



Create The Future

Semester 2 – Term 4, 5th October 2016

Term Four Important Dates

Junior Campus		Senior Campus	
5 Oct	Year 7 Immunisations	10 Oct	Year 9 & 10 Health Expo
10 Oct	Year 9 & 10 Health Expo	12-13 Oct	College Production 'Hamlet'
12-13 Oct	College Production	13 Oct	Year 10 Beacon Polish Day
21 Oct	AVID Fest	18 Oct	Last Day Y12 VCE Classes
		26 Oct	Year 12 Exams begin

Next Newsletter: 24th October, 2016

College Principal's Report

Parent involvement in school life is known to have a positive impact on student learning. Over the next few weeks some not to be missed events are on. All parents and families are invited. Please make sure you don't miss the school production of *Hamlet* at 7.00pm on Thursday 13th October in the Senior Campus Drama Room. The AVID Fest, to celebrate the AVID students' learning throughout the year, is on Friday 21st October at the Junior Campus. Hope to see you there.

2016 is the last year of the college's current strategic plan, so we are currently reviewing progress made over the last four years and developing a new Strategic Plan. We asked for parent input on Compass and at parent teacher interviews last term and will be using your feedback to inform our new plan. We have appointed a professional reviewer to give us an outside perspective and together with the College Board will be defining goals for the next four years and strategies to achieve them. The reviewer will be visiting the school on 13th October and 3rd November. Thank you very much for your feedback. I'll look forward to sharing the new plan with you when it is developed.

As we approach the end of the school year parents of senior students, especially Year 12 students, may find their children becoming stressed and anxious about exams. In this issue of the VUSC newsletter I thought some advice from a parenting expert would be helpful. Michael Grose, Director of *Parentingideas Club*, has this advice for parents:

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

Young people respond differently to the pressure that exams present. Some will see an exam as a challenge that they need to rise to; some will be nervous because they haven't done enough work; and many will experience real stress as they see exams as THAT time of the year that determines their future.



The notion of exams, particularly final year exams as life-defining events can be very real for students who've spent 13 years of schooling all leading to this time. At least, that's how many see it. So as much as possible we need to help young people take a realistic view of examinations and remind them that they shouldn't pin all their hopes on one option. As generations of young people have found, life after finishing school doesn't always take the path they imagined when they were students. Parents too need to keep the options open and be flexible about the future pathways for our young people.

Nevertheless exam stress can be very real so let's look at some ways you can help your young person manage their stress and prepare well for their coming examinations.

1. Help them study smarter

Your young person's teachers will more than likely spend time helping them to develop smart study habits so you might want to check in and follow their advice.

2. Develop a relaxation strategy

Your young person needs to take a break from the pressure and resultant stress of pending examinations, which is code for rest and relaxation. It's never too late to encourage your young person to exercise each day; relax to music or even practise meditation and mindfulness to clear their mind of mental clutter.

3. Make sure they look after themselves

Good physical health impacts on exam performance as well as well-being. So make sure your young person gets 30 minutes exercise each day; eats regular, healthy meals; and takes care of their sleep. Having enough sleep is so important to well-being and exam performance.

4. Steer clear of stimulants

It's tempting for a young person to take stimulants such as cigarettes, caffeine, no-doze, alcohol, marijuana, Dexamphetamine and other drugs to lift study performance. Reinforce to your young person that these short-term fixes inevitably lead to poor performance in the long term.

5. Make sure they don't drop out of the family

Keep your young person connected to the family at this stage by expecting them to join you for family meals; to help out at home, and not to spend all their time in their bedrooms.

And on the day of the first exam...

Encourage your young person to organise what they need the night before, to focus on relaxation techniques such as deep breathing to deal with the butterflies and steer clear of speaking to nervous, anxious friends on the morning of the exam to minimise their own anxiety.

And do a little reality check to make sure your expectations are in line with your young person's interests and abilities so that they don't leave home with the added burden of excessive parent expectation.

