Albert Einstein is quoted to have said ‘Education is not the learning of facts but the training of the mind’. With this in mind the College commenced its own journey with a Professional Learning Day on June 9th 2016.

In the last newsletter I spoke about Maria Ruberto and her focus on Martin Seligman’s PERMA model of wellbeing, which underpins a Positive Psychology program. At our recent curriculum day all members of staff, teaching and non-teaching, commenced our College’s journey on the implementation of the Berry Street Educational Model. This Model is a holistic approach which aims to improve student engagement and resilience and is based on research from the Positive Psychology movement, specifically the work of Martin Seligman. It will be phased in over the next year.

The initial training day focused on the body and the impact the body can have on stress and learning. High levels of stress, or inability to cope with stress has significant detrimental effects on individual development, student learning and achievement. It is important, therefore, that individuals are able to recognise stressors in their own lives and develop strategies to deal with them. The program introduced staff to approaches that support others coping with stress.

The initial day also introduced staff to Mindfulness, the mental state of being aware of one’s self in the present moment. Mindfulness is beneficial for students as it teaches them the importance of the present, including focusing their attention during class.

We look forward to members of staff integrating these strategies into everyday lessons and the positive impact on all our students.

‘Peterson and Seligman’s endeavour to focus on human strengths and virtues is one of the most important initiatives in psychology of the past half century.’ Howard Gardner, Hobbs Professor of Education and Cognition, Harvard Graduate School of Education.

If you are interested in learning more about character strengths, please look at the following link and take the free online survey: [http://www.viacharacter.org](http://www.viacharacter.org)

I wish every member of the College community a safe break; a time to both reflect on the past term and consider future improvements in every aspect of our life’s journey. Parents and students should review semester reports, identifying achievements as well as areas for further improvement.

Ms Helen Koziaris
College Principal
ASSISTANT PRINCIPALS’ REPORT

Success at Sport
Congratulations to Mr Teazis and the Year 7/8 Boys Soccer Team who won the Monash Division title in a tight final and will progress to the next level of competition. Congratulations also to students who represented SOC at the Monash Division Cross-Country Carnival and to those who competed at the Regional Level, in particular Sam Miller (Year 10) who will represent South Oakleigh College at the State Cross-Country Carnival.

Uniform
The College uniform is an important aspect of the South Oakleigh College identity and promotes a sense of belonging. Many stakeholders and past students are complimentary on the way most students wear the uniform travelling to and from school, as are visitors to the College touring our school. Wearing the College uniform correctly, and taking pride in one’s appearance, demonstrates a degree of self-respect and pride in our school.

Unfortunately, some students have recently let these standards slip. These students are a minority, however a pattern is forming. Some students are arriving at school without their blazer and not wearing their ties correctly. Others wear their PE uniform on non-timetabled PE days. During the cool winter months only the prescribed College pullover should be worn. Items of clothing that do not display the College logo are not permitted.

Parents, guardians and all members of the College play an important role in maintaining a culture of high expectations and achievement. Engaging in conversations about grooming and uniform will support your child in maintaining these standards and additionally, prepare them for expectations within the workplace.

We invite parents to have this discussion with their child, including the consequences if these expectations are not met:

- Friday after school detention from 3:15-4:00pm
- Senior students may be sent home to change into correct uniform before returning to school
- Middle school students may be temporarily removed from class

Your corporation and support is greatly appreciated. Expectations about wearing school uniform are laid out on pages 5-6 in the Middle School Planner and pages 7-8 in the Senior School Planner.

We wish everyone a safe and happy break during the Term 2 holidays.
Trial GAT and VCAA GAT
Students studying VCE Units 3&4 sat the practice GAT on Wednesday 1 June then the actual VCAA GAT on Tuesday 7 June. Staff marked the trial GAT and provided feedback in preparation for the actual GAT. I commend the 103 students who sat for both; their demeanour and the spirit in which they tackled these gruelling three hour exams.

