

Semester 1 – Term 1, 22nd March 2017

Important Dates

Junior Campus		Senior Campus	
30 March	Parent Teacher Conferences	30 March	Parent Teacher Conferences
31 March	Last day Term 1	31 March	Last day Term 1
18 April	First Day Term 2	18 April	First Day Term 2
21 April	Athletics Carnival	21 April	Athletics Carnival
24 April	ANZAC Assembly period 3	24 April	ANZAC Assembly period 2
25 April	ANZAC Day (school closed)	25 April	ANZAC Day (school closed)

Next Newsletter: 26th April 2017

College Principal's Report

Our Open House event was very successful with many tours conducted in the morning and several prospective students and their families attending our evening presentation and interactive tours. Families were able to see first hand the kinds of lessons that our students take part in every day, from AVID, maths and science, to music, IT and sport. A huge thank you to our staff and current students who hosted the tours and helped to make it so successful. Interested parents who were unable to attend Open House can contact the Junior Campus for a tour and information pack.



Our Annual Report for 2016 has been completed and endorsed by the College Board. The report can be viewed on our website at www.vusc.vic.edu.au.

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
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Correspondence To

PO Box 83
St Albans Victoria 3021

Email victoria.university.sc@edumail.vic.gov.au
Web www.vusc.vic.edu.au

Last Friday there were activities held at both campuses for the National Day Against Bullying and Violence. Students were shown an anti-bullying video or powerpoint during home group, there was a barbecue at lunchtime, musical performances and an area for students to leave positive messages. Well done to the SRC students for organising a great day and raising money for Angel's Hope Australia who work to end bullying in society through raising awareness and active engagement in communities.



Today we farewell our Year 9 students who will be spending the next six weeks in China for the Victorian Young Leaders to China program. Mr Cordell will be accompanying Kris Kokkinidis and Thea San Jose on the tour which involves spending two weeks at a Beijing University attending language classes, Chinese studies and cultural activities, and four weeks at Yangzi High School in Nanjing where students will attend classes and stay with host families. Recently the students attended a pre-departure weekend camp with Ms Atzarakis, Mr Cordell and the Parliamentary Secretary to the Deputy Premier, Ms Judith Graley, MP (right), where they were presented with their official blazers and backpacks. We look forward to hearing about their adventures when they return on 2nd May.



Finally, a huge congratulations to our Rugby and Sports Teacher, Mr Tony Adam, who has been appointed as the 18 years Australian Schoolboys Rugby Coach for 2017 by the members of the Australian Secondary Schools Rugby League committee. Tony will take the Australian team to New Zealand in September to take on the Kiwis. This is an amazing and very prestigious achievement. It is the first time in history that anyone has ever been appointed this position from the affiliated states. Well done Tony!

Cheers,

Genevieve Simson
College Principal

VUSC News



Aspiring to Achieve



Strengthening the community



Respecting ourselves and others

To the VCE Class of 2017

Congratulations on commencing your Year 12 VCE studies. Celebrate your hard work, persistence and the support of your family, friends and teachers who have supported you and will continue to support you, as you continue to aspire to achieve your personal and academic learning goals. The most important resource in creating your future is **you**. Acknowledge and build on your strengths and interests, ask for help if and when you need it, take and use your Cornell Notes to help you study – find what works best for you and keep on doing it.

Thank you to the Year 12 teachers who organised the session for you on 27th February about identifying and managing stressors that may impact you this year. Remember that you are unique and that for each and everyone of us, how we may identify and manage stress is also unique. What works for one person may not work for everyone. What research tells us does work for everyone though is talking, *reaching out to others*:

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Your family, teachers and friends are always here for you and you can always come and talk to Ms Greig and I. We all want to hear about things that you are enjoying about your studies this year and the strategies that you are finding helpful to manage and enjoy your studies, and how you are keeping a healthy study-life balance. Remember that our campus Youth Workers are also here for you too, every day before and after school, during recess and lunchtime. Jess is here every Monday and Michael is here Tuesday to Friday. You are more than welcome to pop in and see them in the Student Wellbeing room, or you can let your teachers know, and they will advise Jess and Michael that you'd like to catch up with them.

