Most parents will no doubt have received notification from the school and will be aware that the College Principal Robyn Jeffery is currently on leave and that I will be filling the role of principal for the remainder of the year.

I will be working with Assistant Principals Tami O’Hare and Robyn Anderson and all staff to ensure that the last five weeks of the year are a positive experience for all members of our college community. Since starting at Western Heights I have met many students and will during the next few days introduce myself to the students in each learning community.

During my forty plus years of employment with the Victorian Education Department I have been fortunate to have had the opportunity of leading many schools. My first Principal role was at Apollo Bay P-12 College starting in 1981. Since then I have been Principal of Shepparton Technical School, McGuire College and Oberon High School. In addition I have had short term Principal placements in a number of primary and secondary schools. Hopefully this experience will enable me to quickly and effectively undertake the duties of Principal of your school.

I look forward to meeting and working positively with all who are connected to Western Heights College.

Ralph Shaw
Acting College Principal
We held our Year 8 2016 Information Evening this week and we have been delighted with the student response and the parent support as we introduced the showcase of student learning. Each Year 7 student has been given the opportunity to showcase their learning, highlighting what they would like their parents to see. Students were chosen to represent a variety of subject areas which was terrific. Thanks to all students involved and for the continual support from parents.

YEAR 7’S INVOLVED IN LIBRARY ACTIVITIES:
The great thing about Western Heights College Library is the many clubs and activities held there during lunchtimes. The different clubs and activities include craft club, book club, chess club and termly writing competitions which everyone can enter. The craft club is held on the first Friday of every month and is a great club to join if you enjoy doing arts and crafts in your spare time. Chess club is a club that is great for any chess player, it’s on every Thursday lunchtime. It’s a great opportunity to take part in a tricky game that involves skill. Not only that but by joining the chess club you may also get the chance to attend chess competitions at other schools all around Geelong. Another activity located in the library on the first and third Tuesdays of every month is book club. A good idea for any big readers who would like to share and recommend library books. Also every term the library organises a different writing competition, a prize is offered for every year level and anyone can participate. The library holds many different fun clubs and activities that anyone can join and is a chance to socialise and meet people with the same interests as you. Even if it is just a one-time thing on a rainy day, the activities are fun so feel free to join a club.

LITERACY – WRITING:
Arnold Kaiser
2015 was the year of writing for Western Heights College. The Year 7s this year have worked on their paragraphing, persuasive, informative and film response skills.

During the paragraphing unit we wrote stories including ones about the 5 senses. I wrote a story about a dark forest. This was my favourite writing unit.

The most recent unit we have been working on has been a film study on the movie ‘Stand by Me.’ We wrote an essay on the issues that teenagers face and the movie supported this.

I have enjoyed writing this year and I have improved a lot with my writing and I am now operating at a Year 9 level.

DOJO AND SOAR AMBASSADORS
UPDATE 3 TERM 4

SOAR AMBASSADOR EXCURSION - SILVER
Last Monday I had the pleasure of taking 19 Year 7 students to Laser tag and TimeZone. These were the students who have reached 50 DoJo points for going over and above the college expectations of Safety, Organisation, Achievement and Respect. These students earned the silver SOAR certificate in recent weeks and chose this excursion as their reward. A great time was had by all, it was an extremely competitive session with at least every student taking a shot at me several times and I did not do so well in the points. Kaitlyn was the victor for the day, taking out the top shot award. I am looking forward to seeing where they take me for the gold ambassador excursion.

SOAR – EMILY MATTHEY’S PERSPECTIVE
While being a SOAR ambassador is an amazing thing in itself alone, there are also many more rewards that come with it, as we Year 7’s have discovered. Our teachers explained the Dojo points system early on; if you reached 25 points you became a bronze ambassador, silver for 50 and 75 for gold. With each rank also came not only special privileges such as being able to stay inside during recess or use the microwave for food, but we were also presented with the opportunity to go on an excursion of our choosing. The bronze ambassadors decided they wanted to go to Aerodrome, and we got to bounce around on the trampolines and jump into foam pits. Silver wanted to try out Time Zone, where we ran around in a game of laser tag and spent the rest of our time on all the gaming machines they had. We haven’t yet chosen a location for the gold SOAR ambassadors, but judging by the amount of fun we’ve had these past few terms, it’s sure to be something incredible!

