



VUSC News

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Create the Future

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Principal's Message

Dear Families,

After all these months, we finally have our whole school back on site this week. It has been a very smooth and positive start for our students. Students have been happy to be back and seem to have developed a strong determination to get back on track as quickly as possible. We have had no issues at all about mask-wearing or any of the COVID-safe rules.

I really need to acknowledge how calm, supportive and positive our whole school community has been throughout this whole trying time. I particularly want to recognize the amazing work our teachers and support staff did to keep students connected and engaged with their learning. We seem to have come through in remarkably good shape thanks to the determination and positivity of our students, parents and staff.

One of the hardest-hit groups this year have been the Year 12's. They have done a brilliant job to remain disciplined, motivated and connected to their learning and they continued to show their strength and determination every day. Our teachers are working hard to ensure that their results in VCE, VCAL & VET fairly represent their ability and are not negatively impacted by the closures, disruption and hardship caused by COVID-19 once again.

On behalf of staff and the College Board, I would like to wish our VCE students all the very best for their exams this term. Year 12 exams run from Wednesday 27th October to Wednesday 17th November. I encourage all VCE students to make this year count by studying hard and doing their absolute best to finish the year as well as they can.

I want to thank all of you very deeply for your fantastic support. The commitment and strength of our community has held us together so well and will allow us to move forward to ensure that our students really do have the most positive future we can give them.

A reminder that the school will be closed next week on Monday 1st and Tuesday 2nd of November. Students should use their time at home to complete any outstanding work and/or revise for exams.

Year 12 Farewell

2021 has certainly been a very difficult and challenging year for everyone, in particular our Year 12 students. To farewell our Year 12 students on their last day, the school organised for a catering company to provide snack packs, a silent disco and some organised games for them on Wednesday 20th October outside on the basketball courts. Throughout the morning we followed the Chief Health Officer's rules ensuring we kept a 1.5m distance with masks on. I am very proud of the way the Year 12 students behaved and conducted themselves throughout the event and the respect they showed each other and their teachers was outstanding.

Year 12 Graduation

With the new road map now out, VUSC is planning to have parents present at the Year 12 Graduation which will be held in the school's gym. Unfortunately, due to the COVID-19 restrictions we had to cancel our Lakeside Reception venue, but we are planning to make sure our Year 12s along with their parents have a memorable graduation. To make this happen we have decided to hire a professional photographer to take photos of the students in their graduation gown with their parents. The school will pay for the photos and will have them mailed to the student's home address. The mini-Graduation Ceremony will take place at the Senior Campus on Thursday 16th December.

Step Up Programs For 2022

This year all year levels from 7 to 11 will have their Step-Up programs commence straight after the exams. Our intent is to provide students the opportunity to experience their classes for 2022. This means that students have an idea of what to expect prior to starting in Term 1

next year. The program is very successful in preparing students for the next steps in their secondary school journey and helping them to connect with their classes, subjects and teachers. Those in VCE next year will have some homework to complete over the break but will still have plenty of time to relax and recalibrate prior to starting next year.

Be Well, Be Successful Program

Last year, VUSC initiated an inaugural whole day event for Year 11 students called '*Be Well, Be Successful*'. This event aligns with the Department's Term 4 priorities for students returning from remote learning (Mental health and wellbeing, Learning, Transitions).

The transition from remote learning whilst important for all our students, was/remains particularly important for our Year 11 students going into their final year of schooling in 2022, given the impact of lockdowns on their mental health and wellbeing, which is an integral part of their learning engagement and achievement. Therefore, the Student Wellbeing staff and Principal team have once again developed targeted workshops to equip our Year 11 students with evidence-based strategies and tools to empower them, develop and sustain their learning confidence and growth mindset, and promote resilience before they commence their step-up program into Year 12.

The four workshops that will run in the *Be Well, Be Successful* program are:

1. Change & Resilience
2. Gratitude & Mindfulness
3. Moving Forward & Growth Mindset
4. Feedback & Q&A

Dream Big Music Festival

Congratulations to Year 11 students **Ersan Asanovski and Andre Arcega** for their involvement in the Dream Big Music Festival recently.

The Festival is an annual collaboration between LIVE FM, the Royal Children's Hospital and schools in the western suburbs, that is broadcast live on RU OK Day. This year, the focus was on spreading positivity during the lockdowns through music. Ersan and Andre were lucky enough to be selected for this project and composed an original song called 'Galaxy' for the broadcast. The song was written during Term 3 as an improvisational piece that explores different guitar techniques. The video shown during the broadcast contained footage of the students playing in the music block on a Friday afternoon during Term 3, as well as footage of the mixing process by our guitar teacher Nguyen Pham.

