

PRINCIPAL'S REPORT

As this is our first newsletter for the year, I would like to extend a very warm welcome to Point Cook Senior to all new students and their families, and especially families who are completely new to the school community. I would also like to welcome back all the continuing students and their families.

Our school has continued to grow. We currently have about 860 students (including 32 international students). We have a number of new or returning staff members. This year we welcome Antony Monteleone (English/Humanities), Stephanie Higgins (English/Humanities) and Laura Di Pasquale (Engagement Counsellor); and we welcome back Suzie Letzing (Health/PE), Demi Dereli (English/EAL) and Jess D'Lima (English Language/Sport & Recreation) from leave.

Our student leadership team has been determined, and the senior student leaders have undertaken a range of portfolios including communications, social justice and achievement. You will find mention of our leaders in the next newsletter, but I did want to acknowledge our school captains here. It is a very important role and our captains make an enormous contribution to the school community:

- Tahlia Peck (c)
- Harrison Ellem (c)
- Amira Alyfe Azme (vc)
- Ameer Nor Azhar (vc)

The new academic year has started well. I had the pleasure of addressing students at the end of our first week and was very happy with the enthusiasm and energy across the group. I used this time to highlight what I believe to be some important elements of success at Point Cook Senior. The first of these was attendance. There is no doubt that there is a strong link between student attendance at school and their academic results. It is no accident that at every school in which I have worked, our highest performers are very rarely absent from school. In fact, there is a significant body of research that suggests that the more regular a student's attendance at school, the better their learning outcomes will be. Our students should be aiming for very high levels of school attendance to maximise their opportunities – even 90% attendance means a day away from school once a fortnight on average, which is still way too much time away from their learning. The second element of success I spoke about, perhaps surprisingly to some, is the willingness to get something wrong. Mistakes are an important part of the learning process. Some mistakes in life are good to avoid, but academic mistakes in a classroom environment are not those types of mistakes. I would suggest that if a student is getting everything right all the time they are not

being stretched or are not stretching themselves – not trying new things, evaluating, refining and searching for the new challenge. Errors are a good sign that a student is striving to grow, and are incredibly useful in pinpointing, for both the student and the teacher, where the next steps are and what the next thing to be learnt should be. Sometimes we don't try to extend ourselves because we are afraid of making a mistake, and we end up missing the opportunity to grow and learn – that is the real mistake.

The first weeks of school have been very busy and full. As you look over the pages in this edition of the newsletter, you will find information about the orientation advisory programs that ran at each year level during the third week of this term, our swimming carnival, and a number of other excursions and sporting events. Our students have also settled in well to the rigours, challenges and excitement of senior schooling.

Looking back for a moment, I would like to congratulate our class of 2016. Last year's results were very pleasing. Our graduating VCAL students have now moved on to either employment or further study and our VCE students have used their achievements to obtain places in tertiary institutions or the workforce. We had three students achieve ATARs of over 95 last year, with many more in the 90s. It was very gratifying to see 97% of our students who applied through the VTAC process receive an offer of a tertiary place in the first round. Our students have found places in courses as diverse as journalism, engineering, fashion design, and biomedicine, to name just a few; and have enrolled in institutions as varied as RMIT, Melbourne Polytechnic, The University of Melbourne and Swinburne University. We are delighted with the broad range of pathways and the multitude of successes experienced by our students. We wish the very best for our class of 2016 as they enter a range of new and exciting adventures. We look forward to hearing of their achievements in years to come.

As we move ahead into this new school year, we also look forward to witnessing the achievements of our current students as they come to school every day, participate fully to the best of their ability, make and learn from their academic mistakes, and take every opportunity to learn and grow.

Darryn Kruse

Principal



Year 12s VCE Hit Melbourne

On 16 and 17 February the Year 12s headed into Melbourne to attend a jam-packed two days of information and fun to energise for the year ahead.



Day One started with a morning of familiarising ourselves with how far Point Cook is away from the CBD by bus. (Grrr traffic! I'm catching the train next time.) When we finally arrived at RMIT it was worth the wait. RMIT has become a vibrant city campus and is in the middle of a make-over that will be completed by 2018 and will include laneways with cafes, restaurants and pop-up shops. There was an excellent presentation by a current RMIT student that showed the truly amazing amount of opportunities that RMIT offers. And as Mary our careers guru pointed out, Point Cook Senior has a great relationship with RMIT and a lot of our students study there after Year 12 in both the TAFE and University courses.



After our introduction to RMIT – the students went off on a 'Race around RMIT' and prizes were awarded.

