



At Epping Secondary College our relationships and behaviours are guided by the values **RESPECT, COMMITMENT, HONESTY, FAIRNESS AND PERSEVERANCE**

THE VICTORIAN STATE SCHOOLS

Issue 5

# SPECTACULAR

August 2018

## Important Dates

### AUGUST

Tuesday 7  
Y12 Conferences

Friday 17  
CURRICULUM DAY

Monday 20 - Friday 24  
Year 8 Nayook Camp

### SEPTEMBER

Monday 3 - Friday 7  
Y12 VCAL Queensland  
Camp

Tuesday 11  
Night at the Museum

Tuesday 18  
Student Conferences

Friday 21  
Year 10 Social La Mirage  
LAST DAY TERM 3  
STUDENTS DISMISSED  
1pm

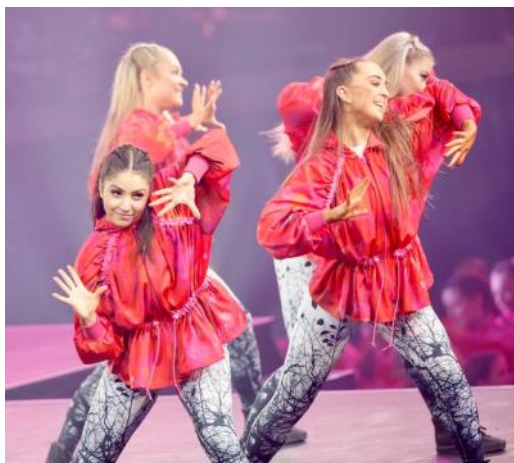
### OCTOBER

Monday 8  
TERM 4 COMMENCES

Friday 19  
Y12 Celebration Day

Wednesday 31  
Y12 Exams Begin

Jemma Gonzalez will be representing Epping Secondary College in this year's Victorian State Schools Spectacular. She has been rehearsing every Sunday and full time over the school holidays in preparation for the event. Jemma has a lead role as a principal dancer and this year will be Jemma's fifth year performing in the show. Jemma is excited to perform on stage in front of over 10,000 people at Hisense Arena in two shows on Saturday, 15th September 2018. Tickets for the show are available through Ticketek.



PRESENTING

# JEMMA GONZALEZ

Epping Secondary College McDonalds Road Epping Victoria 3076 Phone: 94012599  
Fax: 94086803 Email: epping.sc@edumail.vic.gov.au web: www.eppingsc.vic.edu.au



## Principal's Report



I hope that all staff and students enjoyed the school break and have returned rejuvenated and ready for a positive and productive term ahead.

At the commencement of term 2, I was asked by the North Western Region Area Director to work as a Senior Education Improvement Leader, to replace someone on leave. At first, this was only to be for a 3 week period however I was then requested to stay on till the end of term.

This regional role involved working with over 25 primary and secondary schools, supporting the principals and leadership teams with their school improvement work. I was able to undertake this role because of the knowledge and experience I have developed over the years as principal of Epping SC, a school that achieves excellent results and outcomes for its students. It was also an opportunity for me to bring back some new ideas so that we can further develop and extend our own programs.

I would like to thank Kerryn Sandford for stepping up into the Acting Principal role in my absence as well as Kirk Briggs and Hans Mulholland appointed as Acting Assistant Principals taking up Kerryn's responsibilities. Indeed all the school leaders, teaching staff, the education support staff, and school council work hard and focus always on providing the very best for our students and I thank all of them for their commitment.

Unfortunately, over the school break, my mother was diagnosed with cancer and I will be taking carers leave over the next little while to support her through treatment. Kerryn will take up the acting principal role again so that the school will continue without any disruptions. I appreciate the support that staff and students have given me through this difficult time and will continue to support the school in whichever way I can.

**Helene Alamidis**  
**PRINCIPAL**



## Acting Principal's Report



On Friday at the end of last term, the semester reports were published. You will have noticed that the reporting format has changed this year as we develop the reports to better reflect the information that parents have told us that they wish to know. As this is the first run of this new reporting style, we are wanting to gather feedback to ensure that the reports are of the highest quality.

A link to a feedback survey was sent out with the notification that the reports were published but so far we have not received enough responses to accurately reflect the school community opinion. It would be great to receive further feedback regarding the reports and so if you are able to spare a few moments (it is a really quick survey) we would appreciate your feedback. You can use the following link by just copying it into any web browser: <https://goo.gl/forms/hHprV20mkjuYSaRC2>

Further to this, the Department of Education collect parent opinion data each year about the school and how it is faring. Last week I sent out a XUNO message inviting parents to provide this feedback to the Department via an electronic link. We encourage families to provide this feedback as it helps the school plan for the future and address both student and parent needs. If you would like to participate in this survey but did not receive the message or are unsure as to how to access it, please contact us at the school and I will provide you with the details.

Please note that as the school grows, the XUNO system will continue to be the school's primary source of communication. If you are having difficulty with using this system, please let us know via the general office. We are planning to run XUNO parent information sessions on Student Conference days, so that we can help families become more familiar with this process and it would be helpful to know in advance what the difficulties being experienced are.

On behalf of the school community, I would like to wish Helene Alamidis all the very best as she takes time to be with and care for her mother. To step away from the college has not been an easy decision for Helene to make, such is her commitment to this community but it is important for her to spend time with her mother at the moment. We will do our very best to take care of the school and community in her absence and look forward to her return when she is able to do so.

**Kerry Sandford**  
**ACTING PRINCIPAL**



August 2018

# Year 7 Science by Doing



Students in 7E performed an experiment to determine which type of aluminium foil is the best brand. Students were given three brands of aluminium foils: Multix, Woolworths Select and Homebrand. In pairs, we predicted which brand of foil would be the strongest. My partner and I hypothesized that the Multix brand would be the strongest. The first step of our experiment was to make sure each brand of aluminium has the same dimension in order to obtain consistency in results. Thanks to our teacher Mr Ampem-Lassen who guided us through this experiment.

