



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

Issue 8



THE UNIVERSITY OF  
**MELBOURNE**

**KWONG LEE DOW YOUNG SCHOLARS' PROGRAM**

## CONGRATULATIONS SLAVA COOKE !

Congratulations to Slava Cooke of Year 10 who has been successful in his application for the Kwong Lee Dow Young Scholars' Program. The KLDYS Program is an academic enrichment program designed to support high-achieving Victorian school students. This prestigious program allows students to sample university life, develop leadership skills, access University of Melbourne resources and attend exclusive events. Slava will, provided he reaches certain ATAR prerequisites, be granted direct entry into The University of Melbourne upon successful completion of his VCE.

We would like to again congratulate Slava and wish him the very best in his VCE journey and beyond.

Jessica Spiteri &  
Michael Rogneda  
Year 10  
Coordinators



**November 2018**

### Important Dates

#### DECEMBER

Monday 3-Friday 7  
Y11 Commencement  
Program

Thursday 6  
ART EXPO 7pm

Monday 10-Friday 14  
Y10 Commencement  
Program

Tuesday 11  
Grade 6 Orientation

Monday 17  
Y7-9 Excursions  
AWARDS NIGHT 7pm

#### JANUARY 2019

Wednesday 30  
Y7 & Y12 STUDENTS  
ONLY ATTEND SCHOOL

Thursday 31  
Y8 & Y11 STUDENTS  
COMMENCE

#### FEBRUARY

Friday 1  
Y9 & Y10 STUDENTS  
COMMENCE

#### MARCH

Tuesday 5  
SCHOOL PHOTOS

# November 2018

## Principal's Report



Every year presents us as individuals and as a school with both challenges and opportunities, and how we embrace these determines our growth and our progress. On a personal level, the opportunity to take up a senior leadership role in the region allowed me to share my knowledge and experience with other principals and schools, as well as extend my own potential to be a better leader of Epping SC. On the other hand, dealing with the devastating effects of cancer on my elderly mother has been a challenge that has been extremely difficult and resulted in my having to take leave to care for her, however it has also highlighted the enormous compassion and support that is a key part of our school community. I am deeply grateful for the kindness and understanding that I have received from students, staff and parents and I extend my sincere gratitude to you all.

Epping SC has expanded to a school of 1,300 (one of the larger schools in the area) and as a result a **key challenge** has been to sustain a strong sense of community and connectedness. I believe that the focused efforts of the assistant principals, year level coordinators and teachers to develop positive relationships and behaviours across the school, have enabled us to achieve this goal.

**The college has embraced many opportunities** throughout 2018 to continue to strengthen the learning experiences of our students. Some of the improvements include; broadening the curriculum offerings and choices at year 9, resourcing teachers with time to plan in teams, as well as supporting each other's professional growth, providing teachers with rich student data to inform their planning and their practice, increasing the regularity of reporting to parents, developing programs that cater for different pathways and developing the school wide Positive Behaviour Program. Our approach is continuous improvement in everything we do.

I want to **thank all the staff across the school** for their professionalism, their dedication, their hard work and their sincere commitment to providing the very best learning environment and opportunities for our students to achieve their full potential.

I would also like to **highlight the outstanding achievements of our student leaders**. Student leadership is a major strength and key feature of ESC and our student leaders take their roles and responsibilities very seriously. This year the SRC has directed its efforts to building community connectedness, fostering cultural appreciation and inclusion especially with respect to our indigenous culture. The Principal's Student Advisory Team has provided feedback on the school's Teaching and Learning model as well as on other aspects of the school program. Our students are our greatest asset and they are at the core of all our endeavours. Therefore, this year the college has decided to further expand and extend the school captaincy roles into different realms of the school in 2019. Their involvement and voice is paramount and we will continue to extend and strengthen their input in 2019.

**Thank you also to the school council** for their hard work and to all of the all parents, carers and families for their support and contribution. As a very big united team we have worked towards making this a great school. Have a safe, relaxing and rejuvenating holiday. I look forward to continuing this wonderful partnership into 2019.

Helene Alamidis  
PRINCIPAL

# November 2018

## Acting Principal's Report



The end of another year.....many challenges and successes experienced this year and lots of exciting things planned for next year... watch this space.

As we head into the holiday period, I would like to share some information regarding screen use and teenagers. As adults, we often bemoan the amount of time our teenagers spend on their phone devices and wish that they would use them less. With the recent Apple update on my iPhone, I noticed that there is a new feature that is available to parents called "Screen Time". It isn't an app that you download, it just appears in your settings menu after the update. With this new feature, you can monitor your own use of your phone as it provides you with feedback as to how long you are using your device and what you are using it for. But the real benefit of this new feature is that you can also monitor the use of any other accounts on your account (such as your children's accounts).

In this way, I can monitor my son's use of his device (he is in year 8). I can't see any of what he does on it, so his privacy is still maintained but I can see how much time he spends playing games, accessing social media and which applications and programs he is using. I can also apply limits to his access and restrict how much time he has for games, social media and so forth and change these as needed (so I can limit them when I receive a notification from his teacher that he is not using his class time wisely and not completing his homework, for example). I can also set up 'down time' for bed time so that he can't stay up all night playing games on his phone when he is meant to be sleeping.

The fact is that technology is here, we can complain about its influence on our teenagers and the way in which it is changing the social and cognitive landscape but, ultimately, we must learn to manage these devices and the way in which our children use them. Hopefully there will be more resources like the Screen Time feature become available to help us teach ourselves and our children how to use these safely and efficiently. In the mean-time, if you are struggling to control how your child is using their device, please seek help. The school can help you to devise strategies that will work with your lifestyle and family circumstance. Just contact our office and ask to speak to someone in wellbeing and we will work with you from there.

Happy holidays everyone!

**Kerryn Sandford**  
**ACTING PRINCIPAL**

**November 2018**

# **College Captains 2019**



**Tawhid Ghairat**  
**College Vice Captain**  
**Cultural Inclusion**



**Mia Guest**  
**College Vice Captain**  
**Unleashing Potential**



**Bailey Goodwin**  
**VCE Excellence**  
**Captain**



**Lachlan Norris**  
**Social Justice**  
**Vice Captain**



# November 2018

## College Captains 2019



### Jessica Lord - College Captain - Positive Attitude & Environment

**Favourite Subject:** Philosophy - I really enjoy philosophy as I think it's interesting to learn about the different theories relating to the human experiences of the world.

**Interesting Fact:** Just before my 10th birthday, I fractured my arm and opposite ankle at the same time and spent 6 weeks in a wheelchair!

**Why I applied for leadership:** Over the past 5 years, I have thoroughly enjoyed my time at Epping Secondary College and have been highly involved in many different aspects of the school. I applied for the position of College Captain for 2019 with the hope to continue my involvement in the leadership team and to continue to represent my peers in my final year at ESC.

**What I want to achieve as college captain:** I look forward to representing the interests, ideas and endeavours of my peers in the coming year and hope to continue to create a positive school environment and community for all.



### Amy Shanahan - College Captain - Student Voice & Engagement

**Favourite Subject:** My favourite subject is Psychology because it enables me to understand people in a different way. I really enjoy the content in Psychology as it is engaging and interesting to learn about.

**Interesting Fact:** I have been to 5 countries, all with school programs.

**Why I applied for leadership:** I applied to be college captain so that I can provide a voice to represent the students who wish to contribute to the factors that influence their schooling experience.

**What I want to achieve as college captain:** As College Captain next year, I would like to cooperate with the school community to introduce new and improved school policies. I also aspire to make connections with the students and parents within school, to hopefully assist in making their high school journey a memorable one.



### Vanessa Capkunski - Social Justice Captain

**Favourite Subject:** My favourite subject is Business Management. Studying business allows you to view the world from a different perspective, while also allowing you to develop creativity. I love learning about how businesses have such a significant impact on society and the world we live in.

**Interesting Fact:** One weird and interesting fact is that I have never had a mosquito bite, a blood nose or been stung by a bee.

**Why I applied for leadership:** I applied to be a college captain as I felt it was a perfect opportunity to be able to showcase the leadership skills I have gained through my years at Epping Secondary as well as outside the school environment.

