The end of year is fast approaching. Our Year 12 VCE students are in exam mode with Music, Dance and Drama performances mostly completed in the last two weeks and English and the rest of the other subject exams occurring this week and over the next two weeks. We wish them all well. The rest of the students are in the midst of completing all work requirements. Congratulations to the VCAL Arts students on their recent Art exhibition at Mister Morris art space. Their work was of exceptional quality and standard. We have some amazing artists and I am pleased to see a number following through into our post-secondary Folio and PIC programs next year.

Awards Night and Early Commencement
Shortly we will be sending out notices about the Awards Night on the 16th November starting at 7pm. This year it will be held at the Darebin Arts Centre and not at NCAT. We are also sending home information about the Early Commencement program for all 2017 VCE and VCAL students which starts on the 21st November.

We are expecting printed copies of the booklist this week and this will also be sent home along with a notice regarding any outstanding materials charges for this year and a notice regarding materials charges for 2017. As you know we run intensive and specialist programs and these by their very nature are expensive to deliver. We rely on the additional payment from parents to allow us to provide these enriched programs to students. Please speak to Stacey Holmes, the Assistant Business Manager, if you need to organise a payment plan.

Year 12 Graduation
Last Thursday, after a lovely Celebration event at the college, Year 12 students and their family and friends attended the Year 12 Graduation ceremony at the Darebin Arts Centre. It was a great evening. In the foyer there was an exhibition of the very impressive Year 12 VCE and VCAL artwork across all the various Art and Media subjects including Visual Communications Design, Product Design and Studio Arts. Year 12 VCAL and VET Music students performed before, during and after the event. The audience was treated to tremendous playing and singing by exceptionally talented students.

Robbie Grant, the VCE Coordinator, was a very witty and entertaining MC and we also had wonderful student speakers. Hayden Dewitz from VCAL Music spoke about following your dream. He was followed by Jack Milne from the Pre-app program who spoke about what a great year he had had and thanked the teachers for being fantastic and helping him learn heaps. The final speaker was Mia Dawson, from VCE, who noted what an extraordinarily diverse and accepting community we have at NCAT, and the opportunities NCAT provides students for exploring self-expression and developing their skills so they can pursue their chosen pathways. We congratulate all our Year 12 students and wish them well in their future endeavours.

Final 2016 Photographic Exhibition
On Thursday 3rd November we have the opening of our post-secondary Photoimaging students' exhibition in Kensington at the Fox Darkroom Gallery. The exhibition will run until Saturday 3rd December only on Thursdays & Fridays 11am - 6pm and Saturdays & Sundays 11am-5pm. Do drop in and look at the great students’ work.

My best wishes to all students in the coming weeks. We want everyone to complete the year successfully.

Raffaela Galati-Brown
PRINCIPAL
Graduation Night (Post Secondary)
25th November 2016
Deakin Edge, Federation Square

Come celebrate another fantastic year of Post Secondary studies at NCAT.

NCAT Post Secondary Courses:
- Certificate III in Visual Arts (Create & Click)
- Certificate III in Music
- Certificate IV in Visual Arts
- Certificate IV in Design
- Certificate IV in Photo Imaging
- Certificate IV in Music
- Certificate IV in Musical Instrument Making & Repair
- Diploma of Photo Imaging

CALENDAR OF COMING EVENTS

<table>
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<tr>
<th>Event Date</th>
<th>Event Details</th>
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<tr>
<td>Monday 31st October</td>
<td>Special timetable running</td>
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<tr>
<td>Tuesday 1st November</td>
<td>Melbourne Cup Day Public Holiday - Students do not attend</td>
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<tr>
<td>Thursday 3rd November</td>
<td>Photo Imaging Centre (PIC) Exhibition 6.00pm</td>
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<tr>
<td>Thursday 10th November</td>
<td>Pre Apprenticeship/VCAL students finish</td>
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<tr>
<td>Monday 14th November</td>
<td>Year 10 Exams begin</td>
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<td>Tuesday 15th November</td>
<td>Years 10 &amp; 11 Exams finish</td>
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<tr>
<td>Wednesday 16th Nov</td>
<td>Year 10 VET and afternoon classes as usual</td>
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<td>AWARDS Night – 7pm at the Darebin Arts &amp; Entertainment Centre</td>
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<tr>
<td>Mon 21st – 22 November</td>
<td>Early Commencement for 2017 VCE and VCAL students (details emailed to all)</td>
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<tr>
<td>Wednesday 23rd Nov</td>
<td>Last day for Year 10 students</td>
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<tr>
<td>Friday 25th November</td>
<td>Post Year 12 Graduation at Deakin Edge 7.30pm – 9.00pm</td>
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Important Notice to all Parents & Guardians
Do you have current AMBULANCE SUBSCRIPTION?

