TERM 4 ARRANGEMENTS

Next week sees the end of formal classes for all our Year 12 students.

This is an important stage of young people’s lives, and it is possible that they will be experiencing a range of emotions, including excitement that the end of secondary education is drawing to a close, stress about completing last assessments and exams, and of course, wondering what the future will bring. Students who feel overwhelmed by these emotions are strongly encouraged to seek help; in the first instance, catch up with your Performance Class teacher, any advocate, Mr Shields or Ms Flake.

All students, whether VCAL or VCE, must check with their teachers that they have completed all requirements for each unit before the end of classes next week. Where some work remains to be completed, you need to negotiate with your teachers what is to be done and by when. This is important as we don’t want students jeopardising their Year 12 certificate by missing one or two pieces of required work.

Teachers will be available to students right up until each exam is completed, and students are urged to take advantage of this so they are at the point where they are able to reach their maximum potential. Families are also encouraged to be as supportive as possible as students are often feeling under a great deal of pressure at this time.

Next Friday 26th is the Year 12 Celebration Day; students will be taken to the Summit for a day of activities and fun to celebrate the completion of secondary school studies. Please note that formal classes continue right up to this time, and all students are expected to fully participate in all scheduled classes until the end of Thursday 25th October.

The Year 12 Graduation Dinner will be held on Wednesday 19th December, (more details later in this Bulletin), and Year 11 Awards will be presented during Headstart (details will be published closer to the date).
YEARS 11 - MEETINGS FOR SUCCESS

Through the middle of Term 4 the Student Management Team at the Precinct will be arranging appointments with Year 11 students and their families. These appointments will give students and families a chance to discuss how their time at the GEP is going: If there are changes to students’ career aspirations, if there are practices or strategies that are/aren’t working, if there is anything the team and the GEP staff can do to make the student more capable or motivated in reaching their goals.

The meetings will only run for 15-20 minutes (max) and will also look at the student’s classes for the coming year.

For more information contact David Shields.

NEW ENROLLMENTS

We are currently taking new enrolments from outside Kurnai College and have had a high level of interest in our senior campus. If there are any families that are aware of other students considering the GEP as an option for their senior studies please encourage them to contact the GEP Campus on 5132 3800 to arrange an interview as we are now collating all our student preferences for subjects in 2013 and developing a timetable based on the students selections.

CLOTHING EXPECTATIONS

As the weather continues to improve, parents, carers, and students are reminded that whilst we do not have a specific uniform at the senior campus, students are expected to wear clothing appropriate to our work environment. Please ensure that clothing is not too revealing; for example males are not to wear singlets as the outer garment and females should consider the suitability of tops and shorts.

STUDENT ABSENCES

When a student is absent from school for any period of time, it is the preference of the College to be notified by 9am at the relevant campus where the student attends.

There is a dedicated hotline with 24 hour access at each of the campuses where a message may be left by parents/guardians.

Thank you for your assistance in this matter.

GEP absence line 5132 3800
Churchill absence line 5132 3700
Morwell absence line 5165 0602

2012 COLLEGE MAGAZINE / YEAR BOOK

Don’t miss this fantastic opportunity to purchase the 2012 Kurnai College Yearbook at a cost of $15.

The book is produced in full colour of approximately 90 pages and is a fantastic record for your student to look back on time spent at Kurnai College.

The yearbook is **not included in your school fees** so please contact the General office before the end of October to secure your copy.

The GEP—5132 3800
Morwell - 5165 0600
Churchill - 5132 3700
### Weekly Priorities

**A Healthy balance of relaxation, exercise, social interaction and study is the best formula for success.**

**A Healthy diet is also essential in staying physically and mentally active.**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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### Time Table

- **PERIOD 1**
  - 6-8am
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  - 10-12pm
  - 12-2pm
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- **PERIOD 2**
  - 6-8am
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- **PERIOD 3**
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- **PERIOD 4**
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- **PERIOD 5**
  - 6-8am
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- **3-4pm**
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- **9-10pm**
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UPCOMING EXCURSIONS / CAMPS