**What I want to achieve as college captain:** As a college captain next year one of my goals is to create a more interactive environment and culture within the school. I would like all students to be involved in a vertical connection with students from other year levels. This can be achieved by implementing new programs that allows for students from senior school and junior school to interact.



### Lachlan Stravrevski - Sports Academy Captain

**Favourite Subject:** Computing is one of my more favourable subjects as I am very interested in programming and the areas that computing covers. I am always excited to go to my computing class as I know that I will be learning something interesting and fun. I also enjoy physics because I am interested in learning how things work the way they do and in physics we learn new and interesting theories that help us understand this. I find that physics is real world applications of mathematical formulas and equations, which I enjoy working with and also makes the subject even more enjoyable as I am able to relate what we learn in class to real-life applications.

**Interesting Fact:** When I was 7 I went on a family trip to Toronto to visit family members we have over there and whilst over there we went to the CN Tower, which is an observatory tower like the Eureka Skydeck. When we were there, I accidentally set off the fire alarm in the entire building.

**Why I applied for leadership:** I want to help make a difference in the school community and also feel that it would be a great honour to be able to represent the College as a captain because of how long I have been at Epping.

**What I want to achieve as College Captain:** To be able to increase student engagement at the College through the use of sport, continue to improve our already existing Melbourne City soccer academy and possibly create the basis to implement new sports academies within our school to better the sport curriculum in our school. I would also like to improve the current house system for students to be more involved and motivated in their respective houses.









November 2018

# Student Leaders 2019

## HOUSE CAPTAINS

<b><u>FINDON FALCONS</u></b> Ravinder Singh Zach Sprague	<b><u>CARLISLE COBRAS</u></b> Jordyn Bower John Kontaris Beth Woodward
<b><u>DALTON DRAGONS</u></b> Jaymee Matthews	<b><u>TATLOW TIGERS</u></b> Tahlin Michael
<b><u>PINDARI PANTHERS</u></b> Slava Cooke	<b><u>SCARBOROUGH SCORPIONS</u></b> Kristen Stella Herta Fejzolli

***Do you think you have what it takes to be a Captain?***  
**See Ms Smith to find out more.**

<b><u>SPORTS CAPTAIN</u></b> 	<b><u>DEBATING CAPTAIN</u></b> 
<b><u>LIBRARY ASSISTANTS</u></b> Seb Valeri Sachmann Kaur Mann 	<b><u>MUSIC CAPTAINS</u></b> Kayla Mingione Isabelle Armour 
<b><u>PERFORMING ARTS CAPTAINS</u></b> Natalie Carroll Katerina Bonacci Tanika Ponchard 	<b><u>VISUAL ARTS CAPTAINS</u></b> Marija Vejanovska Michelle Jugovic Daisy Lagatule 
<b><u>LANGUAGES CAPTAIN</u></b> Jana Miloseski 	<b><u>TECH SCHOOL AMBASSADORS</u></b> Simar Singh Anastasia Mitkoska 

November 2018

# Insight Publication Award

The college would like to congratulate **Moaamal Abbas** for being awarded the Insight Publications Award. This award recognises student achievement and improvement through hard work, diligence, consistency and resilience.

Moaamal will be awarded with the Year 12 English texts and further resources to support him in striving for excellence in VCE.

**Congratulations Moaamal!**



# Hume Whittlesea LLEN Awards

Congratulations to the following students who were all presented awards at the Hume Whittlesea LLEN awards ceremony on Tuesday, 20th November, 2018:



**Chelsea Condon**  
SBAT Award-Achievement



**Chloe Edwards-Lunn**  
VCAL Award-Achievement



**Michael Donnelly**  
VET Award-Achievement



**Alyshia Negrin**  
SBAT Award-Encouragement



**Whitney Young**  
VCAL Award-Encouragement



**Gaurav Thakkar**  
VET Award-Encouragement

November 2018

# Peer Support Leaders 2019

## CONGRATULATIONS TO THE YR 9 STUDENTS WHO WILL BECOME OUR PEER SUPPORT LEADERS FOR 2019

In 2019, the wonderful tradition of the Peer Support Program, inaugurated by Mr. Kaskamanidis many moons ago, will continue. We have another group of outstanding leaders who have stepped up into this role and I congratulate them on their initiative and commitment. We are looking forward to seeing them in the classroom and just being brilliant Peer Supporters and all-round role models.

Ms. Hart

Here is the list of the Peer Support Leaders for 2019:

Lily Aleksovski	9I	Sheriline Lay	9J
Hanan Alkhatib	9L	Katelyn Lord	9A
Fatima Al-Musawi	9D	Poppy Lozanovski	9L
EJ Arifoski	9I	Emily Manglaviti	9J
Jordyn Bower	9J	Jai Mawdsley	9K
Jhaniela Bungkalot	9I	Tilly McLauchlan	9C
Celeste Canals-McInnes	9A	Luis Obamwonyi	9I
Bailee Capp	9A	Olivia Occhiuzzi	9C
Bree Coade	9G	Shayla Ritchie	9I
Adam Compton-Robins	9I	Madison Sami	9I
Emily Cooper	9L	Alysha Saveski	9I
Jayden Day	9C	Jordan Schimming	9A
Paris De Palma	9I	Gracy Singh	9K
Rosela Fejzolli	9K	Aleksandra Stojoska	9J
Dom Fidow	9I	Stacey Tzotzis	9I
Jemma Gonzalez	9I	Hitaishi Verma	9G
Teah Gorgievski	9I	Ebony Woodward	9L
Jasleen Kaur	9B	Brooklyn Zukanovic	9I
Anastasia Lambrou	9F		

November 2018

# Peer Support Training

A group of year 9 students took part in the initial training phase of the Peer Support Program, which included the National Young Leaders conference and a training day at ESC. Most of us applied for the program because we can still remember when we were in year 7 and how supportive our Peer Support Leaders were. We can't wait to meet our home groups on Orientation Day and look forward to being a part of their transition into our school community. Four 2018 Peer Support Leaders, Slava Cooke, Ughbad Nur, Lusani Sigwadi and Katerina Bonacci, took part in a Q&A session, where they answered our questions and shared their experiences and they were awesome. Hearing their stories made us even keener to be part of this program, so bring on 2019.

Thanks to Ms. Hart, Ms. Smith & Ms. Neocleous for a fun day, with amazing guest speakers and awesome food !!!

## Peer Support Leaders



# Top Arts @ the NGV

***Year 12 student Ayden Emini is shortlisted for prestigious annual exhibition at the NGV.***



We are extremely pleased to announce that Year 12 Studio Arts student Ayden Emini has been shortlisted to be exhibited at the Top Arts 2019 exhibition which is held at the NGV in Federation Square.

The Top Arts exhibition showcases outstanding folios and artworks from students across Victoria each year. This is an application based process and the selection is handled by the VCAA's top assessors – so needless to say, the judging process is rigorous. Thousands of students from Victoria apply for the exhibition each year which makes judging an even more difficult process. To be shortlisted alone is an enormous achievement. With the help of his Studio Arts teacher, Anna Butera, Ayden was able to put in an application and was shortlisted for the exhibition. If selected in the final cut, Ayden will send his work to the NGV to be exhibited in 2019 in the Atrium in Federation Square.

The Art Department would like to commend Ayden on his efforts in his Studio Arts practices and congratulate him on this prestigious achievement. This type of nomination also happens to be a first for Epping Secondary College which is a huge deal for the Arts Department at the school.

**Cara Gallina - VCD Teacher**



November 2018

# Remembrance Day

## Lest We Forget

Although Remembrance Day did not fall on a school day this year, Epping Secondary College honoured the ANZAC spirit and legacy in various ways. Firstly, our Humanities team delivered curriculum that recognises and commemorates our fallen soldiers through the study of World War I, World War II and following conflicts affecting our country. Students are able to fully contextualise the sacrifices many men and women were and still are confronted with in order to empathise with their difficult circumstances. Furthermore, our year 9 cohort were very fortunate to attend the Shrine of Remembrance earlier this year, where they consolidated their historical empathy by listening to and witnessing physical and symbolic embodiments from the wars. By exposing our students to this beautiful and incredibly sacred site, it enabled them to wholly grasp the concept and significance of respect, commemoration and reflection. Our students were particularly engaged with the symbolism woven into the Shrine, including the architecture, poppies, monuments and Sanctuary. Finally, we are grateful for our year 11 student Lachlan Norris who represented our school at the Epping RSL on Sunday, 11th November this year. Lachlan Norris honoured the ANZAC spirit and legacy by laying down a floral wreath for our past and present soldiers, nurses, doctors and families who fought for and continue to fight for our peace and freedom.

