



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

# Victorian State Ballet Jade Marangos

**Jade Marangos** from Step in Time Studio of Dance in Epping, along with her sister Cindy, were chosen to perform with the Victorian State Ballet after auditioning with 60 other hopefuls. She performed at Karralyka Theatre on the weekend to a packed audience. Last year she was also chosen to perform in their Don Quixote Production.

**Congratulations Jade!!!**



**Issue 3 - May 2017**

## Important Dates

### MAY

**Wednesday 24 — Friday 26**  
VCE Study Camp

**Monday 29 — Wednesday 31**  
Year 7 Camp

**Monday 29—Friday 2**  
Year 10 Exams

### JUNE

**Thursday 1—Tuesday 6**  
Year 11 Exams

**Friday 9**  
REPORT WRITING DAY  
STUDENTS NOT REQUIRED AT  
SCHOOL

**Monday 12**  
QUEENS BIRTHDAY  
PUBLIC HOLIDAY

**Tuesday 13**  
Year 12 Reenergise Program

**Wednesday 14**  
Y12 GAT Exam

**Thursday 22**  
Year 7 Immunisation

**Monday 26—Friday 30**  
Y10 Work Experience

**Friday 30**  
LAST DAY of TERM  
1.00pm Dismissal



## Principal's Report



### Past students achieve Doctorates in their fields of study.

Phillip Ward and Hannah Coughlan graduated from Epping SC in 2006 and we are very proud to announce that they **have gained their Doctorates in their respective fields**. Hannah's doctorate is in "Advanced Physics" and Phillip's doctorate is on "Mapping the vascular system of the brain". Phillip also won the Australian Alzheimer's Scholarship of \$99,000 and was then hired by CSIRO where this funding was doubled. Phillip has been working on how to identify Alzheimer's so that individuals can then receive treatment and have the effects of this condition delayed. He is now employed as a full time researcher at Monash University Hospital. We wish both of our ex students all the very best and know that they are destined to achieve great things.

### Maximizing XUNO

The XUNO parent portal is now a key element of the college communication systems and it is imperative that all parents know their log in details and how to access the information that is available. We are still in the implementation phase and so it is understandable that some parents are still not fully confident in accessing the system. The parent/teacher interviews which are now "Student led Conferences" were booked through XUNO and reports were also accessed through this portal. It is very important that all parents access XUNO regularly so as to keep informed about important school news. We will offer an after school workshop for those parents who would like some extra assistance.

### The 2017 Attitudes to School Survey

Our school is conducting a survey to find out what your child thinks of our school. The Attitudes to School survey is an annual student survey offered by the Department of Education and Training. The survey assists schools in gaining an understanding of students' perceptions and experience of school.

Our school will use the survey results to plan programs and activities to improve your child's schooling experience.

This year the Attitudes to School survey will be conducted at our school between Monday 22 May to Friday 23 June. The survey only takes 20-30 minutes to complete and occurs during your child's class time.

### Principal's Student Advisory team 2017 (Meeting held Wednesday 10<sup>th</sup> May)

The Principal's Student Advisory team was established in 2013 as a key element of the college Student Leadership program. Students from across all year levels are selected and invited onto the team where they are given a strong voice and opportunity to represent student opinions and perspectives. The team meets every term and provides feedback on different aspects of the school, raising issues and interests that are important to the student body. I am overwhelmingly impressed with their insights, their clear and relevant ideas and their serious commitment to their school and its vision. I look forward to working with this terrific team and drawing on their support as we continue on our journey of continuous improvement.

**Helene Alamidis**  
Principal



# May 2017

## Student Leadership Presentation

At the end of Term 1, we held our Student Leadership Presentation for the amazing students who make up the ESC Student Leadership Team. We have over 200 student leadership positions and it is a testament to our students' enthusiasm that these positions are hotly contested.

Despite a last minute change due to less than ideal weather, it was fantastic to see so many families come and celebrate the positive contributions that our students make to the school community. It was also a fitting opportunity for our student leaders to reflect on the commitment that they have made to the school and the expectations that go along with that commitment.

Thank you to all the students and families who attended, the huge number of staff who came along to support and to the incomparable Liz Paras who put in a huge amount of time and energy into certificates for every student leader.

**Ms Smith**

**Student Leadership Coordinator**



## Student Voice Workshop



On 30th March, four SRC members, Judge, Terri, Bree and Sebastian attended a SRC student voice workshop at Templestowe College. Many other schools attended, including primary schools and ran throughout the duration of the school day. The event was mainly focusing on what we as SRC members could take back to our school community, teamwork developmental skills and how to successfully follow through with an action plan (ALTER). We returned with some great ideas on how to improve our school community such as ideas on an 'empowering bystanders' campaign. The SRC enjoyed the opportunity to collaborate and explore more ideas in leadership and teamwork.

**Judge Seears**



May 2017

# Peer Support Celebration



At the start of term our Peer Support teams from Year 10 returned to our classes to talk to us about bullying and how to be positive bystanders, which just means we shouldn't stand by and let people be bullied. They introduced us to "Bully Busters" and explained how we could make a difference by standing up to bullies. It was fun to see the Year 10 students again and we wish we could have them for teachers all year!

We were also given pizza and hung out with the Year 10s.

Thanks to Mr. Kaska for making so many pizzas!





# May 2017



Epping Secondary College

*Learning for life*

# May 2017

## SRC Report

Between the 23rd to 24th February, we started the year with a camp in the city for SRC members who attended a workshop on homelessness and disadvantage run by the 'Big Issue'.

**1st March:** SRC members helped to celebrate Athletics Day by providing face painting and hair colour for students to support our different house groups.

**8th March:** we celebrated International Women's Day by conducting a fun badge-making session attended by both students and teachers. The badge-making machine was purchased last year through the fundraising efforts of the 2016 SRC.

