

PARENT BULLETIN

KURNAI COLLEGE – PRECINCT CAMPUS

Web page address
www.kurnaicollege.vic.edu.au

THURSDAY 25TH OCTOBER 2012

SCHOOL OFFICE HOURS: 8.00AM—4.00PM

SCHOOL HOURS: 8.30AM—2.50PM

COLLEGE PRINCIPAL
ANTHONY RODAUGHAN

CAMPUS PRINCIPAL
MATT JOBLING

ASSISTANT PRINCIPAL
MICHELLE REID-METCALF

CONTACT DETAILS

◆ **ADMINISTRATION**
PH 5165 0646
PO BOX 3411
MORWELL BC 3841

◆ **GEP OFFICE**
PH 5132 3800
PO BOX 3411
MORWELL BC 3841

◆ **ATTENDANCE**
PH 5132 3843

DATE	EVENT
Friday 26 th October	Year 12 Celebration Day at The Summit
Tuesday 30 th October	Year 11 VET & VCAL Stony Creek Go Karts
Wednesday 31 st October—Friday 2nd November	Year 11 Outdoor Education, East Gippsland Rail Trail
Thursday 1 st November	Unit 3/4 VCE Exams begin
Wednesday 14th November	VET Orientation Day

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will." Vincent T. Lombardi

END OF YEAR 12 CLASSES!

Today is the last day of official Year 12 classes and tomorrow we take Year 12 students to 'The Summit' for a celebration day. Although for VCE students there is still considerable effort needed in preparation for their exams it will be good to take some time out to acknowledge the end of their secondary schooling as a whole group and have a day to relax and enjoy fun activities.

Historically our students have appreciated the celebration day and have shown the utmost respect for the school and themselves in the manner in which they conduct themselves at this time of the year. Plenty of schools suffer needless vandalism and many students end their schooling on a very sour note as a result. Our students have been clearly informed of the consequences of any similar behaviour.

We wish the VCE students the very best for their upcoming exams and encourage them to focus their effort over the next few weeks to be fully prepared. The campus will be open to year 12 students for study purposes and staff will be available for support as needed.

We wish the class of 2012 all the very best for the future and look forward to celebrating their achievements this year in VCE and VCAL at the Graduation Dinner in December.

Teachers will be available to students right up until each exam is completed, students are encouraged to make full use of the support offered by teachers even after official classes finish ensuring they are as well prepared for exams as possible. Students can also make appointments with their performance class teacher if they would like any study and exam preparation assistance. Families are also encouraged to be as supportive and understanding as possible during a time when many students may feel under greater pressure than usual. Any students or families concerned by how they are coping are encouraged to contact the Advocate team.

YEAR 11 - MEETINGS FOR SUCCESS

Through the middle of Term 4 the Student Management Team at the Precinct will be arranging appointments with Year 11 students and their families. These appointments will give students and families a chance to discuss how their time at the GEP is going: If there are changes to students' career aspirations, if there are practices or strategies that are/aren't working, if there is anything the team and the GEP staff can do to make the student more capable or motivated in *reaching* their goals. The meetings will only run for 15-20 minutes (max) and will also look at the student's classes for the coming year. For more information contact David Shields.

NEW ENROLMENTS

We are currently taking new enrolments from outside Kurnai College and have had a high level of interest in our senior campus. If there are any families that are aware of other students considering the GEP as an option for their senior studies please encourage them to contact the GEP Campus on 5132 3800 to arrange an interview as we are now collating all our student preferences for subjects in 2013 and developing a timetable based on the students selections.

CLOTHING EXPECTATIONS

As the weather continues to improve, parents, carers, and students are reminded that whilst we do not have a specific uniform at the senior campus, students are expected to wear clothing appropriate to our work environment. Please ensure that clothing is not too revealing; for example males are not to wear singlets as the outer garment and females should consider the suitability of tops and shorts.

STUDENT ABSENCES

When a student is absent from school for any period of time, it is the preference of the College to be notified by 9am at the relevant campus where the student attends.

There is a dedicated hotline with 24 hour access at each of the campuses where a message may be left by parents/guardians.

Thank you for your assistance in this matter.