Lest we forget.

**Ms Madeline Korbut**



On Sunday, 11th November, Remembrance Day, I had the honour of representing the school at the service at Epping RSL. I joined many others in laying a floral wreath in memory of the courageous and selfless, past and present soldiers who fought for our country.

"I was very proud to be given this opportunity to pay my respects and represent the college. Once Miss Neri told me about this opportunity I was excited! My grandfather and great grandfathers fought in the First and Second World Wars so I did it for them."

This service had extra meaning as it was the 100th anniversary of the end of the first World War. It was great to see so many members of our community including members of Parliament come together for remembrance.

I have always had connections to the wars as I have marched during several ANZAC Day memorials through the Scouting Movement, however I have never been given the privilege to lay the wreath or play an official role and I am truly grateful.

Lest we forget.

**Lachlan Norris**

### Message on Epping Secondary College's wreath

*"Today we honour the ANZAC spirit and legacy bequeathed to us from the battlefields of WWI and those who have served after them. Such defining and dark moments in our history, bring to the foreground the importance of peace and diplomacy in our world today. We pay our respects to the service men and women who sacrificed their lives to serve our country. Lest We Forget."*

Epping Secondary College *Learning for life*

# Principal's Writing Challenge

## Excerpts from winning entries

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### Winning Entry Year 7 – Queen Kury

The searing sun gleamed over the busy town as I stepped out of my Grandmother's small, placid cottage that hot Friday afternoon to head into town. My Grandmother asked me to go into the city to pick up meat for my Aunt Edna and drop it off at her house. Aunt Edna was the worst human being in the world. That old hag was so lazy and childish she threw tantrums just so she could get what she wanted. I only ran errands for her because she would always tell me stories about my mother, who died when I was just 2 months old. Aunt Edna said my mother's ashy brown hair and green emerald eyes looked exactly like mine and she told me about how my father loved her more than anything in the world (besides me). My grandmother insisted I wear my navy blue; box pleated overalls, and my white blouse as well as my black patent shoes that I absolutely adored, even though they were shrinking. She was a perfectionist my Grandmother; she always needed everything to be perfect; therefore, if I was going into the city, I had to look flawless.

### Winning Entry Year 8 – Kayda Troost

#### Stories and Mirrors

Underneath the giver,  
Where, old and new stories, morals, and many  
fables, shimmer,  
The giver can deliver,  
To those keen, who differ,  
"Come rest with me awhile",  
It would seem to say,  
In a needing style,  
So I said,  
"I'll come stay",  
The rusted bark,  
Told me stories,  
Some bright, yet dark,  
The bitter air, filled with cries,  
A solemn shadow,  
Lingered in the distant meadow,  
By night, I was in fright,  
The giver became a taker,  
A shadow of a concealed monster,  
Made me fluster,  
The stories told, sweet, yet bitter,  
Yet, I suppose, nothing, is pure,  
Stars become glitter,  
Nights cure,  
The creaks of a monster,  
A monster without sins,  
Again I became flustered,  
And now another story begins,  
I wept that night,  
At the sight,  
Of the giver returning,  
Its shady leaves,  
Starting, again, to,  
Shimmer

### Special Commendation Year 10 – Emily Valeri

I met him eight months ago on a train to Perth. I had no desire to be in relationship with any man or woman, rather, I wished to be alone. I had this inhumane craving for blood, for pain. I had this impulse to open my doors to all who came to visit, lure them in and watch their hearts ache as I shoved a knife into their spine, see their expression fade away. I have killed everybody I have ever loved; except those I was not near. I fled from Geraldton before I reached my mum, I had too much love to kill her yet much more of my craving to resist, which is how I knew to leave.

I do not want to be trapped by this addiction, I want to be free, I want to be able to love one and not have the desire to rip it to pieces. How I will overcome this challenge I do not know. One thing's for sure, he wasn't the answer...

### Winning Entry Year 11 - Iman Ibrahim

The view is never the same.

The pattern of the waves changes every time the girl looks out the small window. The undulating swells of water push and pull against the sand around the base of her tower, an invitation to come, come and join their watery depths and bask in the sunlit freedom. The sand is hesitant, never giving more than a few grains at a time, its golden tones darkened by the waves.

It would be easier if the sand just gave in completely.

The colours are constantly changing. Dynamic. She'd read that word in a book once, and hadn't stopped until she's discovered its meaning. Books were all she had now, and yet she still felt as if they weren't enough. Not anymore.

# Y10 JOURNALISTS MAKE THE NEWS!

Our budding year 10 journalists used La Trobe University's Mac computer laboratories, video and audio edit suites as well as the multi-camera television studio to learn the craft of television production. Working in teams, the students developed film and television production skills by writing, filming, editing and producing original story packages before selections are included in a live recording of a news broadcast! University staff worked alongside the students to assist them as they took on the role of presenters, camera operators, audio operators, vision switchers and more!

**Ms Darling**  
**Literacy Learning Specialist**  
**ACE Program Co-ordinator**



# Year 7 Camp



This year our fantastic year 7 cohort were given the opportunity to attend a camp at Phillip Island. The students had an amazing time and were an awesome group, taking on every challenge to work as a team and challenge themselves individually through the many activities on offer. These included surfing, high ropes, twin flying fox, team rescue, raft making, canoeing and the giant swing. We also had the opportunity to use the pool which was lots of fun. The trivia night and disco/ island championships competition were brilliant. Thank you to the staff who attended and involved themselves with everything. Our exhaustion at the end of the camp was a true indicator of the commitment we all had to push ourselves to our limit. Hoping you all have a great and well deserved break.

**Mr Kaskamanidis and Ms Butera**



# Phillip Island



# Market Campaign

## YEAR 11 BUSINESS MANAGEMENT TRADE FAIR

### Our Future Entrepreneurs

This year the Year 11 Business Management classes studied that in order for a business to be successful, it is important to develop a strong customer base and meet customer needs and expectations. Students were given the opportunity to develop their understanding on what marketing encompasses. From this they researched a wide range of management practices, from identifying the needs of the target market and establishing a brand presence, through to considerations on price, product features and packaging, promotion, place, people, physical evidence and processes.

This year our Business Management students applied their marketing theory to a real life Trade Fair. The objective was for students to know the 7ps in marketing and then apply these by developing a marketing campaign that embraced all 7ps. The competition was HOT amongst the businesses that were competing in the same market-producing the wonder health bar. Students had to start from scratch with their market research right through to packaging in an environmentally friendly way. The teams have set a benchmark in team work. Some students collecting and analysing data, others designing websites, creating ads, designing eye catching logos, researching product benefits, ensuring their packaging was environmentally friendly and being ready and persuasive on the day. Not to mention the delicious product available for tasting.

Despite the high standard of competitors we could only have one Judges' award and this went to **The HEALTH TEA BAR** – Congratulations to:

**Victoria Conforto**

**Mia Hunter**

**Emily Tsigros**

We would like to also congratulate all the year 11 Business Management students on presenting a wonderful exhibition of their Marketing Project. Students produced outstanding displays of their work, spoke passionately and confidently about their products, their ideas and how these were developed. It was an absolute pleasure engaging with the different groups and learning about marketing principles from the students themselves. There was a great buzz in senior school, with so many staff and students coming through to see amazing displays. A brilliant showcase.

Thank you also to all the staff that offered their time to assess as well as show an interest in the students and their work.

Congratulations and well done!!!