<table>
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<tr>
<th>Event</th>
<th>Date</th>
<th>Cost</th>
<th>Payment Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 11 VET &amp; VCAL Stoney Creek Go Karts</td>
<td>Tuesday 23rd October</td>
<td>$47</td>
<td>Permission forms and payment due by Friday 19th October</td>
</tr>
<tr>
<td>Year 12 VET— Surfing at Sandy Point</td>
<td>Wednesday 24th October</td>
<td>No Cost</td>
<td>Permission forms due by Monday 22nd October</td>
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<tr>
<td>Year 12 Celebration Day at The Summit</td>
<td>Friday 26th October</td>
<td>$15</td>
<td>Permission forms and payment due by Friday 19th October</td>
</tr>
<tr>
<td>Year 11 Outdoor Education East Gippsland Rail Trail</td>
<td>Wednesday 31st October -Friday 2nd November</td>
<td>$115</td>
<td>Permission forms and Payment due by 17th October</td>
</tr>
</tbody>
</table>

EXAM REVISION – GETTING ORGANISED

With only 2 weeks of school remaining for Year 12 students, the importance of using time properly and staying positive and healthy is of major importance. Year 12 students should ensure that not only do they organise their studies, but their diet, exercise and ‘down time’ are all taken into consideration. In organising time the school recommends students have study timetables that will run through until their final exam. The study timetable should allow for ‘extended’ hours of study which includes; reviewing work, looking at past exams, summarising notes, going back over SAC’s. Students should also take advantage of their Performance Class teachers and subject teachers to ensure they are clear about what to expect when the examinations begin and to talk about any difficulties they are having.

Please note that teachers will be available at scheduled class time until Unit 4 exams are complete. Alternatively, students can make individual arrangements with their teachers.

USING YOUR EXAM STRESS

Stress can be an extremely positive part of our growth. We need stress to accomplish things outside of our comfort zone like completing exams. Being stressed means you are – 1. Being challenged and therefore learning something new or having to work out of your comfort zone. 2. Showing that you want to work through the problem... you care (You wouldn’t be stressed if you simply gave up or went through the motions?)

It is about how you use stress. If you feel you are overstressed then you need to use the ideas listed on the following page to help. Remember that stress should be a POWERFUL DRIVING FORCE not an obstacle.

If you feel that stress is having a negative impact on your studying for the exams please see your Performance Class teacher for strategies to help.
ADVANCE NOTICE: YEAR 12 GRADUATION DINNER AND AWARDS NIGHT  
SAVE THE DATE: DECEMBER 19, 2012 AT THE PREMIER FUNCTION ROOM  

- Tickets are $45 per person and will include a 3 course meal as well as soft drink and juice, (strictly no alcohol).  
- There will be confirmation at a later date regarding the number of tickets available for purchase.  
- Time to start digging up photos. Please email to Mrs Yiannacou at the following email address: Kalleopi.yiannacou.k@edumail.vic.gov.au  
  ◦ Photos of your time at Kurnai, (it can be from the junior campus also, not just at the GEP.) Suggestions: class excursions, school camps, sport days, theme days, school yard. No photos from private events. Individual and group photos are welcome. The aim is to have at least one photo of each person.  
  ◦ Baby photo: Start digging up a baby photo, scan it and send to the above email address  
  ◦ Please include for all photos sent: name of people in the photos, the year level  
  ◦ Once we can confirm that students have successfully completed their Year 12, invitations will be mailed out. Please ensure we have correct mailing addresses.  

- WATCH THIS SPACE FOR UPDATES.  
  Kallitsa Yiannacou  

YEAR 12’s  
Year 12’s-VCAL & VCE: thank-you to all those who have sent in baby photos. There are still many of you who need to urgently send them in. Also, any photos depicting your time at school from year 7-12 would be greatly appreciated.  

1. Scan and email a baby photo. Make sure you include your name.  
BABY PHOTOS MUST BE IN BY FRIDAY OCT 12  

2. Email photos of you and/or your friends. Year 7-12. No private functions. Include details such as names and year level. Examples: Camps, excursions, class activities, sport days, theme days, general school yard, school functions.  
SCHOOL DAYS PHOTOS MUST BE IN BY FRIDAY  

Email all photos to Kallitsa Yiannacou  
1. Baby photos by October 12  
2. School days photos by November 26  
kalleopi.yiannacou.k@edumail.vic.gov.au
TIPS FOR EXAM WEEK !!

It is that time of year where students around Australia fully entrench themselves in study for Year 12 Exams. The following pages are general tips from psychologists and students about how to best handle the exam experience.

There are also 16 TIPS FOR PARENTS within this newsletter. As always, students are recommended to seek help from their Performance Class, or subject, teacher if they need extra support in the exam period.