Ms Michelle Roth
Year 7 Learning Community Leader

PERMISSION FORMS AND PAYMENTS
Please note that all sport/excursion permission forms and payments are to be returned to the college two days before an activity.
For planning purposes it is important that this request is met to ensure students do not miss out on these valuable experiences.
STUDENTS@ DEAKIN’S SCIENCE FACULTY:
Twenty two Year 9 students visited Deakin University on Wednesday 14 October as a planned part of their Science studies. The “Science is fun” program began with a talk by a young scientist who showed how his research is used by the Federal Police Drug squad. He explained that he had been able to work in a number of countries and had travelled around the world speaking at conferences.

The laboratory program was divided into two sections, chemistry and biology.

During the biology session, students divided themselves into different groups using a dichotomous key. They used other dichotomous keys to identify a group of animals preserved in jars. The “battle of the beaks” was great fun. Students learned how bird beak shape related to their habitat.

In the chemistry session students made oobleck which moves from liquid to solid as you mix it. They saw metal salts burn to produce their spectral colour which can be used as a fingerprint to identify the metal. They played with ferro fluid magnets and a range of chemical reactions.

Comments from students:
I enjoyed Dr Xavier telling us about what he does.
I enjoyed how we had to be birds and collect food
I enjoyed learning more about Ecology because it is an area I want to work in, in the future.
I really enjoyed playing with the ooblech goo thing and the UV light. Basically everything. It was fun.

Mrs June George
Year 9 Science teacher

DEAKIN UNIVERSITY EXCURSION:
Western Heights College Year 10 students have again been invited to participate in the Deakin University Experience on Wednesday, 18 November all Year 10 students received a permission notice regarding this visit and are to return their signed copy to the college so they are able to participate in visiting both Deakin Campuses on this day. The students will have a chance to choose three different workshops across the day from a variety of disciplines. Students will be visiting both the Waurn Ponds and then the City Campuses.

This an exciting opportunity for our students to experience the facilities and opportunities that are available at Deakin University. All year 10 students will attend this excursion. Students will be required to wear school uniform and bring their lunch or money to purchase food at Deakin University.

EXAMS:
Year 10 students will experience 3 days of exams Wednesday 25 - Friday 27 November. Students will be supported with revision during week 7.

Mr Roger Conron
Year 10 Learning Community Leader

SCIENCE:
There has been lots of hands on work and experiments happening in Science in the past two weeks.

In Chemistry, students have been learning about types of reactions and the role that catalysts play. This involved experimenting with hydrogen peroxide and yeast to investigate how a catalyst works. Students have also been learning how to write an accurate method for an experiment. In Physics, students have been investigating the relationship between distance, time, speed and acceleration using ramps, carts and ticker timers. They have been very creative when designing apparatus to test their hypothesis.

Mrs Watson
Year 10 Teacher
Can I also especially mention those applicants who missed on a position and the grace that the accepted this and support they have also given those elected.

As I mentioned in the last newsletter next week (17-20 November) is the exam week for Unit 2 subjects. It is important to remember that any Year 11 VCE unit has an exam and these exams will be run under the same rules as Year 12 exams.

If by any chance your child cannot make their exam, please contact the school so, where possible, we can make alternate arrangements.

As students enter the exam week, it is not unusual for stress levels to rise. I have listed a number of tips below that can help students get maximum efficiency before and during an exam.

1. Don’t Cram – we have been working through a three week revision timetable in advisory classes. The majority of teachers have given students revision questions to complete – this is the best short term revision technique.

2. Eat Well – Good nutrition helps students maintain focus for longer. Eating breakfast before an exam will help students maintain focus and be more efficient during exams.

