



At BSSC: Our **ROLE** is to empower learners for individual, community and global leadership.  
We value **Respect, Optimism, Learning and Environment.**

## STUDENT NEWS – Week beginning Monday October 25th, 2010

*Study well Year 12's. Best wishes with your VCAA written exams*

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### What's on this week:

	Mon	Tues	Wed	Thurs	Fri	Sat/Sun
During Day			Bendigo Cup Holiday No classes	VCAA English/ESL Exam: 8.50am		
Lunchtime				Year 11 Study Day No classes	• Chess Club in E17	
Afterschool		• Maths Tuition in G13				

### Must Read Information for ALL students

#### CONGRATULATIONS TO ALL YEAR 12 STUDENTS ON A FABULOUS CELEBRATION FOR THE LAST DAY OF YEAR 12

As a college it was wonderful to see you all dressing up and constructively celebrating the formal end to classes with each other and staff. The positive representations of your conduct throughout the local media were well deserved. Congratulations and thank you for showing such pride in yourselves and our great college through your positive actions. Look out for some fabulous photos in the Student News next week.

#### PROGRAM CHANGES FOR YEAR 11 STUDENTS THIS WEEK – AS NOTED IN STUDENT DIARIES

- **WEDNESDAY OCTOBER 27 – Bendigo Cup Day Holiday for all students and staff**
- **THURSDAY OCTOBER 28 – Unit 3/4 English and ESL English exam – YEAR 11 STUDY DAY: No Year 11 classes**

#### YEAR 11 STUDENTS: (BRIGHT PINK) INDIVIDUAL UNIT 2 EXAM TIMETABLES

- Most of you will have received your individualised Unit 2 exam timetable from your Pathway Advisor last week. If you did not, you need to follow up with your Pathway Advisor as soon as possible.

Please read the rules for conduct carefully and remember that you **MUST HAVE PHOTO ID**  
A reminder that-

- Year 11 students undertaking a Unit 3 or 4 subject for which the VCAA exam clashes with their Unit 2 exam, **MUST** attend their VCAA exam. The Unit 2 exam will be rescheduled.

- Year 11 students undertaking a VCAA end of year examination can reschedule any Unit 2 exams occurring on the same day as their VCAA exam.
- Year 11 students undertaking a VCAA end of year examination whilst their Unit 2 classes are still operating, are not required to attend Year 11 classes prior to the VCAA exam on that day.

**All Year 11 students undertaking are Unit 3/4 subject are reminded to refer to their (Green) exam timetables for the session times and locations.**

**Note: Students with Special Exam Arrangements in an alternate room are reminded to consult their other specific advice sheets about exam locations**

#### ONLINE REFERENCES - ATTENTION ALL YEAR 12 STUDENTS

The online reference system will be available from Monday 11<sup>th</sup> October to Wednesday 27<sup>th</sup> October. All students wishing to request a verbal reference from a teacher will need to do so through this system. Please read the attached document carefully to find out how to do this. If you have any questions please contact Simon Wood: [wood.simon@bssc.edu.au](mailto:wood.simon@bssc.edu.au).

**Please note that the reference system closes Wednesday this week.**

#### SECOND-HAND BOOK SALES AND PURCHASES FROM LANDMARK BOOKS – KEY DATES

##### Sale and PURCHASE of second hand books

Students or parents are able to take good condition text books (which will still be current for the 2011 booklist) to the **BSSC library** on the dates below for sale to Landmark Books, our college booklist supplier.

- You can **sell** your books to Landmark on **Thurs November 11: 12-3pm**
- You can **sell** your books to Landmark on **Monday November 15: 11am-2pm**
- You can **sell** your books OR **BUY THEM FOR NEXT YEAR** on **Friday November 19: 11am-2pm**
- You can **sell** your books OR **BUY THEM FOR NEXT YEAR** on **Wednesday December 1: 11.30am-2.30pm** (subject change day)
- You can **sell** your books OR **BUY THEM FOR NEXT YEAR** on **Thursday December 2: 4.00pm-7.00pm** (subject change day)

## Pathway Community 4 : Health Services

### HEALTH SERVICES TRAINEESHIP – BENDIGO HEALTH CARE GROUP

The Health Services Assistant (HSA) trainee role has been offered again for 2011. For further information see the MIPs section below or see Michael Lennon in the Coordinators office or Marla Carlier in the MIPs office.

