



Create The Future

Semester 1 – Term 1, 6th February 2017

Important Dates

Junior Campus		Senior Campus	
20 Feb	School Photos	7 Feb	Year 1 VET commences
21 Feb	Y7 Meet the Teachers evening @ 6pm Junior Campus	9 Feb	Year 2 VET commences
27 Feb	Swimming Carnival	20 Feb	School Photos
		27 Feb	Swimming Carnival

Next Newsletter: 20th February, 2017

College Principal's Report

Welcome back to the new school year. 2017 will be an exciting year for the college. Last year we completed our first Strategic Plan and were reviewed under the Education Department's review process. The results of our review showed that we have made great progress over the last 4 years and the review panel was very complimentary about what we have achieved. Our new Strategic Plan will be implemented this year and will see us continuing to work on Achieving excellence in Teaching and Learning and a Positive learning environment. This year we also want to encourage parents and the community to connect more closely with the college as we are aware that children experience strong benefits from their families working closely with their school.

Compass is your main channel of information so please check Compass regularly for school updates and to track your child's learning and attendance.

How can you help your children achieve success this year?

Students will be setting up study timetables early in the year and we'd like parents to help them implement their timetable. For students at the Junior Campus, they should be reading regularly at home as well as working on their Cornell Notes. Every student will be taking Cornell notes in their various subjects throughout the day. Their task at night at home is to go over their notes, chunk their notes into sections, write questions in the margins to assist their study and create a short summary at the end of each set of notes. These summaries are most important and they assist to develop understanding of the concepts in the notes and cement the learning in the students' memory.

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

If you haven't already purchased a laptop for your child, please do so as soon as possible. We will be using laptops in class and students will need them to get on to Compass. Learning tasks will be posted on Compass for students to use. They will also use Compass in a variety of ways to communicate with other students and teachers. It is most important that students have a laptop for their school work, so please make every effort to ensure they have one.



A reminder that Wednesdays, starting from this week, will finish at 2.08pm when students will be dismissed. For more details refer to Compass or the letter that was sent home with your child on Wednesday 1st February, or ring the college.

I'm looking forward to working with the students and the wider college community again this year.

Cheers,

Genevieve Simson
College Principal

VUSC News

New Bell Times

A reminder for parents and students that new bell times come into effect this week. Students will be dismissed each Wednesday at 2.08pm. School buses will run after school as normal. Class time will remain the same, ie. 4 x 72 minute periods. Break times will be reduced on Wednesdays for both teachers and students. Homework clubs and study groups will not run on Wednesdays.

Mondays, Tuesdays, Thursdays, Fridays

Home Group 8.50am – 9.00am
Period 1 9.00am – 10.12am
Period 2 10.12am – 11.24am
RECESS 11.24am – 11.49am
Period 3 11.49am – 1.01pm
LUNCH 1.01pm – 1.51pm
Period 4 1.51pm – 3.03pm
Students dismissed 3.03pm

Wednesdays

No Home Group
Period 1 8.50am – 10.02am
Period 2 10.02am – 11.14am
RECESS 11.14am – 11.44am
Period 3 11.44am – 12.56pm
Period 4 12.56pm – 2.08pm
Students dismissed 2.08pm

College buses will run as normal before school every day and after school from 2.08pm on Wednesdays and from 3.03pm on other days. The public buses run at the following times after school:

- Route 423 to St Albans Station, stops at VUSC Junior Campus Billingham Rd at 2.17pm
- Route 424 to St Albans Station, stops at Moffat St/Main Rd West at 2.48pm
- Route 425 to St Albans Station, stops at John St/Jamieson St at 2.26pm
- Route 425 to Watgardens Station, stops at John St/Jamieson St at 2.39pm

Essential / Optional Items

The 2017 Essential / Optional items lists are now available from the General Office at both campuses. On receipt of deposit (or payment in full) students will receive their College Diary.

All students have received a copy of the College Essential / Optional items list. Spare copies are available at the office.

Free Stationery

We now only have limited stock available 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 2017 booklists.

Camps, Sports and Excursion Fund (CSEF)

To be eligible for the CSEF fund, a parent or legal guardian of a student attending a registered Government school must be a holder of either a Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC).

The CSEF Payment amount for students in Secondary school's is \$225 per year.

The CSEF is paid directly to your child's school and will be allocated by the school towards camps, sports and/or excursion costs for your child.

CSEF must be applied for every year. Please find attached CSEF application form and return it to the General Office of either campus with the original (HCC) or (PCC). Please fill this form in as soon as possible.

Year 7 Vaccinations in 2017

The Secondary School Vaccine Program offers free vaccines to Year 7 students. These vaccines provide protection against:

- Diphtheria, tetanus and pertussis (whooping cough) – one dose
- Human Papillomavirus (HPV) – three doses
- Varicella (chicken pox) – one dose

Parents/guardians of year 7 students should look out for the vaccine consent card booklet coming home from school with your child. You need to read the booklet and complete and return Part A regardless of whether your child is being vaccinated at school. Many of you already completed the card during the Year 7 Information Night in September last year.

