

From the Principal's Desk

Having now moved into the final weeks of this term, it is evident that the challenges of undertaking the final years of secondary education are emerging for students, teachers and parents.



The end of semester one is quickly approaching with all work for all students due on Friday 7 June. At the time of writing, this is next week! I'm pleased to report that the vast majority of students are well in control of their program as they are on track to meet our attendance requirements and produce the quantity and quality of work to meet the outcomes of their various units.

For some students the realization that the end of semester is upon us will mean that they need to "burn the midnight oil" to polish up their coursework and folios so that they meet their course requirements. For others the simple reality of the situation may mean that they have run out of time to produce any meaningful work that meets the minimum requirements. For students in this category I sincerely hope that lessons have been learnt along the way and that any shortcomings with their schooling are addressed over the remainder of the year.

The individual situations and circumstances of some students have required teachers to devote considerable additional time over the past few weeks. The additional workload of students and teachers can prove to be quite stressful and I implore everyone to consider each other's health and well-being. Yes, learning requires considerable effort but the people who manage workload stress the best have a balance in their lives. I encourage everyone to put time into planning your work and ensure that there is some downtime to spend on yourselves.

End of Semester 1 Timeline

Friday 7 June: *Last day for submission of all VCE Units 1 and 3 work.*

Monday 10 June: *Queen's Birthday Public Holiday*

Tuesday 11 June: *Mid-year practice exam for all students undertaking Year 12 (VCE Units 3/4 English, Literature and English Language at 10:00am. No classes for Year 11 students unless they are undertaking one of the English studies.*

Wednesday 12 June: *General Achievement Test (GAT) at 10:00am for all students undertaking a VCE Unit 3/4 study.*

Thursday 13 June: *Student Free Day (Curriculum)*

Friday 14 June: *Student Free Day (Report Writing)*

Semester 2

Monday 17 June: *Semester 2 begins for all students*

All students will begin work for all VCE Unit 2 (Year 11) studies, VCE Unit 4 (Year 12) studies and all VCAL units on Monday 17 June.

It is expected that the above arrangement will give students a clear break between semester one and two. It will also allow those students who have been granted Special Provision an opportunity to come in to school during the week outlined above to complete outstanding work.

If you require further clarification, please contact me on 8862 4400.

*Michael O'Brien
Principal*

SRC Report

Swinburne students are excitedly preparing for the 2019 Swinburne Senior Secondary College Formal. Claire Congreave, our school publications manager, created a beautiful poster featuring a glamorous photograph that she took of members of the Swinburne SRC, and we have posted these up across the school. We have also selected our menu from the shortlist provided by Leonda, finalised our colour scheme (black and gold with red highlights), and chosen a photobooth with a red background. Fynn has created voting forms for best-costume winners, Bella is organising golden envelopes with wax stamps, and Bianca is making us some beautiful sashes. Categories include best dress, best suit, most creative outfit, best dancer, best-dressed teacher, best dancing teacher, and best duo (they're always there for each other- and everyone else!). We have also updated the table-booking system and in the coming weeks we will be collecting music selections from every mentor group.

Big thanks to Publications Manager Claire Congreave and Events Manager John Bacon for all their help with this, and to all the teachers, staff, and families who help

support students to have a wonderful and glamorous night.



Students need to book their tickets by Tuesday 11 June DON'T FORGET!!!

Dietary requirements are placed while tickets are being booked.

This is always a fantastic event and a wonderful experience for students.

Meiki Apted
Student Voice Manager

IDAHOBIT Day

IDAHOBIT Day for Swinburne was a day of celebration, love and recognition of how far the LGBTQIA+ community has come. Students and teachers all dressed in single colours for the big rainbow group photo on the basketball court, there was rainbow cake decorated by Sam and Elana and many rainbow skittles were eaten.

There was amazing live music from the music students and pride flags were flown a-plenty. We also wrote goals for the LGBTQIA+ community on the basketball court, an acknowledgment of what still needs to be achieved.

It was a very important day for members of the community to recognise how far we had come, and also how far we still have to go. It was also important to

acknowledge our privilege not only in Australia, a country with reasonably positive views of the LGBTQIA+ community, but also at Swinburne.



Our school is extremely safe and accepting towards those in the community compared to others and it is important to notice that. We at Rainbow Alliance thank the Swinburne community for their acceptance and love on this day. We also wish you the best for the rest of the year and hope you all get involved in further Rainbow Alliance activities especially as Pride Month is upon us!

Sam Tennant
Inclusion and Diversity Manager

Assessment and Reporting

Semester One reports will be published on Compass and available for you to view after 4:00pm Friday 28 June.