Please be advised that in the event of a medical emergency where an ambulance is required it is the family who is liable for costs. Victorian government schools are not covered for ambulance service.

At NCAT the safety and wellbeing of your child is our priority and we will not hesitate to ring for an ambulance if it is deemed necessary. We urge you to ensure you are covered.
**National Competition Finalist**

Dora Teazis, a Year 11 student in Product Design and Technology, has been selected from over 12,000 students Australia wide as a finalist in the national competition Wool4School. The competition is open to students from Years 7-11. Dora was one of thirteen Year 11 students selected from Victoria.

The brief was to design an outfit for a sport of the students’ choice using Australian wool. Students submitted design drawings, technical drawings, a creative statement and a mood board. The outfit had to convey the Aussie team spirit and be suitable for either competition or a medal ceremony. Dora chose to design a gymnastics outfit comprising a leotard and matching jacket inspired by the roaring twenties.

Congratulations Dora on an outstanding result!

*Anne Connors*

*Product Design Teacher*

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**RIJI - Real Industry Job Interviews**

Pre Apprenticeship and General VCAL students from NCAT participated in the annual Real Interview Job Industry RIJI program on Thursday 13th October held at Melbourne Polytechnic in Preston.

Organised by the Inner Northern Local Learning and Employment Network the event was attended by numerous schools from the local region where students were interviewed for positions such as apprentice carpenters, diesel mechanics and retail assistants.

Representatives from different industries including local government, small businesses and recruitment agencies volunteered as interviewers for students to provide an opportunity for feedback on interview skills and tips for writing cover letters and interviews.

NCAT students received feedback and constructive criticism from the interviewers that will be useful in the search for employment and training opportunities in the work place.

Many thanks to Cate Button for organising the excursion, which involved over fifty students. Thanks also to Anthony Gasson for driving the bus.

*Kate Dermody*

*English/Literacy Teacher*
VCE Drama

“VCE Drama students worked tirelessly throughout Term 3 devising 5-7 minute solo performances. Each student was required to select a character from a list provided by the VCAA and write a script based on a specific set of elements and stimulus material. On Friday 14th October Robbie Grant, Leanne Peros, Cate Button and Ian McKey sat as “examiners” so students could experience what it would be like to complete a Performance Exam. Then on Tuesday 18th, Year 12 students Kaila Harrington, Kahlita Sacco, Jessie Polites and Brea Hayes completed their Solo Exam at the Darebin Arts & Entertainment Centre. Each of the year 12s completed their exam with huge smiles, knowing they had done their absolute best. Each of the year 11 and year 12 students should be incredibly proud of their performances. We also wish the year 12s luck for the written Drama exam in a couple of weeks.”

Year 10 Media

You may have noticed year 10s carrying cameras, mics and reflectors around... that’s because the Year 10 Media class has been producing short promotional advertisements for a few of subjects at NCAT. Keep an eye out for these ads on the NCATtv website next month.

Students pictured are Leon Alasso (boom operator), Chelsea (director), Neve Tullberg (Camera), Milo Hayes (lighting) working together to interview Brea Hayes about studying Drama.

Year 12 Media

Year 12 Media students celebrated their last lesson together with a selfie. Well done to each of you and all the best for the upcoming Media exam!

Laura Bryan
Drama & Media Coordinator
VCE VET Building

The NCAT Senior VET class have had a successful year and recently completed their final project which was a small cubby house. It was a very challenging project which included many aspects of real life carpentry work and team building.

The picture here shows one of our outstanding student teams prior to cladding their cubby house. Well done Tia, Geordi and Chloe.

Nick DiFabio
BUILDING & CONSTRUCTION TEACHER
PRE-APP COORDINATOR

Certificate II in Furniture Making

In Furniture making this semester Luke Atkinson has produced a 3D drawing in solid works of a chess board coffee table with drawer. Not only has Luke produced a high quality product in Victorian Ash and Jarrah, he has also been able to print to scale a 3D model in plastic. Luke has displayed considerable skill, determination and patience in completing this task outside of his normal workload.

Nicholas Frewen
FURNITURE MAKING TEACHER
Year 12 Graduation Evening

On Thursday 20\textsuperscript{th} October the end of some 13 years of formal schooling was acknowledged and celebrated at NCAT’s Year 12 Graduation Evening at the Darebin Arts and Entertainment Centre.