Emma Oddo, 7E





August 2018

# Year 12 Chemistry

On 27th July, Epping Secondary College's year 12 Chemistry students were given the privilege of attending an excursion at Latrobe University to experiment and expand their knowledge on chemical analysis. The first experiment was based on the separation and identification of additives in a beverage using HPLC (High Performance Liquid Chromatography). A student from Latrobe University explained the components of the HPLC, its operations and features, alongside demonstrating a quantitative assessment of the amount of caffeine in a mix. The second experiment was based on structure identification using Nuclear Magnetic Resonance (NMR) Spectroscopy. We were explained both the theory of NMR and the application of the NMR technique to molecular structure elucidation. Our final experiment was based on structure identification using Mass Spectroscopy (MS). The demonstrator explained the components of the MS, its operation and features. Afterwards we analysed a spectrum of caffeine and benzoic acid. On behalf of 2018's year 12 Chemistry class the excursion was an educational success and I am grateful to have been given this opportunity to expand my knowledge.

**Tina Atyabi**





# Science with Cells

Mr Rifo's year 8 science classes and the rest of the cohort were given an interesting task to do during the holidays, which was to create a poster or an edible model of an animal or plant cell. Being intrigued by the word 'edible' we were ready to start pasting and baking.

*Cells come in a variety of shapes and sizes, but the majority of cells contain common features. Using cooking materials or a Big A2 poster paper, design and construct your own model of a cell*" was our aim and mission during the holidays.

*The animal cell included the: Cell membrane, Nucleus, Cytoplasm, Mitochondria, Golgi apparatus, Ribosomes, Rough endoplasmic reticulum and Smooth endoplasmic reticulum.*

*The plant cell included the: Cell wall, Cell membrane, Nucleus, Cytoplasm, Chlorophyll, Chloroplast and Vacuole.*

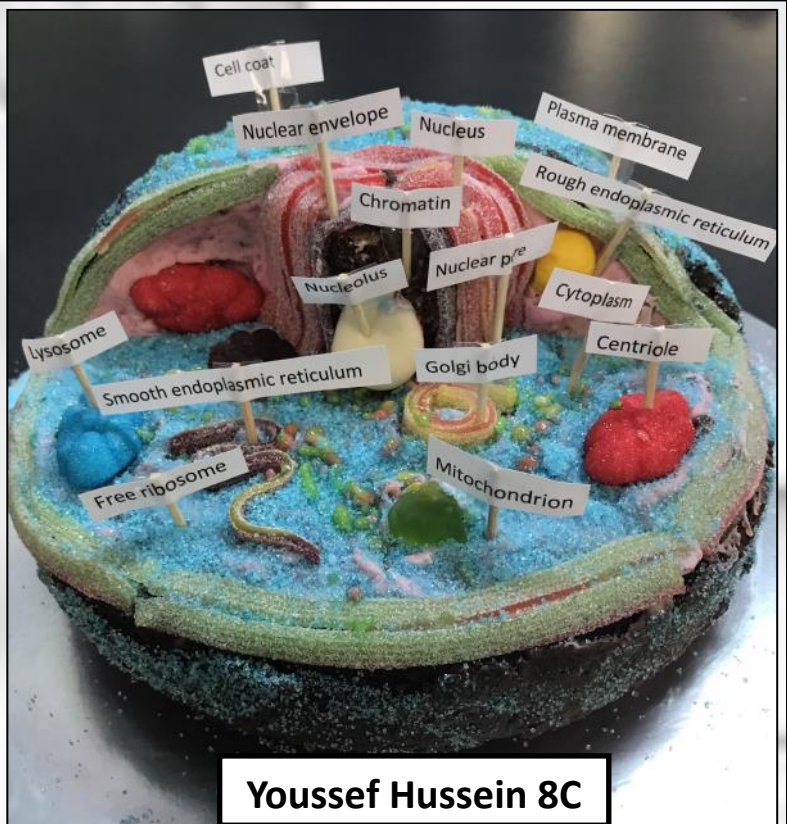
Most of the class chose to challenge themselves and kill their boredom during the holidays by baking a delicious cake. Others made a bright, big poster that was intended to be eye-catching!

Students who made a cake were asked to bring their cake to class, not just to showcase their beautiful creation but to also allow the class to have a taste of it. Luckily, as they were staggered 5 per period, there was CAKE FOR DAYS! I have never seen so much cake under the same roof!

The students who made a poster did it in the most creative and imaginative way thinkable! Seeking inspiration from the one and only Pinterest, we all completed the task.

Most of us managed to gain the highest possible mark... **100%!** Everyone did an amazing job! We have never had this much fun with homework!

