



Curriculum Day (Student Free):
Friday 10 March

Athletics Carnival: Tuesday 14 March

School Council AGM:
Wednesday 15 March

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Athletics Carnival: Tuesday 14 March

PRINCIPAL'S REPORT

Student Achievement: International Success for Janaki Easwar

Congratulations to **Janaki Easwar (Year 9, Andrew House)** who has been invited by Kerala arts and crafts village, an initiative of Dept. of Tourism, Govt. of India, to perform at their Woman's Week celebration on Saturday, March 11.

Following this opportunity, Janaki will be involved in the audio launch of a few projects that she has remotely collaborated with.

Janaki will be travelling to India on March 9 with her mum and we take this opportunity to wish her well in this venture and in all that she engages with as a result of her exceptional talent and creativity. The following is a poster of the event, showing Janaki expressive talent.



International success for Sarah Crosbee

Sarah Crosbee (Year 11, Rutter House) has just returned after competing at the recent Penrith Open and Australian Open Canoe Slalom Championships, which also formed the selection series for the National Junior Team. It would be fair to say that Sarah has had a busy summer training session.

This year saw the return of international paddlers, and Sarah as part of the National Development Squad, was able to train alongside Juniors from Japan as well as New Zealand and America.

The training proved worthwhile with Sarah winning the Junior event in both the C1 class and K1 class at the Australian Open. She will hear whether she is selected for the Junior World Championships in the next week.

Congratulations to Sarah on an outstanding achievement in the sport and we look forward to hearing where these latest accolades take her.

The following photos show Sarah in full action on the course and on the winners' podium. Well done, Sarah!



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SCHOOL CALENDAR 2023

MARCH

Wednesday 01 - Thursday 02

- Year 11 Outdoor and Environmental Studies Camp - Warburton

Thursday 02

- Year 11 Literature Seminar - Hermina Burns Poet

Friday 03

- District Swimming
- Year 9 Recreational Activities: Fencing

Tuesday 07

- VIC Volleyball Beach Schools' Cup Year 7 - 8, 2023
- Year 8 Urban Surf 8J and 8K

Wednesday 08

- VIC Volleyball Beach Schools' Cup Year 9, 2023
- Year 8 Urban Surf 8L and 8M
- Year 11 Art Creative Practice Tarrawarra Excursion
- Koko Crozier Top Screen Presentation

Thursday 09

- VIC Volleyball Beach Schools' Cup Year 10, 2023
- Scrambled Farewell Performance 7:00pm
- Working Bee Committee Meeting

Friday 10

- VIC Volleyball Beach Schools' Cup Year 11 - 12, 2023
- Curriculum Day (student free)

Tuesday 14

- Athletics Carnival

Sunday 19

- Working Bee

Thursday 23

- SPI Interviews 4:00 - 7:00pm via Webex (Remote - Students to finish at 2:30)

Friday 24

- Year 9 Recreational Activities: Skaterz

Monday 27

- Year 12 OES Portsea - Snorkelling

Wednesday 29

- SPI Interviews 11:00am - 7:00pm onsite (Student free day)

Meet the teachers and Headspace Parent Seminar

I thank all the parents/carers who attended the Meet the Teachers afternoon and also thank those who remained for the Headspace Parent Seminar.

Feedback has been very positive and to ensure that parents/carers who were not able to attend have access to the information provided, the Seminar has been recorded and will be available on the school website in coming days.

Our connection with families is very important to us and having our Year 7 families on board is a very positive outcome.

A big thank you to all the members of the Junior School team for their hard work in organising both the Meet the Teachers afternoon and the Seminar. I also acknowledge all the Year 7 teachers who participated in the event.

School Swimming Carnival

Whilst the School Swimming Carnival was a great success for all the students who attended and those who participated, as well as all the staff, the level of participation by some cohorts has raised some concern.

There was excellent attendance from our Year 7 and Year 12 students with almost everyone there. A good number of Year 11 and 10 students participated however, I am concerned at the poor attendance of our Middle School Students.

This came about in one of two ways:

- (i) students either absented themselves without permission from their parents/carers or alternatively,
- (ii) parents/carers gave permission to students to not attend.

Either way this is inappropriate and sets an unacceptable precedent. Days like this are official school days and attendance is expected in the same way as it is on any other day.

We are currently reviewing our data and the parents/carers of students who did not attend the Swimming Carnival who had not previously indicated a valid reason for the absence, can expect a letter from the school, asking for your support to ensure that the same does not happen for the Athletics Carnival scheduled for Tuesday the 14 March.

More often than not, the dates of such events are beyond our control, based on the availability of the venues.

I take this opportunity to congratulate all the students who did attend and made the day such a great success. I also wish to thank all the parents/carers who supported the school initiative to provide our student with the opportunity, not only to enjoy the event itself but to also build community.

Congratulations to the staff who put in a great effort to organise and run the day for the enjoyment of our young people.

