

NEWS & VIEWS

5th August 2009



NEERIM DISTRICT SECONDARY COLLEGE
Big Enough for Quality, Small Enough to Care

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COMING EVENTS

August

6th Year 12 Tertiary Options Evening
11th RSA Responsible Service of Alcohol 4pm -7pm,
Yr 12 students at the College
12th Public Speaking Competition
13th Year 9 Arts Connect Excursion
VCE Interim Reports mailed
14th Casual Clothes Day—gold coin donation
17th College Café 7—8.30 p.m.
19th Resources & School Council

Parents and Friends Meeting Dates

Sept 15th,
Nov 10th 2009

September

8th Students/Parent/Teacher Interviews 3.45—8.30 p.m.
13th Working Bee 9.30—1 p.m.

EDUCATION MAINTENANCE ALLOWANCE – 2ND INSTALLMENT

Parents who were paid the EMA at Neerim District Secondary College for the first installment in 2009, will not be required to re-apply. Only new parents to this school, and other existing parents who may not have been eligible in Semester 1, but are now eligible, need to apply for semester 2. Application forms are available at the office and must be submitted no later than 7th August 2009. The eligibility date for the second installment is 13th July 2009. For more information, please contact Inge at the office on 56281455.

Principal's Report

It was fantastic to see how many of our Year 10's and their parents attended our VCE information night held last week. The information provided on this night will assist all of our Year 10 students to determine the type of program that they will undertake over the next two years. Many thanks to Steve Duncan for his organisation of the night and to all of the staff who prepared information for the night or attended on the night. A reminder to Year 10 students that selection sheets are due back to school this Friday 7th August.

Our Driver Education program has started again for 2009. All Year 11 students who are involved with this important program are now receiving high quality tuition from the staff at Jude's Driving School. The feedback from the students has been very positive up until this point. Many thanks to the Neerim District Community Bank for funding this initiative and to the staff at Jude's Driving School for their work with our students.

The report from our recent school review was presented to School Council recently. Many thanks to the parents who gave up their time both in the parent forum and at the reporting back session. I have included the immediate recommendations from the school review report in this edition of the newsletter.

Yesterday, I was privileged to attend a Student Leadership Breakfast hosted by the Baw Baw Council. It was fantastic to hear student leaders from all of the Secondary Schools in the Shire give formal speeches about their achievements and the challenges that they have faced as leaders. Well done to our School Leaders Kahlani Akarana and Katie Jamieson for representing our school so well.

I would ask all parents to read the article included in this newsletter on Energy Drinks. Studies are now showing that these drinks hinder student learning and actually lower student concentration. As a result of this, we have made the decision to ban these drinks on school grounds. I would also ask parents to discuss the negative effects of these drinks with their students.

Our Outdoor Education Camp held at Mt Baw Baw recently was a great success. All participants had the opportunity to do snowboarding activities as well as both downhill and cross country skiing. A great time was had by all, but I have been told that the happy memories will last longer than some of the substantial bruises! Many thanks to Steve Vincent for his organisation of this camp.

Peter Sellings

Cyber Bullying

Cyber bullying is in the news with tragic effects on teenagers. By being aware of typical cyber bullying signals, you will be able to provide help and support at an early stage.

What is cyber bullying?

Net alert defines cyber bullying as:

"Bullying that is carried out through an internet service, such as email, chat room, discussion group or instant messaging. It can also include bullying through mobile phone technologies such as short messaging service (SMS). Examples of cyber bullying include teasing, spreading rumours online, ending unwanted messages, or defamation."

16% of children said they had been bullied online, while 14% were bullied through their mobile phone, with boys and girls experiencing similar levels

younger children were more likely to be bullied online, with older children more likely through their mobile phone

56% thought it was easy to get bullied online, especially among girls and younger children.

What are the signs a child is being cyber bullied?

Common signals for children being bullied online include:

spending a lot of time on the computer

having trouble sleeping or having nightmares

feeling depressed or crying without reason

mood swings

feeling unwell

becoming anti-social and losing friends

falling behind in homework

As well as these signs, any unusual behaviour that your child is exhibiting may indicate that they are a victim of cyber bullying.

It is important you communicate with your children about their online well-being. Often problems which exist in the real world can transfer to the Internet.

How do I protect my children from Cyber Bullies?

Each family should form a unique strategy with their children on how to deal with bullies, both on and offline.

Clear Communication: Discuss cyber bullying with children including any problems they have.

Investigate: Know what children are talking about if they come to you for help. Investigate what they do online.

