**Message from Campus Principals**

Hello Everyone

The Term 3 Stress Less Lunchtime was held on Tuesday this week. As usual School Captains, Daniel and Regan conducted the assembly where a number of prizes were drawn, one each for the College’s 4 pillars of Excellence, Work Ethic, Engagement and Relationships. Students were then offered different food according to their individual taste. The BBQ was popular as usual but the hot jam donuts were a really big hit with the queue extending a long way. Straight after this the very entertaining spaghetti eating (without a fork) competition took place. It was a very messy affair that had everyone watching in fits of laughter.

Headspace had a stall with give-away prizes and an obstacle course where the participant had to wear foggy glasses. Again, a very funny thing to watch. Some students showed their accuracy with darts at the balloon pop competition which seemed a bit dangerous for staff manning the booth.

A big thank you to Kiyomi who organized the very successful event and for everyone else who helped to make it a really successful Stress Less Lunchtime.
Message from Campus Principals Contd...

The end of Term 3 has arrived. It happens every year; first semester seems to take forever and then Semester 2 disappears in a flash. Thursday 20th October, about a month away now, is the Celebration Day for all Year 12 students.

For Year 12 students, both VCAL and VCE, we are very quickly approaching the pointy end of their time at secondary school. Year 12 VCAL students will be in class for the first week next term. There are some who have learning outcomes to complete and they need to be at school. Others will be looking for work or apprenticeships or enrolling in relevant TAFE programs for 2017.

VCE students will finish formal classes on 19th October. In most subjects students have already started revision for the exams which will begin on Wednesday, 26th October. It is critical that students remain focused on their preparation for the exams because so much can be achieved, and lost, in these last few weeks. For non-ATAR students, once teachers have signed off on their learning outcomes, they can begin to look for employment or explore other options for 2017.

All students and their families should remember that the Careers team is there to help them, regardless of the direction they want to take, after finishing this year.

Have a safe and restful break. See you all back on October 3rd.

Geoff and Nello

Year 12 English Language Class

Mr Rodaughan and Mr Carbone visited the Year 12 English Language class on 6th September for an after school class. The focus of the class was on spoken language and how individuals differ with their word choices.

There was a variety of topics that each principal was asked to respond to and the students noted the word choice, intonation, tone and other prosodic features.

Language choice varies so much between individuals and being able to immerse themselves and observe different conversations was invaluable. The session lasted for about 45 minutes but the students were able to grasp much needed content that will assist them in the upcoming exam.

Many thanks to Mr Rodaughan and Mr Carbone for their time.

College Magazine

If you wish to order the college magazine for your student, Payment must be made by the end of this term. Payment can be made using existing credit (excluding CSEF funds) on your family account, BPAY, EFTPOS, Cash or Cheque. The charge for the magazine is $15. Please contact the General Office if you wish to arrange payment.

A reminder to call our ABSENCE HOTLINE 5132 3711 preferably before 9am if your child is not going to be at school. This will ensure your child’s absence is recorded correctly and you don’t receive a phone call from our office.
***Attention all Year 12 Students***

PHOTOS REQUIRED by end of Term 3!

The Year 12 Graduation will feature a presentation of every student that features the class of 2016, every student is expected to bring one baby photo that will then feature in the DVD presentation on the night. This presentation requires baby photos of each student. Please bring an appropriate photo so that all students are part of the presentation.

**BABY PHOTO**

Photos that work best are those in which you are facing the camera with your eyes open. It is also better if there are no obstructions in front of your face e.g. a dummy, a hand, etc. Suitable age is 0 – 6 yrs.

Photos can be scanned by you or you can bring them to school to scan them.

**IMPORTANT INSTRUCTIONS**

When scanning: Select resolution of 300 DPI

When saving: Select JPEG format. **DO NOT SAVE IN ANY OTHER FORMAT**

EMAIL photos and queries regarding the year 12 graduation to Kallitsa Yiannacou at the email address below:

GraduationPhotos@kurnaicollege.vic.edu.au

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**Year 12 Graduation Dinner**

Graduation tickets will go on sale at the beginning of Term 4.