Semester 1 Exams and Reports
The Semester 1 exams have been completed, marked and teachers have discussed them with students. Student reports will be available for parents/guardians under the Reports tab on Compass. All parents/guardians should check these reports carefully and discuss them with their child.

This is the final report for Year 12 students. With less than five months to go until the external VCAA exams in November, these reports are prescriptive in the work students should do to achieve their potential. In some instances, the reports will indicate what needs to be done to redeem unsatisfactory SAC work. This must be completed by Friday 22 July.

CROSS THE LINE – What it means
All parents/guardians of Year 12 students and newsletter readers know ‘CROSS THE LINE’ is our 2016 Year 12 theme, which was introduced at the Year 12 retreat and which has been emphasised throughout the semester.

CROSS THE LINE is a message that's encouraging thousands of people, companies, and organizations to make a commitment for better results.

It begins with the premise that: ‘With everything, there’s a line. On one side of the line is a greater chance to make good things happen (better results, better relationships, and more opportunities). On the other side, there’s less of a chance. And with each line you have a choice. You want to cross the line or you don’t. You want the better chance at making good things happen (meaningful things) or you settle with the lesser chance.’

(source: http://www.inspireyourpeople.com/cross-the-line/ written by the bestselling author of ‘212° the extra degree’ and ‘Smile & Move’ (Sam Parker), CROSS THE LINE is a booklet and message that's encouraging thousands of people, companies, and organizations to make a commitment to better results)

I would ask all Year12 Parents/Guardians to ask their child ‘What are you doing to CROSS THE LINE?’

Term Break Homework
I have deliberately not used the words ‘holiday’ because the two week break is not a holiday for Senior School Students. For Year 12 students the break is an opportunity to revise and prepare Unit 3 note summaries whilst also having a break from the usual routines, and to re-energise for the final run home.

This year there will be no Unit 3 holiday classes. We expect Unit 3 students to CROSS THE LINE, making their own summaries during the break using the techniques outlined at the retreat.

All students should check what work should be done during the break.
Our School Values

HRRRT

High Expectations        Respect        Responsibility         Resilience        Team Work

When we refer to our values to make decisions, a deliberate choice is made to focus on what is important to us. When values are shared they build internal cohesion within a group. We are all involved in making numerous decisions every day which reflect who we are as a College. These core values are important because they help us grow and develop.

Recently our Year 7 cohort was invited to think about our values and the following comments reflect their ideas.

**High Expectations**
- To have positive expectations for yourself and others. To always be motivated, to try your best and to aim and achieve higher every day. *Anubroto*
- To expect better things to come from ourselves, if we try. *Van*
- To get high marks. *Harry*

**Respect**
- Respecting everyone not just in school, everywhere. It means no bullying or fighting. Just be nice and play and be respectful. *Dima*
- Being kind to others and caring about them. *Joyce*
- Doing what you have been asked and caring about other people and their items. *Emily*

**Responsibility**
- Doing what you’re supposed to do carefully. *Gyan*
- Being on time, looking after your things and ourselves. I will start by being on time to class every day. *Jade*
- To do what the teachers expect of you and help people who need it. *Paskali*

**Resilience**
- Every student is to be resilient and if they don’t perform well then they are expected and required to bounce back up and start again to show resilience and courage. *Havan*
- Never give up! *Nick*
- If we all have resilience we can embrace challenges and not think of them as hard. *Maddie*

**Teamwork**
- The combined action of a group, especially when effective and efficient. *Areeba*
- To work with others. *Dimitri*
- Teamwork is important in order to work co-operatively with others. *Aiden*
High Expectations
- **LOOKS LIKE:** Everyone getting along.
- **FEELS LIKE:** Being treated the way you should.

**VALUES**

- **Respect**
  - **LOOKS LIKE:** Everyone getting along.
  - **FEELS LIKE:** Being treated the way you should.

- **Responsibility**
  - **LOOKS LIKE:** Cleaning up the school.
  - **FEELS LIKE:** You are trustworthy.
  - **Resistance**

- **Teamwork**
  - **LOOKS LIKE:** People working well together.
  - **FEELS LIKE:** You belong here.
  - **Collaboration is key to success**.