Research: Be aware of what your child is doing on the internet. Consider having your computer in a central location and or using parental locks and blocks.

Observe: Watch out for any behaviour changes especially related to online activity.

Contacts: Know who to contact if your child is being cyber bullied and what the procedure is for removing distressing information off the Internet. For example, contacting your child's school, My Space or other relevant internet sites or providers.

The 5 minute rule

If you are the victim of a cyber bullying incident:

Remain CALM

Do not respond (apply the 5 minute rule before you do anything!)

Turn off the computer and/or block the sender

Report it!

What does the law say about cyber bullying?

Any person using technology in an inappropriate fashion could be committing a crime.

Messages, phone calls, and chat rooms can be traced, even if a false name is used.

The numerous laws which cover cyber crime include that:

it is an offence for a person to use 'a carriage service to menace, harass or cause offence', or make a threat.

In addition it is an offence to 'stalk someone'. . This includes telephoning and sending electronic messages with the intention of causing physical or mental harm.

Furthermore the sending of images is also covered by various State and Commonwealth laws that prevent the publication of material that is objectionable, unclassified or unsuitable for minors.

Rosemarie Vary
School Nurse

Assistant Principal's Report

We expect and constantly remind students that they are required to take their homework diary to each class and use it appropriately. Please reinforce this message with your son / daughter.

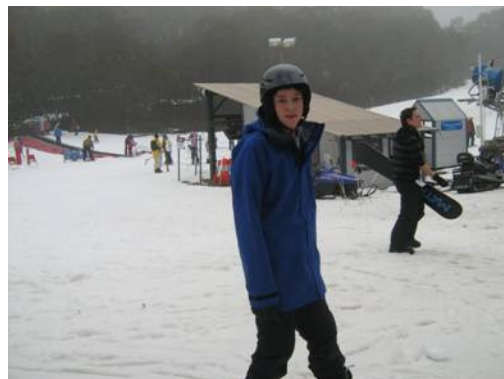
Next week is the Inter-House Public Speaking competition. Competition at the moment is very strong between the houses and we are looking forward to some good speeches. The students present the prepared speech which is their English oral, and also respond to a choice of three topics to answer on two minutes notice.

Please encourage your child to participate if they are given the opportunity – all participating students receive a certificate, can gain house points, and the winner of each section receives a prize.

Buildings and Grounds committee have set a date of Sunday, September 13th for our next working bee. We will be trying to open out and improve the front of the College.

Graham Rawson

VCE Outdoor Ed Ski Trip



Review – Recommendations for Semester 2 2009.

The following recommendations have been made by School Reviewer June Wright following her review of the school.

Student Learning:

Develop a 'vision mantra' that expresses the purpose of the college and its community. Make this aspirational and inspirational.

Collaboratively develop and document the expectations of staff in the delivery of this purpose and the school's strategic intent.

Review the meeting structure to maximize the time available for in-house professional development.

Timetable regular meetings for curriculum and wellbeing, disciplinary and interdisciplinary domains, PLTs and professional learning activities.

Restrict administration discussions to the last 10mins of whole school meetings and daily briefings.

Require and monitor attendance at both these sessions.

English and mathematics course content, skills resources to be scoped for the coming term.

Allocate planning time for review of current english and mathematics semester program and preparation of course for semester 1, 2010.

Research the effectiveness of the **literacy** program – learning outcomes, opinion surveys – and respond appropriately.

Suspend the year 10 literacy program for semester 2. Enhance the delivery of the 7-9 program.

Implement regular professional learning sessions for all teachers.

Review the role of the literacy leaders to include leadership of these sessions.

Run 'model' lessons in literacy with students that other staff can observe: arrange subsequent debriefing sessions to enhance staff confidence and competence.

Schedule classroom observations of literacy lessons by the literacy coordinators. Follow up as necessary.

Explore assessment schedules that will facilitate an accurate assessment of student progress.

Explore ways to incorporate literacy into the timetable as a discrete subject.

Student Pathways and Transitions:

Review the CEA-9 program to ensure a rigorous and suitably challenging program. Prepare documentation and notify parents and students.

Initiate conversations with the community designed to raise awareness of the college and promote its achievements.

Student Engagement and Wellbeing:

Review the draft student management policy to embed a focus on learning.

Act to strengthen the response to extreme or repeated incidents of misbehaviour. Involve home group teachers, the assistant principal and parents in a three way interview.

Develop and implement a set of consequences sufficient for restoration. These must involve a demonstrated change of behaviour.

Develop a predictable end game for students who repeatedly demonstrate extreme negative behaviours.