Written by Jana Miloskeski 8J



Youssef Hussein 8C

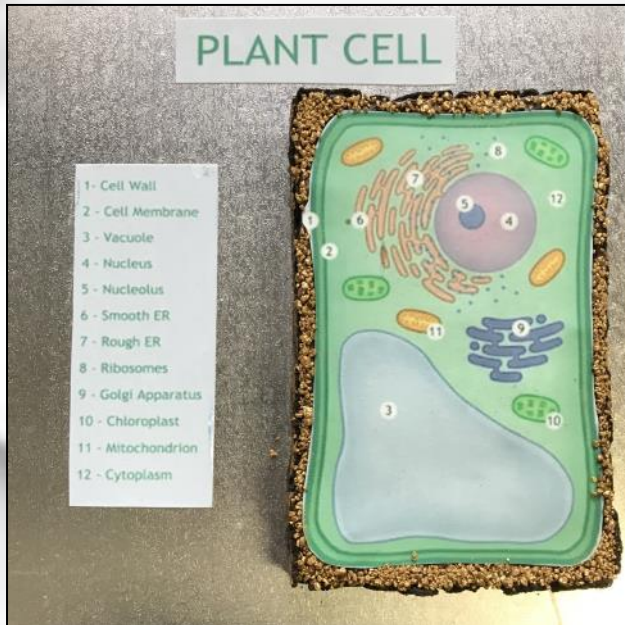


Chloe Sofo 8L



August 2018

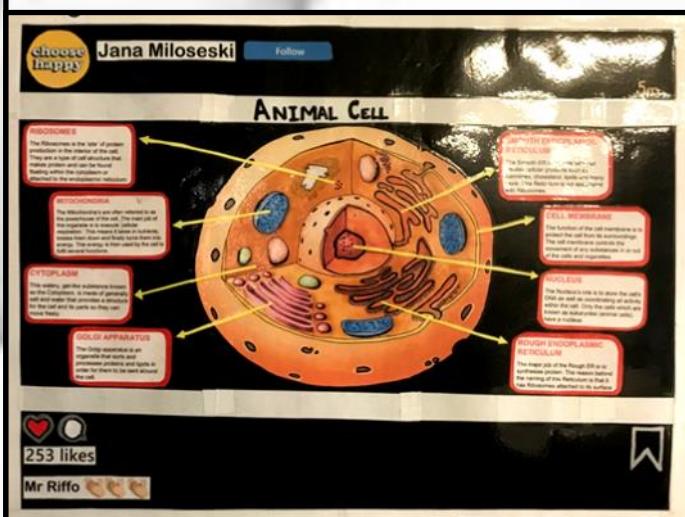
# Science with Cells



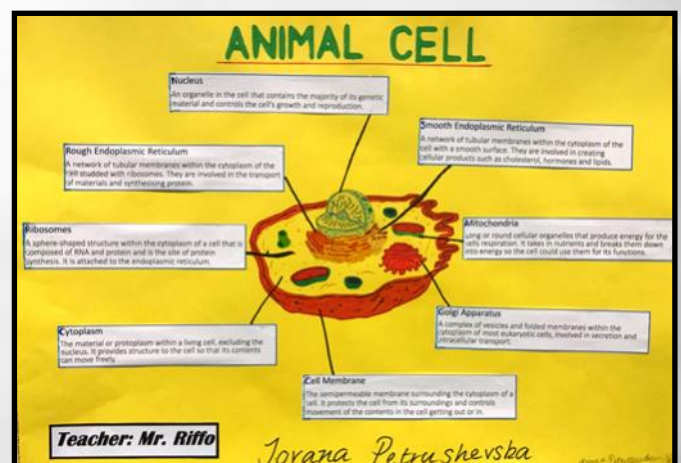
Evie Lazarevski 8J



Kaitie Strolla 8J



Jana Miloskeski 8J



Jovana Petrushevskaja 8J



## ABCN- Focus on Leadership

Congratulations to the following Year 11 students for participating in the ABCN-Focus on Women in Leadership program: Isabelle Caputo, Alessandra Costanzo, Herta Fejzoli, Mia Guest, Sibel Kaya, Felicity Lay, Jaymee Matthews, Tahlia McKell, Nikita Morham, Jackie Onzo, Brooke Stevens, Karla Tetzner and Stella Vrahoulakis.

These students are completing the following as part of this program:

Focus Session 1: Introduction to Leadership	
<b>Session Overview: Key Message/Aim</b>	Leaders and leadership takes many forms and involves a variety of attributes. Understanding common leadership “themes” helps us to reflect on our own leadership style.
<b>Learning Outcomes</b>	During the session, students and mentors will: <ul style="list-style-type: none"><li>◆ discover and discuss some common leadership qualities</li><li>◆ reflect on their own time management practice and decide on a focus area</li><li>◆ learn about leadership styles and how they apply to different contexts.</li></ul>
Focus Session 2: Realising Strengths and Developing Leadership	
<b>Session Overview: Key Message/Aim</b>	Having an awareness of our personal strengths helps us to realise what we are good at and what we enjoy doing. Having awareness of our weaknesses helps us to develop our leadership capabilities.
<b>Learning Outcomes</b>	During the session, students and mentors will: <ul style="list-style-type: none"><li>◆ work out their personal strengths and what they enjoy doing</li><li>◆ consider personal strengths that need to be improved to be a more effective leader</li><li>◆ learn about the Hedgehog Concept – a model to support decision making about about career and life pathways.</li></ul>
Session 3: Your Leadership Picture	
<b>Session Overview: Key Message/Aim</b>	Building a picture of how we see ourselves as leaders helps us to understand where we are now as leaders. It also helps to ‘lay the path’ for where we want to go.
<b>Learning Outcomes</b>	During the session, students and mentors will: <ul style="list-style-type: none"><li>◆ develop an awareness of some leadership strengths and potential areas of improvement</li><li>◆ reflect on their focus journey and leadership qualities by building a LinkedIn profile</li><li>◆ integrate feedback from mentors with how they perceive themselves as leaders.</li></ul>

Epping Secondary College would like to thank ABCN and Minter Ellison for this amazing opportunity for our Year 11 students.  
Mrs Hysen



August 2018

# ABCN- Focus on Leadership



Epping Secondary College

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# Debating Team

On Friday, 22nd June, Thomas Cornwall, Leila Majedy and Teesha Billman represented the college at the Local Schools Constitutional Convention, held at Lalor Secondary College. This is an annual event where students from Melbourne's north discuss current issues in Australian politics.

This year's question was "Should we continue to celebrate nationhood in the 21st century and if so, how and on what date?". As well as Epping Secondary College, there were representatives from St Monica's, Coburg Secondary College, Lalor Secondary College, Lalor North and Camberwell Grammar.

The day included speeches supporting different sides of the issue, including a member of Parliament, the President of Epping RSL and an indigenous gentleman who works with disadvantaged Aboriginal teenagers. After the speeches, the students discussed the issues raised in small groups of 4-8 students, then prepared a statement from their table. Both Teesha and Thomas stood in front of this audience of 100 students and dignitaries to present their arguments on behalf of their table.