Then VCAL and VCE students moved into different lecture theatres to have specialised information about Careers, Pathways and Study Scores and ATARs. A lot to take in, but then lunch arrived to save our brains from overload.



The afternoon was a reunion as past students presented personal stories from their lives during their 2016 Year 12. Mary spent the final session of Day One with all the important dates for 2017 for Year 12s.

Day Two was a trip down memory lane for me as we spent the day at The University of Melbourne. Current university students gave us tours and then two first year students gave an excellent overview of how they studied to get the ATAR they needed to get into their Commerce Degree at Melbourne.



Lunch was an all-you-can-eat BBQ by the familiar faces of the school canteen's Deb and Graham, followed by an afternoon session on how to memorise those things that end up in end of year exams!

Thank you Ms McVay for organising such an enjoyable two days. Year 12s are revved up for an excellent year!

Ms Simpson



Year 12s VCAL Orientation Program

VCAL students visited RMIT, Melbourne Polytechnic, Kangan Institute and William Angliss. At Kangan students participated in panel beating and spray painting workshops while the William Angliss tour highlights included the life-size aeroplane cabin for trainee flight attendants to practise in and the chocolate laboratory!

Annabelle Roper



There is a **MEETING** for INTERESTED DANCERS:

**THURSDAY MARCH 9
LUNCHTIME IN THE THEATRE**

LAST YEAR POINT COOK **WON** BEST CHOREOGRAPHY/BEST COSTUME/2nd OVERALL.

ALTHOUGH THE POSTER LOOKS HIP-HOP all the way – it is predominantly a **BOLLYWOOD COMPETITION** – and last year we incorporated acrobatics, ballet, jazz, as well as traditional Indian dancing.

TalentWest in association with Sargam Music Arranger Presents

HSDC 2017
High School Dance Competition

Sponsors Contact
0413359776
0430541421

High School Dance Competition

We empower students imagination and creativity.

**Saturday 5th of August 2017
Williamstown Town Hall**

For more info and application forms call: 0432 161 933

WWW.HIGHSCHOOLDANCECOMPETITION.COM.AU

<https://www.facebook.com/highschooldancecompetition>



Year 11 Orientation Program

On Thursday 16 and Friday 17 February, Year 11 students participated in their yearly Orientation Program. On Thursday students heard a presentation from Elevate Education that inspired them to reach their full potential and equipped them with the key skills required for VCE elevation. Students also gained access to the range of additional online study resources and notes made available to Elevate Education participants.



Later in the day the Year 11 girls and boys participated in the Inspire program for girls and the Odyssey program for boys. The picture above shows a snapshot of the Year 11 girls designing positive postcards for themselves and their peers that aimed to celebrate their unique strengths and combat the negative labels people and society sometimes place on themselves.



Friday was certainly a highlight. Students and teachers travelled to Whittlesea Funfields and participated in a day of team building and relationship building. Students (and teachers) loved riding the Pirate Ship and going down the Tobogganing ride.



The two-day event was an excellent opportunity to induct new students, strengthen existing relationships and form new bonds between students and teachers and set the scene for what is a rigorous year of VCE or senior VCAL. The program marks two days of a three-day program that runs for Year 11 students. Day three will take place later in Term 3 where students will participate in the Fit to Drive program and Life Be in It.



Year 11 Advisory Team



Year 10 Orientation Program

On 16 and 17 February we held our Year 10 Orientation Days. These were fun days where students in Year 10 were able to get to know each other a little better and also gain some skills for adjusting to a senior school environment.

On the Thursday we began with a talk from Elevate Education on becoming a 'Study Sensei'. These were talks about strategies and skills that have been employed by the state's highest performing students. Next the students worked through a session on grit and resilience – essential skills when powering through the final years of schooling. We also had Life Be In It run some recreation activities for us in the afternoon.



On Friday we took the bus to Lady Northcote where Advisory teams competed against each other in a series of team building activities. These included: rope swings, canoeing, archery, yabby catching, crate stacking as well as other team building challenges. Congratulations to 10B who were the winners on the day!



<p>The Queen Bees (Team B) with 198 points.</p>
<p>Grabby Yabby (Team G) with 173.5 points.</p>
<p>Fantastic (Team F) with 151 points.</p>



POINT COOK SENIOR SWIMMING CARNIVAL

Point Cook Senior has yet again celebrated another successful Swimming Carnival at Lara on Monday 27 February in perfect weather for swimming. The participation from the college students was fundamental to this success with 600+ attending the day. With an emphasis on participation, students who swam in the 50m strokes displayed enormous house pride and enthusiasm. There was even a time trial for butterfly with the Azcoul brothers facing off, but Ariana taking the win. The year 12 students and advisory teachers always create a fun hype at the school carnivals, as they dress to impress in their house coloured costumes. They also faced off against the teachers in the student/teacher relays, with the year 12 boys claiming victory.



