From the Principal’s Desk

TEDx Conference

Last Friday, Laura Molan and Monique Rohr presented at the prestigious TEDx Conference in Bendigo. I had the pleasure of being there in person to see them proudly present to a captivated room full of educators about the revolutionary teaching occurring at Upper Yarra Secondary College. In a year that saw outstanding VCE results, (with unparalleled VCE improvement in the ALL study score) and now an invitation to present to educators from across the country, I am very proud of the work being done at the school by staff and students.

https://twitter.com/TEDxRPED/status/710611761485860866

3 - Way Conferences

3 - Way Conferences are being held at school on Tuesday March 22nd. Appointments can be made through Compass and staff are available between 1.00 and 8.00pm. If you are unable to make it (or on the slight chance a staff member isn't available/ absent) please make contact through Compass and the staff member will contact you to arrange a mutually beneficial time. It is an important part of both the reporting process and the building of relationships between the school and your family to the benefit of the students. Please note: school will conclude at 12:20pm to accommodate the interviews.

Open Evening Thursday April 28th 7.00pm - 9.00pm

This year we will have our Open Night for prospective Year 7 students on Thursday April 28th. Current families are more than welcome to attend. Can I ask families to pass this ‘save the date’ to any members of our community that may be looking for a secondary school in 2017 and beyond.

School Council

Thank you to the parents that nominated for School Council. Our AGM will be held on Tuesday March 22nd when office bearers will be elected. The first newsletter for Term Two will outline the office bearers for the community. The members for 2016 include:

Parents:
Glen Bray, Rob Hay, Dennis Jenkinson, Keri Morris, Phillipa Trinkwon, Bronwyn Pitman and Eliza Lee.

DET:
Scott Tully, Trish Broom, Michael Schultz, Laura Molan and Bronwen Foley.

Community:
Tuew Mon-Aphai, Mary Maclntosh and Sally Brennan.

End of Term One

School concludes this Thursday March 24th at 2:30pm. School buses have been rescheduled to coincide with the conclusion of the school day.

On behalf of the entire school, we wish you a very safe and relaxing break.

Scott Tully | Principal
The first eight weeks of Year 12 are officially done and dusted, some words I personally thought I wouldn't say, as it feels like they have passed too quickly. Honestly speaking, these weeks have been ‘difficult’ but the excitement has also made it an enjoyable beginning to my final year.

I have discovered my weaknesses and underlined my strengths to make it easier and easier as the year progresses. From study habits to time management, I am continually finding ways to improve my Year 12 Outcomes and the likelihood of getting into my university course next year. There is one thing I would highly recommend to upcoming year levels, and that is to learn what does and does not work for you and continuously find ways to make your weaknesses your strengths prior to heading into Year 12.

The course I am hoping to study next year is an educational course at no set university. I am not sure yet if I would like to study primary or secondary teaching. I am extremely passionate about this career pathway and I am putting in a huge effort in order to achieve this goal.

I have completed my first English and Biology SACs and both results have given me a positive start to the year. They have also continued to reinforce the reality that doing well in Year 12 is not just about completing set tasks, but also continual study.

On the other hand, involvement in Swimming Sports, camps and sporting excursions such as Senior Volley Ball have had a huge impact on making Year 12 an enjoyable and social year.

Participating in these events gives me a break from the workload and gives me a positive attitude and I love being a part of the school community. I would encourage all students to be a part of this. Year 12 is not only about the end of year score, but the memories that come with it. So please participate in as many experiences as possible and enjoy yourself.

Mary McIntosh | College Captain

Let me introduce myself. My name is Christabella Stinson and this year I have been chosen to represent Upper Yarra Secondary College as The Arts College Captain. So far this year has been full of many exciting opportunities for Upper Yarra Arts students.