At the end of the day, an overwhelming majority of students voted to keep Australia Day but change the date.

If you are a current year 9 student interested in attending next year's event, please message Ric Gill-Atkinson through Xuno.





# August 2018

## CHOOSE A CAREER

## THAT SUITS YOU...



On Wednesday, 18th July, all Year 10 students participated in a Careers Awareness Program, followed by a Parent Information Night at Plenty Ranges Arts and Convention Centre. Students listened to keynote speakers, institution representatives and teaching staff speak about courses offered at Epping Secondary College, possible future careers and pathways. All Year 10 students are to be congratulated on their respectful behaviour during this program. A big thank you to parents for taking time out of your busy schedules to attend the parent information night.

Comments made by some Year 10 students:

'I found it interesting hearing about what the universities have to offer.'

'My brain has been overloaded with information. I am still filtering.'

'I have a clearer understanding of what subjects I want to do.'

Mrs Hysen



# Epping Secondary College

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# WORK EXPERIENCE



In the last week of Term 2, various year 10 students participated in our annual work experience program. Placements varied with the largest being in the Building and Construction sector. This has proved an excellent opportunity for our year 10 students to focus on their career interests and trial what employment and the world of work is all about. Many found this experience rewarding while others found it a real challenge. Some were successful enough to find placements in sought after industries including the medical field, the legal industry and animal welfare. The feedback received from employers has been positive. Our year 10 students, despite their age, displayed maturity, respect and professionalism. Congratulations to all year 10 students who participated in a Work Experience placement. I hope you gained valuable information about the world of work and the industry you are interested in.

**Mrs Hysen**







## PLACEMENT



Heavenly Masoe has enjoyed a term 2 Work Placement at Two Beans and a Farm Cafe in Mernda. She has learnt valuable skills such as coffee making, food preparation and waiting on tables. We thank Two Beans and a Farm for this wonderful opportunity.



Dinah is currently undertaking work placement on Wednesdays at Arcare South Morang as part of her school based apprenticeship. Dinah is using this experience to gain the skills and understanding she will require for her future career in nursing. We are proud of her commitment to achieving her future goal and thank Arcare for providing her with a safe and supportive work placement environment.



Terri is currently working at Ms Rehak's favourite coffee spot 'Santos' in South Morang. Terri is learning valuable hospitality and customer service skills under the guidance of the wonderful and supportive staff. We thank Santos cafe for supporting our students and the VCAL program.



Brendan Boyles is completing a regular work placement at Woolworths Westfield. He is enjoying learning valuable retail skills and we are grateful to Plenty Valley Westfield Woolworths for this opportunity. Well done to Brendan for his hard work each week and for again being a wonderful ambassador for Epping Secondary College.



Jason of 12Y is currently working at Bayford Ford Bundoora as part of his structured work place requirement for his VCAL studies. Jason is loving this opportunity to further his knowledge of the automotive industry. The staff at Ford have kept him busy and have been generously sharing their expertise and skills. We thank Bayford Ford for supporting this next generation of automotive industry workers and wish Jason good luck with his future career. We are proud of our VCAL students and the fantastic ambassadors they are for our school and our VCAL program.



# August 2018



# Year 10 Camp

On Monday, 25th June, 42 year 10s accompanied by Ms Spiteri, Mr Rogneda, Ms Neocleous and Ms Temos, packed their bags onto the bus and headed to Port Melbourne to board the Spirit of Tasmania bound for Tasmania. Once on board, we explored our cabins and the rest of ship and settled in for the night. At 6 o'clock the next morning we disembarked the ship and enjoyed a Macca's breakfast, then met



our friendly bus driver Dave, who made the experience 10 times better and enjoyable. Part of the trip included a trip to the Cataract Gorge Reserve, where some of us enjoyed a chair lift across the gorge whilst others found their way up a mountain, where they interacted with wildlife, as well as admiring the breathtaking view.

The third day was spent at Port Arthur Penal Settlement, walking around and learning about the history of the convicts and how Port Arthur was established. That night we went on a ghost tour which was one of the scariest experiences for some, especially Ms Spiteri and for others, they enjoyed watching everyone being scared. The stories were unbelievable yet spooked us all. After a great adventure at Port Arthur we headed back to our motel for our last night in Tasmania.

Our fourth and final day in Tasmania created a lot of memories for us all. Dave drove us around sightseeing telling us lots of stories rich in history. One of our favourite places that we visited was Mount Wellington, which has spectacular views and overlooks Hobart. As it's over 1300 feet high we were literally on top of the clouds. We also fitted in a bit of shopping as well as visiting a blow hole which froze us all. By the end of the day we just wanted to get on the ship and head home as we missed our warm beds. Back on board the Spirit of Tasmania, some of us enjoyed watching the footy on the top deck, (GO RICHMOND!!) while others watched a movie in the cinema.

Another 6 o'clock wake up saw us disembarking the ship and onto the bus to head back to school. Even though we were happy to be home we still wished we were back in Tasmania with Dave and all the fun adventures we experienced. We will never forget our time in Tasmania as it was one of the best camps we have ever been on. Our friendships with others grew stronger and we created new memories that are unforgettable. We would like to thank Ms Spiteri, Mr Rogneda, Ms Neocleous and Ms Temos for giving their time to make this camp as enjoyable as it was.