Develop orientation program(s) for year 7-9, 10-12 that define the expectations of students and the consequential behaviours. Focus on the classroom. Include behaviour and participation in learning. Implement these programs in the first week of the school year and revisit in the first day of terms 2, 3 and 4, and as needed.

Contact all parents with some good news about their child.

The College's Leadership team has been working on an action plan to ensure that these recommendations are acted on as soon as possible. Some of these recommendations have already been addressed for the start of Term 3.

ENERGY DRINKS

It has been evident that energy drink consumption at school has increased dramatically. This increase in consumption we feel has caused problems in student behaviour and could raise health concerns for students. The following dot points have been taken from research undertaken in this area.

A major ingredient of energy drinks are their high sugar and caffeine content.

BRAND	TEASPOON OF SUGAR CONTENT PER CAN	CAFFEINE CONTENT
V	9.75	78mg
ROCKSTAR	15	160mg
MONSTER	13.4	160mg
COCA COLA CLASSIC	10.125	34mg
MOTHER	13	160 mg
RED BULL	6.75	80mg

Over consumption of caffeine can lead to mood disturbances, heart palpitations, diarrhoea and hyperactivity. Experts have said that teens should try and limit their daily intake to 300mg per day.

NSW Secondary Principals Council President Jim McAlpine said the drinks adversely affected students. "If they have those high energy drinks they are bouncy in class and they are unsettled" he said. Students also risk feelings of dependence and withdrawal. Dieticians' Association of Australia spokeswoman Julie Gilbert said energy drinks wrought havoc on younger people's bodies. No child under 16 should be having them she said. Some of these have 6 times more caffeine than a normal coffee so they cause dizziness, headaches and dehydration.

Some students have said that when they drink energy drinks, they have experienced energy boosts, "a buzz feeling" followed by lethargy (feeling tired) and a "crashing" feeling.

Childhood obesity rates have increased exponentially in the past few decades. Due to the high sugar content of these energy drinks they pose a risk to our students now and later on in their lives. Students risk facing health problems such as adult obesity, cardiovascular disease, type 2 diabetes and tooth decay.

In light of the negative health effects energy drinks have on our students at school, students are asked to think carefully before consuming such drinks. These drinks are now banned at school (See Principal's Report)

Mr A, Krystal H, Caitlan J, Sam L and Adam J.

Experience life as an overseas teenager during your summer holidays!

World Education Program (WEP) Australia is in its last round of accepting applications for students to go to Germany, Italy, Spain, France and French-speaking Belgium this summer.

Lifelong memories – lifelong friends!

Live with a host family, attend an overseas school and make new friends from around the world.

'Begin your exchange journey with an open mind and heart. Don't be afraid to leap into a world of unknown; you will be rewarded with more than you thought possible.'

- Chloe Sinclair went on a short-term program to France in November 2008

Don't miss out! Find out more:

Request your information pack: Go online www.wep.org.au or call us for the cost of a local call 1300 884 733. Attend WEP's **Open Door Day: 15 August / 12pm – 4pm**

Meet WEP staff and returned students to talk about your opportunity to discover the world on a student exchange.

World Education Program (WEP) Australia is a not-for-profit student exchange organisation registered with the Education Departments.

Library News

Book Week (24 -28 Aug) dominates Library News this week. We will begin celebrating Book Week with the release of 80 plus new books, mostly fiction but also some high interest non-fiction. These books will be on display in the Library for students to browse and borrow from Book Week.

The Premier's Reading Challenge will finish on Friday 21st August. We have had a very high participation rate this year with 12 readers already having completed the Challenge and many other students well on the way. There will be a lunch held in the Library for these students during Book Week. There will be other Book Week related activities for all students to participate in during lunch times such as electronic puzzles, word games etc. Monash House now holds a small lead in the Premier's Reading Challenge House points, closely followed by Strzelecki, Kurnai and Tarago.

The highlight of Book Week will be the excursion to The Melbourne Writers Festival (Regional Tour). Some really great authors of young adult fiction will be conducting sessions at the Festival including Melina Marchetta, David Metzenthen, Michael Hyde and Margo Lanagan. This is a rare opportunity for our students to participate in such an outstanding and valuable event. Unfortunately we are only able to take 20 students, so if your son or daughter is one of them, please fill in the forms and return them promptly to ensure their place.

In other Library news, Mark Mattei a Year 12 student from our College has joined the Library team as part of his work placement. Mark is working in the Library every Thursday and Friday morning and his skills and understanding of all things computer and audio visual related are enabling him to make a valuable contribution to the Library.

