MESSAGE FROM THE PRINCIPAL

PROGRESSION TO THE NEXT YEAR LEVEL: 2013
As our current year 12s near the end of their exams our year 9 – 11 students should be working towards the sitting of their final exams. This is a very important time for students at each year level from 7 through to 11, to show that they have completed the required work and to the required standard to enable them to move to the next year level. It is important that parents and students are clearly aware that this is not a right and that it must be earned through a consistent and determined effort.

Not only is the submission of work at the required standard a pre requisite for automatic progression, so too is our requirement of 90% attendance. Any student who has not completed the required assessments or been in attendance for the required time will need to ensure that both requirements are met if they are to proceed without penalty to the following year level. Please do not hesitate in contacting your Pathways or TLC teacher to clarify any concerns you may have.

END OF SEMESTER REPORTS
I would like to remind all parents that there will be no written comments on reports at the end of the semester by teachers in the Australian Education Union AEU, nor will there be numerical assessments. Students will be allocated VELS levels in years 7 -10 or S/N at years 11/12 as a result of AEU bans to protest against perceived actions of the education department which impact directly on students in state education schools – namely the reduction of funding in government school programs which impact on student learning opportunities. The College council is aware and supportive of this action. Again I urge you to make contact with your child’s teachers via email larasc@edumail.vic.gov.au (with attention to the subject teacher in the subject line if you do not have your child’s teacher’s email address) or via phone to organize a meeting or chat to a teacher. Our teachers are all passionate about the learning of their students but so too are they driven to ensure that our education system is the very best it can be this year, next year and beyond.

BOOKLISTS and levies for 2013
You will soon receive your child’s resource list (booklist) for 2013. Next year we have not included excursions in resource list cost and this will be a pay as you go system. Students must pay compulsory subject levies along with the excursion fee to be eligible to attend excursions. An additional change is the addition of an iConnect levy to ensure high speed internet access essential for education in the digital age. An iConnect Plus levy is to be paid by all students accessing the iSucceed program. This levy covers the cost of managing and distributing apps.

2013 netbooks and iPads
The iSucceed program will be outlined and the LUCKY iPad WINNER drawn on Monday night, November 19th. I look forward to seeing families at the information evening on Monday where all of this mysterious language around apps and iPads will be clarified. Please be assured that your child CAN BRING THEIR NETBOOK in 2013. You do not have to buy an iPad if you have a reliable netbook under warranty. There will be dual platform (two types of devices) during this time but ALL STUDENTS IN YEARS 7 – 10 are required to have a one to one device.

Parent of Year 7 students
I look forward to seeing all year 7 students and parents again on November 28th at the launch of the Lara Community “ the Smart Generation: Brains for Life” evening.

Lyn Boyle - Principal
boyle.lynn.c@edumail.vic.gov.au

ASSISTANT PRINCIPALS REPORT

While the Year 12 examinations are nearly over, this is the signal for our examination period for Years 9 to 11 to commence. This is also a time when teams of teachers are able to work collaboratively on planning and documenting new initiatives for 2013. Organisation for next year is well underway with staff knowing what they are teaching. Our timetabler, Dan Tomkin now has the fun task of making this a reality.

Our gradual transition program is nearly finalised and we will be having our pre-orientation day afternoon with students from our smaller feeder schools on Wednesday 5th December.

The statewide Orientation Day will be on Tuesday December 11. Students will be meeting their teachers for next year and having a real taste of a typical day at secondary college. Our Year 10 and Year 11 students will be going through an intensive experience about next year in the last week of November. They too will be having a taste of what their timetable next year will be like – meeting with their teachers for who will be presenting them with outlines of their subjects and holiday homework and preparation.

It is easy to think that we wind down, but in fact this is in some ways the busiest time of the year as we finalise assessments for 2012 and plan 2013 in detail. Please do not hesitate to contact me if you have any queries about end of year dates.

Glenda Ward & Faye Smith
Assistant Principal
ward.glenda.j@edumail.vic.gov.au

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LIBRARY NEWS
LSC STAFF FAVOURITE BOOK COMPETITION

Little Women by Louisa Alcott is the favourite book of Ms Nielsen; The Wonky Donkey by Craig Smith is Ms Clark’s; The Lion, the Witch and the Wardrobe by C.S. Lewis is Ms Griffin’s and My Sister’s Keeper by Jodi Picoult is Ms Schmidt’s favourite. The latest prize winners are Ainsley D., Ms Nickou, Brayden T., Ms Harvey, Ms Hastie & Ashlea G.

