

PRINCIPAL'S REPORT

The end of term three has been a busy time for students and staff. The last few weeks have been punctuated with a wide range of excursions and incursions at years 10, 11 and 12, some great lunchtime events, and some major sporting competitions. In particular, the performing arts have been a feature with the wonderful student talent show running over several lunchtimes, and with rehearsals for the musical production of Little Mermaid Jnr getting into full swing. The end of the term has also featured a number of terrific opportunities to reflect, acknowledge achievement and set goals for improvement: the year 12 awards assembly and the year 11 celebration assembly on Friday 9 September and Thursday 15 September respectively; parent/student/teacher interviews on the Thursday night and Friday of the last week of term; and the year 12 practice exams held throughout that week.

The practice exams that ran during the last week of term provided an opportunity for our Unit 3-4 VCE students to test their current levels of knowledge and technique. The results will provide some very useful feedback to our students on where they are at in the process of preparing to do their best in the upcoming exam period. The practice exams are a signal that our year 12 students are entering the final months of their journey through secondary school. Our senior VCAL students have been finalising tasks and projects to obtain their senior certificate and will continue to work on this and prepare for their final presentations in the first few weeks of term four. Our VCE students will be focussed on preparing themselves for final exams. Most students undertaking VCE Units 3-4 subjects will now be entering a period of intensive revision. Our teachers have ensured that every Unit 3-4 student has completed his or her course in sufficient time to be able to use the remaining period to fashion a well-organised and effective revision plan. The first few weeks of next term, where our teachers will run through key content again, and help students further refine their understandings and their revision techniques, are crucial to the final outcomes. The way students use these final weeks of classes and then their personal revision period after formal classes cease is critical.

I would strongly recommend that our students carefully plot out their use of these remaining weeks. It is best to avoid a 'last minute' approach in which students study inordinate hours just prior to exams, dropping their normal routines of sleep, meals and relaxation. This can be counterproductive. It is important that our students work hard on their preparation, but that they keep a healthy balance in their lives, and that they enter the exam rooms feeling healthy and rested. Maintaining a healthy balance of sport or other relaxation or involvement activities is very important for general wellbeing. A steady, regular study program will be much more effective than trying to revise everything at the last minute.

Similarly, I suggest students work on techniques for managing the levels of stress that may occur at this important time. The healthy balance I have already mentioned is one useful way to do this. Some amount of stress is actually a good thing during exam time – it is the way a person's body gets them ready for a challenge. However, if the stress is feeling too much, there are physical ways to alleviate the tension and calm down. Breathing in and out slowly and deliberately can make a big difference, as it sends a message to the rest of the body to calm down. Stretching exercises can help, as can tensing and then relaxing the muscles in the body. Even drinking water, which can lower the cortisol levels in the body and the brain, can have a soothing effect.

There is a significant amount of information on the next few pages with further suggestions for managing time, staying healthy, dealing with stress, and studying effectively – important information for all our students and their families, but particularly important for our year 12 students at this time of the year.

In planning for the up-coming exam period, teachers will be available to support all students and assist in advising them on how their revision time might be best employed. Most teachers will issue revision packs containing copies of trial exams and/or material to help with the revision process. Many are running revision sessions over the September "break" and/or after school in the first few weeks of term four. There is significant value in continuing to sit practice exams. Students can hone their exam technique through consistent practice, reviewing and improving after each trial exam. As well as reinforcing knowledge and helping work out where the gaps are that might be filled, practice exams also give students an opportunity to work on timing and pacing – other important keys to success.

I would like to wish our year 12 students the best during this period and express my thanks to all staff who I know will be working very hard to support them during this challenging and exciting period.

In closing, I would like to wish all our families a happy, healthy and safe September break, and I look forward to seeing all our students return in two weeks' time, ready for another term of learning and growth.

Darryn Kruse



Supporting your child in the lead up to exams

It is no secret that teenagers have the greatest chance of academic success when they are strongly supported by both school and home. This support will become incredibly important over the next two months, particularly for our Year 12 students as they approach their final exams.

The following advice is an abridged version of an article from the website www.parentline.com.au. Please take the time to read through the suggestions and consider how you can ensure your child is well supported during this very important, and potentially stressful, time in their lives.