Students and their guests were greeted in the foyer by an exhibition of Year 12 art, photography, media and technology work that showed the diverse and amazing creativity of NCAT’s final year students.

Once formal proceedings began, the audience was entertained by superb performances from both VCAL and VCE music students and engaged by three of our Year 12 graduating students, Hayden Dewitz, Jack Milne and Mia Dawson, who gave heartfelt speeches reflecting on their time at NCAT.
Year 12 Graduation Evening

Graduation evening was indeed a memorable night for our Year 12 ‘Class of 2016’ their families and friends.

Parents – a digital photo of your child receiving their Graduation certificate will be emailed to you in the coming weeks.

Michelle Andrews
Assistant Principal
A Terrible Concept of Size

On Thursday 13 October, the full-time Visual Arts students put their work on display in a wonderful exhibition entitled “A Terrible Concept of Size”. Held at new gallery space Mister Morris in Junction Street Preston, the show was packed with work of exceptionally high quality. The opening event drew a large audience of people from the school and broader community, with live music provided by an acoustic trio of senior music students.

One of our year twelve students, Sam Larsen, made a lovely speech on the occasion, which she has agreed to share, see next page.

Kylie O’Malley
VISUAL ARTS COORDINATOR
“It takes a very long time to get through high school: a very long time, but I couldn’t think of a better way to spend the end of my schooling. This course has been hard and fun and exciting and stressful but it’s all been worth it because without it none of us would be the artists we are today. Everyone has put so much effort into all of the work they’ve produced and I couldn’t be prouder to be a part of this class.

“We all made it to the end, to this amazing night and it is such a good feeling knowing that we have our artworks in an exhibition. I’m so glad I’ve gotten to share this with all my friends, family and teachers. We could not ask for any better, nicer or more helpful teachers because we have the best, nicest, most helpful teachers in the entire world. I am so unbelievably thankful for everything you guys have done for all of us, you’re so wonderful and somehow we all lucked out. If anyone here knows anyone who is interested in pursuing Art in their future, please let them know about this course because it has done amazing things for all of us. We’ve all learnt so much over our time spent here and I think I can say we all appreciate it greatly.”

“I would like to thank everyone for coming tonight, our teachers for organising this and making it all happen and our principal for running this dream of a school.”

Samantha Larsen
12A STUDENT
We did it again - VCAL Music combined with Year 11 VCE Business Studies to plan, organise and execute Couch Fest 2.0 in the last week of term three. Once again, it was an outstanding success.

The group designed the branding, identified and delegated tasks, prepared food and coerced many cohorts within the school to get involved. Consequently, we had not only the contribution of Tracy Paterson’s Create group’s ‘road-kill’ couch sculptures and the art students’ ‘pop-up’ shops, but also VCAL General’s second hand clothing and book stalls and the Furnishing students displaying and selling tables, lamps, chess boards and coasters. One of the standout collaborations however was Tiny House Stage: Building and Construction students built us a mini house on wheels, Plumbing students roofed it and some Create students interiorly designed it as a vulgar, 70’s, wallpaper clad lounge room. The perfect tiny stage!

The three other stages - The Lounge, Garage Inc, and Backyard Jam - were also hugely successful, providing an enormous diversity of music for our mixed audience. They were also treated to some fabulous karaoke in the ‘Singing in the Shower’ stage for anyone who wanted to get on a microphone.
Couch Fest 2016

Just like last year, what made this more than our annual VET gig was the extraordinary participation from the whole-school community.

Particular thanks go to:
• our Music Tech students who mixed and executed lighting for every stage;
• the staff who turned up to work hard (and enjoy!);
• James Savvas’ dad John – once again - for the mouthwatering Gyros;
• Morgan Beck for his surprise visit and approval!
• all attendees who made it such a buzzing success!
• Technology staff for building mini houses and garden

I have a feeling we’ll be BACK!

Shelley Scown, Nadia Tomarchio & the MIGHTY NCAT
World Skills Competition

On Thursday 6th October Anthony Gasson and Mark Risicato took 10T on an excursion to the Royal Melbourne Showgrounds to see the National Final of the World Skills competition which is like the Olympics for apprentices of all trades. We were there for about three hours exploring all the events taking place, including hairdressing, cooking, building, bricklaying, engineering, welding, automotive repairing and spraying, retail and robotics.

The World Skills competition was created to develop and nurture the skills of young Australians. They had this competition to promote and build a skills culture by inspiring young people, celebrating skills excellence and providing them with an opportunity to showcase their trade and skill talent. They achieve this through competitions held on a regional, national and international level. The tasks that they undertook were very complex and challenging.