3. Watch Caffeine Intake – nothing drives up exam stress more than not being able to sleep the night before – this includes high energy sports drinks.

4. Prepare to be prepared – before going to bed the night before, make sure you gather together everything that you will need for the exam – pens, rulers, eraser, calculator (including batteries), Water bottle, formula book etc.

5. ZZZZZZ – Staying up late the night before an exam is the worst thing you can do – you reach a point where your productivity eventually declines, so sleep is a must!

During exams:
1. Read the question twice before you attempt it – make sure you know what the question is asking you!

2. Start strategically – use your reading time to read all of the questions and identify the questions you know you CAN DO – don’t focus and dwell on the tough questions – you will have time to do them at the end. You will kick yourself if you miss out on a question that you can do because you ran out of time.

3. CHECK your answers – don’t lose marks for things you can do; like missing out on units, significant figures – or worse, not answering what the examiner wants.

4. Take deep breathes if you start to stress – breathe in for 4 out for 4 – this will clam your nerves and get oxygen to your brain.

Mrs Katrina Lynch
Music Teacher.

Year 11 News

Firstly, as the Year 11 LCL, can I commend all of the students who applied for school leadership positions. The number of applicants truly impressed me and the speeches of the six students short listed for College Captain positions enhanced the belief I have that we have exceptional young adults in our college.

Congratulations to Katy Newell and Alex Blain for being elected as the 2016 Western Heights College Captains. Both these students are highly regarded and will represent the college to the best of their abilities. These students will be ably supported by the house leaders:

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<tr>
<th>HOUSE</th>
<th>House Captain</th>
<th>Sports Captain</th>
<th>Pathways, Arts &amp; Community</th>
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<tr>
<td>BARTON HOUSE</td>
<td>Jessica Bocksette</td>
<td>Tahlia Lewis</td>
<td>Tahlia Mann-Feldman</td>
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<td>MINERVA HOUSE</td>
<td>Hope Chernih</td>
<td>Nathan McDonald</td>
<td>Haylee Roberts</td>
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<td>QUAMBY HOUSE</td>
<td>Bailey Pilgrim</td>
<td>Emma Hatton</td>
<td>Taylah Spalding</td>
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<td>VINES HOUSE</td>
<td>Teisha Clifford-Rowles</td>
<td>Michael Tuohill</td>
<td>Rebecca Claridge</td>
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Mr Brett Bullock
Year 11 Learning Community Leader
IMPORTANT DATES
As the end of the examination period draws close many Year 12 students and families will start looking forward to the release of results, change of preferences and tertiary institute offers. Guidelines to this process can be found at the VTAC web site: http://www.vtac.edu.au/

A comprehensive guide to this process can be found in the VTAC eGuide and the “ABC of Offers”. This was distributed to all Year 12 students earlier in the year. It can also be downloaded from: http://vtac.edu.au/publications.html#year12

Ms Kerrie Hammond
Year 12 Learning Community Leader

EXAM UPDATE:
The final exam for students at Western Heights College is scheduled for next Monday November 16 and I wish those students who are still to complete their examination schedule well. We have had a number of external supervisors and every day they provide positive feedback in relation to the attitude, effort and endeavor of our students. Congratulations to all our students for manner in which they are conducting themselves during the exams.

GRADUATION:
Our Graduation Ceremony will take place next Wednesday November 18 at Costa Hall, Deakin University, Waterfront Campus. The Ceremony begins at 6.00pm. Tickets are available to be picked up from Mrs Thomas at the College Office.

Graduating students are required at Costa Hall at 2.30pm for rehearsal and photographs.

The Graduation Dinner is at the Mercure Hotel and will conclude at 9.30pm.

If you have any questions in relation to Graduation please do not hesitate to contact your student’s mentor teacher.
It has been another busy fortnight at Western Heights College. Students in Year 8 are really enjoying their Docs and Teens Sessions. Year 9 students are busy working on their Community Projects. These projects have students in groups designing projects that will help and support the local community. Students are very excited and have been working hard on their projects since the beginning of the term. This week the College will held Remembrance Day Assembly in each Learning Community to acknowledge a significant event in Australian History.