GEP absence line 5132 3843

Churchill absence line 5132 3703

Morwell absence line 5165 0602

2012 COLLEGE MAGAZINE / YEAR BOOK

Don't miss this fantastic opportunity to purchase the 2012 Kurnai College Yearbook at a cost of \$15.

The book is produced in full colour of approximately 90 pages and is a fantastic record for your student to look back on time spent at Kurnai College.

The yearbook is **not included in your school fees** so please contact the General office before the end of October to secure your copy.

The GEP—5132 3800

Morwell - 5165 0600

Churchill - 5132 3700

* A Healthy balance of relaxation, exercise, social interaction and study is the best formula for success.

** A Healthy diet is also essential in staying physically and mentally active.

WEEKLY PRIORITIES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING (BEFORE SCHOOL)							6-8am
PERIOD 1							8-10am
PERIOD 2							10-12pm
PERIOD 3							12-1pm
PERIOD 4							1-2pm
PERIOD 5							2-3pm
3-4pm							
4-5pm							
5-6pm							
6-7pm							
7-8pm							
8-9pm							
9-10pm							

NEED HELP WITH YOUR SACS AND EXAMS???

HOW TO ORGANISE YOURSELF TO REMAIN 'IN CONTROL':

- **Approach the exam with confidence:** Use whatever strategies you can to personalise success: visualization, logic, talking to yourself, practice, team work, journaling, etc. View the exam as an opportunity to show how much you've studied and to receive a reward for the studying you've done.
- **Be prepared!** Learn your material thoroughly and organise what materials you will need for the test. Use a checklist.
- **Choose a comfortable location to study for the exam** with good lighting and minimal distractions. Relax and allow your mind to absorb the information.
- **Allow yourself plenty of time**, especially to do things you need to do before the test and still get there a little early.
- **Avoid thinking you need to cram just before.**
- **Strive for a relaxed state of concentration** Avoid speaking with any fellow students who have not prepared, who express negativity, who will distract your preparation.
- **A program of exercise** is said to sharpen the mind. Active Body – Active Mind. Sometimes it is more helpful to spend 30 - 60 minutes of study time going on a quick walk or a jog with a footy.
- **Get a good night's sleep** the night before the Exam or SAC. Again relax, the information won't drift away while you sleep, so let your body refuel itself by getting a good sleep.
- **Don't go to the exam/SAC with an empty stomach** Fresh fruits and vegetables are often recommended to reduce stress. Stressful foods can include processed foods, artificial sweeteners, carbonated soft drinks, chocolate, eggs, fried foods, junk foods, pork, red meat, sugar, white flour products, chips and similar snack foods, foods containing preservatives or heavy spices.

Take a small snack, or some other nourishment to help take your mind off of your anxiety. Avoid high sugar content (candy) which may aggravate your condition. Uncle Toby's Muesli Bars or similar healthy ones are a great snack, likewise mixed nuts or bananas.

WRITE DOWN 2 STRATEGIES FROM THIS LIST THAT YOU HAVEN'T TRIED, (THAT MADE SENSE TO YOU) AND YOU WILL USE BEFORE YOUR NEXT SAC OR EXAM.

Strategy:	What will you do specifically?
1.	<ul style="list-style-type: none">•••
2.	<ul style="list-style-type: none">•••

ADVANCE NOTICE: YEAR 12 GRADUATION DINNER AND AWARDS NIGHT

SAVE THE DATE: DECEMBER 19, 2012 AT THE PREMIER FUNCTION ROOM

- Tickets are \$45 per person and will include a 3 course meal as well as soft drink and juice, (strictly no alcohol).
- There will be confirmation at a later date regarding the number of tickets available for purchase.
- Time to start digging up photos. Please email to Mrs Yiannacou at the following email address:
Kalleopi.yiannacou.k@edumail.vic.gov.au
 - ◇ Photos of your time at Kurnai, (it can be from the junior campus also, not just at the GEP.) Suggestions: class excursions, school camps, sport days, theme days, school yard. No photos from private events. Individual and group photos are welcome. The aim is to have at least one photo of each person.
 - ◇ Baby photo: Start digging up a baby photo, scan it and send to the above email address
 - ◇ Please include for all photos sent: name of people in the photos, the year level
 - ◇ Once we can confirm that students have successfully completed their Year 12, invitations will be mailed out. Please ensure we have correct mailing addresses.