Upper Yarra SC Music Department has introduced a plethora of new ensembles this year and is now proud to offer violin and cello lessons. The ensembles currently running are Junior Stage Band, Senior Stage Band, Vocal Group, Rock Band and Guitar/Bass/Piano Ensemble. These ensembles run at various times throughout the week. The music department is full of new faces, and I am slowly getting to know the year 7s.

The Art Department has been very busy this year already producing some amazing works. The Year 9s and Year 10s created short stop motion animation films and these are simply astounding. The films have been posted on the Upper Yarra Secondary College Facebook page for anyone who wishes to watch them.

Not only have the Year 9s and Year 10s been hard at work, the Year 7 and Year 8 FLIP students have been working diligently on their self-portraits. There will be an exhibition of them early next term called “It’s All About Me”.

This has been a great start to the year for all students involved in The Arts at Upper Yarra and I’m looking forward to the rest of the year.

Christabella Stinson | The Arts Captain

Literacy and Numeracy Factsheets

There is a document supplied with this newsletter which gives parents a number of useful strategies to help improve their child’s literacy and numeracy skills. The advice applies particularly to parents of Years 7 and 8 students. The suggestions involve simple, practical, everyday ideas which can boost your child’s chances of success in school.

Debbie Morrish | Numeracy Leader
Year 11 News

Year 11 Captains and Vice Captains 2016

Hi everyone, I am Mitch Leeds and I am the Year 11 Captain this year along with Rachael Lee as Co-Captain and Vice-Captains Patrik and Clare Kandybko. This year we look forward to working together on improving the school, making it a better and more enjoyable place for Year 11 students as well as students in other year levels.

The Year 11 Year Level has made a big change from last year with lots more work and higher standards and expectations in all respects. As well as the normal school activities there have already been a range of extra curricular experiences that Year 11s have participated in such as Swimming Sports Day, and a Year 11/12 Outdoor Ed camp to Wilson Promontory which I attended. There has also been a VCAL Camp to Camp Bogong and students have started their VET courses.

I look forward to making positive changes to our year level throughout my time as captain.

**Mitch Leeds | Year 11 Captain**

Hi everyone, my name is Clare Kandybko and this year I have the privilege of being one of the Year 11 Vice Captains, along with Pat Hay and our year level captains, Rachael Lee and Mitch Leeds.

In my spare time, I enjoy meditating, going on hikes and walks, spending time with friends and going to music festivals. The subjects that I have chosen this year include English, General Mathematics and Business Management as well as Year 12 Psychology and Year 12 Legal Studies by Distance Education. I have found the workload to be challenging but by maintaining a positive attitude and managing my time well, has made keeping up-to-date much easier.

I moved to Upper Yarra Secondary College half way through last year from Mount Lilydale and haven’t looked back. I moved so that I could spend more time being a part of and being involved in our community. By being given this opportunity, I look forward to working with my fellow captains as well as staff in achieving goals, voicing the concerns and ideas of our year level and working to further improve our wonderful school.

**Clare Kandybko | Year 11 Vice Captain**

This term, 23 students from the Year 11 and 12 VCAL classes as well as a couple of Year 10s went to Camp Bogong, located half way up Mt Beauty. We spent a week doing activities like canoeing, night walking and group activities such as building a bridge – which was great fun.

Our groups spent Tuesday and Wednesday hiking where we walked 6km the first day that was all up hill. This was a big challenge for some students but we all pushed through and camped the night at the one of the huts. It was a beautiful spot with a large expanse of moss and a creek running at the back (where the water tasted great!). That night we had gnocchi which was a new food experience for most people.

The next morning, we woke up at 5.30am to watch the sunrise come up over the hills, which looked beautiful. We then hiked for the longest walk which was 14km. This was very tiring and the whole group was exhausted but everyone found it in themselves to keep pushing on to camp. When we got to camp we set up our tents and we all had a much needed rest before cooking fried rice for dinner.

By the end of the hike and camp we had all met and made lots of new friends; it was a great experience. I would definitely encourage other students to go on this camp in future as you learn new things and participate in activities that you would normally not have the opportunity to do.

