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.

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.

For all our students I would like to alert you to some scholarship opportunities that are well worth considering. At the back of this newsletter you will find quite a bit of detail about the Bendigo Bank Scholarships and the Carry On Secondary Education Grants, both available to students in financial need. The Dafydd Lewis Trust Scholarships are available to Year 12 male students who have attended a Victorian government school for the last five years, and who intend to enrol in a full-time course at a Victorian University in 2016. Information can be found at: lewisscholarships.org.au/. Applications for the 2016 Wannik Education Scholarships are now open. The two-year scholarships are for Aboriginal and Torres Strait Islander students who will complete Year 10 at a Victorian government school in 2015 and intend to complete VCE or equivalent commencing in 2016. Application forms and guidelines for the scholarship are available at: http://www.education.vic.gov.au/about/programs/aboriginal/Pages/wannikscholarships.aspx

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
The PCSSC Learning Cycle

Throughout 2015 the staff at Point Cook Senior have taken part in extensive professional development and discussions in working towards an instructional model for the college - essentially, a consistent and research-based approach to instruction that encapsulates our best teaching practices. It has been a challenging process to develop a consistent model of instruction that accommodates the needs of the different subject areas; however, it has also been an exciting and rewarding progression that has facilitated rich and meaningful discussions relating to highly effective teaching.

So what have we come up with? The PCSSC Learning Cycle. Whilst still in its infancy, our model of instruction has five main stages and caters for students who are at different points within a piece of learning. Furthermore, our model aims to articulate the actions of both the teacher and the students during the various stages of learning. The stages are as follows:

**Prepare** - The teacher, outside of the classroom, prepares the learning for the needs of the students. Then, inside the classroom, the teacher prepares the students for that piece of learning. The student, outside of the classroom, actively prepares themselves for any new learning. Then, inside the classroom, the student engages with the purpose of the learning and understands what success will look like.

**Connect** - The teacher clearly connects the learning to prior knowledge, as well as helps students to contextualise the learning. The student considers the focus of the learning and how it relates to what they have already learnt, as well as how it relates to their own experiences.

**Show** - The teacher explicitly and directly shows (models) a particular skill, process or understanding with the students. The student actively watches, listens and engages with the teacher as they show a particular skill, process or understanding. When needed, the student asks questions for further guidance.

**Strengthen** - The teacher closely supports students as they practise, apply, develop and strengthen their new skill or process. The student practises what the teacher has just shown them, strengthening his/her new skill or understanding.

**Consider** - The teacher evaluates the learning of the students against the purpose of the learning. This evaluation is then used to consider what comes next. The student reflects on the standard of the work they have produced and the effort they have put into it, then considers the next step in the development of their learning.

Another feature of The PCSSC Learning Cycle is that it aims to provide families and support networks with strategies and ideas for how to encourage academic success for their child. More information regarding this will be provided in Term 4.

What happens next? We will spend time exploring each stage of the model further, building a collection of highly effective teaching strategies that can be used for different stages. 2016 will see the model released through the school’s website, so please keep an eye out for that exciting step in the school’s future.

Lastly, I would like to thank all staff for their hard work and wonderful contributions to this important school development.

Jules Damschke - Teaching and Learning Leader

College’s AVID Representatives

2015 ART SHOW

This year’s Art and Design exhibition will be on Thursday October 15th. This annual event is a cornucopia for the senses, with artworks and designs created by our students, on display, in the 500 buildings. There will be works from the Arts areas of Studio Art, Visual Communications, Media and Design Technology. The event is officially open at 7pm on the evening of the 15th of October (a Thursday) and there will be refreshments and delicacies made by the food technology students served throughout the evening. Come along and enjoy the gallery experience of this year’s premier visual arts event at Point Cook Senior.
VCAL - Personal Development Skills

As part of our Personal Development Skills class, we were required to plan and organise an activity that promoted group cohesion, and to contribute and participate in an activity involving a group. On Tuesday 18th August, we visited Airodrome at the Westgate Centre in North Altona. As a class we participated in acrobatics, dodgeball and trampoline basketball. The students had a fun-filled morning bouncing, laughing, smiling and mingling with each other. We enjoyed somersaulting into the foam pits and playing games that promoted teamwork. This was an excellent way to apply our learning about teamwork and practically meet our outcomes by getting outside of the school grounds.

On Wednesday 2 September, Year 11 Personal Development Skills students met at Williams Landing and caught a train into Melbourne to participate in the Salvation Army Youth Homelessness School Tour. After getting off at Flinders Street Station, we walked to the top end of Bourke St where we met Lucinda Young at the Salvation Army. Once there, we watched a presentation on homelessness and participated in some statistics-based activities. After our one hour workshop, Lucinda took us on a tour around the city to visit known locations of where homeless people sleep rough. The tour gave us an understanding of the conditions that homeless people live with on a daily basis. This trip coincides with our planning of a fundraising BBQ for the Salvation Army. Both of these activities have allowed us to complete some of our VCAL outcomes in a practical way, while also helping the community.

