



**UPPER YARRA
SECONDARY COLLEGE**
uysc.vic.edu.au



From the Principal's Desk

Term 4

Term 4 has come upon us quickly and another year is rapidly drawing to a close. Students have made significant leaps in their education and commitment to school and their studies. With only one term to go, I encourage all students to keep their nose to the grindstone and finish this year the way the rest was completed. Well done!

Uniform

Can I ask families to remain vigilant in ensuring their children are in full school uniform every day. As the weather continues to improve, washing and drying becomes much easier and the need for out of uniform items should decrease.

Year 12

After a very committed year, we farewell our VCE students from structured classes as they prepare for their exams. There will be opportunities to farewell them more formally (including at whole school assembly on festivities day). I would like to commend them on their hard-working and positive attitude towards their studies and each other. They are a credit to themselves and their families. As they prepare for exams, I would like to say, don't drop the ball so close to the end. Let the hard work you have put in all year be reflected in the final hurdle - exams. Good luck!

James Merlino MP Visit

Next week we are excited to welcome the Deputy Premier and Minister for Education James Merlino to Upper Yarra Secondary College. The Minister is here for a brief visit to discuss both the amazing things happening at Upper Yarra Secondary and the possibility of major facility improvements. We are hopeful this will lead to significant investment in the Upper Yarra Community and a school building that reflects the positive contributions of staff and students to the region.

Highway Sign

Just a quick note to let families know that our sign in the main street is currently experiencing some technical difficulties. We have endeavoured to keep the sign relevant and ever changing; however it has lost the ability to wind completely down! We will have this repaired as soon as possible.

Scott Tully | Principal



KEY DATES

**Monday 17th October to
21st October**

Sea Kayaking Expedition

**Wednesday 26th October
to 18th November**

Year 12 Exams

**Thursday 10th November
Mock Interviews**

**Monday 14th November to
Friday 18th November
Year 11 Exams**

**Tuesday 15th November
Cambodia Tour Final Parent
Meeting**

**Monday 21st November to
Friday 25th November
Year 7 - 10 Exams**

Year 12, 2017 Orientation

**Saturday 26th November
to 10th December
W O D Cambodia Tour**

**Monday 28th November to
Friday 2nd December
Year 11, 2017 Orientation**

**Tuesday 6th December
Year 6 Orientation Day**

**Wednesday 14th December
Evening of Excellence
UYSC Theatre 7.00pm**

**Tuesday 20th December
Last Day Term Four**

STUDENTS OF THE WEEK

...recognising excellence.



For an outstanding oral presentation in FLIP:
SHARELLE CORBETT
Year 7



For great attention to detail in developing his thought-provoking ideas in FLIP:
ALEXANDER HALL
Year 8



For an amazing German Olympic Games presentation and showing diligence and commitment to her studies:
TAHLIA LILLY
Year 9



For consistently working hard in Mathematics:
MICHAEL SCHUBERT
Year 10



For a great start at UYSC:
LOUISE SANDQUIST
Year 11



For outstanding leadership:
MARY MCINTOSH
Year 12



Year 10 Formal 2016

This year, the Year 10 formal was organised by a committee of students under the direction of Mrs Morrish. Members included Zac Lloyd, Caitlyn Muir, Lorryn De Bono and Starry Mullan-Asley. The committee chose the colour theme for the event which was black and tiffany blue. This theme was carried throughout the venue decorations, including black chair covers with blue bows and black, blue and silver balloons. The committee assisted with the advertising as well as the seating arrangements.

The event was held at the Sky High Restaurant, Mt Dandenong. Although the wet and windy weather threatened to spoil the evening, the misty rain proved refreshing for those prepared to venture out onto the balcony between dances. Towards the end of the evening the magnificent lights of the city were visible as the rain cleared. Star dancers included Charlee and Brittney, who never stopped moving all evening and Zac who stole the fashion show with his cool white shoes. The staff dancing star was Mr White whose rendition of Bohemian Rhapsody was truly amazing.