Victorian Premiers’ Reading Challenge
Congratulations Taylah Menzies 9P for successfully completing the Reading Challenge and for representing Lara Secondary in the Honour Roll 2012. The best book that Taylah has read recently is Anna’s Story by Bronwyn Donaghy.

In the Book Week Champions Read book, The Premier of Victoria Mr Ted Baillieu said:
“My favourite book (when I was much younger) was The Sailor Dog by Margaret Wise Brown. It is a story of the adventures of Scuppers, a sailor dog who repaired his boat after being shipwrecked in a storm. I might also add that in these later years – while I still remember The Sailor Dog as a favourite I particularly enjoy biographies and Australian stories.” I bet there are parents who remember reading about Scupper!

New additions to the library

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Lara Secondary College
Page 3
Issue 18 - 2012
For the past two years, there has been collaboration between Lara Secondary College, Deakin University, Communities that Care and Keep em Safe, to create a platform from which we can promote a community approach to the health and wellbeing of young people in Lara.

Communities That Care Ltd. is a not-for-profit organization formed through a collaboration between the Royal Children’s Hospital and the Rotary Club of Melbourne with the objective of implementing, evaluating and disseminating strategies for building community prevention capacity in Australia. Their vision is to promote the healthy development of children and young people through long term community planning to prevent health and social problems.

They are currently supporting communities across Australia to deliver a project ‘The Smart Generation’ that aims to prevent adolescent alcohol use by assisting young people and their families to adopt national alcohol guidelines that discourage adolescent alcohol use. Communities and families across Australia are struggling with alcohol-related problems. Alcohol is responsible for one third of deaths and acute injury events (such as road accidents) in the adolescent and young adult age groups. The project has been funded by an Australian Research Council Linkage grant to the Deakin University School of Psychology and is being supported by the Centre for Adolescent Health at the Murdoch Children’s Research Institute in Melbourne.

Our own local organisation ‘Keep em Safe’ has been involved in developing a new alcohol awareness and education program curriculum for year 7s at LSC called ‘Brains for Life’ which commenced this term. During this program the students have learnt about the Smart Generation project and the key messages about alcohol and risks to young people that are also being promoted to parents and the wider community. The launch of our social marketing campaign, on Wednesday November 28th at 6.00 p.m. will be our first official event, and the means by which we will promote “Smart Generation: Brains for Life”. This campaign will raise awareness of the importance of delaying the supply of alcohol to young people and reinforce the positive effects on their schooling, well being and safety as well as the role all of us can play in achieving this.

Below is a preview of the sign that will be erected, in Forrest Rd, before the launch and which will be a very important aspect of the campaign. The message on the left hand side of the sign will be changed every 3 months so as to give more information to parents and their children.

Lara Secondary College has been subscribing to Michael Grose’s ‘Parenting Ideas since I went to a professional development seminar earlier this year. Michael write many insightful articles on his website for schools to share with parents. The one below resonated with me as a parent, although all my children are adults now, I do remember vividly the pressures of trying to maintain the balances of life task that Michael mentions.

I wasn’t so sure about the heading but as you can see I left it in!

I hope you find it informative.

Are you headed for a train-wreck? : Michael Grose

One of the biggest challenges facing modern parents is to maintain good mental health and well-being.

The term work-life balance is mentioned a great deal in books and magazines, but is rarely defined.

Most researchers, including Austrian psychologist Alfred Adler, agree that there are four generally areas that we need to attend to maintain our well-being. Certainly these areas all compete for our time, attention and energy.

These areas or life tasks are:

1. Work-life: if you are an at-home parent then this includes your domestic activities.
2. Family-life: this includes immediate family commitments and those from your broader family.
3. Social-life (friends): as social beings we crave connections outside our immediate family.
4. Personal-life: this includes your interests, hobbies, personal fitness and personal health

These four areas compete for your energy, your time and you focus. Spend too much time in one area, and you tend to neglect the others areas of your life.

The trouble with parenting is it takes so much of your time being a parent.

Being a modern, involved parent means that you at times have to give up other areas of life. This is okay in the short-term, but it’s not a great long-term strategy. You need to attend the other areas of your life.