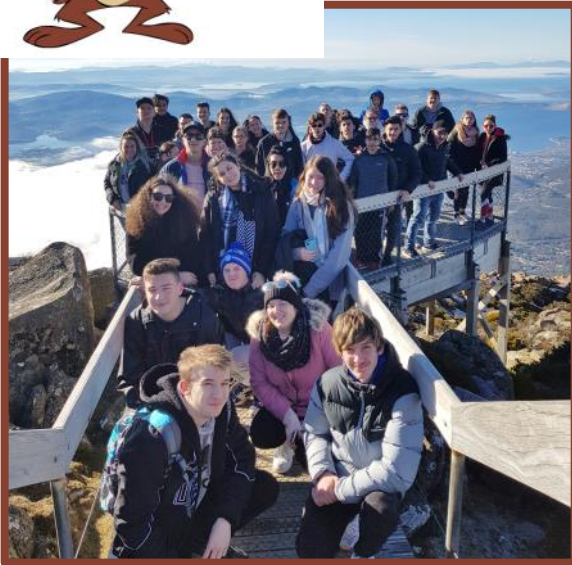
**By Ethan Kunelius and Victoria Conforto**



August 2018



# Tasmania





# Motor-Mouth Loves Suck-Face!

On Friday, 20th July, the VCE Theatre Studies group went to La Mama Courthouse in Carlton to see a performance called Motor - Mouth loves Suck - Face! For Area of Study Three, we need to analyse a play in performance, so we see a performance, take notes and then analyse elements of the production in our SAC.

Before the show we demolished some food then prepared for the performance of a lifetime! Motor - Mouth loves Suck - Face was a fantastic performance and gave us insight into a non naturalistic world with zombies, different dimensions and environmental disaster due to an atomic bomb and voodoo.

Best of all, we all received a hard copy of the script to take home with us and were involved in a person Q&A with the directors, stage managers, cast and crew!

**Tanika Ponchard 11B**





## ANTONY & CLEOPATRA



Part of the VCE Theatre Studies curriculum is analysing plays in performance. To do this, students spend the school day going to the theatre and talking with theatre professionals about their productions.

In Unit 1, as we were studying pre-modern theatre, we went to the Arts Centre to see Bell Shakespeare's production of Antony & Cleopatra. This was an intimate and confronting interpretation which combined modern costumes and stagecraft with a clear sense of historical context. The performance was in the Fairfax Studio at the Arts Centre so we were very close to the stage and felt part of the performance. We were also able to ask questions of the cast after the performance and the questions asked by ESC students were the most interesting and thoughtful. One even received a round of applause from everyone! When we returned to school, we had a SAC to evaluate the performance. Next time you see a play, ask yourself "How did the actors establish and maintain the actor-audience relationship?" or "How did the theatrical style inform the application of stagecraft?"

**Ms. Sara-Jane Smith**





August 2018

# Italian High Achievers



Year 9 students who have demonstrated an interest and skill in learning Italian enjoyed a two day study retreat. The first day was held at COASIT in Carlton giving the students the opportunity to participate in cultural activities. Students were joined by our international guests from Italy who are here to further their studies in English. Our Year 12s also enjoyed an extension opportunity and demonstrated their knowledge and skills to the year 9s. The students were hard working and enthusiastic and in the age of globalization and the focus on future employers looking for candidates with good communication and language skills, we encourage our students to keep pursuing Italian and embrace the opportunities second language studies bring.

**Ms Rehak**





August 2018

# Farewell to our exchange students



## GRAZIE EPPING SECONDARY COLLEGE!

Hello, we are Rachele and Alessia two Italian exchange students from Verona, a city in northern Italy. We are currently studying tourism at the Calabrese Levi Institute in San Pietro in Cariano.

This year we had the opportunity to participate in a cultural exchange in Australia, so this is why we have spent 40 wonderful days in this amazing country. We visited some Australian cities such as Geelong, Melbourne, Canberra and Sydney which are all beautiful and different compared with Italian cities, especially their architecture. We were also lucky to spend a week at Epping Secondary College where we attended classes with the fantastic year 11 and 12 students. We have loved our time at your school because everyone here is always happy to help you and make you feel welcome. The teachers and students are really nice and friendly. We would like to particularly thank Mrs Taylor for organising this exchange, Ms Ciavarella for driving us from Essendon to Epping every day, the Languages department for organising a delicious luncheon and all the teachers who allowed us into their classrooms.

We have loved Australia so much, not only for its breathtaking natural beauty and open spaces but mostly for the amazing people who have done everything in their power to make our stay memorable and comfortable.

Thank you so much to those students and teachers who spent time with us.

**Rachele and Alessia**



Epping Secondary College

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**August 2018**

# **Macedonian Program Celebration Evening**

**Come and be a part of this special Macedonian  
Celebratory event, together with your classmates and  
your parents.**

**Night of music and dance –  
Experience the Macedonian culture and traditions.**

**Venue:** Grande Reception  
**Address:** 6-8 Helm Court Epping  
**Date:** 26<sup>th</sup> October 2018  
**Time:** 6:30pm

**Tickets are  
available for  
purchase from the  
general office.**



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**August 2018**

# ITALY 2019!

Epping Secondary College is planning a two-week school trip to Italy 27th November – 12th December 2019! This two-week trip will highlight some of Italy's most amazing locations and provide students with the opportunity to increase their global awareness, improve their travel, interpersonal and Italian language speaking skills. If a trip to Italy is something you dream about or would love to consider, speak to your parents, collect an expression of interest form from Ms Rehak, Ms Taylor or Ms Foresio and consider applying for casual work so that you can start saving for this incredible experience!



**Join us for a Parent Information Night  
Thursday 6th September 7pm**

**Epping Secondary College**

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## SRC Report

### Student Voice Activities

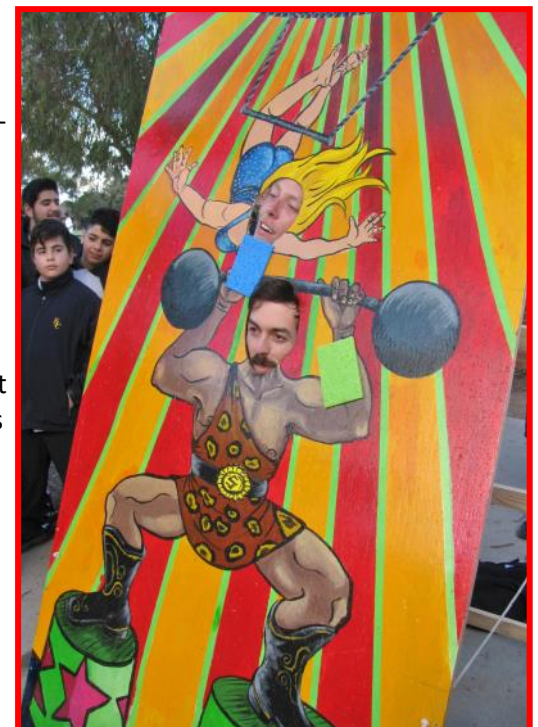


#### Look out teachers .. ESC has a new sponge throwing target!!

Debuted at the end of term 2 for "STUDENT VOICE DAY", BRAVE teachers (and some students) took their turns in the cold centre-point of this 'fun' space. Students lined up in enthusiastic droves to grab a sponge to throw at their educational leaders! Throwers paid a \$1 for three turns and all cashed raised went to the SRC's chosen charity, S.C.A.R.



