

Semester 1 – Term 1, 16th March 2016

Term One Important Dates

Junior Campus		Senior Campus	
18 Mar	National Day of Action against Bullying and Violence	18 Mar	National Day of Action against Bullying and Violence
23 Mar	Parent Teacher Conferences	23 Mar	Parent Teacher Conferences
24 Mar	Last Day Term 1	24 Mar	Last Day Term 1
11 Apr	Term 2 Starts	11 Apr	Term 2 Starts
11-15 Apr	Dental Checks	18-22 Apr	Dental Checks

Next Newsletter: 12th April, 2016

College Principal's Report

Friday 18th March is the National Day of Action against Bullying and Violence. Our college has a very strict policy against bullying and runs anti-bullying programs each year to teach students about the school value of "Respect ourselves and others". This week we will be running activities on both campuses to reinforce the school policy of "Zero Tolerance for Bullying". There will be anti-bullying poster competitions on the Junior Campus and presentations on Saying No to Bullying at all year level assemblies. A special presentation by Bully Busters will be conducted next Wednesday 25th March at the Junior Campus. Parents are invited to pick up an information pamphlet on helping your children to use technology safely at Parent Teacher Interviews next Wednesday 23rd March.

HELPING YOUR TEENAGERS DO WELL

When children reach adolescence, just when it may feel like your children are beginning to pull away, your involvement and support matter profoundly.

Parenting practices in early adolescence predict educational achievement, especially parents helping teens to set goals and explore interests.

Helping young teens develop aspirations is essential to helping them engage with, and succeed in, school.



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
Web www.vusc.vic.edu.au

Three parenting practices become more important during adolescence, as young people assume greater control over their own development:

1. **Autonomy support** - providing opportunities for young people to make choices, make decisions and develop solutions to problems independently.
2. **Monitoring** - providing clear and consistent guidelines and knowing where young people are, what they're doing and who their friends are.
- 3 **Warmth** - a supportive relationship between parent and child.

The swimming carnival on Friday 4th March was a great success. Thanks to our staff and students for Strengthening our Community with their enthusiastic participation in this annual event and helping to build a strong college community. Congratulations to several VUSC swimmers who progressed to the Keilor Division inter-school swimming championships last Friday and achieved some outstanding personal results. Once again we have improved our placing as a school and this time came 4th overall when competing against the other schools in the area. Well done to all competitors and special thanks to our wonderful Sports Coordinators – Mr Rocco Giovanniello and Mr Steve Quinn.



Parent Teacher Interviews will be conducted between 1pm – 7pm on Wednesday 23rd March. Interim reports will be available on Compass from the evening of Friday 18th March.

Parents are also reminded that if they are dropping off their child's lunch or anything else for their child during the day, they must come to the front office. Lunches are required to be healthy in keeping with the Department's Healthy Food Choices policy. A poster is attached to this newsletter for more information.

Cheers,

Genevieve Simson



VUSC News

Victorian Young Leaders to China Program: March 19 – April 30th, 2016

Weekend pre-departure camp 2016 – by Lisa Nguyen, 9A

Lisa Buahn, Sisi Ti Shi, Maryann Toeke, Ms Pardew and I recently attended a weekend camp on Saturday 20th and Sunday 21st of February at the 'City Camp' in Collins Street Melbourne. It was great fun but the main purpose was to meet all of the 87 students and 11 teachers who will be accompanying us to China in the coming weeks.

We participated in many activities, making it so easy for even the shyest of people to make friends. We were all looking forward to making new friends and were, of course thrilled to achieve that goal so quickly. All the activities on the camp involved communication, teamwork, and most of all, leadership!

These activities and Ms Judith Graley M.P.'s address, helped us to think about and act on, our school values; aspiring to achieve, respecting ourselves and others and strengthening our community. We've realized that our trip and our work will mean 'our community' that we are representing is our school, the Victorian Young Leaders to China Program and our state, Victoria. Wearing our blazers helps us all to take that role very seriously.



Some of the 'fun' happened on Saturday night when we were able to attend the White Night festival and spent some of the night looking at all the arts performances, lanterns and people who had come to enjoy the festival. It was all part of being independent and organized which will be so much a part of our time in China. By the end of the camp we all felt so much more confident, outgoing and excited.



As Sisi said:

“It was a really great experience and fun meeting new people and making friends, pushing my boundaries to step up and introduce myself to others.”

For me though, I wasn't too nervous about going to the camp, it was more about going out in front of people, standing up to present my ideas that made me nervous. Little by little, the activities we did helped me feel more comfortable with the people around me and before I knew it I had made many friends and I'm still in contact with them. My only disappointment was that I was expecting all Asian food. I'm guessing there'll be much more of that when we're in China.

- Lisa Nguyen, 9A

TEAM 9 LIFESAVING VICTORIA EXCURSION

Wednesday 2nd March at Altona Beach Surf Lifesaving Club



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.

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.

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.

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 our website. Funds are held at the college for your child's use and may be used for sporting activities, camps, excursions or sports uniform.

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.

Sports Corner

Swimming Carnival – Friday 4th March



Keilor Division Swimming Championships

On Friday 11th March, the VUSC Swim team competed in the Keilor Division Swimming Championships and did an outstanding job to finish in 4th place overall. A big thanks to all the swimmers and staff who attended on the day. Here are some individual results:

Kris Kokinidis: 3rd 200m free, 4th 100m Breaststroke, 4th 100 Backstroke

Nathan Le: 4th 50m Breaststroke, 5th 50m Backstroke

Emily Symmons: 4th 50m Breaststroke

Ricky La: 3rd 50m Breaststroke, 2nd 50m Freestyle, 4th 50m Backstroke

Emma Misi: 1st 50m Breaststroke, 2nd 50m Freestyle, 1st 50m Backstroke

Saxon Rogers: 4th 50m Breaststroke, 2nd 50m Freestyle, 2nd 50m Backstroke

Khoa Tran: 1st 100m Freestyle, 2nd 50m Freestyle, 2nd 50m Backstroke, 1st 400m Freestyle

Tiui Misi: 1st 100m Freestyle, 1st 50m Freestyle, 1st 50m Backstroke



Congratulations to Emma Misi, Khoa Tran and Tiui Misi who will be representing VUSC at the Western Metro Championships in Geelong next week.

Mr Giovannello, Ms Hogarth, Mr Quinn and Mr Marshall

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
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

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					
Before School 7:30 - 8:30		Junior ADP and SDP Strength & Conditioning		Junior ADP and SDP Strength & Conditioning						
Period 1 9:00 - 10:12		VCAL Student Athletes		VCAL Student Athletes						
Period 2 10:12 - 11:24		VCAL Student Athletes		VCAL Student Athletes						
Period 3 11:49 - 1:03										
Lunch 1:03 - 1:51	Senior SDP Skills	Junior ADP and SDP Resistance Training		Junior ADP Resistance Training	Senior SDP Skills					
Period 4 1:51 - 3:03		Senior Sports Academy Extra S&C Session		Senior Sports Academy Extra S&C Session						
Period 5 3:15 - 5:00	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

Sport-Coordinators 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