Tickets are $50 per person.

Students may purchase one, (1), ticket for themselves plus may purchase two, (2), additional tickets.

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**Indoor Rock Climbing**

The Year 11 Outdoor and Environmental Studies classes went to the Melbourne CBD for an indoor rock-climbing session. Students were instructed on how to ‘belay’ and ‘tie in’. Once students demonstrated competency in those two skills, they were then able to scale the 10 metre+ walls with their partner. Initially some students were apprehensive, but by the end of the session, all students managed to make it to the top. What was especially difficult for most students, was trusting their partner to lower them! Students were then given 2 hours to roam the CBD. Students were well behaved and got back to the meeting spot on time, so they could board their Vline train to get back home on time.
VCAL News

Well it's been a busy, busy week in VCAL! With our Winter Sleep Out, Licola community project and Masterchef. Our year 12s are trying to finish off their secondary schooling strong and are busy ensuring their outcomes are met.

Winter Sleep Out

Sixty three students and seven staff participated in this year's Winter Sleep Out. The sleep out is planned by the Year 12 Personal Development class as part of their outcomes. Students planned all aspects of the event as well as ensuring the event ran smoothly on the night. Students built a wide variety of sleeping structures out of boxes that were sourced from local businesses. Overall, the students involved said they enjoyed the night and have a better understanding of the issues facing homeless people. The event raised $630 for Mission Australia.

The VCAL team and the year 12 Personal Development class would like to thank the teachers and staff involved in the planning and running of the event, the students who attended and the businesses who provided boxes for supporting this worthwhile event.

Masterchef

It got hot in the VCAL Catering kitchen this week with the Masterchef competition being held for the second year in a row. Students had 90 minutes to prepare, plate and present their dishes to our knowledgeable judges (Mr Block, Mr Carbone and Kiyomi) for tasting and feedback. Students had to prepare two dishes that showcased their skills and food knowledge. The judges enjoyed a wide range of dishes including chilli eggplant, Mediterranean pasta, kebabs, parfait, cheesecake and ice cream sundaes.
VCAL News Contd...

Licola

6 VCAL students and teacher Brett Gay have just returned from another successful trip to Licola Wilderness Village. The students involved were Callum Sturk-Merino, Taylah Kilpatrick, Grace Bonnici, Jake Wardill, Liam Cassar and James McKean. Students volunteered their time and labour to repair and carry out maintenance in the Lions Wilderness Village. This is a camp for disadvantaged children and is run by Lions. The students gained life skills while being part of a team.

We would like to thank Ken, Paul and Peter for the opportunity, mentoring and support they provided during our 4 days working at the camp.
Positive Behaviour Support (PBS) Free Milo and Bickies

*It pays to be at school even when it is cold and rainy. Students on Monday and Tuesday enjoyed a free milo and biscuits supplied by the PBS team.*
Kurnai College Music What’s Happening ......

College Concert – Monday 17th October

6:30pm at Kurnai College Morwell Campus

All student ensembles that participated in the On The Road Again Primary Schools tour and the Latrobe Valley Eisteddfod will be presenting their works to the College community. Each ensemble features students from every Campus, displaying a variety of musical genres from all mediums of where music is used. The night will also feature a number of items from one of our Year 12 VCE vocal solo student and her accompanists.

Kurnai Idol – Campus Heats and Grand Final

The door is open for all students from across Kurnai College to participate in this annual event. Students perform at their home Campuses for the first three weeks of Term 4, where the final three from each Campus then perform against each other in the Grand Final.

Students can still sign up by either placing their names on the signup sheets placed in the music rooms, or by emailing their interest to participate to Mr Bonnici via Compass.

University Campus will commence the heats during the lunchbreak of the first Monday of school.

