



NEWSLETTER

Principal's Reflection— Helene Alamidis



Dear Parents, Families and Students,

I am certain that you have all noticed how fast the school term is moving. Schools are busy places, full of the creativity and energy of our young people learning. As a parent, you are your child's most important teacher. Our major objective at John Fawceter College is for your child to learn and do well. When parents, their children and teachers talk to each other, all share important information about a child's needs and talents, and how they can aspire and achieve success. Our first round of Parent, Teacher and Student Interviews (PTSI) for 2017 will be held in the College library on Tuesday, 28 March. Interviews commence at 10 am and the day concludes at 6pm. Interviews are scheduled to run for ten minutes in duration. The morning session commences at 10am, concluding at 1pm. The last interview for the morning session will commence at 12.50pm. Teachers will take a lunch break commencing at 1pm, and the afternoon session of interviews will commence at 2pm., concluding for the day at 6pm. Should you have particular time issues that affect your capacity to make appointments with all the teachers you may wish to see, please make it a priority for your child to see their teachers this week and make the necessary number of interview appointments without delay. If you are unable to secure the times that you want, please do not hesitate to contact the relevant teachers, who will be only too happy to make alternative arrangements during scheduled school hours with you. Your child's education is a three way process involving families, students, and the school and our teachers. **It is our expectation that students will be present with their parents or guardians for all interviews with teachers. It is not possible to advance the progress of students if they are absent from this vital process.** PTSIs are the formal process for all parties involved in your child's education to review their progress, as well as agree on various strategies to support and improve their learning as the year continues.

For families who are new to the college community, here are some suggestions to assist you to make the most of PTSIs:

First and foremost, the focus of the PTSI process is your child and their learning, and it is essential that they play an active role in leading the interview. Students should reflect on their learning performance, as well as on those things that support or impede their studies. Students should also think about what has worked well, and why, as well as those aspects of school life and study that might not be going so well. The object here is involve students in the review process to the extent that they are accepting responsibility for advancing the progress of their learning.

A two-way conversation - Like all good conversations, PTSIs are most effective when everyone is involved, respectful and focussed on students' work, to identify what is working well, and what requires improvement. It is a talking and listening process, and teachers will be listening carefully for your observations and comments. Teachers will also inform you about their observations and affirm student achievement. It is important for everyone to agree on strategies to assist your child's learning which meet their needs, are realistic and are achievable.

Emphasis on learning - Good Student Progress Interviews focus on how well the child is doing in school. They also talk about how the child is able to improve in the future. To get ready for the interview, look at your child's homework, classroom work and progress report before you meet with their teacher. Bring a list of questions that you would like to ask the teacher.

Opportunities and challenges - Like you, teachers want your child to succeed. You will probably hear positive feedback about your child's progress and areas for improvement. Be prepared by thinking about your child's strengths and challenges before you arrive. Be ready to ask questions about ways you and the teacher can help your child with some of his or her challenges.

Should you have any questions, need more information or wish to raise any issues of concern, please do not hesitate to seek me out on the day. Members of the College's leadership team will also be available should the need arise. I look forward to meeting you and welcoming you to the school next Tuesday.

