



VUSC News

Issue 2 · 05 Mar 2021

Create the Future

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Principal's Message

Dear Families,

Thank you to the families who attended our Year 12 Success Information Evening on Monday 8th February, the Year 7 Meet the Teachers evening on Monday March 1st and the Year 8 & 9 Student Success Information evening on Wednesday 3rd March. All three events were extremely well attended. I hope parents enjoyed meeting some of their children's teachers and were able to gain a deeper understanding of how to support their child and provide strategies for success. Parents were provided with strategies on how to best support their child including motivation techniques, stress management, common issues and how to overcome them, information about good study habits and the difference between homework and study.

Student Safety

Students are advised to please be careful when out in the community and crossing the busy roads. Please ensure you are aware of your surroundings and looking around you at all times, not at your mobile phone. Students should use school crossings and pedestrian crossings at traffic lights wherever possible to cross the road.

Could all parents and carers please also be very careful when dropping off or picking up their children, particularly at the Junior Campus in Billingham Rd. Please do not use the school driveway to turn around or drop off children, as several students cross the driveway to enter the school and staff must be able to drive in and out. Due to the lack of parking in the area, it

is advisable for parents to drop off or pick up their students in the side streets which are only a short walk away from the school.

The safety of our students is paramount and we ask everyone in our school community to make this their priority as well.

Open House

Our Open House is coming up on Monday 15th March at the Junior Campus, Deer Park in C Block. There will be campus tours in the morning and an evening presentation with interactive tours, starting at 6.00pm. Staff and students will be demonstrating classes during the evening including AVID, English, Maths, Music, Chinese, Science and Technology, Sports Academy, and lots more.

Bookings are essential due to density limits. Please register your attendance [here](#).

If you have a child in Grade 5 or 6 or know someone who does, we invite you to come along and see our College in action. Our new school plans will also be on display.

Below are some photos of the construction in progress.



Changes to Student Absence notifications

A reminder to parents and carers that there is no longer a function to add attendance notes on Compass when your child is absent.

If your child will be absent from school for any reason, please call 8312 0243 or email absence@vuscvic.edu.au before 10am that day.

Parents/carers will receive a call from our Attendance Officer if a reason for the absence has not been provided. Thank you for your co-operation in this matter to ensure that all student

absences are accounted for.

VUSC Sports Captains

Congratulations to these students who have been elected as Sports Captains and Vice Captains for 2021:

Sports Captains Senior Campus

Jake Fox and Jayla Kenna

Sports Vice Captains Senior Campus

Taiwania Pua and Matthew Bethune

Sports Captains Junior Campus

Melissa Mesic and Lataia Aue

Sports Vice Captains Junior Campus

Kamila Nasyrbekova and Susana Siale

And a **huge congratulations to Year 12 student Tarquin Damons** who has made the VIC Men's Victorian Storm Touch Team to play in the NTF Inferno National League in Coffs Harbour from March 8-16. Good luck Tarquin!

Homework Club

Homework club runs at the Junior Campus from 3.05 until 3.45pm on Monday, Tuesday, Thursday and Friday afternoons in the Resource Centre. This is an excellent opportunity for students to revise the day's work, research assignments, get help with any topics you are struggling with or just read a book.

Homework club participants must be willing to work, as the club is provided so that students have an opportunity to get help. Non-productive attendees will be sent home.

For those new participants in Homework Club, a permission form must be collected from office and returned as soon as possible with parent consent.

Breakfast Club "Grab and Go"

Thank you to the VCAL students and staff volunteers who are running our Breakfast Clubs at each campus. There are fresh apples and non-perishable foods available such as cereal, muesli, baked beans, fruit cups and long life milk. All welcome!

Locations:

Senior Campus Breakfast Club in class room A9 - every Monday, Wednesday and Friday from 8.30-8.45am

Junior Campus Breakfast Club outside the SWB Office - every Monday from 8.30-8.45am

Lunchtime Activities

A reminder to students that there are board games happening every day at lunch time in classroom G10 at the Junior Campus and classroom A2 at the Senior Campus. These are supervised by staff.

Staff are also running sports during the week at lunch times -

Junior Campus: Basketball, Rugby, Volleyball and Dance

Senior Campus: Volleyball and Soccer

Collaborative Community Mural Project

Brimbank City Council alongside with some local artists recently invited some VUSC students to participate in a project to design and create a large mural to be installed at the Deer Park Library. This project is an initiative to reconnect the library with the students. It is our hope that their creative expression will begin to weave together this relationship and reclaim a safe space.

Congratulations to the following students who are participating in this exciting project:

Thu Nguyen 9B, Talia Huynh 9B, Kamila Nasyrebova 9D, Rebecca Mastaky 9G and Bilal Qalib 9G. Thank you to Mr Eugenio for overseeing this project and supporting the students. We look forward to seeing the final masterpiece!