All participants are to vocally present a new item in every heat with either a backing track or a student accompanying on either piano or guitar. Those that make it to the Grand Final will need to present two items, one of which must feature a student accompanist. All are welcome to attend the Grand Final - Monday 24th October, 6:30pm at Kurnai College Churchill Campus.

Kurnai Idol 2016
A VOCAL AND ACCOMPANIST COMPETITION

DO YOU HAVE WHAT IT TAKES?

SIGNUP SHEET OUTSIDE MUSIC ROOM OR EMAIL MR. BONNICI VIA COMPASS

- HEATS DURING LUNCHTIME WEEKS 1, 2 AND 3 AT EACH CAMPUS

- REQUIRE ITEMS WITH BACKING TRACK AND A KURNAI COLLEGE STUDENT ACCOMPANIST

GRAND FINAL
MONDAY
24TH OCTOBER @ 7PM
This week is relationships week and we are encouraging positive student relationships with their teachers and each other. These are important for student success as when students find their school environment to be supportive and caring, they are less likely to become involved in substance abuse, violence, and other problem behaviors. (Hawkins, Catalano, Kosterman, Abbott, & Hill 1999; Battistich & Hom 1997; Resnick et al. 1997). They are more likely to develop positive attitudes toward themselves and prosocial attitudes and behaviors toward others. (Schaps, Battistich, & Solomon 1997). Much of the available research shows that supportive schools foster these positive outcomes by promoting students’ sense of “connectedness” (Resnick et al. 1997), “belongingness” (Baumeister & Leary 1995), or “community” (Schaps, Battistich, & Solomon 1997) during the school day.

Connectedness, belongingness, and community all refer to students’ sense of being in close, respectful relationships with peers and adults at school.

When students’ basic psychological needs (safety, belonging, autonomy, and competence) are satisfied, they are more likely to:

- Become engaged in school (school bonding)
- Act in accord with school goals and values
- Develop social skills and understanding
- Contribute to the school and the community

PBS News Contd...

100% ATTENDANCE

CONGRATULATIONS TO THE FOLLOWING STUDENTS WHO HAVE ATTENDED EVERY DAY FOR THE MONTH OF AUGUST – ON TIME.

Mick Berger  
Liam Cassar  
Joel D’Amico  
Jaryd Downes-Smith  
Blake Ewald  
Alicia Ewen  
Jodie Gates  
Trent Gillespie  
Joshua Hall  
Moises Haviland  
Isabel Hines  
Will Kennedy  
Katie Li  
Katelyn Madsen  
Tahlia Medew  
Hayden Penney  
Rachael Peter  
Ellie Pollutro  
Taneaka Pullen-Whitmore  
Chelsea Radford  
Lucy Sevenson  
Nicholas Smith  
Kayla-Joy Taylor  
Emily Tobler  

Cooper Turner  
Justin Van Tilburg  
Sam Ward  
Benjamin Wilson  
Rhys Woszczeiko  
Jess Wright  
Daniel Wynne  
Eric Andreazzi  
Storm Caldwell  
Matthew Devonshire  
Aiden Ewald  
Sophie Fitzpatrick  
James Goodwin  
Maddison Harris  
Ellis Hayes-Hill  
Emma Jonkers  
Caleb Leak  
Yuxin Li  
Bennie Marr  
Brandon Mehmet  
Jordan Taylor  
Damian Toward

Remember, every day counts. If your child must miss school, speak the school as soon as possible.

Openly communicating with your child’s school about all absences is a good way to prevent attendance issues being escalated.

If you're having attendance issues with your child, please let the appropriate staff know so you can work together to get your child to school every day.
UNIVERSITY CAMPUS - PATHWAYS TO SUCCESS

SACs...

<table>
<thead>
<tr>
<th>Subject Term 4</th>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 5</th>
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Take a Break

We have been taught for a long time with homework and study to keep working hard! Come on! Get on with it. No time to stop. The truth is that frequent breaks are the key to success. A studying approach that deals in 5-20 minute bursts of study is seen by most as the key to best results.