**17th March:** the SRC helped promote and monitor our Ride 2 School Day, designed to encourage students to embrace a healthier lifestyle.

**21st March:** Harmony Day celebration, a day where we encouraged our students to celebrate and to respect our cultural diversity. This was an out of uniform and we raised \$305. Our school induction ceremony was also held on March 21, where SRC members were presented with their leadership badges.

**28th March:** SRC members supported Epping's Open Night by acting as guides for prospective students and their parents.

**29th March:** six SRC members attended SRC cluster at the Whittlesea Shire Council to connect with other SRC groups and members.

**30th March:** four SRC members attended a series of 'Student Voice' workshops run by VicSRC at Templestowe College.

**31st March:** SRC members organised and presented the EOTA. At this assembly a chocolate raffle organised by the SRC was drawn. Six prizes were won and \$177 was raised.

The SRC meets weekly at lunchtimes. The SRC has determined that initial fundraising efforts will be directed towards purchasing a new flagpole for the Indigenous flag so that it flies at the same level as the Australian flag. In Term 2, the SRC will be working with other departments to plan and host an incursion in Term 3 with renowned Aboriginal musician and advocate, Kutcha Edwards, which will coincide with celebrations for NAIDOC week. We will also celebrate Reconciliation week and National Sorry Day.

We will be sending some SRC representatives to the World Vision Youth conference in June, as well as the VicSRC Congress.

We have had a busy and productive start to 2017 and I look forward to working with our energetic and enthusiastic SRC group, as well as welcoming new faces.

**Judge Seears**



# May 2017

## SRC Report

### the youth summit

Our goals. Our voice. Our future.

On 31st March, our school's college captains and VCAL captains were invited to Youth Summit Victoria 2017 held at the MCG. The summit started with a Welcome to Country ceremony from a local Aboriginal elder and some traditional-modern fusion performances from young Indigenous entertainers, followed by a Q and A panel featuring youth advocates answering live audience questions about general youth issues.

There were 5 morning workshops focusing on major youth issues such as housing, domestic violence, homelessness, unemployment and mental health, from which we were to choose one. We chose domestic violence forum as our morning workshop, keeping in mind that City of Whittlesea has one of the highest rates of domestic violence in Victoria. Through this workshop we gained knowledge about how important the issue itself is and what we could do to help people who have been affected by this.

We then had an address from the Victorian Minister for Youth Affairs who showed great understanding and insight into youth issues. After lunch we had another Q and A panel with another group of youth advocates that involved a lot of discussion around lowering the voting age to 16 in order to give young people a voice and as a way for young people to be involved in the decision making processes.

The last workshop we chose was the TEDx Talk: Storytelling, the talk focused on our ability to make a point through a story in such a manner that it interests and inspires our audience. We gained much insight from this presentation and the information and skills we acquired, will be very helpful in the future.

There were approximately 400 young people from various organisations and schools in attendance plus accompanying adults including politicians and youth workers. We participated in some really important and valuable discussions which will be passed on to higher levels of government and allow some changes to be made to benefit young people in the future.

**Bineet Gujral**  
School Vice Captain



## Australia's young advocates coming together

# May 2017

## Gratitude Corner

I have previously written about the importance of the character strength gratitude. I think it is important for the school community to be reminded of this and to also be informed about some of the initiatives that have been happening in the school this year.

Introducing students to the concept of 'Gratitude' and finding opportunities to engage in gratitude daily, can be one of the most beneficial practices for students. A number of students have shown that even a small dose of daily gratitude in classrooms can increase optimism, decrease negativity, enhance school connectedness and improve overall attitudes towards school and learning.

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people experience more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.


### Virtue Category:

Gratitude falls under the virtue category of Transcendence. Transcendence describes strengths that provide a broad sense of connection to something higher in meaning and purpose than ourselves.

### Key Concepts:

There are two types of gratitude:

1. Benefit-triggered gratitude= the state that follows when a desired benefit is received from a benefactor.
2. Generalized gratitude= the state resulting from awareness and appreciation of what is valuable and meaningful to yourself.

grat·i·tude:   
the quality of being thankful;  
readiness to show appreciation  
for and to return kindness.

## 'Positive Education Progress at ESC'

All students from year 7-9 take the VIA Character Strength Survey and undertake work based around their individual Character Strengths. In term 2, all year 9 ISELF students learn about the benefits of gratitude and complete a task which involves them writing a letter of gratitude to someone in their lives. This task is always a highlight of the year in ISELF and has generated great stories and experiences with both the students and the person they give the gratitude letter to. If you are interested you can find out more information here and even take the VIA Character Survey Test yourself for free:  
<http://www.viacharacter.org/www/>

Staff have been given the opportunity to express gratitude via the staff gratitude box located at the main office and this will continue to be in operation for the remainder of the year. We will be looking at how to initiate gratitude across the school with all students this term.

In addition to this, starting in Term 2 you will notice a new category on the Merit Cards: '*Demonstrating the use of a Character Strength/s in academic or extra curricula commitment*'. This will enable you as a teacher to reward and celebrate students who demonstrate and display strong Character Strength/s.

**Here are some of the ways Staff have been thanked by other staff so far this term.....**

**Rita De Vincentis in Food Technology**- 'Thank you, it was much appreciated for putting in so much effort into your job even when it is quite difficult. You are doing a fantastic job!'

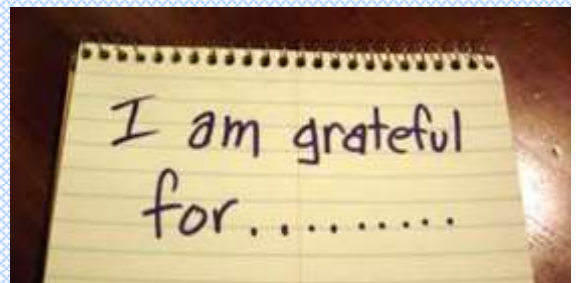
**Ronnie Peterson Year 9 Coordinator**- 'Thank you, it was much appreciated as always, your work coordinating year 9 and your dedication is so appreciate-thank you.'

