

## Semester 2 – Term 3, 20<sup>th</sup> September 2017

### Important Dates

Junior Campus		Senior Campus	
18-20 September	Dental Program	19 Sept – 3 Oct	China Sister School Trip
19 Sept – 3 Oct	China Sister School Trip	19 – 22 Sept	Year 12 Practice Exams
21 September	Parent Teacher Interviews	21 September	Parent Teacher Interviews
22 September	Last day of Term 3	22 September	Last day of Term 3
9 October	First day of Term 4	9 October	First day of Term 4

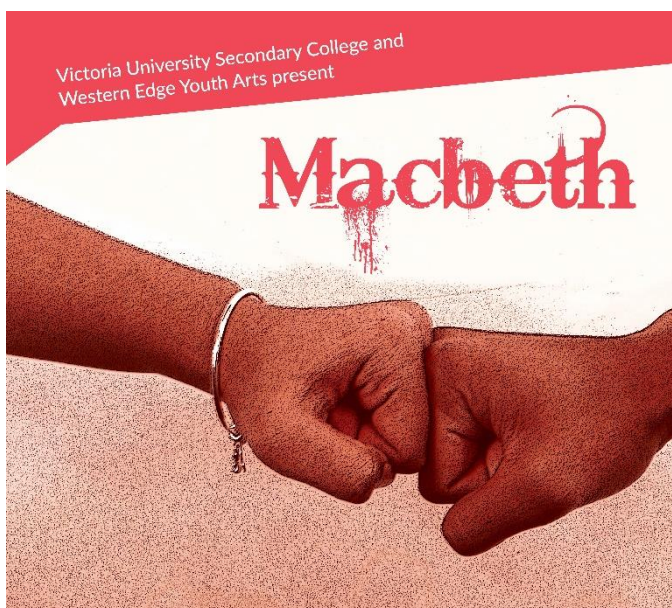
Next Newsletter: 16<sup>th</sup> October, 2017

### College Principal's Report

Congratulations to our brilliant Performing Arts students who put on an outstanding performance of Shakespeare's final tragedy, Macbeth last week. After months of rehearsals, the students' acting was highly polished and it was clear that they all had a great time performing the show to enthusiastic and appreciative audiences.

A special thank you and congratulations to Casey Nicholls, Drama teacher for her passion and dedication. A massive thank you to Western Edge Youth Arts for supporting our students and working tirelessly with them.

Well done to all for achieving such excellent standards and not accepting anything less! It was a night not to forget. We are very proud of all involved.



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All Year 12 VCE students and Year 11 students studying a Unit 3-4 subject have the opportunity to sit a practice exam in each of their subject areas this week, the last week of Term 3. Students are provided with an authentic exam experience. The purpose of the practice exams is to support the revision process, help build student confidence and maximise their performance in preparation for final exams next month. The practice exams are an effective way to develop a revision strategy prior to final exams and to learn how to communicate knowledge to the examiner in an appropriate way.

VCAL students presented and taught their RU OK lessons to our Year 7 students last week, which they thoroughly enjoyed. The VCAL students used our current teaching strategies to teach the classes which was fantastic to see. As part of their project the students also ran a sausage sizzle and an 'out of uniform' day at the Junior Campus to celebrate the success of RU OK day. This was well received by all. Well done to Miss Kelly, Ms Boskovic and the VCAL students involved.

On 29<sup>th</sup> August, our music students performed at the annual 'Network Concert' or, as it is referred to now, the Deer Park and Sunshine Arts Festival, which has been running for over twenty-five years. This year, the concert was made up of performances from four local Primary Schools - Deer Park North PS, Deer Park West PS, Cairnlea Park PS, Sunshine North PS as well as VUSC. Thank you to our dedicated staff, Miss Orford and Mr Grech, for all their hard work in training and supporting our students to achieve their goals in music.

Parent /teacher interviews are coming up on Thursday 21st September. There are no scheduled classes on this day as students are required to attend interviews with their parents. Interim reports will be available on Compass for parents to view and download from Wednesday 20th September. Please book your interviews via Compass as soon as possible to discuss your child's progress with their teacher.