'Student Voice Day' was organised to give SRC leaders an opportunity to talk with others from the student body about how they think "ESC" is going. What are we doing well and what does the school leadership team need to focus on improving? Results were taken to the school committee by the SRC President helping the students' voice ring through the Administration offices... while the teachers' faces dried in the lunchbreak sunshine!





August 2018

# SRC Congress 2018



The time had finally arrived. We packed our bags and great ideas and headed to the University of Melbourne, to meet student leaders from not only around Melbourne but the WHOLE OF Victoria. The 10th July, was an exciting yet nervous start for most of the delegates. When we arrived we were greeted by the 2017-2018 VICSRC Exec team, then introduced to Holly Ransom, Chair of the G20 Youth Summit and leader extraordinaire who gave an introductory speech relating to (young) leaders. After morning tea we joined leaders and discussed topics that we as students, think are extremely important and believe can change our schooling experience. Delegates were then given an option to choose a topic out of 15, to work in groups for the next 3 days. In each separate group we developed ideas that supported our opinion on why this change should occur.



At the end of the 3 days each group presented their topic to the Acting Premier and Minister for Education Mr James Merlino. After lunch on day 2, we experienced something not all young people are able to which was to go through a voting process but rather than voting for political candidates we voted for the 2018-2019 VICSRC Exec team. After each candidate had delivered a 50 second speech we voted on our preferred choice. On our last night at Congress we went way back in time to the 90's,



80s, 70's and even the 60's- all four decades in one night. The Gala dinner was an absolute blast with everyone dressing up and having an amazing time. Sadly, the day had come, day 3 the last day. We began the day by preparing for our group presentation. We arrived at the main hall and each group set up their own table with posters and other decorations. We then ran our own lighting lobby where people and other leaders walked around speaking to everyone about their topics. By the end of the day we ended up with 5 main topics that are now going to be put into place and hopefully make a huge impact on every school throughout Victoria. The same evening VICSRC and The Department of Education launched the Voice Hub where students are able to share their ideas and come together as a team to make them possible.

Overall, Congress was just an amazing and life changing experience where we were able to do things that some even thought weren't possible. CONGRESS not only gave us great opportunities but also gave us lifelong friendships with many people that we will never forget.

**By Ravya Gujral**





## Peer Support Program



### Arts in the City Excursion

Recently all Yr 7 home groups had the opportunity to visit our world class National and International Galleries. The National Gallery of Victoria, popularly known as the NGV, was founded in 1861 and is Australia's oldest, largest and most visited art gallery.

The NGV houses an encyclopaedic art collection across two sites: NGV International on St Kilda Road in the Melbourne Arts Precinct of Southbank and the Ian Potter Centre: NGV Australia, which is in Federation Square.

The excursion was part of the Yr 7 Art Curriculum aimed at developing students' awareness and appreciation of art. It was also an opportunity for Yr 7 students to connect with their Peer Support Leaders who also attended this excursion. Students began by wandering down Melbourne's famous Hosier Lane to soak up some street culture and check out the amazing street art by local artists.

At the National Gallery students engaged in some VTS (Visible Thinking Strategies) analysis of one of Australia's



most famous artworks, The Pioneer by Frederick McCubbin, painted in 1904. The painting is a triptych; the three panels tell a story of a free selector and his family making a life in the Australian bush and is widely considered one of the masterpieces of Australian art.

At the International Gallery students analysed Giambattista Tiepolo's masterpiece The Banquet of Cleopatra, painted in 1743, which is the most valuable painting in an Australian art collection, valued at more than \$100 million dollars.

The students had a great day and are to be commended for their behaviour both at the gallery and on the train, where a commuter approached a teacher to congratulate them on the student's polite and courteous manners. Great job Epping!

**Ms Hart**





August 2018



# Volleyball



**ROGER  
COURTSIDE  
FINE DINING**



## Teachers vs Students



**MICHAEL  
SPIKING FOR  
THE WIN**

## Year 10 vs Staff Volleyball Tournament

Late in term two our staff and students competed in a volleyball round robin tournament. We saw 4 student teams and 2 staff teams participate, with all student teams being very competitive. One staff team was very successful, however the other team struggled a little bit!

The round-robin came down to a final between one staff team and one student team. It was a tightly fought match, with the teachers winning some crucial points late in the set and narrowly came away with the win.

Thank you to all the students and staff who participated in the tournament. It's an awesome way to stay active at lunchtime and a great opportunity for both staff and students to enhance their rapport with each other.

**Michael Rogneda  
Year 10 Coordinator**



**THE TEAMS**



## Sport Report

### BADMINTON

Northern Metropolitan Region Sport – We have had many sports through to the next round (NMR) of competition so far in term 3. On Tuesday, 31st July, both the Intermediate girls' and boys' badminton teams competed in the Regional Finals at Darebin Sports Centre. In this combined Year 9 & Year 10 level the standard certainly goes up a notch, with Epping's students clearly playing out of their weight division as nearly all the competitors bar ours were Year 10's. We had some mixed results with the girls' team being lucky enough to go through to back to back State Finals. These will be played on Wednesday, 15th August, at the State Badminton Centre in Albert Park. There has been a squad of 8



girls training the house down and their fun, well behaved and enthusiastic attitude has certainly paid dividends on the score board, as they didn't lose a game all day. Hitaishi's leadership, Rose's ferocity, and Tharosha's shot placing accuracy, teamed beautifully with Angelina, Mary and Celsiya.