The Brimbank Council immunisation service may contact you about the Secondary School Vaccine Program. Schools are authorised to provide basic parent/guardian contact details to local councils for this purpose. Contact the school by 28 February 2017 if you do not want your contact details given to the Brimbank Council immunisation service.

To learn more about the Secondary School Vaccine Program, the vaccines, the diseases they protect against, or how you can prepare your child for vaccination, go to betterhealth.vic.gov.au or immunehero.health.vic.gov.au.

School Council Election – Parent Nominations Now Open

If you are an enthusiastic parent interested in getting more involved and having a say in what our school is doing, or know someone who is, we would love to hear from you. We are looking for people who are committed to improving the educational outcomes for all our students.

Effective councils have a broad range of experience, skills and expertise. Face-to-face and online training is also available to help councillors develop the skills and knowledge for the job. Parents find their involvement satisfying and may also find that their children feel a greater sense of belonging. For more information on what's involved, see: www.education.vic.gov.au/school/parents/involve/Pages/parent.aspx.

The College Board meets on two Wednesday evenings per term and memberships are for two years. There are three parent vacancies open for nomination with a term of office from 15th March 2017 to 15th March 2019.

Nomination forms may be downloaded from Compass or obtained from the office at each campus. All nominations must be lodged at your campus general office by **4.00pm on Friday 17th February 2017.**

If you would like to find out more about the College Board, please contact a member of the Principal team on 9363 1155 or 8312 0200.

Instrumental Music Program

Applications are now available for instrumental music lessons this year. Students can pick up a form from the general office or their Home Group teacher, and must return completed forms by **Friday 17th February**.

Swimming Carnival

The annual VUSC Swimming Carnival will be held on **Monday 27th February at St Albans Leisure Centre**. Students will be transported by bus and will return to school by 3.03pm. The cost is \$20 per student and this covers the athletics carnival in Term 2 as well. Payment must be made to the general office by 22nd February.

All students in Years 7 – 12 are expected to attend (both competitors and spectators). A variety of novelty events and activities have been organised for novice swimmers, where they will have a chance to also receive points for their respective House. At the conclusion of the scheduled carnival events, students will have an opportunity to take part in a recreational swim. Therefore, all students should bring their bathers and a towel to enjoy the day's events.

There will be House meetings next week and students will be able to sign up for events following the meeting.

Before School Supervision

Parents are reminded that students should not be brought to school before teachers are supervising the school grounds. Supervision begins at 8.30am. Students at the senior campus are welcome to study in the study centre as they arrive at school.

Victoria University Secondary College

Open House

Monday 6th March 2017

Morning	6:00pm	Welcome and Information
Campus Tours	6:15pm	Presentation by College Principal
9:15 – 9:40am	6:30pm	Interactive Tours
9:45 – 10:10am	7:30pm	Questions & Supper
10:15 – 10:40am		

Held in C Block at Junior Campus, Deer Park

Junior Campus P 03 9363 1155
88 Billingham Rd, Deer Park VIC 3023

Senior Campus P 03 8312 0200
5A Jamieson St, St Albans VIC 3021

Trade Training Centre P 03 8312 0200
43 Ken Jordan Rd, Cairnlea VIC 3023

www.vusc.vic.edu.au



Create The Future

Insurance and Ambulance Cover for Students

Parents and guardians are reminded that the Department (and the College) does not provide personal accident insurance, personal property insurance or ambulance cover for students.

Parents and guardians of students, who do not have student accident insurance/ambulance cover, are responsible for paying the cost of medical treatment for injured students, including the cost of ambulance attendance/transport and any other transport costs.

Private property brought to school by students, staff or visitors is not insured and the Department does not accept any responsibility for any loss or damage.

Parents and guardians can purchase insurance policies and ambulance cover from commercial insurers if they wish for their child.

Student Support and Wellbeing

At Victoria University Secondary College we believe that students are best able to engage in their education and meet their life goals when they are feeling safe and supported. We have a whole-school commitment and approach to achieve this, led by our College and Campus Principals.

Our College [website](#) provides information about the [inclusive](#) curriculum, extra-curricular activities and programs we provide. Giving students opportunities for academic or other school achievement is a [key factor](#) in promoting student wellbeing, as are a [positive approaches to behaviour education](#) and providing students with a safe learning environment.



The College has a designated Student Wellbeing Team who work with all staff members at the College.

- Gail Inniss – Student Wellbeing Manager (works across both campuses)
- Michael Donnelly – Youth Worker (Tuesday to Friday at Senior Campus)
- Jessica Smith – Youth Worker (Mondays at Senior Campus)
- Claire O’Meara – Youth Worker (Monday to Friday at Junior Campus)
- Pamela Priest – DET School Nurse (Tuesdays and Fridays – Junior Campus)

Students have daily access to a Youth Worker at each campus before and/or after school and during recess and lunch-time. Parents and carers are welcome to contact the Wellbeing Leader and Youth Workers to discuss the support they can provide. This might involve meeting with the students outside of class time for a short-period of time, or providing referrals to other local services.