Effective study and learning habits

Parents and carers can help reduce the exam stress of their child by helping them establish effective study and learning habits:

- Help your child find a quiet place to study without distractions. Make sure their table is uncluttered so they can focus better.
- Encourage your child to find out exactly what the test involves - are there past test papers they can look at to help them understand what to expect?
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- Help them to plan their study schedule early on so they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?
- Remind your child to take a short rest and move around in between each part of their study.

Offer help sometimes. It can be useful having someone to listen or practise with.

Healthy sleeping and eating habits

- Encourage your child to stick to a routine of going to bed at a reasonable time. They need to avoid late night TV shows and movies, as well as the use of computers and social media.
- Motivate them to eat regularly and make time to have fun and exercise.
- Help them to cut back on coffee or any other stimulants which they may be using, as these can increase agitation. Encourage them to drink lots of water instead.

- Remind them to take time out when they eat, rather than carrying on with study.
- Encourage them to eat fresh fruit, veggies, cereals, grains, nuts and protein - they are all good for the brain and blood sugar levels.
- Encourage them to eat when they get hungry. This keeps blood sugar and hydration levels steady.

Avoid junk food if possible. It will bring a sudden sugar high which will fall away quickly, leaving a person feeling tired.

Relaxation ideas to help your child cope with exam stress

- Always encourage your child to relax before they go to bed after concentrating for long periods of time. Activities such as reading a short story may help them unwind and sleep better.
- Encourage them to go out for a walk, run or do some other exercise they enjoy.
- Teach them relaxation techniques such as listening to some gentle music, getting them to lie down, closing their eyes and taking a deep breath while visualising a calming scene such as a deserted beach.
- Help your child to develop a positive mindset by encouraging them to visualise success - this can really help with self-confidence.
- Avoid rushing on the day of the exam by organising and packing everything they need to take with them the night before.

Hopefully you find these ideas useful and implement them in your household; your support as a parent/guardian is absolutely central to your child's chances of academic success.

Furthermore, the following page provides **links to online study skills tutorials for students** – they are a fantastic resource that your child can use to help them understand how they learn and how they can maximise the effectiveness of their study. If you would like any additional guidance, please contact me and I will be happy to discuss this with you further.

Jules Damschke
Teaching and Learning Leader
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9395 9271



Links to study skills and metacognitive learning strategies - online tutorials

The following links are online tutorials for students – they are a fantastic resource that your child can use to help them understand how they learn and how they can maximise the effectiveness of their study. Thank you to PCSSC teachers Joel Crothers-Stomps, Josh Russo and Kim McVay for developing this wonderful resource.

1. Preparing your brains for memory. (PCSSC Learning Cycle-Students Prepare) Students will be able to describe how different factors can enhance or disable our brain's ability to learn, remember and recall information and processes.

<https://goo.gl/forms/thqogKou1MgXkYWI1>

2. Understanding Memory. (PCSSC Learning Cycle -- Students Prepare) Students will be able to explain how the brain develops a memory of knowledge or a skill.

<https://goo.gl/forms/kluq4gznP1L04Cqh2>

3. The Forgetting Curve. (PCSSC Learning Cycle -- Students Consider) Students will be able to describe how often, and at what intervals, they must trigger memories or thoughts for the information to be retained.

<https://goo.gl/forms/i3hugQfKE06Alovm1>

4. Study vs Homework. (PCSSC Learning Cycle -- Students Consider) Students can compare and contrast the different roles that homework and study play in their education.

<https://goo.gl/forms/3Zqf1OeTIBAvhiB83>

5. Overcoming Procrastination. (PCSSC Learning Cycle -- Students Consider) Students can identify causes of procrastination and describe strategies that can be used to overcome them.

<https://goo.gl/forms/Br1E3B1HwwgZFUqe2>

6. Note Taking and Summarising. (PCSSC Learning Cycle -- Students Consider) Students will be able to apply a note taking strategy that allows for summarising class content, in order to further their understanding and prepare for assessment tasks.

<https://goo.gl/forms/G7GA394we3dl59tM2>

7. Group Study. (PCSSC Learning Cycle -- Students Consider) Students are able to evaluate the effectiveness of using a study group as a method for improving knowledge and skills required in their classes.