And of course, hearing "I love you no matter what..." should be the last words that your young person hears from you before he or she heads off to their exams.

Cheers,

Genevieve Simson
College Principal

VUSC News

My Island Dream Pasifika Youth Arts Festival

Congratulations to the students who performed at the 'My Island Dream Pasifika Youth Arts Festival' last month. My Island Dream was an event run by Westside Pasifika and involved teams of Pacific Islander students from all the local schools to participate. VUSC performed alongside students from Sunshine College, Creekside SC, Braybrook College and St Albans SC. Our students had the honour of being the finale of the night due to the strength of their performance. They also won multiple awards including Best Cultural Representation, Best Dressed and Best Tongan performance, and were invited to perform at Tongan Day the following weekend.



Well done to these students for Aspiring to Achieve and Strengthening our Community: Anastacia L, Mele P, Deenya P, Florence, Naima L, Darlene F, Toe, Liana, Bureta, Maria L, Faith, Oriana, Jade, Emily E, Samoa, Tyra, John T, Junior, Elvis, Fish, David, Calvary, Jelsma, Herman, Nova, Elijah, and Levi; and from the junior campus, Amazon, and Mary-Anne T performed a beautiful song in Maori while being accompanied by Lyle A.



We are so very proud of all the students that were involved. They did an excellent job demonstrating the creativity, leadership skills and talent of the Pacific Islander students of our school.



HOMWORK 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.

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.

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.

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 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

Sporting State Representatives

Congratulations to the following Touch Rugby students: Junior, Brandon, Payton and Trent (not pictured) who were chosen to represent Victoria at the National Touch Rugby Competition in Queensland recently. Congratulations also to Daniel Katoanga who was one of only two Government school students to be selected to represent Victoria in the Schools Rugby Union team which played in Tasmania last month. This year has seen many of our students represent State and National sporting teams which is a credit to our dedicated staff and highly successful College programs.

Storm Cup – Saturday 10th September

Hallam 26 def VUSC 10

Playing at AAMI Park and in front of a large crowd before the Storm v Cowboys game, VUSC went down to a very committed and strong Hallam outfit. Trailing 16-10 at half-time and taking the game right up to their more fancied opponent, the scene was set for a breathtaking second half. Unfortunately, wet weather and poor ball control resulted in way too many unforced errors and did not allow VUSC to mount any pressure in the 2nd half. Consequently Hallam held on comfortably to record a strong win.

Full credit must go to the Hallam team who adjusted better to the wet conditions and kept VUSC pegged in their own half for entire second half. VUSC never stopped trying and can hold their heads high for the way they went about it.

The game marked the end of a very successful 2016 season, where our team managed to play in every competition final they were part of. The legacy left by the graduating Yr 12 students is huge and they are to be congratulated on the way they have conducted themselves over the past 3 years as members of the Rugby League academy, in particular how they have lead by example through their actions and lived the school values. We wish Tiui Misi, Jeremiah Murawai, Wes Sisifa, Leo Fifita, Ia Mika, Noa Aho and Masi Ahololei all the best in the future, both in their personal and sporting endeavours. Your contribution to the program has been greatly appreciated.

VIVA Rugby Program

Starting Week 2 this term, VUSC will be running a free 5 week rugby training program (VIVA) for girls from Year 7 through to Year 11. The sessions are aimed at increasing female participation in sport and are fully funded by the Australian Sports Commission. All sessions will be run by specialist coaches from the Rebels and are designed to



increase the skills and awareness of Rugby. Any student wishing to participate should give their name to Deanne Clark (Junior Campus) or Tony Adam (Senior Campus) by the end of week 1, Term 4.

Sessions will run each Wednesday 3.30pm – 4.30pm at the Junior Campus. A bus will be provided to transport students from the Senior to Junior Campus each week if they wish to participate. So let's get on board this fantastic initiative!!

Interschool Sports Schedule:

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	Taylor's 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.

SAVE THE DATE!