## Pathway Community 8 : Visual Arts



## Student Pathways/Careers Information

### CAREERS

- **14<sup>th</sup> INDIGENOUS AUSTRALIAN ENGINEERING SUMMER SCHOOL (IAESS)** Interested in maths and science, then a career in engineering may appeal to you. The Summer School is an initiative of EngineeringAid Australia and is hosted by the Faculty of Engineering at the Uni of NSW. **When:** 16-22 Jan, 2011; **Where:** Sydney. For more info. about IAESS contact the Faculty of Engineering at the Uni of NSW (02 9385 7324), [www.eng.unsw.edu.au/iaess](http://www.eng.unsw.edu.au/iaess) or Engineering Aid Australia, [www.engineeringaid.org](http://www.engineeringaid.org) or Nura Gili Indigenous Programs, UNSW (02 9385 1559), [www.nuraqili.unsw.edu.au](http://www.nuraqili.unsw.edu.au). REMINDER: Yr 12 students who made a **timely** VTAC application should ensure they have collected a confirmation sheet from their Pathway Advisor.
- **FILMMAKING SUMMER SCHOOL 2011** Intensive summer film school and short film courses taught by Australia's leading film industry professionals. The Filmmaking Summer School is part of the public engagement program - Screen Studies, University of Melbourne. For aspiring filmmakers of any age. Next course dates are Jan 5 to 25, 2011 full details can be found at <http://www.summerfilmschool.com/index.asp>

Careers staff are available 8:45-4:30pm Monday to Friday (later by appointment) during term. We can be found at the bottom of G Block. To make an appointment to see Sasha or Greg, please call in and see us or email [Peppinck.sasha@bssc.edu.au](mailto:Peppinck.sasha@bssc.edu.au) or [sturges.gregory@bssc.edu.au](mailto:sturges.gregory@bssc.edu.au) **we will be at BSSC until December 17.** (Please note that Mark Zulian is away until November 1.)

Don't forget to check out our web pages: <http://www.bssc.edu.au/public/students/careers/index.shtml>

### MIPS

**POSITIONS VACANT**

A reminder that although classes for Yr 12 finish October 21<sup>st</sup> and Yr 11 classes finish on November 3<sup>rd</sup>, the MIPS team will be available every day until the end of term on December 17<sup>th</sup>. Students are encouraged to keep visiting the electronic Job Board and checking the noticeboard outside G17 or come in and see Lorelle, Helen or Marla.

New - visit our [Jobs Board](#) (casual, part time and full time jobs available on website) Job opportunities like the following are available –

### **Bendigo Eye Clinic - Full time Assistant**

The Bendigo Eye Clinic is looking for a young person to work full time in their clinic as an assistant. The role would last for 12 months and suit someone seeking to work from December 2010 to January 2012 or someone having a “Gap Year” from study. **It is not a traineeship position.** Applicants need to be able to offer excellent customer service, be friendly and a good communicator and enjoy working with the public but prior employment experience is not essential. Ideally, the successful person will have completed Yr 12 but all applicants are invited to apply. If interested, please contact Olivia at The Bendigo Eye Clinic ASAP on 5441 1622 to apply for and find out more about the role.

### **2011 Traineeships - Bogong and Rubicon Education Centre**

[Bogong Outdoor Education Centre](#) and [Rubicon Outdoor Centre](#) are DEECD (Dept of Education Victoria) Schools providing residential outdoor/environmental programs for over 5000 students across 4 Campuses each year. There are 5 traineeships for Certificate III in Outdoor Recreation available in 2011 which would be ideal for applicants looking to work in an Outdoor Education setting. The Job Description is available from their website.

Closing Date 28/10/2010. For details go to [Recruitment Online](#) or [mycareer.com.au](http://mycareer.com.au) or contact Bogong Outdoor Education Centre 03 57541732 or Rubicon Outdoor Centre 03 57732285

### **2011 Health Services Traineeship – Bendigo Health Care Group**

**REMINDER - Applications close Friday October 29<sup>th</sup>.** Application form and Job Description and more info available from [Job Board](#) or from MIPS in G17

- ◆ The next **Responsible Service of Alcohol Course** is being held on Monday 22<sup>nd</sup> November from 4pm – 8pm here at the College. Cost is \$80. Light supper provided. All interested students to leave their names in the MIPS office in G17. *NB: You do not have to be 18 to complete this certificate.* **Students who completed the RSA and Food Handling training course in October can collect their Certificates from MIPS in G17**

## **Student Wellbeing**

Exams are a time when stress levels are often higher than usual. Stress can be positive, helping you to stay motivated and focused. However, too much stress can be unhelpful - it can make you feel overwhelmed, confused, exhausted and edgy. It's important to try and keep things in perspective and find ways of reducing stress if things seem to be getting on top of you.