End of semester reports are published to students and parents twice a year for Year 11 students and in June for Year 12 students. Reports for each subject include satisfactory or unsatisfactory completion of the unit overall and each individual outcome, an assessment of the student's work habits and an overall level of achievement on the 1 – 5 scale below. A written commentary celebrates particular successes and makes suggestions for further improvement in that subject.

Level of achievement	
1	The student has demonstrated limited knowledge and skills associated with the unit.
2	The student has demonstrated adequate knowledge and skills and has been able to apply these in some instances.
3	The student has demonstrated sound knowledge and skills and has been able to apply these in a range of instances.
4	The student has demonstrated thorough knowledge and skills and has been able to apply these in most instances.
5	The student has demonstrated extensive knowledge and skills that have been consistently

applied with a degree of complexity and/or insight.

UG Insufficient work completed to demonstrate knowledge and skills associated with the unit.

In addition, mentors write a report that sums up the student's progress across all studies and makes suggestions for improved performance in the next semester or year.

It is important for both students and their parents/guardians to view the semester reports as an opportunity to make some changes to improve their skills and knowledge in their subjects. The reports should be seen as an opportunity to set new goals or refine the ones students made at the beginning of the year.

Some advice on how to use the reports for improvement:

1. Students should note down 2-3 comments from each subject report that identifies their strengths. These are the skills that the student has shown the most competency with and should be noted as opportunities for "refinement".
2. Students should note down 2-3 areas of improvement noted by their teachers in each subject. These are the skills that students need to prioritise next term for immediate improvement. When students tackle coursework and assessment tasks in the future, these skills should be the ones they are focussing on to turn them into strengths.
3. Students should write down one question for each subject report that arises from reading the teacher's feedback. These questions can be used to stimulate discussion with the teacher, but more importantly at home about what can be done to improve. Clear strategies for improvement should develop from these conversations.

Over the holiday break please ensure that both parents/guardians and students log onto Compass to view the Semester One reports. In my role at the college, I have seen first-hand the tireless work that teachers put into writing meaningful reports for the young people that attend Swinburne Senior. Also, students should be using the holidays as not only an opportunity to reflect on their performances in Semester One, but a chance to get ahead with their work for the upcoming Term. This means setting aside time to complete any holiday homework set by their teachers and reading ahead for their subjects.

The College wishes everyone from the Swinburne Senior community a safe and healthy mid-year break and we

are looking forward to helping our students achieve their learning goals in the second half of the year.

Joel Guye

School Improvement Manager

Self-Reflection for Personal Growth

While students are busy completing their work for Units 1 and 3, they should take time to reflect on their educational journey at Swinburne Senior so far. The middle of the year is a great time for students to reflect on the goals they set out for themselves at the beginning of the year and make adjustments where needed.

Personal growth can be achieved through self-reflection. As Semester One wraps up, are you considering changes to your approach to learning for the second half of the year? Before you [resolve to change a habit](#), take time to engage in self-reflection, which is a valuable tool for personal growth.

For many people, resolutions and goals involve some form of self-improvement. We want to lose weight, become a better writer, artist, musician, or start an exercise program. These are all worthwhile goals, but to make the most of the changes you want to create, you should start with some self-reflection.

By definition, self-reflection involves deliberate [thinking about your own behavior and beliefs](#). When you engage in this deliberate kind of thinking, you will develop awareness of your mental and emotional states and awareness of your actions. Developing this awareness is the basis for personal growth.

Five Habits that Enhance Self-Reflection and Personal Growth

1. Be honest with yourself. You don't do yourself any favours if you aren't 100% honest with yourself about how things are going and how you are behaving.
2. Notice behaviour patterns. We are all creatures of habit. Some of these habits are helpful and others are not. It's good to be aware of your habits so you can actively weaken the ones you don't want and strengthen the ones you do want.
3. Be able to articulate your core values. If you don't know what's important to you, how can you ever grow and manifest your best self? Take time to consider what's most important to you so that you can better evaluate whether or not you're living those values.
4. Be forgiving. Change is hard and old habits are hard to break. Be gentle with yourself when you don't get

it right. It's okay. We're all human. We all make mistakes. Mistakes are the way we learn and grow.

5. Keep track of your self-reflection. Start a journal where you record your observations and monitor your personal growth. This will help you when looking back at your year to remind yourself of where you've been and where you want to go.

Top Five Questions for Self-Reflection

1. What are my values?
2. In what ways do my words and actions reflect or fail to reflect my values?
3. What are areas in which I'm doing well and what are areas in which I could improve?
4. How am I [caring for myself](#) so that I am mentally and physically at my best?
5. What have I learned about myself today (this week, this month, this year)?

