

Semester 1 – Term 2, 24th May 2017

Important Dates

Junior Campus		Senior Campus	
24 May	Year 7 Immunisations	25 May	VCE Music Performances 6pm
26 May	Cross Country Fun Run Y7-9	31 May	Y10 Drama Performance 7pm
1 June	Junior Soiree	7-15 June	Y10 & 11 Exams
9-14 June	Y7-9 Exams	12 June	Queen's Birthday (school closed)
12 June	Queen's Birthday (school closed)	14 June	Year 12 GAT

Next Newsletter: 14th June, 2017

College Principal's Report

You may have seen the release of the State Budget in early May which included funding for our College to plan for new school buildings. We are very pleased about this announcement which will enable us to start planning for new facilities at our Cairnlea campus in Furlong Rd. In the next few weeks we will appoint an architect to begin drawing up plans and we expect that building will commence once all the planning is completed.

This is a very exciting time for our school community and we will keep you informed of progress via this newsletter and on our website at www.vusc.vic.edu.au.

On 2nd May we welcomed back Mr Cordell, Thea San Jose and Kris Kokkinidis from their China trip. On Monday 15th May I attended the post program forum where the students gave presentations about their experiences and learning. Well done to Thea who co-hosted the entire program! I would like to congratulate both Thea and Kris on their impeccable behaviour and conduct during the tour, they both represented our College very well.



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

Congratulations to our senior music students who performed admirably at the Senior Soiree on Wednesday 3rd May. It was a very entertaining evening and the audience enjoyed listening to our wonderfully talented students. Thanks to Ms Orford and the team of instrumental teachers for supporting the students to achieve their goals. The VCE Music Performances begin at 6pm this Thursday 25th May and the Junior Soiree is coming up next week on Thursday 1st June. These are great opportunities for the school community to come along and enjoy the performances of our music students. We hope to see you there.

The Athletics Carnival held on Monday at Keilor Park was a great day and thoroughly enjoyed by both staff and students. Congratulations to all those students who competed in events and to the winners and place getters. It was pleasing to see so many competitors winning points for their houses. Well done to the PE staff and student teachers who organised a very well run and successful event. The day was an excellent contribution to our college community.

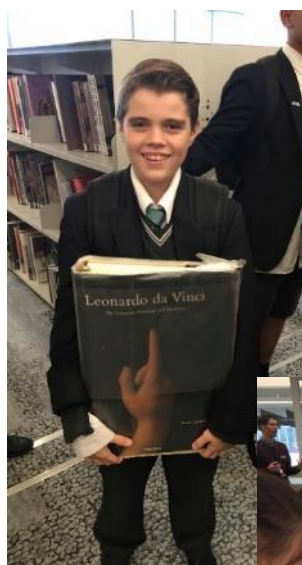
Cheers,

Genevieve Simson
College Principal

VUSC News

AVID Excursion to Monash University

On Monday 15th May the Year 9 AVID class travelled to Monash University in Caulfield to experience life at university for a day and gain an understanding of how universities operate. The students very much enjoyed engaging in a university experience and touring the campus. They also spent time in the university's library to learn how to independently research online and print resources.



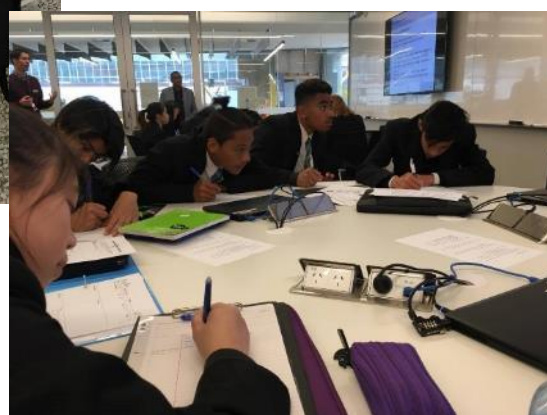
Essential / Optional Items

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.



The 2017 Attitudes to Schools Survey

We want our students to tell us what they think

Our school is conducting a survey to find out what your child thinks of our school. The Attitudes to School survey is an annual student survey offered by the Department of Education and Training. The survey assists schools in gaining an understanding of students' perceptions and experience of school.

Our school will use the survey results to plan programs and activities to improve your child's schooling experience. This year the Attitudes to School survey will be conducted at our school between Monday 22 May to Friday 23 June. The survey only takes 20-30 minutes to complete and occurs during your child's class time.

Students from all year levels at our school will participate in the survey. Your child will complete the survey online during school hours using a purpose built secure online survey tool.

A summary of the survey results will be reported back to the school in Term 3 in our school newsletter. Last year we used the survey results to plan new programs, activities and initiatives that came out of the 2016 survey.

The Department has updated the survey for 2017 to include important new measures that are known to influence student engagement and performance.

Students privacy is our priority

Your child will be provided with a unique login to complete the survey. The student login is an assigned identifier that may be used by the Department to combine data for research purposes only. Your child's privacy and the confidentiality of your child's survey responses will be protected at all times. No identifiable personal data is included in the survey response file. This survey is not a test and your child has the right to refuse or withdraw from the survey at any point before, during, or after completion.

Want to know more?

Please speak to your Campus Principal if you would like more information or see: [Attitudes to School Survey](#)

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. Forms are available at each campus office and must be returned to the General Office of either campus with the original (HCC) or (PCC).

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

It has been a massive couple of weeks for VUSC Sport. Our partnership with Victoria University has seen over 120 students participate in specialist testing at Whitten Oval and biomechanical analysis in the lab at Footscray Park (below).



It is great to see students participate in a high performance environment and be exposed to what it takes to perform at the elite level. We have also had several teams represent the school in Badminton and Netball and Rugby.