All students who attended displayed great fashion sense, looking beautifully groomed and dazzling in their finery. Many thanks to the parents who enabled their students to attend and to the staff who supported the event by coming along.

Debbie Morrish | Year 10 Formal Coordinator



Free Make Up and Hair Session

Year 10 student, Deanna Jowett took up the offer of a free makeup and hair session for the Year 10 Formal. Thank you to LINC Church Services Network Yarra Valley.



2 Pairs Each (FLIP Open Inquiry)



"A week ago a boy called Josh Berry came to talk to the year sevens and the SRC about his organisation called 2 Pairs Each. 2 Pairs Each is about collecting socks for homeless people. Josh got the idea when he was in the city with his family and they saw a homeless man. They gave him money and that's when Josh decided that he wanted to help the homeless, (he was only 9 years old).

He researched how many homeless people there were in Victoria which was approximately 23,000. He then thought that if he collected 50,000 pairs of socks then there would be enough for 2 pairs for each homeless person.

To make his organisation known he created a Facebook page and a website called www.2pairseach.com.au. His local IGA made a page about him and his organisation in their catalogue. Lots of people have donated socks or money to his organisation.

Over the last fifteen months Josh has collected over eleven thousand socks. Every Wednesday night he drives to St. Kilda to feed the homeless and needy. The MCG calls Josh up every few months to come and pick up all the lost property."

Jennifer Morris, Meredith Rowlands and Tamin Crunden Yr 7



"A young boy Josh Berry came to our school to tell us about his foundation called "two Pairs each." Two Pairs each is a foundation about socks for homeless people to keep their feet warm. Josh sometimes gives out meals to the homeless as well. Josh is only in Grade 4 but started it in Grade 3. I learnt from Josh is that there are people in the world who are suffering and in need to help them. We are hoping to buy socks and send them to Josh."

Tori Lazarus-Donkin Yr 7

The SRC raised over \$300 with a Sausage Sizzle for Socks!



Eastern Metropolitan Athletics

"Brayden Holland (High Jump), Grace Bray (Javelin) and I (Shot Put) went to Regional Athletics Knox Athletics Park with Ms Simmons. Although we never made it through to the next level, we had a great day participating with everyone competing with a great display of sportsmanship.

It was really well run and the day went very quickly. Thanks to Ms Simmons for taking us to the event."

Jaclyn Ritchie Yr 10

SAUSAGE SIZZLE FOR SOCKS



FRIDAY 14TH OCTOBER
\$2.00 OR A NEW PAIR OF SOCKS
IN THE COURTYARD

All funds are going towards purchasing socks for the homeless.







Alpine School for Student Leaders

(Students spend all of Term 4 at the Marlo Campus.)

"I'm really enjoying my time here! My roommate is from Ararat College. I've made some amazing friends and I've already made some memories that I'll remember for a long time. I'm part of the group 1A and we've already done some teamwork activities.

Cody and Caleb are fitting in great..

I will be very excited when I come home and tell everyone all my stories here from Snowy."

Grace Bray Yr 9

"Humans of Upper Yarra Secondary College"



Ms Knowles

Tell us a bit about yourself.

"Hi! My name is Ms Knowles. I moved to the Yarra Valley in June this year. We previously lived near the beach at Mollymook in NSW, which is almost 3 hours south of Sydney.

I have been teaching Health and Physical Development since 2000 and I also teach Hospitality and Food Technology.

I have a large family and a beautiful Border Collie named Leia.

I am enjoying living in the valley near the mountains and I look forward to exploring and getting to know our community!"



Dayne Leeds

What is your greatest achievement?

"My Nan taught me to crochet and then a few months later I decided to do something with it. I thought of an idea to raise money for the Leukaemia foundation. I started to crochet beanies and sell them for \$5 each. My idea took off and I raised about \$350 and was given a certificate by the CEO from the Leukaemia Foundation."

What are your dreams for the future?

