



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



State Champion! A First For ESC

Issue 7 October 2018

Important Dates

OCTOBER

Wednesday 31
Y12 Exams Begin

NOVEMBER

Tuesday 6
MELBOURNE CUP DAY

Wednesday 7
Year 11 Exams Begin

Friday 16
Valedictory Dinner

Monday 19– Friday 23
Year 9 Camp
Y12 Commencement
Program

Monday 26
Y10 Exams Begin

Wednesday 28– Friday 30
Y7 Camp

DECEMBER

Monday 3–Friday 7
Y11 Commencement
Program

Thursday 6
Art Expo

Monday 10–Friday 14
Y8–10 Commencement
Program

Tuesday 11
Grade 6 Orientation

**Congratulations
to Keresoma
Keresoma for
his stellar
performance at
the recent**

**Victorian State School
Athletic Championships at
Albert Park.**

**In a first for the college,
Keresoma won the Under
14 Shot Put final with an
amazing throw of 13
metres and is now a state
champion in his event.**



Keresoma Keresoma Congratulations!



Acting Principal's Report



Welcome to term 4!

We are now entering a very busy and exciting time of the year. The weather is certainly improving and we are starting to see the sun more often. We are also starting to plan for next year as well as work with students, staff and families to ensure that 2018 ends as successfully as it began.

A huge congratulations to all our year 12 students on completing their courses this term. Many of our students are preparing for the VCE exams which will run over the next few weeks and for many will determine the next steps beyond school. I would like to congratulate our year 12 cohort on the mature and responsible way in which they celebrated the completion of their formal classes. The year 12 Celebration Day was a resounding success and enjoyed by both students and staff. The students all arrived at the school in their various costumes and many of the staff did also! They enjoyed

a breakfast together and then the final student assembly was held with the students from the senior end of the school watching on.

Year 12 staff are now engaged in the support of students as we move into the formal examination period. It has been pleasing to see so many students coming in to school to seek support from their teachers and to study for these exams. It also worth noting that several year 11 students are also sitting year 12 exams this year and they too have been seen in the library diligently preparing. We wish all our students sitting the year 12 exams the best of luck and know that they will do us proud. There will be a final celebration of the contribution made by this year 12 cohort at the Graduation event to be held on the 16th November.

One of our year 8 students, Keresoma Keresoma, achieved an amazing accomplishment this month when he took out the State Athletics Championship for shot put. To achieve state champion in an individual sport such as this is a great accomplishment and we are very proud of his efforts.

There have also been several school community events occur since our last newsletter. Of note were the year 10 formal evening, the 'Big Gig' music evening and the Macedonian Cultural evening. These events are covered in detail in this newsletter and it is fair to say that the students at each of these events represented the college impeccably and we are very proud of their efforts and their performances.

I myself attended the year 10 formal which was held on the last day of term 2 and was a huge success. Around 100 students attended this year's event and despite the occasional distraction of the football scores (it was the night of the Richmond Vs Collingwood preliminary final) all staff and students attending had a great time (although all of us Richmond supporters ended the night a little deflated!). As is always the case, it was a pleasure to see our year 10 students presenting themselves in such a mature and respectable manner. Their behaviour was impeccable and the night was a roaring success. A good deal of credit for this goes to the year 10 coordinators, Jessica Spiteri and Michael Rogneda. Credit also goes to all staff who attended the event and supported this very special night in the students' school experience.

I'd also like to congratulate Ms Alamidis who opened the Macedonian cultural event by welcoming all participants in Macedonian – a language that she does not herself speak and which she learnt especially for this event.

As has been discussed in previous newsletters, the new child safe standards are being implemented in full at the college. An area that we have recently identified as a potential hazard to student safety is the movement of cars in and out of the college during the day. To minimise potential for harm to our students, we will be limiting parent access by car to the college and will now be closing the front gates to the school during the day. Parents needing to come on to the school grounds may still do so, but we encourage you to park your car outside the school gates and then proceed by foot to the front office area. If you are needing to pick up an ill child, you may still have access but you are encouraged to phone ahead to let office staff know so that they can ensure that the gates are opened for you.

Further to this, we have had a few instances recently of students receiving lunch from food delivery services such as Uber Eats. As a school, we cannot allow students to be accepting food and beverages from outside sources. This is for several reasons including the safety issue of cars moving through the school grounds mentioned above, the presence of strangers to the school community being on school grounds but also the need for the school community to support our local canteen (which is a business entity in and of itself) and support the Education Department's recommendations around healthy eating. All students are being informed through the bulletin that accepting lunch from outside sources (and this includes older siblings, parents and other family members) is not allowed at school and that there will be consequences applied for students who are in possession of food sourced from outside the school environment (excluding all foods brought into school by the student themselves, of course). If students are not able to bring a packed lunch to school, the canteen has a range of lunch options that students can choose from.

A reminder too that reports will be published again soon. These progress reports are the last reports that will be sent out prior to the end of semester reports and the last opportunity that students have to adjust their work practices to achieve better results. We encourage you to discuss your child's reports with them to help them identify what they may be able to do better and how they could improve their results as we head towards the end of the year. If you are unable to access XUNO for any reason, please contact the school and we will work through this with you.

Kerryn Sandford
ACTING PRINCIPAL

Principal for a Day Program

This year, we participated in the 'Principal for a Day' program organised by ACER and Bastow. Caroline Milburn was our 'Principal for a Day'. Caroline initially began her career as a teacher but only taught for a very short time before following an opportunity to study journalism overseas. After working as a journalist for several organisations in the UK, she returned to Australia and worked for The Age newspaper for 25 years in a range of positions

including Education Reporting. More recently, Caroline has headed a start-up program that focuses on setting up Alumni organisations in State schools. During the day, Caroline visited classes, including one of our ACE English classes (they were doing an activity around the novel 'Animal Farm'), VCAL, Learning Support Program and Hands on Learning. Caroline was very impressed by the variety of programs on offer at the college and the lengths to which the school goes in order to meet the needs of students. Caroline also spoke with our incoming student leaders regarding the skills and attributes they will need to succeed in their roles next year.