For more information on personal growth visit <https://www.healthyplace.com>

Joel Guye
School Improvement Manager

What is influenza (flu)?

Influenza is a highly contagious viral infection that can cause severe illness. The flu virus is found in almost invisible little droplets from saliva, sneezes, coughs and runny noses. The virus can travel up to two metres and live on surfaces for up to 48 hours and is spread when people touch an infected surface.

What are the symptoms?

Symptoms of the flu hit very quickly and may last for weeks.

Common symptoms are:

- A high temperature & fever,
- A dry cough, body aches (especially in the head, lower back and legs)
- Feeling extremely weak and tired (not wanting to get out of bed).

A bout of the flu typically follows this pattern:

- Days 1–3: Sudden appearance of fever, headache, muscle pain and weakness, dry cough, sore throat and sometimes a stuffy nose.
- Day 4: Fever and muscle aches decrease. Hoarse, dry or sore throat, cough and possible mild chest discomfort become more noticeable. You may feel tired or flat.
- Day 8: Symptoms usually improve. Cough and tiredness may last one to two weeks or more.



What is the treatment ?

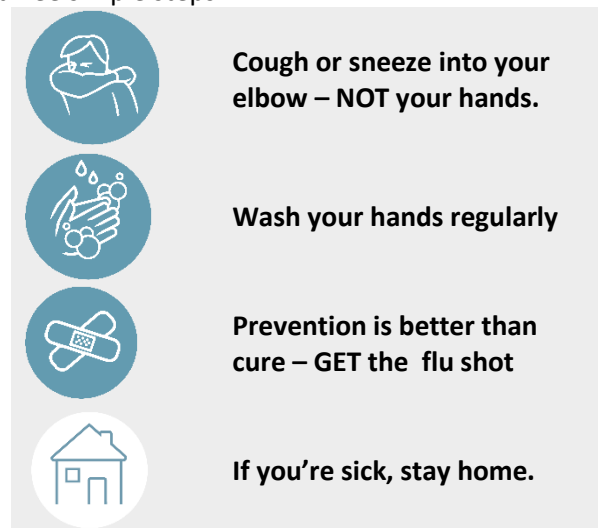
The best things you can do to look after yourself:

- **See a Doctor** if you need extra help or are not improving after 4 days.
- **Rest** – you will probably feel weak and tired until your temperature returns to normal. Resting will allow your body to use its energy to fight the infection.
- **Stay at home** – Avoid contact with others as much as possible while the infection is contagious.
- **Contagious period** for adults is around 3–5 days from when the first symptoms appear, and up to 7 days in children.
- **Drink plenty of fluids** – extra fluids are needed to replace those lost because of the fever (through sweating). If your urine is dark, you need to drink more. Try to drink a glass of water, every hour while you are awake.

How can I help stop the spread of flu?

[Hands are one of the top spreaders of germs and viruses, including the flu virus.](#)

Helping stop the spread of flu is as simple as following three simple steps:



Fiona Keech
Adolescent Health Nurse

Food Studies

The Year 11 Food Studies class was visited by Jill Bryant, president of the Victorian Herb Society on the 10th May. Jill spoke to our students about Indigenous edible plants and brought many different potted examples such as Lemon Myrtle, Salt Bush and Lilly Pilly (Riberry).



This week the students completed their SAC, where they each demonstrated what they had learnt and made a contemporary food product showcasing an Indigenous ingredient.



Thanks to Nick Vassilou (pictured with Jill) and Maria Juric, Alexandra (Alex) Milewcyk and Dante Francese for the use of their product photographs. Maria used ground dried bush tomato powder and fresh cherry tomatoes in her scones. Dante's product was a Golden Syrup and Wattleseed tart and Alex made the most delicious 'raw' macadamia tart decorated with fresh strawberries.

Vivienne Hogan and VCE Unit 1 Food Studies class

From the Year 12 Managers' Office

Friday 7 June is fast approaching and is the last day to complete all SACs, coursework and attendance requirements to obtain an S in Unit 3. Without an S in Unit 3 students will not be enrolled in the Unit 4 in that

subject, which for some students could jeopardise getting their VCE this year.

All our students have one or more of the following to catch up:

- Timetabled study periods during the week in Period 3/4 in the Library
- Spares during the week when there is no timetabled class
- Wednesdays when the school, teachers and all the facilities are available to do independent work.

We also have the GAT on Wednesday 12 June, which all students doing a Unit 3/4 subject should participate in and students will receive their timetable. We also run practice exams for English studies during that week too. Otherwise no timetabled classes run during that week.