Robyn Aumann
Head of Library

Jude's Driving School

For all your learner driving requirements
Fully qualified instructors

Manual and automatic cars available

Contact Dave on:
0417 231 525



Pre Spring Car Boot Sale

30th AUGUST 2009

10am – 12.30pm

\$10 per car/\$20 car & trailer

To be held in the car park of the
Neerim District Secondary College

To make bookings please phone the college
on 56281455

Deb Ball Update

All the kids that are doing the Deb Ball are slowly making their way closer and closer to their big day.

We have been trying very hard to get our money for the Deb, and it is not easy.

We are in the midst of organising the following events:

Car Wash

Raffle

Casual Clothes Day on Friday, 15th August.
Gold coin donation would be appreciated please.

We would appreciate your help by supporting these events to help us achieve our target of \$3,000.00

If anyone has any other fundraising ideas, they would be much appreciated.

Please contact Bev Falls if you have any questions or suggestions.

BELEZA SCHOOL UNIFORMS

WINTER SALE

6 WILLIAMS SQUARE, WARRAGUL
56222930

26B GEORGE STREET, MOE 51262165

6B SEYMOUR STREET, TRARALGON
51765077

2/56 JOHN STREET, PAKENHAM 59414989

Extended until Friday 14th August

CLUB MEMBERS RECEIVE A FURTHER
15%

EFTPOS/CREDIT CARDS WELCOME

(Excludes Wool Jumpers & Griffo products)

REMINDERS>>>>>COMING SOON

Open Days -

Sun 9 Aug - **Deakin Uni (Geelong); RMIT Uni/TAFE; Gordon TAFE; Victoria Uni/TAFE (Footscray); William Angliss TAFE**

Sat 15 Aug - **Holmesglen TAFE**

Sun 16 Aug - **Aust Catholic Uni (Melbourne); Deakin Uni (Warrnambool); La Trobe Uni (Bendigo) Swinburne Uni/TAFE; Melbourne Uni, Sunraysia TAFE (Swan Hill)**

Sun 23 Aug - **Box Hill TAFE; Deakin Uni (Melb); La Trobe Uni (Albury/Wodonga)**

Sun 30 Aug - **Australian Catholic Uni (Ballarat); Ballarat Uni; La Trobe Uni (Bundoora)**

Advertising seminar at RMIT - 22 August; www.rmit.edu.au/bus/events/careers/ad

Public relations seminar at RMIT - 5 Sept; www.rmit.edu.au/bus/events/careers/pr

1. MUSIC INFORMATION EVENING AT MONASH – The Monash University School of Music will hold an information evening for prospective students and teachers. **Topics include:** the range of degrees, entry criteria, selection procedures and audition requirements. Lecturers from specialist areas will attend. **Info/Bookings:** 9905 3231 or music@arts.monash.edu.au.

2. ELITE STUDENT ATHLETE & PERFORMERS SUPPORT PROGRAMS –

Monash Sport offers a program supporting **student athletes**, helping them under-take higher education while continuing to train and participate in sport at an elite level. **Offers:** course advice, faculty support, access sporting facilities and sometimes financial help (www.sport.monash.edu.au/sportsprograms/athlete-support.html).

Australian Catholic University (ACU) caters for students who are also pursuing **athletic goals** during their formal academic studies. The university will consider admitting a limited number of students who have **outstanding sporting or appropriate recreational or vocational performance** but do not meet the usual entry criteria (see: www.acu.edu.au/eliteathletes).

Melbourne University is committed to working with students who are **elite athletes or performers** to facilitate progress in their studies concurrently with their participation in sporting or other activities www.futurestudents.unimelb.edu.au/elite.html

3. COURSE SEARCH AT MELBOURNE UNIVERSITY – The university has developed **Course Search**, a site where you can search career/course options. Check it out at: <http://coursesearch.unimelb.edu.au>.

4. WANT TO HEAR KEVIN SHEEDY? Kevin, football player and coach over five decades, will present a lecture at the **Swinburne Lilydale** campus on Open Day which will focus on his exceptional career on and off the field, while sharing life skills that have helped him achieve his goals. **When:** 1-2pm, Sun 16 Aug; **Where:** Lecture Theatre LC226 Building LC; **Register to attend** by 11 Aug: Shaun 9215 7199, shaundouglas@swin.edu.au.

