



## VUSC News Issue Five

Dear Parents/Guardians,

This week we welcome back our staff and our VCE, VCAL and VET students. It's great to see everyone back again in the classroom. We also look forward to our Year 7-10 students returning on 9 June. I would like to thank and commend our entire school community for their amazing work, tenacity and resilience during the remote learning period.

Students are reminded to be in their full winter uniform this term. The school scarf can also be worn and is available for purchase at the office for \$15.

Please ensure your child brings their device to school every day and their headphones in case they need to access online learning, with their teacher's permission. The computers at school are not available for use.

We have put into place a number of safety and hygiene measures at school to ensure the health of all our staff and students. We have hired cleaners to spot clean surfaces and high touch areas constantly during the day. Social distancing is not required between students but we do not encourage students to hug each other or shake hands for the time being. Teachers are required to maintain a 1.5m distance from students and each other.

Of course if your child is unwell, please keep them at home.

More information is available in our Return to School Operations Guide:

It is extremely important that the school has the correct contact details for parents/guardians on Compass. This also includes email addresses wherever possible. This is particularly important as we will be conducting parent teacher interviews by telephone this term. Your contact details can be updated easily on Compass using the instructions below, or call your campus office.

Attendance at school is only available until 9 June to Year 7-10 students whose parents are working and no other supervision arrangements can be organised.

Parents must fill out the Onsite Supervision Request Form below each week if they require their child to attend school. **This must be emailed to [victoria.university.sc@edumail.vic.gov.au](mailto:victoria.university.sc@edumail.vic.gov.au) by 10am Thursday for the following week.** The learning delivered at school will be the same as the learning delivered to students at home. The teacher in attendance will be supervising students only, not teaching them.

The College bus service will resume on 26th May for VCE, VCAL and VET students. Current 7 -10 bus passengers who require the bus service and will be attending school between 26th May and 5th June **MUST** notify the office, otherwise your bus service will resume on 9th June.

**Charges for Term 2 will be as follows:**

College Bus Run Passengers

26th May - 26th June = \$100.00 for 5 weeks

9th June - 26th June - \$60.00 for 3 weeks

Shuttle Passengers

26th May - 26th June = \$57.50 for 5 weeks

9th June - 26th June - \$34.50 for 3 weeks

***Payment is due by the end of Term 2, 2020.***

We have been advised by the Dept of Education that the Victorian Young Leaders to China program will not run this year. I have notified the families involved. Unfortunately we have also cancelled all excursions, camps and inter-school sport. Students may still use the gym for PE classes.

Thank you once again for your continued support during this term. Please stay safe and healthy, and as always, contact your child's Coordinator or our general office if you need any assistance.

**Elaine Hazim**

*College Principal*

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## 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

**VCE, VCAL and VET students return to school**

Tuesday 26 May

**Queen's Birthday Public Holiday (school closed)**

Monday 8 June

**Year 7-10 students return to school**

Tuesday 9 June

**Semester 1 Reports published**

Tuesday 23 June

**Parent Teacher Interviews** (to be conducted by telephone)

Bookings via Compass

Thursday 25 June

**Last day of Term 2**

Friday 26 June

**Term 3 begins**

Monday 13 July

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



# Doctors in Schools Program

## Doctors in Schools - phone consultations available!

IPC Health in Deer Park who run our Doctors in Schools program at the Senior Campus is currently offering our students the option of over the phone consultations every Tuesday. This service is available to all Junior and Senior students this term.

To make an appointment the student will need to do the following:

1. Call IPC Health Deer Park clinic on (03) 9219 7142.
2. Make sure to mention that the student is from VUSC and ask to speak to Danielle Siler. If Danielle isn't there, you need to ask to speak to Tania Napoli. Danielle is a nurse and will triage the student. The student will then get a time for when the Doctor will call back to have the over the phone appointment.

As you can imagine, the clinic is very busy at the moment so students might not get through to someone straight away, however by saying you are from VUSC and asking for Danielle, this will fast track you through. If Danielle and Tania are both unavailable, you will receive a return call to make an

appointment time with the doctor. They are going to try and fit our students in, even if they have a full day.

If a student requires a prescription after speaking with the doctor, this will be faxed to the student's preferred pharmacy.

If you have any questions about accessing this service, please email [charles.kimberley.k@edumail.vic.gov.au](mailto:charles.kimberley.k@edumail.vic.gov.au).





# Wellbeing and Community News

## How to contact the Student Wellbeing Team

Students may contact Gail or Harry during this term Monday to Friday between 8.30am and 4.30pm on the below numbers:

Harry (Junior campus) 0437 809 985

Gail (Senior campus) 0437 853 921

The importance of checking in with one another is always so important, and particularly so perhaps during this period of isolation and remote learning:

<https://www.psychologytoday.com/us/blog/feeling-it/201208/connect-thrive>

<https://coronavirus.beyondblue.org.au/i-am-supporting-others/family-and-friends/how-to-check-in-with-someone.html>

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## Support for Families

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# Westgate Community Initiatives Group (WCIG)

WCIG offer a number of online sessions, assistance to people with disabilities, youth training courses and employment services to the western suburbs community.