**Daniel Wood | Yr 11**
**Year 8 FLIP**

This year in FLIP, Year 8 students have been learning about the brain; how the brain changes when it learns, and what fixed and growth mindsets are. They also learnt how to make themselves more resilient and essentially, how to change a fixed mindset into a growth mindset.

After about five weeks research on these topics, they have finished up by making a PiktoChart about what they have learnt with answers to questions like ‘What is a fixed mindset?’, ‘What is a growth mindset?’, and ‘How can I keep my brain healthy?’

*Jana Krislovic | Year 8 Reporter*

**Year 8 News**

**Year 9 Alpine School in Term 4**

This year we have been offered 6 places (3 male and 3 female) for year 9 students to attend Alpine School at the Marlo campus in term 4. This will be for 9 weeks from October 9th to December 17th and will cost approximately $1170.

Students will be at the Marlo campus for the entire 9 weeks except for a visiting weekend in November.

We have had students attend in the past and they all agree that it was an amazing and worthwhile experience.

If students are interested in applying they need to write an application and deliver it to Mr Ferris.

More information can be found at [www.alpineschool.vic.edu.au](http://www.alpineschool.vic.edu.au)

*Shaun Ferris | Year 9 Leader*

**eFashion Workshop**

Last Wednesday and Thursday Jamieson Ritchie and I participated in an eFashion workshop. During this workshop we were taught about lights, electronics, design and fashion. We were assigned partners and after doing a little theory work we were set a task to design a t-shirt and incorporate 4 LED lights into the design. Even though this may sound like the easiest part of the project it is indeed the most important part of the project. In some cases such as writing a story or drawing a picture, you don’t really need a plan but anything involving complicated electronics you definitely want a plan.

After fully thinking your plan through we had to then create it. Probably the hardest part of this project is the sewing. Again you would think it is one of the easy parts of the project but you could not be more wrong. Instead of using normal string we used conductive string. Conductive string is made out of materials and metals twisted together to make a string that can conduct electricity. When sewing with conductive string you have to make sure you don’t let the strings touch or else when you go to turn on the electricity it will not work and it will start to smoke and even catch fire.

After we had finished our t-shirt we had to present it. Presenting was probably the best part of the project because you could show everyone what you had done in just two days but it would certainly have been ten time harder if I did not have the help I got from my partner and everyone else.

It was one of the best feelings to see an idea you had in your head turn into an actual real thing. Not only did I get to take a super cool t-shirt home but I got to take some amazing memories. Meeting the people that I met was probably one of the highlights of the whole experience. Overall this experience has taught me so much and given me some great memories.

*Katyayani Sagar - Gordon | Yr 8*

**Year 8 Big Bash Smash Cricket Tournament Final**

Last Wednesday was the Grand Final for the Big Bash Smash between 8B and 8D. 8D batted first making a respectable score of 61. Harry Green scored 12 and Riley McNiff top scored with 28 including four sixes. 8B started the run chase well with James Kioulafas scoring 21. However Zali Bover and Claire McDonald-Brown restricted the run chase both taking valuable wickets. 8B who were favourites unfortunately did not make enough runs scoring 42 falling 19 runs short of the target. Congratulations to 8D on winning the Grand Final and to all those who participated throughout the tournament.

*Marcus Cook | Year 9 Team*
Year 7 News

Swimming Sports Snapshot

The first day of the fourth week we had the UYSC Swimming Carnival and it was really awesome. It started with the races. There was freestyle, backstroke, breaststroke, butterfly and there was a bombing competition. Lots of people went in the bombing competition but one person came out on top in the end and it was Sam from 7B. The relays were next, but the real fun was just being there on the day and just having fun. The winning house was Donna.

Tamin Crundin and Jennifer Morris Yr 7

Year 7 Interschool Competition - Cricket

On Tuesday March 8th, a group of 8 students represented Upper Yarra Secondary College in the Yarra Group Swimming Carnival.