**Sue Kanidiadis and Antoinette Hooper**  
**Business Management teachers**

# For Health Chocolates



# LOTE Camp Daylesford



A group of yr 9 and yr 10 students were lucky to attend an immersive three-day LOTE camp in Daylesford. It was fantastic! We had an early morning start from Epping station to catch a train and bus to our destination. And were pretty much straight into it ... full immersion. We worked in smaller groups than our normal classes and the lessons were more intensive. Not that it was all work, work, work. We made homemade fettucine, pasta fatta in casa col sugo, AMAZING!!! We went on trail rides on real horses, played calcio (soccer), scopa (cards), watched some funny movies, went to a cioccolato (chocolate) factory, visited the Lavandula (Lavender) Farm and even had a lesson with a group of students who visited from one of the local schools. It so much fun and we all said that next year we should make it for the whole week.

Thank-you! Grazie! A Prof. Sernio, Prof. Hart e Marta

**Yr 9 & 10 Italian students**



## ADDIO MARTA 😞

Marta is our amazing language assistant from Rome, Italy who came to our school to assist with our Italian classes and also helped us to prepare for the Dante poetry competition. Marta also worked closely with several students in the Italian classes in our school, helping where she could but making sure we did all the work ourselves, even catching us out for using Google Translate. Marta went on the Italian camp with a group of year 9's and 10's where they participated in a variety of different activities. When Marta returned from the camp, she worked with a few of the students who really enjoyed learning the Italian language and about Italy in general. Marta taught us a variety of things but she mainly helped us extend our vocabularies, as well as hold a conversation in Italian, which is a major task for students who don't usually speak a second language. Sadly, Marta will be leaving our school and returning to Italy but we all hope she has had an amazing experience in Melbourne. We will miss Marta greatly and we hope that she remembers our school with affection and knows that we won't forget her Italian lessons or all the laughs we shared with her.

Auguri Marta, ci mancherai tanto 😊

**ESC Italian students**

# Maco Culture in Melbourne



On 16th August, the Italian and Macedonian classes participated in an intercultural excursion which took place at Sandridge Bridge and Lygon Street.

We assembled in the rotunda then boarded the awaiting bus bound for the city of Melbourne!

After an exhausting one hour drive, we had finally arrived at Sandridge Bridge, Southbank. Before leaving the bus, our teachers gave all the students a booklet to record relevant information throughout the excursion.

We viewed a series of glass screens which included information about the immigration and indigenous history of Victoria. We recorded this information in our booklets as well as counting the number of restaurants, shops and light posts surrounding the bridge.



To complement our hard work and effort, the teachers gave us the opportunity to buy a delicious lunch. We ate in a food court, so were able to choose from a range of food outlets.

Later we visited Lygon Street, filled with many great shops and restaurants. We observed each restaurant and recorded information about their founding date, products and influence on Victoria. To finish the day off we had one of the most delicious Italian delicacies - ice cream!

Overall the intercultural excursion was an awesome experience. It was an excellent opportunity to learn and extend our knowledge of the Italian and Macedonian language as well as being able to learn about the influence these cultures have had on Australia.

**Martin Miloskeski (Year 7)**



November 2018

# International Games Week



To celebrate International Games Week, the library hosted an enthusiastic crowd of students every lunchtime this week, playing games of all shapes and sizes. The Nintendo Wii and Switch were in high demand, with some teachers even challenging students at Mario Kart and Wii Sports. Uno tournaments took over the main tables and Chess was popular too. Our library computers were also utilised for gaming, while others looked on. It has been fantastic to see students' sportsmanship, as well as their positive social interaction, often playing with students or teachers they had never met. Their generosity in giving everyone a turn was also lovely to see! Epping Secondary College was one of very few schools who participated in International Games Week and after such a successful

week, are looking forward to hosting it again in 2019. Thanks to all the students and teachers who participated in the celebrations! You can find us on the map at:

<https://www.google.com/fusiontables/DataSource?docid=1fSgzl4g8GvJclFQNls3MIj-yHzuXenvYIkDtmgbN>

**Mrs Mesquita, Teacher Librarian**



# November 2018



## LA TROBE UNIVERSITY OUTREACH PROGRAM

25 year nine students were selected and given the opportunity to participate in a three-day Latrobe Science Outreach Program and discover what it's like to be a university student. We covered six different sessions over the three days plus a tour of an advance laboratory and the university. The sessions we participated in were; Laser Tag, Robots Rule, Synchrotron Science, Forensics, Nanoscience, The Beauty of Maths and a lecture with a tour. The first day we were shown how to solder and using this knowledge we created our own electronic laser taggers and were able to control RC robots. On the second day, we had the opportunity to take a close look at protein crystals and learn how to fish them out. We also investigated a murder case by testing DNA sources which was very interesting to learn about. The final day involved us looking at different properties of nanoparticles and we gained an insight of the advanced mathematics that is studied at La Trobe University. During the lunch breaks we were able to explore the food courts and shops found at the Bundoora campus and get a feel for what it is like to be a student at the university. We would like to thank La Trobe University for providing us with this experience and for advancing our knowledge surrounding the topics we investigated. We thoroughly enjoyed our time at La Trobe University.

**Jemma G, Alysha S, Luis O, Jerome G & Christina S.**





# VALEDICTORY





# CLASS 2018



November 2018

# Y8 Geography Darebin Creek



In week 3 of term 4, all Year 8 students attended an excursion to the Darebin Creek for their Humanities unit on Geography: Landforms and Landscapes. Before students ventured down to the creek, they formulated hypotheses about what they would find at the creek and the impact that humans have had on the creek.

Once at the creek, students were required to observe and document the features of the landscape as well as tallying the amounts of litter detected on the banks and in the creek. Students sketched the creek and other features from different angles and analysed the purpose of storm drains and the role of the council in keeping the creek clean. Students also examined the different vegetation and wildlife found at the creek and speculated on the changes the creek would undertake throughout the year due to the changing seasons.

Back in the classroom, students wrote up their observations in a formal Geographical Report designing a graph from their tallies and analysing what they saw using the PQE method (observing the pattern, providing quantities for the pattern and identifying any exceptions to the pattern that they noticed). Students also revisited their hypotheses, stating whether it was supported or rejected and provided evidence for their reasoning.

It was a successful week of excursions, with no students thankfully falling into the creek and a positive learning experience for the students, as attested below:

"Having a break from sitting in class for 72 minutes was good but going to the creek was even better... It made the learning experience different yet still effective" – **Zainab 8J**

"We went to the creek and we able to observe it closely. We could hear birds chirping in the trees... There were lots of beautiful flowers growing on the banks of the creek. It was cool that we could go on the bridge and get a better view of the creek. We learnt about the way we sustain the creek" – **Anonymous**

"My favourite part was when we went on the bridge and drew plants" – **Finn 8J**

"I have never realized how much rubbish is around in our environment and I never knew how much of a negative effect we have on our surroundings" – **Jana 8J**

"What I want to know is if the Whittlesea Council knows how much rubbish there is and that it is harming the animals" – **Maria 8J**



November 2018

# Year 7 Economics



On Friday, 30th November, Mr Alan Flint, a former curator and sales manager from Note Printing Australia, addressed our year 7's on the Australian banknotes and how they were made from polymer. He showed images of different banknotes from Australia and other countries and also spoke about how disfigured polymer banknotes were recycled into different products.

Mr Flint explained what anti-counterfeit measures the government have put in place to stop people from counterfeiting banknotes. He ran two sessions with the year 7's who didn't go on the camp. The students were enthusiastic, the questions that the students asked were insightful and everyone had a great time. We would



like to thank Alan for coming and providing our students with a fantastic opportunity to learn about the economy within our community.





# Enterprise Day



The annual Applied Learning Enterprise Day took place on Tuesday, 13th November. Enterprise Day is a practical exercise that sees the Year 10 Pathways students and VCAL Enterprise students coming together to plan and run a business during school time.

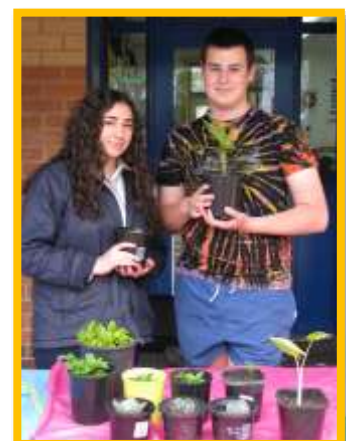
The aim of this activity was to practically apply the skills and theory learnt from studying enterprising skills and work related studies this year. After weeks of planning, promoting and preparation students participated in a simulated marketplace which saw the Technology courtyard transform into a bustling lunchtime market.