### **Suggestions for managing exam stress**

**Effective study habits** - Many people feel overwhelmed at exam time - having to revise a lot of information in a short space of time and not understanding course material can be a big stress. Check out Exam time: Hints for effective studying for more practical advice on effective study techniques.

**Keep your routine outside studying + take regular breaks** - It's important to have regular study breaks and time for relaxation and exercise. Going for a walk, run, or to the gym is not a waste of time, it is a great way to clear your head and help you study better. Watching your favourite TV show or going to the movies are also good ways to take a break from studying. Check out the fact sheet on Relaxation for more ideas to help you relax.

**Limit drugs** - Caffeine (Eg - coffee, no-doz, V) and other drugs (Eg - speed, coke) give you a short lift before making you crash and burn. They can make you feel sick, and unable to sleep or concentrate properly. You actually study better with regular breaks, getting lots of sleep, and from exercising (really!).

**Have a number of options for the future** - Getting the marks to get into your first preference is great, but it's not the end of the world if you don't - there are other options to get into your course. These include deferring and getting some practical experience in your field, doing further study, writing to the university, retaking some subjects in some cases, or transferring in after a year or two. And, if you do accept another offer, you may find that you like it even more.

**Manage expectations** - External pressures around exams can be huge. It can be hard to deal with, especially with family and people you respect, but you need to remember that it's your life and your exam, with you in control. Things that might help you manage expectations:

- Base expectations on your past performance and doing the best *you* can do.
- Put the exam in context. In the scheme of your life, how important is it? If you don't do as well as you'd hoped there are always other alternatives. It's not going to dictate whether you are a good or a bad person, or whether you are a success or failure. Exams can't measure these sorts of things – all they measure is how well you can present the material asked for by the examiner; nothing more, nothing less.
- Take it as a compliment (admittedly this can be easier said than done). These people want you to do well, and think that you are capable of achieving. Their definition of 'achieving' is sometimes a little (or a lot) misguided, so you need to educate people about what you think is realistic. Talk to them, find out what they hope for you, and tell them what you are thinking and feeling.
- Use the expectations of yourself and others to assist your studying. Talk to people about how you are feeling, see if they have any advice or help they can offer. It's important to ask for, and accept support from those around, especially family members.

**Look after your body** - It's easy to let exams get on top of you and to forget to look after yourself. If possible try to get a good night's sleep. It's a good time to make an effort to eat healthy, including eating plenty of fruits and vegetables.

**Ask for and accept support** - If you're feeling overwhelmed, you might find it helpful to talk to a teacher or counsellor. It's also important to ask for, and accept, support from your family if you can. This support might be practical, like picking you up from the library, or emotional, including advice or help. If you need to talk to someone outside the situation, call Kids Helpline 1800 55 1800 (won't show up on your phone bill) or Lifeline 131 114 (both are anonymous, 24hr help lines).

### Remember...

There's always a light at the end of the tunnel. Exams have a beginning and an end, and the stress that goes along with them should end with the exam. Once the paper's in, there's nothing more you can do to (legally) influence the outcome - which means it's now time to chill and enjoy the summer.

Check out the **Exam time Fact Sheet**: Hints for effective studying for more practical-based study hints that can help you reduce exam stress.

For more information on exam tips follow the link: <http://au.reachout.com/find/issues/school-uni-tafe/exams?kt=info>

or contact Student Wellbeing: Donna Weightman [Weightman.donna@bssc.edu.au](mailto:Weightman.donna@bssc.edu.au) or Kelvin Curnow [curnow.Kelvin@bssc.edu.au](mailto:curnow.Kelvin@bssc.edu.au)

## General Information

### STUDENT VPT CARD AND MYKI REGISTRATION FORM

There are two types of passes available:

- The Regional Transit Travel Pass – allows for travel on the Bendigo Transit system 7 days a week. Can be a half or full year pass and can be fully claimed under conveyance allowance depending on the eligibility of the student under DEECD guidelines
- Victorian Travel Pass – allows for unlimited travel on all trains, trams and buses within Victoria. Please check with your Regional Office if part of the cost can be reimbursed under conveyance allowance depending on the eligibility of the student under DEECD guidelines

Please go to the following link to access the application forms

[http://www.bssc.edu.au/public/students/extranet\\_home\\_TT/Student\\_VPT\\_Card\\_and\\_myki\\_Reg\\_Form.pdf](http://www.bssc.edu.au/public/students/extranet_home_TT/Student_VPT_Card_and_myki_Reg_Form.pdf)

### OUR BSSC GLOBAL COMMUNITY – SUPPORTING INTERNATIONAL MINDEDNESS AT BSSC

#### STUDENT PROFILE ~ Introducing.....

**Name:** Zhou Jian Chao

**Country of Origin:** China. I live with my parents.

**Year Level at BSSC:** 11

**What I enjoy about Australia:** Last week I found work in a Chinese restaurant. I will enjoy that.

**What I miss about home:** I miss my father and mother because I haven't seen them for a long time.

**What would I be doing if I was back in China:** Maybe staying home. I can't do everything, because that's hard.

**What is different about life in Australia:** In China, I get up at 6.30am, but here in Australia I get up at 8.30am, which is a lot different.