- **Resilience**
  - **LOOKS LIKE:** You get back up again.
  - **FEELS LIKE:** You can't, but you know deep down, you can.
  - **You can't keep going if you're not resilient**.
  - **Megan, Jade**

School Values!
- **Respect**
  - Always be friendly and generous to your peers and teachers.
- **Responsibility**
  - Always perform your best.
  - Always work hard to reach high results.

*Run for the other kids in town!*
Extra-Curricular Programs

Congratulations to all students who have successfully completed Semester One, particularly those who have put in maximum effort in all school pursuits, both academic and extra-curricular. Numerous opportunities have been offered to students in our extra programs in art, sport, drama, debating, chess club, breakfast club, writer’s workshop and the after school science program.

Semester Two has begun in earnest with many students participating in new electives.

*Year 9 Students listening to a presentation on study skills*

*Year 9 Humanities excursion to the City*

**Student Representative Council (SRC)**

The SRC is now well established and is an organised group representing the student voice in the school. They have identified a number of initiatives to pursue and from next term will be presenting their ideas at all assemblies.
Dear Nic Marchesi and Lucas Patchett,

Congratulations on winning the 2016 Young Australian of the Year Award. Your idea of building a mobile laundry on the back of your orange van to help the homeless is brilliant. You’re helping them clean their dirty laundry for free and I’m sure they appreciate it heaps, since they can’t wash their own laundry. I’m sure those who don’t have a roof over their heads and are sleeping ‘rough’ couldn’t thank you enough for what you’re doing for them.

You have washed over 350 loads of clothes each week and have been in 36 locations. That must be very tiring for two 21 year olds. It’s a good thing that your work was seen because you gained the appreciation and respect you deserve. You guys have been in many locations like Brisbane, Melbourne, Sydney, South East Victoria and the Gold Coast and have over 270 volunteers. I’m impressed with what you did for the homeless. It’s amazing and I’m glad that most people saw how great you are for doing this. Keep doing what you do best.

Dana Jarjis

Dear Nic Marchesi and Lucas Patchett,

This is a letter of congratulations on your brilliant idea. Orange Sky Laundry is a deserving project for you to win Young Australian of the Year for 2016. Not many of the younger generation take the step up to help the wider community. You are well admired by people all around Australia and I, along with many other people, hope that you can continue your excellent work. We really haven’t seen anything like this in Australia before; doing laundry for homeless people is an incredible thought. We need more people like you; people who have heart and the mind-set to think such things and put them into action. Not enough people shoulder this responsibility to make changes, one little step at a time. Please keep up the good work!

Jerusha Buckland
Issues of Identity and Belonging

Growing up is often about meeting the expectations of those around us so we can identify, belong and be accepted as part of a group. Students of Year 10 English have explored the meaning of ‘Growing up Asian in Australia’, (author Alice Pung) and considered these questions:

- What ideas do you associate with growing up?
- What is particular to growing up in Australia?
- How would being Asian affect this experience?
- Can we all, regardless of our backgrounds, relate to the experiences of people in ‘Growing up Asian in Australia’?

**Ms Inna Zhiv**

Our different experiences in life highlight the need to overcome our difficulties and find some common ground so we can connect to the outside world. In that sense we are all different but all the same. It is hard to fit in when you don’t understand the culture and the way of life in the new place where you are trying to connect.

When on holidays in Bali I didn’t fit in with the culture and I was clueless when it came to walking the streets because I wasn’t sure where to go. I didn’t know what ground was sacred and I didn’t know the people. I didn’t understand the Balinese way of life, the language, or the ‘dress code’. One night I saw a performance of a Balinese dance that allowed me to appreciate the culture and then understand some of the traditions. This experience, as well as many others, allowed me to connect better to Bali not only as a holiday place, but also as an interesting country with its own history, culture and traditions.