**Sofi Sword Learning Support Program**- 'Thank you, it was much appreciated for always taking the time to say "hello" and asking how I am. You always take the time to send emails of praise and encouragement. Thank you.'

**Jackson Brooke**- 'Thank you for always being such a thoughtful and supportive ally to our LGBTIQ\* staff and students.'

**The Administration Ladies**- 'Thank you, it was much appreciated you are all amazing and do so much to make our teaching jobs easier. Thank you.'

**Andrew Beale Maintenance**- 'Thank you it was much appreciated for supporting the Science staff (and the school in general) with our many maintenance dramas, I appreciate your flexibility and knowledge/advice on how to deal with issues.'





# May 2017

## Autumn Open Air Concert

On Thursday, 18th May, our classroom music students were involved in performing to the school community at lunchtime. All students currently undertaking classroom music have been involved in learning many songs in class as part of their Performance assessments. Each year 7 class has been lucky enough this term to experience the thrill of learning songs as part of a band and playing to a live audience at lunchtime.

The Musical Futures Pedagogy at Epping Secondary College has greatly focused on engaging students in the classroom. This mode of learning enables students to learn and appreciate musical elements through hands on performance. This learning also enhances skills such as fostering team work, self-discipline and most importantly gaining greater confidence in one's own ability.

During the lunchtime performance all the students currently involved in classroom music, performed a huge variety of songs from different genres. Both Mr Talarico and Mr Ferre would like to congratulate all the students who participated and commend them for their hard work. We will undoubtedly see more performances at lunchtime and we appreciate their contribution to the program. Well done all.

**Mr Talarico/Mr Ferre**



## Epping Secondary College

*Learning for life*



# May 2017

## Tales of a City by the Sea

On Thursday, 27<sup>th</sup> April, the Year 10 Drama group performed their interpretation of the play 'Tales of a City by the Sea' by Samah Sabawi, to a full house which included family, friends and teachers.

Tales of a City by the Sea is inspired by events the author (Samah Sabawi) and her family have experienced during the past several years. Most of the poetry in the play was written during the 3 week bombardment of Gaza in 2008/2009. The Gaza War was a three-week armed conflict between Palestinians in the Gaza Strip and Israel that began on 27th December 2008 and ended on 18th January 2009 in a ceasefire. The conflict resulted in approximately 1,417 Palestinian and 13 Israeli deaths.

Tales of a City by the Sea is the story of two people who meet and fall in love in the besieged Gaza strip, woven together from the actual experiences of people living under occupation. Jomana, a Palestinian woman living in a Gaza refugee camp, falls in love with Rami, an American-born Palestinian doctor and activist who has just arrived on one of the first Free Gaza boats in 2008. Their love is met with a relentless string of challenges. Ultimately, Rami must decide between returning to his comfortable life in Texas or staying in Palestine with Jomana. Choosing to stay means leaving his family and career behind for a life ravaged by war, while leaving means not only losing Jomana but also ignoring the plight of the Palestinians.

The year 10 drama group read the play and analysed the key themes, issues and characters within the play. They worked as a collaborative team to interpret the script and to create a self-devised ensemble performance based on the key themes, issues and characters within the play. Students used Brecht's Epic Theatre techniques including Breaking the Fourth Wall, the Alienation Effect, use of poetry and very minimal but symbolic use of props, costumes, set, lighting and sound.

The class wanted the audience to appreciate that students were merely actors telling a tragic tale of two star-crossed lovers who can never be, due to war, hatred, culture, society and family. The class wanted the audience to leave with a deeper understanding of how hard life is on the Gaza strip and how the idea of love is the only positive thing people stuck in Gaza can cling to. Life and death are a precarious balance which people on Gaza have to face every day. They wanted the audience to be sympathetic towards the characters, to ponder love and life and how religious beliefs and politics can tear people apart and finally that war can conquer even the greatest love.

As their teacher I was very proud of their professional approach throughout the term in putting this performance together. It was the class who were keen to perform this to an audience, something we do not ordinarily do at the year 10 level. The class should be extremely proud of their commitment, resilience and team work in creating this performance and they should be equally proud of the end product. We received fantastic feedback by all of the audience members present on the night. Hopefully this experience has simulated for students what is required of them at the VCE level and the level of demand and hard work involved in creating and making an extended performance. It was a pleasure working with all of them and I hope to see some of our very talented year 10 students tackle VCE Theatre Studies in 2018.

**Ms Dempster**  
Drama Teacher



May 2017

# Commedia Incursion



In March, we welcomed to the school Rosa and Fabio from Make A Scene, to run a workshop about Commedia Dell'Arte, one of the most influential theatre styles in history. Students from Year 9 and 10 Drama had an intensive workshop in the library where we learnt about the stock characters and the different types of lazzi – the stock jokes or gags - that can be used to build a piece of Commedia. We had a great opportunity to extend ourselves in terms of taking risks and improvisation, as well as a chance to try Rosa's amazing masks that are styled for the different character types. All our attempts at being Arlecchino, Pantalone, I Zanni and Il Capitano were hilarious! We look forward to welcoming the Make A Scene presenters back next semester for the next group of Year 9s and 10s.