It was a very successful day with all students performing well in both their individual events and the relay races.

The success story of the day was Camryn Partel who won all four events, resulting in her receiving the age group champion medal for U14 girls!

Congratulations to all of the students who participated on the day!

Kelly Simmons | Sports Coordinator

Yarra Group Swimming Carnival

Camps, Sports & Excursions Fund

Are you eligible?

The Victorian Government has unveiled a new initiative to ensure all Victorian students can take part in school trips and sporting activities. The Camps, Sports and Excursions Fund (CSEF) will run for another 3 years and provides payments for eligible students to attend camps, sports and excursions.

Families holding a valid means-tested concession card, that is, be the holder of a Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder or temporary foster parents are eligible to apply.

Parents or legal guardians are required to submit a new CSEF application form each year.

Applications

Parents/legal guardians are required to complete a CSEF application form and lodge it with their child’s school for processing by 29th February 2016. However, the schools will accept and process applications up until the end of term two.

Payment amounts

The amount payable for eligible primary and secondary students is:

- $125 for Primary school students.
- $225 for Secondary school students.

Payment timing

The CSEF is an annual payment to the school of the eligible applicant.

For more information and to download an application form please visit: www.uysc.vic.edu.au

Alicia Spencer | Finance Office

Free Dress Day

Thursday 24th March
Gold Coin Donation

The Year 9 Team encourages all UYSC students to join in this event to help raise money towards getting new basketball rings for the top basketball court.

All students involved must wear sun smart clothing and enclosed shoes. [No singlets, tank tops or thongs.]

Shaun Ferris | Year 9 Leader
Duke of Edinburgh Caving Experience
Students participating in the Duke of Edinburgh went out on a caving trip to Britannia Creek Caves. What a fantastic trip. The caves were cool compared to the hot temperatures outside and we certainly enjoyed cooling off in the underground waters of the caves. Students were challenged to crawl, scramble and squeeze through the caves. Lots of team work required. We exited the caves looking very wet and dirty but with big smiles all round. Well done to all involved.
Bronwen Foley and Ben Blattman | Duke of Ed

Food Technology News - Chefs of the Week Term One 2016

Week 4
Year 9 and 10 students made a delicious Mini Quiche. They made the pastry from scratch and did a fantastic job.
Year 11 and 12 students made Cinnamon Scrolls using a yeast-based dough. The scrolls turned out really well and were delicious with icing drizzled over them.
Tracey Leicester | Food Technology

Week 5
Both Year 8 classes used pastry to create Apple Turnovers that were flavoured with cinnamon.
The Year 9 & 10 students practiced separating eggs and whipping egg whites to make Lemon Delicious Pudding.
The Year 11 & 12 class made fettuccine from scratch and served it with a burnt butter, sage and mushroom sauce.

Help Needed!
The Human Powered Vehicle program at UYSC needs your help! We recently applied for a grant through the Leader Newspaper and need your votes to help us win!
Voting closes **Friday April 1st at 5pm**.
Votes can only be placed at [www.leaderlocalgrants.com.au](http://www.leaderlocalgrants.com.au)
Voting is open to all those who register on the website (to register you must be over 18 and live in Victoria). Each person who registers will be allocated ten votes to vote on any idea or ideas they support.
Thanks for your support!!
Katie Feagan | HPV Manager

Upper Yarra Equestrian Club
We are trying to start up our very own UYSC Equestrian Team. In order to do so, we will be holding a meeting in the UYSC Theatre on Monday 21st March where we will be explaining what’s involved in being a part of the team.
To be a part of the team you must have access to a horse or own your own horse and have access to a horse float.
We are going to enter local competitions and compete against other schools.
Carla Zekas and Darcey White Yr 9

We are trying to start up our very own UYSC Equestrian Team. In order to do so, we will be holding a meeting in the UYSC Theatre on Monday 21st March where we will be explaining what’s involved in being a part of the team.
To be a part of the team you must have access to a horse or own your own horse and have access to a horse float.
We are going to enter local competitions and compete against other schools.
Carla Zekas and Darcey White Yr 9
Week 6
Year 8 students made Nachos with a healthy and delicious Bean and Salsa sauce.
The Year 9 & 10 classes made a delicious Cambodian Chicken Curry, called ‘Amok Chicken’. The Year 11 & 12 students made fresh Jam Doughnuts using a yeast-based dough and practiced their deep frying skills.