You have already been given resources about some ways to look after yourself in Year 12. Here are some of them again. You might like to share and discuss some of these resources with your families and friends. Remember talking does help and at VUSC, we are all here to support you to achieve your very best, to stay healthy, safe and happy as you continue to *create your future*:

Looking after yourself in Year 12 exams

<http://www.education.vic.gov.au/about/news/archive/Pages/abcyar12.aspx>

Surviving Year 12

<https://www.youthbeyondblue.com/do-something-about-it/surviving-year-12>

Maximising study and minimising stress

<https://theconversation.com/hsc-exam-guide-maximising-study-and-minimising-stress-31476>

Coping with stress in Year 12 – suggestions from past year 12 students

<https://www.youtube.com/watch?v=d9kqV5Abxvo>

https://www.youtube.com/watch?v=Vcww_zAc0vs

Ms Hazim

Senior Campus Principal

Parent Teacher Conferences and Term 1 Reports

Bookings are now open on Compass for parent teacher conferences on Thursday 30th March. Interpreters will be available on the night if required. There are no scheduled classes on this day to allow students to attend conferences with their parents. Each campus will be open from 1pm to 4.30pm, and 5.30pm to 7pm. Term 1 reports will be available on Compass on the evening of Friday 24th March. If you require assistance with Compass please contact the college.

Beacon Ambassadors 2017

Victoria University Secondary College has a long standing partnership with the Beacon Foundation. The aim of the Beacon Foundation is to "Ensure all young people complete year 12 or equivalent and ultimately transition into meaningful careers through connecting schools and industry".

The Beacon Foundation provides our students with opportunities to learn from and interact with people from a range of businesses. These businesses have included: Holcim, Open Universities Australia, Hawthorn Football Club, Toll Australia, Qantas, Intercontinental Hotel Group, Brimbank Melton LLEN, Hutchinson Legal, Melbourne Water and The Myer Foundation.

An important leadership role at the College is to be a Beacon Student Ambassador whose role is to help facilitate the running of the program and encourage student participation. We have had Beacon Student Ambassadors at the College since 2013. Students must apply with a written application and the shortlisted students are interviewed.

I am very pleased to announce the Beacon Student Ambassadors for 2017:

Patience Pyne, Ricky La, Lisa Nguyen, Jayne Seumalii and Neisha Collier.
Congratulations to these students!

Mr Bertagnolio
Careers, Pathways and Partnerships Leader

VUSC Debating

Since the start of Term 1, the VUSC Junior Debating team has been growing. Students meet each week to plan for their topics in order to prepare before Debate Week.

The results for Round 1 are as follows:

Term 1 Intraschool Debating

Year 9

Topic: That Australia should change its national flag.	
Affirmative Team	Negative Team
Chantel Moncur 9A	Arhabella Cuera 9A
Aaliyah Do 9A	Sia Qureshi 9A
Khoa Tran 9E	Franz Justice Dalupang 9A
<i>Won by the Negative Team</i>	

Year 8

Topic: That learning another language should be compulsory.	
Affirmative Team	Negative Team
Isabelle Jose 8E	Mariana Valencia Farjado 8A
Gechai Lual 8E	Tahlee Treverrow 8F
Sharon Tran 8E	Cindy Tran 8F
<i>Won by the Negative Team</i>	

Year 7

Topic: That sharks who kill humans should be killed.	
Affirmative Team	Negative Team
Edith Quoibia 7C	Muaz Qureshi 7A
Samira Zudeski 7C	Ersan Asanoski 7C
Sara Poveda Muneton 7A (absent)	Eurie Amabale 7C (absent)
<i>Won by the Negative Team</i>	

Year 9 Interschool Debating

Topic: That Australia should change its national flag.	
Affirmative Team	Negative Team
Mt St Joseph Girls' College	Arhabella Cuera 9A
	Chantel Moncur 9A
	Franz Justice Dalupang 9A
<i>Won by the Affirmative Team</i>	

Congratulations to these students for aspiring to achieve! If any student would like to join the Junior Debating team please see Mr Troy, or please see Ms Majumdar for the Senior Debating team.

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.

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.

Homework Club

Homework Club runs in the Resource Centre at the Junior Campus from 3.03pm until 3.45pm on Monday, Tuesday and Thursday 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.

One on one help is available if students require assistance with a particular task. Additionally the library is open Monday-Friday mornings from 8.30am.



Sports Corner

Senior Futsal

Congratulations to our Senior Boys Futsal team (right) who played the best game at the tournament with the best goal scored in the tournament. Well done boys!!

Senior Boys Rugby 9's

On Thursday 16th March our Senior Boys Rugby League Team participated in the West Qualifier at Clearwater Drive Reserve, Truganina. Playing round robin games in the 'pool of death' against La Grange, Point Cook Secondary and Hume Central the team managed to win all games convincingly and thus reach the final against our 'old foe' Braybrook College.