With best wishes,

Helene Alamidis

CALENDAR DATES

Thurs 23 March	<ul style="list-style-type: none"> • EXCN—Grip Leadership—Yrs 10—12 VCAL • INCN—Transition Visit—Fawkner Primary School—10am—2pm + Barbeque • Literacy All Day GTA • School Council Meets—4pm
Fri 24 March	<ul style="list-style-type: none"> • EXCN—Melbourne Grand Prix Yrs 1-12 Students—All Day
Mon 27 March 2017	<ul style="list-style-type: none"> • EXCN—Boys Volleyball—Years 9&10—All Day • Year 7 Immunisation Program—1st Visit • INCN—Transition Visit—Campbellfield Heights—+ Barbeque
Tues. 28 March	<ul style="list-style-type: none"> • EXCN—Outdoor Ed Morning until 1pm • PARENT TEACHER STUDENT INTER-VIEWS 10AM—6PM
Wed 29 March	<ul style="list-style-type: none"> • INCN—Transition Visit—North Coburg Primary—10-2pm
Fri 31 March	<ul style="list-style-type: none"> • INCN—Yr 12 VCAL Car Wash 10.30am—1.30pm • END TERM 1
Mon 17 April	<ul style="list-style-type: none"> • Easter Monday Holiday
Tues 18 April	<ul style="list-style-type: none"> • TERM 2 COMMENCES
Wed 19 April	<ul style="list-style-type: none"> • EXCN—VCE Media—ACMI • EXCN—Yr 10—National Gallery of Victoria - Federation Square
Thurs 20 April	<ul style="list-style-type: none"> • 2017 School Athletics Carnival—All Day • School Council Meets 4pm-
Fri 21 April	<ul style="list-style-type: none"> • EXCN—Victorian SRC Student Voice Conference • EXCN—Zone Volleyball—Darebin Community
Monday 24 April	CURRICULUM DAY—No Classes

CAREER NEWS—Ms. Samaras



CareerNews No. 1

Attending **career expos, Open Days, information sessions and career seminars** will assist you in your career development process, and this newsletter will keep you informed. As a rule, those students who attend career functions, do research and talk to others about careers are **able to more readily make decisions**.

WHAT IS A CAREERS EXPO? As a rule, career expos have representatives from **universities, TAFE's independent training providers and employer groups** (eg defence force) in attendance to provide information and an opportunity to ask your questions. There are a number held throughout the year, some large ones running for

a few days (eg the **VCE and Careers Expo 4 May – 7 May @ Caulfield Racecourse**), while others are **smaller regional expos** (eg @ Lilydale). Career expos are of a **general nature and are a good starting point for some career exploration** - more information later.

WHAT IS AN OPEN DAY? Universities, TAFE's and some independent providers open their doors, usually once a year on Sundays in August, for the public to **see facilities, attend information sessions, talk to staff and current students, and to check out clubs and societies**. These are useful for obtaining a **more in-depth experience** of a particular institution and its courses. Dates will be published soon (for your diary).

WHAT IS A CAREERS SEMINAR, AND WHY ATTEND? Many institutions run **seminars about particular courses or careers**, often on week-nights or in school holidays. For example, **Monash** (see below) and the **University of Melbourne** run **evening seminars** on particular courses, while RMIT, La Trobe and Deakin run school holiday programs about their courses (note: this list is not exhaustive). In addition, seminars on studying **psychology, sport related careers**, and on **occupational therapy** have been run for many years. These programs give an in-depth picture of courses and career outcomes, and provide an opportunity to ask your questions. More information in later editions.

HOW CAN I ACCESS UNIVERSITY COURSES? Many courses accept Year 12 graduates on the basis of their **ATAR** (Australian Tertiary Admissions Rank) and meeting any **prerequisite subject requirements**. Some courses, however, have **additional requirements** (eg an audition, a folio presentation, completion of a selection kit, attendance at an interview). You are advised to check these out on the **Victorian Tertiary Admissions Centre (VTAC)** website (www.vtac.edu.au). Applicants for courses apply on the VTAC website, commencing in August each year. Up to eight courses can be applied for.

MONASH UNIVERSITY NEWS -

WHAT IS REQUIRED TO ACCESS UNDERGRADUATE MEDICINE AT MONASH UNIVERSITY?

Monash has both an **undergraduate medical degree** (at Clayton) and a **post graduate medical degree** (at Gippsland). Applicants for the **undergraduate** degree must sit for a multiple choice test known as the **Undergraduate Medicine and Health Sciences Admission Test (UMAT)**, with a testing time of three hours. Applicants must **register for this test**, with applications now open, and **closing at 5pm on 2 June**. The test is on 26 July. The registration fee is \$250.00, including access to **online practice test 1**). The **UMAT Information Booklet** is also available online at <http://umat.acer.edu.au>. The application process for the undergraduate medical degree at Monash also involves a multi-mini interview and also requires a very high ATAR. In addition to Monash, the University of Melbourne and Deakin (Geelong) offer post graduate medical degrees.