The trouble is, we often feel comfortable in one area so we spend more time there at the expense of others. Perhaps, you are going great guns at work so you spend more time there where your successes are celebrated.
and easily measured.

This can be at the expense of your family, your friends and your own personal life. If you are dissatisfied with your lot right now, and think your life is out of whack then here are five ideas to help you put some order back and interest back into your life:

1. **Be aware of where you are now:** A thirtysomething mum told me recently that she spends all her time at work, and when she’s not at work she’s looking after kids. Work, family, work, family! That’s all she had time for. “I need some ME time,” she said.

Well at least she knew where she stood! That’s first step. She knew she had to catch up with friends and start looking out for herself.

How are you going? Which of the four life tasks are you neglecting?

2. **Establish priorities in each area in 90 day blocks:** Yep, you need to priorities what’s important to you. If you need to put some energy into your social life and rekindle some friendships then you need to get on the phone and make some connections. And 90 days offer a good block of time to see some progress and review what you are doing.

3. **Implement your plans (intentions aren’t good enough!):** Be pro-active, rather than sit back and wait!

4. **Seek support:** As a parent you need good support networks if you are to attend to all four life tasks. On a practical level you need to be able to leave your kids on someone else’s care to give you a break. Support can come from a partner, friends and formal child carers. Foster these connections and be willing to look after other people’s kids while they attend to their personal and social needs, or just have a night out with their partner.

5. **Recognise overlapping life tasks:** Some people’s life tasks overlap. They get their fitness through corporate fitness programs; or their socialisation is at work; or their children are very much mixed up involved in work as happens on some farms. This is fine; you just need to know which life task is in focus when there is overlap.

Don’t feel guilty if you are not attending your kids. Guilt prevents many mothers from looking after their well-being. You feel guilty, or rather your kids can make you feel guilty, for not being with them 24/7. That’s crazy thinking! You need to be interesting! You need a life outside your kids, so leave these unhealthy guilts behind.

**Clive Allen-Paisley**
Community Liaison Coordinator

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**2012 Junior Field Rifle .22 Rimfire Victorian State Championships**

The 2012 Field Rifle .22 Rimfire Victorian State Championships was held last weekend at the SSAA shooting range in Springvale. We arrived on Saturday morning, got our rifles weighed and went straight into sighting-in our riflescope and having a practice. The competition started on Sunday morning. I felt fairly confident at the start as I took an early lead. I normally feel more pressure when I do these comps, but I felt very relaxed and had a lot of fun. In the under 18’s I came first, Kane placed second and Brad R came 3rd. In the under 15’s Ross came second. There was approximately 50 other shooters.

Harrison G. 10WWW
Kane G. 9R: Scored 356.3/400
Brad R. 11JV: Scored 355.2/400
Ross G. 8b: Scored 347.3/400
Megan H. 9W: Scored 249.3/400

**FOR SALE**

Two pairs of navy shorts (purchased from school supplier) – never worn. One still with tags.

Both size 16 - $32.00
Contact Christine on: 0401 588 921
Careerspace

wilson.nell.n@edumail.vic.gov.au

How can I get my 2012 VCE Results (Yr 11 & 12) and ATAR?

All students who are studying a 3 / 4 VCE subject can access their ATAR and/or study scores via SMS or phone or internet. Registrations will open in mid-November 2012 – go to www.vtac.edu.au/sms

Or drop by the Careers Room for hard copy instructions.

Yr 12 CHANGE OF PREFERENCE INFORMATION – you can change your VTAC course preferences from 26 Nov till 24 Dec (12 noon). You will receive your ATAR on Mon 17 Dec.

WHERE CAN I GET HELP AT CHANGE OF PREFERENCE (COP) TIME?

Universities and TAFEs will have staff available to assist you till at least Fri 21 Dec (some till Mon 24th). They have provided the following information about assistance on offer (check websites for more information):

Australian Catholic Uni: Call 1300 ASK ACU; COP Expo: 10am-3pm, Wed 19 Dec in Daniel Mannix Building

Deakin Uni: Call 1300 DEGREE; COP 3pm-7pm, Tues 18 Dec (Burwood); See: www.deakin.edu.au/cop.