**Ms Smith & Ms Dempster**  
**Drama Teachers**



## Art News

### Community Arts

The Art department is in full swing again for 2017 and already we are seeing some amazing artworks being produced from the very creative students at ESC. One of our Community Arts projects that is almost complete, is a mural supporting 'R U OK? Day'. The students felt they wanted to include strong images that were relatable for anyone struggling with issues and in need of support. They also felt that they would like to balance these with images of hope and word links to helpful resources. I am very proud of the compassion and sensitivity with which they approached this important issue and feel that they have also learned how art can be a powerful tool for social change. I have included an image below by the very talented Michelle Jugovic highlighting one of the mural panels. She has been able to communicate emotion beautifully in this image and demonstrated a high degree of technical skill. Well done Michelle.



Of importance is our up and coming Heide school's partnership excursions mentioned in our last newsletter. Could I please ask for support in signing and paying the online excursion form you will find on the Xuno portal and also please sign and return the Heide publishing permission form your child was given last term. Students who have lost forms will be given replacements in week 2 via their home group. I thank you in advance as collecting over 500 forms is quite a task and the excursions are loved by students and staff alike. Year 7's will go on this excursion between June 6th to 8th and the year 8's will attend between August 1st to 3rd. I look forward to reporting on this great experience in future newsletters.

### Artist Ev Hales

On Monday, 24th April, the VCE Studio Arts students attended a workshop by renowned water colour artist Ev Hales. Ev is part of Nillumbik Artists Open Studio group and has an extensive exhibition history. She takes painting tours through Italy, has published a book of her works, 'Ev Hales - A Work in Progress' and has many e books and youtube tutorials.

The students were thoroughly absorbed watching Ev demonstrate her watercolour techniques, particularly as she paints upside down so that people can get a clear vision of her step by step process without the artist's body blocking the view. She was able to give them skills to take into their folio exploration and final artworks and we all appreciated her generous warmth and good humour. You can find out more about Ev on the following link. <http://www.evhailes.com/index.html>

It is always lovely for our students to meet high profile artists who are making a living from their arts practice.

**Kerry Kaskamanidis**  
Creative Arts Co-ordinator





## TOP DESIGNS



On Monday, 20th March, Year 12 Visual Communication Design students were taken on an excursion to the Melbourne Museum to see the Top Designs VCE Excellence exhibition and to participate in a practical design workshop at the Whitehouse Institute of Design.

Top Designs VCE Excellence is an exhibition that happens each year to celebrate the highest achieving folios and presentations for

subjects such as Visual Communication Design, Textiles, Food Technology, Product Design, Media and more. Year 12 students are taken each year to gain an insight to what high-scoring folio work looks like and to remind them that their goals are achievable to a high standard if they work hard. So far, Epping Secondary College has had 6 applicants for the Top Designs VCE Excellence exhibition since 2014 and some students have even been shortlisted – however none to see through the final exhibit. Will the VCD class of 2017 be the ones to smash on through?

Later that day, students participated in a practical design workshop at the Whitehouse Institute of Design. The Whitehouse Institute is listed in the top 50 design colleges in the world. Specialising in interior and fashion design, students at this college are educated in a range of post-secondary studies which prepares them with the knowledge and skills required to excel in the design world. A workshop based on design thinking strategies and concept development was held for students by Todd, a lecturer at the Whitehouse Institute and internationally renowned leading fashion, set and costume designer. Todd probed and picked at students' brains about their upcoming folio projects and gave them a realistic insight into design, consumer culture and successful idea generation. Students responded and participated with a high level of articulation, engagement and maturity and really took on this new learning experience.

Upon working with students and discussing design ideas with them, Todd had also awarded a 3 day school holiday workshop to Natalie Karafilovski, who Todd believed would 'truly engage with and benefit from an authentic design learning experience'. Well done, Natalie!



The workshop at the Whitehouse Institute of Design aims to prepare students for their upcoming folio projects – the crux of their Year 12 Visual Communication Design studies. Folios and final presentations will be on display at the ESC Art and Technology Exhibition in Term 4. I look forward to seeing what they produce, am excited by their motivation and am determined to challenge their creativity so that they can strive for excellence in their Visual Communication Design studies.

**Cara Gallina**  
VCD Teacher





# May 2017

## Pathways Ballarat Camp



Students in the Pathways program went on a 3-day camp to Ballarat where we stayed at Pax Hill Activity Centre. On arrival in Ballarat, our very first stop was the Museum of Australian Democracy at Eureka (M.A.D.E ) which is on the exact site of the rebellion between the miners and the government and police. When we finished at the museum we dropped our bags back at Pax Hill and went to the supermarket to purchase supplies for dinner, which was a BBQ at Lake Wendouree. After dinner we visited the Avenue of Prime Ministers of Australia, before returning to Paxhill for the night.

Day two was our main day of activities. First stop was at Sovereign Hill for a scavenger hunt as part of our assessment task, where we spoke to some of the actors to find information, along with taking photos of some of the factories and machinery. Across from Sovereign Hill, we visited the Gold Museum before going to McDonald's for dinner.

On day three we visited the Ballarat Art Gallery where we reenacted the trial of the Eureka Rebellion and also viewed paintings of the goldfields at the time. After a visit to the Beechworth Bakery for lunch, we set off on our two hour venture home.