Therefore it is not surprising that in the short story ‘Chinese dancing, Bendigo style’ Joo-Inn and her sister started to learn Chinese dancing as a form of self-expression and as a way of connecting to their Bendigo community. The spectators at the festival were cheering and applauding the dancers, acknowledging their important place as part of the Bendigo community. Through the dance the sisters developed a strong sense of belonging because they were accepted, admired, appreciated and included.

**Connor Johnson-Lea**

Everybody has felt different and out of place at least once in their life, regardless of where they come from. Trying to fit in with your school mates or struggling to understand and connect with your parents are things that are often overwhelming.

If everybody was the same nobody would have different opinions, nobody would challenge other people’s thoughts, and nobody would think differently and discover new things that can change humanity. If society wasn’t diverse, then nothing would change and humankind would never have evolved to where it is today.

In the anthology ‘Growing up Asian in Australia’, there is a compilation of stories about what it was like to grow up Asian in Australia. Even though the authors talk about different events and experiences, there is one central idea that unites them all. They all felt out of place and different at some stage of their life, but eventually understood that connecting to the new life around them was not possible without accepting their backgrounds and gaining self-esteem and pride in their heritage, as is so clearly demonstrated in ‘Chinese Dancing, Bendigo Style’.
Not having an emotional connection with your parents is a horrible sensation. Feeling separated from her family is something that Diana Nguyen experienced in ‘Five Ways to Disappoint Your Vietnamese Mother’. Diana wanted to become an actor and have a boyfriend of her choice but her mother had different plans. She wanted Diana to become a doctor and became disappointed as these hopes slowly slipped away. Even though Diana became a successful actor and finished university, her mother never accepted her choice and right to choose her destiny.

Emily Krikis

Being different is what makes it hard for people to fit in. People are afraid of what they don’t understand or can’t comprehend so they try and avoid the cause of their fear. Consequently some people avoid those who don’t have the same morals, looks, religious or ethical values that they do. Some teenagers think that the way to survive their new life experience is to forget their heritage roots and just blend in. Studying ‘Chinese Lessons’ has been an overwhelming experience for me. It taught me that we can’t experience the sensational feeling of belonging without accepting who we are as only then can we truly belong.

In ‘Chinese Lessons’ Ivy Tseng was reluctant to learn Mandarin as she saw it as different; a ‘non-Australian’ way of life, and this became the reason for feeling isolated from the rest of her community. Learning Mandarin was difficult and her heart wasn’t in it. It was only when Ivy became a mature and independent adult that she understood that teaching her daughters Mandarin was the way for her father to connect his past life to the present, as well as maintaining his connection to his children. But the gap between Ivy and the outside world became pronounced due to her inability to combine her heritage with a newly acquired language and way of life. Sadly, Ivy didn’t fit into either world and in neither of them did she feel quite herself and whole.

Emma Parker
Rondeau Poetry – Year 8 Accelerated English

**Death Forest**
The ‘Death Forest’; you’re good as dead,  
Where many brave heroes have bled,  
It is where creatures dine tonight,  
Ready to give you a grave fright,  
It is now time for some bloodshed,

By now you really should have fled,  
But now you must be filled with dread,  
On the floor is a dark blood line,  
The ‘Death Forest’,  
Out of vile pain, tears will be shed,  
Like a virus, your fear will spread,  
Your blood will be the tree’s design,  
‘Time for death’ is the bottom line,  
Leave if you want to keep your head,  
The ‘Death Forest’.

**Prathik Balachandar**

**General Life**
General life can be stupid.  
Maybe even really putrid.  
Your choice at the end of the day,  
Whether in March, April or May,  
To make your life really lucid.

Depression may leave you wounded;  
Even nearly executed.  
It’s maybe best to breakaway.  
Control your life.

Unbiased opinions muted,  
Close your eyes, don’t be concluded.  
Breathe, relax and enjoy your day,  
Smile brightly as if it’s Friday!  
Positive life.  
Live & Love Life.

**Andrew Leap**
Melbourne University Lecture

Twenty one students and four teachers from our school had a great night out at the University of Melbourne on Thursday 19th May.