La Trobe Uni: COP Hotline: 1300 135 045, 16-22 December; see www.latrobe.edu.au/prefer

Monash Uni: Call 1800 MONASH; COP Expo, 3-7pm, Wed 19 Dec, Building H, Caulfield campus, 900 Dandenong Road; www.monash.edu/monash2012; flyers in Careers Room.

RMIT Uni & TAFE: Call 1800 11 RMIT (8.30am-5.30pm weekdays); Info Corner, 330 Swanston St, Melbourne www.rmit.edu.au/cop

Swinburne UNI & TAFE: 1:1 appointments 9am-5pm, 17-18 & 20-21 Dec; online chat, 9am-5pm, 17-18, 20-21 Dec & 9-12noon, 24 Dec; COP Expo, 11am-3pm, Wed 19 Dec (Hawthorn); www.swinburne.edu.au/rightchoice; Call 1300 275 794;

University of Ballarat: Call 1800 811 711; COP Information Day 11am-2pm, Wed 19 Dec (Mt Helen)

University of Melbourne: COP Hotline: 13 MELB (13 6352); website: www.cop.unimelb.edu.au; speak with staff one-on-one at the University Information Centre, Gate 3, Swanston St; attend Course Information Day, 10am-2.30pm, Wed 19 Dec, Parkville campus; register on-line to win: www.cop.unimelb.edu.au.

University of Melbourne: COP Hotline: 13 MELB (13 6352); website: www.cop.unimelb.edu.au; speak with staff one-on-one at the University Information Centre, Gate 3, Swanston St; attend Course Information Day, 10am-2.30pm, Wed 19 Dec, Parkville campus; register on-line to win: www.cop.unimelb.edu.au.

Victoria University & TAFE: Call COP hotline, 17-21 December on 1300 VIC UNI; Info Sessions, 19 & 20 Dec; drop-in at City Flinders St campus, 11am-4pm, 17 & 18 Dec

William Angliss Institute: Call 9606 2111

WHAT IF MY ATAR IS NOT HIGH ENOUGH?

Rule 1. Put the course you want most at number 1.

Rule 2. DON'T remove courses from your VTAC application just because your ATAR doesn’t seem high enough. ATARs sometimes come down and it is not necessary to remove courses unless you have more than 12 courses for which you wish to apply.

If you want to go to university but your ATAR concerns you, there are other courses and pathways to consider, including the following (many have lower ATAR requirements):

Start with a TAFE course in a related field; two years at TAFE often equals one year at university.

For nursing consider first completing Diploma of Nursing at The Gordon or any TAFE (Application is by Direct Entry Form on the institute website) Entry into many Gordon courses requires attendance at a compulsory Information Session in October, November and early December. Check the dates here.

Deakin has Associate degrees in Arts, Business and Science which give you credit into degrees in Health, Education, Sport, Commerce ...(Application is by Direct Entry Form on the institute website) Complete a course at MIBT (Deakin Uni link); see page 265 of the VTAC Guide

Complete a Foundation Studies one year pathways course at Victoria Uni; application form at www.vu.edu.au/courses/applying

Consider studying a related university course with a lower ATAR; if you do well you MAY be able to transfer to your desired course later

Consider a country/rural campus. ATARs are often lower due to lower demand; most have accommodation (apply ASAP)

ACU has certificate and diploma course that can lead on to degrees (through ACUcom) See: http://www.acu.edu.au/courses/2013/other_courses/vocational_education_training_vet/

Australian Apprenticeships & Traineeships Qualification Update.

NEWS ALERT: Apprentice Kickstart Initiative Available 1 December 2012 to 28 February 2013, an incentive for small and medium sized employers to recruit apprentices into specific building and construction trades. The initiative is capped at 21,000 places nationally. Eligible employers may receive up to $3,350 in additional incentives.

Eligible occupations (underpinned by a relevant Certificate III or IV qualification) may include: Carpenter; Cabinetmaker; Bricklayer; Electrician; Glazier; Landscape Gardener; Painter; Plumber; Tiler; Sheet metal worker; Welder; and Plasterer.

Full details on the complete range of occupations, employer eligibility, and all initiative terms and conditions must be checked out with a local Australian Apprenticeships Centre (www.aapathways.com.au/ aac), For information www.australianapprenticeships.gov.au and click on the Australian Apprenticeships Reform page link.

Nell Wilson
Careers Advisor