VUSC Music CD

A reminder that the CD produced by our wonderful music students and staff last year in lieu of the Annual Concert is for sale at the general office for \$10. I highly recommend it!

VUSC Athletics Carnival

A reminder to parents to provide consent via Compass for their child to attend the Athletics Carnival on Friday 19th March. This is a free and compulsory event for all students. Students are encouraged to dress in their House colours on the day.

Please note that Term 1 finishes on Thursday 1st April. Students will be dismissed at 1.30pm. Bookings will open soon on Compass for parent/teacher interviews on Tuesday 30 March. As always we encourage you to discuss your child's progress with their teachers on this day.

Enjoy the rest of the term.

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

Labour Day Public Holiday (school closed)

Monday 8 March

Staff Professional Development Day (student free day)

Tuesday 9 March

All teaching and support staff will be involved in professional development on the day. Teachers will be looking at how to differentiate class work effectively in order to better target the individual needs of students and improve their learning outcomes. Both the Junior and Senior campus offices will be closed for the day.

VUSC Open House - registration essential

Monday 15 March

Morning tours 9.20am and 10.30am

Evening presentation and interactive tour from 6.00pm

Our College warmly invites all prospective students and their families to our Open House at the Junior Campus, Deer Park. Tours of our College will be conducted in the morning and there will be an evening presentation and interactive tour starting at 6.00pm. Come along to see our students in action in AVID, English, maths, music, science, sports, Chinese and more!

Information packs and scholarship applications will be available on the night.

Please note that due to COVID regulations, all attendees must be pre booked to attend the school tours and/or evening event (no walk ins please). Bookings for the event can be made by clicking on the link below. Masks will be required for all attendees.

[Click here to register your attendance.](#)

VUSC Athletics Carnival

Friday 19 March

Keilor Park Athletics Track

Once again our College will be holding its annual Athletics Carnival where students have the opportunity to participate in events and win points for their House. Students will be transported to the track by bus and will return to school by 3.00pm. Students are encouraged to come dressed in their House colours to support their peers on the day.

This is a compulsory event for all students. Parent consent should be done online via Compass as soon as possible.

Bullying. No Way! Day

Monday 22 March

Students may dress in casual clothes on the day and bring a gold coin donation. All funds raised will go to local charities.

Term 1 Progress Reports published on Compass

Friday 26 March

Parent/Teacher/Student Interviews

Tuesday 30 March

Parent teacher interviews will be held at each campus from 1.00pm to 4.30pm and 5.30pm to 7.00pm. Bookings for interviews can be made through the Compass parent portal and parents will be notified when this is available.

We encourage all parents to make appointments to discuss their child's progress with their teachers and to set goals for the year ahead. Students are required to attend with their parents as there are no scheduled classes.

Please contact the College if you require any assistance to book interviews or access reports.

Last day of Term 1

Thursday 1 April

Students will be dismissed at 1.30pm.

Term 2 begins

Monday 19 April

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



Bullying. No Way! Day

Let's get ready to say **Bullying. No Way!** on Monday 22 March.

National Day of Action Against Bullying and Violence

On Monday 22nd March the College will participate in the National Day of Action Against Bullying and Violence. This important day is a time in our school calendar where we make a stand to say no to all forms of bullying and violence in our community.

Students may dress in casual clothes on the day and bring a gold coin donation. All funds raised will go to local charities. The VCAL students will host activities and a BBQ. The

Wellbeing Team will also lead activities and share information with students regarding what to do and who to approach if they experience bullying.

Students will be encouraged to write positive messages to others, and this will help spread positivity across our school.

Eradicating bullying is important to our College not just on this day, but every day. Students will spend time in the lead up to the week learning about the impact of bullying and the role we all play in getting it out of our community with their home group period. To access our school's anti-bullying policy [click here](#). If

students need support regarding bullying, they should speak with their home group teacher, year level coordinator or a member of the Wellbeing Team.

At Victoria University Secondary College, we are dedicated to supporting our students and families. We

need to ensure we are providing safe and supportive learning environments, free from bullying, harassment and violence.

We have a number of programs, policies and initiatives in place at Victoria University Secondary College

that counter bullying. **In 2017 Victoria University became an accredited eSmart school.**

eSmart, an initiative of the Alannah & Madeline Foundation, helps teachers to best manage cyber risks, bullying and cyber bullying issues and incidents so students feel safer and supported at school.

It is a framework that sits **across the entire school** – teachers, students, parents and the school community – and is embedded into the school through the curriculum, leadership, technology and wellbeing.