SELF TALK:
One question that I regularly ask young people that come to see me is ‘Which person, alive on the planet, talks to you the most?’ The most popular answer is ‘my mother’, followed by a specific friend. They look at me blankly when I tell them that I know someone who talks to them more. Some of them guess but all of them agree when I announce that they talk to themselves way more than their friend or even their mother.

There is a distinct link between motivation and self-talk. The challenge for us is to encourage our children to develop and maintain a healthy, positive self-talk. The way we think dramatically affects the way we feel and our level of motivation is often driven by how we feel. How we feel about the task and how we feel about ourselves.

As we go about our lives we are constantly thinking about and interpreting the situations we find ourselves in. It’s as though we have an internal voice inside us that determines how we perceive things. This is our self-talk created by our inner responses and our belief systems.

There are some thinking errors than can contribute to a lack of motivation. These include:

- Making unfair comparisons between certain individuals that have advantages in some areas of their life. This leads to a feeling of inadequacy.
- Focussing on the negative aspects of the situation and ignoring or dismissing the positive ones.
- Taking personal blame for anything/everything that goes wrong even when it isn’t our fault.

We need to help our children change their thinking and free them up to be motivated to achieve their dreams. One way is to help them recognise that their feelings are directly linked to their self-talk. Change the self-talk and it changes the feeling.

One method to start the process is to ask them to keep a small journal of their self-talk – particularly the negative, and spend time looking at the entries for patterns and create positive alternatives.

Hope everyone had a great week

Mr Paul Rogers & the Student Wellbeing Team

PUBLIC SPEAKING NEWS:
Over the past two months, six Western Heights College students in Year 7 & 8 have competed in elimination rounds of the VOICE Public Speaking Competition.

VOICE is an annual competition for young public speakers aged 12 – 15 years, and Western Heights College is one of the only public schools in Geelong to compete.

Recently we were informed that Year 7 student Chloe Dyer was successful in reaching the Victorian Grand Final. Chloe competed last Friday in this Final, speaking on the topic of addiction to the drug Ice, and how we can combat it. She presented this as a three minute prepared speech and then answered a question on the topic from the judges.

I am very pleased to announce that in the field of six finalists, Chloe placed fourth, an extraordinary achievement, given the fact that the other competitors were all Year 8 and 9 students. Well done Chloe!

Ms Kerrie Sirotich
College Librarian.

VCE English Novels

VCE English Novels for Term 1, 2016 are available from the College Office.

Please purchase in time for transition classes:
2016 Year 12 – by 24 Nov, 2015
2016 Year 11 – by 1 Dec, 2015

Paperback books can be purchased from the College Office. These books are also available in ebook form.

Year 11 – Jasper Jones
by Craig Silvey (paperback) $24.00
Alternatively ask a 2015 student to sell you their copy

Year 12 – Burial Rites
by Hannah Kent (paperback) $20.00
Alternatively ask a 2015 student to sell you their copy
School Based Apprentice of the Week!
James Barker in Year 11 VCAL has been undertaking a School Based Apprenticeship since the beginning of last year. He works for Tony McGeady at ISR one day per week and attends trade school at The Gordon one afternoon per week where he undertakes a Certificate III in Heavy Commercial Vehicle Mechanical Technology. James is a very hard worker and his employer is extremely happy with him.

Congratulations, James.

What’s the best part of doing a school based apprenticeship?
Going to work every week.

What are you hoping to get out of this program?
A full time apprenticeship at the end of the year with ISR.

CONGRATULATIONS:
Congratulations to the following students who have completed their School Based Apprenticeship or Traineeship program this year:
- Harley Malady – Carpentry
- Luke Vucicevic – Carpentry
- Brittany Burton – Community Services
- Kyle Johnson – Community Services
- Hayden Shaw – Patisserie
- Natalie Pupavac – Childcare
- Zac Younger – Education Support
- Cael Fisher – Civil Construction

If you are interested in pursuing a school based apprenticeship or traineeship in 2016, please contact me.