HOW CAN I FIND OUT ABOUT COURSES AT MONASH UNIVERSITY? One way is to attend an **'Inside Monash'** seminar. Get the inside story of **what it's really like to study at Monash. You'll hear from a current student, a past student and an academic**. It's the best 90 minutes you could spend researching your course. **When:** 6.30-8pm **March 7th** Arts, 8th Business, 9th Science, 28th Pharmacy; **April 6th** Design and Fine Art, 11th Architecture, 12th Interior Architecture; **May 2nd** Physiotherapy and Occupational Therapy, 4th Nursing and Midwifery, 9th Education, 11th Psychology, 16th Medicine and Biomedical Science, 16th Education, 17th Law, 18th Health Sciences, 18th IT, 23rd Biomedical Sciences, Radiography and Nutrition, 25th Engineering; **June 14th** Business; **August 15th** Music, 31st: Education, 31st Science and Careers; **September 5th** Education. **Register your attendance at:** www.monash.edu/inside-monash; **Other Information:** Call 1800 MONASH.

MEDICINE, NURSING AND HEALTH SCIENCES – Immerse yourself in medicine at Monash through virtual reality (VR). Have you wanted to visit the Monash campus but not got there? Learn more about medicine, nursing and health sciences at Monash through **360o video**. Be one of the first 200 to get in touch and receive a **Monash Cardboard** to enhance the VR experience. **Visit:** monash.edu/virtual-reality.

MONASH INTERNATIONAL STUDENT EXPERIENCE DAY – international students can get a taste of what it is like to study at Monash, find out more about university study, with workshops exploring different interest areas. Find out how Monash courses prepare you for the global workforce and how to make the most of your school years. There will be a master class in English as an Additional Language (**EAL**) covering study strategies and skills. **Who for:** Year 11 & 12 international students; **When:** 9.30am-3pm (lunch provided), Friday 31 March; **Where:** Exhibition Space H1.16, Building H, Caulfield Campus; **Booking details** coming SOON; **Information:** amy.little@monash.edu.au.

DEAKIN UNIVERSITY NEWS – GENERAL INFORMATION -

At a recent career practitioners conference at the Waurin Ponds (Geelong) campus of Deakin university, delegates were informed that the university now has **54,000** students, 25% of whom are 'cloud' or online students. The university has received some **excellent ratings** in surveys recently, such as having the most satisfied students for 7 years in a row for Victorian universities, rated in the top three Australian universities for graduate employment, and having the world's best Exercise and Nutrition Science School.

INDUSTRY TRENDS IN THE COMMERCE FIELD – at the conference a Deakin staff member talked about employers wanting to look at the '**whole package**' when searching for **employees**. It's no longer sufficient to have **a degree** and to have had **a part-time job**. Employers want employees to have an understanding of **industry standards**, to be a '**cultural fit**', to have **soft skills**, broad life **experiences**, and **technical skills**. They need **transferable skills** and an ability to handle diversity.

Some **forecasts** suggest that today's graduate can expect to be **retrenched three times** in their working life, they will have **several careers**, and they will need **adaptability and flexibility** to remain employed. Jobs in the commerce field that are **disappearing** are in entry-level accounting, routine contract writing, financial planning entry level jobs and in routine data entry jobs. An **ability to interpret and analyse** will be important, and artificial intelligence will be used increasingly.

University students need to start **thinking and acting regarding employment in their first year** at university, for example, seeking out opportunities to attend **interest days** run by potential employers at the university. These can lead to further invitations for involvement with these employers (known as pipelining) and eventually to employment.