Kerryn Sandford
Acting Principal



October 2018

College Captains 2019



Jessica Lord
College Captain
Positive Attitude
& Environment



Amy Shanahan
College Captain
Student Voice
& Engagement



Vanessa Capkunski
Social Justice
Captain



Lachlan Stravrevski
Sports Academy
Captain



October 2018

College Captains 2019



Tawhid Ghairat - College Vice Captain - Cultural Inclusion

Favourite Subject: Mathematics is my favourite subject at school, I love the certainty of it. A very logical subject that isn't open to interpretation or opinion, it's either right or it's wrong. This is my favourite aspect of maths.

Interesting Fact: I may seem extroverted and I am very talkative but I prefer a good book/movie to most social events.

Why I applied for leadership: Applying for leadership felt like a necessary step for me to enrich my high school experience. I am excited to undertake the responsibilities I'll be given for school leadership and I think I am well suited for the position. Giving back to the college that has done so much for me is what motivated me to apply for ESC leadership.

What I want to achieve as college captain: I hope I can relate to my peers on a more social level and bring any concerns they have with the leadership team. Any positive changes that I can bring that improves the wellbeing of students is something I consider to be a significant achievement as a college captain.



Mia Guest - College Vice Captain - Unleashing Potential

Favourite Subject: Theatre Studies is my favourite subject because it gives me the opportunity to be creative yet express my knowledge effectively.

Interesting Fact: I'm the only left handed person in my entire extended family.

Why I applied for leadership: I applied to be college captain so I could give other students the potential to become better students based on my experiences. I'm hoping to encourage many students to strive for their personal best and I am looking forward to year.



Bailey Goodwin - VCE Excellence Captain

Favourite Subject: My favourite subject is Biology. I have a passion for biology and want to pursue it as a career. I enjoy biology because it's challenging and rewarding.

Interesting Fact: An interesting fact about me is that I'm the first person out of my 5 brothers that who have completed VCE.

Why I applied for leadership: I applied to be a College Captain because I view myself as a reputable face of the school and I wanted to initiate positive change within the school community by promoting student voice. As the VCE Excellence Captain I hope to work with students to ensure they are achieving their best by establishing study groups and positive learning habits.



Lachlan Norris - Social Justice Vice Captain

Favourite Subject: Psychology. I enjoy learning and discovering new aspects of how people's minds work. This natural interest and passion I have for learning about and helping people really made me pick up the idea of Social Justice Captain. In addition, Psychology is a career path I want to follow and I am incredibly interested and love this subject!

Interesting Fact: I have been an official leader since the young age of eight through the Scouting Movement. I have showed responsibility, care for others and was given the ability to run multiple events for my Scout troop out in Brunswick and Mount Disappointment. Setting up these events was hard work as I had to get people to travel a far distance to get to the hiking point, learn and draw up a hike plan in the bush and take care of twenty-plus children and adults all by myself at 11 years of age. I ran other events through Scouts over the years following but running this event with twenty-plus others at the age that I did, is one of my proudest achievements.

Why I applied for leadership: I felt as if it was something that I almost needed to do for myself. I have always had a knack to be a person who helps others and guides them along the right path. Being an official leader and representative of the school and students, I feel as if I have more freedom and ability to do this. I loved the idea of representing the school, as it is something that I strongly believe in as a positive environment.

What I want to achieve as College Captain: Vanessa and I work closely in this role and have very similar aims. I aim to bring the students and teachers closer together through running more memorable events. We both as well, aim to be people anyone can identify with in the yard and feel comfortable knowing that someone in their age-bracket is there to talk to, or help in any situation.

Anything else you want to add: This school gives experiences to every student, all you have to do is go for it. This school has given my peers and myself so many opportunities and revealed to us what our real passions and interests are. The only way you find out is if you go for it! I went for this role and I am extremely grateful and very proud to be named the 2019 Social Justice Captain for Epping Secondary!





Victorian premiers' reading challenge

This year, the challenge was run as an individual and independent task with the support of Ms Flint.

Students were assisted with their registration but were then given the opportunity to maintain their own account with updates of what they had read. We are very proud of the students who were able to display the school values of 'Commitment' and 'Perseverance' by maintaining their lists and completing the challenge.

Presentations were made to students in the library by our local Member of Parliament, Lily D'Ambrosio and our Principal, Ms Alamidis. A light luncheon was enjoyed along with some in-depth discussion about our favourite books.

The college would like to thank Ms Flint who gave her time to assist the students. A big thank you also to Lily who joined us to make the presentations.

Congratulations also to the students who registered but didn't quite make the challenge total.

They will receive a Principal's Award very soon.



Name	Class	Number of books
Samrath Sethi	10A	30
Faydh Faydh Mohammed	7A	19
Kaidyn Cockshutt	7B	20
Batul Ibrahim	7C	28
Leilani Masoe	7F	18
Milan Varghese Xavier	7F	18
Queen Kury	7F	18
Sachmann Mann	7F	42
Valentina Milidoni	7F	16
Anastasia Mitkoska	8I	19
Mathew Hopkins	8I	15
Dawud Suttie	8K	15
Sebastian Valeri	9B	26
Hitaishi Verma	9G	62
Winnie Ingabire	9G	32
Adam Compton-Robins	9I	16
Sheriline Lay	9J	16
Ebony Woodward	9L	21
Emily Cooper	9L	40
Hanan Alkhatib	9L	17

October 2018

Great Chef's Dinner

Louis Kyriakou had a wonderful opportunity, through his William Angliss Chef course to participate in the 'Great Chef's Dinner'. The 'Great Chef's Dinner' has been running for 13 years to inspire up-coming chefs to display their skills and potential to well-known chefs including Guy Grossi and Matteo Toffano and is aimed at securing a possible apprenticeship in the future.

