

## Semester 2 – Term 3, 31<sup>st</sup> August 2016

### Term Three Important Dates

Junior Campus		Senior Campus	
6 Sept	Year 7 2017 Parent Information Evening	2 Sept	Multicultural Day activities
9 Sept	RUOK Day activities	15 Sept	Parent/Teacher Interviews
13 Sept	Annual Music Concert	16 Sept	Term 3 ends
15 Sept	Parent/Teacher Interviews	3 Oct	Term 4 begins
16 Sept	Term 3 ends		
3 Oct	Term 4 begins		

Next Newsletter: 5<sup>th</sup> October, 2016

### College Principal's Report

Congratulations to our students who have accomplished some fantastic achievements recently. In sport our rugby girls and boys excelled in their finals games with extraordinary skill, effort and hard work. Also, one of our Year 12 students has been selected to represent Australia in soccer after playing in the national championships in Perth and one of our Year 11 rugby union students was selected to represent Victoria in a recent championship in Tasmania. You'll read about these further in the sports section of the newsletter. I'd like to congratulate these students on their outstanding achievements and for displaying all three of our college values in their chosen sports.

Congratulations also to our VCE Music students who displayed their wonderful talents during the VCE Music Performance evening last night. It's great to see these students performing at such a high standard which is the result of lots of hard work during the year. Thank you to our staff who are so dedicated to training and supporting our students to achieve their goals in music and sport.

This term our music students across the college will be performing the Annual Concert at the Junior Campus on Tuesday 13<sup>th</sup> September. Some of our students are also participating in the Deer Park Sunshine Performing Arts Festival on Wednesday 7<sup>th</sup> September at the Quin Auditorium in Braybrook. We invite our school community to attend these events and support our talented students.

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The students are looking forward to RU OK Day and Multicultural Day activities at the Junior Campus and Senior Campus respectively over the next two weeks. Student wellbeing is paramount at our college as well as celebrating our cultural diversity. This week several VCAL students presented RU OK lessons to our Year 7 students which they thoroughly enjoyed. The VCAL students used our current teaching strategies to teach the classes which was fantastic to see. Well done to all involved!

Once again I have applied for our students to participate in the Victorian Young Leaders to China program for March/April 2017. This is the program that has supported our students to study in China for 6 weeks over the last four years. We will call for expressions of interest from Year 8 Chinese students once we are advised whether our application has been successful.

Parent/teacher interviews are coming up on Thursday 15<sup>th</sup> September. Students are required to attend with their parents. Interim reports will be available on Compass for parents to view and download from Tuesday 13<sup>th</sup> September. NAPLAN results for Year 7 and 9 students were posted home last week – please contact the school if you haven't received them. Please book your interviews via Compass as soon as possible to discuss your child's progress with their teachers.

A reminder to parents that students must be wearing their summer uniform in Term 4. Families may purchase uniform items at PSW in Westwood Drive, Deer Park or try the second-hand shop online at [www.sustainableschoolshop.com.au](http://www.sustainableschoolshop.com.au).

Our parent information evening for Year 7 students commencing next year will be on Tuesday 6<sup>th</sup> September at the Junior Campus. Parents should have received their information pack in the mail. Please ensure you attend even if you already have other children at the college as our staff will have important information for parents on the night.

Cheers,

*Genevieve Simson*

College Principal

## VUSC News

### Fit to Drive

On July 29<sup>th</sup>, all Year 11 students attended a presentation by Fit to Drive. These workshops were organised by a not for profit community partnership dedicated to reducing youth road trauma. Year 11 students participated in a series of workshops and listened to presentations from the police and the fire brigade. Hopefully what the students learnt about safe driving decisions will help them when they gain their driver's license.



## **Outreach**

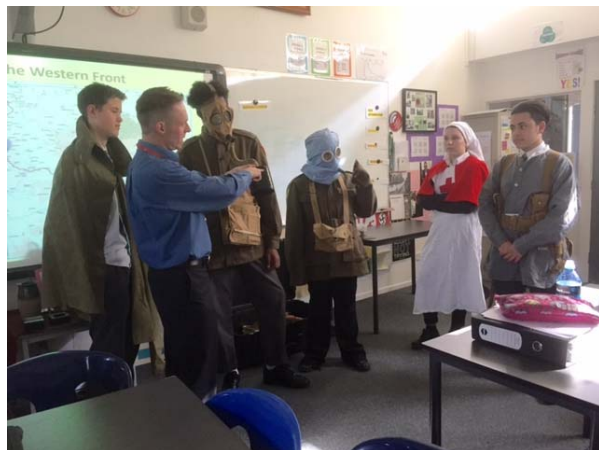
On Wednesday 25<sup>th</sup> August, the Year 10 History students were involved in an interactive learning experience. The students were transported to the war time era. Mr Andrew Trefall, an educator from The Shrine, engaged the students in a variety of activities to enhance the students' understanding of Australian involvement in the World Wars.

