



# VUSC News

Issue 8 · 20 Aug 2020

*Create the Future*

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# Principal's Message

Dear Families,

As we continue our remote learning journey this term, I would like to commend you all on your adaptability, persistence and resilience, and encourage students to keep doing your very best every day. Look after yourself, do things that make you happy and stay connected with your family and friends. Please reach out for support if you're feeling down. We have four weeks of Term 3 to go and hopefully in the near future, we can look forward to once again enjoying the things we love to do with our families and friends.

Our Year 12 students are focusing on completing their final units of study this semester. We were pleased to hear the Minister's announcement regarding the new "Consideration of Educational Disadvantage" process to calculate VCE scores this year. This means that each student's circumstances and disruptions to learning will be taken into account and their final VCE scores and ATAR will be adjusted accordingly. I encourage all of our Year 12's to keep doing your best, keep up with your work and stay motivated, because you are nearly there!

Some of our staff have kindly shared their remote learning set up at home! More next issue...



Senior English Team



Mrs Atzarakis and Ms Hazim



Mr Troy



Mr Polizzi



Mary - Wellbeing



Mr Basant



Mrs Charles



Mrs Stanley

**Good news - new school construction**

I am pleased to report that SJ Higgins have been appointed as the builder of our new school in Cairnlea. At our first site meeting, they advised that they are currently setting up their site sheds and plan to commence construction (with a reduced workforce due to restrictions) next week.

The development of our new school has been a discussion that has been ongoing for 10 years. Our students and wider community certainly deserve this, and I look forward to sharing more information with you as it comes to hand.

**Free webinar for parents/carers**

On Tuesday 25 August, the Department of Education and Training is presenting a free webinar for parents and carers by renowned child psychologist Dr Michael Carr-Gregg, on building family resilience during coronavirus (COVID-19). Parents and carers play a vital role in helping children feel safe through uncertain times. Dr Carr-Gregg's webinar is aptly named **Managing the Coronacoaster – Tips for building resilient families in the coronavirus era**. In this webinar, Dr Carr-Gregg provides tools and strategies for parents and carers to help manage the lockdown and remote learning. Topics include:

- your supportive role
- setting the emotional tone
- focusing on what you can control
- how to deal with disappointment
- further resources and where to get help.

Dr Carr-Gregg's presentation will run for 45 minutes. This will be followed by a 15-minute question-and-answer session in which parents and carers can ask Dr Carr-Gregg questions.

### **Webinar details**

- **When:** Tuesday 25 August
- **Time:** 7:30pm - 8.30pm
- **Duration:** 45-minute presentation followed by 15-minute questions and answers session
- **Format:** online via Webex
- **Cost:** free

### **How to register**

To register and for more information visit the

[Managing the Coronacoaster – Tips for building resilient families in the coronavirus era eventbrite page.](#)

### **Access to e-Books**

Jacaranda have generously extended complimentary access to the digital book bundle until the end of Term 3 due to the current situation and the necessity to learn from home.

Students can access a Jacaranda eBook account here: <https://www.jacplus.com.au>. This link is also available under the "School Favourites" on Compass.

Students will need to know their student code, which is the username they use to access Compass, School Computers, and School Email. Students can ask their teachers, office staff, or IT staff for their student code if they are unsure.

To log in to your Jacaranda account, use:

Username: <student code>@vusc.vic.edu.au Password: Vicunisc3023

### **Information from Dept of Health and Human Services (DHHS)**

People from refugee and asylum seeking backgrounds (including temporary visas) are eligible for 2 free reusable facemasks that are being provided to vulnerable Victorians by the Victorian Department of Health and Human Services. These can be accessed through community health centres, pharmacies or councils. More information about the free reusable masks (including eligibility criteria) can be found at: [www.dhhs.vic.gov.au/reusable-face-masks-covid-19](http://www.dhhs.vic.gov.au/reusable-face-masks-covid-19).

Translated written and video materials on masks are being published on the coronavirus site as they become available, including how to use, how to make, and how to access free masks if eligible: [www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19](http://www.dhhs.vic.gov.au/translated-resources-coronavirus-disease-covid-19).

### **Talking to your child about coronavirus - translated information**

Translated info from DET is being updated and added to this page regularly:

<https://www.education.vic.gov.au/parents/Pages/translated-advice.aspx>

Languages include:

- Amharic, Arabic, Dari, Dinka, English, Hindi, Karen, Khmer, Oromo, Punjabi, Samoan, Simplified Chinese, Somali, Swahili, Tamil, Tigrinya, Tongan, Traditional Chinese, Turkish, Urdu, Vietnamese

### **Free Triple P Positive Parenting Program**

Families can now access free expert parenting advice through the online [Triple P – Positive Parenting Program](#), courtesy of the Department of Education and Training.

The program is relevant to families with children between 2 and 16 years and provides strategies to deal with specific challenges, such as building children's resilience and dealing with conflict.

There are courses specifically for parents of toddlers to tweens, and for parents of pre-teens to teens.