Louis, working alongside Guy and Matteo, prepared and cooked a four course meal for 120 guests consisting of Fraser Island Crab, fresh pasta ravioli with ricotta served with walnut paste, slow cooked lamb using a traditional recipe from Grossi's father and for dessert, a barley panna cotta with fresh quince and meringue garnished with flowers.

Louis described the experience as exciting and challenging and was passionately involved in all areas. From this experience, Louis made new friends and was offered a trial with Guy Grossi at Grossi Florentino Restaurant in Bourke Street, Melbourne.

Well Done Louis !



EPPING EPIDEMIC

Wednesday 10th October 2018

Welcome to Epping Epidemic. In this week's issue the theme is being back at school. We are focusing on many categories such as sport, music, such as the hot 100's current hits, an old school R&B playlist, riddles, advice, procrastination tips and food. This issue includes items by editors from the year 10 Journalism class and categories everyone will enjoy. This newspaper will be released weekly with new and innovative topics that are currently trending, such as sporting events, political agendas, food posts etc. We, the team of Epping Epidemic hope that you can enjoy this newspaper. **Please check out eppingepidemic.edublogs.org to read more!**

Thank you and enjoy!

Ugbaad Nur,
Editor

Top 10 Studying Tips

Hey everyone! Schools back! It's the most stressful term for some students. Exams, studying, blah, blah, blah... well I'm here to help. I have found the top ten most effective studying tips that will allow you to remember and focus on what you're learning.

1. WRITE THINGS OUT – By writing things down it will help you really think about what your writing and will help you remember the correct information when it comes to the test.

2. SPEAK OUT LOUD – If you read your work out loud, it creates more flow and the answer becomes more natural when thinking about the question.

3. CREATE MENTAL ASSOCIATIONS – Create your own mental associations for certain terms will help you interpret things in your own way. Try rhyming words, associating words with other words, letters, objects and more.

4. DISTANCE YOURSELF FROM DISTRACTIONS – If you're someone that gets easily distracted, (you know who you are) then there is a very simple solution for this. Put your phone in another room, or somewhere you know you won't touch it. If you have separation anxiety, then just turn your phone off. It will allow you to concentrate in the best possible way.

5. HAVE A BREAK – Studying can get tiring and your brain becomes confused. If this happens take a 30-minute break. Refresh your mind, go for a walk or have something to eat. Some foods that will help you refocus are blueberries, dark chocolate, green tea and water. It will allow you to regenerate and focus back into your studying.

6. USE GOOGLE PROPERLY – By changing your google searches you may be able to find better information. Some tricks to help you with this is to use quotation marks on certain words to find exact information on that word. There will be more tips in our upcoming issues, so stay tuned!

7. CREATE FLASH CARDS – By writing your own flash card is a very efficient way to keep your notes organised and also to create an easy way to practice them. You can get a friend to help test you by reading out the title and you can talk about the relevant information.

8. STUDYING SPACE – keep your studying space neat and tidy in order to be able to create an easy working environment. This will allow you to keep things organised.

9. GUM – it is a proven fact that if you chew minty gum while studying, it allows the information to be connected to that certain flavour, helping you remember the information.

10. SLEEP – sleeping is very important. Having between 8-10 hours sleep per night should leave you feeling alert in the morning ready to learn new information. Even your brain needs to have a break!

If you've made it this far, thank you. I hope you enjoyed these 10 tips to help you study efficiently. If you have any ideas or questions, please feel free to leave a comment below. Until next time...

Victoria Conforto

Photo by Marten
Bjork on unsplash.
com



Religious Freedoms

A new Bill has been proposed that will prohibit public authorities and officials from scrutinising religious institutions who choose to discriminate individuals on the basis of their beliefs and other purposes. In Legislative Council this Bill has been under discussion and amends the Anti-Discrimination Act of 1977. This Bill was motioned by Fred Nile on the 15th May and was discussed on the 24th May. It is still undergoing parliament discretion. In simpler terms religion will allow institutions the right to push away individuals based on faith, sexuality and other reason.

As of last year the Same-Sex marriage plebiscite was passed and allowed homosexual couples to marry. This caused opposition from religious groups whose beliefs disagreed with the victory. However, this Bill will allow religious institutions to not accept homosexual individuals or certain religious groups into their institutions, for example schools or churches. This gives them the freedom to accept those who they choose and not be governed by public authorities and representatives.

This Bill has sparked a large debate and has met a mixed response for those seeing the Bill in a positive light and those who doubt it and critique parts of it. Those who are critiquing it are referencing the Anti-Discrimination act that was put in place in 1977 and believe it is wrong to decide who to accept as that is discrimination. Others in favour of the Bill believes it gives religious institutions the freedom to practice their faith in a way that is not forced on them.

On the side supporting the Bill they have some key points that also helped bring about the Bill. They were concerned that certain religious institutions were having their opinions on Same-Sex marriage silenced and that they were forced to conform with its policies. They feel as if religious groups are being targeted by this legislation. This view also believes that depending on their religion they should be able to practice their faith in their own way and not be constricted by the Anti-Discrimination Act of 1997.