In the final VUSC had a slow start and were down 2 tries to 1 late in the first half. However, the team stayed composed and patient and ran over the top of the smaller Braybrook outfit winning 6 tries to two. VUSC played a very committed brand of football and looked dangerous whenever they had the ball. They now progress through to the Victorian finals on May 18. Well done boys!!



Senior Girls Rugby 9's

This was the first ever VUSC girls Rugby League team to play in a tackle competition. Starting off with a few nerves and a fear of the unknown the girls quickly settled down and demonstrated their huge talent, playing some outstanding rugby league. Every member of the team played their role in both attack and defence and despite getting a little tired at the end of the day, the girls went through undefeated. There were many outstanding moments and individual performances but none more than Quidelis Dominic, our College Captain, who stood tall in defence and terrorised the opposition with her willingness to win a collision. All girls are to be congratulated on the way they played throughout the day. They will now play in the Victorian finals on May 18. Great job girls!!



Interschool Volleyball

Senior Boys – Runners Up – lost final in 3 sets

Intermediate Boys – Winners – won final in 3 sets

Senior Girls - knocked out in round robin stage

Intermediate Girls - knocked out in round robin stage



Inter-School Sport Timetable

Note: Students who have signed up to represent the college in interschool sport competitions are asked to please read Compass or see your campus Sport Coordinator for more information about upcoming events.

Term 1, 2017

Week	Date	Sport	Year Level	Location	Coaches
8	Thurs 23 rd March	Rugby League 9's	U/16's	Werribee	TAD, LMA
9	Thurs 30 th March	WMR Swimming	All	Geelong	SSV

Term 2, 2017

Week	Date	Sport	Year Level	Location	Coach
1	Fri 21 st April	VUSC Athletics Carnival	All	Keilor Park Reserve	All staff and SSV
2	Mon 24 th April	Soccer	SB	Keilor Park / Green Gully	TSQ
3	Tues 2 nd May	Soccer	IB	Keilor Park / Green Gully	TSQ,
4	Tues 9 th May	Rugby League	U/18's	Werribee	TAD, LMA
5	Wed 17 th May	Netball	SBG IBG	Altona	AWH, EPO
		Badminton	SBG IBG	Altona	DKE
5	Thurs 18 th May	VUSC Cross Country	All	Junior Campus	PE Staff
5	Thurs 18 th May	Soccer	IG	Keilor Park / Green Gully	CRO

6	Tues 23rd May	Badminton	8BG, 7BG	Altona BC	
		Netball	8BG, 7BG	Altona BC	
7	Mon 29 th May	AFL	SB	Keilor Park	GLE, NSW
7	Thurs 1 st June	AFL	8B	Keilor Park	PWO, PGI
7	Fri 2nd June	Keilor Division Cross Country	All	VUSC Junior Campus	AWH

Senior = Year 11/12

Intermediate = Year 9/10

Junior = Year 7/8

VUSC Athletics Carnival

The annual Athletics Carnival is coming up in the first week of Term 2 on **Friday 21st April**. This event is an important part of our College program, as it provides an opportunity for our College to come together to build relationships and to strengthen the student and staff relationships, while promoting a healthy and positive community.

The total cost for both the swimming and athletics carnivals is \$20, which includes transport fees, entry fee, awards, use of recreational activities, an icy-pole at the swimming carnival and a BBQ lunch at the athletics carnival. A letter will be sent home with students this week.

Sports Academy Update

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).

VUSC Sports Academy Training Schedule – Senior Campus

	Monday		Tuesday	Wednesday		Thursday	Friday
Before School 7:30 – 8:30			Sports Academy Strength & Conditioning			Sports Academy Strength & Conditioning	
Period 1 9:00 – 10:12							
Period 2 10:12 – 11:24							
Period 3 11:49 – 1:03						VCAL Rugby Weights Training	
Lunch 1:03 – 1:51	Soccer DEV Skills TSQ		Sports Academy Strength & Conditioning				
Period 4 1:51 – 3:03			Sports Academy Strength & Conditioning	Rugby Conditioning 2:30 – 3:30	Sports Academy Strength & Conditioning 2:30 – 4:30	Rugby Academy Skills	
Period 5 3:15 – 5:00	Rugby Academy Skills	Sports Academy Strength & Conditioning	Sports Academy Strength & Conditioning	Rugby Weights 3:30 – 4:30		Sports Academy Strength & Conditioning	Sports Academy Strength & Conditioning