Well done to Ersan, Andre, Nguyen and Miss Orford for their awesome work and representing our College so well!

Congratulations

Congratulations to the following staff who have had babies recently!

Welcome into the world Alice Le, baby daughter of Mr Le who teaches IT at the Junior Campus, and Roxas David Eugenio, baby son of Mr Eugenio who teaches Art at the Junior Campus. Huge congratulations to you and your families!

We are moving!

We are excited to announce to our school community that our Senior Campus will be located at the new site in Cairnlea from 2022. That means that all Year 10, 11 and 12 students and staff will be moving to the new campus. Our phone number will stay the same - 8312 0200 - and the new address is 43 Ken Jordan Rd, Cairnlea.

The St Albans campus will stay open as we will continue to use the gym facilities for PE classes, exams etc, as there is no gymnasium at Cairnlea. We will let parents/carers know the details of how this will work next year.

Elaine Hazim
College Principal

Child Safety at VUSC

Victoria University Secondary College is a child safe organisation committed to protecting students from all forms of abuse.

Our College has stringent protocols in place and endeavours at all times to be fully compliant with the Child Safe Standards set out under Ministerial Order 870.

Our College has the following documents and policies in place to achieve compliance with the Standards. All of these documents are available for downloading on our website or contact the school for a copy.

1. Commitment to Child Safety
2. Child Safety Policy
3. Child Safety Code of Conduct
4. Child Protection Policy and Procedures



Important Dates

Home Study Day - no classes online or onsite

Monday 1st November

Students may use this day to complete outstanding tasks or revise for exams.

Year 12 Exams will run at the Senior Campus. The Junior Campus will be closed.

Melbourne Cup Public Holiday (school closed)

Tuesday 2nd November

Year 10 and 11 Exams begin

Wednesday 3rd November

All Year 7 - 11 students return to school full time

Wednesday 3rd November

Staff Exam Correction Day - Senior Campus (no senior classes)

Friday 12th November

Year 11-12 Step Up Programs begin

Monday 15th November

All Year 11 VCE and VCAL students are required to attend their classes during the Step Up program as teachers will commence the 2022 curriculum and provide set work to be completed over the Christmas holidays. VCAL students only need to attend on Mondays, Wednesdays and Fridays each week.

Year 10-11 Step Up Programs begin

Monday 15th November

All Year 10 students are required to attend their classes during the VCE/VCAL Step Up program as teachers will commence the 2022 curriculum and provide set work to be completed over the Christmas holidays. Students going into VCAL only need to attend on Mondays, Wednesdays and Fridays each week.

Year 7-9 Exams begin

Friday 19th November

Year 1 VET Orientation Day for 2022

Tuesday 23rd November

Year 10 Immunisations

Wednesday 24th November

Staff Exam Correction Day - Junior Campus (no Y7-9 classes)

Friday 26th November

To view a full calendar, please click [here](#).

Felicity Issue 2



Hot off the press!

Issue 2 of Felicity, VUSC's student-run literary journal is now available at the office!

This volume contains engaging creative writing, interesting poetry, and exemplary essays and reports on a range of topics, all written by VUSC students. Pick up your copy today!

Thank you to all the students who contributed to this issue.

Submissions are now open for Issue 3 of Felicity.

Students from years 7 to 12 at the college are encouraged to submit written pieces to felicity.vusc@gmail.com or send them directly to Editor in Chief, Brooke Moncur, via a message in Teams.

A message from the Student Wellbeing Team



Mentally Healthy Habits to hold on to when schools and communities reopen

Good mental health is when we can cope with the stressors of our daily lives, participate in loving relationships, contribute to our community and work towards our goals. Everyone has mental health. And we can all benefit from looking after our own mental health and the mental health of our communities.

Lockdowns, social distancing requirements, travel restrictions etc have heightened the importance to us all, that prioritising our mental health and wellbeing is always important, and perhaps for some, more important than ever right now, with schools and communities reopening.

As we know, the attitudes and behaviours that we model to our young people is so important, so here's to our maintaining our own mental health, including: staying active, getting a good night's sleep, eating well and being kind to ourselves.