The Advisory activities were also filled with lots of students participating by competing in badminton and volleyball, attending the salon (where hair was coloured and faces and nails were painted), a photo shoot, and participating at the water park, which is always a hit with the students as they have free time to enjoy the water slides and the pirate ship features.



A huge event that brings the college together is the Novelty and Ironman and Ironwoman Challenge. The partner Novelty events had quite large numbers with lots of laughs and teamwork shown. The Ironman and Ironwoman events involved three challenges involving

all girls, year 10 boys and year 11 and 12 boys. The challenge involves swimming under three lane ropes, eating a weetbix, running around the water park, eating a cold meat pie, and swimming back under the lane ropes to skull a bottle of cold water to finish. Congratulations to all participants.

Iroquois (green house) scored the most points and claimed 1st place for the second year running at our Swimming Carnival.

Swimming can be quite a challenging sport and we congratulate and recognise every student that participated and tried their hardest in all swimming events. The support shown from students on the sidelines to their peers in events was also outstanding and their ongoing support is widely recognised and appreciated. Our individual winners for 2017 were:



Year 10 Girls Champion: Lina Legenhausen

Year 10 Boys Champion: Hazem Azcoul

Year 11 Girls Champion: Madelyn Murtagh

Year 11 Boys Champion: Kirk Shanahan

Year 12 Girls Champion: Ariana Eruera-Chase (school record broken in freestyle, backstroke & breaststroke)

Year 12 Boys Champion: Hayan Azcoul (school record broken in freestyle, backstroke & breaststroke)

A very special mention goes to the staff that helped make this day possible for the students. Whether supervising areas of the pool, participating in activities or being allocated a job for the day, it is wonderful to have such great support and a day that ran so smoothly.

Brianna Bunworth



POINT COOK SENIOR SWIMMING CARNIVAL





Biggest Morning Tea

The students of Mr Flannery's PDS class have been working very hard on creating a breakfast, morning tea and lunch for the staff of Point Cook Senior. Through their hard work, the PDS students are hoping to raise a suitable amount of funds that will be donated to the Cancer Council. The three groups of students have taken multiple steps to ensure their events will run successfully.



One of our first steps was to create a risk assessment to ensure our safety and how we could steer clear of any potential danger that may occur when setting up for our event and when running the event. Another major step was for us all to get our food handling certificate so that we could all work with the preparation of food and the serving of it at the event. While these have been major steps to take before we can get started, there are still many more to come.



We have also had to find recipes we'd like to cook for the event, enjoyable activities for the teachers to do, a room to hold the event in and prices we would charge for entrance, food and drinks. Each group has also done its best to receive sponsorship from places such as Woolworths and Coles, as well as trying to receive donations from them so that the cost of foods would be minimised.

As of yet we have not run our events, but we will keep you updated on when the events have been run and the end result of it all.

Tamika Donnelly 12K

Intermediate Boys Volleyball

The year 10 volleyball boys team played in their first competition for the year at Altona College. The tournament had a total of 10 teams entered in the competition. The entire team played exceptionally well and won 4 out of their 5 games. We placed 3rd overall in the tournament. Each player represented Point Cook extremely well and modelled the values of respect, effort and responsibility. We are very proud of their efforts and look forward to future games.



Intermediate Girls Volleyball

The competition was played at Bayside Paisley College Campus and was very well supported. There were twelve teams in total competing for the pennant and to be named the overall winner. PCSSC girls had a large team with a total of twelve players; we divided the group into two teams and this proved to be very successful. The girls were the overall winners of Pool C and then played the overall winners of Pool D, Alamanda College; they were victorious and progressed through to the Grand Final. This was a very exciting, strongly contested match against Laverton P-12 College. Both teams won a set each and unfortunately in the third and final set, PCSSC lost by two match points. The Year 10 girls who represented PCSSC were wonderful ambassadors for the college; they were fine sports-women, gracious in defeat, polite, friendly and overall we all had a great day.