It gives parents strategies to:

- raise happy, confident kids
- manage misbehaviour so everyone in the family enjoys life more
- set rules and routines that everyone respects and follows
- encourage positive behaviour
- take care of themselves as a parent
- feel confident they're doing the right thing.

Parents can sign up to the Triple P program via this link.

*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

**Term 3 Progress Reports published on Compass**

Tuesday 15 September

**Parent Teacher Interviews by phone**

Thursday 17 September

**Last day of Term 3**

Friday 18 September

**First day of Term 4**

Monday 5 October

## Events rescheduled to Term 4

**General Achievement Test (GAT) for all Year 12 students**

Wednesday 7 October

**Year 7 Immunisations**

Thursday 15 October

**Year 10 Immunisations**

Monday 19 October

**Year 12 Practice Exams**

Monday 19 - Thursday 22 October

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



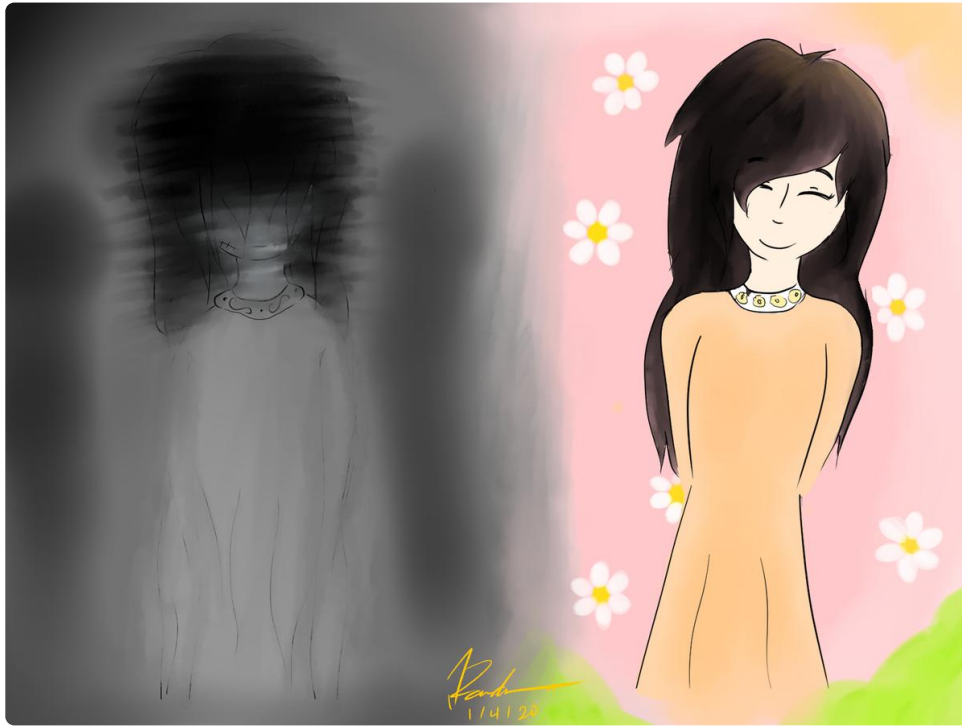


# Studio Art

Our amazing and resilient **Studio Art and VCD students** are embracing new technology and have proven to be very resourceful at discovering new materials and techniques in and around their homes during remote learning.

Thank you to **Dezri Aine REGALA** for allowing us to display her awesome artworks below which show fantastic diversity and flexibility:





Also, a reminder to year 10 Studio Art students to purchase essential materials for the next outcome, including: a pencil, visual diary, watercolours, fineliner which can be ordered online at any art supplier or Officeworks.

*Ms Tigani*



# Innovation Nation

This year our school partnered with FYA (Foundation for Young Australians) who ran a program at our school called **Innovation Nation**, an in school enterprise learning program.

This program supports young people to generate new ideas, models & approaches to solving community challenges, whilst building their skills & abilities to navigate the future challenges. Mr Anderson's Year 10 Business class took part in this program.

We would like to congratulate **Alauni Maiava 10C, Noel Mangulabnan 10B, Toimata Tamati 10B & Siniva Maiava 10B** – Their enterprise called **ACTVSM** has been successful in moving to the next stage, and they have been granted \$1,000 to develop their idea further as well as have professional mentors to support them in making their idea a success.

If they can successfully be selected to the next stage, they can be given a further grant of \$5,000.

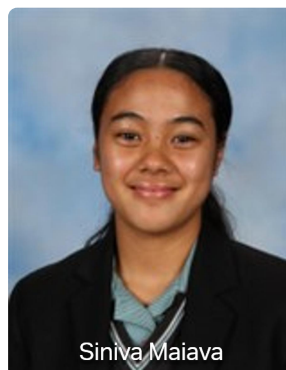
We congratulate these students on their success to date & wish them the best in progressing to the next stage of their journey with FYA!



