



# VUSC News

Issue 6 · 13 Aug 2021

*Create the Future*

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# Principal's Message

Dear Families,

As you are all aware, the current lockdown has been extended in Metropolitan Melbourne until 11:59pm Thursday 19th August. The Senior Campus is open with office staff and Principals on site. Please contact our office on 8312 0200 for general queries or to speak to the IT team if your child requires IT assistance. Phone calls to the Junior Campus are being diverted to the Senior Campus.

Although we do not know the long-term impacts of these lockdowns, what is known is that caring, consistent and open parenting which demonstrates positive coping strategies is vital for children and young adults. Young people and children who see this parenting style have greater resilience and wellbeing which allows them to adapt to large changes, such as those made from lockdowns. To help ease the stress on relationships, we've collated some tips from Seasons for Growth:

- **Listen and be involved**

Check in regularly with your child. Listen carefully - their concerns may be different to what you expect. Calmly acknowledge and validate their feelings, then problem solve together as best you can.

- **Try and keep previous routines**

This not only applies to every day routines but also involves supporting children to engage with schooling, and checking in with them throughout the day to ensure they have the support they need to continue engaging. Online schooling can be frustrating for students, however not engaging can create feelings of anxiety when returning to school.

- **Get outside and get active**

Even through it is winter, outdoor exercises reduces stress and boosts mental health. Taking a break and stepping outside into a different environment can also aid regulation.

- **Make memories**

Lockdowns won't go on forever, so try and use this time to try something new to make memories. Maybe have a games night, do some baking or try learning an online game your child likes.

- **Be Present**

Put down your phone, turn off the TV. Put thoughts of the crisis aside. To have quality time together, really be here.

- **Do things together.. and apart**

Make sure there are times in the day where everyone can do their own thing.

We also acknowledge that for some people, home may not be a safe place. In this case, please seek support from the organisations listed below, or let the school know. We are here to support students and families in this time, so if your family is experiencing conflict or difficulties, please let us know.

**We will get through this together.**

- Parent Line 13 22 89
- Lifeline 13 11 14
- Relationships Australia 1300 364 277
- Headspace 1800 650 890
- Kids Helpline 1800 551 800

- Safe Steps 1800 015 188
- National 1800Respect Line 1800 737 491
- InTouch Multicultural Centre Against Family Violence 1800 755 988
- Police 000

For more services, please visit

<https://www.betterhealth.vic.gov.au/health/ServicesAndSupport/family-and-child-support-services>

### **Annual Concert - Wednesday 1st September**

The college warmly invites our school community to support our music students and enjoy some spectacular music performances. This event will showcase the hard work and talent of our students, who are demonstrating the college values of 'Aspire to Achieve' and 'Respect Ourselves and Others'. We look forward to seeing you there.

The concert will be held at:

**Brimbank Salvation Army Church**

**2A Roseleigh Blvd, Sydenham**

**6.00pm (5.30 for tea and coffee)**

### **Later Years Expo and Course Counselling sessions**

Despite the recent lockdown, Course Counselling for Year 10 moving into Year 11 and Year 9 moving into Year 10 for 2022 was able to take place over the past two weeks. This included Year 10 pre course selection information sessions run remotely by our Careers/Pathways Team with the support of the Year 10 teaching staff.

During these sessions and interviews, students received information to assist them to make informed decisions about subjects they should study next year aligned with their interests and career aspirations.

The Later Years Expo ran online on Microsoft Teams on Monday 26th July due to COVID-19 restrictions and was extremely well attended. The session provided parents and students with an overview of the different pathways students may choose to select at VUSC. The online session provided an opportunity for parents and students to ask questions throughout the evening.

It is a credit to the Careers/Pathways staff and Senior School Leader that changes to the implementation of these programs could occur seamlessly in this rapidly changing

environment, particularly with the uncertainty about when we would be onsite. The intensive work this involves is done with passion and integrity by all staff who support and assist students to make these decisions, in the knowledge they will have the support of all those at the school to achieve success.

At this stage, we have successfully completed the Year 10 interviews online and are in the process of completing the Year 9 interviews in person with individual students. Any student who was unable to attend their interview can reschedule by contacting the Careers Office or speaking with their Year Level Coordinator.

We wish all our students well with selecting their courses and thank all the staff and parents involved for their support in this process.

### **Scholarships**

A reminder that scholarship applications for entry in 2022, for Year 10 Academic Excellence, Year 10 Music Excellence, Year 10 and 11 Rugby Academy, and Year 9 and 10 Deep Learning must be submitted to the school by Friday 20th August 2021.

Applications are available on Compass and on our website at [vusc.vic.edu.au](http://vusc.vic.edu.au), and must be emailed to the school at [victoria.university.sc@education.vic.gov.au](mailto:victoria.university.sc@education.vic.gov.au).