The hands-on learning approach provided the class with an opportunity to get a feel of all the war time artefacts to establish the purpose and the significance of them to the soldiers.

The highlight of the program revolved around the students getting dressed up in different roles using the actual uniforms and the artefacts provided by the presenter. This interactive actually placed emphasis on how little luxuries the Australian soldiers had during their service in the wars.

I would like to thank Mr Trefall and The Shrine Educator Program for providing this educational opportunity for the Year 10 Australian History students.

*Pramila Devi*  
*History Teacher*



## **We are eSmart!**

At the beginning of this year, our school registered to take part in eSmart, a guiding framework for schools to manage cyber safety and wellbeing.

Having completed a rigorous audit of our existing policies and practices, our College is delighted to announce that we have been granted eSmart Status. Congratulations to past and current members of the school community who have led the development and implementation of

these policies and procedures and to our students who engage with them. The school policies and procedures at our college recognise the importance of delivering curriculum around the smart, safe and responsible use of technology.

eSmart is an initiative of The Alannah and Madeline Foundation, a national charity committed to protecting children from violence. eSmart will help teachers, students and the whole school community to continue to embrace the benefits of technology and how to behave ethically and safely in the online environment.

'We are eSmart' signs will soon be displayed outside our three college campuses and we have registered to support the Alannah and Madeleine's Foundation National eSmart Week (5-9 September) along with hundreds of other schools, to show our continuous commitment to cyber safety, wellbeing and digital inclusion.

More information about the eSmart framework is available at: [www.esmart.org.au](http://www.esmart.org.au) and [www.esafety.gov.au](http://www.esafety.gov.au).



### **Parent Teacher Interviews**

Parent teacher interviews will be held on Thursday 15<sup>th</sup> September at each campus from 1.00pm to 4.30pm and 5.30pm to 7.00pm. Bookings for interviews are now open and can be made through the Compass parent portal. Please see the instructions below.

Term 3 Progress Reports will be accessible to parents from the Compass parent portal from 10.00am on Tuesday, September 13. Parents are able to login to Compass via the link located on the school website at [www.vusc.vic.edu.au](http://www.vusc.vic.edu.au). Alternatively, families can login directly to Compass at <https://vusc.vic.jdlf.com.au>.

Please contact the College if you require any assistance to book interviews or access reports.

### **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.

### **National Asthma Week 1-7 September**

The theme for National Asthma Week 2016 is Become a Better Breather. National Asthma Week coincides with the beginning of spring and as pollens are a known trigger for asthma, this is an excellent time to ensure your child's asthma is well controlled. Sections of the Asthma Australia website that can help with asthma management include:

- Take the Asthma Control Test to see if you could make improvements to help your child become a better breather.
- Manage allergies often linked with asthma, including allergic rhinitis (hayfever).
- Did you know? 90% of people with asthma use their medications incorrectly.
- Check your child's technique to see if they are getting full benefit from their medication.

Regular review of your child's asthma with your GP and pharmacist will help them to become a better breather. Need help with your child's asthma? Contact our Asthma Assist line on 1800 ASTHMA (1800 278 462) and talk to one of our friendly Asthma Health Professionals.





## 2017 STATE SCHOOLS SPECTACULAR

The Victorian State Schools Spectacular, held every year at Hisense Arena, is one of the largest live performing arts events in Australia.

In Term 4 the Department of Education and Training Performing Arts Unit will begin looking for talented students to form the backstage team in audio, lighting, video and camera, stage management, costume making, make up, photography and graphic design.

Individual students can audition as Principal Vocalists or Dancers.

See [www.education.vic.gov.au/spectacular](http://www.education.vic.gov.au/spectacular) for more information.

For updates and announcements, keep your eye on facebook.com/performingartsunit or call the DET Performing Arts Unit on 9415 1700.



## Sports Corner

### Rugby League Wrap

#### 2016 U/18 Country Cup Final

#### Chatham High School 28 defeated Victoria University S.C 26

On Wednesday 28<sup>th</sup> July VUSC travelled to Dubbo, NSW to participate in the final of the prestige Country Cup, a schoolboy competition open to over 800+ government schools in NSW and VIC.