On the other hand, those opposing the Bill are the ones helping critique it and therefore determine how refined it becomes or whether it is denied. They feel as if this Bill openly allows religious groups to discriminate against certain individuals as they wish, basing their judgements on the person's choices and beliefs. This group also believes that this is coming into conflict with the Same-Sex marriage plebiscite and that homosexuals will be discriminated without backlash from the public authorities. They feel as if the religious institutions will be given far too much power and should not choose individuals based on their background and sexuality.

This Bill is still underway and is under scrutiny and refinement and hasn't come to a second reading as of this date. Both sides of the argument are also gathering their points on either siding or not with the Bill. This Bill if past, will change religious institutions as they will have power in who they accept and they will have more choice.

Nick James

Fallout: New Vegas—A discussion on theme

Bethesda Game Studios 'Fallout: New Vegas' is a spinoff of the Fallout series, set in and around the ruins of Las Vegas and the Nevada Desert. The company Obsidian entertainment was brought on to handle the writing and their skill shows. Fallout began its life in 1993 as an isometric Role-Playing Game from Interplay Studios. Fallout 2 was an improvement and expansion of the first. After Bethesda Softworks purchased the rights to Fallout, Interplay fell apart and many of its writers formed Obsidian Entertainment.

The classic, dark humour shines through this piece and its design. Within 20 minutes of my first play session, I found the bones of what appeared to be Indiana Jones, still in the fridge from Kingdom of the Crystal Skull. This is both a jab at the story point and a tongue-in-cheek joke on the part of the developers that they support the fan theory of Indiana Jones going insane in the fridge from radiation poisoning. Combat is well-tuned and keeps all of the flair from Fallout 3 and adds to its systems. The controls are tight, the story is interesting and I found it to be the best of old and new Fallout. It is a shame that Fallout 4 turned into a shooter with light RPG elements. None of the old writing nuance made it into the entry. The upcoming Fallout 76 seems to be more of the same, with multiplayer only instead of forgettable non-playable characters. The story of Fallout: New Vegas is pretty good. You're a courier who almost dies when a delivery goes wrong, boom, amnesia. You wander off and it turns out a crazy man calling himself "Caesar" has started a Neo-Roman empire whose armies are filled with captured slaves. They want to destroy the Hoover Dam for some reason. The New California Republic, who run a democratic nation from the old state of California, want to capture Hoover Dam for its hydroelectric generators to power their state. Problem is that little Neo-Roman empire calling themselves "Caesar's Legion" are camped right next to it and want to blow it up. Big battle coming, pick a side. It is my belief this is an extrapolation of the most famous line from the previous game "War, war never changes." This now famous line is repeated seven times and hammered into the player. Here it is manifested organically in the political struggles of the world. As a fan of Bethesda's work, I appreciate the subtle approach they took with their message.

Overall, this game is an underrated masterstroke of satirical and gritty writing. It's a shame that so few people have actually taken the time of day to give it some attention instead of salivating at EA's feet for the next Fifa or Call of Duty game that's going to be full of lootboxes anyway. Many classic games are ignored for the newer fare and that is a depressing thought.

Thomas Stock



Macedonian Celebration

I would like to thank the students, parents, teachers from our college and other schools and Ms Alamidis who attended the Macedonian Celebratory Event. It was a fabulous evening with all students giving amazing performances. Parents and families delighted in seeing their children perform in front of their friends, family, teachers and the general community. Our graduates (maturanti), who completed Macedonian as a VCE subject also received their certificates, a fitting reward for their endeavour.

The support that I received from the school for organising this event and from many students and parents was huge. I would like to thank the school and many students and staff who helped me organise this memorable event. Without their help I do not think that this event would have been possible. The Macedonian Program has been running for 27 years at the college and this was the first event of its kind. In particular, I would like to thank two students, Jana Miloseski (year 8) and Vanessa Capkunovski (year 11) for shouldering many responsibilities in organising this event. Jana organised other students and choreographed most of the performances seen on the night. Jana and Aleksandar Ristevsi were the hosts of the evening and did a perfect job. Martin Jovanovski (year 9) gave a great performance making the evening even more enjoyable. The year 9 students were fantastic, singing the song from the beloved Tose Proeski. Congratulations to Jana and her year 8 friends Maria Dimitrov, Katie Strolla, Jovana Petrusavska, Caitlyn Stella, Suzan Arifoski, Maria Elena Tomevska, Kaitlyn Stavrevski, Jana Ilievska, Natalie Stefanovski, Tiana, Aleksandra, Marija Veljanovska (I hope I did not forgot anyone) for their outstanding effort and commitment. The girls, who are such a great team and good friends, practiced almost every single lunch time, many times without my attendance. Their effort contributed to a most enjoyable evening.

I received many positive comments from parents, students, the principal and fellow teachers about the event. The event was actually on World Teacher's Day. I do not think you would have found a happier teacher than me on that day. I felt blessed, privileged, honored and rewarded to serve the Macedonian community. Teaching Macedonian as a community language helps many young people stay in touch with their language, culture and tradition.

Many thanks to all involved with the evening. Without the ongoing support from the college and parents of the Macedonian program, events like this wouldn't be possible.

Gordana Janinska - Macedonian teacher





The celebratory evening was a fantastic night, with an exciting atmosphere that was full of energy. Everyone had such an enjoyable time and didn't want to leave. It was a great experience bringing Macedonian and non-Macedonian families and friends together to have an amazing night. The evening began with the year 12 students receiving their Macedonian graduation certificates which was followed by the year 8's fruit and vegetable performance. A few more songs were sung and the night finished with a traditional dance to celebrate the year 12's who graduated as well as the students who participated. My favourite part of the night was when we presented Ms Janinska with a beautiful bouquet of flowers, chocolates and a card full of touching messages to show her how much we appreciated everything she did for us, as the whole night wouldn't have been possible without her.