Week 7
The two Year 8 classes made delicious Scones which they served with jam and cream. The Year 9 & 10 students practiced their cake-making skills by making a Pineapple Upside Down Cake, that looked fantastic. The Year 12s created a light and fluffy baked Cheese Soufflé.

Week 8
Year 8s practiced their knife skills and prepared a variety of toppings for a Baked Potato, including coleslaw. Year 9 & 10 students made Vegetable Dumplings that were steamed in bamboo steamers and served them with an Asian dipping sauce. In keeping with the Asian theme the Year 11 & 12 students made steamed Pork Wontons, that were delicious.

Secondary School Vaccine Program
Local councils deliver the program and schools distribute the vaccine information/consent card booklets. The Secondary School Vaccine Program helps ensure students and communities are protected from diseases such as diphtheria, tetanus, whooping cough, human papillomavirus (HPV) and chickenpox.

The Public Health and Wellbeing Regulations 2009 authorise schools to release parent and student information to the local council so that the council can follow up with parents after the consent card and booklets have been distributed.

This means that UYSC will provide the Shire of Yarra Ranges with your contact details and a local council immunisation representative may contact you with vaccine program information.

If you do not wish for your details to be provided to the Council please advise Upper Yarra Secondary College in writing before close of business Friday 15th April 2016.

If you are unable to contact the school by the above date you will need to contact the immunisation officer responsible for the vaccine program at the Shire of Yarra Ranges in the event that you have queries about your contact details.

All Year 7 Victorian secondary students receive these vaccines for free.

Melia Edwards | Vaccination Coordinator

Warburton Pool Site Community Engagement Program
UYSC Junior students participating in planning and design workshops for the Warburton Pool Site.
Extra-Curricular Opportunities

During Term Two, in addition to Camps, Outdoor Education experiences, the whole school Athletics Carnival and the Yarra Junction ANZAC March and Service, there will be more opportunities for students to participate in the Arts and Sport events.

Free Tickets

Through the generous support of the Arts Centre First Call Fund there are free tickets to performances at the Arts Centre in the city, and Collingwood Football Club.

20 free tickets to the night match at the MCG on Friday April 1st – Collingwood v Richmond. This is during the holidays, and students who would be able to attend need to submit a written application for tickets to Ms Broom. They may apply for more than one ticket, but consideration will be given to students who would otherwise not be able to access tickets.

Ballet

On May 10th there will be a group of students going to see the Ballet, through an Introduction to Performance by the Australian Ballet School.

Melbourne Symphony Orchestra

There is also a “Meet the Orchestra” performance by the MSO – Melbourne Symphony Orchestra, at the Arts Centre in the city on May 10th.

Any students who would be keen to be considered for these performances or the game, please submit their interest in writing to Ms Broom, with an indication of why they would like to attend. The football tickets application must to be endorsed by parents/carers who can verify they are able to attend to the night match. Please call the College if you need further information. Details will be sent to those who are successful in their applications.

Aviation

Next term through support from Box Hill Institute, we will be running a weekly session for a group of students, at no cost, led by a qualified commercial Pilot Instructor – ex Airforce & Airline Pilot of many years. They will be looking at the Maths and Physics behind Aviation. Students will then put their knowledge into practice using the flight simulators available at Upper Yarra SC.

This is an outstanding opportunity to trial this program at the school. Students need to be willing to commit to some extra time and take this as a chance to discover how their studies can link into the aviation industry – whether as a pilot, industrial designer or engineer.

