

Semester 1 – Term 2, 14th June 2017

Important Dates

Junior Campus		Senior Campus	
9-14 June	Y7-9 Exams	14 June	Year 12 GAT
16 June	Report Writing Day (no classes)	15 June	Y10 & 11 Exams
22 June	AVID Symposium 5.30pm	16 June	Report Writing Day (no classes)
27 June	Reports published on Compass	27 June	Reports published on Compass
29 June	Parent Teacher Interviews	27-30 June	Y12 Exams
30 June	Last Day Term 2	29 June	Parent Teacher Interviews
17 July	First Day Term 3	30 June	Last Day Term 2
		17 July	First Day Term 3

Next Newsletter: 18th July, 2017

College Principal's Report

The Victorian School Building Authority has asked me to write an educational rationale for the types of buildings we would like to build at Cairnlea so I have been working on that in recent weeks. This is the first step of the planning process. To begin this process, the staff and I assessed the current school facilities, which enabled me to have a basis for explaining what facilities we need to support improvement in teaching and learning for our students. The next step is to obtain the College Board's input this week about the draft application I've written so I can make any changes they recommend, before it is submitted to the Department for their approval.

The Minister for Education, Mr James Merlino, will be visiting the Senior Campus today to discuss the building program with us. He will be accompanied by Ms Natalie Suleyman MP, and the Regional Director for South Western Victoria, Ms Sharyn Donald. They will tour the campus, observe an AVID and a Music class, meet some teachers and the school captains. We welcome his interest and look forward to hosting the visit.

On Thursday 22nd June the AVID students are holding an AVID Symposium to showcase some of the work they do in class. They will also participate in live displays of socratic seminars and philosophical chairs. Certificates for outstanding achievement in several AVID areas will be awarded on the night. The Symposium will commence at 5.30pm in C Block. All families are welcome to attend.



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

Professional Learning Communities Initiative (PLC)

The Department has recently implemented the Professional Learning Communities Initiative and schools were asked to apply to participate in this program. We are one of the schools that has been accepted into this initiative and will begin working on it in August with a series of Professional Learning days. The aim of the Department's PLC initiative is to build the capacity of school leaders and teachers to improve the learning outcomes for every student through a consistent and sustained approach to disciplined, collaborative inquiry. We have had our first meeting with the PLC Manager and found him to be very knowledgeable. I believe involvement in this initiative will assist us to continue to improve our teaching and learning. Our two Teaching and Learning Coaches will participate in this learning and share strategies with other teachers. Jim Dowie and I will also be involved and leading the team.

Aspirations Program

Each year Year 11 students have the opportunity to be involved in a mentoring program called Aspirations. This program involves lawyers from Hall and Wilcox visiting the school and conducting mentoring sessions with students about possible careers. It also involves these students visiting Hall and Wilcox's offices to take part in some workshops with their mentors. Last week the first day of the program was run at the Senior Campus. It was wonderful to see that a past student of the college, Jovan, who won the Hall and Wilcox scholarship when he was in year 12, was back with us as a mentor and working full time at Hall and Wilcox himself now. So far we have had 4 students win this scholarship and all four are at various stages of becoming a lawyer with Hall and Wilcox.

Upcoming Events

A reminder to Year 9 and 10 students and families that the Later Years Expo and VCAL Showcase is coming up in Week 2 of Term 3. Students will have course counselling discussions in the days following the expo.

In that same week we will have our Sister School students and teacher visiting from China, so we'll be holding welcome and farewell assemblies. Parents are cordially invited to the assemblies. Keep an eye on the newsletter, Compass or the website for dates and times.

Cheers,

Genevieve Simson

College Principal

VUSC News

ABCN Scholarship Foundation Winner: Natalie Noonan-Long

In 2016 Year 11 student Natalie Noonan-Long was granted an ABCN (Australian Business and Community Network) Scholarship. She was one of five successful applicants in Victoria - over 150 students applied! Before discussing the scholarship I want to acknowledge the contribution made by Gail Inniss, Student Wellbeing Leader and teacher Urvi Majumdar in assisting Natalie with the scholarship application.

As part of this scholarship Natalie receives:

- \$7,000 across three years: \$2,000 in Year 11, \$2,000 in Year 12 and \$3,000 in her first year of University/TAFE. The funds can be used for school fees, tuition, home or laptop computer, books, study aids, stationery and internet access
- A dedicated mentor from the ABCN network of businesses. Students and mentors typically meet four times during the first year, including two formal functions. During their meetings, participants will discuss goals, aspirations, challenges, achievements and areas for development.



Natalie's mentor is Colleen Maguire from Microsoft. After an initial meeting at the College, they recently had a very productive leadership session at Docklands. The highlight of the program this year is a two day summit in Sydney where Natalie will meet and work with scholarship winners from around Australia.

We hope to see other students follow in Natalie's footsteps in subsequent years. Congratulations Natalie!