<https://goo.gl/forms/PvvdUWiZ8vZMnUP52>

8. Using Past Exam Papers for Study (Yr12 Subjects). (PCSSC Learning Cycle -- Students Consider) Students are able to analyse past exam papers to improve and assess their own understanding of subject content.

<https://goo.gl/forms/hvuOVzKHm8OImrSm2>

Year 12 Students: VTAC application

The Victorian Tertiary Admissions Centre (VTAC) is the central office that administers the majority of Victorian applications for University and TAFE course applications. Subsequently, Year 12 students have been supported to complete their VTAC application in Advisory class throughout term 3. However, for any students yet to complete their VTAC application timely applications close **29 September 2016 at 5pm**. Students need to pay \$32 due in the first week of December.

For students that have not submitted an application by 29 September and wish to following this -- Late Course Application: 29 September (7pm)–4 November (\$100 late processing fee) — Very Late Course Application: 4 November-2 December (\$130 very late processing fee).

Students may also need to complete additional requirements such as a folio, audition or interview as part of their application. Students are recommended to read the additional requirements for each course they apply for and adhere to the due dates.

Students will have an opportunity to apply for Special Entry Access Scheme (SEAS) from 1 August-4 October (5pm) 2016. Students are encouraged to apply for SEAS early as many categories will require a student statement and supporting evidence, such as Centrelink documentation or a Statement of Support from a medical professional and be submitted to VTAC by the required due date.

SEAS:

- Category 1. Personal Information & Location
- Category 2. Difficult Circumstance
- Category 3. Disadvantage financial background
- Category 4. Disability or Medical

Please see Pathways/Careers Leader Mary Dimech-Hill for further details.



Year 12 Film Night

A showcase of the senior audio-visual work including everything from candy-related action short-films to off-beat whodunnits. The evening will feature panel discussions about filmmaking, screenings of the Year 12 Media film productions and popcorn. Everyone from the college community is welcome.

Point Cook Senior Theatre, Friday 21 October, 5:30-7pm

For more information please contact Laura Newman



No Lights, No Lycra

No Lights No Lycra are running some de-stress dance workshops during Term 4 – running in room 505 12-1pm Tuesday 4 October, then Monday 10 October and Monday 17 October. - numbers are limited so be there on time! - get in touch with Ms Laura Newman to sign up.



STUDENT ABSENCES

Parents are requested to login into the compass portal to approve student absences. This can be done from your phone or computer.

LATE ARRIVAL & EARLY LEAVE

All students have been issued with an ID card - they must use this at the Kiosk located in the main reception upon arrival when late.

Parents can give prior permission by logging into Compass. If you approve an absence on compass you are not required to provide a note. A medical certificate is required if a student has missed a SAC.



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-student 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. or directly go to Compass login



Compass Portal

Click here to login to the Point Cook Senior Compass Portal

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

If you are having trouble accessing your account, click on the "**Can't access your account**" link 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.



Point Cook Senior Secondary College

Username

Sign in

Remember me

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



Breakfast Club

Where: Room 312
When: Fridays
Time : 8.00am – 8.30am
All welcome

Point Cook Senior Secondary College would also like to sincerely thank the Bendigo Bank for their ongoing support towards our Breakfast Program.

Point Cook
Community Bank® Branch
 **Bendigo Bank**

The Breakfast Program has been beneficial in supporting those students in need and also developing relationships between staff and students. It also improves student wellbeing, supporting them in improving their outcomes. It is with the support and generosity of the Bendigo Bank that this program continues to be successful.



LUNCHTIME ACTIVITIES

Monday – Japanese Language Club in 603
 Tuesday – Bicycle Users Group - 506
 Wednesday – Student Leader Meeting – 505
 Thursday – Botanical Society (gardening club) 400s Green Room
 Friday – Graphic Design Club AND Newsletter Committee 508

IMPORTANT DATES

Term 4:

3 Oct – Term 4 Commences

20 Oct – Year 12 Celebration Day

26 Oct – Year 12 Exams Commence

1 Nov – Melbourne Cup Day

18 Nov – Year 12 Exams Conclude

14 - 18 Nov – Year 11 Exam Week

21 - 25 Nov – Year 10 Exam Week

21 - 25 Nov – Year 11 into Year 12 Orientation Week

28 Nov - 2 Dec – Year 10 into Year 11 Orientation Week

5 Dec - 6 Dec – Year 9 into Year 10 Transition/Orientation

20 Dec – Term 4 Ends



30 August 2016

Dear parent/caregiver

Over the next two months the college will be offering a range of support strategies for students completing Unit 3/4 subject(s) as they prepare for their exams

Please find attached an outline of the activities we will be running and the relevant dates and times - including a holiday class timetable, exam timetable and a revision lecture schedule.