* WATCH THIS SPACE FOR UPDATES.
Kallitsa Yiannacou

UPCOMING EXCURSIONS / CAMPS

Year 12 Celebration Day at The Summit	Friday 26 th October	\$15	Payment and Permission forms due by Friday 19 th October— OVERDUE
Year 11 Outdoor Education East Gippsland Rail Trail	Wednesday 31 st October -Friday 2 nd November	\$115	Permission forms and Payment due by 17 th October - OVERDUE



VTAC CHANGE OF PREFERENCES



CHANGE VTAC

PREFERENCES:

Until 26th Oct as long
as you first applied
by
28th September

SCHOLARSHIPS:

You can apply for
VTAC scholarships
until
19th October

SCHOLARSHIPS
NOW OPEN

Year 12s are reminded that you can change your VTAC preferences until 26 Oct as long as you first applied by 28th Sept. It is also possible to change your VTAC course preferences from **26 Nov till 24 Dec (12 noon)**. You will receive your ATAR on Mon 17 Dec. It is not recommended that you remove a preference from your VTAC list simply because you think your ATAR is not high enough.

WHERE CAN I GET HELP AT CHANGE OF PREFERENCE (COP) TIME? Universities and TAFEs will have staff available to assist you till at least Fri 21 Dec (some till Mon 24th). They have provided the following information about assistance on offer (check websites for more information):

- **Australian Catholic Uni:** Call 1300 ASK ACU; **COP Expo:** 10am-3pm, Wed 19 Dec in Daniel Mannix Building
- **Box Hill Institute:** COP information session, ...call 1300 BOX HILL or Andrea on 9286 9553
- **Charles Sturt Uni:** Call 1800 334 733
- **Chisholm TAFE:** Call 1300 CHISHOLM
- **Deakin Uni:** Call 1300 DEGREE; COP 3pm-7pm, Tues 18 Dec (Burwood); See: www.deakin.edu.au/cop.
- **East Gippsland TAFE:** Call 1300 133 717
- **Holmesglen Institute:** Call 1300 693 888
- **Kangan TAFE:** Call 13 TAFE
- **La Trobe Uni:** COP Hotline: 1300 135 045, 16-22 December; see www.latrobe.edu.au/prefer
- **Monash Uni:** Call 1800 MONASH; COP Expo, 3-7pm, Wed 19 Dec, Building H, Caulfield campus, 900 Dandenong Road; www.monash.edu/monash2012; flyers in Careers Room.
- **NMIT:** Call 9269 1200
- **RMIT Uni & TAFE:** Call 1800 11 RMIT (8.30am-5.30pm weekdays); Info Corner, 330 Swanston St, Melbourne www.rmit.edu.au/cop
- **Swinburne UNI & TAFE:** **1:1 appointments** 9am-5pm, 17-18 & 20-21 Dec; **online chat**, 9am-5pm, 17-18, 20-21 Dec & 9-12noon, 24 Dec; **COP Expo**, 11am-3pm, Wed 19 Dec (Hawthorn); www.swinburne.edu.au/rightchoice; Call 1300 275 794;
- **University of Ballarat:** Call 1800 811 711; COP Information Day 11am-2pm, Wed 19 Dec (Mt Helen)
- **University of Melbourne:** COP Hotline: 13 MELB (13 6352); **website:** www.cop.unimelb.edu.au; **speak with staff** one-on-one at the University Information Centre, Gate 3, Swanston St; attend **Course Information Day**, 10am-2.30pm, Wed 19 Dec, Parkville campus; **register on-line** to win: www.cop.unimelb.edu.au.
- **Victoria University & TAFE:** Call COP hotline, 17-21 December on 1300 VIC UNI; Info Sessions, 19 & 20 Dec; drop-in at City Flinders St campus, 11am-4pm, 17 & 18 Dec
- **William Angliss Institute:** Call 9606 2111

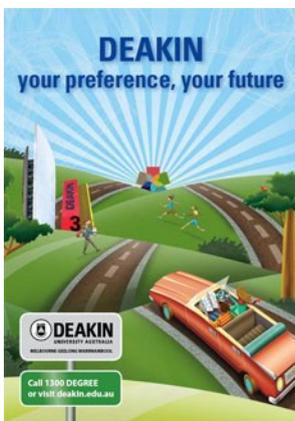
WHAT IF MY ATAR IS NOT HIGH ENOUGH?