Written by Matt Harper, Josh Read, George Tran
MasterChef 2015

The ingredients offered up to this year’s Point Cook Senior MasterChef competitors were: a chicken breast, capsicum, fresh chilli, baby carrots, sweet potato, zucchini, dark chocolate, fresh raspberries and cream. The standard of the foods produced this year, given the time restrictions and pressure, was very high. The winning team was Claire Smith and Emma Plater. The teacher’s team, Mr Barrett and Mr Crothers, received an honourable mention, but opted for not being in the running to win this year. Congratulations to all competing teams and a big thank you to the judges.
Year 11 Food Technology

After having worked on our Food Technology folio for last term, the Year 11 class of Food Technology finally handed them in yesterday, Thursday 3 September, to Mr Schorback. The assignment consisted of both a practical and theory element, beginning with having to choose a theme to base the cooking on. Amongst the themes we had several birthday parties, a Summer Wedding and also a Nutella theme. The experience was both stressful and fun as we got to choose our recipes for the first time all year. After having a few bumps in the production of my dishes, they ended up coming out fine, receiving good marks. Overall the experience was really fun and I recommend it to everybody with an interest in cooking. Pictured dishes from Paige, Nick and Jehuel.

Quentin Bryce Women in Leadership Q&A

Year 11 students Hannah Paynter, Chala Turkmilyez and Ebonnie Deal attended the Young Women and Leadership Q&A with the Honourable Dame Quentin Bryce, Australia’s first female Governor-General, at Victoria University’s Sir Zelman Cowen Centre. The event was inspirational and interesting with the students having the opportunity to ask questions of Ms Bryce about topics such as refugees, domestic violence and juggling family and career.
On 11 September, the Enhancement English students got to see a performance of *Macbeth* by William Shakespeare. The play was performed by four outstanding actors from the Bell Shakespeare company, who travel around Australia performing Shakespearean plays. Many students loved the performance as it gave them a deeper understanding of the play. The actors performed and summarised the play engagingly. I personally think it was an amazing experience. The stage was small, but they managed to pull it off and gave us the vibe of a big production. Many thanks to the Bell Shakespeare company for coming in and to Ms Lambrianidis for organising.

By Stephanie Atzis 10H
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.

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.

STUDENT ABSENCE
Whenever students are absent from school parents can notify us via:
- Compass Parent Portal – Log in at http://pointcoocksenior.vic.jdlf.com.au/ or visit the Point Cook Senior website for a link. Once logged in parents can approve absences or set up an approval in advance.
- Email – send absence approvals to attendance@pointcooksSenior.vic.edu.au (please note this email should come from the parent listed email address nominated on the student’s enrolment.
- Phone - 9395 5157

Late Arrivals – Students arriving late should sign in at the kiosk in the front office foyer and then head straight to class. This late arrival will still need to be approved by the college or a parent.
Early Leave – Students leaving early will need to sign out through the attendance officer in the LRC. Students are requested to provide written or verbal approval from parent / guardian prior to any early departure.

IMPORTANT DATES
5th Oct – Term 4 Commences
5th Oct – Y12 Performance Exam Commence
15th Oct – College ART Exhibition
21st Oct – Y12s Celebration Day Whole School Assembly
28th Oct – Y12 Exams Commence - English Exam
30th Oct – Y12 Performance Exam Conclude
3rd Nov – Melbourne Cup Day
5th Nov – Science Fair
9th - 13th Nov – Y11 Revision Week
16th - 20th Nov – Y11 Exam Week
16th - 20th Nov – Y10 Revision Week
20th Nov – Y12 Exams Conclude
23rd - 27th Nov – Y10 Exam Week
23rd - 27th Nov – Y11 into Y12 Orientation Week
27th Nov – Y11 University & TAFE Workshops
30th Nov - 4th Dec – Y10 into Y11 Orientation Week
7th - 8th Dec – Y9 to Y10 Transition/Orientation
14th - 17th Dec – Y12 Change of Preference Appointments
18th Dec – Term 4 Conclude
8BIT
Art / Technology Exhibition 2015
Thursday 15 Oct, 7pm
Ph. 9395 9271
Healthy & active EXPO

10-25 October 2015

Want to be more active or try a new activity?

Come along and participate in a wide variety of FREE activities ranging from walking to yoga and meditation with sports like netball, t-ball, cycling, boxing and tennis, dance fun including Zumba, Hip-Hop and Salsa - there’s something for everyone!

Register online at: www.wyndham.vic.gov.au/healthyandactiveexpo

Chance to win an AquaPulse family pass

Explo Launch October 10 12pm-2pm Point Cook Town Centre
Studying Year 11 or 12 in 2016?

Scholarships Available.

Nominations are open for eligible students attending Bayside College, Point Cook Senior Secondary College and Laverton P-12 College for Years 11 or 12 in 2016.

Scholarships will assist motivated students studying VCAL, VET or VCE to overcome financial barriers to their educational pathway and dreams.

Applications close 14 October.

For more information visit our Facebook page www.facebook.com/AltonaLavertonPointCookCommunityBankBranches or speak to your schools Career Counselor or Student Welfare Officer.
ARE YOU EX NAVY, ARMY, OR AIR FORCE?

Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2016, please telephone Carry On (Victoria) on (03) 9629 2648 to establish eligibility and request an application form.

Carry On (Victoria) assists Secondary School students in Years 7-12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available.

Children whose Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and applications should be submitted by 29 October 2015.