It was a very enjoyable experience and one that really opened our eyes as to the possibilities that lay before us as potential tradespeople.

By Travis Humphries - 10T
CERT IV TOUR WRAP UP

Three days in the sun playing music with the best company was what the NCAT Cert IV 2016 Tour was all about. We were lucky enough to be given use of a house right off the Great Ocean Road and only minutes from the beach.

Kicking off on the Friday night at the Cuda Bar in Lorne, the band were in fine form as the girls netball team had their season breakup and danced the night away. Saturday night saw the band play at the Airey’s Inlet Pub to an overly enthusiastic crowd once again. In between gigs, there was a lot of table tennis and R and R on the local beach. The band showcased all their performance skills learnt throughout the year, ending with many great sing-alongs. Sunday afternoon was wrapped up with a gig at the Torquay Hotel to a small, but appreciative audience. This is an annual event for Certificate IV students and just seems to get better every year.

A huge thanks to the Cuda Bar in Lorne, Airey’s Inlet Pub and Torquay Hotel for welcoming our performances, and to Shelley, Bon and Bec for a cracking good time.

By Tex Miller - Certificate IV Student
Help my teenager manage exam stress

School exams can be a very stressful time for teenagers, particularly year 12 exams. Some teenagers get stressed about every exam and others just one or two. But, the 2015 Mission Australia survey suggests that school and study are the top concerns for teenagers 15-19.

Stress around exam time can not only impact a teenager's mental health but also their physical health and general wellbeing. Having a stressed teenager in the house can also be difficult for the whole family. Helping your teenager manage their stress in the lead-up to exams can help them to study and also reduce the tension at home during the exam period.

Before reading the tips below, learn more about stress and the signs and symptoms to look out for in your teenager.

Top 5 tips for teenagers

Here are some tips for you to share with your teenager to help them with study and exam stress:

- **Write a study timetable and be organised.** Having an organised study space and planning study time can help your teenager stay on track and achieve their goals. They may want to talk to their friends or teachers about things they have tried or, start a conversation on the ReachOut forums to talk to other teenagers also going through exams.

- **Be prepared and understand what is required.** Understanding exam requirements and what they will need to do can help them prepare and study effectively.

- **Make time to relax, have fun and socialise.** Taking breaks can help to reduce stress and reconnect with the world. Breaks should be a mix of relaxing, doing enjoyable things and socialising (online or face-to-face).

- **Eat well.** Eating healthy food (rather than processed or fast-food) helps to maintain the required energy to study well.

- **Be active.** Exercise and physical activity is a great way to reduce stress during exams.

Top 7 tips for parents and families

These tips can help you support your teenager in the lead up to exams:

- **Talk about symptoms of stress** at home and help your teenager to identify when and why they might be feeling stressed. By understanding what makes them stressed they can build the skills to cope better and reduce stress in the future. You may want to share some of your own experiences or tips for coping.

- **Help them set up a quiet and comfortable place to study** and help them get organised. Talk through their study planning and help them set achievable goals and break their tasks down into bite-sized pieces.

- **Help them to write a study timetable** that includes breaks and time to relax and socialise.

- **Give them some time off household chores** during their exam period and schedule family time around their study timetable. Be responsive to their needs and don’t ask them to stop studying for something that isn’t urgent.

- **Help them write a list of things they can do to relax.** Making time to relax can help to reduce stress and calm their nerves. By identifying things that help them feel relaxed, they will have a toolkit for managing stress next time.

- **Encourage them to be active, eat well and sleep well.** Go for walks or be active as a whole family and make healthy meals (limiting caffeine and sugar - teenagers should not drink more than 100ml of caffeine per day).

- **Look after yourself.** Take time out to relax, have fun and do something for yourself. Even if it's for ten minutes before the kids get up, practicing a little self-care every day can help to reduce your own stress. By taking care of your own wellbeing you will be in a better place to support your teenager through this stressful time.

What to do if your teenager isn't coping

If your teenager really isn’t coping with their study load it may be time to seek further support from a professional. A psychologist or counsellor can help them learn strategies to manage their stress. You can also talk to their teachers or year advisor about ways to support them at school.

It is also important to talk about different types of achievement. Getting the right ATAR is not the only way to achieve their goals. Their school’s career counsellor can help them to find alternate pathways to uni or assist in applying for special consideration.

More info:

- Find out what young people themselves have to say about stress and how they cope
- Read a parent’s story about supporting their teenager with exam stress
- Get one-on one support from Parentline in your state