Unit 4 studies begin on the week beginning Monday 17 June. This is also the Business and Work Ready Week where students will get opportunities to:

- sign up for short term hospitality courses
- sign up for retail courses
- sign up for first aid courses
- apply for a TFN with the ATO
- attend workshops on CentreLink and financial student loans
- meet with Young Worker's Centre representatives to understand their rights at work
- attend a Q&A Panel on Pathways, hearing advice from different people on their journey after school
- purchase wares from the Year 11 Business Management students on Market Day.

We run classes for two weeks in Unit 4 after which we break for the term 2 holidays.

It is a very busy time in school so all our energy needs to be focussed on achieving these goals.

Best of Luck from the Year 12 Management Team!

Gita, Nick and Marcus

Year 12 Management Team

Business and Work Ready Week Monday 17 to Friday 21 June



Mon 17 June

Market Day – hosted by Year 11 Business Management – bring money! (Basketball courts, Lunchtime)

Tues 18 June

Register for TFN with the ATO (Lunchtime)
Workplace rights – where to seek help (Lunchtime)
Gap Year opportunities (Lunchtime)

Thurs 20 June

Pathways Q&A (Extended Assembly) Fast Financial Facts – Centrelink allowances, Uni/TAFE loans, etc (Room 1, Lunchtime)
Careers Expo (Auditorium, 6.00-8.00pm)

Fri 21 June

Work-ready Short Courses Launch - Barista, RSA, Food Safety, Prof Waiter, First Aid & Retail Selling Techniques (Lunchtime)

Schoolies Unearthed (Lunchtime)

BusinessChef Challenge 2019

Year 12 Business Management students cooked off against each other in teams to learn Operations Management practically. Their brief was to plan, organise and implement an operation of preparing three serves of a dish of their choice based on the category Entrée, Mains and Dessert within a double period for a panel of judges.



The planning was done prior to the event where they prepared a materials requirement plan, chose an Operations Manager, assigned individual roles and sourced their materials. On the day, they organised themselves into a workflow and focused on producing the output to a satisfactory standard. The judges Glenn Morris, Claire Congreave, Nick Taylor, Marcus lagging, Louise Blennerhassett and Kate Foster, were an enthusiastic bunch and evaluated the teams on the taste and presentation of their dishes. Their teacher Gita Menon evaluated them on teamwork and organisation.

The winners were awarded movie tickets and a wooden ladle and all participants received a small wooden spoon token.



The winners this year were Archie McClean, Alexis Rose, Olivia Incretolli and Jack Lenarcic with their brownie and ice cream dessert and Nye Phillips, Ben Riskin, Chantelle Sculley and Bella Keating with their Escobar Parma.



This activity gets students to understand operations management concepts practically and needs to be trademarked!

Performing Arts News

The Music Department will showcase all Music Performance and Music Investigation students at the upcoming Term 2 Music Nights.

Tuesday 11 June will be hosted at our Cottage Theatre (entry via William St) with performances commencing at 6:30pm. This will be our first "BYO Food" night, where we encourage everyone to make a night of it and order in some food from your favourite local restaurant. Make sure you tell delivery drivers to come to the William St entrance and adjust the delivery pin on the app you use to make sure!

Tuesday 18 June will be hosted in the school Auditorium where we are teaming with the VET Hospitality students to offer a 3-course meal for only \$20! After last year's excellent dishes, we highly recommend taking up this option! Please email bookings and numbers by 4pm Tuesday 11 June to Lee Appleton appleton.lee.m@edumail.vic.gov.au

Doors will open at 6pm, with performances commencing at 6:30pm.

The performance schedule will be sent out to students and families early next week.

Finally, we would like to congratulate Odette Kennett, Holly Greguol, Aurora Kuhn, Tyler Mason, Naomi Raftopoulos Adelman, and Petal Rezende Rodrigues for their performances this week representing Swinburne at the NEVR Regional Music Concert at Hamer Hall.

Thanks to Lee Appleton for working with the students and supporting them in the lead up to the performance.

Nick Taylor

Performing Arts Team Leader

Year 12 Drama report

All 23 VCE drama students performed at the Cottage Theatre to an audience of parents, friends, and teachers. Their performances were nuanced, brave, and showcased the depth of talent and creativity at Swinburne.





The students independently researched, wrote, directed, edited and designed stagecraft for their performances.

We were so impressed at the maturity and teamwork that all students showed, both in the lead-up to the event and during the performance.