16 TIPS FOR PARENTS IN EXAM PERIOD (Extract from The Age)

- Guide, support and encourage your child.
- Don't nag.
- Don't tell them they will fail if they don't work harder.
- Encourage healthy eating, regular exercise and plenty of sleep.
- Take their efforts seriously.
- Create an effective work space in the house.
- Take a whole-family approach to supporting the student.
- Don't overload them with domestic chores.
- Let them know that you're there when they need you.
- Encourage them to believe in themselves.
- Remind them of their goals.
- Give them positive feedback whenever possible.
- Remember the VCE is about them, not you.
- Encourage them to take study breaks when necessary.

BE READY FOR EXAM DAY

- KNOW THE TIME AND PLACE... AND HOW TO GET THERE.
- CHECK WHAT YOU NEED TO BRING AND PREPARE ON THE NIGHT BEFORE
- ALLOW PLENTY OF TIME TO GET TO YOUR EXAM
- BRING PLAIN LABELED WATER BOTTLE (IF NEEDED)
- HAVE A GOOD BREAKFAST AND BRING A BANANA OR MUESLI BAR TO HAVE BEFORE THE EXAM.
- IF YOU THINK YOU'LL BE BETTER NOT SOCIALISING BEFORE THE EXAM, FIND A DIFFERENT PLACE TO WAIT... YOU CAN SEE MATES AFTERWARDS.
DEAL WITH YOUR TENSION

- **It is normal to feel tension** during exam week. A little anxiety can make you more alert and improve your performance.
- **Stay positive** – try and see the exam as applying what you have learned.
- Where possible, **keep away from anxious people**.
- **Try to get exercise every day** – it helps in reducing muscle tension, releases nervous energy and helps you sleep.

MANAGE YOUR TIME

- Take time off from your job.
- Don’t watch TV. Get off Facebook & the computer.
- Start intense studying sooner to avoid cramming.
- Vary what you study to stay interested.
- Allow yourself regular breaks to stay fresh.
- See your teachers to help with content.
- See your performance class teacher to go over your exam routine and/or strategy.
STAY HEALTHY

- KEEP TO A REGULAR ROUTINE OF EATING, SLEEPING AND STUDY
- DON'T OVERDO COFFEE, ENERGY DRINKS, COKE, ETC.
- DON'T STAY UP ALL NIGHT!
Year 12s are reminded that you can change your VTAC preferences until 26 Oct as long as you first applied by 28th Sept. It is also possible to change your VTAC course preferences from 26 Nov till 24 Dec (12 noon). You will receive your ATAR on Mon 17 Dec. It is not recommended that you remove a preference from your VTAC list simply because you think your ATAR is not high enough.

**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
- **Box Hill Institute:** COP information session, ...call 1300 BOX HILL or Andrea on 9286 9553
- **Charles Sturt Uni:** Call 1800 334 733
- **Chisholm TAFE:** Call 1300 CHISHOLM
- **Deakin Uni:** Call 1300 DEGREE; COP 3pm-7pm, Tues 18 Dec (Burwood); See: www.deakin.edu.au/cop.
- **East Gippsland TAFE:** Call 1300 133 717
- **Holmesglen Institute:** Call 1300 693 888
- **Kangan TAFE:** Call 13 TAFE
- **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.
- **NMIT:** Call 9269 1200
- **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.
- **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?

Some Year 12’s are concerned that they will not access the university course of their choice due to their inability to achieve the required ATAR. This is NOT the finish. What should you do?

Firstly, DON’T think that you must remove courses from your VTAC application just because your ATAR doesn’t seem high enough. ATAR’s 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 courses and pathways to consider, including the following (many have lower ATAR requirements):

- Complete the Diploma of Tertiary Studies at Monash University in arts, business, education, health promotion, nursing, science or social welfare. See: page 282 VTAC Guide (VTAC codes 26291, 30751 and 29391)
- Complete a course at Monash College; see page 269 of the VTAC Guide (VTAC Codes – various)
- Complete a course at MIBT (Deakin Uni link); see page 265 of the VTAC Guide
- Swinburne University (Hawthorn) has an access scheme applying to some schools; this involves a 5-point bonus applied to former Lilydale degrees
- 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
- Start with a TAFE course in a related field; two years at TAFE often equals one year at university
- Complete a TAFE Diploma of Liberal Arts – a pathway into arts, social science and humanities. Kangan (VTAC Code 53311), Swinburne (70091) and VU (79131, 80531) have this Diploma, some with guarantees and points towards a degree
- Consider a country/rural campus. ATAR’s are often lower due to lower demand; most have accommodation (apply ASAP)
- For nursing consider first completing Division 2 at TAFE or a private provider; apply early and complete the VETASSESS Test if required (eg RMIT requires this by 19 Oct, Holmesglen by end November, while VU requires it 31 October). It is not required by all TAFE’s, for example, Swinburne, where you have to apply direct to Swinburne – on-line.
MONASH CHANGE OF PREFERENCE VISIT!