What we typically do is work and work and get more tired, more distracted and as a result more bored and less productive. When the finish line is not in view and you are just plodding away it can feel like the remainder of your life will be stuck in this book? And we then make excuses for quitting or are understandably upset when results don't go our way in tests. So what do we do instead?

The tip for unleashing our brain to work at its prime is **relaxation and concentration**. Sounds simple and logical but we rarely do either of these things. We are often tired and overworked from school/life, etc. so when we get into study our brains are too active to think/recall clearly. When we do study we also don't put much effort into 'what we want to achieve'. Therefore our focus and concentration isn't what it could be.

The answer to all of this is:

1. Prepare to study:
   - What do you want to learn/revise?
   - How can you separate this into blocks of time (5-20 minutes)?
   - Get your materials out and what you will use to take notes, etc.
2. Prepare your brain:
   - Relax. If you are not into meditation or yoga then simply take 4-5 deep breaths and DON'T think about your task or what you need to do later, or anything that is related to the past or future. If you need something to focus on – then focus on your breathing going in and out.
3. WORK HARD and WITH PURPOSE
   - Set your timer for the 5-20 minutes you think you need and work hard -focused SOLELY on the task you are doing.
   - Stop
   - Walk around, stretch, breathe and when you are relaxed again – go again. You should be able to maintain a HIGH FOCUS and PURPOSEFUL CONCENTRATION for longer and your results will astound you. It's also far more fun studying in 5-20 minute blocks than for 3 hours.

If you are a student studying for exams. Take this advice and work through it. It may make a big difference to how you prepare.

If you are a parent then please support this approach with your kids as it is a practice that could help them for many years to come if they see its benefits now.

For any further advice or tips on how to study best please see David Shields at the school or email at: shields.david.p@edumail.vic.gov.au
KURNAI Holiday Support Sessions

A number of staff are volunteering to come in over the holidays to run EXTENDED EXAM PREPARATION sessions.

ADVICE FROM THE EXAM LECTURE: GET RESOURCES – REVISE THEM – PRACTICE EXAMS

• OPEN BOOK/OPEN TIME – OPEN BOOK/SET TIME – CLOSED BOOK/SET TIME

<table>
<thead>
<tr>
<th>Monday 15th September</th>
<th>Tuesday 20th September</th>
<th>Wednesday 21st September</th>
<th>Thursday 22nd September</th>
<th>Friday 23rd September</th>
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<td>10 – 12.30pm</td>
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<td>ENVIRONMENT</td>
<td>FURTHER MATH</td>
<td>FURTHER MATH</td>
<td>DAY OFF</td>
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<td>Ms Cropper</td>
<td>Ms Cropper</td>
<td>Mr Hocmeyer &amp; Ms Southall</td>
<td>Mr Hocmeyer &amp; Ms Southall</td>
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<td>Library</td>
<td>Library</td>
<td>SW123</td>
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<tr>
<td>ENGLISH LANGUAGE</td>
<td>CHEMISTRY</td>
<td>MATH METHODS</td>
<td>MATH METHODS</td>
<td>DAY OFF</td>
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<td>Ms Crichton</td>
<td>Mr Chandler</td>
<td>Ms Chard &amp; Mr Hocmeyer</td>
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<td>SW123</td>
<td>SW128</td>
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<td>PSYCHOLOGY</td>
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<td>Mr Eastern</td>
<td>Ms Eastham</td>
<td>Ms Brown</td>
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VCE External Exams – Navigator 2016

The final written exams for Year 12 start on 26th October with English and EAL at 9.00 a.m. to 12.15 p.m. All examinations will take place in the Green Inc. building.

Students are expected to arrive at the exam at approximately 8.30 a.m. so that checking of dictionaries and stationery can take place.

To access the timetable and the approved materials and equipment for VCE written examinations please access www.vcaa.vic.edu.au/pages/vce/exams/index.aspx

An assembly will be held before the end of term to students.