All commerce students at Deakin must complete a **compulsory unit** help them present in the best possible way to potential employers. Students need to seriously consider **Work Integrated Learning (WIL)** as part of their course. Students need to understand early on that **they are responsible for their career**, and shouldn't wait till their third year at university to think about this.

ARE YOU INTERESTED IN AVIATION? The power of **military aviation** will take centre stage at **AIR-SHOW 2017**. See the latest heavy metal put through its high octane paces at this event. Combat jets from home and abroad, bombers, heavy lift aircraft, military display teams and rotary winged warriors will strut their stuff. There will also be **historic aircraft** from the classic years of aviation, along with displays of the latest **innovations** in aerospace, aviation and defence products. **When:** Public sessions: 10am-4.30pm, Fri 3 March – Sunday 5 March; **Where:** Avalon Airport Geelong; **For bookings and further information:** www.airshow.com.au.

Compiled by: m.walker

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UNDERGRADUATE MEDICINE AT MONASH - UMAT applications close at **5pm, 2 June**; test is **26 July**. The UMAT **Information Booklet** is available online at <http://umat.acer.edu.au>.

FIND OUT ABOUT MONASH COURSES – by attending an '**Inside Monash**' seminar, 6.30-8pm. Coming soon: **March** 7th Arts, 8th Business, 9th Science, 28th Pharmacy; **April** 6th Design and Fine Art, 11th Architecture, 12th Interior Architecture; **Register:** www.monash.edu/inside-monash;

MONASH INTERNATIONAL VCE STUDENT EXPERIENCE DAY – 9.30am-3pm, Friday 31 March; Exhibition Space H1.16, Building H, Caulfield Campus; **Information:** <http://www.monash.edu/monash-international-student-experience-day> or amy.little@monash.edu.au.

INTERESTED IN AVIATION? Then attend the **AIRSHOW 2017**. Public sessions: 10am-4.30pm, Fri 3 March –

WHERE TO FOR JOBS? Read some of Jan Owen's thoughts in the publication **The New Work Order: Ensuring young Australians have skills and experience for jobs of the future, not the past**, at <http://www.fya.org.au/2015/08/23/media-release-young-people-hardest-hit-by-new-work-order/>. She believes that there will be **three key economic drivers – automation, globalisation and collaboration.**

SOME OPEN DAY DATES FOR 2017 – These dates are supplied now **for your diaries** so you don't double book activities on these days. Attendance at Open Days is **vital** for senior school students. They are especially important for courses which involve a **folio presentation, an interview, an audition or completion of some type of information kit** as part of the application process (eg many art, design, drama and music courses). You need to see the facilities, go to an information session, talk to staff/students, and compare institutions.

OPEN DAYS—2017

SCHOLARSHIPS - From 2017 onwards, scholarships of \$5,000pa will be automatically offered to Swinburne applicants who receive an ATAR of 95 or more (no separate application required). Various grants are also available (apply direct to Swinburne). In addition, the **High Achievers Program (HAP)** will provide students receiving an ATAR of 95 or more with mentors, a personalised program, projects, and one-on-one assistance.

AUSTRALIAN CATHOLIC UNIVERSITY (ACU) – Sun 13 August (Melbourne); Sun 27 Aug (Ballarat)

BOX HILL INSTITUTE – Sun 20 August (Lilydale); Sun 27 August (Box Hill)

DEAKIN UNIVERSITY – Sun 6 August (Warrnambool); Sun 20 August (Geelong); Sun 27 August (Melbourne)

FEDERATION UNIVERSITY – Sun 27 August (Ballarat, Berwick and Gippsland)

HOLMESGLEN – Thursdays – book on-line

LA TROBE UNIVERSITY – Sun 6 August (Melbourne); Sun 27 August (Bendigo)

MELBOURNE POLYTECHNIC – Sat 19 August (Preston)

MONASH UNIVERSITY – Sat 5 August (Peninsula); Sun 6 August (Caulfield and Clayton); Sun 20 August (Parkville)

RMIT – Sun 13 Aug (City and Bundoora)

SWINBURNE – Sun 30 July (Hawthorn)

UNIVERSITY OF MELBOURNE – Sun 20 August (Parkville)

VICTORIA UNIVERSITY – Sun 20 August (Footscray)

NEW COURSES AT SWINBURNE IN 2017 will be the **Bachelor of Nursing** (with a technology focus) and the **Bachelor of Engineering Practice**. There will also be a **Diploma of Advanced Technologies**.