Some Year 12's are concerned that they will not access the university course of their choice due to their inability to achieve the required ATAR. This is NOT the finish. What should you do?

Firstly, DON'T think that you must remove courses from your VTAC application just because your ATAR doesn't seem high enough. ATAR's sometimes come down and it is not necessary to remove courses unless you have more than 12 courses for which you wish to apply.

If you want to go to university but your ATAR concerns you, there are courses and pathways to consider, including the following (many have lower ATAR requirements):

- Complete the **Diploma of Tertiary Studies** at Monash University in arts, business, education, health promotion, nursing, science or social welfare. **See:** page 282 VTAC Guide (VTAC codes 26291, 30751 and 29391)
- Complete a course at **Monash College**; see page 269 of the VTAC Guide (VTAC Codes – various)
- Complete a course at **MIBT** (Deakin Uni link); see page 265 of the VTAC Guide
- **Swinburne** University (Hawthorn) has an access scheme applying to some schools; this involves a 5-point bonus applied to former Lilydale degrees
- Complete a Foundation Studies one year pathways course at **Victoria Uni**; application form at www.vu.edu.au/courses/applying
- Consider studying a **related university course** with a lower ATAR; if you do well you MAY be able to transfer to your desired course later
- Start with a **TAFE course** in a related field; two years at TAFE often equals one year at university
- Complete a TAFE **Diploma of Liberal Arts** – a pathway into arts, social science and humanities. Kangan (VTAC Code 53311), Swinburne (70091) and VU (79131, 80531) have this Diploma, some with guarantees and points towards a degree
- Consider a **country/rural campus**. ATAR's are often lower due to lower demand; most have accommodation (apply ASAP)
- For **nursing** consider first completing Division 2 at TAFE or a private provider; apply early and complete the VETASSESS Test if required (eg RMIT requires this by 19 Oct, Holmesglen by end November, while VU requires it 31 October). It is not required by all TAFE's, for example, Swinburne, where you have to apply direct to Swinburne – on-line.



MONASH CHANGE OF PREFERENCE VISIT !

The aim of these visits is to provide the opportunity for students, parents/ guardians and school staff to speak directly to Monash staff for advice regarding study options for 2013, regardless of whether they plan to study at Monash University or not.

Advice Line and Further Assistance During Change of Preference - Monash University Gippsland Campus will also be running an Advice Line that will run throughout the entire Change of Preference Period, including weekends. Students, parents/ guardians and school staff can call (03) 5122 6987, or alternatively, email gippsland.campus@monash.edu. There will also be a range of information promoted through all major newspapers throughout the Gippsland region and on local radio during December.

Please find times, dates and venues in the brochure following this article.



MONASH University

Change of Preference Information Sessions 2012 Schedule

TUESDAY 18 DECEMBER	
St Paul's Anglican Grammar School, Warragul	10:00am – 11:00am
Traralgon College	10:30am – 11:30am
Lavalla Catholic College, Traralgon	10:30am – 11:30am
Yarram Secondary College	10:30am – 11:30am
Chairo Christian School, Drouin	12:30pm – 1:30pm
Kurnai College (GEP), Churchill	1:30pm – 2:30pm
Mirboo North Secondary College	1:30pm – 2:30pm
Drouin Secondary College	2:00pm – 3:00pm
WEDNESDAY 19 DECEMBER	
Warragul Regional College	10:30am – 11:30am
Newhaven College	10:30am – 11:30am
Bairnsdale Secondary College	10:30am – 11:30pm
Trafalgar High School	12:30pm – 1:30pm
Lowanna College, Newborough	12:30pm – 1:30pm
Gippsland Grammar, Sale	1:00pm – 2:00pm
Leongatha Secondary College	1:30pm – 2:30pm
Catholic College Sale	2:30pm – 3:30pm