Pam Priest (our DET Secondary School Nurse) works within the Student Wellbeing Team and with teachers, to support programs and initiatives aimed to reduce risk to young people and promote better health in the wider community.

Finally and most importantly, [what you do as parents and carers](#) significantly influences what we can do to strengthen and support the wellbeing of your young people at school. We would love to hear from you: things we might not know about your young person, resources that you’ve find helpful, resources that you might want us to share with you and, we always welcome feedback about what’s working well at school.

We’re all here for the kids and are always keen to build on ways that we can work with you, to help them achieve their very best.

Gail Inniss
Student Wellbeing Leader

Sustainable School Shop

Buy and Sell Second Hand Items

www.sustainableschoolshop.com.au

- ✓ Uniforms
- ✓ Textbooks
- ✓ Calculators
- ✓ Musical instruments
- ✓ Sporting equipment

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.

AMES Australia – Volunteers Needed

AMES Australia in St Albans needs friendly people with fluent English and 2 spare hours each week to help new arrivals learn English and settle in Australia. You will make a new friend and learn about a new culture. No qualifications or experience needed and free training and support is provided. Your help would be invaluable!

Contact Rosemary Harman harmanr@ames.net.au or telephone 9366 0433
Or Suzie Todorovski suziet@ames.net.au.



Sports Corner

Interschool Sport – Sign Up Now!

Students interested in playing interschool sport during 2017 are reminded to go to the PE office in the gym at their campus and sign up this week. Students may choose up to two sports this year. Students in the VUSC Rugby Academy may only choose one interschool sport. Lists will close at the end of this week for the year. Sports will not run if there are insufficient numbers so sign up now!

Dealing With School Anxiety: Powerful Things That Adults Can Do

Published on Generation Next website

Anxious kids are brave kids. They are creative, thoughtful and have the potential to light the world on fire, often in unexpected ways.

When anxiety takes hold though, it's overwhelming. It can shut down their potential, their engagement with the world and their self-belief. It feels awful and life becomes more about avoiding anxiety than it does about embracing life in ways that flourish them. This can be turned around and although anxiety doesn't generally go away, it can be managed so that it stays in the background and out of their way. For anxious kids, the important adults in their lives are a powerful ally in helping to make this happen.



1. Let nothing be off-limits.

Let them know that they can come to you with anything. They don't have to know how to start or how to say it. Let them know that it's enough to let you know that they have something they want to talk to about, but that they don't know what to say. The next part you can do together.

2. Help them with the words for what they might be feeling.

Anything you can do to flourish their emotional vocabulary will help them to make sense of things. Name what you think they might be feeling in a way that makes it easy for them to correct you. 'You seem angry/ confused/ sad, right now.' Then let them know that it's okay for them to feel what they're feeling, and that you understand. Let them know they make sense to you. It's a beautiful thing to feel.

3. Anxiety and courage exist together. Show them.

It can be easy to fall into the trap of thinking that brave people do what they do because they are fearless, but anyone who is pushed to the edges of themselves will feel fear. Explain that anxiety is actually a sign that they're about to do something really brave – otherwise they wouldn't be anxious about it. What pushes the limits is different for everyone. There will be things that are tough for them that are easy for others, and things that are easy for them (find the things they're good at) and tough for others. Everyone feels anxiety at some point, but for kids going through it, they can feel like they are the only ones. Model self-belief and normalise anxiety by sharing the times you feel anxious and act brave.

4. Get the information you need when they're calm.

When things are calm and happy, have a chat about what you can do to make things better when their anxiety is at full throttle. Ask them what helps and what you (or others) do that doesn't help. Listen and try not to take it personally.

5. Notice every little step.

Kids who struggle with school anxiety are generally really well-behaved and want to do the right thing. Your approval means everything to them. When they do something that would be difficult in the face of anxiety, notice – even if it's just finishing breakfast or putting their hair in ponytail. Their anxiety feels big. Whenever they're bigger, let them know that you've noticed.

6. Understand why being tough won't help.

It's likely that you've tried the tough love thing, even if only in desperation. It's also likely that it didn't work. Anxiety is not bad behaviour and it's not from soft parenting. Kids with anxiety just want to be like other kids who have no trouble going to school. They don't want to feel the way they do, so being tough or telling them to 'get over it' will be as useful as telling them to catch falling stars in a thimble. All it will do is make your child feel more alone and less understood. It can be really easy to feel judged by people who suggest that toughening up is all that's needed. Anyone who says that has never had to deal with a child in distress from anxiety. Ignore them and move on. Trust that you're doing a great job, because you will be.

And finally ...

It's more than likely that the anxiety didn't happen overnight, so change won't happen that way either. Any progress is great progress. Anxiety is difficult to deal with, but it is manageable. Don't underestimate the difference you're making by being there, believing in them, and seeing them for the amazing humans they are, not just despite their anxiety but also because of it.