

## Semester 2 – Term 3, 18<sup>th</sup> July 2016

### Term Three Important Dates

Junior Campus		Senior Campus	
25-29 July	Chinese Sister School Visit	20 July	Later Years Expo and Student Showcase 6-9pm Drama Room/Gym
27-29 July	TEAM 9 Camp	25-29 July	Chinese Sister School Visit
3 August	Y9-10 Course Counselling	4 August	Y10-11 Course Counselling

Next Newsletter: 1<sup>st</sup> August, 2016

### College Principal's Report

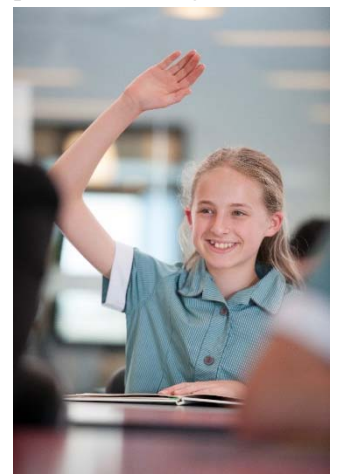
#### **Term 3 has begun!**

While it's hard to believe that we are already in the second half of the year, we are excited for this semester and everything that is to come. We trust that all our students had a fantastic break and are raring to go. As always, we know that our students will make us proud as they continue to uphold our college values and excel.

#### **Course Counselling for Year 9 and 10 Students**

Course Counselling for 2017 for all Year 9 and 10 students will begin on Wednesday 20th July with the Later Years Expo and Student Showcase. The evening starts at 6.00pm in the Drama room at the rear of the Senior Campus. There will be a campus tour included for Year 9 students and families. The Expo is an essential opportunity for students to explore subjects they may like to undertake in 2017.

We place a great deal of importance on ensuring that students and their families are very well informed so that decision making regarding their 2017 courses is based on meeting current and future pathways plans. It is also extremely important that parents understand the costing arrangements for some courses. We commit to providing a standard of program that is expected within our community, but in some cases this requires parent contributions to support the significant gap between government provision and program costs. We are always willing to support families in this regard, but must be very firm about including students in courses where payment has not been received or arranged.



#### **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)

Individual course counselling and subject selection sessions for Year 9 and 10 students and their families will take place in Term 3, Week 4. Parents would have received a letter in the mail regarding course counselling times.

I want to stress that it is very important that you attend at this time so that we can proceed with confidence that your son or daughter has selected an appropriate program. I look forward to seeing you all on the Wednesday 20<sup>th</sup> July!

### **Year 10 2017 Scholarships**

Scholarship Applications for Year 10 entry in 2017 are now open and close on **Friday 5th August 2016**.

Scholarship selections are based on the student's application and interview. The College is offering a range of scholarships in the following areas:

- Academic Excellence
- Music Excellence

Scholarships are valued at \$450 per year and are redeemable against College expenses including Essential Items, Subject Electives and Books. Scholarships are offered for two years and reviewed annually.

### **Chinese Sister School Visit**

I am very excited to inform you all that on Monday 25<sup>th</sup> July, 12 students and 2 teachers from our Chinese sister school will be visiting us for the week. Last year their visit was a great success, with students very much enjoying mixing with their Chinese counterparts in classes and in the yard. They will attend school each day and take part in normal classes. They will have a chance to see what education in Australia is like and to practice their English. We will have the opportunity to gain a better understanding of what life in China is like and learn about their culture.

Thank you to all the families who have offered to house them during their stay. I know our Sister School's stay will be great fun and a real learning experience for all involved.

### **A Great Partnership**

Victoria University Secondary College has been an active member of the Brimbank Proactive Police Unit. This coalition of the Brimbank Police and local Primary and Secondary schools meets monthly to discuss ways of supporting our communities and keeping our students safe. The police provide free cyber-safety talks for schools, free security checks for school premises and up to date advice on how we can keep our students and members of the wider community safe from crime.

At our most recent meeting the police highlighted that starting next Monday 25<sup>th</sup> July, police will be monitoring all traffic in school zones in the Melton/ Brimbank area. Zero tolerance will be displayed regarding offences such as double parking, seatbelts and speeding.

The school values our association with the Brimbank Proactive Police Unit and believes that they have made a positive impact on the school providing a safe and supportive environment for staff, students and our broader school community.

Cheers,

*Elaine Hazim*

Acting College Principal



**VUSC News**

### **eBooks**

The College is currently subscribing to Wheelers Books **ePlatformOne** which gives us access to 1200 eBooks online. **ePlatformOne** enables students to borrow at any time using computers, tablets and/or mobile phones with the downloadable app. It is possible to customise the eBook display e.g. change font size; adjust contrast, letter spacing, line spacing and colour and can assist specific visual challenges like dyslexia. There are also highlighting and add notes features to further assist the reader.

The 1200 selected eBooks are available to students and staff members by logging on using their Student/Staff ID (e.g. JEF1010) and Password: VUSC1234.

Each online loan is for 1 week and 6 days and can be monitored by the Library staff as per BiblioTech, our Library Management System (LMS). The only difference is that there won't be any overdue books as each loan is automatically returned after the loan time. If students or staff are unable to finish the book in the timeframe, the usual reloan or reservation can be done.

### **HOMework CLUB**

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.

## Sports Corner



Congratulations to the following teams for achieving the following results interschool sport competitions last week:

#### **Basketball:**

Senior Girls – Divisional Champions (Note: It is the first time VUSC have won the Senior Girls Basketball competition).