Hayden Shaw has completed the Certificate III in Patisserie this year through Strategies for Excellence At The Gordon. I wish Hayden all the best with his bright future in patisserie or commercial cookery. We were invited to a high tea where the students show us some of the things they have learnt this year. The results tasted amazing!!

Congratulations to Farzan Karkaria who was successful in completing the Alcoa Future Leaders of Industry (AFLOI) program this year. I would like to say thank-you to the Geelong Regional Vocational Education Council (GRVEC) and ALCOA for their support of this program. Farzan was presented with a certificate at the graduation held at the new CADET building at Deakin University and will receive a scholarship that he can put towards books if he chooses to continue studies in the Science Technology Engineering or Maths (STEM) fields.

Congratulations, Farzan.

INVITATION TO BUILDERS ACADEMY ORIENTATION DAY:
Geelong North Vocational Education Cluster Trade Training Centre
3- 25 Goldsworthy Rd, Corio VIC 3214
Thursday 19th November 9:30am-3:30pm

- A day in the life of a builder
- Types of careers in building
- What a boss expects
- What an apprenticeship is
- What is a Group Training Organisation (GTO)
- Getting an apprenticeship- how to increase your chances
- Tradie Life- hear from apprentices themselves
- Nutrition
- Finances/ Budgeting
- Tools of your trade

Morning Tea and Lunch will be supplied and the day is free to all that attend.

Please let me know if you are interested in attending.

VCE & ATAR RESULTS SERVICE:

WEB
results.vce.vc.vc.edu.au

Using VCE student number

SMS
19 767 668
Text VCE student number (no spaces) to Results Service Ph no.
Available from 9am, Monday 24 December to 3pm, Friday 31 December.

MAIL
VCE and VCE results and ATAR statements will arrive from Tuesday 29 December.
Annual ATM subscribers will only be sent to pass VCE and ATAR statements from the VCE website after results are released (2015 fee applied).

Who can use the service? Any student undertaking one or more Unit 3 & 4 sequences (including Year 11 students). ATAR advice will only be provided to students who qualify for an ATAR in the current year.
The Victorian College of the Arts & Melbourne Conservatorium of Music’s Annual Summer School Program is back!

Focussed on developing a broad range of techniques, our Summer School courses are perfect for extending skills for VCE, preparing for undergraduate studies, having a great time and learning something that you’re passionate about!

The Faculty of VCA and MCM at the University of Melbourne enables students to engage in the practical arts at the very highest level. Taught by leading industry experts, our Summer Schools are a great way to deepen understanding, grow confidence and have fun.

Summer School
Available in:
- Theatre
- Music Theatre
- Film & TV
- Pop Song Writing
- Dance
- Musicianship
- Visual Art
- Gaming

When
Summer Schools are either three or five days long and take place between 11 - 22 January 2016.
Places are limited.

LA TROBE ENGINEERING & IT SHOWCASE
La Trobe University warmly invites you to attend the 23rd Annual Engineering & Information Technology Showcase, on Wednesday the 25th of November.
La Trobe University has a longstanding history in innovation, this free event demonstrates our student’s achievements from Engineering & I.T disciplines such as:
- Electronic/Electrical Engineering
- Biomedical
- Telecommunications
- Robotics and Mechatronics
- Computer Systems
- ICT and Computer Science
- Physics
- Civil Engineering
Come and see how these projects will shape Engineering and I.T Industries for years to come. View our past and current Electronic engineering projects to learn more. You can also view our 2014 Showcase video.

Time:
5pm-8pm

Venue:
Union Hall, Union Building, La Trobe University, 1 Kingsbury Drive, Bundoora, Victoria. Campus map

Cost:
Free (includes canapés and drinks)

Register
Register your attendance

Enquiries
Contact us if you have any questions

BOOK NOW