On the boys' front we made it through to the final having won the previous 3 matches but were beaten by a moths nostril in Reservoir in the grannie. Reservoir had a home court advantage and being tied up 3 rubbers each, had to go into the overall point's calculation to determine the winner. Well done to Devansh, Jordan, the double Jacks and Jaydan on finishing runners up out of 64 schools.

**Mr Cooke**

### NETBALL

Netball is always a sport that we excel in and this year is no different. The senior girls, intermediate girls AND boys' netball all competed at NETS stadium in Macleod. All three teams did themselves and the school very proud but unfortunately couldn't get the chocolates on the day. The three netball teams all carried themselves very well and represented the school in a fantastic manner.



### SOCCER

Mr Mulholland's senior soccer competed in their NMR round of competition at Darebin International Sports Centre. The team had been working very hard training regularly after school to ensure they gave themselves the best chance at advancing to the state finals. The boys battled hard all day however, they couldn't quite get over the line but as they did in the earlier round of competition displayed an enthusiastic fighting spirit whilst also showing excellent sportsmanship.

### AFL TEAM

Intermediate boys' AFL team, under the watchful eye of Mr Rogneda and assistant coach Mr Luttmer, competed at McDonnell Park and despite being undersized took every challenge that came their way. Jai Murtagh and Tanar Pierce led from the front and the class of Luke Jeffs almost got the team over the line, however, in very unlucky circumstances it wasn't to be. A last minute goal from a free kick turned out to be the winner for the opposition.



## Sport Report

### WHITTLESEA REGION ATHLETICS

After the original date was postponed due to poor weather the Whittlesea Region Athletics FINALLY took place. Almost 60 students represented the school and competed against students from other schools in the region. We had some stand out performances with Steph Jacobson, Adam Compton-Robins and Louise Frank absolutely dominating all their respective long distance events. Anastasia Lambrou impressed everyone at the track by winning the 100m, the high jump and the long jump. Selena Aioulupotea demonstrated amazing power and skill in winning the javelin, shot put and the discus. The Epping girls also did our school very proud winning the under 14, 15 & 16s 4x100mtr relays.



A huge congratulations to all the students who represented the school at the track. The students' behaviour was excellent which helped the day run very smoothly.

See below for a list of students who won their event.

Student Name	Event
Selena Aioulupotea	Javelin, Discus & Shotput
Adam Compton-Robins	800, 1500, 3000m
Jayden Day	1500m Walk
Louise Frank	400, 800, 1500m
Steph Jacobson	800, 1500, 3000m
Keresoma Keresoma	Shot put
Anastasia Lambrou	100m, High jump, Long jump
Maryanne Polu	High jump
Adian Salih	Triple Jump
Star Toeieiu	Shot Put
Daniel Tsigros	Triple Jump
Allanah Watts	100m



Carlisle Cobras	Pindari Panthers	Dalton Dragons	Scarborough Sporpions	Findon Falcons	Tatlow Tigers
3695	3482	3383	3034	2684	2284



# August 2018

## Sport Report

### Melbourne City Football Academy Experience



As we drove through the entrance what stood out for me was the Melbourne City logo on the panel of the wall. I couldn't believe I was actually there! We alighted the bus and waited to be welcomed in. I couldn't wait to embrace the facilities and the life of a player at the Melbourne City Football Academy. In the entrance that we walked through, there was a wall with all the different City Football groups' logos such as Manchester City, New York City, Yokohama Marinos as well as Melbourne City. All the parts of the facility such as the medical rooms, gym rooms, first teams training field, were state of the art. Even the change rooms were spectacular. As we sat in a room waiting for a video to be shown, Melbourne City star and Soceroo Daniel Arzani came in unexpectedly and we fell head over heels. To talk to such a young player who has accomplished so much (such as playing in the most recent World Cup) was inspiring, showing that at the end of the day we're all human and can achieve anything we put our minds to. After we were shown the facilities, the team was taken to the brand new artificial grass field for a training session, then wrapped up with a mini tournament. This was something that we as a team have never experienced before. It was truly an unbelievable day that no-one will forget anytime soon. It was a great day!

By Jacob Ivakovic 9K

### Melbourne City Gala Day #ThisGirlCan Movement



On Saturday, 21st July, there was a #ThisGirlCan Gala Day and I was lucky enough to go there with my family. When you walked into the entrance, the area and activities did not look appealing at first but it certainly was fun when more and more people arrived. An assistant gave us a free voucher for 1 free thing at any of the food trucks. My personal favorite item was the Nutella crape. The area was set up with about 7 different stations. The first thing I did was enter to go in a mini game with all the mums on one team and their children on the opposing team. There were also many video game stations that played Fifa 2018, NBA 2k18 and many other sport simulating games. Other activities included a bubble ball soccer game, penalty shootouts, bouncy houses and many other family-friendly activities. I also received a scarf and a lanyard which had the Melbourne City logo on it and met former Australian goalkeeper Melissa Barbieri, who is now the Women's Assistant Coach at Melbourne City. My family and I enjoyed every second of that wonderful day. I wish you could be there too!

By Monia Sidahmed 7H



August 2018

# Y9 Sport & Recreation

Year 9 Community Sport and Recreation classes have had a very busy semester. We have had numerous visits to TRAC, Epping Leisure City and over the last month lawn bowls, ice-skating/curling and rock climbing.

These opportunities have enabled the students to develop numerous skills and abilities, to which they have acquitted themselves extremely well.