### **Wear It Purple Day – Friday 27th August**

Wear It Purple day is on the last Friday of August and this year it falls on the 27/8/2021. The principles of Wear It Purple are to:

- Advocate for and empower rainbow young people
- Celebrate and promote the value of diversity and inclusion in all community settings
- Raise awareness about sexuality, sex and gender identity and challenge harmful social cultures
- Champion rainbow role-models to help young people establish the confidence to be who they are.

It sits within the strategic framework 'Every Student is Known, Valued and Cared For' and seeks to build Emotional, Social and Spiritual Wellbeing capacities. This also aligns with Rights Resilience and Respectful Relationships by creating a safe environment for children at VUSC.

This year VUSC will be implementing Wear It Purple day by:

- encouraging students to wear a purple accessory item or a purple ribbon
- providing information in home groups
- providing cookies with purple smarties
- making a pledge wall
- having a stall in the lunch areas where we provide information on Wear It Purple day
- help kids make rainbow/purple ribbons.

### **2021 Parent/Caregiver/Guardian Opinion Survey**

Our school is conducting the annual Parent/Caregiver/Guardian Opinion Survey offered by the Department of Education and Training (previously known as the Parent Opinion Survey). We want to know what parents/caregivers/guardians think of our school. The survey is designed to assist schools in gaining an understanding of families' perceptions of school climate, student behaviour, student engagement and experiences of remote and flexible learning. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

A random selection of families will be invited to participate in this year's survey and have been sent a link. All responses to the survey are anonymous. The 2021 Survey is open from now until Friday 3 September.

The survey is available in a range of languages other than English. These include Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek. You can find the translated survey information on the Compass post titled Parent Opinion Survey.

The survey results will be communicated to parents/caregivers/guardians through annual reporting, to School Council, and via the newsletter. Last year we had an increase in parent uptake and we are hoping that this will be increased again this year. We use the information to enable us to better support students and families, and to ensure that the parent perspective is reflected in our planning for 2022. Please speak to your child's Year Level Coordinator if you would like more information.

Please take care of yourselves and each other. I look forward to seeing you all when we return on site.

*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

## **Rescheduled:**

Year 10 Immunisations - date to be confirmed

Year 12 GAT - date to be confirmed

## **Cancelled:**

Year 8 & 9 Camp

*Information has been posted on Compass about how to obtain a full refund.*

*Families who used CSEF funds will receive a credit on their account.*

## **Wear It Purple Day**

Friday 27th August

*There will be lunch time activities on this day and students are encouraged to wear a purple accessory item or purple ribbon (this is not a casual clothes day).*

## **Annual Concert**

Wednesday 1st September

6.00pm (5.30 for tea and coffee)

Brimbank Salvation Army Church

2A Roseleigh Blvd, Sydenham

## **Year 7 in 2022 - Online Information Evening**

Monday 6th September at 6.30pm

*Information packs will be posted to families with important enrolment information and details on how to access this online event.*



## **RU OK? Day**

Friday 10th September

*Students at both campuses will enjoy a sausage sizzle and lunch time activities aimed at increasing mental health awareness for RU OK Day. Students may come in casual dress for a gold coin donation. All funds will go to the RU OK Campaign and State Schools Relief.*

*Year 12 VCAL students will present RU OK education and strategies to our Year 7 students as part of their VCAL Community Project on mental health during classes in Term 3.*

## **Year 12 Formal**

Wednesday 15th September

Lakeside Banquet and Convention Centre

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



# Year 11 Philosophy

## Year 11 Philosophy United Nations Simulation Activity on Moral Issues

This semester, the new Year 11 Philosophy class at VUSC has been studying moral philosophy, looking at Aristotle's virtue ethics, Kant's theory of deontology, and various schools of thinking from utilitarian philosophers.

Alongside this, students have been learning the art of philosophical dialogue by looking at examples from a variety of moral debates on different social and political issues. To bring this to life, students have been participating in a series of simulated United Nations conferences. Students represent different countries grounded in a particular philosophical moral theory that we have studied.

Representing their chosen countries in true UN form by introducing themselves in their own languages, students then used a UN forum model to debate ethical issues such as: the return of ex-patriots to their home countries during the pandemic, live animal exports, factory farming, the right to peaceful protest during the pandemic and the microchipping of pets. A student panel of UN Judges weighed up the various positions presented and implemented a global approach the UN signatory states to pursue in their own jurisdictions.

Through this activity, students have been able to practice the art of philosophical dialogue on a wide range of issues and have also been able to have a lot of fun together in class.

*Mr Troy*

*Philosophy Teacher*



# Felicity Issue 2



## Hot off the press!

Issue 2 of Felicity, VUSC's student-run literary journal, has arrived and will be launched publicly to students soon.