We had dinner at the Students' Food Court followed by an amazing lecture about Astrophysics by Dr Christian Reichardt, previously of the California Institute of Technology and now at the School of Physics at The University of Melbourne. The lecture focussed on the search for experimental evidence for the Big Bang including the associated Inflationary Period. Dr Reichardt showed photos of his adventures at the Astronomical Observatory at the South Pole where he conducted research in an environment as cold as the planet Mars.

These lectures are a marvellous opportunity for our students and teachers to learn from experts in their field. Students are able to gain a University experience while in Secondary School and the lectures are free.

See Mr de la Rambelya for details of the next lecture.

Students and Staff at The University of Melbourne
It has been performance time for the Drama Department where students have been focused on preparing their own drama works.

Students in Years 7A and 7B have been studying characters from the 16\textsuperscript{th} Century Italian theatre form \textit{Commedia dell’arte}. Some characters that came alive included the foolish \textit{Arlecchino}, the greedy \textit{Pantalone} and the cowardly \textit{Il Capitano}. Students worked on their slapstick comedy skills and delivered some hysterical physical gags.

Students in the Year 8/9 Drama elective investigated the tragic side of theatre in the form of Greek Theatre. Students researched and then recreated their own stories from Greek Mythology using their unique dramatic style. Stories included \textit{Pandora’s Box}, \textit{King Midas and his golden touch}, \textit{The Labours of Hercules} and other stories involving the Greek gods. Students explored various theatrical conventions to support the intended meaning of their performance. They excelled in bringing to life the tragedy and death of their subject matter.

Well done to all students who took risks and performed in front of an audience. It is exciting to see the range of performing talent within middle school.
At South Oakleigh College we are fortunate to have the facilities, staff and student interest to offer Systems Engineering as a subject from Years 7 – 12.

Systems Engineering involves the design, creation, operation and evaluation of integrated systems such as robots and drones.

All Year 7 students study Systems Technology, giving them a taste of the Systems Engineering approach.

In line with the Australian National Curriculum STEM (Science Technology Engineering and Mathematics) initiatives, we will be offering a new Robotics and Coding elective in Years 8 and 9 in 2017. Students will learn to construct simple robots controlled by both the Picaxe and Arduino microcontrollers. They will also learn to program these robots using both ‘Picaxe Basic’ and the industry standard ‘C’ Programming Languages.

The programming of robots is the real-life engineering application of ‘CODING’ which all STEM jobs of the future will require.

Students in Years 10, 11 and 12 have the opportunity to study Units 1 - 4 VCE Systems Engineering, which integrates aspects of designing, planning, fabricating, testing and evaluating in a project management process. It prepares students for careers in engineering, manufacturing and design through a university or TAFE vocational study pathway leading to traineeships, apprenticeships and employment.

Students wishing to pursue a career in Engineering have a clear pathway at South Oakleigh College.

In recent years there has been significant interest in the construction, flight and testing of Drones such as the Radio-Controlled Quadcopter, above, constructed by Year 8 and 9 students.
News from The University of Melbourne

- **Experience a Day at Melbourne**

The University of Melbourne is hosting a special event designed for Year 10 to 12 – local and international – students and their families, allowing attendees the opportunity to come and explore the Parkville campus and find out more about the range of study options available at the university.

It is a great opportunity to gather information and talk to University staff about all aspects of studying and life at Melbourne. A tour of the Southbank campus will also be included in the program for those who wish to visit the Victorian College of the Arts.

**Find out more about:**
- Undergraduate degrees and graduate pathways at Melbourne
- Unique opportunities to enrich your degree such as concurrent diplomas and going on exchange and study abroad
- Admissions and entry requirements
- Access Melbourne and Melbourne Scholarships
- Accommodation options
- How parents can help with the transition to university.

**Date:** Friday 8 July 2016  
**Location:** Parkville Campus, the University of Melbourne  
**Registration:** Registration is essential. Please register at [A Day at Melbourne](#)  
**For more information, email Rod Nelson rodneyn@unimelb.edu.au**

News from RMIT University

- **Experience Days**

Discover what the future might hold and register for an Experience Day at RMIT. Experience Days are a great way to learn more about your study interests, explore RMIT campuses and to get a taste of what it’s like to be a student at RMIT.