## **Virtual Yoga – Calming Zen (every Wednesday & Friday 9.00am )**

Join as via online streaming in daily morning yoga sessions with our qualified yoga instructor, Annalisa. Annalisa will run a daily yoga class and support individuals through the basics. The first half hour or so will be to teach you the correct postures of each pose and then straight into a 1 hour Calming Zen class. This class is a great combination of slow-paced Yoga combined with meditation. Suitable for people with varying abilities.

## **Virtual Meditation - Pure Presence (every Monday & Wednesday 4.30pm)**

Meditation can be a great way to relax. Listen in to our experienced meditation practitioner and find your inner calm. It's a great way to start the day. Join us for a guided, mid-morning 30-minute meditation session online. This is a great opportunity to unwind, escape to nothing less than laid back sounds of stillness.

## **Virtual Social Café'- Gather Café' (every Tuesday 2.30pm)**

Keep in touch with people from the comfort of your own home. We are offering various social groups for people to join in have a chat and a cuppa together, a great way to stay connected while ensuring a very safe social distance. We will be offering groups of mixed gender, a men's group, a women's group and a group for the young people we support to mix and meet new people and find a connection. Build friendships and widen your social circle.

## **Employability & Motivational Skill building**

Kick Start your life – a new online workshop giving you the ammunition to set and achieve goals. If you are currently being supported with Finding and Keeping a Job or School Leavers Employment Support, we have opportunities for you to continue to receive support through online streaming. We will be contacting all of you about this process in more detail shortly.

## **Clean Cooking Online**

Let's get clean & cooking – right in your very own kitchen!!

**Stepping Forward via Zoom** Take that next step, please see attached flyer.

**Craft for a Cause via Zoom** So much fun & all for a great cause, please see attached flyer.

**Learn online photography**



Capture that special moment and create amazing pics. See flyer attached.

**Essential Services provided:** Employment, disability, youth and training services across Melbourne and Geelong. Keep safe and take good care of one another!

**ALSO:** introducing WCIG registered NDIS supports and Disability Employment services specialising in mental health. WCIG is committed to supporting NDIS participants to meet their potential and achieve their desired goals while focusing on the individual's needs, wants and interests and has done for the past 33 years.

We are providing all supports listed in the Western Suburbs of Melbourne, Barwon region and soon to come into the Northern region. We are ready to support participants with minimal waiting list.

Our current supports include:

- Development of Daily Living and Life Skills
- Support Coordination
- Assistance to access and maintain Employment or Education
- Participation in Community, Social and Civic Activities
- Group and Centre Based Activities
- School Leaver Employment Supports (SLES)
- Finding and Keeping a Job

See <https://wcig.org.au/> for more information or call 9689 3437.

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## The Parents Website

It's a return to the classroom like no other. How can we help students make a successful transition? Leading clinical psychologist Andrew Fuller outlines his seven priorities to help their journey.

<https://theparentswebsite.com.au/andrew-fuller-seven-things-for-a-smooth-transition-back-to-school-based-learning/>

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## Join Brimbank Libraries Online

The Brimbank Library System covers 5 libraries, so if you are not a member it might be a good idea to get your parent/guardian to sign you up if you are under 18 (they have to join first and there is no cost involved). In this Stage 3 of lock down, it might be a good opportunity to grab an eBook or Audiobook that piques your interest.

Visit <https://www.brimbanklibraries.vic.gov.au/index.php/component/mtree/services/39-joining-and-borrowing>.

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## Maths Tutoring Available

Tommy Le , who was a student at our school last year and is now at Melbourne University is available as a Math Methods and Physics tutor after hours and can be contacted on 0414051716 or on email [TommyLe48@hotmail.com](mailto:TommyLe48@hotmail.com).

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## Premier's Reading Challenge

“The more that you read, the more things you will know. The more that you learn, the more places you'll go.”

— Dr. Seuss

All students from Years 7-9 are enrolled in the **Premiers' Reading Challenge** which runs until early September. To successfully complete the challenge students must read 15 books in total, at least 10 Challenge sanctioned books plus Choice books.

Apart from the intrinsic benefits from reading, the practical byproduct is that students increase their vocabulary appreciably and thus can navigate other subjects and outside communications more easily. Additionally, there is the satisfaction and sense of achievement which comes from completing the Challenge. This successful completion can be listed on resumes and CVs demonstrating to future employers that the student is persistent and hard working.

We are asking that parents/guardians please ensure that students are reading for at least 20 minutes a night as a ritual, and to discuss with their child about how they are going with the Premiers' Reading Challenge and recording the books they have read.

Thank you for your support.

***Kelvin Gallagher***

*Junior Campus Teacher/Librarian*



# Parenting Ideas

## Our school is a Parenting Ideas School

Parenting Ideas was founded by Michael Grose, author of nine parenting books and parenting educator to over 1500 Australian schools.

Parenting Ideas features up-to-date research, timely advice and inspiration, providing parenting strategies on everything from sibling rivalry, teen health and creating resilience in kids, for children of all ages.

Parents and guardians can view articles published regularly in our newsletter and access free webinar vouchers valued at \$37.