5. EXPERIENCE RESEARCH EXCELLENCE – Add to your studies by attending a public lecture and find out about research impacts. **Topic/time/venue:** **1. Towards two billion cars: transforming cars, fuel and mobility**, 6-7pm, Thurs 20 Aug, State Library; **2. The American Drug Court movement: A personal journey**, 6-7.30pm, Mon 24 Aug, Monash Uni Law Chambers, Melbourne; **3. Forecasting our Future: Climate change and air quality**, 6.15-7.15pm, Thurs 27 Aug, State Library; **4. Intelligent life is common in the universe**, 6-7pm, Thurs 27 Aug, Monash University, Clayton. **Info/register:** www.monash.edu/researchmatters.

6. MAKING A DIFFERENCE TO THE ENVIRONMENT – Do you know that RMIT University is one of Australia's first Fair-Trade universities with industry links in green careers? RMIT runs a range of programs focussing on environmental, sustainability and social responsibility issues. To find out more, go to RMIT Open day on Sun 9 Aug. There will be information sessions (12 noon and 2pm), displays and detailed program information. **Info:** www.rmit.edu.au/openday.

7. INTERNATIONAL STUDENT INFORMATION DAYS – RMIT International Services is hosting three half-day sessions for international students. Representatives from a range of areas will be available to answer questions. Find out about entrance requirements, folio preparation, career paths, pathway options, RMIT services, students visa information, study abroad and student exchange. **Where:** Info Corner, 330 Swanston St, 12.30-4.30pm; **When:** Wed 9 Sept (IT), Thurs 10 Sept (Engineering), Thurs 27 Sept (Art, design and communication); **Info:** Joseph Dao, 9925 5171, joseph.dao@rmit.edu.au.

YEAR 12 NEWS

8. APPLYING FOR COURSES FOR 2010 – VTAC Guide 2010, giving details of courses and how to apply, is now available. Applications open on-line on **Mon 3 August** and close **Wed 30 September**. The processing fee is \$23 if you pay by credit card or \$31 if you have an invoice sent. You can apply after 30 Sept but it will cost \$82. You can apply for up to 12 courses, placed in order of most preferred to least preferred. Be sure to read the Selection Mode and Extra Requirements for any course for which you apply. You can change your preferences after you receive your results on 14 Dec (till 21 Dec).

9. SPECIAL ENTRY ACCESS SCHEME - Check out the Special Entry Access Scheme (**SEAS**) administered by VTAC to see if any of the 10 categories apply to you (mature age, non-English speaking background, indigenous Australian, family circumstances, socio-economic background, rural/isolated, under-represented schools, women/men in under-represented disciplines, disability or medical condition, refugee).

10. SCHOLARSHIPS – VTAC publishes **A Guide to University Scholarships** (copies in careers room). There are institutional Access and Equity Scholarships, Commonwealth Scholarships and Merit Scholarships. Applications close on 30 October 2009.

11. SWINBURNE PARENT AND STUDENT INFORMATION SESSIONS Transition to tertiary education is a big step for students and parents. These sessions will give a **parent's perspective** on the transition from school to tertiary study, a **student's perspective** on going to further study, information about **entry, fees, scholarships, pathways**, and a chance to ask **questions**. **Where/when** (all 6.30-7.30pm): **Wed 2 Sept**, Swinburne Hawthorn (TD building, room 121); **Wed 16 Sept**, Swinburne Lilydale (Council Room, LA building) (also sessions at Shepparton and Sale). **Info/reg'n:** www.swinburne.edu.au/openday/parents-information-evening.

12. LIKE A SCHOLARSHIP IN 2010? The Institute of **Quantity Surveyors** is offering twenty \$3,000 scholarships for first year students in accredited **quantity surveying courses**. What do they do? They work as part of a team of advisers **estimating and monitoring construction costs**. After construction they may be involved with tax depreciation, replacement cost estimation for insurance purposes and, if necessary, mediation and arbitration. Information on the program and about cadetships is at www.aiqs.com.au/Publications/QuickDownloads/AIQS%20Scholarship%202009.pdf and at www.aiqs.com.au/Publications/QuickDownloads/AIQS%20Cadetship%202009.pdf. Information can also be found at: www.aiqs.com.au.

Compiled by: M.Walker, utilised by j.williams.

Please consider completing this referral voucher if you apply for a loan at the Bendigo Bank. The College will receive a donation for each successful application.

REFERRAL VOUCHER

Organisation Name: Neerim District Secondary College
P.O.Box 18 Neerim South 3831

I/We wish to participate in the Neerim District Community Bank referral Scheme.

I/We request that our name/s remain anonymous when the donation is made to the organisation.

Yes / No