A reminder to parents that students must be wearing their summer uniform in Term 4. Families may purchase uniform items at PSW in Westwood Drive, Deer Park or try the second-hand shop online at [www.sustainableschoolshop.com.au](http://www.sustainableschoolshop.com.au).

I wish you all a safe and happy break and we look forward to seeing you all back on Monday 9th October.

*Elaine Hazim*  
Acting College Principal

## VUSC News

### **AVID TEDx Consultation**

The TEDx Consultation we attended recently was very interesting and collaborative. There were two representatives who talked to us about what TEDx is and how they wanted to focus on issues regarding teenagers.

We were consulted about what issues bothered us and what issues matter to us the most. Some issues that arose from our conversations include: bullying, cyberspace, and family violence. It was really nice to hear everyone's opinions on certain issues and why they care about it. We participated in some minor games which helped us to be comfortable around each other, such as "Ha!".

In the end we all made a comment on each issue which was a really nice way of expressing our opinions and feelings of each one. I hope that other students will get the chance to participate in other programs just like this and I would also like to thank the TEDx representatives for coming and giving us their time.

***Arhabella Cuera 9A***



## **Entrepreneurs UnLeashed Program**

On Thursday 7<sup>th</sup> September, Jen Grech and Patience Pyne from Year 10 attended an Entrepreneurs Unleashed Program at Ernest and Young, a major international accounting firm. During this intensive program, the girls learnt how to present and communicate business ideas and they also had the opportunity to network with a range of people, including students from other schools, program coordinators and executives from Ernest and Young and The Commonwealth Bank.



In the afternoon session, the girls then had the opportunity to pitch their business concept to the various business people and executives at Ernest and Young and The Commonwealth Bank. Both girls are to be commended on their achievement in this program. Well done Jen and Patience!

***Liz Pocklington***

***Senior Accounting Teacher and VET Leader***

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## **National E-Smart Week September 2017**

*Where communities come together to encourage everyone to be smart, safe and responsible when using digital technology.*

On Tuesday 12<sup>th</sup> September, Michael Nelson of 8A facilitated in an e-smart workshop with other students. Here he writes about what the group discussed:

“We looked at our school values and brainstormed in groups how we can build a better and safer school community. We discussed some of the ways of dealing with cyber bullying if you see something online: -

Speak to a trusted adult – Parent/Teacher  
Block the cyber-bully  
Don’t take the words seriously  
Seek support  
Remember to use appropriate behaviour and be kind online.

I love that my school is an e-smart school as it means our school uses smart, safe and responsible use of information technology. It is part of our culture where we can come together and tackle cyber-bullying. The workshop explored ways we could use e-smart to embrace our school values and make our school a safe place for everyone to be.”

***Michael Nelson 8A***

***Group Facilitator***

Visit the College website to learn more about eSmart at: <http://www.vusc.vic.edu.au/college/we-are-esmart/>



## 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.

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## 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

Another huge few weeks for sports at VUSC has seen our students progress to the **Melbourne Storm Cup Final** and also the **Western Metro Division Athletics Championships**.

Our senior Rugby League side showed a dominant display against some quality competition in Hallam Secondary College and Mount Ridley SC to gain VUSC a spot in Storm Cup Final. The boys will have the opportunity this Friday 22<sup>nd</sup> September to play at AAMI Park as a curtain raiser for the Melbourne Storm Preliminary Final. For anyone who has tickets to the Storm game already make sure you get down and support the boys for a 5:45pm kick off. Congratulations boys!!



Last week also saw VUSC compete in the Keilor Division Athletics Championships. Congratulations to everyone who competed and represented the college with great pride. 19 of our athletes received 1st place ribbons which will see them compete in the Western Metro Division championships on Thursday 21st September.

Make sure you wish our athletes good luck and get down to AAMI Park if you can to support the Rugby team.