Mr Bertagnolio

Model United Nations Conference

Year 11 AVID students May Qureshi and Yedidya Ephrem participated in a model United Nations Conference at Government House recently, with the College's Debating Coordinator Ms Urvi Majumdar and AVID Leader Ms Athena Vass.

The conference focus was *Achieving Gender Equality: Empowering Women and Girls*.

Students were asked to prepare a 3 minute position statement on the resolutions provided by Government House in relation to Gender Equality. We were allocated the country of Germany, so as representatives of Germany, we were required to research the country's history and profile, as well as its views and values in relation to Gender Equality.

All delegates were invited to debate the resolution and relative clauses provided by Government House, expressing their country's views and seeking the views of other countries; this was a very powerful way to learn about other countries and, in particular, the factors affecting their progress.

Yedidya and May were outstanding contributors to the debate and collaborated effectively with all countries represented; they were also up against some teacher teams, and this did not phase them at all. They spoke confidently and passionately, representing our college with pride.

Well done Yedidya and May for adding this task to your busy schedule of exam preparation! Great role models for all students!

Ms Vass

From the Wellbeing Team

The Exam Season is upon us!

While the mid-year 'Exam Season' has already arrived for Years 7 through to Year 11, our Year 12 students still have another couple of weeks before their Examination period commences. All staff and families hope that studying for these Exams will generally be perceived as an opportunity to review the semester's work and come to see how all of the different aspects of a subject that were studied in the semester fit together. We also all hope that the experience of sitting the exam will be perceived as nothing more than a great opportunity for students to demonstrate what they have successfully learned during the semester.

However even with such a 'growth mindset' it is still quite normal for some 'stress' to be felt whenever we do any kind of test or public performance. We need to remind ourselves that that such stress can be very useful if it motivates us to either do or appear our best.



A review of the following resources, previously distributed to students at the beginning of the year, may be of particular help to our year 12 Students as their exams approach:

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=Vcwv_zAc0vs

Talking, reaching out to others:

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

Maximising study and minimising stress

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

Looking after yourself in Year 12 exams

<http://www.education.vic.gov.au/about/news/archive/Pages/abcyear12.aspx>

Surviving Year 12

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

Study habits that are good for the body

<http://au.reachout.com/5-study-habits-that-are-good-for-the-body>

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).

Please note that the last day applications for CSEF can be handed in is Friday 30th June.

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.

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 14 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

GIO Cup - Hallam SC 34 def VUSC 12

In an historical day for Victorian Schoolboy Rugby League the first ever GIO Cup game was played at AAMI Park between arch rivals VUSC and Hallam Secondary College.

VUSC started the game off well but unfortunately back to back penalties gifted Hallam good field position and they were good enough to convert this into points with a try after 8 minutes. The next passage of play was all VUSC, who peppered the Hallam try line for an extended period but unfortunately could not get across it. This was a little disappointing as a number of missed opportunities went begging. To make matters worse Hallam were able to score just before halftime which left VUSC 12 nil down at halftime.

The 2nd half turned out to be a seesawing affair. Hallam scored first to extend their lead but then VUSC found their mojo and roared back into contention with 2 converted tries and a 18-12 score line with 15 mins to go and all the momentum. Unfortunately, VUSC's defence did not stand up under pressure and fatigue, and Hallam responded well to post a further 3 tries and win the game.



Despite the loss, VUSC can be proud of the way they responded after halftime to at least give themselves a chance to win the game and didn't stop trying right to the end. Again many lessons were learnt about what is required to compete at this level and the importance of doing the little and hard things well for the duration of the game.

The game was well supported by students, teachers and parents from both schools which helped to create a fantastic atmosphere. We look forward to our last game in the GIO Cup against Illawarra Sports High early next term.

Mr Adam

Keilor Division Cross Country

VUSC was lucky enough to host this year's Keilor Division Cross Country Championships at the Junior Campus. The event saw all schools submit a team to run over either the 3km or 5km track. VUSC boasted a stellar team of 47 runners, which allowed us to take out 3rd place overall falling just short of very strong outfits from Copperfield and Gilson. After some great individual and team efforts we were able to qualify 19 students to progress to the Western Metro Region Championships on 22nd June including all 5 members of our under 13 girls team which is an awesome effort.

Thank you to all students who competed on the day and represented the college in great spirits! We look forward to seeing runners give their all at the Western Metro and hopefully push on to State Championships. Well done!