Reminders: Mobile Phone Policy

Whilst the expectations around mobile phone in our school was made clear to all students during the first day assemblies, there is a small group of students who choosing to disregard what is expected of them. There is a no tolerance rule around this issue unless a student has a formal exemption from the school which is only provided under extreme, often health related circumstances.

I ask all parents/carers for your support with this by reminding your child(ren) that the Mobile Phone Policy requires students to switch off their phone from the sound of the first warning bell for the day and store their phones away securely until they leave the school at the end of the day. Students are not to access their phones at any time throughout the day including breaks.

A process for addressing a breach of the policy is in place and all students are well aware of their role in this process. Please remind them of the need to follow through with the instructions given to them by any teacher and that disregarding a teacher's instruction will inevitably lead to further consequences.

Parents/carers must not expect to communicate with their children during the day via their mobile phone. Should there be the need to get in touch with your child during the day for an emergency, please contact the general office otherwise please confine any communication for the times when student can access their phones.

Thank you for your support with this matter.

VINCENT SICARI, Principal

ASSISTANT PRINCIPAL'S REPORT

Inclusion, Diversity and Respect

Policy - [Inclusion Diversity and Respect \(elthamhs.vic.edu.au\)](http://elthamhs.vic.edu.au)

Eltham High School is committed to creating an environment where all members of our school community are welcomed, accepted, respected, and treated equitably, so that they can participate, achieve and thrive at school. This commitment towards an inclusive environment should be evident in everyday interactions; the language used within the school community, the curriculum, the messages displayed around the school and the physical environment. Whilst we recognise the role that education settings play in implementing cultural change, the involvement of the whole-school community is required to achieve a culture in which safe and respectful relationships are everyone's concern and responsibility.

Our Inclusion, Diversity and Respect Policy is accessible on our school website or via the link above, and explains Eltham High School's commitment to making sure every member of our school community - regardless of their background or personal attributes - is treated with respect and dignity.

Bullying Prevention

Policy - [Bullying Prevention \(elthamhs.vic.edu.au\)](http://elthamhs.vic.edu.au)

The school develops and maintains effective bullying prevention strategies and management processes to provide a safe school environment for students. Essential to this is education for students and other members of the school community about safe and responsible social and learning interactions. Our philosophy is to model conflict resolution and maintain a positive and caring environment which does not foster bullying or violence. The school has strong, proactive leadership which ensures effective whole school behaviour-management systems, based on Restorative practice. Our Bullying Prevention policy is available on our school website or via the link above.

LUCY BLACKBURNE, Assistant Principal (Acting)

JUNIOR SCHOOL

Meet the Teachers

It was wonderful to see many of our Year 7 parents and carers at the Meet the Teachers Afternoon on Tuesday. The forum was a great opportunity to hear a little from our Key Learning Area representatives and classroom teachers about what's happening in the Year 7 Program this term and will support the Student Progress interviews that are taking place later this term.

A recording of the presentations will be made available through the Compass Portal shortly for families who were unable to attend.

Over the last two days Headspace has been running wellbeing sessions for our Year 7s and a parent session on Tuesday night. These too have been a great opportunity to gather and reflect on this period of transition into high school and adolescence, with a strong focus on wellbeing. The slides and resources from these sessions will also be shared via the Compass Portal.

MELISSA HUGHES, Junior School/ Transition Leader

**PARENT
INFORMATION**

2023

Term Dates

Term 1:

Starts 30 January (Year 7, 11 & 12)
31 January (whole school)

Finishes Thursday 06 April

Term 2:

Starts 24 April

Finishes 23 June

Term 3:

Starts 10 July

Finishes 15 September

Term 4:

Starts 2 October

Finishes 20 December
(Dependant on Year level)

GROUNDS COMMITTEE

COMMITTEE MEETINGS AND WORKING BEE DATES

2023

Working Bees

Sunday 19 March

Sunday 7 May

Sunday 4 June

Sunday 27 August

Sunday 15 October

We are always seeking new members
for our Grounds Committee.

If you would like to get involved
please contact Anna Panas via email:
pan@elthamhs.vic.edu.au

SENIOR SCHOOL

2023 Senior School Update

Senior School will now operate by having Year Level Coordinators who will follow their group as they progress through the Senior School in 2024 and 2025. We have used the House system to divide the students between Coordinators and will now refer to Students in either Form Group R (Rutter), E (Everard), A (Andrew) and S (Stewart).

The Level Coordinators for 2023 are:

Matthew Hapsberg (HAZ) - 10R + 10S

Olivia Monro (MOX) - 10A

Alice McKinnon (MNN) - 10E

Michael McDonald (MMC) - 11A + 11S

Danielle Cotter (COT) - 11R + 11E

Chris Serong (SEN) - 12A + 12R

Michael Doherty (DOH) - 12E + 12S

Ross Pringle – Careers, Pathways and VET Coordinator contact on [9430 5133](tel:94305133) or pri@elthamhs.vic.edu.au

Please contact Susan Inglis our VCE Administrator for all general enquires on [9430 5164](tel:94305164) or ing@elthamhs.vic.edu.au

Special Examination Arrangements: VCE External Assessments

Special Examination Arrangements may be approved for students with disabilities, illnesses or other circumstances that affect their ability to access a VCE external assessment. Special Examination Arrangements applications are made to the VCAA by your Senior School Coordinator and must be endorsed by the principal.