Students put their marketing skills into practice when the lunchtime bell rang. Nothing could prepare the Applied Learning students for what was about to unfold. A sea of students flooded into the Technology area ready to buy up big. Show bags, lolly jars, popcorn and fairy floss, iced coffee, ice cream, cupcakes, a chocolate and lolly raffle, guess the lollies in the jar, sausage sizzle, party pies and rum balls would fill the hungry bellies. Thankfully not all stalls sold edible goods. There were also crystal necklaces, handmade scented candles and handmade body scrub up for grabs.

With the assistance and guidance of their teachers, the students were successful with their business ventures. Students and staff from all areas of the school enjoyed the festivities and edible treats.

Well done to all students who took part in this activity. Congratulations to our successful entrepreneurs, we hope they have learnt some valuable skills that will assist them in their future careers and business endeavours.

**Erin Clark and Ray Stevens**  
**APPLIED LEARNING**





November 2018

# The A Team at Summit Survivor

On Saturday, November 17th, The A-TEAM took part in Summit Survivor, a 5km obstacle course with a total of 39 challenges at Trafalgar, Victoria. In preparation for the event, the team had been training after school each Wednesday during term 3 to develop and fine tune their agility, strength and character. It would be these qualities that each student would call upon to persevere through mud, sweat and tears over 3 painful yet fun-filled hours at Summit Survivor.

All participants received a Summit Survivor medal and more importantly a satisfying sense of achievement. We now have great memories of an EPIC day out and look forward to creating more memories in 2019.

**Mr Gonzales & Mr Rifo**

**A-Team students for Summit Survivor 2019:**

**Year 7:** Connor Abela, Jay Rushworthy, Alex Christakos, Kaidyn Cockshutt, Hayden Heathcote, Toby Hickox, Luke Maj, Raquel Soklev, Ruben Bevilacqua

**Year 8:** Rafael Gonzalez, Belinda Martin, Lavanya Sharma, Allanah Watts, Lucas Thomson.

**Year 9:** Seth Digiaco

**Year 10:** Jarrod Dishington.

**Year 11:** Blake Thomson.

**Parents who also participated:**

Suzanne Watts and her son Jake

Claudia Bevilacqua

Colin Thomson

**Staff:** Anthony Gonzales, Cesar Rifo.

Also a very special thanks to Sarah Thomson and Patricia Christakos for taking the following photos on the day.



# November 2018



Epping Secondary College

*Learning for life*

**Year 9  
camp**



**outdoor  
school  
BOGONG**

On 19th November, 21 year 9 students departed school on the long 4 hour trip up to the Bogong Outdoor Education School. When the students arrived at camp they met with the students from the other school they would be partnered with for the week. The students were split into 4 groups and went off to do their afternoon activities. The activities the students participated in over the week at camp were: canoeing, rock-climbing, abseiling, regaining and team/trust building activities. It was great to see the students working together and encouraging each other during the rock-climbing activity and despite some of our students not wanting to climb, they were quick to volunteer to hold the ropes and relay for the students climbing.

By far the most strenuous and rewarding experiences were hiking and camping out in the alpine region. My group persevered and hiked 6km over 2 hours to reach the destination. Our camp leader Zoe kept our spirits up along the way and gave us plenty of games to play. The roar of relief/excitement the students made as we reached our camp was exhilarating. Our group was lucky enough to see some snow whilst camping and enjoyed playing in it. The students also had the chance to develop their independence by cooking for themselves on the camp stoves and setting up their own tents. Our students worked well together during the experience despite the howling wind and torrential rain that hit over night. The hike back was only 5km and felt much easier given the terrain was mostly flat.

The 2 groups that camped out on the Wednesday night had to put up their tents in the snow and came back to camp needing to defrost!

Thursday arrived with the students participating in their last activities and had the evening to reflect on their camp experiences and participate in some games. The students were certainly tired by the Thursday evening but excited to return home and see their family and friends on the Friday.

Our students really participated fully in all the experiences while on camp and certainly had many stories to share on the bus ride back to school.

Mrs Legg



We travelled to Bogong which was a four hour drive nearly falling off the cliffs and hills multiple times. When we arrived at the camp we met the other school we would be partnered with for the week, Eagle Hawk Secondary from Bendigo. We didn't get much sleep on the first night as some of boys wouldn't go to sleep and were running up and down the corridors. The weather was good on the first day but by the end of the week the temperature was only reaching a maximum of 6 degrees. On the second night it had rained all day and night. We were camping in the alpine region so we hiked 6km there with a 10kg bag on our backs. The 5km trek back was much easier. When the second group went camping not only did it rain but it snowed and they woke up in a blizzard. When we returned to the camp site we went canoeing and while we were out on the water it started to rain again. Soon after that we had to build a bridge over the river which was when the rain started to get worse. We also did abseiling which half of people didn't want to do because it was a steep hill. Our favourite activity was hiking and camping as we were able to spend a day out in the bush with our mates. Our least favourite activity was canoeing and bridge making as while we were doing these things it was raining and so cold, which made our hands freeze. We were in trouble if we put our hands in our pockets to warm them back up so by the end everyone's hands were like ice blocks. The funniest moment of the camp was when we got Mr Hill to say TR3WAY. Eventually we boarded the bus for the long trip back to school and our families.

By Coby and Jayden





**second  
chance**  
ANIMAL RESCUE

# Community Baking

This term, our community baking class prepared and sold our produce to raise funds for SCAR. I am very proud of my group and I loved the experience of running a business and doing a good deed for our community. I felt happy when I cook because I knew that the funds being raised are going to a good cause. I love my dog with a passion and I can't bear to see other dogs suffer. No animal deserves to be abused.

**Lachlan**

Community baking has been a fun and enjoyable experience and we have all learnt a lot. New skills we learnt will be used in future years. It has also been great to raise money for a charity called SCAR.

**Teah G**

Community baking was a fun class to be in. I enjoyed it because we learnt life skills and how to cook in the future. It also makes me feel really good that we were helping the animals that need help.

**Leena Jones**

In baking, I had the opportunity of having a small glimpse of the working word. It helped me improve my time management and organisation skills. It was a fun experience and I learned some useful tips that I will use and remember in the future. All of our profit went to an organisation called SCAR, which helps and cares for unwanted animals. Thank you to the school, Ms Scane, Deanne and Hasan for making this experience possible.

**Daniel S**



**Marisa with Milo**



In the community baking class in semester 2, we produced lunch dishes for staff to enjoy. The purpose was to raise money for SCAR, Second Chance Animal Rescue. We felt joy giving and learning new life skills. Thank you to all the teachers that contributed and supported us. Big thanks to Ms Scane and Deanne and Hasan for giving us this opportunity.

**Nicole and Taylah**

SCAR rescued over 350 dogs and cats that have been abused or stranded. They give animals opportunities to have a fresh start. SCAR has been sponsored by an animal food company, who supply all the cat's food. The animals in SCAR are treated very well with an animal being rescued every single day. The cats sleep in a room made up like they were in a normal home. They all sleep together, as do the dogs, but in their own area.

**Ana & Noor**

We are proud to earn money so we can help these animals have a better and happier life.

**Pavlos, Ashwin & Byron.**

Marisa from SCAR, came to visit on Wednesday and bought Milo with her. Milo loved meeting the school community and we loved meeting him. Thanks to all the teachers that have supported us.

**Robyn**

# Interview to Impress



On Tuesday 13th November, Mr Iape and Mr Mulholland accompanied a group of students who were fortunate to attend the ABCN Interview 2 Impress program in the city. This program aims at giving students strategies on how to be successful in an interview. We met representatives from the Commonwealth Bank Australia who were our mentors throughout the whole program. We began the session by playing a few icebreaker games to get to know each other and understand what was going to happen on the day. After that we viewed some slides showing us how to prepare for an interview. We then practised interview preparations with our mentors including questions that an interviewer would ask and what answer an interviewer would consider acceptable. Lunch followed in a room which had a stunning view of the city. We talked to some other mentors during lunch and even asked some of the mentors questions about their job interviews and their job. After lunch we were ready to do our mock interviews. We went over the questions and discussed why we would be a good acquisition to the company. In the end we were all very successful with our interviews. At the conclusion of the day, we felt the program had shown us how to fully prepare to be successful in a real life, professional interview.

