

PRINCIPAL'S REPORT

After five weeks sitting in the Acting Principal Position I am still finding out new and wonderful things that happen each day in our school. I am thoroughly enjoying the experience and want to thank all the staff and students for their support and help so far.

Since our last newsletter we have finalised our School Council structure and I would like to welcome George Boukouvalas (President) and Gaye Edmonds (Vice President) to their roles as well as thanking Penny Renden (Treasurer) for her continued commitment.

At the AGM on Thursday May 18, I presented the Point Cook Senior SC Annual Report. This report gives the community a valuable insight into how the school performed over 2016 and it is now available online. As with all performance data, it tells a good story but it is always better with some background or explanation. I welcome anyone who is keen to know a little bit more about the school or how we are improving student outcomes to call or come in meet with me to discuss.

Our staff have been continuing to develop their understanding and use of the Point Cook Learning Cycle through a range of professional development sessions. The focus at the moment is on the "strengthen" stage where students develop a deeper understanding of the subject content. Staff are identifying and using teaching strategies that provide specific feedback to students about their understandings, what they have learnt and what they need to continue to focus on. This consistent approach across the school provides students with a familiar and comfortable learning environment where they know specifically what they need to learn to improve.

Our Yr 10 students recently completed the Teen Mental Health program. This program aims to raise awareness of mental health issues amongst teenagers and also equips teenagers to assist friends who are at risk. The presenters and presentations were very engaging and generated a lot of valuable discussion around a really significant issue. I would like to commend the students on the maturity and respect they showed throughout the program and thank Susan Connors and the wellbeing team for their hard work in putting the program together.

It is at this time of the year that the academic focus turns to finishing of the semester strongly and preparing for exams, whether they be for yr 10 and 11 or the GAT for those students in a unit 3/4. At this point the advice and recommendations from classroom teachers will be invaluable for students to help get them ready. The exams are a great opportunity for students to demonstrate all that they have learned.

Term 2 is a busy one for sporting teams as you will see later in this newsletter. The pride that student show in wanting to represent the school is always great to see and it was certainly on display at the Athletics Carnival. There were some spectacular costumes from both staff and students and the level of effort from all competitors should be applauded.

Lastly, we would like to welcome Jessica Gruer to staff. Jessica started this term at Point Cook Senior Secondary College and is teaching in the English and Humanities areas. Needless to say, Jess has been well supported by the rest of the staff and is having a great time getting to know the students.

Shaun Sleep





address: Cnr Boardwalk Boulevard and Bergamot Drive, Point Cook, Vic 3030 postal: PO Box 6520, Point Cook, Vic 3030











Victorian International School Student Award

The outstanding achievements of Victoria's top international school students were celebrated at The Victorian International School Student Awards at Parliament House on Wednesday April 26.

Twenty of the best and brightest international school students from five countries were recognised for their outstanding contribution to Victoria at the Victorian International School Student Awards. The 2016 Victorian International School Students Awards recognised international high school students for their incredible achievements in sports, leadership, community engagement and academic excellence.



Point Cook Senior Secondary College was proudly represented by our year 12 International student Caroline Nguyen who was selected as one of the Finalists for Academic Excellence at year 11 across all Victorian government and private schools.



The Victorian Government congratulated Caroline Nguyen who has received a commendation award in the year 11 Academic Excellence category.



Caroline said: "I am thankful for all the support from my parents, the teachers, and friends for this opportunity to be able to attend the Victorian International School Student Awards. It was a great honour to represent Point Cook Senior and receive this award."



Congratulations to Caroline and all PCSSC teachers and staff for supporting her in achieving such a great results!











What's happening in Senior PDS (VCAL)

In Mr Flannery's PDS class, the students are focusing on three major projects. Positive Pillows, a Point Cook Mural and an Outdoor Pergola.

