Saturday 9:00am-9:45am (5-10 year olds)**  
*Entry level program combining skill activities, minor games & modified matches*

**Netball Development Session**

**Saturday 10:00am-10:45am (8-14 year olds)**  
*The session will focus on netball skills & match play*

**Where:** Victoria University Secondary College (Senior Campus),  
Jamieson Street, St Albans (Meet at Sports Hall at back)

**\$3.00  
Per Session**

Participants are required to become Netball Victoria members for a one off fee of \$45



Photo courtesy of Dave Callow, Netball Australia

**Call Abbey on 0430 061 414  
for more information  
or to register**







Have you ever thought how good it would be to be able to:

Learn what it's like to live in another country?

Learn a new language and experience a different culture.

If you are in years 9, 10 or 11 now

Rotary Youth Exchange can offer this and more.

**Contact; Vanda Mullen, ph 0408 109 368**

**[www.rotaryyouthexchangeaustralia.com.au](http://www.rotaryyouthexchangeaustralia.com.au)**

## Now Accepting Applicants for 2017 Rotary Youth Exchange!

Are you a Year 9, 10 or 11 student? You may qualify as a Rotary Youth Exchange Student and have the opportunity to live and study in Germany, France Sweden, Finland, Denmark, Japan, Taiwan, Brazil, Hungary, Norway, Spain, Poland, Switzerland or USA.

The Rotary Youth Exchange Program is a unique opportunity for students to experience the culture of a new country, to learn a new language and develop new friendships.

Applications are now being accepted and close on Friday 8<sup>th</sup> April 2016. Students must be under the age of 18 years, as at 1<sup>st</sup> January in the year of departure.

**Further information is available from -**

**[www.rotaryyouthexchangedistrict9800.com.au](http://www.rotaryyouthexchangedistrict9800.com.au)**

## Rotary Youth Exchange A Chance of a Lifetime! Host Families Invited Now!

Rotary Youth Exchange invites kind and caring Host Families within the community to assist local Rotary Clubs offer an outstanding exchange program to young people from all over the World.

A Host Family is a vital part of this cultural and educational exchange and typically hosts a student on a voluntary basis for a period of between 10 to 16 weeks. In doing so, a Host family officially becomes a Friend of Rotary International. The Host Family plays an integral role in offering the student the experience of a new culture and language, whilst at the same time learning itself about a different culture from a young leader. It is a direct window to the world for all members of a Host family.

You not only share a young person's hopes and dreams, but more importantly, you make those dreams possible. Hosting is the beginning of a lifelong friendship and connection with a student and family overseas. Whilst it can be challenging to help a young person transition to a new culture and ease into the surroundings, it is always fun and the rewards are immeasurable.

Host Families in the Rotary Youth Exchange program come in many shapes and sizes! Young children, older children, and no children at all, extended families and older generations – all have been successful in hosting exchange students.

Please consider this amazing and rewarding opportunity now. Enquiries are most welcome.

**Further information is available at**

**[www.rotaryyouthexchangedistrict9800.com.au](http://www.rotaryyouthexchangedistrict9800.com.au)**