This volume contains more engaging creative writing, interesting poetry, and exemplary essays and reports on a range of topics, all written by VUSC students. The journal will be available for a gold coin donation, which goes towards publication costs.

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](mailto:felicity.vusc@gmail.com) or send them directly to Editor in Chief, Brooke Moncur, via a message in Teams.



# 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

## **Premier's Reading Challenge Ends Soon - Wednesday 15th September**

All students from Years 7-9 are currently enrolled in the Premiers' Reading Challenge. To successfully complete the challenge students must read 15 books in total - at least 10 Challenge sanctioned books plus Choice books.

VUSC has reading time allocated for each period of the day, so students have an excellent opportunity to complete the required amount of books. It is also a great habit to set aside 20 minutes per evening just for reading, with no screen distractions, which will boost student vocabulary and fluency to the next level.

The Certificate not only gives recognition for the reading, it shows staff and prospective employers that the student has the ability to see a task through. I have previously been able to obtain a Western Chances Scholarship for a student through her dedication to her reading, she otherwise would not have qualified.

Would all parents/guardians please:

1/ Talk to your child about the book they are reading

2/ Ensure that students are recording their completed books on the PRC website for verification

3/ Help your child establish their 20min (or more) reading habit each evening.

Thank you for your support.

***Kelvin Gallagher***

*Junior Campus Teacher/Librarian*

# A message from the Student Wellbeing Team



**When we re-emerge from this lockdown, it is time to refill that bucket of joy and resilience that may have been drained over recent weeks.**

It sounds like an easy and natural feat, however it can be challenging to stop, breathe and practice self-care. Self-care refers to the activities and practices that we choose to engage in on a regular basis to maintain and enhance our health and wellbeing. These activities can also be utilised as a coping strategy that can help minimise stress in challenging situations.

We learn self-care and coping strategies from those around us, including our families, friends and the media. We then inadvertently teach our children about coping strategies and self-care through our actions. Modelling good strategies can help your child build their own repertoire of self-care and coping strategies.

Self-care and positive coping are messages that have been reinforced every lockdown. Unfortunately, going in and out of lockdowns and trying to juggle work, families, schooling and life while being isolated from our support systems, and THEN being bombarded with self-care can result in 'self-care fatigue'. We are inundated with information about self-care from social media, workplaces and friends telling us to find time for ourselves while feeling stressed and experiencing prolonged uncertainty. In the end, self-care fatigue represents exhaustion.



Despite feeling exhausted, self-care is crucial and needed even more if you are feeling burned out. Try and boost your motivation and review your energy with self-care by trying something new. This might include:

- Attending an online exercise class with an instructor who will motivate you
- Find a healthy food blog and follow their weekly recipes. Maybe message your friends/family the recipe with your thoughts on how it turned out
- Search through TedTalks for inspirational speakers who will motivate you and re-light your spark
- Create/join a book club. This will motivate you to finish the book you're reading and provide those all-important social interactions.

And remember - many people are doing a significantly better job now with practicing self-care and building coping strategies than they did before the pandemic, even with self-care fatigue! Keep up the amazing work!

*Gail Inniss*

*Student Wellbeing Manager*





# Respectful Relationships

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

## **Emotional Literacy**

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

Emotional literacy can be defined as the ability to understand ourselves and other people. It includes the ability to understand, express and manage our own emotions, build empathy and respond appropriately to the emotions of others. Building a large vocabulary for emotions helps to increase emotional literacy and build self-awareness and empathy for others.

There are many ways you can help build emotional literacy at home!

- Name emotions and how these influence behaviour and relationships. This can include feeling multiple conflicting emotions at the same time.

*'Okay, so you're saying that you're angry at this situation. I can also see that you are feeling angry because your body looks tense and you are standing close to me.'*

- Discuss situations where you experienced difficult emotions and the strategies you used to regulate your behaviour.

*'One time I felt overwhelmed and raised my voice at someone at work. When that happened, I felt embarrassed and out of control. I removed myself from the situation and took 10 deep breaths to calm myself before returning.'*

- Talk about body language and how to recognise emotions through body signs.

*'I can see you are happy from the smile on your face.'*

**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

## 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](mailto:tommyle48@hotmail.com).

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## Events - Brimbank City Council

Brimbank City Council continues to organise and run a number of programs and activities that you might like to look at e.g. Saturday Book Club, Snuff Skool Puppetry Workshop. These activities and more can be located at this website with dates, times and registration information: <https://www.brimbank.vic.gov.au/events>

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## 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.

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



Riding the covid waves.pdf



The perks and pitfalls of being born first.pdf



Make time for down time.pdf



The language of respectful relationships.pdf



Webinar Voucher 8th September - Taming Digital Distractions.pdf



Webinar Voucher 10th November - Using birth order knowledge for a parenting edge.pdf