Any students in Year 9, 10 or 11 who have an interest in exploring ways to extend themselves in Maths and Physics through Aviation Studies and using Flight Simulators, please see Ms Broom.

eFASHION Workshop Box Hill Institute – Lilydale Lakeside

On March 9th and 10th, Katyayani and Jamieson Ritchie took up the challenge to attend a two day workshop, along with 15 other students from the nearby secondary schools – Yarra Hills, Mt Lilydale, Lilydale High, Emerald SC, Worowa and others. They were introduced to design, coding, Programming Arduino Flora boards and created a wearable – digital garment, working in partnership with students from the other schools.

The program was fully sponsored by Box Hill Institute as an introduction to the new Lilydale Lakeside Campus and Tech School – Discovery Centre. This was run by Mike Lloyd, from Brazil, who develops some amazing programs around innovation and the digital future in STEAM – Science, Technology, Engineering, Art & Design and Maths. Information on what they were doing can be seen on his website – www.cwlb.org.

The results were outstanding, and at the end of the workshop the girls successfully presented their product and what they had learnt along the way to a keen audience.

The program was filmed, and you will be able to see them in action online when this is completed – watch this space! Thank you to Katyayani Sagar-Gordon, Year 8 Arts Captain, and Jamie Ritchie for taking on the challenge and being such great ambassadors for Upper Yarra.

Patricia Broom| Assistant Principal
Mindfulness

Often we are so busy in our daily lives either worrying about things that happened in the past/yesterday or we may be worrying about things in the future which has not even happened yet. Often than not when we tend to think in this manner, we can find ourselves struggling with the present.

From a student perspective if you have an exam coming up and you are worried about how you had failed in the past and also thinking about the outcome of failing again in the future. What would this look like? You can just imagine the level of stress, worry and anxiety you will be experiencing by just thinking about what happened in the past and what may happen tomorrow, hence making you struggle in the ‘here and now’.

Practicing Mindfulness is a good skill to develop, and because it is a skill it requires ongoing practice to develop the mastery of mindfulness.

Mindfulness is about

- Deliberately paying attention in a particular way, observing your mind and body intentionally and non-judgmentally
- Actively sitting with allowing and making space for thoughts, emotions and sensations
- A way of building a dual awareness of yourself e.g. Having a thought versus observing yourself having that thought
- Bringing your full attention to the present moment, learning to be in the ‘here and now’
- A way of developing a kind of healthy distance between yourself and distressing thoughts and feelings
- A way of slowing things down at times of distress
- A way of dealing with unpleasant feelings whilst taking effective meaningful action in your life
- Observing your internal experiences with an attitude of openness, receptiveness and curiosity
- Not a distraction tool or way of feeling better but a way to get better at observing feelings and thoughts

Everyone has the capacity to be mindful; it is just difficult with the distractions of everyday life. The only way of learning mindfulness is to practice it; the full benefits come from lots of practice.

Why Practice?

- To teach the mind to be less reactive
- To develop flexibility in responding to the mind
- To focus fully on the present moment
- To focus on your moment to moment stream of awareness
- To improve the relationship between you and your thoughts, emotions and sensations
- To disengage and separate from unhelpful thoughts that fuel suffering
- To improve decision making – balance the input from your emotions and the reasoning of your thoughts
- To foster caring and kindness towards yourself and others

How to Practice Mindfulness

Step 1: Bring your full attention to something in the ‘here and now’. Observe curiously, as though you have never come across something like this before.

Step 2: When your attention naturally wanders, gently and patiently bring it back. When you find yourself judging, categorizing or comparing, bring your awareness back to the thing as it is, in this moment.

Step 3: Practice! Practice! Practice!

Watch Smiling Mind ‘Mindfulness’ clip on: https://www.youtube.com/user/SmilingMindTV

For further mindfulness information and resources logged into smilingmind.com.au or download their app.

Cyndee Bautista | Adolescent Health Nurse (available Monday & Friday)