Swinburne is commencing an **EARLY LEADERS PROGRAM**. The ELP provides secondary students with **opportunities to build and document their individual strengths and interests**. The program identifies students who show enthusiasm and achievement in areas **outside their secondary studies**, including volunteer work, club or society participation, school projects and career exploration. By **documenting and reflecting** on their skills and achievements, students will create a valuable resource with certified credentials from Swinburne for use in applications for employment, further study or other pursuits.

Part of the reason for this program is that students are **individuals** with individual talents that may **not be recognised by the ATAR system**. NOTE: It is **not** an early offer program. The program is aimed at students in Year 11. **Register interest at:** <http://www.swinburne.edu.au/early-leaders>.

Swinburne is now offering a Masters degree in **OCCUPATIONAL THERAPY**, and from 2018 – 2020 will introduce Masters degrees in **PHYSIOTHERAPY, DIETETICS and SPEECH PATHOLOGY**.

LA TROBE UNIVERSITY NEWS – La Trobe's main campus is located at Bundoora (Melbourne), and has campuses in Bendigo, Albury-Wodonga, Shepparton and Mildura. La Trobe turns 50 this year!

'EXPERIENCE LA TROBE' – How can you find out about studying at La Trobe university? Experience La Trobe provides an opportunity to attend workshops, lectures, and seminars whilst being exposed to areas of the university not usually available on Open Day. You'll be able to talk to current academics and students to find out what their dream career is really like. Parents can attend the parents' session if they wish covering topics like university costs, courses and admissions. **When:** Melbourne: 9.30am – 4.30pm, Fri 7 April & Thurs 6 July; country campuses have Experience Days later in the year. **Registrations and information:** <http://www.latrobe.edu.au/experience/events/experience-la-trobe-events>

ASPIRE – La Trobe has offered the ASPIRE program for three years now. ASPIRE students have shown a **significant commitment to their community** through volunteerism, service and leadership. As a result of this, ASPIRE students are able to access a place at La Trobe on a **significantly lower ATAR** than otherwise required. Many employers indicate that volunteer experience gives candidates an **advantage**, and ASPIRE students are leading the way in employability. More information on applications for 2018 later.

WILLIAM ANGLISS INSTITUTE – William Angliss Institute is a specialist centre for food, tourism, hospitality and events careers. Located in La Trobe St Melbourne, it offers modern training facilities, a training restaurant, demonstration kitchens and a wide range of courses from certificates to degrees.

Applications are now open for **CERT III in AVIATION (crew)**, starting in April. The course is for full-time study only and program runs from April to September. Apply direct to William Angliss at www.angliss.edu.au. NOTE: airlines provide their own training in addition to this.

The **William Angliss Skills and Jobs Centre** will be holding an **industry insight into the travel and tourism industry**, designed for those interested in pursuing a tourism career who would like to gain knowledge of the industry. **When:** 4pm, Thurs 16 Mar; **Where:** William Angliss Institute, 555 La Trobe St, Melbourne. Register on the William Angliss website.

The Institute is conducting **School Holiday Programs** in April, July and September. These will involve **hands-on activities** in one specialist area, a campus **tour**, catered **lunch** and **course information session**. The April session will be on **Thurs 13 April**. Book on-line.



The Challenge H3O Cut Out Sugary Drinks

What is the H3O Challenge all about?

It's about drinking more water and feeling better for it – a small change in return for big health benefits. We know that switching to water, even for a short time, can lower your health risks and kick start weight loss. You can find out how much money you'll save and reward yourself. The aim of the Challenge is to build better habits, with water becoming the drink of choice over time.