"My dream is to be a Prep teacher because I love helping little kids and showing them new things, they are so into everything you show them."

The Clean up Continues

For information about how to access temporary accommodation, laundry and shower facilities, property damage assistance and food waste disposal view Yarra Ranges Frequently Asked Questions: <http://vic.us3.list-manage.com/track/click?u=e5121508315e3111fb61dcf89&id=3259667e6d&e=b3a659a875>



Staff and students made the best of a difficult situation last Monday. While staff made valiant attempts to get the school reconnected to the Internet, students were making sure our reptiles stayed warm!



Duke of Edinburgh Badge Ceremony

UYSC Duke of Edinburgh students wearing the badges they were awarded on the last day of Term 3!

IMAGINE YOURSELF...

BUYING A YEARBOOK

UYSC Connections
Yearbook/ Magazine 2016
is coming soon.

Reserve your copy
at the Business Office.

Only \$10!

Stress Less for Study Success

Staying healthy is one of the most important things that you can do for yourself this year. Being a student can be stressful and with exams period fast approaching. Below are lists of tips in practicing 'self-care'.

1. Diet

- Eat breakfast and make it high protein/low carbohydrate – eggs, cheese, milk, baked beans, yogurt, and smoothie
- Drink heaps of water – at least 2 litres daily
- Eat good foods – fruit, vegetables, meat, fish, chicken, lentils, eggs, cheese, yoghurt, nuts, breads/cereals
- Limit junk/fast foods
- Limit sugar and heaps of carbohydrates (they can make you sleepy)
- Have regular meals
- Eat dinner early – 6.30 to 7 pm
- Limit or avoid caffeine
- Take a multivitamin and omega 3 supplement (buy at health food shop, chemist or supermarket)

2. Sleep

- 8-9 hours every night
- Regular bedtime and wake time – create and maintain a routine
- Wind down at least half hour before bed – warm shower or bath, listen to music, warm milk drink
- Switch off computer and phone

3. Exercise

- At least ½ hour every day
- Take regular breaks when studying - get up, move around, get some fresh air and practice deep breathing

4. Relaxation and Fun

- Practice a relaxation technique –listen to music, exercise, bath, massage, deep breathing
- Have fun and laugh

5. Other tips

- Make sure you have a good study environment e.g. quiet, good lighting, good chair
- Reward yourself after you complete a task, homework or study block
- Avoid drugs including alcohol – they make you sleepy. Cannabis affects short term memory
- Talk to someone, get help if you are struggling with work, personal life, stress or anxiety – Family member, trusted adult, teachers, school nurse, SWC, kids helpline
- Limit gaming/facebook time
- Limit work – ideal maximum is 10 hours per week
- Be aware of your unhelpful thinking and 'catch them' when it happens. Below are some quick tips in how you can replace your unhelpful thinking to having a more 'balanced thinking'
- Ask yourself 'is this fact or opinion?' Remember for something to be 'factual' you need to have evidence to support it AND an opinion is mostly assumptions without any basis
- If you are looking right into a pair of binoculars its important to 'zoom out' as this gives you a bigger picture of the situation and providing you with another perspective
- Ask yourself:
'what would you say to a close friend/loved one who is thinking this way?'



Mental Health Week

In October we celebrate Mental Health Week. As a community it is pivotal for us to look after our 'mental health' which is not the same when it comes to looking after our physical health. Often there is shame and stigma when seeking help and talking about mental health issues. To quote Prince William on his recent speech about mental health:

"Mental health is not a dirty word," the father of two said. "We all have mental health like we do physical health, good or ill. But not seeking help at those times when it all seems too much or we are depressed or anxious, can impact the rest of our lives".

What is the stigma around getting help for mental health issues?

Mental health issues are really common!! Every year 4 in every 16 young Aussies experience a mental health issue. But 3 of these 4 won't get the help they need. There are many reasons why, but stigma plays a major role.