Life and Hope in Cambodia

Working on a humanitarian project in Cambodia has been the best way of finishing off the school year for seven year 11 and year 10 students from Point Cook Senior Secondary College. Hayley Burton, Louis Dobson, Joaquin Bradford, Georgia Chircop, Emma Chircop, Sarah Coleiro and Chloe Thorpe accompanied by Lucinda Szechenyi and Chris Mooney travelled to Siem Reap in Cambodia for a cultural tour and to complete a community project, building a Peace House for a local family.



The project was initially proposed to Point Cook Senior SC by APYF, Asia Pacific Youth Foundation. The college community had to raise US \$2000 to finance the materials for the Peace House and the team of staff and students had to finance their own trip to Cambodia and work on the construction of the Peace House while there. The students also contributed extra money out of their own pockets to provide electricity to the house, a well and other essential household items. The family who are the recipients of the house were chosen by the Buddhist monks of the Life and Hope Foundation who select families based on need — usually families living in extreme poverty.



After arriving in Siem Reap the group spent a couple of days touring the world renowned temples in Angkor including Angkor Wat, Bayon, Phnom Bakheng and Ta Prohm (commonly known as the Tomb Raider Temple as it was used in the Angelina Jolie movie of the same name). For the time they were in Cambodia the students ate local cuisine and learned about the history and culture through their guide. The Peace House they constructed was located in a village called Meanchey Commune in Prasat Bakong District. Highlights included playing with the village children, working with the monks from Life and Hope, sharing their lunches with the villagers and the handover ceremony after the Peace House was completed.



Point Cook Senior SC plans to make the Community Project in Cambodia an annual event and some of the students in this group who are Student Leaders at Point Cook Senior SC plan to return next year with the team as it has had such an impact on them being able to make a difference to people's lives.



Expression of Interest forms for the 2017 APYF Cambodia trip are available from Mr Mooney if you missed the assembly on Friday 3 March.



We Welcome Google Apps for Education to Point Cook Senior

Recently, we decided to move students and staff to Google Apps for Education (GAFE) to enhance the way we use technology and share information within and beyond our school community. Essentially, GAFE is a cloud based learning platform allowing teachers and students to create a range of documents and presentations online, email, share calendars and collaborate in a way we have not been able to previously. All of this can be accessed at home and school on any device. GAFE allows us to collaborate and learn more effectively through the use of technology, and offer a range of new learning opportunities for teachers and students.



GAFE is renowned for increasing productivity as everyone can collaborate in real time and are able take the initiative to self-direct their own work and take ownership of their work. Educators who use GAFE report that their students now enter class and without any prompting from the teacher, automatically turn their devices on and access their work via Google Classroom. Others are using GAFE to support their flipped classrooms and project-based learning activities.

Ultimately, teachers are encouraging their students to create more of their own work as opposed to simply completing worksheets and the tasks that are set by teachers.

The joy of GAFE is that there is an app that meets the needs of every class. There are apps that allow collaboration, apps that enable better communication and one place for storage.

We are really excited about Google Classroom. Google Classroom is a space for students to access and submit their classwork. Google Classroom now allows multiple teachers to team teach and add announcements and assignments (with due dates) for their students to view and download. More importantly, teachers can upload work-

sheets for their students to complete and Google Classroom has the ability to create a file for each student. Each student receives their own worksheet that is automatically saved to their Google Drive. Google Classroom also allows students to post comments and communicate with their teacher about any work that is posted. Additionally, students can submit their work by using the 'turn in' function which allows their teacher to mark and grade the work and provide the student with immediate feedback.



The best part of these tools is that they connect to one another allowing the students to link and embed their work together forming a larger scale piece of work.

We will be working with students to educate them around using GAFE in a productive and responsible manner. We also feel it necessary for parents to be aware of new technologies such as GAFE and encourage you to be proactive discussing and exploring it with your child.

If you have any questions please don't hesitate to contact me at wishart.alison.c@edumail.vic.gov.au.

Alison Wishart (eLearning Leader)

together we are creating a healthy school

achievement program





Careers Pathways: PCSSC University & TAFE Course Offers



In January 2017 VTAC released the University and TAFE offers for Year 12 students that graduated from our college in 2016. Our students received very successful results with 163 from 166, thus 97.08% receiving a first round University or TAFE offer. Our students were accepted into an array of courses including, Journalism, Arts, Chiropractic Health, Nutrition, Marketing, Fashion Design, Science, Bio Medical Science, Accountancy, Business, Global studies, Engineering, Building Design, Event Management, Nursing, Commerce, Education and many more courses. These offers were made from a variety of institutions including, Deakin University, RMIT, The University of Melbourne, Federation University, Latrobe University, Swinburne University, Monash University, Melbourne Polytechnic, Victoria University, Box Hill Institute, Deakin College and William Angliss. The careers office were very busy throughout December providing ongoing support to our Year 12 students with their applications, Change of Preference appointments, counselling and pathway support. There were also 28 Senior VCAL students that successfully completed a Certificate III and graduated from School Based Traineeships in: Horticulture, Hospitality, Information Technology, Animal Companion, Automotive, Building & Construction and Community Services. We would like to congratulate the class of 2016 and wish them all the very best in their future endeavours.