Thanks to the Point Cook Anti-Graffiti Group, we have been asked to complete a mural on Palmers Rd to stop graffiti becoming a problem. The action group would like us to create designs, templates and help paint the mural once we are finished designing it. The mural will be on Palmers Road, on two of the noise abatement walls which are sized at six metres in width and three metres in height, once the mural has been created it will be given a clear after coat with a protective anti-graffiti coating. The Anti-Graffiti Group has been given a timeline of 12 months to complete this project, but we are working hard to ensure it is done by week eleven in our school term. Our mural will be reflecting the Point Cook community and will ensure that the good of our community is reflected within it.

The Positive Pillows project aims to put a smile on a face of young teens who are suffering from Mental Illness' that affect them daily. We as a group of Year 12 students are organising this project to create pillows with a positive message on them. This project is going to consist of many different elements that include our learning outcomes, finding funds for materials, making the pillows, helping the community, putting all of our thoughts and ideas together to make something that these teens can smile about. We are hoping by creating something so small that it could make a positive and big difference.

And finally, we are also trying to build an outdoor pergola that we started working on last year. By the end of the term we will have attained quotes from builders, presented our information to the leadership team, created a marketing pitch, researched different locations for the pergola and designed what the pergola will look like on site.

Tamika Donnelly, Marie Koratzopolous and Griffen Hole

Indigenous garden

The students of Mr. Flannery's VCAL PDS class have been working very hard on creating an Indigenous garden. As part of the project, we've had to find out prices for the plants and they have to be indigenous to the Point Cook area. In order to gather this information we had to measure, calculate, design and create our idea of a perfect indigenous garden. There were many important things we had to do as a team to make this all happen in the appropriate time frame we were given.

Before we could even step foot in the garden with any garden tools, we had to measure the pH levels of the soil using the science lab and beakers. We discovered the soil had a pH level of 6. After we invested our time in completing the science part of the project, we had a look at an important aspect of the garden and what makes the soil work to its best ability – worms.

During the next couple of classes we spent designing the garden and we were all designated our own jobs. We also had to make measurements of the garden and where we wanted everything to be

We did that all on our 50 minute session. The following day we had 100minutes and started digging our weeds out and starting to make our garden come together slowly.

Eventually we will have a beautiful garden that the whole school will see.

Our mark, our legacy.

Aimie Katana 11E and Ethan Benidierks 11E

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VCAL - Personal Development Skills

On Monday May 1, Mr Flannery's year 12 PDS class went to Point Cook Library where they were able to experience playing with "Makey Makey", a small invention kit that allowed us to turn everyday objects into touchpads for our computers. Students were able to create drum kits and pianos and play them by simply tapping on a piece of fruit or any of the other materials laid out. They were able to do this by hooking up the Makey Makey with alligator clips and an Earth, which was similar to a key. The PDS students would clip one end of the alligator clip to the Makey Makey and the other side to an object, such as a piece of fruit. They would then clip the Earth to the Makey Makey and hold onto the other hand while pressing on their choice of material, which would result in something happening on their computer. This opportunity allowed students to be hands on while learning about coding and programming and bought the class together so that they could collaborate on the endless possibilities of what to do. Overall students had a enjoyable time and hope to do it again.





Tamika Donelly 12K

Student Leadership Camp 2017

This year's student leadership camp was a tremendous success that taught our leaders valuable skills and gave them the chance to plot and plan their leadership projects. The camp focused on learning each other's strengths and polishing our teamwork skills. Highlights of the camp were the high ropes course at Amaze n Things and the sometimes competitive cooking from each of the cabins. I was extremely proud of how students worked together during our leadership training to think critically and with empathy. I think this really embodied our school values of respect, effort and responsibility. We enjoyed perfect weather for the trip to Phillip Island and had a productive and enjoyable three days. A big thanks to everyone who made the camp possible, especially supervisors Olivia Baran and Darryn Kruse who spent their weekend at the camp. The leadership camp has doubled in size from 2016 and brought together students from all three year levels to work together towards positive changes for themselves and the whole Point Cook Senior community.