**Will I return to Australia in the future:** Maybe I want to be a businessman, because while I am here I am studying business management.

# Repeat Notices

## LOCKERS

### Year 12 process for clearing lockers and receiving the \$20 refund

At the start of 2010, many students paid a \$25 fee for the purpose of locker and lock hire. At that time it was agreed that students would receive a \$20 refund on the clean vacation of their locker at the end of their enrolment at the college.

#### The process for Year 12 students to receive their refund is:

You are required to **remove all belongings from your locker** and ensure that it is clean prior to the **final date of Thursday November 18**. After this date, all lockers of Year 12 students who are finishing at the college, which have not been cleared, will be cleared by the college and recycled ready for next year.

**Students need to return their lock to the James King Hall for the \$20 cash refund on either of the following dates at the times listed:**

- **Thursday November 11:** 12pm-2.30pm
- **Monday November 15:** 1.30pm-3pm

If your parent would prefer to receive a cheque for the \$20 refund amount, please ask them to email us at [admin@bssc.edu.au](mailto:admin@bssc.edu.au) phone on 5443 1222 or alternatively, send a note with you on the day. The refund cheque will be processed once you have returned the lock to the JKH on the dates as listed above.

### Year 11 process for lockers

All Year 11 students are expected to leave your lock on the locker you have already been assigned which will remain your locker for 2011. These will be checked against our allocation spreadsheet as we process locker allocations for 2011 so make sure that your lock remains on your assigned locker when you leave for the Christmas holidays (after the Transition Week).

We are going to align the locker allocation process for you, our current Year 11's and future students (who will be charged \$10 per lock) by providing a \$15 print credit for current students to use during your 2011 enrolment. The remainder of the original payment will be compensated by you taking the lock with you at the end of your time at the college in 2011. If your parent would prefer to have this \$15 reimbursed directly, rather than transferred to your print credit, please ask your parent to contact the Finance Office at the college requesting a \$15 cheque reimbursement. We have let your parents know about these arrangements via the Parent News which is available on the college website and through the link which was emailed out to parents on October 12.



### VCAA Exam Timetables and 2010 Navigator booklets

All students completing Unit 3/4 VCAA examinations should have now received their official **VCAA green exam timetable and seating plan** from their Pathway Advisor. These documents give you important information about the date and time of exams, remind of key exam requirements, indicate the room and seat allocations for each exam and advise you about your personal Derived Examination application date. You are reminded that you are also required to read the VCE Exams Navigator 2010 booklets which were handed out prior to the mid-year examinations and GAT. This booklet

provides a detailed listing of the examination rules and specific details about allowable materials for individual subject exams. You must re-read this information and speak with your classroom teachers to ensure that you are well prepared for each of your exams with required equipment.

## IMPORTANT WORKPLACEMENT DATES

Workplacement registrations close on 25<sup>th</sup> October 2010 – NO WORKPLACEMENT FORMS WILL BE ACCEPTED AFTER THIS DATE

#### Students not undertaking Exams - Workplacement times are:

1<sup>st</sup> November - 12<sup>th</sup> November

#### Student undertaking Exams - Workplacement times are:

15<sup>th</sup> - 26<sup>th</sup> November

All staff monitoring students out on placements are required to complete the Contact Report Forms and hand them to Rhonda Pithie before students return off their placements.

It is really important for you to remember your Employer Report at the end of your workplacements whether it be Structured or Work Experience and take them to Rhonda Pithie in the Schools to Works Office to complete a debrief.

## VCAA – STUDENT POSTAL ADDRESSES

Have you changed your address?

Please ensure that your current postal address is registered with BSSC as the address we have on our records is where your VCAA results will be posted to at the end of the year.

Change of address forms are available from the Student Coordinator's office and the General office.

Please note that changes can be made with the college until Friday 26<sup>th</sup> November.

**If you have any constructive feedback on the format of the Student News, please contact me or Jan in the Student Coordinator's office.**

Regards, Linda & Jan

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CRICOS Provider Code: 00861K

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