**Martin Jovanoski 9G**

# November 2018

## 2018 Winning House



After a very close battle between three houses all year, we are able to announce that the Carlisle Cobras are the winners of the 2018 House Trophy! This was due to incredible Carlisle participation in the Years 7-9 Fun Run, as well as consistent merit cards all year.

This is Carlisle's first win since the house system was established in 2013 so everyone should be congratulated on their perseverance and persistence. Congratulations to all members of Carlisle!







**Sara-Jane Smith**  
Drama, Media English Teacher  
Student Leadership Coordinator



**Alex Strates**



**Nikita Morham**

Carlisle Cobras	Dalton Dragons	Pindari Panthers	Tatlow Tigers	Findon Falcons	Scarborough Scorpions
					
5045	4933	4507	3784	3734	3734

# November 2018

## Congratulations Jasleen Kaur



On 15th, September, I travelled to Haileybury College in Keysborough to participate in a film shoot for an advertisement for cricket Australia, as part of the #watchme campaign. On the day I met many new people and made new friends. I also met the Australian Women's cricket skipper MEG LANNING! We were given very exciting outfits such as my cricket gear which is the blue and red shirt and cricket pants. I also wore a suit for the 'boss scene'. The advertisement took 8 hours to shoot and was released on 11th October, alongside some very funny and interesting photos!!

**Jasleen Kaur 9B**



## SPORTS LEADERSHIP

During term 4, 18 year 8 students have been participating in a Sports Leadership Program delivered by YMCA. They have been developing skills that include working collaboratively as teams, understanding a variety of games and activities that in the future can be introduced to younger students.

The year 8s have thoroughly enjoyed and engaged with this course and have gained positive rapport, not only with each other but also their leaders.

Frazer Thomas  
Assistant Principal - Middle School

## Sport Report

### State Cricket semi final

On Thursday, 22nd November, the year 8 mixed cricket team ventured to the outskirts of Bendigo to Strathfieldsaye for the State Quarter Final. After months of enthusiastic training there was certainly an abundance of excitement and anticipation. Unfortunately, we couldn't control the weather and we pretty much copped Bendigo's wettest day they'd had all year. Our plan to get there very early, warm up and fully prepare as normal, was dashed by the fish tank like conditions and 2 hour match delay. Our opponents



from the country town of Nathalia were equally disappointed. Both schools hung tough and after 3 annoying pitch swaps agreed once the blue skies finally shone, to go ahead with the T20 format to obtain a result.

It was one of those days in sport where nothing went right and we'd used up all our luck from the previous 7 victories. All 13 of our players tried their very best all day but Epping's bowling on a few overs resulted in being very costly. Nathalia went on to make a very impressive 5-139. We just couldn't get a couple of batsman out and were unlucky not to snag a couple of LBW's early in those innings. In reply Epping made 6-79 and without doubt Nathalia were just too good for us on the day. The ball just stayed so low and continually skidded through, making run scoring very difficult. Big, risky swings were needed but the high risk of being bowled was massive. The big shining light for the day was the superstar performance by Kade Lawry. Kade's bowling was amazing even taking a first ball golden duck and also going onto making 30 runs with the bat and making two super effort crucial run outs.

I'd like to personally thank every single student who was part of this years' cricket season. We improved with every week and kept putting up a stronger team with each game we played. We even had students who'd never trialed cricket before. Hopefully the fun filled enthusiasm we saw in 2018 will certainly pave the way for more love of the game of cricket for years to come!

**Mr Cooke**



On Friday, 16th November, the annual ESC House Fun Run was held in absolutely perfect conditions.

The students battled their way through the 2.5km course that was aimed at promoting physical activity throughout the school community.

In the year 7 event the pace as a collective was the quickest for the day with Ruben Bevilacqua, the winning boy and Bridie Groves crossing the line first for the females.

In the year 8s' event Kim Condon absolutely blitzed the field to win by over 90secs and in the boys', Aden Memeti won the boys'

ahead of Altar Cil.

The pace that some of the students completed the course was incredible, highlighted by Adam Compton Robins from year 9, who ran an unofficial ESC record of 9.02min!

Perennial long distance champ Steph Jacobson ran an extremely professional race winning comfortably from Jemma Gonzalez.

Students attitude towards the day as a whole was excellent, all students should be very proud of their efforts and the way they represented the school when out in the community.

Below are the top 10 boys and girls from each year level.

	Year 7 Girls	Year 7 Boys	Year 8 Girls	Year 8 Boys	Year 9 Girls	Year 9 Boys
1 <sup>st</sup>	Bridie G	Ruben B	Kim C	Aiden M	Steph J	Adam C
2 <sup>nd</sup>	Monia S	Daniel T	Suzan A	Altar C	Jemma G	Jayden D
3 <sup>rd</sup>	Tiffany	Yakub	Harshitha C	Nick	Jenna R	Jake T
4 <sup>th</sup>	Evie S	Cohen	Lavanya S	Josh	Caitlin D	Jack M
5 <sup>th</sup>	Bianca P	Harris	Claudia G	Chris	Lily A	Andre B
6 <sup>th</sup>	Amy P	Matthew S	Allanah W	Alex	Katelyn L	Eric R
7 <sup>th</sup>	Layla	Toby H	Julianne H	Mohammad I	Huia S	Oscar N
8 <sup>th</sup>	Bryanna	Ben S	Ravya G	Tiane	Rose N	Leon C
9 <sup>th</sup>	Gracy	James N	Asal S	Mark	Hannah R	Ej A
10 <sup>th</sup>	Hayley	Peni	Bianca T	Andre	Sima	Seth D



**Year 7 Boys**



**Year 7 Girls**



**Year 8 Boys**



**Year 8 Girls**



**Year 9 Boys**



**Year 9 Girls**

## SRC Report



WHERE STUDENTS  
ARE INSPIRED TO LEAD  
THE NATIONAL YOUNG LEADERS DAY

**‘ANYTHING IS POSSIBLE’**

**COSENTINO** (*Illusionist, escapologist, TV star, author*)

**‘YOU WIN OR YOU LEARN, YOU NEVER LOSE’**

**ULI LATUKEFU** (*Actor, singer*)

Halogen is an organisation which provides Leadership Education for Australian youth. The name is highly symbolic. The filament of the modern Halogen light-bulb is surrounded by a Halogen gas compound. The gas protects the filament and provides the conditions for it to burn hotter, longer and brighter than ever before. In a world where leaders seem to be switching off, or burning out regularly, the decisions made by those who will lead in the near future have never been more important. Halogen Australia seeks to provide the right conditions for producing a generation of leaders who will burn bright on behalf of those they lead.

This year we took Epping’s school leaders and for the first time, almost all of the students who will be Peer Support Leaders in 2019, to the conference in the city for an amazing day out with fabulous speakers. Cosentino was an absolute standout, with his powerful message and also the title of his book: ‘Anything is Possible’. As a child Cosentino had learning difficulties and had never read a book until he came across a book of magic at the age of 12. Cosentino’s story is about perseverance, overcoming self-doubt and never giving up. He spoke about the gift of literacy and how reading opened up his world. One of Cosentino’s key messages was that success requires hard work and commitment and that a trick that might last five minutes has been five months in the preparation, so you need to work hard at something to become better. And he did some really mind-bending tricks ...

Another incredibly inspiring (and incredibly handsome) speaker was Uli Latukefu, yes, that Jonah from Tonga. Like Cosentino, Uli had a powerful message which was that our mistakes don’t define us, we grow from them. He spoke about taking risks and taking that leap to follow your dreams because even if you don’t win or succeed, you learn. He said he didn’t regret playing Jonah, even if it was controversial and heavily criticised because he grew from that experience. At times, Uli wanted to give up his dreams of acting but persisted because he wanted Tongan children to see it was possible for them to also succeed. Uli spoke from the heart about being a positive role model for Tongan children and his speech was really moving. He was also really funny, trying to dance and casually name-dropping the famous people he had met and worked with. Serious star power!