Laura Newman, Student Engagement Coordinator

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Volunteer opportunities at Point Cook Senior

The student population at Point Cook Senior is already one that is richly multicultural. Over the past ten years it has become even more so through the students who learn English as an Additional Language (EAL). Our EAL cohort, who have become a significant part of Point Cook Senior's culture, come from all parts of the globe and all vary in experiences and skills. Many students from all over Asia, the Middle East, Africa, Europe and the Pacific Islands call Point Cook Senior home and make valuable contributions to our school community such as excellence in subject areas particularly Maths and Science, extracurricular and sporting activities, student leadership, performing arts and International student achievement awards. At Point Cook Senior the newly arrived EAL learners have access to an English program, alongside their mainstream subjects, targeted to support and help them in the initial stages of language learning. Students eligible for our EAL program also have access to additional support subjects such as Intensive EAL (year 10) and Bridging EAL (year 11).

Our school is looking for volunteers to help out in our EAL classes. In these classes you will be working alongside the classroom teacher helping students out with their various English skills such as reading, writing, speaking and listening.

No formal qualifications are needed to volunteer but those interested must have:

- Current working with children's check
- Commitment to 1-2 days per week
- Volunteers must be 18+ years of age
- Proficiency in using the English language, both written and oral.
- · Good interpersonal and communication skills.
- An understanding of and empathy with people from diverse cultural backgrounds.
- A non-judgemental attitude.

If you are interested in volunteering please contact Lucinda Szechenyi the EAL coordinator on 9395 9271 or email Szechenyi.Lucinda.L@edumail.vic.gov.au



Teachers on the Town

On Saturday April 1, Point Cook Senior teachers Chris Ly, Brewster Hipik, Kelli Simpson and Jules Damschke attended the Melbourne Symphony Orchestra's 'Classical Hits' concert at Hamer Hall. The performance featured 25 of history's most iconic and memorable classical pieces, such as Beethoven's 'Symphony No.5', Wagner's 'Flight of the Valkyries' and Puccini's 'Nessun Dorma'. Conductor Benjamin Northey (a Tigers supporter) added a humorous and personal tone to the evening, engaging the audience with anecdotes and historical snippets relating to each piece. Moreover, as you can see from the photo below, the concert was a complete sensory experience!

Organised by classically trained pianist Chris Ly, it was a great event in which the teachers were exposed to a night of wonderful music and quintessential Melbourne culture.

Jules Damschke

Teaching and Learning Leader















Senior Girls Softball

On Monday the 8th of May, the Senior Girls Softball Team attended the Western Metropolitan Region Finals at Stead Park, where they played against Northern Bay College from Geelong.

The girls were a mixture of excitement and nerves on the bus ride to Corio, they were eager to seek out their competition and size them up.

When they arrived, there were a lot of last minute questions about the rules, and some training run by Manu Tutu, Moana Benjamin and Mikaylah Lepua.

During the game, the girls were supportive of each other and were cheering each other on. Most of them were surprised at how well they played and how much fun they had on the field.

The girls overcame their initial nervousness to take out the game 7-1 and are now on their way to the State Championships, which will take place in early August.

Special mention goes out to Trinity Gardiner, who literally threw herself into the game, making two home runs and stealing third base.







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Senior Badminton



Senior Boys—division runners up







Senior Girls—division winners

Senior Boys Football Report

Wednesday May 10 saw the Boys Senior Football (Soccer) team play games against Williamstown and Bayside. The students put a lot of effort in leading up to the event and there was a lot of commitment from a small but passionate core of players.

Whilst the team could only field ten players, the team played with a lot of heart and held both opposition teams at bay for most of the games. The team, at times, played some beautiful one-touch football with some skilful link up play, but the task proved too large with the player down being too much on both occasions as we lost both games.

I would like to thank all of the players for their commitment and their impeccable behaviour at the event. They truly embodied the school values of respect, effort and responsibility.