Parents and carers play a vital role in supporting their teenager if they are dealing with bullying at school. It's important to let parents know of the tools and support available to help them help their teenager.

Did you know?

– 1 in 3 young people have experienced some kind of bullying behaviour.
– The internet and mobile phones are fast becoming one of the key tools in bullying behaviour. Recent statistics

indicate that 20% of young people have experienced cyberbullying.
– Parents can play an important role in moderating bullying behaviour, by modelling respectful relationships, encouraging safe online activity, and building supportive relationships with their children.

What signs might indicate your child is being bullied?

- Suddenly doesn't want to attend school or other places they normally enjoy
- Being quiet or withdrawn
- Unexplained cuts or bruises
- Reporting vague headaches or stomach aches to avoid going to school
- Ripped or stained school clothes
- 'Losing' lunch money or other things at school
- Falling out with previously close friends
- Being moody or easily distressed
- Experiencing difficulty sleeping at night
- Showing sudden changes in eating

behaviour.

What can I do if my child is being bullied?

- Remain calm if your child tells you they are being bullied.
- Tell them that bullying is never okay, and reassure them that it's not their fault.
- Don't suggest violence or retaliation as a response to the bullying.
- Discuss ways to stop giving power to the person doing the bullying – for example, by walking away, or ignoring them and their behaviour.
- Reassure them that you will help to stop the bullying from continuing. It can be helpful to discuss any personal experiences you have had with bullying behaviour and how you dealt with it.
- Find out what, when and where the bullying is occurring and who was involved. Contact the school to ensure that teachers are aware of the problem, and work out a

plan with them for how to address it.

What can I do if my child is exhibiting bullying behaviour?

- Try not to be angry with your child. Instead, try to understand the reasons for their behaviour.
- Show your concern for the person who is being bullied, and support your child to 'take a walk in their shoes'. Ask them to imagine how it makes them feel when they are being bullied.
- Discuss with your child ways to reduce the likelihood of this behaviour occurring again.
- Model respectful behaviour in your home, and demonstrate appropriate ways of resolving conflict.
- Report the problem to the school, and work with teachers to develop a

plan to prevent it from happening again.

Find out more at

<https://parents.au.reachout.com/Common-concerns/Everyday-issues/Things-to-try-bullying-behaviour/Advice-from-a-psychologist-bullying-behaviour>

Visit the *Bullying. No Way!* website

www.bullyingnoway.gov.au for practical advice and information to help students, parents, teachers and other members of the school community to work together against bullying.

Bullying – what can you do?

If it happens in person:

- ignore them
- tell them to stop and then walk away
- pretend you don't care
- go somewhere safe
- get support from your friends.

If it happens online:

- avoid responding to the bullying
- block and report anyone who is bullying online
- protect yourself online – use privacy settings and keep records.

If you see someone being bullied:

- leave negative online conversations – don't join in
- support others being bullied.

If it doesn't stop:

- talk to an adult (parent, teacher) who can help stop the bullying
- keep asking for support until the bullying stops.

Free apps



Take a Stand Together provides tips and advice about bullying for young people.



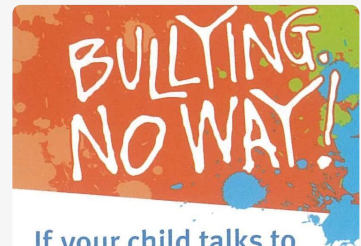
The Allen Adventure is an interactive story for children to help develop social skills.



Need help?

Kids Helpline www.kidshelp.com.au
1800 551 800
headspace www.headspace.org.au
1800 650 890
Online bullying www.esafety.gov.au

www.bullyingnoway.gov.au



If your child talks to you about bullying:

1. **Listen** calmly and get the full story.
2. **Reassure** your child that they are not to blame.
3. **Ask** your child what they want to do about it and how you can help.
4. **Visit** www.bullyingnoway.gov.au to find some strategies.
5. **Contact** the school.
6. **Check in** regularly with your child.



Happy Chinese New Year!

Making Dumplings - Celebrating the Year of the Ox

The first day of the first lunar month is the New Year in the Chinese lunar calendar. Among the traditional Chinese festivals, this is the most important and the most bustling festival.

New Year's Eve is the time for a happy reunion of all family members, when they sit around the table to have a sumptuous New Year's Eve dinner, talking and laughing, until daybreak, which is called "staying up to see the year out". When the bell tolls midnight on New Year's Eve, people eat dumplings. In ancient times, midnight was called zi shi (a period of the day from 11pm to 1am). Dumplings (jiao zi) are eaten because it sounds the same as "change of the year and the day" in Chinese.

Chinese New Year was celebrated this year on Friday 12th February. Our students from Year 9 to 12 Chinese Language classes made dumplings to celebrate the Year of the Ox!