Playing in this nationally televised Foxsport game, VUSC had their hearts broken after conceding a converted try in the 2<sup>nd</sup> last minute of the game. This enabled Chatham H.S. to hit the front for the first time throughout the game and denied VUSC from achieving a fairytale finish. Having lead by 10 points with 8 minutes to go made the result even harder to digest and come to grips with. Despite the loss, the boys are to be congratulated on the effort, spirit and energy with which they competed and played with during the game and indeed their entire campaign to reach this stage.



Travelling 11 hours on a bus and then being expected to play a quality opponent was always going to be a hard task, but one the boys relished and almost pulled off. With an ounce of luck and better composure at the back end of the game, the result could have been much different.

All boys who played some part in the team's preparation over the past 3 months are to be commended for the way they conducted themselves and represented VUSC with pride and integrity. The sportsmanship shown in defeat despite the inner hurt was outstanding and portrayed all the values we seek at VUSC.

Hopefully the legacy left by reaching the final, will inspire and motivate next year's team to prepare well and give themselves every opportunity to go one better. Well done boys!

### **Girls U/16's & U/18 Rugby 7's Teams: State Champions**

Three teams from VUSC competed in the Rugby 7's Gala Day on August 24. The U16 and U18 teams both won every game of the day and took out first place making them 2016 State Champions and the U14 team finished third overall!

All three teams displayed great skill level, especially tackling and running in all games, a testament to training and preparation prior to the tournament. Also evident throughout the day was a high level of sportsmanship and enthusiasm for just participating in sport and enjoying themselves.

A number of our girls have been invited to trial for the rugby union state team. Great opportunities lie ahead. Well done girls!

Lastly, a huge thank you and congratulations to our parent coach Mr Dominic who has worked with both the U16 and U18 teams in the lead up to the competition and who coached all three teams on the day without a break!

We congratulate the U16 and U18 teams on achieving the honour of becoming state champions as well as all three teams for demonstrating and living up to the school values of Aspire to achieve, Respect ourselves and others and Strengthen the community.



### **2016 U16's Cooper Cronk Shield – Victoria University S.C 30 defeated Hallam Senior College 14**

On Monday August 22 the VUSC U/16 team travelled to Fregan Reserve, Clayton to participate in the finals of the Cooper Cronk Shield. Having qualified 2 weeks prior, the team was expecting to play strong opposition from the East side of the draw.

In the semi-final they VUSC played Hampton Park. Starting the game off in scintillating fashion VUSC scored four unanswered tries within the first 20 mins. This seemed to demoralise the opposition and once in front VUSC continued to dominate the play and managed to rack a big score, winning 44-0 and thus progress to the Grand Final against their old foe in Hallam Secondary College.

The final was played in wet and windy conditions which required each team to suppress their natural attacking football and instead play a more conservative and physical style of game. Both teams traded tries during the first half in a very physical and even game. On the stroke of half time Sione Tuputa charged down a kick and regathered to score. This lifted the boys and gave them a lot of confidence going into the second half. It was during this 2nd half period that the team were able to defend really well and keep Hallam under immense pressure forcing them to continually work off their own line. This eventually told on the Hallam team and VUSC were able to score 3 second half tries and win the match.

Credit must go to all the team members who worked tirelessly throughout the game and were deserving winners. Special mention goes to Iverson Fautimau who was named man of the match. Well done boys!

Mr Tony Adam – Rugby Coordinator and Head Coach

### **2016 U/14 Cameron Smith Shield - Keysborough 44 defeated VUSC 36**

On Monday 15th August, VUSC students participated in the U14 state finals of the Cameron Smith Cup held at AJ Davis reserve in Niddrie.

In the first game our boys played the fleet footed team from Cranbourne East Secondary College. It was a dominant performance in the first half from VUSC leading 46 to 0 at the end of the first half. They finished off just as strong securing a 68 to 4 win, lead all the way by captain Compton Fautimau. The win placed them in the state finals game vs Keysborough Secondary College.



The first half of the state final was a hard fought battle with both teams completing their sets and testing the opposing defence. Lead brilliantly again by Compton Fuatimau and assisted by Isaiah Rangikataua-Harris, Amo Logapati, Shawn-Ray Mauga and Hayden Plummer we held a 20-10 lead at half time. Unfortunately, this game was a tale of two halves. Keysborough continued to bring their best footy while the boys from VUSC, tired from only having a very limited bench for the day, saw the game slip from their grasp resulting in a 36-44 loss.