Please encourage your son/daughter to access past examination papers and examiners reports and practice some of the questions. Teachers will be happy to assess their practice attempts.

USEFUL WEBSITES

www.vcaa.vic.edu.au
www.vtac.edu.au

English lectures and workshops

9am-10am – Lecture and Workshop
Section A
All About Eve
6W158
Section A
Stasiland
6W157

15 minute break

10.15am-11.15am – Lecture and Workshop
Section B
Encountering Conflict
The Lieutenant
6W158
Section B
Encountering Conflict
Life of Galileo
6W157

15 minute break

11.30am-12.30pm – Lecture and Workshop
Section C – Language Analysis
REVISION LECTURES ONLY $10

We have got the funding to offer $10 revision lectures from ACCESS EDUCATION:

- Sign up with the form (below) or forms can be located in the library and returned with money to the main office.
- LECTURES WILL BE HAPPENING AT FED UNI on the 15th/16th OCTOBER. GET YOUR MONEY AND FORM INTO THE OFFICE AS SOON AS POSSIBLE.
- PLEASE SEE DAVID SHIELDS WITH ANY QUESTIONS
Congratulations to our Positive Behaviour Support Recipients

<table>
<thead>
<tr>
<th>Work Ethic</th>
<th>Excellence</th>
<th>Relationships</th>
<th>Engagement</th>
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<tr>
<td>Tyra Barnes</td>
<td>Scott Adler</td>
<td>Sophie Gould</td>
<td>Josh Hall</td>
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<td>Wyatt Ceeney</td>
<td>Matthew Devonshire</td>
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<td>Emily Dalpozzo</td>
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<td>Nic Smith</td>
<td>Sam Ward</td>
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<td>Riley Watts</td>
<td>Jaimee Williams</td>
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<td>Fang Zhou</td>
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Key Dates

Calendar of Excursions / Camps

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<th>All Years</th>
<th>Event Description</th>
<th>Date(s)</th>
<th>Cost</th>
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<tr>
<td>Oct 3– Nov 21</td>
<td>VCAL Sport Term 4</td>
<td>Every Monday</td>
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<td>Oct 7</td>
<td>Interschool Debating</td>
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<td>Oct 12</td>
<td>Surf Awareness</td>
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<tr>
<td>Oct 15</td>
<td>Sociology Revision</td>
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<td>Oct 17</td>
<td>Clay Shooting</td>
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<td>Oct 18</td>
<td>HMAS Cerberus</td>
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<tr>
<td>Oct 24 - Oct 26</td>
<td>Yr. 11 Outdoor Ed. Rail Trail Camp</td>
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</table>

A reminder to call our ABSENCE HOTLINE 5132 3711 preferably before 9am if your child is not going to be at school. This will ensure your child’s absence is recorded correctly and you don’t receive a phone call from our office.
Music Playgroup

A fun session of music, dancing and story-telling for preschoolers and their parents/care givers!

When: Monday - September 19, 2016
10.30-12 noon
Where: Cooperating churches of Churchill
1 Williams Ave, Churchill
Cost: Free

For more information, email Brenda Burney: bbbeans59@hotmail.com
or phone: 5122 1480
Hosted by the Cooperating Churches of Churchill, Yinnar and Boolarra
KYPP CAR BOOT SALE

**When:** Saturday 22nd October 2016

**Where:** Federation University Churchill
C3 Car Park

**Time:** 10 am – 2 pm
Stall holders can set up from 9 am

**Cost:** $20 per stall
All stalls MUST be pre-booked

Please contact Claire Seymour on 0438 464 474 or email – seymour.claire.s@edumail.vic.gov.au to pre-book your stall

All funds raised goes to
Monash Children’s Hospital

Raffle and Silent Auction being held on the day

Whilst Kurnai College is happy to include Community Announcements in our newsletters - please understand Kurnai College is not involved in the organisations or the running of any these community events.