Representative News

Congratulations to the following students for making representative teams:

Rugby League

- Victorian U/18's Boys – Trent Toelau, Nikau Williams, Uala Salia, Brandon Saena

- Victorian U/16's Girls – Rebecca Dominic
- Victorian U/15's Boys – Compton Fuatimau
- Victorian U/12's Boys – Matagie Punefu

Rugby Union

- Victorian U/18's – Haloti Fonua

AFL

- Western Bulldogs U/16's Academy - Sheyenne Love

Interschool Sports Timetable

Term 3, 2017

Week	Date	Sport	Year Level	Location	Coach
1	Fri 21 st July	Basketball	SBG IBG	Altona Sports Centre	WDI
		Table Tennis	SBG IBG	St Albans SC	TBC
2	Fri 28 th July	AFL (Female)	All Girls	TBC	DKE
	Mon 24 th July	Rugby League	78BG	TBC	TAD, LMA
	Thursday 27 th July	Rugby League	IBG	TBC	TAD, LMA
4	Tuesday 8 th August	Volleyball	7BG 8BG	Copperfield and Gilson	RHO
5	Friday 18 th August	Rugby 9's	7BG 8BG IBG	Keilor Park	TAD, LMA
7	Thursday 31 st August	Table Tennis	8BG, 7BG	St Albans Secondary College	TBC
		Basketball	8BG, 7BG	Altona Sports Centre	WDI, PWO
8	Friday 8 th September	Keilor Division Athletics	All	Keilor Park	SSV
10	Wednesday 20 th September	Hockey	7BG 8BG IBG	TBC	TBC

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

How Parents Can Help Students In The Senior Years Of School

Published on Generation Next website

When you have a student completing the senior years of school, everyone in the family is doing Year 11 or 12. Here are a few ideas for coming through these years flourishing, and having everyone's dignity intact. Parents have a vital role in helping students:

- Manage time;
- Manage energy;
- Manage stress;
- Manage to get everything in at the right time and in the right place.
- In addition to this you have to manage yourself.



Developing the System

Regular planned times for study throughout the year creates better results. Short regular sprints of learning are more effective than long study marathons. To create this you need to work out a system.

Sit down with your student and map out an ideal week including:

- Times for sleeping (at least 8 hours a night);
- Times for unwinding and relaxing;
- Best breakfast foods;
- The best times for study;
- The best time of the week for consolidating notes and extending memory;
- Time to catch up with friends;
- Required school hours;
- Time for part time work (less than 10 hours a week);
- How to handle invitations around exam times.

Without a plan, you are simply left with doing what you like when you feel like it and often feeling like studying is not the most likely emotion in teenagers' lives. Study sprints should be ideally 20 minutes long and never longer than 50 minutes with a ten-minute break between study sessions.

Usually on the weekend, have some time set aside for organising information and testing memory of new information.

Patiently, talk through the system until you all feel that you have the best plan. Ask them how often you should remind them of the system when they don't seem to be following it.

You may also need to discuss minimizing distractions - excessive social media use, listening to music while studying, multi-tasking or chatting with friends online is not compatible with studying. Multi-tasking is just splitting your attention and means you'll need to study four times longer than you need to.

As a parent of a senior school student, keep yourself informed. Come to information sessions and parent-teacher meetings yourself. Stressed students don't always store detailed information well so take notes of key dates and requirements.

Steering students back to the system

It is hard to get through Year 11 or 12 without some meltdowns. When a meltdown occurs, rather than starting a long conversation about it or providing a motivational pep talk, think about what your student needs – Food? Rest? Exercise? Some social time? Try to quietly arrange for this to occur.

How to deal with the catastrophic thinking

Pacifying or reassuring the unsettled senior school student is a fine art. Acknowledge to yourself in advance that anything you are likely to say is probably going to be heard as the “wrong thing”.

Generally what you do is more important than what you say. Providing meals, comfort and for some, reassuring hugs is often more powerful than words.

Some teens “freeze up with fear” and want to avoid schoolwork completely. Try to avoid getting into lengthy debates about the merits of the current educational system or their own intellectual ability. Instead, go back to basics. Feed them. Hydrate them. Rest them. Then gently bring them back to the topic. Ask them to tell you what they do understand about an issue. If they will initially reply with, “I know nothing” say, “Well, tell me what you think you know”. Slowly rebuild confidence.

What to do when the system breaks down

When you are planning the system develop a rule of “never miss twice”. We know there are days when even the most well thought through system falls into tatters. Accept this but also plan never to miss twice. For example, I can take a complete break from my study routine for one day but not for two days in a row.

Around August is the most common time for students to become disheartened and lose motivation. However the work done in August and September probably adds more to the final results than any other stage of the year. The reason is that by this time most of the basics have been covered and we are now able to add the higher order thinking and deepen understanding.

If taking on new information seems too much at this time, go through the process with them of organising information, drawing up flow charts, making memory aides and consolidating notes.

What if my teenager won't listen to me?

Have a confidential chat with one of their key teachers so that they can have a conversation with your student directly about their progress and study strategies.

How to deal with the build up to exams

Here is the time to trust the system. Keep things as calm and consistent as you possibly can. Ensure that your student has enough sleep, good food, exercise and social time.

Consider ceasing your child's part time work in the lead up to exams. Also discuss not using or at least, lessening the use of social media sites.

If your family has major birthdays during this period it may be worth delaying celebrations until after the exam period.

It is not the end of the world

Your student's Year 12 result is not their future. There are many other more important and powerful determinants of success and happiness in life.

Many people who did not get the Year 12 results they wanted find careers where they thrive.

Above all, remain calm and believe in your student. Adding an anxious parent to a panicking teenager is always a recipe for disaster.

– Andrew Fuller