Maria-Elena Tomevska 8G



My experience on the celebratory evening was amazing, the night was fantastic and I had a great time with my family and friends. Some of the things we did on the night were the fruits and vegetables song, the Pesna za makedonija dance and the dance that several year 8 and 9 girls participated in, Tresenica. The year 12 students received their certificates for completing their VCE Macedonian studies. The year 9's also sang a song called Ledena from Tose Proeski. Their performance was amazing. When all the performances had concluded, dinner was served then the band started playing music and everyone started dancing. We had fun, I really enjoyed the night and I really want to do it again next year.

Kaitlyn Stavrevski 8G



October 2018

Y10 Real Life Job Interviews



It's was only 18 minutes but felt like 5 days.

I have never sweated like this in my life.

They said I would have got the job on the spot.

Sold myself well but I needed to smile.



Hand shake needed to be firmer and don't say sorry, just ask to give me a second.

Keep my answers shorter and to the point but what an amazing experience.

Good to know what to do and how you can strive towards your goals. I didn't appear to be nervous but trust me, I was.

All my responses were good to excellent.

They were really good, made you feel very comfortable, a great experience.

Received valuable feedback on how to improve my resume and cover letter.

I feel positive, from 0% to 100%. Feedback to get a portfolio together of my gardening work to show at an interview.

Made me feel really comfortable in a professional environment and was a great practice for a job.

My resume covered everything.

Asked some good questions, it was a really good conversation.

Generally it was really good, but she couldn't answer my specific question.

It was really good, I felt really comfortable and that I was focused as I knew what I want to do.

My resume was great, she loved me soooo much.

I wasn't nervous at all, she just kept complimenting me and commented that out of the 5 she interviewed, I was the best.

She gave me her business card and said to keep in touch.

Interviewer was so impressed he came out to tell ESC staff that he would have been keen to offer her a job. Her resume was of an extremely high standard.



October 2018

Y10 Real Life Job Interviews



PARENT COMMENT: Thank you. Alexander, although initially nervous really enjoyed it also and said the interviewer made him feel at ease with the whole process. Another fantastic life experience provided by the school. Thank you for organising it and giving the students the opportunity. **Esta Aleksovski**



Epping Secondary College

Learning for life

P10 Social

Friday, 21st September,
was the day that all year 10s
decided not to attend school as it
was the night we had all been waiting for
since the start of high school, our Year 10 Formal!

The day consisted of lots of preparations and excitement
for the night ahead. For boys, the process of getting ready only involved showing and doing their hair,
whereas for us girls, it took hours and hours to prepare, appointments for makeup, nails, hair, tan and
so much more!

The night began with closest friends meeting up to spend a whole hour taking photos together then it
was on to the reception centre either in limos or fancy family cars.

The highlight of the night was seeing our favourite teachers waiting for us at the door with surprised
looks on their faces as they didn't recognise most of us all dressed up. All our peers and teachers
looked amazing!

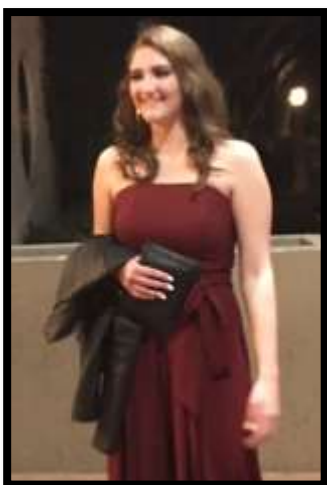
The moment we walked in we knew it was going to be an unforgettable night. As soon as the lights
dimmed the DJs music got louder and so did we! Seeing everyone dancing together and having a great
time made us realize how lucky we are to have such a beautiful connection with each and every per-
son in our year level as well as our teachers.

The night went by in a blink of an eye but we had so much fun and it was spent in the best way possi-
ble. This is a night that we will cherish forever, as not only an incredible milestone but an amazing
night spent with all of our peers and teachers at our year 10 Formal.

By Lea Karavesovska & Dorsa Rahimi



La Mirage



October 2018

Marvellous Melbourne

This semester in Marvellous Melbourne we learnt about cultural demographics in different suburbs around Melbourne. We travelled to the Melbourne CBD on numerous occasions, where observed the different cultures in our city. We took a tour in the Immigration Museum which included an activity that enabled us to learn about the lives of past immigrants that came to Australia. Melbourne city also has a number of scenic alleyways with twists and turns all around and a new, colourful piece of art on every corner. We also completed our own individual projects where we researched some different aspects of the Melbourne community ours being the crime rates in Melbourne. There were times when things didn't always go to plan; we took the train to the Queen Victoria Market and it turns out it's actually closed on Wednesdays which was extremely helpful. We ended up walking to the old Melbourne Gaol instead and we found out where the first hanging in Melbourne took place, which then led us into a tour of the State Library of Victoria.

Throughout these two terms we've completed a variety of different activities in and outside of class. We have learnt much about our city and the different suburbs we are from, as well as researching famous Australian people. We had a lot of fun in this class and the bonus is we've learnt a much more about the history of Melbourne.

Eva, Celeste and Ebony



Y9 Goals Closing Ceremony

On Tuesday, 9th October, 19 students from year 9 attended their fifth and final Goals session for the year. The final session was a culmination of all the skills and knowledge the students had obtained over the course of the program and the students really shone. The students were required to identify their top 3 skills and values, then participate in mock interviews with their mentors. Our students displayed confidence and maturity throughout the mock interviews and it was clear that they had come a long way over the 5 sessions they had attended. Following the mock interviews and one final goal setting activity, the students participated in the Goals Program Completion Ceremony. The Completion Ceremony involved each student delivering a short speech where they reflected on what they had learnt, their favourite moment throughout the program and what they admired about their mentor. Each student's speech was well planned and delivered with confidence, which is a tremendous feat as many students had little to no experience addressing an audience of adult professionals. The students represented our college admirably and were a credit to the school, their parents and their coordinators.