Antony Monteleone

Harmony Day

Student Leaders will be running multicultural celebrations on **Friday May 26**. There will be an out-of uniform day so that students can dress in National Costume. Students will be able to purchase wristbands to support Harmony Day as well as participate in performances, stalls and sample multicultural foods.

Reconciliation Week

There will be a full school assembly on Wednesday May 31 to acknowledge the traditional owners of the land on which our college is built. We are excited to welcome Aunty Judy Dalton-Walsh to lead our welcome to country alongside some of our college's indigenous students.

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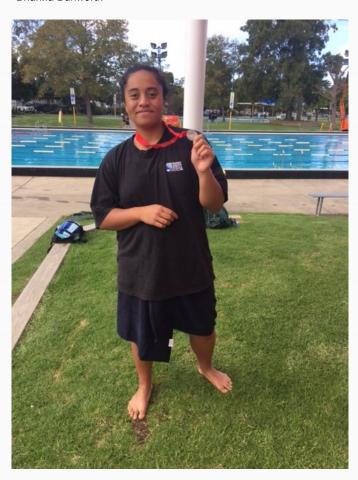




POINT COOK SENIOR SWIMMING

Term 1 was an exciting term for the swimmers at Point Cook Senior. Firstly, it was the Division event which was held at Moonee Ponds. The school had 13 students who represented their college proudly across a wide range of events. These students are commended for their participation, excellent behaviour and sportsmanship shown on the day. The stand-out performers on the day were Hayan Azcoul, Hazem Azcoul and Ariana Eruera-Chase who won a number of their events. Their victories ensured them a place at the Western Metropolitan Regional event held are Kardinia Aquatic Centre in Geelong. Hazem displayed an outstanding effort for his debut at the regional event competing in two events. His older brother, Hayan, also competed in two events for his last year at the college and took home a bronze medal. Ariana was very busy on the day competing in 5 events. She performed brilliantly receiving 2 silver medals and 1 bronze medal. Well done to all swimmers who participated and thank you for representing your school in a manner that reflected the schools three core values.

Brianna Bunworth

















Professional Learning Week

This week saw the first **Professional Learning Week** of 2017. A fantastic Point Cook Senior initiative, Professional Learning Weeks occur in week 5 of each term and offer an opportunity for staff to provide professional development to their peers.

Sessions delivered this week related to a wide array of teaching and learning initiatives that the school is currently focusing on, including: effective feedback strategies; using Google Classroom; facilitating collaborative problem solving; using Hyperdocs to promote student practice; supporting EAL students; effective peer mentoring; and report writing. Also, there were subject specific professional development opportunities relating to the new Study Designs in English and Literature.

The Professional Learning Weeks are always a highlight of the teaching and learning calendar, as they showcase the wonderful knowledge and collegiality of our staff. Moreover, they consolidate Point Cook Senior's dedicated commitment to providing the greatest learning opportunities for our students.

Jules Damschke Teaching and Learning Leader



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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 <u>www.pointcooksenior.vic.edu.au</u> 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
	Username
Point Cook Senior	
	Sign in
	✓ 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 successful 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 the 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 2:

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

Term 3:

17 July - Term 3 Commences

26 July - Year 10 into 11 Parent Information Evening

28 July – Advisory Orientation Program Day 3

2 Aug – Year 10 Course Confirmation Day - No Y10 Classes

2 Aug - Year 11 into 12 Parent Information Evening

4 Aug – Year 10 into Year 11 Course Selection Forms Due

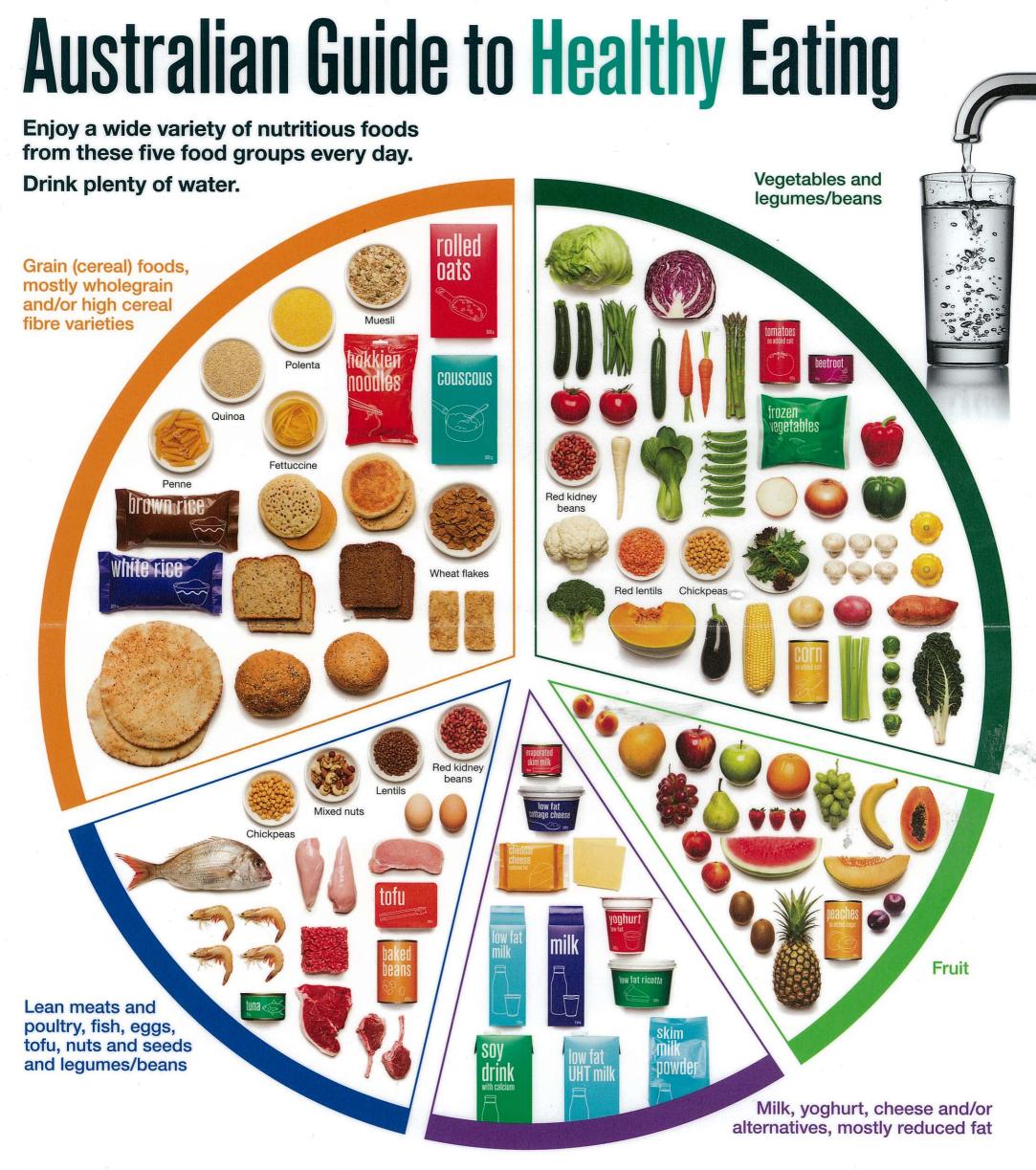
9 Aug - Year 9 into 10 Open Night

11 Aug – Year 11 into Year 12 Course Selection Forms Due

15 Aug - Year 12 VTAC Parent Information Evening

16 Aug – AVID/STAMP/AFL programs Parent Information

24 Aug – Curriculum Day



Use small amounts



Only sometimes and in small amounts



SERVE SIZES











Serves per day 19-50 51-70 years years years Men 6 51/2 5

5

5

Vegetables and legumes/beans







Serves	per	day
19-50	51-	70

5

Women

		51–70 years		A STATE OF THE PARTY OF THE PAR
Men	2	2	2	
Women	2	2	2	A COLOR OF THE PARTY OF THE PAR

A standard serve of vegetables is about 75g (100-350kJ) or:

cooked green or orange vegetables (for example, broccoli,

spinach, carrots or pumpkin) 1/2 cup

cooked, dried or canned beans, peas or lentils' green leafy or raw salad vegetables 1 cup