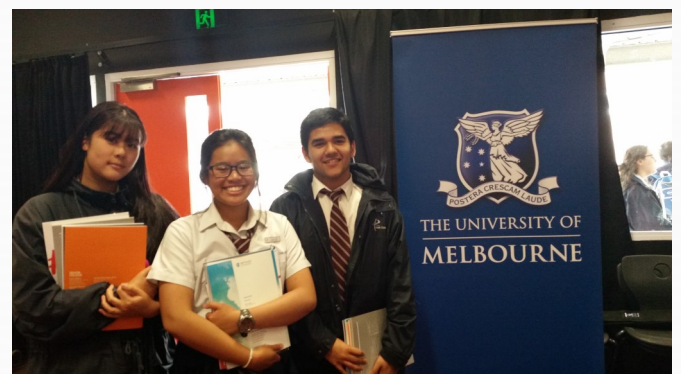
Helpful Careers Investigation Resources:

- **Myfuture:** students will be able to explore courses, occupations, take a mini career quiz and an entrepreneurship quiz, and develop job-seeking skills, <https://myfuture.edu.au/>
- **www.vtac.edu.au- Victorian University & TAFE course explanation, ATAR scores and pre requisites- Course Search.**
- **The Good Careers Guide:** You can search over 400 different occupations narrowed down by the field or type of work you would like to do in the future (e.g., helping/advising), <http://bit.ly/2a7Qr0Z>
- **Good Universities Guide:** You will be able to find courses, compare university ratings, search for scholarships and explore careers, <http://bit.ly/1N6a3Pk>
- **Youth Central:** career and job seeking resources, <http://bit.ly/2fSwNXM>
- **Metropolitan Fire Brigade:** recruitment process, <http://bit.ly/2f8fSgk>
- **Victoria Police Careers:** careers and recruitment, <http://bit.ly/1LfnfeQ>

University & TAFE Showcase Day

On Friday 18 November 2016, Point Cook Senior's Year 11 orientation into 12 had a University and TAFE Careers Showcase afternoon. Institutions from around Victoria came to the school including The University of Melbourne, RMIT, Deakin University, Deakin College, Victoria University, The Gordon, Swinburne University, William Angliss and Apprenticeship Group Australia to provide us with the knowledge and course options that their institutes have. The Universities and TAFEs provided wonderful representatives to help explain and put our minds at ease with the overwhelming task to pick one in the near future. For some of the students this day only confirmed the Uni/TAFE that they wish to attend whilst others provided new options to pursue their future careers. Overall this day was very informative and helped place the Year 12s one step closer to their endeavours.

Tahlia Peck





PCSSC is a SWPBS school

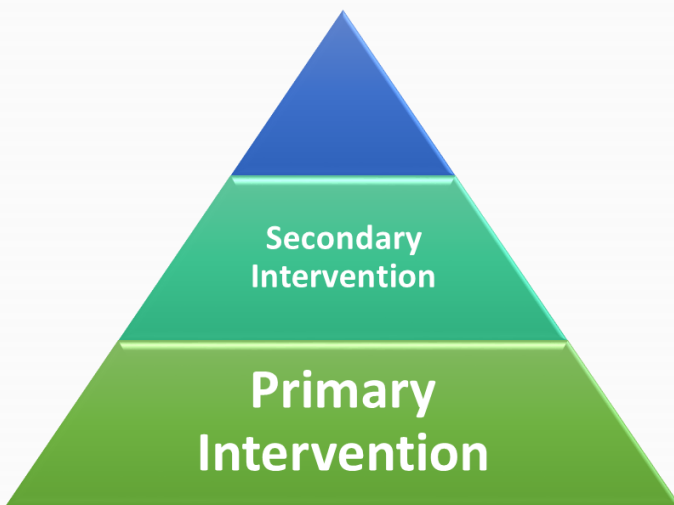
What is School Wide Positive Behaviour Support? (SWPBS)

The aim of School Wide Positive Behaviour Support (SWPBS) at Point Cook Senior Secondary College is to create a positive school climate, a culture of student determination and an open, responsive management system for all school community members.