**Adam Bernardi and Troy Lawry McKenna**





# May 2017

## YEAR 10

TRY

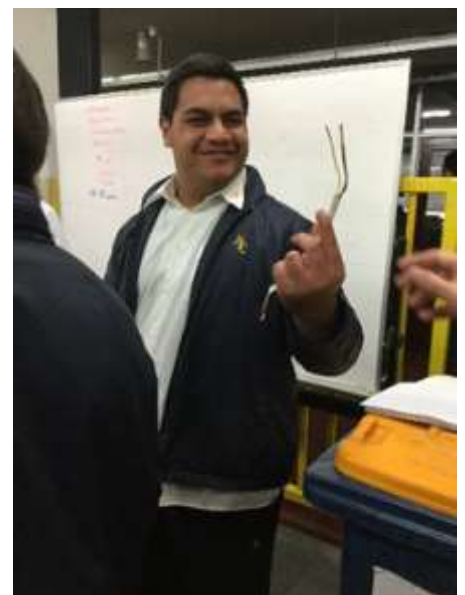
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TRADE



On Thursday, 11<sup>th</sup> May, Year 10 students participated in a 'Try a Trade' Day at Melbourne Polytechnic, Heidelberg Campus. The day was all about students having a go at activities in the different trade areas such as Bricklaying, Plumbing, Hospitality, Lock Smithing and Electrical. The students would like to thank Melbourne Polytechnic staff for this opportunity and Mr Hunter for driving the bus. **Mrs Hysen**



Epping Secondary College

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# May 2017

## Y10 Work Experience

All Year 10 students will have the opportunity to participate in one week of work experience from Monday, 26th June to Friday, 30th June. I have explained this process to your child and given your child a booklet with an expression of interest form. Expression of interest forms are due back now. Please encourage your child to participate in this opportunity. If you have any questions please email or ring Mrs Hysen immediately. Thanks for your cooperation.

**Mrs Hysen**



## 10 P **GRAND PRIX** **EXCURSION**



Students from the Year 10 Pathways class and 11 VCAL classes had the opportunity to attend the Grand Prix on Friday, 24th March. They participated in many hands on activities and were able to be part of a major Melbourne event. Thanks to Ms Mitrevski and Mr Chighine for also accompanying the students on the day.

**Mrs Hysen**



## ESC SECOND-HAND UNIFORM SHOP

LOCATED IN HOUSE  
Wednesdays  
ONLY  
OPEN 3—4pm  
FOR TERM 2

- ♦ Uniform to be sold can also be accepted during these times
- ♦ Only current uniform will be accepted
- ♦ CASH ONLY
- ♦ NO REFUNDS



## HOST FAMILIES And exchange students

A number of Exchange Students from Italy, France Germany, Austria, Norway, Sweden and Finland are hoping to come here this July and August because they wish to study here for a term, a semester or even two (which would mean they would be with the family who chooses them over Christmas and the summer holidays) with a family that would like to experience the differences and similarities of having an extra boy or girl aged 15-17 stay with them while they enjoy the experience and feel it is worthwhile.

I'm hoping that's you and your family, so if you'd like to give it a try for a length of time, can afford an extra member of your family at mealtimes and have a spare bed, share room or own, please call Klaus Schumann on 0472 771 785. (There is no payment involved as these are exchange students). Look forward to hearing from you-or send me an email.

Yours sincerely,  
Klaus Schumann  
SCCE Community Coordinator  
[klaus.schumann2000@hotmail.com](mailto:klaus.schumann2000@hotmail.com)

# May 2017

## VCAL Camp Blairgowrie

The Year 11 VCAL 3 day camp was held at Blairgowrie, where students participated in various activities such as kayaking, hiking and other activities that the students suggested. On the way there, everyone was excited and when we arrived at the camp we went straight to the dining room for lunch.

Our first activity after lunch was hiking to the back beach where all the rock pools were. Unfortunately we



couldn't see any rock pools because of the high tide and the rainy weather. This 5.6km hike took us approximately 2½ hours. It was long hike which tired us out.

That evening a group of students (with a little help from the teachers) cooked Chicken Parmagiana with chips and salad. After dinner the teachers put on a movie on for us to watch. Everyone grabbed their pillows and blankets because it was a pretty cold night.

The next day the morning group woke at 6:30am to start cooking pancakes for everyone for breakfast. They were yum! The second activity that was organised was ocean kayaking. We walked down to the beach where we were going to do our ocean kayaking. It was sunny even though rain was forecast. We were split into pairs, put lifejackets on and picked our kayaks. Our boats were pushed into the water by the Bayplay kayaking supervisor. We rowed from Blairgowrie to Sorrento beach where we stopped, got out of our kayaks and started walking along the beach. We played a little game of catch the bottle on top of the sand then climbed back into our kayaks and rowed back home. We helped the supervisors put the kayaks away and returned to camp for lunch.

The teachers put on a feast of hamburgers, sausages and grilled chicken with salad and chips. After lunch we had free time to ourselves until the 'getting to know yourself' group game was ready. We played two 'getting to know yourself' games which were 'true lie lie' and 'silent ball' with a bit of a twist to the rules.

Dinner that night was Spaghetti Bolognese. Mr Chighine also spent the afternoon with a few students making and preparing pizza dough for us to make pizzas to accompany our dinner. We then had an evening of Trivia with the teachers coming in 4th place followed by free time to play board games, watch T.V or indulge in dessert.

The next morning we packed our bags and cleaned the house before we ventured down to the local park to do 'The Amazing Race'. The organising group spread a range of activities around the park and they split people up into groups of 4. Lunch was then brought to us at the park by the lunch group and Silvia. We returned to camp, put our bags on the bus and headed home after a great, exiting, social and joyful three day camp for all Year 11 VCAL students. We would like to say a BIG THANK YOU to the teachers Silvia, Ms Edis, Nikki and Mr. Chighine for organising such a wonderful camp that we all enjoyed and had lots of fun on.

**Daniel Cassar**

**Cody Winchcombe 11W**



# May 2017



Epping Secondary College

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# May 2017

## VCAL Activities

### VCAL Guest Speaker– Dylan Goldworthy Young Workers Centre



The VCAL students would like to thank Dylan from the Young Workers Centre for presenting to the VCAL students about three issues: 'Your Rights at Work' which covered all the basic minimum rights and entitlements that students should expect when they enter the workforce. Other issues covered were 'Bullying and discrimination at work' and 'Safety at work'. Thanks again to Dylan.