Alauni Maiava



Noel Mangulabnan



Siniva Maiava



Toimata Tamati

*Mrs Emirler*

*Community Engagement Coordinator*



# Doctors in Schools Program

## Doctors in Schools - phone consultations available!

Our Doctors in Schools clinic is still available for students to access over the phone consultations. The day for these appointments has now changed to a **Monday**. If you feel that you need to speak to a Doctor or a Nurse, please follow the process below:

### Procedure in assisting a **STUDENT** to access a DiS appointment:

1. Student to call IpcHealth clinic on **0491 174 821**.
2. Student should ask to speak with Jessica (nurse).
3. Nurse will triage and then link in with GP over the phone consultation.
4. If student requires a certificate this can be emailed to the student and prescriptions can be emailed directly to the student's preferred pharmacy.

If you have any questions relating to the Doctors in Schools program, you can email Kimberley - [kimberley.charles@education.vic.gov.au](mailto:kimberley.charles@education.vic.gov.au).





# Year 10 Scholarships

## Scholarship applications are now open

Scholarships valued at \$450 are available in the following categories for entry into Year 10 in 2021:

- Academic Excellence
- Music Excellence
- Rugby League Academy - entry at Year 10 or Year 11

Please see the brochure and application form below, or on Compass or on our website [here](#). You can also pick one up from your campus office. **Applications are now open and will close on Friday 21 August 2020.**

Applications can be submitted to the general office or via email to [victoria.university.sc@education.vic.gov.au](mailto:victoria.university.sc@education.vic.gov.au).

 [VUSC Year 10 Scholarships Brochure 2021.pdf](#)

 [VUSC Year 10 Scholarships Application 2021.pdf](#)



# Community and Wellbeing News

## Headspace Sunshine

Headspace Sunshine recently contacted our school community, urging us all to continue to encourage and support young people to be aware of/access their services, to maintain and strengthen their emotional health and wellbeing.

In June of this year, Headspace released new research highlighting that young Australians are fearful and uncertain for their future as a result of COVID-19. A national survey of 2,208 young people aged 15-25, and 2,164 parents of young people aged 12-25 conducted during the height of the COVID-19 lockdown revealed that 40% of young respondents felt that the pandemic had impacted their confidence to achieve future goals.

Young women were more likely to feel this way (43%) than young men (38%). Research also found that half of all respondents felt their mental health had gotten worse during this period (51%). Despite adapting to major changes in the way they live, study and work, young people are not seeking help, with one in five saying they need support for their mental health, but are not following through to access it.

### **Support is available!**

Headspace have developed a new digital resource to support young people:

<https://headspace.org.au/tips/>



Call 9927 6222 to get advice about referral options for a young person to access telehealth support services.

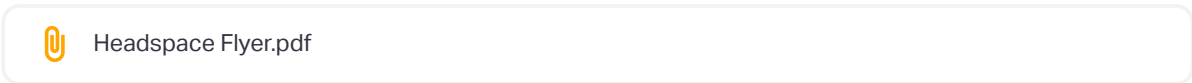
You are also most welcome to call 8312 0200 and ask to be put through to Harry (Junior Campus) or Gail (Senior Campus). We are happy to assist with any referral information and discuss other support services and resources that may be helpful.

**THANK YOU from Student Wellbeing Team**

To parents and carers, thank you from our team for your supportive and timely responses to all manner of communications from us - consent forms, phone calls, organising meetings and the like.

At all times, we appreciate your support but particularly right now, when lockdown conditions are in force to keep us safe.

*SWB Team – Mary, Harry and Gail*



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## Drummond Street Services in Brimbank

### *Support for Families and Individuals during COVID-19*

Drummond Street services (available in Brimbank and other municipalities) is still supporting families during this very challenging time. They provide a range of services and programs to support children, young people, families, relationships and communities.

Give them a call and chat with their staff about what's going on for you and your family. Interpreting services are available including multilingual staff, please ask if this is required. Appointments can be made to fit in with the needs of you and your family via telephone or the online platform Zoom.

You can access the following free services:

- Relationship and family counselling and support
- Family mental health support
- Parent coaching and support

- Groups and seminars on a range of parenting and relationship issues
- Individual counselling, for children and adults (a fee may apply)
- Specialist support for families who are expecting a baby and for those with a baby up to 1-year-old
- Support for stepfamilies

During COVID-19, we want to make sure that you, your families and our staff can stay safe and well, so currently we are offering our support by either telephone or Zoom.

Online information and video clips for your family are also available at [www.ds.org.au/info-for-families-in-isolation](http://www.ds.org.au/info-for-families-in-isolation).

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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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# 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.



Free webinar voucher - Teaching young people about healthy relationships 9 September 2020.pdf



Free webinar voucher - Parenting like a cat and dog 11 November 2020.pdf



Standing behind difficult decisions.pdf



When young people challenge family traditions.pdf



Maintaining strong family traditions.pdf



Developing skills for independent living.pdf



Encourage kids to occupy themselves.pdf



Staying the course in COVID times.pdf