The H3O Challenge

The rules are simple: switch from sugary drinks to water for 30 days and reap the rewards. It's not a fad diet and it costs nothing to take part. Signing up is easy and you can start whenever it suits you. All you have to do is commit to switching sugary drinks for water for 30 Days and we'll help with the rest.

We'll keep you on track with a personalised dashboard, that keeps you in check with how many kilojoules, teaspoons of sugar and cash you've saved since starting the challenge. You'll receive email updates, text messages, great prizes, tips, tools and helpful advice. Challenge yourself today and find out how easy it is to feel better in just 30 days.

Why should I do the H3O Challenge?

Fact: water is good for us, practically free, easily accessible and contains no kilojoules. Also a fact: nearly two thirds of Victorians are overweight or obese. Research shows that we're heading into an obesity epidemic. In ten years, three-quarters of us will be overweight or obese and at severe risk of diabetes, heart disease and some cancers. One way to change direction is by taking small steps and starting today. Taking the H3O Challenge and switching sugary drinks for water for 30 days is an easy (and convenient!) way to start making a big difference to your health.

The downside of sugary drinks

While sugary drinks can taste sweet, they're generally packed with much more sugar than we realise. Sugary drinks are just as they appear, short and sweet. Soft drinks, sports drinks, energy drinks, iced teas and fruit drinks (yes, them too) will give you a quick buzz then leave you tired and wanting more. Did you know a 600mL bottle of soft drink can contain 16 teaspoons of sugar, over 1000 kilojoules, and provides absolutely no nutritional value? So it's no surprise that sugary drinks are the largest source of added sugars in the Australian diet. Giving sugary drinks the boot is one of the quickest ways to improve your health.

How much sugar is in your sugary drink?

Kilojoules and grams of sugar have been taken from the Nutrition Information Panel of each drink and are correct as at 16 February 2017. Teaspoons of sugar have been calculated based on one teaspoon of sugar weighing four grams, and are rounded to the nearest whole teaspoon.

How much sugar is in my sugary drink?

The good news is, as soon as you switch from sugary drinks to water, you'll be reducing your chance of tooth decay*. And since nearly every glass of tap water has fluoride in it, your teeth will naturally become less prone to decay over the 30 days**.

** Tooth decay is one of the most common diseases in Australia.*

*** 90% of Victoria has tap water containing fluoride (100% of metropolitan Melbourne has tap water containing fluoride).*

Kick start weight loss

Switching from sugary drinks to water can be a key step to weight loss. You are reducing the amount of kilojoules you put in your body every time you choose a glass of water over a soft drink. When you do the maths, this can add up to a lot. When sugary drinks are no longer a 'sweet treat' we have occasionally, but instead become our regular drink of choice, they put our weight and health at serious risk. If you want to get yourself on the right track to maintaining good health and well-being, start the H30 Challenge today.

You'll be flush with cash!

Think about how much you generally spend on sugary drinks each month, and imagine all the other ways you could enjoy spending that money. On top of all the health benefits, water is practically free and you can get it anytime you want, straight from the tap. See the following website—<http://h30challenge.com.au> for more information.

Come and join the UKULELE Players



At last year's presentation night,, Ms. Kylie Brickhill led a small group of student musicians who performed a number of musical items, which were really well received. Kylie is a seasoned performer and also featured in the 'JFC's Got Talent' extravaganza. School Council has been happy to approve a submission to allocate funds for the purchase a number of instruments suitable for beginners on the instrument and Kylie is going to run a Ukulele Club every Wednesday at lunchtime in the library in a small area that is being prepared for the purpose, which will also double as a quiet reading area. If you are interested in learning how to play the ukulele, get in touch with Kylie or Mr. O'Rourke in the library, who is assisting Kylie with operations and support.

**TIME: 1.10pm—DAY: Wednesdays—PLACE: Quiet Reading area in Library—
COST: FREE!**