As parents and carers, it is important to remember that disruption to school, activities and routine can affect your child's mood, motivation, sleep and ability to function at full capacity. This also applies to us as parents or carers. Perhaps things, that normally wouldn't bother you are now making you upset, angry, anxious, sad, frustrated. These are common experiences at times like this and it's important that we remember other people might be feeling the same way.

It is not unusual for you or your child to be feeling a bit flat or a little less motivated. It is helpful to remember to pay attention to any changes in how we and/or our children are. You might notice signs of reduced tolerance, fatigue, low mood, decreased motivation, changes to sleep, concentration or appetite.

It is important to check in with yourself and your child.

- Inquire - open a conversation with your child - ask about anything you've noticed or just how they are feeling.
- Listen to their experience, try to make sure they feel heard and understood, ask them how they are looking after themselves.
- You might provide some support or gentle encouragement to reconnect with things that help them stay balanced and grounded. That might include reconnecting with people, exercising, resting, or taking time for things that are important. This can help them feel supported, understood and keeping up these activities will help improve mood, improve motivation, and connection.
- Most importantly remember that how you notice and look after yourself can be one of the most important ways you support your child

It's important to remember that changes to how you feel in lockdown is usually a typical response to an unusual situation. Things like mood can improve if we pay attention and are conscious of finding strategies that work for us. Remember that what works for each of us is different.

Read more at: [Mentally healthy habits to hold on to when schools and communities reopen \(education.vic.gov.au\)](https://www.education.vic.gov.au/mentally-healthy-habits-to-hold-on-to-when-schools-and-communities-reopen)



Year 12 Jackets

Parents/carers are advised that Year 12 commemorative jackets for 2022 must be ordered and paid through the PSW website.

The jackets cost \$110 each and will be available to order from **Friday 5th November until 12pm Sunday 21st November. Orders will not be accepted after the deadline.**

Please check your fit using the size guide:



PSW_Year 12 Jacket Size Guide.pdf

Click on the link below to order (this link will be active from Friday 5th November):

<https://www.psw.com.au/18496-1118855-18496-11.html>

Please note, the jackets are non-refundable and only the 2022 Year 12 students are able to order these jackets. The jackets will be delivered to our school and will be available next year during Term 1.

If you have any queries please contact the office on 8312 0200.



Respectful Relationships

Victoria University Secondary College is implementing the Rights, Resilience and Respectful Relationships (RRRR) Program.

Over the next few months, information will be provided on how to create respect and equality through social emotional learning.

Positive Coping.

Positive coping strategies are any actions that help manage and reduce stress, in a way that isn't harmful or detrimental in the long term.

When children and young people develop a language around coping, they are more likely to understand and utilise positive coping strategies. Through identifying and discussing positive coping, including utilising positive self-talk, children and young people will build on existing strategies, reflect on maladaptive coping strategies and find the right strategy for the right time.

There are many ways you can help identify and support positive coping at home:

- Reflect on your own coping strategies. How do you regulate your own behaviour?
How did you form your own positive coping strategies? Do you find these strategies

work in all situations? Has your child/family adopted some of your own coping strategies?

- Reflect on self-talk and discuss positive self-talk and strengths with your child.

‘When I presented at work today, I felt nervous and anxious that I would make a mistake, but then I remembered that I am brave, open-minded and resourceful. I can make mistakes and still be okay.’

For support in having these conversations please contact:

Parentline 13 22 89

Lifeline 13 11 14

Kids Helpline 1800 55 1800

Headspace 1800 650 890



Community News

Advice for Parents & Carers about TikTok

One of the online platforms that our young people enjoy engaging with is TikTok. As with all social media, there are both positives and negatives that come with using these platforms. Please find attached a guide to TikTok that will alert you to some of the challenges that come with using this form of social media.

 TikTok.pdf

VCE Tutoring Available

Tommy Le is a past VUSC student who is available to tutor VCE students in Mathematical Methods and Physics. Tommy can be contacted on mobile 0414 051 716 or via email at tommyle48@hotmail.com.

Studiosity - Free Online Tutoring

Did you know that Brimbank Library members have free access to Studiosity for online, after-hours, one-to-one help with homework and study questions?

Studiosity is a free online tutoring program, which provides study help to all students and community members.

Studiosity employs subject matter experts who are available 24/7 to provide quick one on one tutoring support to students of all ages from grade 3 to postgraduate level.

Students can also upload their essay and written work and receive feedback within 24 hours.

From primary school to university students, Studiosity is able to help across a wide range of subjects and questions through [Brimbank Libraries' website](#). Call 9249 4000 for more details.