SWPBS provides a clear framework of expected behaviours that the school community sees as essential to creating an environment that fosters social and academic excellence.

Levels of SWPB Support

To ensure that all students at PCSSC receive the support they require in order to obtain optimum social and academic success, the school incorporates a three-tiered approach to providing support. SWPBS ensures primary intervention behaviour support for the whole school community; however, it also recognises the need for secondary and individualised intervention for students who need more specialised support. SWPBS provides a framework that ensures all members of the school community work together to provide the best outcome for individuals.



What behaviours does PCSSC value?

All members of the school community exemplify the behaviours that PCSSC values. At our school, we value

- Respect
- Effort
- Responsibility

Our Behaviour Expectation Matrix explicitly sets out what these values look like in various areas of the school community. Demonstrations of these behaviours are recognised, reinforced and rewarded.

The Behaviour Expectation Matrix

PCSSC's Behaviour Expectation Matrix provides a clear framework of positive behaviours that our school community has identified as being essential to enhancing individual growth, social interactions and academic achievement.

Our expected behaviours will be explicitly taught in class, are regularly positively recognized and will be displayed around the school in early 2017.

Explicitly Teaching Our Expected Behaviours

Teaching, modelling and reinforcing positive social and academic behaviours is essential to creating a harmonious learning environment that bolsters student success.

When Do We Teach Our Expected Behaviours?

- At the beginning of the school year
- In our daily conversations with members of the school community
- As an embedded part of classroom learning
- At teachable moments

How Do We Teach Social and Academic Behaviours?





Year 10 Advisory Program – Effective Learning Behaviours

On Tuesday 21 February, our Year 10 students participated in a special Advisory program entitled 'Effective Learning Behaviours Q&A'. The Year 10s heard from a past student, or current Year 12 student, about the behaviours and strategies that made them successful learners at Point Cook Senior.



It was structured as a Q&A session, whereby each past/current Year 12 student was interviewed by a teacher. As they listened, the Year 10s made notes about specific learning strategies and approaches; these notes will be used in future Advisory lessons by our students, as they continue to improve, refine and consolidate their learning behaviours.



The program presented a wonderful opportunity for our students to hear from people who have very recently been in their position, and who understand the expectations and pressures of senior schooling. Please take the time to discuss this program with your child, asking what he/she learnt from the guest speaker and how he/she plans to implement some of the strategies discussed by the speaker.

A huge thank you to our guests – Paras McKenzie (class of 2013), Chris Eleftheriou (2014), Lauryn Skeels (2016), Rob Harrison (2016), Zakhi Mehta (current Year 12) and Tahlia Peck (current Year 12) – your contribution to our school community is greatly appreciated.



Compass Portal

Just a brief reminder that the majority of our communications with parents at PCSSC are made through the Compass Parent Portal. All parents have a portal account that provides access to reports, attendance information, absence requests and approvals, school photo ordering, teacher email contact, booking for parent-teacher interviews, calendar of events, excursion consent/permissions and news items to keep you update with what is going on.

If you are a CSEF (Camps, Sports & Excursions Fund) recipient, please contact the school before consenting to any event so that we can adjust the costing.

To access your account:

go to the College's homepage www.pointcooksenior.vic.edu.au and click on the Compass Portal icon.



Compass Portal

Click here to login to the Point Cook Senior Compass Portal

or directly go to Compass login

<https://pointcooksenior.vic.jdlf.com.au/Login.aspx>

Point Cook Senior Secondary College

Remember me

[Can't access your account?](#)

If you are having trouble accessing your account, click on the **"Can't access your account"** and follow the prompts to access it using your username, email address or mobile number. If you need guidance on how to navigate the Compass Portal, please contact the school.



Breakfast Club

Where: Room 312

When: Fridays

Time : 8:00am – 8:30am

All welcome



Our Breakfast Program has now been running for 6 years. We have been beneficial in supporting those students in need and also developing relationships between staff and students. The program also improves student wellbeing, supporting their outcomes. Everyone is welcome to attend and enjoy a free breakfast and a fun and enjoyable environment to start their school day.



Point Cook Senior Secondary College would also like to sincerely thank our local IGA for their support for our Breakfast Program.

ATTENDANCE

Student attendance information is available on Compass, including the option to approve absences and input requests to leave early for an appointment. Students are required to provide a medical certificate when absent from a VCE class or assessment.

Late Arrival to School - Students are requested to use Compass card to sign in at Kiosk at the front of the school. Students who do not have cards can report to the attendance office.