It was a great day and we would like to thank Ms. Smith for organising this worthwhile and inspiring excursion.

***Epping School Captains, SRC members & Peer Support Leaders***

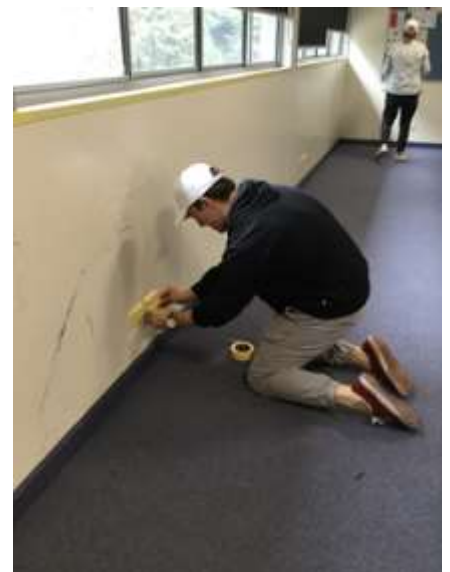
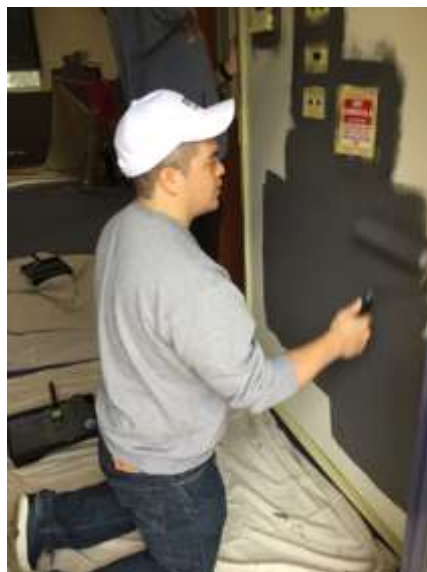
November 2018

# Ernst & Young Care Day



On Friday, 9th November, Ernst & Young's 'Community Care Day' volunteers arrived at our college ready to get their hands dirty at their annual working bee. One of the major tasks allotted to them was to paint some of our class-rooms. The college is always grateful for the contribution these volunteers make and thank them for the work they completed.

**Mrs Hysen**



November 2018

# Wellbeing Report

## Girls' and Boys' Groups



A place to be myself **Cool FUN**

A place to chill! **Non judgemental**

Best teacher ever Joel **AWESOME**

A place where I feel safe **Respectful**

The reason I came to school **AWESOME**

*Joel is a sick and amazing teacher*

**Brings out your opinions**

A place where I wasn't judged.

A place where I felt safe.

*It's a calm environment where I feel safe*

**A place to talk about my problems**



# November 2018

## EAL Bowling



On Friday, 19th October, our EAL and International students travelled to Oz Tenpin Bowling, Epping, for a fun filled excursion. This was followed by lunch at Epping Plaza which everyone thoroughly enjoyed. All the students and staff who attended had a very pleasant day.  
**Mona Botros - Multi Cultural Social Worker**



## EAL Morning Tea

During lunchtime on Thursday, 22th November, the EAL and International students participated in their end of year celebration. This was an opportunity for the students to come together with their teachers, sharing a meal and celebrating a great, successful year.

**Mona Botros - Multi Cultural Social Worker**



November 2018

# Wellbeing Report



## TUNING INTO TEENS PROJECT

Epping Secondary College is working in partnership with Melbourne University



Tiffany Griffith (Counsellor) and Leanne Halsall (Student Wellbeing Coordinator) are excited to offer **all parents of students** at Epping Secondary College the opportunity to be part of the 'Tuning into Teens Project' in 2019.

"How children and adolescents manage their emotions plays a central role in how well they are able to navigate their world. For 2019, we are collaborating with the University of Melbourne and plan to run a series of sessions for the year 8 students, our teachers and parents across all year levels that are aimed at promoting healthy emotional communication within our school to foster strong relationships and emotional wellbeing.

**Tuning in to Teens™ Whole School Approach** is an emotion-focused program based on the evidence-based parenting program, which helps to support the development of adolescents' emotional competence. The program teaches parents and teachers a communication style (emotion coaching) that has been found optimal for adolescents' social - behavioural - and emotional functioning. Research has shown that learning the skills of emotion coaching can strengthen parent-child connection, reduce family conflict and reduce adolescent anxiety and behaviour problems. When employed within the school setting, teachers' use of emotion coaching with their students has promoted greater emotional awareness and acceptance and stronger relationships. Year 8 students will also receive five sessions during school time, delivered by trained school staff, to learn skills in emotion awareness, understanding and regulation. Please look out for letters of invitation in our newsletter to find out more about the program and the research."

"Dr Christiane Kehoe is based at Mindful, Centre for Training and Research in Developmental Health at the University of Melbourne. She is co-author and Project Manager of **Tuning in to Teens™** and **Tuning in to Toddlers™** which are emotion-focussed parenting programs. She is also an accredited trainer of both **Tuning in to Kids®** and **Teens™** and has provided certified training to mental health practitioners nationally and internationally. Christiane has been delivering parenting programs to parents since 2006 and has also been working in educational settings where she has provided consultation to teachers and implemented the **Tuning in to Teens™** program as a whole school initiative. "

## التعامل مع مرحلة المراهقة

مدرسة الينج الثانوية بالتعاون مع جامعة ميلبورن

يسر تلقى جريقت الاختصاصية الاجتماعية و لينا هال المسؤول عن الخدمات الاجتماعية عن دعوة اولياء امور طلاب المدرسة للمشاركة في محاضرات التعامل مع مرحلة المراهقة (يعتمد تقدم المراهقين في حياتهم على مدى تحكمهم في مشاعرهم)

ولهذا السبب تقدم المدرسة هذه المحاضرات لطلاب الصف الثامن و العرسين و الاهل للوصول الي تواصل جيد بين الاهل و المدرسة و الطلاب

مدرسة الينج تقدم هذا البرنامج و الذى يعتمد على تدريب المراهقين على التحكم في احساسهم و ايضا تعريف الاهل و المدرسين طرق التواصل السليمة على تدريب التحكم في المشاعر و التي اثبتت الدراسات انها طريقة اساسية لمساعدة المراهقين لتحسين التواصل الاجتماعي و السلوكية

لقد اثبتت الدراسات ان تعلم الاهل و المدرسين هذه الطرق يؤدي الي تقليل الاختلافات التي يتعرض لها الطلاب خلال مرحلة المراهقة و خفض حالة القلق و السلوكيات السلبية

عندما يستخدم المدرسين في المدرسة طريقة تدريب المشاعر او التحكم فيها سوف يؤدي هذا تحسين العلاقات مع الطلاب وخلق روح التقبل والاحترام

والمدرسة ايضا سوف تقدم ٥ محاضرات لطلاب الصف الثامن بواسطة مدرسين متخصصين والمدرسة سوف ترسل خطابات دعوة وتوضيح لكثير للبرامج في الجريدة الاخبارية للمدرسة

المسؤلة عن هذا البرنامج من جامعة ميلبورن هي الدكتورة كريستين كيهو و التي تعمل في مركز الاسر للبحوث للتطوير الصحية في جامعة ميلبورن . هي مديرة مشروعات لعدة برامج مثل برنامج التعامل مع المراهقين و التعامل مع عمر السنتين وهي برامج تعتمد على التركيز على التعامل مع مشاعر الاهل و الدكتورة كريستين ايضا مديرة لبرامج مرحلة الطفولة و ايضا تقوم بتدريب المتخصصين في مجال الصحة النفسية على مستوى استراليا و دوليا . و هي تقوم بهذه الاعمال منذ عام ٢٠٠٦ . وايضا تعمل في مجال التعليم تقوم بعطاء خبرتها للمدرسين و تساهم في تطبيق برنامج التعامل مع المراهقين في المدارس

# November 2018



## TUNING INTO TEENS

### **3 FREE PARENTING TALKS for 2019** **Terms 1 & 2**

These talks are aimed to help you develop skills that will assist your adolescent to:

Develop greater **emotional intelligence**.