Mr Biscaro



LAWN BOWLS



ICESKATING



CURLING



ROCK CLIMBING





August 2018

# Wellbeing Report

## EAL and International Students Morning Tea



On Friday, 20th July, the school organized a morning tea for both EAL and International students' families. This was an opportunity for the families to meet with staff in a relaxed and friendly environment to ask questions and receive valuable information regarding their children's education.



**Mona Botros**  
Multi-Cultural Social Worker



## ESC SECOND-HAND UNIFORM SHOP

**LOCATED IN THE HOUSE  
WEDNESDAYS  
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- ♦ Uniform to be sold can also be accepted during these times
- ♦ Only current uniform will be accepted
- ♦ **CASH ONLY**
- ♦ **NO REFUNDS**





## Teenage Aggression Responding Assertively (T.A.R.A.)

### Northern Region

*A workshop for parents of adolescents who are behaving with aggression and violence*



Please join us to discuss the impact of challenging behaviours and violence on families and relationships and to consider the role adolescent development, styles of communication and patterns of relating have in family relationships.

Our intention is that parents feel less alone, better equipped, more hopeful and confident in their ability to respond to challenging behaviours in a way that promotes safety, trust and connection for all family members.

**Course runs over two mornings (attendance required for both sessions)**

**Tuesday 4<sup>th</sup> and 11<sup>th</sup> September 9.30am -12.30pm**

**Please call intake to secure a place on the number below.**

**For more information or enquiries please contact:**

T.A.R.A Program on **(03) 9450 4700**

Berry Street, 677 The Boulevard, Eaglemont VIC 308





## Myndful Yoga Studio

Yoga . Pilates . Aerial

Located in Epping, our professional and friendly boutique studio offers a range of AntiGravity Aerial Yoga, Reformer Pilate's, Mat Yoga and Mat Pilate's classes. We pride ourselves on having created an environment that is warm and inviting to everyone, regardless of age, gender or fitness levels.



### AntiGravity Yoga

We are excited to offer AntiGravity Aerial Yoga.

Experience the fun and freedom of zero compression inversions while being fully supported by a silk hammock. You are successful just by showing up, so come and join a class today. Classes are open to all levels. "If you can 'suspend your belief', I guarantee that I can make you healthier, happier and taller in just one session!" Christopher Harrison founder of AntiGravity Yoga.



### Reformer Pilates

Our Reformer Pilates classes are fun, dynamic and incredibly effective for sculpting long lean muscles as well as improving fitness and flexibility. We offer a range of classes for all levels, from beginners to advanced.



### Mat Yoga

We have embraced the healing aspect of Yoga and Meditation and encourage our students to discover for themselves the true beauty of Yoga. The only commitment required is the one you make to yourself. Classes are open to all levels.



### Mat Pilates

Our Mat Pilates classes are a mix of classical mat Pilates and Stress flow Pilates. The classes are designed to strengthen your core, sculpt your postural muscles, increase flexibility and of course have a bit of fun. Classes are open to all levels.

Classes need to be pre-booked as numbers are limited, however feel free to come into the studio to visit us, and if we can accommodate it we will offer you a space. Our timetable and link to bookings can be found via our website - [www.myndfulyoga.com.au](http://www.myndfulyoga.com.au)

Myndful Yoga Studio Unit 1, 51 Willandra Drive, Epping VIC 3076

M: 0421 120 304 E: [nicole@myndfulyoga.com.au](mailto:nicole@myndfulyoga.com.au)

Instagram: @myndful\_yoga Facebook: @MyndfulYogaStudio





# August 2018

**\$25 PRIVATE LESSONS**

JAC MUSIC SCHOOL  
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# August 2018



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## HAIRTISTIC STUDIO PACKAGES

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# August 2018

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## Epping Secondary College

*Learning for life*

Dear Parents,

If your child(ren) are currently or keen on playing basketball, please participate in the 2018/2019 Basketball Skills and Development Survey.

Results will be used to inform and direct our future Basketball Skills and Development Program planning and improvement coming to a location near you.

I ask you to please take the time to complete the survey as your opinions are important to us and will contribute to our Basketball Program.

- ◆ The survey will be conducted online and should take less than 5 minutes to complete.
  - The survey can be completed on any internet enabled device (iPad, Desktop or Laptop, Smartphone but best on Desktop or Laptop) and is compatible with most browsers
- ◆ The survey is already live and will close Sunday 26 August 2018. - <https://surveyhero.com/c/c75160f4>

Please be assured that your responses are completely confidential. The survey is conducted anonymously and it is important to us that you complete the survey as honestly as possible. Upon completion you can enter your details to enter prize draw to WIN free training sessions (2 weeks).

[Online Survey: 2018/19 Basketball Skills and Development Survey](https://surveyhero.com/c/c75160f4)



## 11-19 August 2018

# national science week

Join us during lunchtimes

**Monday 13** - Slime Club

**Tuesday 14** - Technology & Coding  
R2D2 robots, Lego Kits

**Wednesday 15** - Outside Science

**Thursday 16** - Science Trivia





# August 2018



## **BECOME A TEACHER'S AIDE**

### **CHC30213 - Certificate III in Education Support**

#### **Employment outcomes**

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Learning Support Assistant  
Teacher Aide  
Support Worker & MORE

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Educate, support & inspire students

#### **CAMPUSES:**

#### **COBURG**

Head Office  
11 Munro St  
(03) 9383 2533

#### **BRAYBROOK**

Units 9 & 10  
6 South Road  
(03) 8398 5000

#### **EPPING**

1E, 560 High St  
(03) 8401 6700

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We encourage individuals with disabilities to access our training

# Epping Secondary College

## *Learning for life*



EPPING SECONDARY COLLEGE PRESENTS...

# FOR WHOM THE BELL TOLLS

A SCHOOL  
BASED  
CABARET

TUESDAY AUG 28 @ 7.30PM

PLENTY RANGES CONVENTION CENTRE



TICKETS SOLD AT SCHOOL RECEPTION

STUDENTS \$10.00 ADULTS \$15.00