Early Leave - Parent approval is required for any student requesting to leave early. This can be done either by parent entering approval on Compass or contacting the attendance office.

IMPORTANT DATES

Term 1:

14 March – Curriculum Day - no Classes for Students

30 March – Region Swimming

30 March – Parent Teacher Interviews (evening)

31 March – Parent Teacher Interviews (morning)

31 March – Year 12 Further Maths SAC

31 March – Term 1 Ends

17 April – Easter Monday Public Holiday

18 April – Term 2 Commence

25 April – ANZAC Day Public Holiday

10 May – Winter (1) Senior Sports

19 May – College Athletics Day

22 May – Division Cross Country

30 May – Winter (1) Intermediate Sports

5 May - 8 June – Year 10 & Year 11 Revision Week

9 - 16 June – Year 10 & Year 11 Mid-Year Exam

12 June – Queens Birthday Public Holiday

14 June – GAT all students enrolled in Unit 3 & 4

19 June – Report Writing Day

20 June – Winter (2) Senior Sports

19 - 23 June – Year 10 Work Experience Week

30 June – Term 2 Ends

**POINT COOK SENIOR
PRESENTS**

**EVERY
'EVEN
WEEK'
TUESDAY
LUNCHTIME**

**COME MIX
YOUR
BEST
MUSIC**

**MUSIC
CLUB RM 505**

Point Cook Senior

POETRY CLUB

EVERY 'ODD WEEK' TUESDAY
LUNCHTIME
RM 802

WRITE AND READ POETRY, TALK
ABOUT POEMS THAT YOU LIKE
AND/OR ARE READING AND
COME FOR YOUR CHANCE TO
ENTER INTO THE VICTORIAN
SCHOOLS POETRY SLAM AND
HAVE YOUR WORK IN A PCSSC

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility.

Adults at school must listen and respond to concerns about child abuse.

If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



Use a combination of 5 sun protection measures



SLIP on clothing

The best barrier between your skin and the sun. Cover as much skin as possible.

The tighter the fabric weave, the better the sun protection.



SLOP on sunscreen

SPF 30 (or higher) broad-spectrum and water-resistant. Takes 20 minutes to activate on the skin.

Use more than you think!

Reapply every 2 hours.

Use in conjunction with other sun protection measures.

Check expiry date.



SLAP on a hat

Broad-brim to protect the face, head, neck and ears.



SEEK shade

Natural, built or portable, such as marquees and tents.



SLIDE on wrap-around sunglasses

Protect your eyes year-round if you can.

Australia has one of the highest rates of skin cancer in the world

Estimated global melanoma incidence rate per 100,000.

At least 2 in 3 Australians will be diagnosed with skin cancer by the age of 70

Skin cancer causes more deaths than transport accidents in Australia each year

2209

deaths from skin cancer

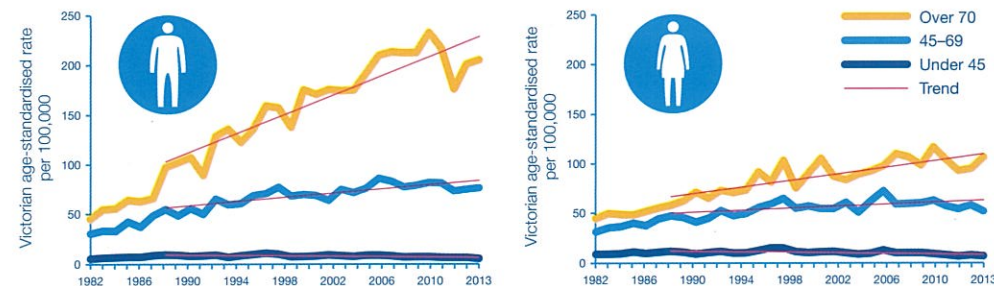
1428

deaths from transport accidents for the 2013 period



Melanoma incidence in Victoria continues to rise, but rates of increase have slowed. There are also falling incidence rates in people under the age of 45.

Skin cancer incidence is higher in men than in women



How much sun is enough?

Vitamin D is triggered by the sun touching the skin. It is needed for healthy bones and muscles.

When UV levels are below 3, sun protection is not required unless near highly reflective surfaces such as snow or outside for extended periods.

UV levels above 3 – sun protection is required.