VUSC Sports Academy Programs:

- Rugby League Academy (Year 7 -12)
- Soccer Development Program (Year 7-12)
- Netball Development Program (Year 7-8)
- Athlete Development Program (Year 7-12)
- Sport Leadership Program (Year 9-12)

Sport-Coordination 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:

Senior Campus Sport Coordinator – Mr Tony Adam

Junior Campus Sport Coordinator – Mr Lee Maieron

Rugby Coordinator – Mr Tony Adam

Netball Coordinator – Ms Abbey White

Soccer Coordinator – Mr Tony Squeo

Athlete Development Program – Ms Rebecca Hogarth and Mr Tony Adam

Sports Academy Strength and Conditioning Coach – Mr Lee Maieron

Mr Tony Adam

Sport Program Development Manager

New Child Safe Standards

The Victorian Government has introduced new Child Safe Standards this year to manage the risk of child abuse for all children and ensure organisations fully comply with their responsibilities to report abuse.

As professionals who work with children, we play a vital role in protecting children from abuse by responding and reporting any incidents, disclosures or suspicions. We are often best placed to identify signs and behaviours that may indicate that a child has been subject to abuse, or that a school community member or a school staff member may be a perpetrator of abuse.

The seven Child Safe Standards are:

1. Strategies to embed an organisational culture of child safety
2. A child safe policy or statement of commitment to child safety
3. A child safety code of conduct
4. Screening, supervision, training and other human resources practices that reduce the risk of child abuse
5. Procedures for responding to and reporting suspected child abuse
6. Strategies to identify and reduce or remove risks of child abuse
7. Strategies to promote child participation and empowerment

In addition to existing strategies and procedures, Victoria University Secondary College has these policies and documents in place to ensure we fully comply with all seven Child Safe Standards:

- Child Safety Code of Conduct – for staff
- Child Safety Policy and Child Protection Policy and Procedures – available on our website at:

<http://www.vusc.vic.edu.au/college/college-documents/>

Our Commitment to Child Safety is also included in the student planner.

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



Mental health tips for teenagers

By Dr Jodi Richardson, Parenting Ideas

Tips for parents to promote flourishing mental health habits in young people.

For the first time in 15 years, thousands of Australian teenagers named mental health as one of the top three national issues in the *2016 Mission Australia Youth Survey*. Personally, they're concerned about coping with stress, school, body image and depression.

First and foremost, we want to help protect our young people from mental illness, but we also want to know that they can recognise when they need help, and ask for it.

If we can equip our young people with the knowledge and skills to protect their own mental health, in doing so, they're better prepared to support friends who turn to them for help too.

The following tips help promote flourishing mental health in secondary school kids:

1. Help them find a sport or physical activity they love

Physical activity is essential for flourishing mental health. Young people who play sport are more fulfilled and feel healthier and happier about life. The key is helping them to find an activity they love. Physical activity instantly improves mood and can even lift symptoms of depression. Secondary school kids need 60 minutes of moderate to vigorous activity every day but even 15-20 minutes will help improve their mood.

2. Make sure they get plenty of face time

Not FaceTime, face-to-face time! Positive in-person relationships promote psychological wellbeing and happiness. The research clearly shows that people with a variety of strong social relationships live longer, and are healthier and happier.

3. Work with your teen to set screen time limits

A recent *National Stress and Wellbeing in Australia* survey revealed over half of Aussie teens connect five or more times a day (heavy social media use) and 15 minutes before sleep every night. Work with your teen to set limits; consider no screens in bedrooms, tech-free zones in your home, limiting your own screen time and ensuring screen time doesn't encroach on time for physical activity, socialising and relaxation.

4. Teenagers need plenty of sleep

A challenge to get your teenager out of bed in the morning? You're not alone! Teens need around 9 to 10 hours of sleep yet most sleep only around 7 to 8 hours on average. The trouble is that the sleep hormone melatonin only begins to rise in their brains around 11pm and so they can't get to sleep until late.

These practices can help:

- Getting up at the same time each day
- Daily physical exercise, preferably outdoors
- Avoiding caffeine after 4pm
- No screens one hour before bed
- Winding down around 30 minutes before bed

5. Help your teenager develop mindfulness skills

In a nutshell, mindfulness is about paying attention in the present moment. Our teens' minds are constantly overstimulated. A regular mindfulness practice will help them to regulate their attention and emotions; and teaches them to create a lifelong practice of taking time out to become calm, relaxed and in the moment. I highly recommend the Smiling Mind app for mindfulness meditations.