Thanks to the following students who shared the dumpling recipe and their reviews:
Layla APARICI, Sara KARUPOVIC, Nicholas CUNANAN, Jacqueline NGUYEN, Eh Ro SAW,
Lisa NGUYEN, Sophie LY, Shukurani ZUBERI and Victoria TALIAOA.

Special thanks to Mr Ding who travelled between both campuses and cooked delicious dumplings for our teachers! We wish everyone xin nian kuai le (Happy New Year)!

DUMPLING RECIPE

Ingredients

One Chinese cabbage

Chicken/Pork mince in a bowl (optional)

An egg, some soy sauce, salt and cooking wine

Two bags of round dumpling pastry

Steps:

1. Wash the Chinese cabbage under cold water. Split them into leaves. Finely dice the cabbage into very small pieces.
2. Combine diced cabbage, an egg, some soy sauce, salt and cooking wine with meat of your choice.
3. Take a circular portion of dumpling pastry and place a spoonful of the filling in the centre – leave a gap around the edges.
4. Use a dab of water to wet the edges of the dough, then fold the pastry in half or toward the centre and fold it closed.
5. Place dumplings in boiling water and leave to cook. Take the dumplings out when they are ready.
6. Enjoy the dumplings!

Here are some of our student reviews:

In today's Chinese lesson we learnt how to make dumplings in celebration of Chinese New Year! This year is the year of the ox. Today was my first time making and trying dumplings. It was definitely an experience! From preparing the cabbage to forming the dumplings it was all so much fun! As it was my first time trying them, they were delicious! Dumplings still aren't my favourite but they were really good! The reason as to why is because mine was a veggie one. After making the dumplings, Miss Wang was so generous that she gave us red pockets with chocolate inside!

It was my first time ever trying dumplings. The filling looked weird at first, but it tasted really good! The flavour was salty and savoury, definitely would have them again!

The dumplings tasted yummy as appeared. Although it's squishy and salty, but it's appealing to the tongue and mouth.

I cut cabbages very nicely. When I made the dumplings I didn't do it as good as others. Overall it was a fun experience. I like to do it again!

Today I was able to achieve making decent dumplings. The process of the dumplings was interesting, since you have to dice everything and mix them together. The three steps we had were, dice, mix and fold, the folding part is where you pinch the skin of the dumpling together, and can create different designs. In the end we had the dumplings and we received a red pocket and decent review from both Mr Ding and Miss Wang.





Year 9 Careers News

My Career Insights Program

Recently in their Inquiry Class, all Year 9 students received an introduction to the My Career Insights program. My Career Insights is a program for all Year 9 students in government secondary schools. This program will help your Year 9 child to learn about the skills and abilities they could bring to a career and find out about the careers that match their abilities, interests and personality.

Students will undertake the My Career Insights profiling session on Thursday March 11th during their Inquiry class. **Parents and guardians are asked to provide consent for their child to participate in this event through their Compass account.**

Please see the information attached below for more details.

Ms Muratore

Careers Coordinator



My Career Insights Information to Parents.pdf




Community News

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.

Interested in Rugby Union?

Melton Rugby Union Club is looking for players to join all teams from U10's to U16's. Please see the flyer below for more information.

 [Melton Rugby Union Club Flyer.pdf](#)



Sports Update

Congratulations to the Boys Intermediate Volleyball Teams who recently had a very successful competition day against other local schools.

VUSC Team A will be heading to the semi finals due to their unstoppable victories against Gilson College, Keilor Downs College and Copperfield College.

VUSC Team B unfortunately missed out on going to the semi finals by only 10 points but did win their games against Taylors Lakes SC and Copperfield College.

Congratulations to the students involved!






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 on this page and access free webinar vouchers valued at \$39.

 [Helping your child become the best student they can be.pdf](#)

 [Seven ways to be a positive influence on children and young people.pdf](#)

 [Grandparents as carers.pdf](#)

 [Supporting boys in early secondary school.pdf](#)



Webinar Voucher 24 March - Communication with Teenage Boys.pdf



Webinar Voucher 23 June - Connecting with Teenage Daughters.pdf



Camps, Sports and Excursions Fund Applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school excursions, camps and sporting activities for their child.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts this year are \$225 for eligible secondary school students . Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

If you applied for CSEF through our school last year, you do not need to complete an application form this year, unless there has been a change in your family circumstances.

If you would like to apply for the first time, please visit the school office with your concession card and ask for an application form. The concession card must list your child's name.

You can find out more about the program and eligibility, on the Department of Education and Training's [Camps, Sports and Excursions Fund web page](#).

Check with the school office if you are unsure, and please return completed forms to the school office as soon as possible.