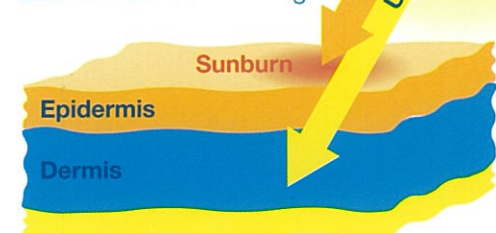
Sunscreen use should not put people at risk of vitamin D deficiency.

UV levels

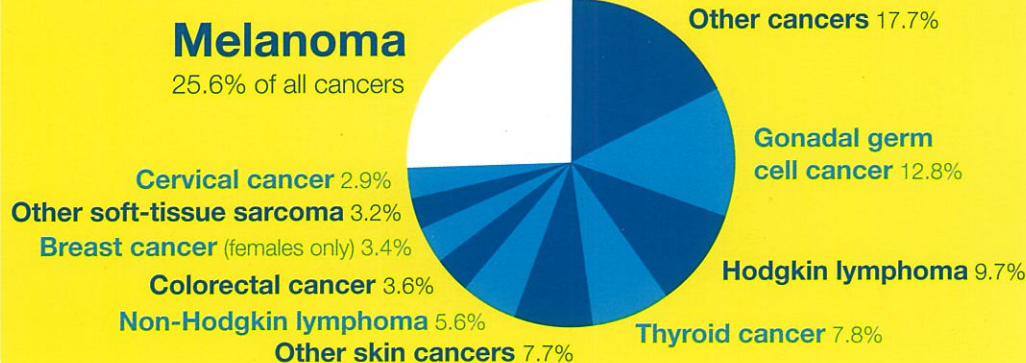


Think UV not heat

The major cause of skin cancer is overexposure to the sun's ultraviolet (UV) radiation. UV can't be seen or felt, so it can damage skin without us knowing.



Melanoma is the most common cancer diagnosed in Australians aged 15-29 years



Risk factors

- Previous skin cancer
- Sensitive skin type that burns easily
- Large number of moles
- History of severe/blistering sunburns
- Family history of skin cancer
- Actively tan
- Lots of time spent outdoors unprotected
- Outdoor worker

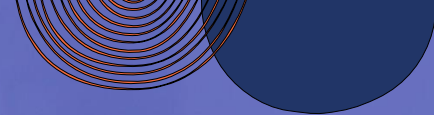


The fairer your skin, the higher the risk

Check the free SunSmart app to know when you do and don't need sun protection.

sunsmart.com.au/app





HELPING YOUR KIDS SETTLE INTO SECONDARY SCHOOL

Wednesday 8th March

6.30pm – 8pm

Plaza Library

Pacific Werribee Shopping Centre
Level 1, Derrimut Road, Werribee



ALL PARENTS WANT TO RAISE CONFIDENT AND HAPPY CHILDREN

This seminar will explore ways to promote strong and positive relationships with your children as they navigate the transition to secondary school.

Learn what is important:

- It's okay not to know everything
- Don't take things too personally
- Help your child stay positive
- Navigate different cultures
- Self care
- Role Modelling

Learn how to communicate better:

- Encouraging your child to listen
- Working through emotions
- Praise and encouragement

This seminar is **FREE** but **BOOKINGS ARE ESSENTIAL**



For bookings visit the Library Event Calendar

www.wyndham.vic.gov.au/libraries or call **8734 2600**

Proudly supported by



We acknowledge the traditional owners of the land where we work and pay respects to elders past, present and future.

Volunteer Host Families Needed!



Invite a world of wonder into your home ● Share your lifestyle ● Make lifelong connections ● Enrich your family ● Rediscover your backyard



Sofia 16 Italy

Hello Australia! I am organised and extroverted. I love picnics and going to museums. I also love music and books. My biggest dream is to create a completely free hospital. I cannot wait to come to Australia and meet my host family!

More profiles on the WEP website

Frequently Asked Questions

Can I choose my student?

YES! WEP's wonderful host families are all volunteers so, of course, you get to select the student that you think will fit in best with your family.

Where does the student attend school?

You tell us which school would suit your family best and we work with that school to arrange enrolment. Students will attend school full-time.

What do I need to provide?

First and foremost a welcoming environment, meals and a room (shared or otherwise). Students have their own spending money and insurance. In return, your family will make friendships and memories for life.

What are the hosting periods?

You can choose between July 2017 - December 2017 or July 2017-June 2018.

"It has been such a rewarding opportunity that allowed us to experience an entirely different culture, and explore the wonderful diversity that the world holds. We have created an incredible bond and cultivated an unforgettable friendship." Bardwell Family.

Find out more now - request a free info pack at

1300 884 733

wep.org.au

info@wep.org.au