**Mrs Hysen**  
**VCAL Leading Teacher**



### Careers Expo



Year 11G students attended the Hume/Whittlesea Careers Expo on Thursday, 16th March 2017. Students had the opportunity to speak with over 40 exhibitors, listen to free expert advice and try a trade in the apprenticeships area. Thank you to Edna for accompanying us on this excursion.

**Mrs Hysen**



### Youth Employment Opportunities Fair and Careers Expo

Congratulations to Brock from 11G for winning the prize of a movie voucher as a result of his participation in the Youth Employment Opportunities Fair and Careers Expo.

**Mrs Hysen**







## ANZAC Day Commemoration

On Monday, 24th April, VCAL students across Years 10, 11 and 12 commemorated the ANZAC spirit with a special ANZAC day reflection.

We started the day with group work on a soldier profile, poster and poetry analysis. We then had a chance to view a number of significant medals and reflect on the character strengths displayed by these medals. We also viewed 'Beneath Hill 60', listened to The Last Post and shared in morning tea and lunch with ANZAC biscuits being the favourite.

VCAL students commented that it was a very informative and educational day. Thank you to Mr Stevens and Ms Edis for organising our commemoration.

**Mrs Hysen**



## VCAL Guest Speaker– Sonia Whittlesea City Council 'Young Makers' Program

On Tuesday, 2nd May, VCAL students were visited by Sonia, who is employed by the Whittlesea City Council 'Young Makers' Program. Sonia spoke about opportunities in the Whittlesea area for young people to make products which can then be sold at pop up markets. Sonia will be working with a group of students in this area.

**Mrs Hysen**



## Work Placements

All VCAL students and senior students completing a VET certificate complete a work placement as part of their program. Congratulations to Olivia Johnson for her placement at London & Co. a hairdressing salon in Greensborough.

**Mrs Hysen**



# May 2017

## Sport Report

Term 2 has seen the shift towards our winter sports and Northern Metropolitan Region Finals for our summer sports. We have again been successful in the summer sports of volleyball, tennis and baseball / softball, with multiple teams competing against teams from across the Northern Region of Melbourne. Our girls football program and running club has continued to be a huge success and we have had teams represent the school in the Futsal Schools Cup for the very first time.

The **Year 8 Girls' Tennis Team and Year 7 Boys' Tennis Team** competed in the NMR Finals at Booroondara Tennis Centre in Bulleen. The girls' team, consisting of **Zahia Ali, Brooklyn Zukanovic, Suzan Arifoska and Emerald Smith** had a very successful day. They won two out of their three matches in their pool, narrowly missing the cross-over final to decide the NMR winner who progresses to state finals. Due to a clash with softball, two of our year 7 girls, Suzan and Emerald, were asked to step up and compete with the year 8's and contributed significantly to the success of the team. The boys' team, **Ashlyn Lih, Tarkin Kunelius, Joshua Sam and Rafael Gonzalez**, had a similar result to the girls. They won two of their three pool matches and were beaten by the eventual winners, St Helena. All students should be commended for their dedication and commitment to training at lunchtimes and after school and both teams should look to go one step further next year!

The **Whittlesea Division Cross-Country** was held in on the 12th May, at Bundoora Park. We were very well represented with 46 students competing across all age groups. 28 of our students have qualified for the NMR Cross-Country, to be held on 21st June.

Highlights of the day included;

**Samantha Jacobson** (pictured right) taking out her age group (14 year girls) for the second year in a row.

**Marcus Sindrivanis** running away with the 16 year boys 5000m event after coming from behind.

**Taylor Rudston-Brown** finishing 3rd in the 17-20 girls event.

The **16 year girls' team, Amy Winley, Jaymee Matthews, Chloe Smyth, Chloe Manuel and Esther Woui**, winning their event and qualifying as a team for the NMR Cross-Country.

The **16 year boys' team, Marcus Sindrivanis, Cayden Turner, Trent Fletcher and Issac Cannata**, also winning their event and qualifying as a team for the NMR Cross-Country.



The **year 8 boys' cricket team** narrowly missed winning the Whittlesea Division Round against Hazel Glen College on the last day of term 1. Below is Mr Cooke's account of the day.

Just wanted to say a quick thank you to the **year 8 boys' cricket team** for their fantastic efforts over a long three month cricket campaign. There were an abundance of positives along the way with very enthusiastic students that included the Year 8 team who continually trained the house down. The grand final against Hazel Glen went down to the wire and was an epic arm wrestle over the 40 overs going right down to the final ball of the day. Unfortunately Hazel Glen knocked us over again for the second year in a row by a moth's nostril being 4 runs.



## Sport Report

### Girls' Football Program

The **Girls' Football Program** has continued to grow over the first 5 weeks of term 2, seeing more and more new faces at training on a Wednesday afternoon. Students of all year levels are more than welcome to attend in future weeks.

The girls have been developing some of the key skills of Australian Rules Football, which include;

- Kicking
- Handballing
- Marking
- Bouncing
- Tackling

The girls were lucky to have Mr Williams, a vastly experienced rugby union player, give them a tutorial in tackling that included breaking down the tackle and building confidence within the girls to execute a safe and effective tackle.

The plan over coming weeks is to continue to develop these skills and begin to apply them in game situations. The Junior Girls Football Team are competing on Thursday, 29th June, so this will be a great opportunity for the girls to apply these skills in a competitive environment.

**Michael Rogneda**  
Sports Coordinator



### Active Transport

Epping Secondary College was given the exciting opportunity to acquire 20 brand new 7-speed hybrid bicycles for distribution to students. The donation was made on the condition that we could find 20 students who would use the bikes to ride to school each day, in order to encourage healthy and environmentally conscious transport.

Many students decided not to apply for a range of reasons – perhaps too many others would apply, or their application may not be good enough, or maybe even because it would take too much effort. But five very committed students made the effort, completed high quality written applications and provided evidence to support their applications. At the end of term assembly we were therefore thrilled to be able to present them with their new bikes, helmets and locks! We are hoping that other students have learned the lesson, and will now take the opportunity to apply for the next round, and receive a bicycle at the end of Term 2. Good luck to all new applicants and well done to the successful students so far! May your transport choices continue to positively impact your health and the health of our environment.