Netball and Badminton teams made finals but unfortunately could not progress to the next round. The VUSC Girls Rugby U/18 team performed very admirably at the 9's finals day held at Bruce Comben Reserve, Altona. Going into the final undefeated, VUSC were expected to win. However, a determined Hallam team had other ideas and were able to hold off VUSC to win the final 16-8.

Both teams are to be congratulated on providing a great spectacle. The girls played in great spirits all day and should be commended for their effort and attitude to come out as Runner Up for the state in the senior girls competition (right).



The Athletics Carnival saw us compete in great weather and great spirits across the college with some long standing school records smashed!



This coming week we look forward to our junior badminton and netball teams going out to compete for a spot in the Western Metro Region finals, not to mention our Senior Rugby boys taking on long time rivals Hallam Secondary College at AAMI Park on June 2nd. Make sure to get down and support the boys in their 2nd GIO Cup game. A great few weeks in sport for the college!



GIO Cup

Westfields 44 def VUSC 10

In a history making day for VUSC Rugby League the senior team made their GIO Cup debut against Westfields Sports High School in Sydney. No matter what the outcome, this was a day to celebrate a wonderful achievement to be invited into Australia's most elite schoolboy rugby league competition.

The day started on a sour note when our 8.15am Jetstar flight was cancelled and we were rescheduled 2 hours later. Despite the delay, excitement levels were high and we were able to arrive in Sydney with a positive frame of mind. Playing against last year's GIO Cup winner was always going to be a huge challenge. Unfortunately we did not get off to a good start and Westfields soon had us under enormous pressure both in attack and defence.

Throughout the game the boys tried really hard to compete with their more fancied opponent but struggled to contain their big bodies. This eventually took a toll on them as fatigue started to set in and the scoreboard mounted.

Despite the lop-sided result, the team will take many lessons out of the game on how hard you need to work to 'win the ground' and thus control the speed of the game and what is needed to compete at this level. We look forward to our next game against Hallam on June 2 at AAMI Park. Well done boys!





VUSC Rugby Academy is proud to be in partnership with IVET Institute who provide VET courses and resources to schools.

Soccer

On Tuesday 2nd May, the intermediate boys soccer team competed in the Keilor division round robin. They played 3 matches in total against Copperfield, KDC and Gilson. The day resulted in two wins and one loss. They boys played extremely well and implemented a new structure as practiced in our training sessions on Thursday afternoons. A special mention to our captain Ali Y of Year 10 who lead the team very maturely and ended the day with 5 goals in total. The boys were lucky enough to have a National Premier League player assist in coaching the day and leaving the boys with match reports which can be used to improve their training. Congratulations boys!

It students are interested in joining the Soccer Development Program please see me, as it is a great opportunity for you to work with National and International soccer and futsal coaches and players, especially if you have aspirations of playing soccer at a high level.

Miss Rooks



Volleyball

Congratulations to the Intermediate Boys Volleyball team who played on Wednesday 3rd May and finished third overall. The boys played very well and showed some great sport leadership skills. Well done boys!

Miss White

Upcoming Events

Whole Campus Event

- Year 7-9 Cross Country Fun Run – 26th May

Rugby League

1. GIO CUP

- June 2 - v Hallam SC at AAMI Park (2nd Round GIO Cup)



Term 2 Interschool Sport Timetable

Week	Date	Sport	Year Level	Location	Coach
6	Tues 23rd May	Badminton	8BG, 7BG	Altona BC	
		Netball	8BG, 7BG	Altona BC	
7	Mon 29th May	AFL	SB	Keilor Park	GLE, NSW
7	Thurs 1st 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 Sports Academy Programs:

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

Sport-Coordiators and Sports Academy Staff

If students and parent would like further information about the College Interschool 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 – Miss Carlè Rooks

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

Parenting the in-between years

By Michael Grose, Parenting Ideas

The in-between 'tween' years can be challenging for parents. Here are 5 ways for parents to negotiate these years.



The tween stage is a time when children need their parents but the shift to puberty and the accompanying social pressures means you may have to shift your parenting gears well before you are ready. Here are five ideas to help you stay connected to your tween:

1. Spend real & close time together

Most kids are great when you get them one-on-one, but getting the chance to spend some time away from a digital device or screen with a young person today is seriously hard. But close personal time is how you can talk to your child and provide the support they need during these times of transition. Make the opportunity to spend some idle, chatting time with your tween.

2. Allow them to have two faces

Many children in the in-between years wear two faces. They have a face for the outside world of their peers and one for home and their family. The outside face maybe a little older, and have more attitude than you'd like, so try to gently manipulate that face into something softer. Recognise that the tough or older exterior may be his or her way of coping or gaining acceptance. On the other hand, you may find your tween acts and plays like a young child while at home. Make room for this to happen.

3. Create the path for greater independence

Many children at this age want more freedom and independence, but they frequently don't know how to ask for it. Recognise that healthy development at this stage involves expanding their horizons into different areas of endeavour (hobbies, interests, subjects at school) and around their neighbourhood. Set limits, and expect them to stick to them. Give them more responsibility, not less as they move into the tween years.

4. Explain the changes that are going on

Puberty begins as young as eight for some girls, a little later for boys. It begins before we see any changes to body shape or form. Many children battle their physiology (and their feelings) at this stage, while we parents focus on their psychology ("What's he trying out now?") so calmly explain the changes that are going on while teaching them how to manage their emotions.

5. Remember, it's not personal

I haven't met a parent who doesn't take the cutting/sarcastic/hurtful remarks that a tween can make personally. That's why parenting tweens can be hard emotional labour. It can also be a sad time as your child is moving from one stage to the next. In a sense, you give birth twice - to a child first and then again to a teen. The second gestation is longer and in some ways more painful. But life does get better and more bearable with time.