This is what some of the students had to say about their experience with the program:

"The most useful thing I learnt was to not only use your skills and abilities but to also push yourself past your limit."

"I now know that communication is everything and that I have the skills from this program to prepare me for anything."

"I would recommend the goals program because it helps you realise your strengths and the importance of setting goals for yourself."

"I learnt not to give up if your career doesn't turn out how you wanted it to. Be a quick and positive learner."

This is what some of the mentors had to say about their experience in the program:

"It is one of the most rewarding programs I have been a part of. Very well run by ABCN and the school."

"If you want to challenge yourself and get out of your comfort zone you should give this a try, you will develop and learn so much."

Well done to the year 9 Goals Program students on your incredible accomplishments this year!

Ms Legg and Ms Petersen





On Wednesday, 17th October, Epping Secondary College showcased the talents of many of its music students. The concert was held at The Manor on High in Epping which provided an elegant background for the night.

Throughout the evening we had a range of performances including our junior and senior bands, singings students and polished performances from our current VET Music Students undertaking their Certificate 3 in Music industry who finished off the evening.

I would like to thank George Infanti, Jenny Taylor and Tim Anders for assisting in preparing their students for the evening. Nights like these require many rehearsals and much preparation and this would not be possible without the commitment of staff and students. I would also like to thank Mr Iape, Ms Hart and Hitashi Verma for their supervision and recording the evening. Congratulations to our Music Captains Aaron Raward and Tylah Folan who officiated as Master of Ceremonies on the night.

Lastly a special thank you to all the parents and family who attended on the night and for your ongoing support of your children. Congratulations to all our student performers who entertained us on the evening, you have made the college exceptionally proud.

We look forward to an even bigger and better concert in 2019.

Mr Ross Talarico





October 2018



On Saturday, 20th October, the school A-TEAM competed in this year's Tough Mudder event at Myrning, near Bacchus Marsh. Tough Mudder is a 20km mud and obstacle course, designed to test your physical strength, stamina and mental grit.

Despite the muddy and freezing conditions, we were elated to complete the course. We all slept well that night!!

Tough Mudders for 2018 are...

Students: Harry Ryan, Simon Janc, Dion Zoto, Jessica Chehade, Nikita Morham, Sibel Kaya, Jai Murtagh and ex-student Yasin Bakah.

Staff: Terri Vogdanis, Wimu Hewawasam, Cesar Rifo, Anthony Gonzales and student teachers Nicholas Bavcar and Jessica Au.

October 2018

SRC Report

FLAGPOLE ASSEMBLY

On Thursday, 25th October, the year 7s and peer support group participated in the flag raising ceremony. The SRC had worked extremely hard to make this happen, spending months raising money to assist in buying two more flagpoles. Originally, the Aboriginal and Torres Strait Islander flag was flown below the Australian flag on the same pole which was not ideal.

For the ceremony, a delightful lady joined us and spoke to the year 7's and peer support group on the importance of the flagpoles. After poems and speeches were read, all 3 flags were raised together as a sign of unity. It was such an incredible day, one that we were honoured and proud to be part of.

Imani Sukhon
SRC President



October 2018

Italian Breakfast



Italian breakfast hosted by 12y with Grace Lagana's expertise. Thank you to Sam Lagana and his mum for helping us enjoy a delicious Italian style breakfast!



October 2018

SBAT Taster Day



On Tuesday, 4th September, year 10 and 11 students attended a SBAT Taster Day at ONTTC. This was a fantastic opportunity for them to participate in 'hands on' activities based on Hospitality, Sport & Recreation, Animal Studies and Automotive to name just a few. School Based Apprenticeship/ Traineeships "SBAT's" give students the opportunity to begin their apprenticeship/traineeships whilst completing their VCAL certificate. It was such a great experience for these students to have a taster of what is to come next year for them. Thank you to ONTTC for hosting and the HWLLEN for organising this event.



Mrs Hysen



October 2018

Wellbeing Report

RAISE MENTORING PROGRAM

The Mentoring program at the college ran for 20 weeks during term 2 and 3 and was sponsored by Raise Foundation. There was a theme each week and students either worked one on one with a mentor or in groups. Students benefited from having a neutral role model to talk to, who is a caring and nurturing adult. The mentors supported and listened to students and helped them to identify and achieve their goals.

Students eagerly waited for their mentors each week and there was always a warm greeting and constant chatter whilst they made their way to the room. The program covered a range of topics; focusing on goal setting, wellbeing, resilience and healthy relationships. Students celebrated their successes and participated in a Graduation ceremony. Students spoke about their journeys and the positive impacts the mentors had on them. It was also interesting to hear how the mentors also had positive benefits from their experiences with students at the college.

I am currently liaising with staff from the RAISE Foundation and we will be running the program for the fourth year at our college in 2019. The students are very fortunate to have the opportunity to participate in this amazing program.

Leanne Halsall
Wellbeing Coordinator



UNIFORM AND BOOK DONATIONS

Any families who would like to donate school uniform or text books please contact Leanne Halsall, Student Wellbeing Coordinator, via XUNO or call the office 9401 2599.

Your support would be greatly appreciated.

October 2018

Wellbeing Report



During lunch time on 17th September, we ran our college R U OKAY DAY in partnership with the SRC. Students from the SRC had organised a 'Guess the Number of Lollies' game which involved students writing a kind note to be put in our positivity jar. We had also organised for Headspace to join us for the lunch time session.