½ cup sweet corn

½ medium potato or other starchy vegetables (sweet potato, taro or cassava)

1 medium

*preferably with no added salt



0	small small
0	6

		51–70 years		Contract of the last
Men	2	2	2	
Women	2	2	2	The second

A standard serve of fruit is about 150g (350kJ) or:

1 medium apple, banana, orange or pear

apricots, kiwi fruits or plums

1 cup diced or canned fruit (with no added sugar)

Or only occasionally

125ml (1/2 cup) fruit juice (with no added sugar) 30g dried fruit (for example, 4 dried apricot halves,

11/2 tablespoons of sultanas)



Fruit









Serves per day

		51–70 years		No.
Men	6	6	41/2	
Women	6	4	3	

A standard serve (500kJ) is:

1 slice (40g)

1/2 medium (40g) roll or flat bread

1/2 cup (75-120g) cooked rice, pasta, noodles, barley, buckwheat, semolina,

polenta, bulgur or quinoa

½ cup (120g) cooked porridge 2/3 cup (30g) wheat cereal flakes

1/4 cup (30g) muesli 3 (35g) crispbreads 1 (60g) crumpet

1 small (35g) English muffin or scone

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties

Lean meat and poultry, fish, eggs, tofu, nuts and



seeds, and legumes/beans







erves per da

70.

	,	years	years
Men	3	21/2	21/2
Women	21/2	2	2

A standard serve (500-600kJ) is:

cooked lean meats such as beef, lamb, veal, pork, goat or

kangaroo (about 90-100g raw)*

cooked lean poultry such as chicken or turkey (100g raw) 100g cooked fish fillet (about 115g raw weight) or one small can of fish

2 large (120g) 1 cup (150g)

cooked or canned legumes/beans such as lentils, chick peas or split peas (preferably with no added salt)

170g

nuts, seeds, peanut or almond butter or tahini or other nut or 30g seed paste (no added salt)

*weekly limit of 455g









Serves per day

		51-70		A
	years	years	years	
Men	21/2	21/2	31/2	
omen	21/2	4	4	1

A standard serve (500-600kJ) is:

1 cup (250ml) fresh, UHT long life, reconstituted powdered milk or buttermilk ½ cup (120ml) evaporated milk

2 slices (40g) or 4 x 3 x 2cm cube (40g) of hard cheese, such as cheddar

1/2 cup (120g) ricotta cheese

1 cup (250ml)

34 cup (200g) yoghurt

soy, rice or other cereal drink with at least 100mg of added

Milk, yoghurt, cheese and/or alternatives, mostly reduced fat

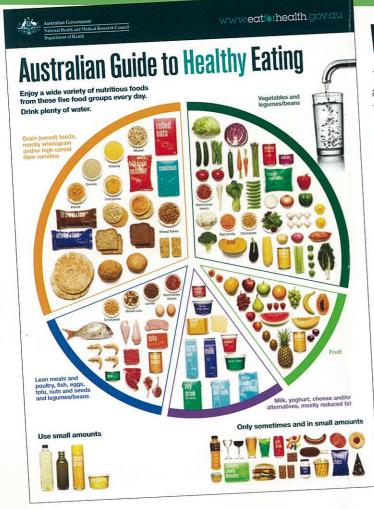
To meet additional energy needs, extra serves from the Five Food Groups or unsaturated spreads and oils, or discretionary choices may be needed only by those adults who are taller or more active, but not overweight.

An allowance for unsaturated spreads and oils for cooking, or nuts and seeds can be included in the following quantities: 28-40g per day for men less than 70 years of age, and 14-20g per day for women and older men.