VUSC Presents the Sports Academy Celebration Dinner

This celebration and awards dinner will give us an opportunity to formally recognise and celebrate the success of individual student athletes and our sporting teams who have demonstrated commitment to our College Sports Academy Programs and their own personal aspirations.

When: Tuesday 6th December, 2016

Time: 6:30pm – 10:00pm

Location: To be advised

Does Quitting Social Media Make You Happier? Yes, Say Young People Doing It

Posted on September 29, 2016 by Generation Next

Our love of social media seems to have grown and grown in the past decade, but recent studies show the tide may be turning for some platforms, with young people in particular ditching Facebook. One study claims that more than 11 million teenagers left Facebook between 2011 and 2014. It's been argued that they are swapping public platforms such as Twitter and Instagram for more private messaging apps like WhatsApp and Snapchat.



We asked young people whether they have quit social media and why, as well as what apps they are ditching. Almost all reported a greater sense of happiness after going offline. Here, teenagers and young adults switching off from Facebook and other social apps reveal how the change has affected their lives:

Ben, 21, Surrey: 'I have a much more positive mindset now'

I've always found social media to be an environment in which people constantly seek attention and validation through one-upping people's comments, and boasting over likes and retweets.

We've not needed social media for thousands of years and now it feels like people think your life is over if you don't have it, which is ridiculous. I joined when I was 13, but I don't feel like I really knew what I was signing up for and the platform has changed a lot over the years. There's much more advertising on it now, for example.

I'm more productive and less concerned with what other people think about me – now, the only person I have to regularly compare myself with is me. I'm in a much more positive mindset without social media than I ever was with it. It's let me see who my friends truly are, and who I was only concerned with simply because they were there on social media.

Daisy, 23, Manchester: 'I feel less anxious and less like a failure'

After a romance ended with a guy I really liked, I kept trying to avoid Facebook so I wouldn't have to see him. It was after this that I gradually switched off from it, but before that I'd been wanting to quit for a while.

Facebook made me feel anxious, depressed and like a failure. When I went online it seemed like everyone was in Australia or Thailand, and if they weren't travelling they were getting engaged or landing great jobs. I felt like everyone was living the dream and I was still at home with my parents, with debt from my student loan hanging over me.

I also felt that if I wasn't tagging myself at restaurants or uploading photos from nights out, people would assume I wasn't living. I remember a friend from uni said to me once, "Yeah, but you're still going out having fun, I've seen on Facebook." I tried to present myself as always having a great time. If my status didn't get more than five likes, I'd delete it.

My life has changed for the better since deleting social media. I now enjoy catching up with my friends, and when they tell me new plans my response isn't just, "Yeah, I saw on Facebook." It makes you realise who your real friends are and how social media takes the joy out of sharing news with people. I also feel less anxious and less of a failure.

Kevin, 23, Dublin: 'I enjoy actually talking to people face to face'

When I used Facebook, I found myself aimlessly watching videos and scrolling through articles that I never had any interest in reading in the first place. Furthermore, the Facebook statuses I saw were very uninspiring.

Leaving Facebook was one of the best decisions I've made this year. Aside from the increased productivity that comes from not having it, I enjoy actually talking to people face to face, and not seeing what someone I met once, years ago, had for breakfast.

Sophie, 18, Surrey: 'I used to check for updates countless times a day. Now, I'm free'

I've never really used Instagram and Tumblr because I don't see the point of them. I had Twitter for news updates, but stopped using it when my exams started. As for Facebook, I only ever used it to contact my friends, but Skype chats and other apps mean I don't need it any more.

I've been free from the chains of social media for about six months now, which doesn't seem like a lot of time, but it feels like it now that my time isn't being sapped by these apps. It sounds so silly, but since leaving I feel like my own person. Before, Facebook and Twitter became almost like extra arms attached to me that I constantly had to be aware of. I used to check for updates countless times every day. Now, I don't have to be reliant and dependent on it any more – it's like a breath of fresh air. I don't plan on going back, except for maybe WhatsApp if I need to talk to people when I'm abroad.