It was wonderful to have them there promoting R U OKAY Day and encouraging students to come and write a positive note either for themselves or for someone else which was added to a large board that is currently displayed in the library. Students participated in a giant Jenga game and there was lots of music and bubbles. Students created so many positive messages. It was a wonderful day raising awareness on being able to talk about how we are currently feeling as well as educating students on where they can go if they need to speak to someone.

Tiffany Griffith
Senior School Student Wellbeing Counsellor



Sport Report

State Athletics:

Epping Secondary College had three of its students represent the school at state level athletics. **Jayden Day, Aidan Salih and Keresoma Keresoma** made their way to Albert Park to compete in their respective events.

Epping Secondary has always had its fair share of outstanding athletes, none however, could take that next step and become the state champion that is until **Keresoma Keresoma**, a year 8 student. Despite not having the same facilities/resources and specialised coaches that are available to some of the other students, Keresoma blew the competition away in the under 14 boys' **shotput** with an amazing throw of 13mtrs.

We caught up with the newly crowned state champion in an exclusive interview below:

How did you get into shotput?

I got into shotput because the event really suits me given my size and strength.

Do you compete in athletics outside of school?

No, never have. Only ever competed in school athletics days at primary school and now at ESC.

Do you play/have interest in any other sports?

I love volleyball and rugby (Storm supporter)

How does it feel to know you are the state champion?

It feels great, it was very exciting for myself and my family.

Are you excited to back up your title of shotput champion in 2019?

I am very excited knowing that next year in 2019 I will be the hunted.

It is an absolutely amazing effort by Keresoma.

Everyone at ESC is very proud.

State Athletics (continued)

Jayden and Aidan did tremendously well, both in coming 5th in their event, Jayden the 1500mtr walk and Aidan in the triple jump. Just being in the top ten of athletes in the state in their individual events is an amazing achievement and something both boys should look back and be very proud of.

Other news:

Basketball:

The Intermediate girls basketball team, coached by Ms Stella have progressed through to the state finals. This is a testament to the girls work ethic, putting in many lunchtimes in the gym and that hard work was rewarded on the day. Jenna Ryan and Zoe Stinga's made for a dynamic back court duo and the whole squads overall effort was awesome to see.

The state final will be held on the 20th of November at MSAC.

Cricket:

The year 8 cricket boys coached by Mr Cooke have made their way into the NMR final which will take place on the 1/11 at Donath Reserve. Vihanga Fernando led the way with bat, almost single handily outscoring the opposition, Kade Lawry was amongst the wickets in a very solid team performance.

Laurie Naismith

Sports Coordinator



Keresoma Keresoma
State Winner under 14 boys shotput







project ABLE

Thursday, 20th September, 11Y and 12Y participated in a workshop run by 'Project Able' as part of their Personal Development and Careers Awareness course. The team from Project Able ran through a variety of activities and presented interesting information aiming to make students aware of the rights of disabled people, the challenges they face and the importance of a society that accepts differences and provides opportunities for people to work with their differences and contribute meaningfully to their societies. The students were engaged and inspired by the people they met and walked away knowing the way they treat others in our society has a huge impact. They were also introduced to the variety of careers connected to the disability services sector and encouraged to think about possible careers in this industry, as 18 000 jobs in the disability services sector are predicted for the next five years. This was very much a mind opening and worthwhile experience and we thank Project Able for coming to our college.

Ms Rehak



House Totals

Dalton Dragons	Pindari Panthers	Carlisle Cobras	Findon Falcons	Tatlow Tigers	Scarborough Scorpions
					
4683	4007	3995	3634	3484	3334

October 2018



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ABOUT US

We are a local tutoring company for all students from prep to VCE. We believe that no two students are alike, and that tutoring should be individualised to the student's unique learning style & needs. Our team of tutors are from Australia's top-ranking universities in areas of teaching, biomedicine, law and engineering who are dedicated to helping your child develop the knowledge and skills to achieve their learning goals.

WHAT OUR STUDENTS HAVE TO SAY

"The tutor is well versed in the given subject. Really cares for his students, many times going out of his way to help"

- Zung, Melbourne

"I've had a tutor for 6 months and have seen an incredible improvement in my English grades. Very helpful and the one-on-one attention is terrific. I highly recommend"

- Joshua, Doreen

"Affordable, very helpful and gives great advice every session"

- Iesha, Epping

"Great tutors!! Very professional, reliable and friendly. They offer tutoring in lots of subjects!"

THANKS" - Sharan, Craigieburn

SUBJECTS OFFERED

- English
- EAL
- Literature
- History (all levels)
- Biology
- Chemistry
- Physics
- All VCE maths subjects
- Italian
- French
- Chinese (Mandarin)
- & many more!

Submit your tutor enquiry now at www.nextleveltutoringgroup.com

Or call us at 0402 257 558 / 0415 634 912



Red Frogs support to young people over schoolies period

For those of you with Year 12 student going on schoolies, this is a good safety and support resource for young people. Red Frogs is a support program for young people ages 15-25.

They have a schoolies program with support volunteers in many locations across Australia "providing direct relief, safety and support to young people during Schoolies week".

The locations are the main places schoolies are held eg. Gold Coast, Lorne, Torquay, Phillip Island, Byron Bay etc

Telephone number for young people with 24/7 response Tel: 1300557123

There is also an app they can download to their phone.

Services offered: cook-ups, walking people home at night, room cleans, emotional support, safety issues.

Sent on behalf of Austin CYMHS



I acknowledge the traditional owners and custodians of the land on which I work and live, the Wurundjeri people of the Kulin Nation, and pay my respects to their Elders past and present, and honour their communities and their living culture.



FOSTER CARE INFORMATION NIGHT

Ever thought about fostering children or young people?