For meal ideas and advice on how to apply the serve sizes go to:

www.eatforhealth.gov.au

FOR FURTHER INFORMATION GO TO www.eatforhealth.gov.au



WHICH FOODS SHOULD I EAT AND HOW MUCH?

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods and drinks that we need regularly, for health and well-being

By eating the recommended amounts from the Five Food Groups and limiting the foods that are high in saturated fat, added sugars and added salt, you get enough of the nutrients essential for good health. You may reduce your risk of chronic diseases such as heart disease, type 2 diabetes, obesity and some cancers. You may also feel better, look better, enjoy life more and live longer!

The amount of food you will need from the Five Food Groups depends on your age, gender, height, weight and physical activity levels, and also whether you are pregnant or breastfeeding. For example, a 43-yearold man should aim for 6 serves of vegetables a day. whereas a 43-year-old woman should aim for 5 serves a day. A 61-year-old man should aim for 6 serves of grain (cereal) foods a day, and a 61-year-old woman should aim for 4 serves a day. Those who are taller or more physically active (and not overweight or obese) may be able to have additional serves of the Five Food Groups or unsaturated spreads and oils or discretionary choices.

For further information go to www.eatforhealth.gov.au.

HOW MUCH IS A SERVE?

It's helpful to get to know the recommended serving sizes and serves per day so that you eat and drink the right amount of the nutritious foods you need for health - as shown in the tables above. We've given you the serve size in grams too, so you can weigh foods to get an idea of what a serve looks like.

The 'serve size' is a set amount that doesn't change. It is used along with the 'serves per day', to work out the total amount of food required from each of the Five Food Groups. 'Portion size' is the amount you actually eat and this will depend on what your energy needs are. Some people's portion sizes are smaller than the 'serve size' and some are larger. This means some people may need to eat from the Five Food Groups more often than others.

HOW MANY SERVES A DAY?

Few people eat exactly the same way each day and it is common to have a little more on some days than others. However, on average, the total of your portion sizes should end up being similar to the number of serves you need each day.

If you eat portions that are smaller than the 'serve size' you will need to eat from the Food Groups more often. If your portion size is larger than the 'serve size', then you will need to eat from the Food Groups less often.



Sexually explicit imagery is now easily accessed, created and shared. For young people, it is almost impossible to avoid. Pornography has also become a default sex educator for many young people, with serious implications for their capacity to negotiate free and full consent, mutual respect, sexual health and gender equality.

What will be explored?

What do parents need to understand about pornography and its influences on young people's sexual understanding and expectations?

How can parents support their children's health, social and sexual development in an age of pornography? Who is the workshop for?

Parents, Carers and Grandparents of secondary school aged children.



About the facilitator

Maree Crabbe has worked with young people and the issues affecting them for over 20 years. Maree coordinates the community education project *Reality & Risk: Pornography, young people and sexuality.*

Maree is Co-Producer and Co-Director of the documentary films *Love and Sex in an Age of Pornography* and *The Porn Factor,* and is author of *In the Picture, a whole of school resource to assist secondary schools to address the influence of explicit sexual imagery.*

Bookings are essential as places are limited

Session Date / Time	Council	Address of Venue	Registration details
Monday 1st May 7:00-8:30 pm	Wyndham City	Youth Resource Centre 86 Derrimut Rd, Hoppers Crossing	www.wyndham.vic.gov.au/itstimewetalked or youthinwyndham@wyndham.vic.gov.au or 8734 1355
Wednesday 24th May 7:00-8:30pm	Hobsons Bay City Council	Newport Community Hub, 13- 17 Mason Street, Newport	9932 4000 or adminys@hobsonsbay.vic.gov.au
Tuesday 6th June 6:00-7:30pm	City of Melbourne	Multicultural Hub, 506 Elizabeth Street, Melbourne	itstimewetalked-melbourne.eventbrite.com.au or nancy.pierorazio@melbourne.vic.gov.au or 9658 9910







