Semester 1 – Term 1, 16th March 2016

Term One Important Dates

<table>
<thead>
<tr>
<th>Junior Campus</th>
<th>Senior Campus</th>
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<td>18 Mar</td>
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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.
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

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**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 Giovannielo, 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.

<table>
<thead>
<tr>
<th>Term 1, 2016</th>
<th>Week</th>
<th>Date</th>
<th>Sport</th>
<th>Year Level</th>
<th>Location</th>
<th>Coach</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>8</td>
<td>Fri 18th March</td>
<td>Baseball/Softball</td>
<td>SBG IBG</td>
<td>Keilor Park</td>
<td>PGI</td>
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<tr>
<td></td>
<td></td>
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<td>Tennis</td>
<td>SBG IBG</td>
<td>Taylor Lakes</td>
<td>MHU, TSQ</td>
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<td></td>
<td></td>
<td></td>
<td>Volleyball</td>
<td>SBG IBG</td>
<td>Gilson / Copperfield</td>
<td>DMA, TAD, RGI</td>
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<td></td>
<td>9</td>
<td>Thur 24th March</td>
<td>WMR Swimming</td>
<td>All</td>
<td>Geelong - Kardinia Pool</td>
<td>SSV</td>
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<tr>
<th>Term 2, 2016</th>
<th>Week</th>
<th>Date</th>
<th>Sport</th>
<th>Year Level</th>
<th>Location</th>
<th>Coach</th>
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<tbody>
<tr>
<td></td>
<td>2</td>
<td>Mon 18th April</td>
<td>Soccer</td>
<td>SB</td>
<td>Keilor Park / Green Gully</td>
<td>RGI</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>Fri 22nd April</td>
<td>Soccer</td>
<td>SG</td>
<td>Keilor Park / Green Gully</td>
<td>RGI</td>
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<td></td>
<td>3</td>
<td>Tue 26th April</td>
<td>Soccer</td>
<td>IB</td>
<td>Keilor Park / Green Gully</td>
<td>TSQ, RGI</td>
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<td></td>
<td>4</td>
<td>Wed 4th May</td>
<td>Netball</td>
<td>SBG IBG</td>
<td>Altona</td>
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<td></td>
<td></td>
<td></td>
<td>Badminton</td>
<td>SBG IBG</td>
<td>Altona</td>
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<tr>
<td></td>
<td>4</td>
<td>Fri 6th May</td>
<td>Netball</td>
<td>7BG 8BG</td>
<td>Altona</td>
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<td></td>
<td>Badminton</td>
<td>7BG 8BG</td>
<td>Altona</td>
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<tr>
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<td>5</td>
<td>Mon 9th May</td>
<td>Golf</td>
<td>8BG 7BG</td>
<td>Sunshine Golf Course</td>
<td>RGI</td>
</tr>
<tr>
<td></td>
<td>6</td>
<td>Thur 19th May</td>
<td>Soccer</td>
<td>IG</td>
<td>Keilor Park / Green Gully</td>
<td>TSQ, RGI</td>
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<tr>
<td></td>
<td>6</td>
<td>Mon 23rd May</td>
<td>AFL</td>
<td>SB/IB</td>
<td>Keilor / Marbi</td>
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<td></td>
<td>7</td>
<td>Thur 26th May</td>
<td>AFL</td>
<td>7B 8B</td>
<td>Keilor Park</td>
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<td>7</td>
<td>Fri 27th May</td>
<td>Cross Country</td>
<td>All</td>
<td>VUSC</td>
<td>DMA, RGI, SQU</td>
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<td>Soccer</td>
<td>8G</td>
<td>Keilor Park</td>
<td>TSQ</td>
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<tr>
<td></td>
<td>8</td>
<td>Thur 2nd June</td>
<td>Soccer</td>
<td>8B</td>
<td>Keilor Park</td>
<td>TSQ</td>
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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).

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

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