## Interschool Sports Timetable

### Term 3, 2017

Week	Date	Sport	Year Level	Location	Coach
10	Wednesday 20 <sup>th</sup> September	Hockey	7BG 8BG IBG	TBC	TBC

### **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

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## **Develop a resilience mindset**

by Michael Grose, Parenting Ideas

***How to approach a resilience mindset to look after your mental health and well-being in order to develop a sense of lasting resilience in your kids.***

There are two ways to get fit. You can start a fitness regime which may include joining a gym, hitting the road chalking up heaps of kilometers or take up Pilates, aerobics or one of the many exercise classes available. In other words, you make some big changes designed to bring some immediate results.



The alternative is to develop a fitness mindset and begin to make small adjustments to different areas of your life. Walk to the shops rather than drive. Spend more time in the garden and less in front of the television on weekends. Walk up stairs rather than take lifts. You won't get the instant results that come from adopting a more serious fitness regime but you are more likely to get lasting results over time that the lifestyle adjustments that come through adopting a fitness mindset brings.

The same approach applies to our mental health and well-being. You can make large lifestyle adjustments including taking a less stressful job, making a sea or tree change, giving up alcohol altogether and taking up meditating. These are the types of changes people make as a result of a health scare, or a breakdown of some sort. You can take the gentler approach, adapting a resilience mindset and looking after your mental health and well-being on a regular basis. This is preventative by nature and increases the likelihood that you stick to the changes you make.

**Here are some simple things to do to help you develop a mindset for resilience:**

### **1. Watch your self-talk**

Become more aware the messages you constantly send yourself. The little voice in your head can have a catastrophic impact on you if you let it. It can talk you into the blues, lower your self-esteem and build mountains out of molehills if you let it. Once you are aware of its impact you can switch it off or change its negative chatter to something a little more positive. Both take practice. It's not as easy as it sounds altering the patter in your head but you can work at it.

## **2. Watch your language**

Build an awareness of your language and its impact on your well-being. You can easily catastrophise about the simplest events and you feel like the sky is about to cave in, or you can moderate your language and things won't seem so bad.

## **3. Build in regular down-time**

As a professional speaker I know how easy it is to take bookings for back-to-back presentations week in, week out as the lure of building a healthy bank balance becomes too hard to resist. Working flat out without a break is a fool's game. I've learned from experience to build regular down-time into my schedule, so I can maintain my passion and enthusiasm for my work. When you have a resilience mindset you see the value of down-time to your well-being and you see the positive impact that it has on your relationships. You recognise that you smile more and you have more energy for the people and activities that you love.

## **4. Get plenty of sleep**

We are only beginning to make the links now between sleep and personal well-being. Mothers of newborns know what sleep deprivation is like. It's debilitating. You can't function properly and you become easily depressed. Many people spend much of their lives experiencing some form of sleep deprivation, and they compensate by taking regular caffeine hits, drinking alcohol and..... . When you develop a resilience mindset you'll value sleep more, and look for opportunities to get a good night's sleep.

## **5. Have something that energises and relaxes you**

My dad used to say that everyone needs a hobby. He's right. An interest outside of work or family is a boon for your state of mind. Kids generally have few problems in this area, but adults can easily lose sight of the fact that we need to have something in our lives that energises us and also makes us interesting.



## **6. Stay flexible and realistic in your thinking– don't get locked into 'must do' thinking**

Watch your language to see if it's full of absolute, imperative terms such as: "I must always be on time....", "They should always use good manners..." , "they never do anything to help ....." If this is you, then you may be stuck with an inflexible, unrealistic thinking style that causes you a great deal of stress. If so, then catch yourself and wind your language back. "I must always be on time....." becomes "I will try to be on time, but sometimes I can't be...." , "They should always use good manners....." becomes 'I would like it if they were well-mannered but sometimes they aren't.....', "they never do anything to help....." becomes "they are sometimes helpful but at times they forget...."

If you are not convinced that looking after your well-being is a good idea then I'd like to appeal to an altruistic motive. When you develop a resilience mindset you get a greater understanding of what resilience is about and are in a far better position to develop a sense of lasting resilience in your kids.