Students get to engage in practical workshops with teachers and current students, find out what to expect in their interest area and, of course, be able to ask plenty of questions throughout the day.

From creating 3D printed designs, to finding out how entrepreneurs get startups off the ground, to investigating the spread of deadly viruses, to unlocking creative potential in our state-of-the-art design facilities – you’ll get a first-hand and interactive glimpse into what RMIT is all about.

The series of free events are run during the Victorian School Holidays between Term 2 and 3. Visit [Experience Days](#) to find out more, and to register. Places are limited, so act quickly if you are keen.
**Years 7 and 8 Boys Soccer**

Congratulations to the Years 7 and 8 boys’ soccer team.

After a slow start losing 3-0 to Brentwood Secondary, the boys regrouped to win the next game against Wheelers Hill 5-1 and then drew 1-all with Wellington Secondary. This meant the boys finished third after the round robin format, gaining another chance in the semi-final against Brentwood. This was their chance for redemption. Fortunately they won 2-1, qualifying to play in the final against Wellington secondary, the winner of the other semi-final.

The final was a tense affair with both teams showing their dominance at various times during the game. South Oakleigh scored the first two goals which was the difference at half time. However, as expected, Wellington came out fighting in the second half to score early. Fortunately, South Oakleigh played confidently to hold off a determined Wellington outfit, eventually winning 2-1.

There were many outstanding performances by South Oakleigh students too numerous to mention, but a special thanks must go to two Year 9 students Thanos Cheimaras and Alexios Vass who did a superb job coaching the team.

Well done boys!

**Cross Country**

Mud, rain, wind, mud and more mud. No, this was not ‘Tough Mudder’ but Cross Country, which pushed our students to fight the elements and run 5km through the hills.

Koby Sikorski and Lambros Konstantellos fought off impending competition right to the last step in a thrilling finish, while Colin Siu used his bright shoes as a beacon to light the course for Mitch Powell. The girls brought home some placings with Megan Robinson 3rd, Irene Makantasis 3rd, Samantha Miller 3rd and Eujeane Lee 4th, and for the boys Paskali Tsoukalas came in 4th and Omar Dogrusever a strong 6th.

The support and encouragement as our students huddled under the tent for shelter was admirable and all runners must be commended for their efforts.

**Ms Zoe Bertrand**
Years 7 and 8 Badminton Tournament

Whoa! What was that? Well, I’ll tell you what that was. That was the shuttlecock flying to and fro over the net. On 8th of June, 21 badminton players headed off to Monash University to participate in the District Interschool Sports.

To say the least, it was a very competitive and tough tournament. The rallies by our players were excellent and everyone arrived with the intention to both have a great time and do the best they could. That was the most important thing; everyone enjoyed themselves and had fun.

Before writing this piece for the newsletter, I was told to see if I could pick out a few of the “Best on Ground’s (BOGs), during the games. But the BOG can’t just go to one or two people. Based on what I saw, everyone deserved the BOG! This is because of the commitment given by every single player. It may have been tough against some schools, but everyone did their best and had a good time.

Even though Brentwood stole most of the titles, we did come out with a runner up title for the Year 8 Boys. Good job guys!

On behalf of the 2016 Badminton Team, I would like to thank Mr. Stewart for the organisation he put into the Badminton Training as well as on the day.

And to be honest, the amount of times that shuttlecock went over the net is enough to last me the whole year!

Andrew Leap
Fitness Centre

The College Fitness Centre is now open for student use three times a week.

The facility includes a cardio area, yoga room, free weights, boxing area and functional training area. Student sessions are supervised by a HPE teacher and students are directed to complete exercises which are appropriate to their age and fitness.

All students are encouraged to attend during the following times:

- Tuesday 3.30- 4.30pm
- Thursday 7.30 – 8.30am
- Thursday 3.30 – 4.30pm