Senior Boys – Runner-Up Pool A

Intermediate Boys (Year 10) – Divisional Champions

Intermediate Girls (Year 10) – Runner-Up Pool A

Intermediate Boys (Year 9) – Third Pool B

Intermediate Girls (Year 9) – Third Pool B

#### **Table Tennis:**

Senior Boys – 3<sup>rd</sup>

Intermediate Boys (Year 10) – Runners Up

Intermediate Boys (Year 9) – 3<sup>rd</sup>

Intermediate Girls (Year 9) – 4<sup>th</sup>



**Congratulations also to Year 12 student Trevor Ssemakula** who

was selected in the Victorian Schoolboys team to compete at the National Soccer Championships in Perth in August!

Trevor was only one of three government school students

who made the team. He has had a very successful couple of years playing in the Brimbank Stallions senior team last year finishing the year as their top goal scorer. Trevor then trialled at National Premier League club Avondale FC where he signed a contract and currently plays. Trevor also scored the only goal in the Vic Schoolboys 1 nil win versus A league club Melbourne City in last week's practice game. Well done Trevor!!



# LATER YEARS EXPO & STUDENT SHOWCASE



Location: VUSC Senior Campus  
GYM/DRAMA ROOM

**Wednesday 20<sup>TH</sup> July 2016**

## **PROGRAM**

### **Later Years Expo**

**6pm-7:30pm**

**Information session for year 10 parents and students  
6:00-6:15pm**

**Information session for year 9 parents and students  
6:15-6:30pm**

**\* LIGHT REFRESHMENTS \***

### **Student Showcase**

**7:30pm-9:00pm**

# Sleep And Technology: 10 Golden Rules

Posted on Generation Next website on **June 27, 2016**

As many young adults now own a smartphone or tablet, there is a wealth of information at their fingertips and a limitless supply of social media messages, games, music and TV intruding into the sleep cycle.

Evidence suggests that social media and smartphones can have a negative impact on our health with increased smartphone use associated with poor sleep outcomes, and higher scores on depression and anxiety scales ([Demirci, Akgonul & Akpinar, 2015](#)).

As we snuggle up in the warmth of bed, our IT use can even promote the illusion of unwinding for bedtime as we play candy crush, check Facebook, listen to music or read. This can be a problem as circadian rhythms alter as young people mature, meaning they are inclined to sleep less, and our IT use can interfere with this process making healthy sleep patterns even harder to establish.

Although using IT might feel relaxing, we are still using our brain, eyes and hands to process information. The light itself from LED displays can even delay the release of melatonin, disrupting the natural sleep cycle and interfering with alertness and memory retention the following day (Oh, Yoo, Park & Do, 2015).

While it would be healthy to avoid use of smartphones and tablets prior to bed altogether, this is not always possible. Instead you can attempt to limit the impact and excessive use of technology and adopt a healthier sleep routine. Below are ten handy tips that promote better sleep hygiene.

## 10 golden rules of 'sleep hygiene'.

1. Be consistent – Train your body to sleep by going to bed and getting up at the same time (even weekends). You can develop your own sleep rituals, such as stretches, breathing exercises, meditation, or sitting calmly with a cup of caffeine-free tea.
2. Sleep when sleepy – Don't spend too much time lying awake in bed, only go to bed when you feel tired.
3. Get up and try again – If you haven't fallen asleep within half an hour, get up and do something calm until you feel sleepy. Sit with the lights dimmed and read something boring (preferably in print not on a screen), or if you use your tech, reduce the noise and 100% brightness. Try to avoid anything overly interesting or stimulating; as this could wake you up even more.
4. Avoid caffeine, nicotine, and alcohol – It is best to avoid consuming these substances at least 4-6 hours before bed. They can act as stimulants and that late night snack, smoke or drink can keep you awake and disturb the quality of your sleep.
5. Bed is for sleeping – Only use your bed for what it's intended, so your body associates bed with sleep. If you watch TV, eat, read, or work on your laptop, your body may not learn this connection. Leave your phone outside the bedroom too, or if you must have your phone- ensure you go to bed when you are sleepy and avoid phone use in bed.
6. No naps – Avoid naps during the day to ensure you are tired at bedtime. If you can't make it through the day, ensure your nap is for less than an hour and before 3pm.
7. Bath time – Having a bath 1-2 hours before bedtime can help. The bath raises your body temperature, and you begin to feel sleepy as your temperature drops.
8. No clock-watching, or phone checking – It's natural, but try not to watch the clock. Checking the time wakes you up and reinforces negative thoughts such as 'oh no it's so late, I'll never get to sleep'. A good practice is to turn your phone onto sleep mode at night so that notifications do not disturb you as you're falling asleep.
9. Use a sleep diary or app – This is a valuable way to track your sleep patterns. If you have sleeping difficulties, a GP or psychologist can use this information.
10. Exercise – Regular exercise is also good when it comes to sleep. Burning energy during the day can help to ensure you don't feel restless in the evening. Try not to do strenuous exercise in the 4 hours before bedtime.

**Final Tip:** Lead by example and reduce your own bedtime IT use!

– [SANE](#)

[SANE](#) helps all Australians affected by mental illness lead a better life. [SANE Helpline](#): Talk to a mental health professional on 1800 18 7263 (Mon-Fri, 9am-5pm AEST), or visit our online peer support [forums](#).