Anglicare Victoria is looking for people who have a place in their heart for a child in need of a safe home. Care can be short term or long term.

INFORMATION SESSION:

Monday 19th November | 6.30pm - 7.30pm

Anglicare North West Region

Come along to find out more & have your questions answered.

To book or to receive an information package please contact

The Volunteer and Recruitment Worker on 9301 5200

or carer.info@anglicarevic.org.au

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**BETTER
TOMORROWS**



PARENTS BUILDING SOLUTIONS

ARE YOU TIRED OF YELLING?

- How to get kids to listen, without having to yell

DEALING WITH ANGER

- Helping parents, and kids, deal with frustration and anger

RESPONDING TO BEHAVIOUR

- Better understand why children behave the way they do

IDEAS

- Discuss and share ideas that work

DATES: Monday Mornings
22nd October to 26th
November

TIME: 12:30pm to 2:30pm
(refreshments provided)

WHERE: Newbury Child and
Community Centre, 440
Grand Blvd, Craigieburn

For bookings & enquiries Parentzone on
03 94650322 or 0458550071
Parentzone.Preston@anglicarevic.org.au



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Parentzone

BETTER
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October 2018



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, to 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 fitness flow Pilates. The classes are designed to strengthen your core, sculpt your personal muscles, increase flexibility and of course have a lot 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

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

M: 0421 120 304 E: nicole@myndfulyoga.com.au

Instagram: @myndful_yoga Facebook: @MyndfulYogaStudio



October 2018

SPL SKATE
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VICTORIAN LEAGUE



City of
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EPPING

SKATE ESCAPE

Saturday 17th November



Epping Skate Escape, 146W McDonalds Rd, Epping
Scooter 11am, BMX 12:30pm, Skate 1:30pm,
Free Entry, All Abilities Welcome



WWW.SKATEPARKLEAGUES.COM

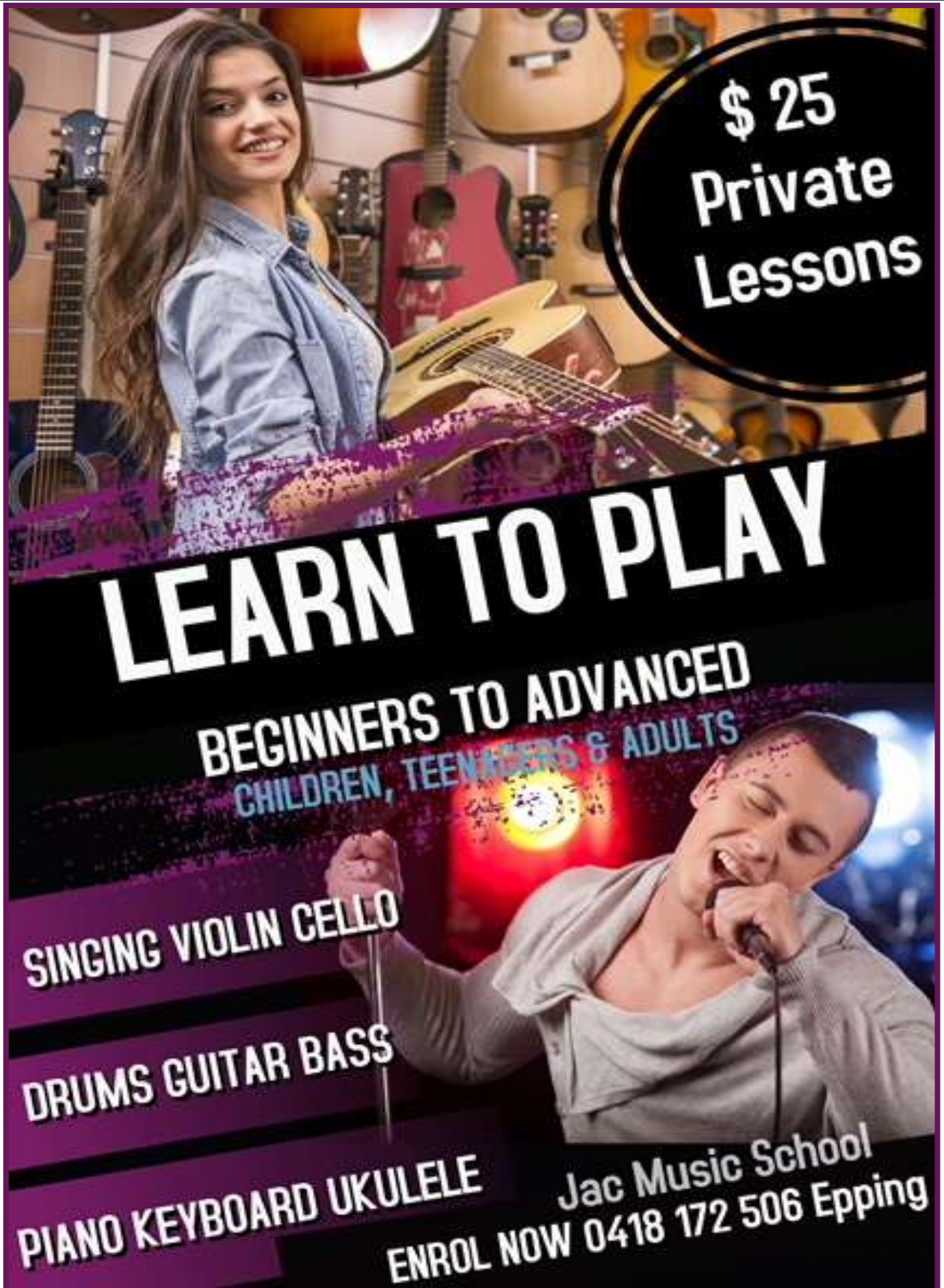


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