Be more aware of and empowered in, situations of **peer pressure**.

Be better able to cope with **anger, anxiety** and other strong emotions.

Improve **communication** with their parents and reduce family **conflict**.

These talks are part of a research study at the University of Melbourne to find out whether helping parents, teachers and students learn about emotional intelligence is useful.

If you would like to participate in these talks and this research study please contact us directly via email or on the number below. Both parents are welcome to attend.

**To register or for further information**  
**contact:**

**Dr Christiane Kehoe, Research Manager,**  
**on 9371 0207 or email**  
**[ckehoe@unimelb.edu.au](mailto:ckehoe@unimelb.edu.au)**

### التعامل مع مرحلة المراهقة

محاضرات مجانية للوالدين خلال الترم الأول والثاني من  
لعام ٢٠١٩

هذه المحاضرات تهدف لمساعدة الاهل في الحصول على  
المهارات الضرورية لمساعدة أطفالهم من خلال  
تطوير الذكاء العاطفي

كيفية التحكم في مواقف الطغطى العصبي

تعاليم افضل في مواقف الغضب؛ القلق؛ او اي مشاعر اخرى

تصميم طرق التواصل مع الاهل ومواقف الاختلاف معهم

هذه المحاضرات جزء من ابحاث تقوم بها جامعة ملبورن

لوارنت الاشراف في هذه المحاضرات اتصل ب ميني او لين او

تقني بمدرسة ابيج رقم ٩٤٠١٢٥٩٩

هذه المحاضرات سوف تقام ايام

الاربعاء ٢٠ مارس و الثلاثاء ٢ ابريل و الاربعاء ١ مايو من

الساعة ٦ الي الساعة ٨

The talks will be held at Epping Secondary on three evenings **6:00-8:00pm Wednesday 20<sup>th</sup> March,**  
**Tuesday 2<sup>nd</sup> April and Wednesday 1<sup>st</sup> May.**

If you would like to attend the talks but prefer not to be part of the research please contact  
Leanne Halsall/Tiffany Griffith on 94012599 or email via XUNO.



# Epping Secondary College

# Learning for life

BASELINE PRESENTS

## GRAB BAGS

For 12-17 year olds

December 2018

Discount package for the school holidays

### To be eligible

- You must be between 12 - 17 years of age
- You must live in the City of Whittlesea
- You must attend school

Grab Bags will not be reserved and will be on sale until sold out!



Baseline

### ON SALE AT:

*LOCAL AREA	MILL PARK	*EPPING & EPPING NORTH	*THOMASTOWN	*WHITTLESEA	*MERNDA & DOREEN
VENUE	EDGE – Services for Young People	Epping Views Community Centre	Thomastown Library	Whittlesea Community Activity Centre	Laurimar Community Activity Centre
ADDRESS	Westfield Plenty Valley 415 McDonalds Road Mill Park	15 Lyndarum Drive Epping North	52 Main Street Thomastown	57- 81 Laurel Street Whittlesea	110 Hazel Glen Drive (opp. Laurimar Boulevard) Doreen
DATE	Tuesday 11 December - Friday 21 December	Wednesday 19 December	Wednesday 19 December	Wednesday 19 December	Wednesday 19 December
TIME	9.30am – 4.30pm	5.00pm – 7pm	4pm – 8pm	4.30pm – 8.30pm	6.00pm – 8pm

**Cost:** \$21 each Grab Bag (\*cash only venues)  
Discounts apply for Health Care/Pension Card holders

### Grab Bag includes:

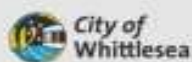
- 1 x Funfields All Day pass
- 1 x Readings Cinema
- 1 x AMF Bowling pass (Keon Park)
- 1 x TRAC Centre and Whittlesea Swim Centre pass \*conditions apply
- 1 x La Trobe Mini Golf
- Assorted discounts and vouchers



Find us on  
Facebook

Please bring proof of your AGE, SCHOOL you attend and that YOU LIVE in the City of Whittlesea, e.g. Birth certificate, student ID card, Learner's permit, letter from school, school report, rates notice, etc.

**Baseline** FOR YOUNG PEOPLE



www.whittleseyouth.com  
e. baseline@whittlesea.vic.gov.au  
p. 9404 8800

November 2018

  
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- ♦ Only current uniform will be accepted
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Northern Pride Netball Association

## Seeking new Junior Netball Clubs / Teams / Players

The **Northern Pride Netball Association** has been formed to provide existing and emerging Netball Clubs in the City of Whittlesea with an opportunity to play **Saturday morning Junior Netball** and provide a pathway for talented players to higher levels through our **Representative program**. Clubs from outside the City of Whittlesea are welcome to participate, particularly those in areas that don't have good access to a similar competition, including parts of the Murrindindi and Mitchell Shires.

Many sporting **Clubs** start as a single **team** so if you have the desire you only need a small group of Junior players to get things rolling.

If you are an **individual** and wanting to play then we can put you in touch with our existing Clubs who have more than 300 members providing **NetSetGo** all the way through to **Under 17** teams.

If you are interested in **Coaching, Umpiring or Volunteering** we would love to hear from you.

The City of Whittlesea and Northern Growth Corridor is expected to see greater than 80% population growth over the next 20 years, so get on board as we set out to become the **best Netball Association in Australia**.

The 2019 competition starts in February at **Mernda Central College**.

[www.northernpridenetball.com](http://www.northernpridenetball.com)

Email: [contact@npna.com.au](mailto:contact@npna.com.au)

Ph: 0409 571 416

# November 2018

## Epping Tennis Club

**Free**

**Tennis for any females  
aged between 8-80!**



January 10 (Thurs)

Between 10am -12 noon

January 10 (Thurs)

7.00pm onwards

January 24 (Thurs)

Between 10am -12 noon

February 4,11,18 & 25 (Mon)

Between 7pm - 9pm

February 7 & 14 (Thurs)

Between 10am -12 noon

Racquets and balls will be provided, but please bring your own racquet if you have one.

You will need to wear rubber soled shoes.

**Venue:** Epping Tennis Club (Epping Reserve)  
Cnr. High & Park Streets, Epping

For all enquiries and expressions of interest:

**Phone** Lynn Kimber 0407 610 656 or

**email** [eppingtennisclub@hotmail.com](mailto:eppingtennisclub@hotmail.com)



The Victorian School of Languages is a government school and offers the following languages at the secondary colleges listed below for 2019 school year:

**Thomastown Secondary College, Main Street, Thomastown**

- Macedonian - Year F to Year 12
- Punjabi - Year F to Year 12
- Turkish - Year F to Year 12

**Roxburgh Park College, Donald Cameron Drive, Roxburgh Park**

- Arabic - Year F to Year 12
- Malay - Year F to Year 10
- Malayalam - Year F to Year 6
- Sinhala - Year F to Year 12
- Spanish - Year 1 to Year 10
- Turkish - Year F to Year 12
- Urdu - Year F to Year 8

**Lalor Secondary College, Cnr David Street & Dalton Road, Lalor**

- Arabic - Year F to Year 12
- Japanese - Year 1 to Year 8
- Tamil - Year F to Year 10
- Vietnamese - Year F to Year 12 (First language/Second Language)

**Epping Secondary College, McDonalds Road, Epping**

- Chinese - Year F to Year 12
- Greek - Year F to Year 6
- Hindi - Year F to Year 12
- Malayalam - Year F to Year 10
- Persian - Year F to Year 12
- Sinhala - Year F to Year 10
- Swahili - Year 1 to Year 8

Cost per annum - \$75 for Year 1 to 10 students

\$90 for VCE students

Day/Time - Saturday morning – 9.00am until 12.20pm

For further information please call - 9464 0848 or Email [north@vsl.vic.edu.au](mailto:north@vsl.vic.edu.au)

Interested parents and students should go directly to the respective school on Saturday between 8.30am and 1.00pm or enrol via the internet.

Log on to [www.vsl.vic.edu.au](http://www.vsl.vic.edu.au) and select Enrol now and fill in all the details.

November 2018



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**Epping Secondary College**

*Learning for life*

# November 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](http://www.myndfulyoga.com.au)

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

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



@myndful\_yoga



@MyndfulYogaStudio





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