# May 2017

## Wellbeing Report

### Whole New World Safe Partying Parent Information Evening:

Sonya Karras presented to parents on 22<sup>nd</sup> March and it was very pleasing that many parents gave up their valuable time to attend. Sonya was able to inform parents about current issues in relation to social media and how to best keep adolescents safe. She gave many examples of how adolescents may be unsafe whilst engaging with others on social media, unbeknown to themselves and parents. Many strategies were given to ensure parents have updated information, including how to stop people from tagging you on Facebook. Also when you sign up to Facebook, make sure you read the conditions and check when there are updates before you agree.



Sonya also discussed standard drinks in relation to alcohol, guidelines in relation to drinking, as well as advising that for an adolescent there is no safe amount because there is potentially harmful effects on the developing brain. Strategies were also given to parents on how to keep their children safe when they are partying. Refer to [www.wholenewworld.com.au](http://www.wholenewworld.com.au) it has some excellent tips for Safe Parties at home. Also [www.adf.org.au](http://www.adf.org.au) has information on drugs and alcohol.

Sonya is a very charismatic person who engages the audience by sharing her knowledge and is a gifted storyteller. She does not need any gimmicks and I feel one parent's account of the workshop summed up the impact Sonya has on an audience. "I could have listened to Sonya all night and I was hoping for more information evenings in the future."

Adolescence is a time where many young people are establishing who they are, how they fit in and at times may be exposed to new situations and experiences. Choices have to be made and this can be the difference between life and death sometimes. At Epping Secondary College we aim to prepare students for the future and give them the necessary skills and knowledge to make informed choices. Eventually it is up to the individual to make a choice and hopefully it is a good one that will encourage safe behaviour.

I will be emailing parents via XUNO in relation to Wellbeing Workshops being run by outside organizations.

### Connect Group:

Connect runs every Thursday during lunchtime in the Wellbeing House. Students engage in hands on activities using card games/board games/building blocks and technology is banned. Matt and Sean – Youth workers interact with students and ensure students have a caring adult figure who oversees activities and ensures students interact positively and are respectful to each other.



### Year 10 Respectful Relationships Program:



The Respectful Relationship Program helps students understand what traits are essential for a healthy relationship, what constitutes sexual assault, laws in relation to sexting and it challenges myths in relation to stereotypical behaviour. The program also looks at the influence of media/technology, socialization and explores how these factors impact on relationships. Constable Wendy Shields, Kim Wood and Senior Constable Tim Forster facilitated workshops during the 7 session program and delivered messages about the Law and Relationships.

**Leanne Halsall**  
Student Wellbeing Coordinator



# May 2017

# Business Competition

Entrepreneurs Unearthed is a competition/program being run by the Australian Business Network in conjunction with the Commonwealth Bank of Australia. The competition asks students with an innovative business idea to apply for this program. Interested students should read below and see Ms Rehak immediately.

The launch of a new pilot program **Entrepreneurs Unearthed** is a competition and mentoring program made possible through the support and partnership of two of ABCN's member companies, EY and the Commonwealth Bank of Australia.

**Entrepreneurs Unearthed** aims to discover the untapped entrepreneurial talent in Victorian government secondary schools, and we'd love your support to find it!

## What is an entrepreneur?

At ABCN, we think of entrepreneurs as people who can take a clever idea and turn it into a viable business opportunity. To be an entrepreneur, you need to be a creative thinker, an excellent communicator, a problem solver, and someone who has the confidence to seize opportunities.

Entrepreneurship is a mindset and skill set that businesses across the world look for in their employees and business partners.

## Who can apply?

This program is open to students in Year 10, 11 and 12 at school in Victoria.

We're looking for students who have an innovative idea. It can be a business they've always dreamt about or a business solution to a problem.

Students can apply as an individual or team with a maximum of 3 participants.

## How will the program work?

ABCN is supported by EY and Commonwealth Bank, two innovators in business, to run this program. All program sessions will be held at EY and CBA's offices in Melbourne's CBD.

The program will start with a group of 20 applicants who will learn about entrepreneurship in a two-day 'Boot Camp' intensive workshop. Students will be partnered with corporate mentors who will help them explore the topics and themes raised. They will learn all about entrepreneurship and meet experts in this field including successful business owners and professionals.

At the end of the 'Boot Camp', 10 entrants will be selected to formally present and pitch their ideas to business professionals in a forum similar to a 'shark-tank'. These students will receive extra coaching and support with presentation and communication skills before giving their pitches.

After the 'shark-tank', a winner will be announced along with runners-up at a Program Completion Ceremony.

## Phase One – Submissions

Complete online entry form

by Friday 16 June 2017.

## Phase Two – Successful Applicants Notified

20 applications are selected from entries

Successful applicants notified by email and phone

by Friday 30 June 2017.

## Phase Three – Entrepreneurs 'Boot-Camp'

2 day entrepreneurship intensive at EY & CBA's Melbourne offices

Late July, early August 2017 (dates to be confirmed)

## Phase Four – Pitch to Impress Workshop

Half day skills development workshop at a Melbourne CBD location

Early September 2017 (date to be confirmed)

## Phase Five – 'Shark Tank' and Winner Announced

A full day of pitches to a panel of experts who will determine the winning idea

Late September 2017 (date to be confirmed)

We would be most appreciative if you could circulate this email to your Year 10,11 & 12 teaching staff along with the weblink to the program details and application form. <https://www.abcn.com.au/entrepreneurs-uneearthed>

Unlike other ABCN programs, students need to self-nominate and complete the online application form themselves. They must have school and parental permission to apply. We will also be promoting this program heavily through social media and would welcome any cross-promotion you may be able to provide through your school's social media channels.