The aim of these visits is to provide the opportunity for students, parents/guardians and school staff to speak directly to Monash staff for advice regarding study options for 2013, regardless of whether they plan to study at Monash University or not.

Advice Line and Further Assistance During Change of Preference - Monash University Gippsland Campus will also be running an Advice Line that will run throughout the entire Change of Preference Period, including weekends. Students, parents/guardians and school staff can call (03) 5122 6987, or alternatively, email gippsland.campus@monash.edu. There will also be a range of information promoted through all major newspapers throughout the Gippsland region and on local radio during December.

Please find times, dates and venues in the brochure following this article.

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Change of Preference Information Sessions
2012 Schedule

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<thead>
<tr>
<th>TUESDAY 18 DECEMBER</th>
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<tbody>
<tr>
<td>St Paul's Anglican Grammar School, Warragul</td>
<td>10:00am – 11:00am</td>
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<td>Traralgon College</td>
<td>10:30am – 11:30am</td>
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<tr>
<td>Lavalla Catholic College, Traralgon</td>
<td>10:30am – 11:30am</td>
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<tr>
<td>Yarram Secondary College</td>
<td>10:30am – 11:30am</td>
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<tr>
<td>Chargo Christian School, Drouin</td>
<td>12:30pm – 1:30pm</td>
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<tr>
<td>Kunai College (EPI), Churchill</td>
<td>1:30pm – 2:30pm</td>
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<tr>
<td>Mirboo North Secondary College</td>
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<td>Drouin Secondary College</td>
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<tr>
<th>WEDNESDAY 19 DECEMBER</th>
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<tr>
<td>Warragul Regional College</td>
<td>10:30am – 11:30am</td>
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<td>Newhaven College</td>
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<tr>
<td>Bairnsdale Secondary College</td>
<td>10:30am – 11:30pm</td>
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<tr>
<td>Traralgon High School</td>
<td>12:30pm – 1:30pm</td>
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<td>Lowanna College, Newborough</td>
<td>12:30pm – 1:30pm</td>
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<tr>
<td>Gippsland Grammar, Sale</td>
<td>1:00pm – 2:00pm</td>
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<tr>
<td>Leongatha Secondary College</td>
<td>1:30pm – 2:30pm</td>
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<tr>
<td>Catholic College Sale</td>
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Sister Cities Festival
Celebrating Chinese and Japanese culture

JAPAN • CHINA
TAKASAGO • TAIZHOU

STALL HOLDERS
♦ L-Epicier Tea Japanese Tea
♦ Kana Atkinson Japanese Kids Clothing & Japanese snacks
♦ Anna Konecny Handmade Jewellery
♦ 1st Morwell Scouts Cold Drinks
♦ Japanese & Chinese Sweets
♦ Sister Cities Sports Exchange
♦ Student Calligraphers
♦ Chen's Chinese Food
♦ Japanese Sit Down Comedy Puppet
♦ Traralgon Lions Club Okonomiyaki Pancakes
♦ Latrobe Regional Gallery Art Workshops
♦ Ribbon & Lion Dancing Workshops
♦ Morwell Rotary Japanese Style BBQ, Sausages & Fairy Floss
♦ Bonni Bouncers Jumping Castle
♦ VIK Face Painting
♦ Angie Gregorich Crystals
♦ Chopsticks Lolly Game
♦ Orient Bonsai Nursery
♦ Red Cross First Aid
♦ Pink Lotus Massage
♦ Tea Ceremony
♦ Photo Wall
♦ Coffee Van
♦ Lik ice cream
Sister Cities Festival
Celebrating Chinese and Japanese culture

JAPAN - CHINA
TAKASAGO - TAIZHOU

SUNDAY 21 OCTOBER 2012
KERNOT HALL, MORWELL
11AM - 4PM

ACTIVITIES
- Chinese lion dancing
- Japanese sit down comedy puppet
- Japanese drumming
- Chinese dancing
- Chinese and Japanese calligraphy
- Chinese and Japanese music
- Japanese and Chinese crafts & food stalls
- Japanese and Chinese activities for children
- And much more!

FOR FURTHER INFORMATION
phone: 1300 367 700
e-mail: events@latrobe.vic.gov.au
www.latrobe.vic.gov.au