Stigma is all the misconceptions, beliefs and fears about getting help for mental health issues. Not seeking help can have negative effects like making it harder to finish study, get a job and maintain friendships.

You can help tear it down for good. The more we share, the more we talk, the more we tear it down. To find out more click the link below:

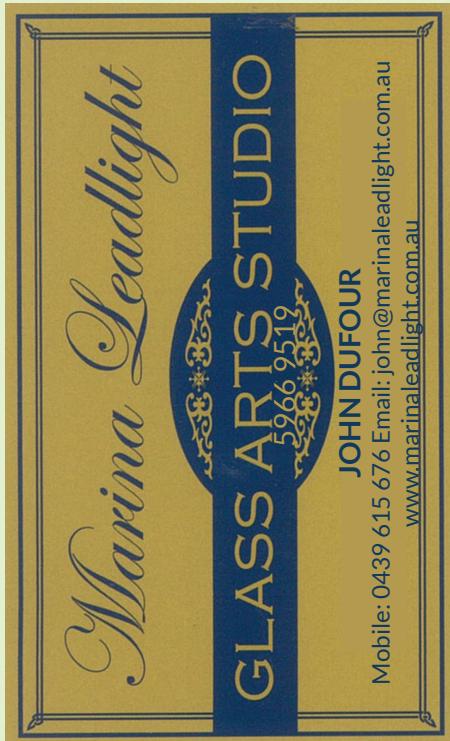
<http://thebigstigma.com.au/>

If you require help, seek support from either your teachers or the Wellbeing Team or services outside school:

- Headspace at 1800 650 890 OR eheadspace.org.au (for online chat/email support)
- Kids Helpline at 1800 55 1800
 - Lifeline at 13 11 14
 - Beyond Blue at 1300 224 636
 - Lastly chatting to family members like Mum or Dad OR other family relatives such as grandparents; Aunt/Uncle or older siblings.

There is no shame in talking about mental health!!!

Cyndee Bautista | Adolescent Health Nurse (Tuesday & Thursday)



Leadlights - Restorations & Repairs
 Supplies - Glass - Lamps - Mirrors - Table Tops
 Glass Bricks - Domestic Glass - Splash Backs
 Leadlight Classes - Insurance Work

REMEMBER!

'You are in control of your thoughts and how you choose to respond and react to them!!!!'

Additional Resource and Support options

eheadspace & headspace

www.eheadspace.org.au & www.headspace.org.au

headspace is a confidential, free* and secure space where young people aged 12 to 25 years and their family can web chat, email or speak on the phone with a qualified youth mental health professional.

Ways to contact eheadspace:

- chat at eheadspace.org.au, seven days a week from 9am to 1am AEST (Australian Eastern Standard Time)
- call 1800 650 890, seven days a week from 9am to 1am AEST

*All eheadspace online services are free but if you call 1800 650 890 from a mobile phone normal call charges apply. Let us know if you are calling from a mobile and we can give you a call back.

Cyndee Bautista | Adolescent Health Nurse (Tuesday & Thursday)

Apps

- Smiling Mind <http://smilingmind.com.au> It is a unique web and app-based program, designed to help bring balance to young lives.
- Breathe2Relax (free app on your phone)
- iCounselor App (cost 99 cents on Apple App store)

Websites

- Reachout <http://au.reachout.com> From everyday troubles through to really tough times, take the first step with ReachOut.com, Australia's leading online youth mental health service
- Beyond Blue 'The Desk' www.thedesk.org.au

LOSE WEIGHT? gain
 WHAT WILL YOU
 WHEN YOU LOSE?™
 ADVICE SUPPORT FRIENDLY

Wednesdays 6.30pm

YARRA BURN CENTRE Yarra Junction (Next to the Footy Oval)

\$5 per week

No joining fee - Oct/Nov! Save \$50!

Any enquiries: Kerry 0437 917 024 or Debra 0417 103 589



townclubs.com.au **Take Off Weight Naturally**
 Incorporation No: A0029710 Upper Yarra T.O.W.N Club