This is a rare opportunity for students to experience the practical and hands-on aspects of business and we're hoping you have budding entrepreneurs in your school for whom this program will be the perfect fit!

**Applications close on Friday 16 June 2017.**

# May 2017

## Parenting Strategies for Teenage Success

Epping Secondary College engaged the support of Integrated Success to support Year 12 students in their VCE studies and to help parents support their children.

Year 12 VCE is an important stage of our students educational journey. This can also be a particularly difficult time for parents, whose school experiences are often significantly different from their child's. Success Integrated provide practical strategies for parents to support their children to achieve success and 'Strive for Excellence'.

Our presenter, Chilli, delivered crucial information, much of which aligns with our College values, including:

- The science of the teenage brain
- Growth mindset
- Perseverance
- Best approaches to supporting children completing the VCE
- Time Management
- The importance of sleep
- Encouragement

Parent response to the seminar was incredibly positive and most parents concluded the evening feeling better equipped to support their children. Some of the feedback we received from parents, included:

*"I learned to help my child believe, and take any opportunities that will help reach her goal."*

*"How to prepare my child under stressful situations." -*

*"How important it is for the parent to participate in Year 12."*

*"I really enjoyed learning everything about how to help my child, in doing their study for Year 12."*

*- Anonymous*

*"I learn that my child can study more effectively through the use of music, and having a clearly set out study timetable."*

We look forward to partnering with Success Integrated to provide ongoing support to our students and parents during the VCE years.

**Michelle Robertshawe**  
Year 12 Coordinator





## Extra homework help in 2017 thanks to Melbourne Polytechnic

Next time your child gets stuck during homework or study, don't let it turn into an argument. You have free access to a huge network of expert teachers and tutors, online, on-demand, with the school's YourTutor service.

Connect to a live expert 3pm-10pm for real-time help with Maths, English, the Sciences and more. Or your child can upload a draft assignment any time and get personal expert feedback, to help them make it their own best work.

Melbourne Polytechnic are providing free access to YourTutor for our students in 2017 to help with after-hours study, for confidence, support for parents, and learning improvement.

**Students have received activation codes.**

Unlock your child's account now at [yourtutor.com.au/start](https://yourtutor.com.au/start)



# May 2017



big science competition

## HOW DOES YOUR SCIENCE KNOWLEDGE STACK UP?

PARTICIPATE IN THE BIG SCIENCE COMPETITION TO FIND OUT. YOU COULD WIN CASH PRIZES AND THE CHANCE TO SEE THE 'SURFING SCIENTIST' RUBEN MEERMAN\* PERFORM AT YOUR SCHOOL!

SPEAK TO YOUR TEACHERS TO REGISTER. MORE ON [ASI.EDU.AU](http://ASI.EDU.AU)

\*Conditions apply

## THE BIG SCIENCE COMPETITION

In 2017, the Science Department will provide an opportunity for students to challenge themselves in the Big Science Competition. This 50 minute international competition is open to students of all abilities at four different levels: year 7, 8, 9 and 10. Questions test students' critical thinking and problem-solving skills as well as their science knowledge.

Each student who takes part will receive a certificate as well as detailed feedback on their performance in the competition. **They also go into a draw to win cash prizes!** Our school will receive a comprehensive report for each paper level showing how each student performed on each question, the percentage of students in the cohort who answered correctly and a comparison with the national results.

**The Big Science Competition will be held in school on the 24 May 2017.**

**If students want to take part they will need to pay via XUNO: \$8 per student**

**Parental permission must also be given via XUNO.**

*The Big Science Competition is organised by Australian Science Innovations is an independent not-for profit organisation committed to contributing to building Australia's scientific community through inspiring and developing our best science students.*

For more information visit [www.asi.edu.au](http://www.asi.edu.au) or contact teacher in charge Jesse Stephenson at Epping Secondary College.



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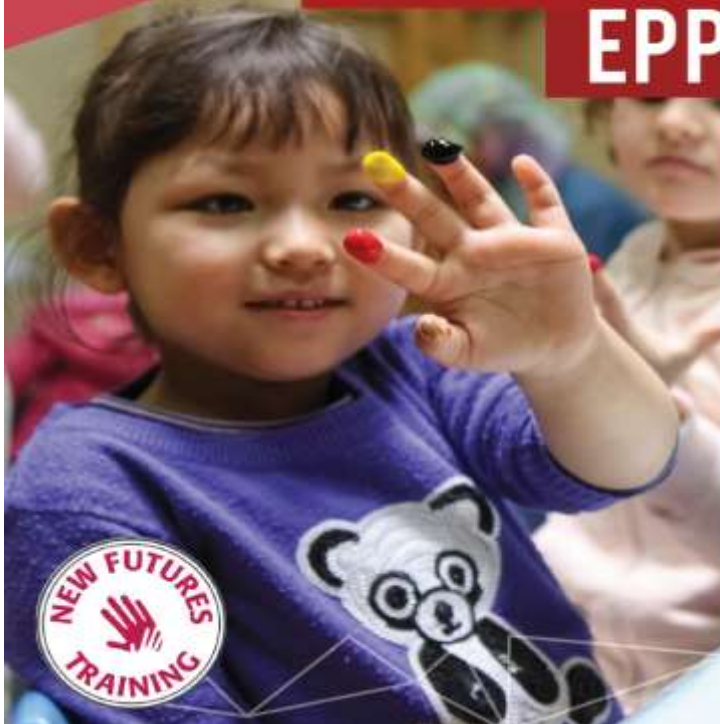
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Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Craigieburn and surrounding districts by the Brotherhood of St Laurence. The program is funded by ANZ and the Australian Government.

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May 2017



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