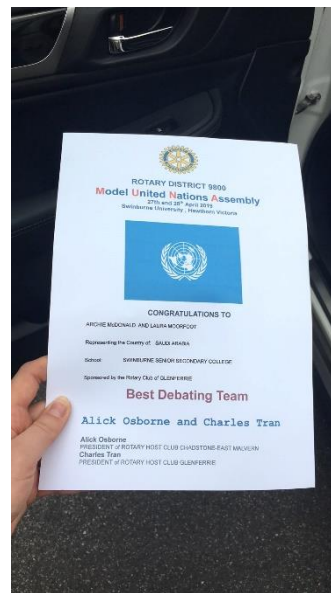


Warm thanks to year 11 photography student Aurora Kuhn for taking beautiful photos on the night, and to year 11 Theatre Studies student Poppy Schwab for operating the lighting.

*Meiki Apted
Drama Teacher*

Swinburne Wins!!

Huge congratulations to year 12 students Laura Moorfoot and Archie McDonald for their victory at the Model United Nations Assembly (MUNA) held at Swinburne University in May. The event is highly competitive, with representatives from Independent, Catholic, and State schools from across Victoria.



When asked about their winning strategy, Laura attributed it to finding points of difference. "We made an effort to speak on every possible resolution, and to put forward different opinions and ideas," she said. Laura and Archie, as "delegates" of Saudi Arabia, argued convincingly for the needs of the Middle East to be taken into account by Western Block countries, in particular in relation to religious freedoms.

In August, Laura and Archie will be travelling to Canberra to participate in the Australia-wide Model United Nations Assembly competition. This will be at Parliament House, and they will again be fully sponsored by Glenferrie Rotary. Mac Robertson Girls High School, who placed second at MUNA, will also be competing in Canberra.

" MUNA was an amazing experience to participate in. Although we were nervous to start with, we quickly got into the spirit and were debating every single resolution. When we heard our names as the winners we were so shocked because we truly weren't expecting it at all. We were and are really excited to meet new people in Canberra and have a little insight into the way global politics works on a bigger scale. We would like to thank the Glenferrie Rotary for giving us this opportunity as well as Swinburne for being so involved in the community." - Archie

Since winning MUNA, Laura and Archie have been wonderful advocates for youth, speaking on local radio and at Glenferrie Rotary events. Laura and Archie are both Global Politics students, and have been outstanding members of Swinburne's SRC, taking a leading role in a number of key projects and events at the school.



We are very proud of them and wish them luck for Canberra!

Meiki Apted
Student Voice Manager

Business Management Unit 3 students go on a factory visit

May 29th was an interesting Wednesday when 40 Business Management students went to the Yakult factory in Dandenong to see operations management in action.

The factory management took us on a tour to see the various stages of their production process from plastic bottle moulding to the fully automated assembly line filling, labelling, capping and packing 350,000 bottles in a shift.

The students got a chance to see a fully automated production line controlled by a computerised control panel and the productivity of three workers on the shop floor controlling the filling and labelling of 350,000 bottles a day. They saw a video on Yakult's operations from production to distribution, learnt about the Japanese patent on the lactobacillus strain of bacteria that is an input into the health drink and sampled two varieties of the drink- the light version and the normal one.

While visiting the quality control lab, we had a sneak preview of the extensive product testing Yakult goes through.

The excursion is part of the study unit on Operations Management where students complete a research task on the operations system of Yakult followed by a SAC.

Gita Menon
Business Management Teacher

Reconciliation Week

27th of May to 3rd of June is National Reconciliation Week. The 2019 theme is 'Grounded in Truth, Walk Together in Courage'. Aboriginal and Torres Strait Islander peoples have long called for a comprehensive process of truth-telling about Australia's colonial history. Our nation's past is reflected in the present and will continue to play out in the future unless we heal historical wounds. National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey— the successful 1967 referendum, and the High Court Mabo decision respectively. The Mabo case specifically set the legal precedence that this is stolen land. Today we must learn to coexist with a community that has faced trial and tribulation over and over again.

At Swinburne Senior we recognize the traditional owners of this land, which include the Wurundjeri. VCAL Classes this week are raising money for the charity 'Red Dust' which supports and provides materials for education in rural areas with Aboriginal communities.

Reconciliation must live in the hearts, minds, and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

Boroondara Farmers' Market

The Boroondara Farmers' Market is a project of the Rotary Club of Glenferrie in conjunction with the City of Boroondara.

When: Third Saturday of the month, 8am to 1pm
(and when there is a Fifth Saturday)
Where: Patterson Reserve, Auburn Road, Hawthorn East (Melway 59 E4)
Entry: \$2 donation
Contact: (03) 9278 4444

Change of Personal Details

We are currently working through the process of updating our database with personal details. If you have changed any information please forward the changes to our General Office staff, Florence, Gail or Judy.

Gail, Florence and Judy
General Office