### **Representative Corner**

Year 11 student Daniel Katoanga was selected to be a member of the U17 State Victorian Schools Rugby Union team that travelled to Tasmania to compete in a tournament held over the weekend of August 20 and 21. Daniel was the only state school representative in the 17 player squad. Although the team didn't experience on field success Daniel described the experience as fantastic and formed new friendships both from Tasmania and Melbourne.



### **Congratulations Trevor Ssemakula**

Trevor Ssemakula has just recently come back from Western Australia where he represented Team Vic at the national soccer championships. Team Vic finished with the silver medal with Trevor scoring the winning goal against Queensland. Trevor's performances have been recognised by the Australian Schoolboys hierarchy where he has been selected in the Australian Schoolboys team to tour the UK early next year. Trevor's persistence, commitment and willingness to go above and beyond with his soccer has definitely got him to where he is now.

The college community wishes Trevor all the best in his sporting endeavours. Another one of our students aspiring to achieve!!! Well done Trevor!!

## **2017 Sports Academy Program Enrolments and Payments**

VUSC Sports Academy Applications for 2017 are available at each campus office as well as information regarding fees. Students who are accepted into their Academy program are required to pay a minimum 50% deposit by the end of Term 4 this year with the remaining balance to be paid by the end of Week 4, Term 1 2017.

Please note that the College is unable to offer current Academy students automatic enrolment in the Sports Academy for 2017 if they have not paid their 2016 Academy fee.

### **Track and Field Squad Training and Update**

On Friday 2nd September our VUSC Track and Field Team of over 100 student athletes will represent our College at the 2016 Divisional Athletics Championships.

For those who may not be aware, we made track and field success one of our main priorities a few years ago, by increasing training opportunities for our young athletes, but also building track and field into our junior curriculum. A committed team of staff and students ensured we were best prepared to reach our goal of winning the past two divisional athletics championships.

Last year we had 12 students represent our College at the State Track and Field Championships who brought home 15 medals between them.

This year we have similar goals and we need our school community's help in preparing our athletes for the big event this Friday. If you teach one of the students attending, are one of their classmates or a family member please wish them all the best (positive reinforcement) and ask them to get their consent forms to Mr Giovanniello or Mr Marshall.

**Note:** Our 2016 Track and Field Captain(s): Naima Lealavaa and Sam Bonnici.



### Interschool Sports Schedule:

TERM 3					
Week	Date	Sport	Year Level	Location	Coaches
8	4-Sep	Keilor Division Athletics	All	Keilor	RGI, DMA
9	6-Sep	Melbourne Storm Cup Semi Final	SB	TBA	TAD
10	14-Sep	Hockey	IBG, 8BG, 7BG	TBC	RGI, DMA
10	15-Sep	WMR Track and Field Championships	All	Essendon Athletics Centre	DMA, RGI



TERM 4					
Week	Date	Sport	Year Level	Location	Coaches
1	7-Oct	Cricket	8BG, 7BG	Fairburn Park	NSW, PGI, SQU
2	10-Oct	Junior Futsal	Y8 BG	Whitten Oval	RGI, TSQ
2	13-Oct	Junior Futsal	Y7 BG	Whitten Oval	RGI, TSQ
3	17-Oct	Tennis	Y7/8 BG	Taylors Lakes	TSQ
3	17-Oct	Track and Field	ALL	Lakeside Stadium	RGI, DMA
3	20-Oct	Baseball/Softball	Y7/8 Boys/Girls	Keilor Park	PGI, RHO
9	2-Dec	Lawn Bowls	Y7-9	Deer Park Bowls Club	RGI, PGI

**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.

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## How to manage teen behaviour and maintain a strong relationship

By Michael Grose, Parentingideas Club

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem can really help parents straddle this great divide. They are - following through and following up.



### Following through to teach responsibility

‘Following through’ means doing what you say you’ll do. If you say “You’re grounded” then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

‘Following through’ is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone’s individual rights, then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes.

It’s important that the consequence issued matches the misdemeanour. When we go too far – “you’re grounded for the term” – then we generally get resentment. Not strong enough – “you should apologise” and they become ineffective. It also helps when consequences are related to the misdemeanour.

### Following up to reconnect

It’s easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they’ve said or done hurtful things. Once the dust has settled after discipline or a dispute then it’s time to follow-up with a kind word, an enjoyable activity or even just sincere smile. It generally takes the adult in the relationship – parents or teachers – to make the first move to put the relationship back on an even keel.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use them in tandem and you’re more than likely hit the right parenting mark.