Yours sincerely

Bronwyn Cambridge

Program Leader

Darryn Kruse

Principal

Holiday Classes

Date	Time	Subject	Location	Teacher/s
Mon 19 Sept	10- 3	Theatre Studies	Theatre	SWO
Mon 19 Sept	10-3	VCD	508	VRI
Tue 20 Sept	9-12	Drama	Malthouse Theatre Southbank	KSI
	10-3	Math Methods	105	LMC/CLY
Wed 21 Sept	10 - 3	Specialist Maths	101	NGU
	10-12	English	103	CLA
	1-3	Literature	103	CLA
Thur 22 Sept	10-3	Math Methods	105	LMC/CLY
			103	
Fri 23 Sept	11-3	PE	101	DRY
Fri 23 Sept	1:30-4	Media	City	External lecture ATOM
Mon 26 Sept	10-2	Biology	105	SSC/OBA
	10-2	History (Revolutions)	103	NMA
Tue 27 Sept	10 – 3	Specialist Maths	101	NGU
	10 - 2	History (Revolutions)	105	NMA
Wed 28 Sept	9-11:30	Software Dev	102	AWI
	12:30-3	Informatics	102	AWI
Thur 29 Sept	10 - 3	Theatre Studies	Theatre	SWO
	10-3	Legal Studies	103	IHA
Fri 30 Sept	10 - 3	Theatre Studies	Theatre	SWO

Revision Lectures

Date	Time	Subject	Location	Teacher/s
Mon 3 Oct	3:10-4:30	English Language	101/102	ADU
Tue 4 Oct	3:10-4:30	Math Methods	801/802	LMC/CLY
Wed 5 Oct	3.15-5.30 3:15 - 5:30	HHD Theatre	701/702 Theatre	ADA/ECA SWO
Thur 6 Oct	3.15-5.30	English and EAL		CLA (ACZ/MAA)
Fri 7 Oct	3.15-5.30	History (Revolutions)	LRC	NMA
Sun 9 Oct	10-3	Literature	VATE Lectures, Monash University, Caulfield Campus	CLA
Mon 10 Oct	3.15-5.30	Further Maths	Theatre	BCA/PWE/DDA
Tue 11 Oct	3:15 - 4:30	Legal Studies	705	IHA
Wed 12 Oct	3:15-5:30	Theatre	Theatre	SWO
Thur 13 Oct	3.15 - 4.45	Business	603	KRO/LSZ
Fri 14 Oct				
Mon 17 Oct	3:15-5:30	Theatre	Theatre	SWO
Tue 18 Oct	3:15-5	Legal Studies	704	IHA

Point Cook Senior Secondary College Valedictory 2016

Date: November 22nd

Time: Doors open 6.30pm for a 7pm start

Venue: MANOR ON HIGH

High Street Epping



Tickets: \$80 each

(Includes 3 Course Meal, soft drinks)

To buy tickets go to Trybooking—link below:



<https://www.trybooking.com/MJBO>

No limit on tickets purchased and sales continue until October 25th

Questions? Miss Simpson in the 100 Staffroom

Or Simpson.Kelli.L@edumail.vic.gov.au

POINT COOK SENIOR SECONDARY COLLEGE

ART & TECHNOLOGY EXHIBITION 2016


FEATURING STUDENT WORKS...

- III PRODUCT DESIGN & TECHNOLOGY
- III VISUAL COMMUNICATION DESIGN
- III FOOD & TECHNOLOGY
- III PERFORMING ARTS
- III STUDIO ARTS
- III MEDIA

13TH

OCTOBER

6^{PM}
OPENING

 Point Cook Senior

www.pointcooksenior.vic.edu.au
ph. 93959271