Students are eligible for Special Examination Arrangements if it can be demonstrated (professional evidence required) that their capacity to access a VCE external assessment is impaired due to one or more of the following:

- Mental health conditions
- Health impairment or physical disability
- Specific learning disorders
- Language disorder
- Motor coordination disorders
- Deaf and hard of hearing
- Vision impairment

If you think that your student may be eligible to apply or if you had approved provisions last year that you would like to re-apply for please contact the relevant Coordinator. Applications are due Monday 20 March.

For more information please visit <https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialExaminationArrangements.aspx>

Term 1 – Key Dates

VCAA Special Exam Arrangements applications due	Thursday 6 April
End of Term 1	Thursday 6 April - 2:30pm

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AMANDA SALIBA, Senior School Team Leader

POSITION VACANT

First Aid Officer Position

Eltham High School is seeking a First Aid Officer.

Further information about this job can be accessed through Recruitment Online at www.schooljobs.education.vic.gov.au.

The position number is 1334271. The position is fixed term and part-time at 31.25 hours per week.

The selection criteria (six questions) as outlined on Recruitment on Line must be completed and submitted with your application. Details of these can be found in the job description in the site mentioned above.

The closing date for applications is 12 March 2023 via Recruitment On Line.

If you have any queries, please contact Kristina Elvey at ely@elthamhs.vic.edu.au

KRISTINA ELVEY, Business Manager

MUSIC

Year 7 Instrumental Music Lessons

Year 7 Instrumental Music Lessons will commence the week starting 6 March 2023. Please check Compass for your scheduled instrumental music lesson time. Training Band and Training String Ensemble rehearsals will commence the week starting 27 March 2023.

We look forward to welcoming our new Year 7 families to our Music Program.

Music Rehearsal Schedule

Monday	String Orchestra	7:30 - 8:40am arrive by 7:15am	306
	Stage Band	3:30-5:30pm	306
	Training Band	3:30-4:45pm	101 & 111
Tuesday	Training Strings	7:30-8:40am (arrive by 7:15am)	101
	Chamber Strings	3:30-5:30pm	700s
	Concert Band	3:30-5:30pm	306
Wednesday	Symphonic Band	3:30-5:30pm	306
Thursday	Big Band	Lunchtime	306
	Jazz Band	3:30-5:30pm	700s
	Wind Ensemble	3:30-4:45pm	306
Friday	Choir	Lunchtime	111
	Symphonic Band	3:30-4:45pm	306

RICK KEENAN, Director of Music

SPORT

2023 EHS House Swimming Carnival

The whole school headed to Aquarena, Doncaster last Friday for the 2023 House Swimming Carnival. It was great to see all students embrace the carnival atmosphere with plenty of examples of fancy dress by the Year 12's. We had Golfers, Magic Mikes, Men in Black and even some Mr Sicaris. The waterslides were in constant use all day and the House Leaders were inundated by student's eager to join in the fantastically organised novelty events.

In the pool, the swimming was hotly contested. With records being broken in both individual and relay events. **Conor Hayes (Year 11, Everard House)** broke 5 records, **Benjamin Van Dijk (Year 7, Andrew House)** 2 records, **Mitchell Bohan (Year 10, Everard House)** 1 record and the Everard 12-13 Boys relay team conquered the record set by the 2022 Year 7's.

Students who won their events have been invited to represent Eltham High School at the upcoming Nillumbik/Banyule District Swimming Sports.

At the end of the day, after over 70 races, Everard House ended on top taking out this year's Swimming Sports by a very big margin. Final House points were as follows:

1st place:	EVERARD	722
2nd place:	RUTTER	427
3rd place:	STEWART	400
4th place:	ANDREW	362

Also a big congratulations to the following age champions:

- 12-13 Girls – Annabelle Lowe (Year 7, Everard House)
- 12-13 Boys – Benjamin Vandijk (Year 7, Andrew House)
- 14 Girls – Olivia De Jonge (Year 8, Andrew House)
- 14 Boys – Samuel Hartley (Year 8, Everard House)
- 15 Girls – Rosie Griffiths (Year 9, Everard House)
- 15 Boys – Archie Bonga (Year 8, Andrew House)
- 16 Girls – Ebony Bire (Year 10, Stewart House)
- 16 Boys – Matthew Brophy (Year 11, Stewart House)
- 17 Girls – Maisie Walsh (Year 11, Andrew House)
- 17 Boys – Conor Hayes (Year 11, Everard House)
- 18-20 Girls – Maali Kerta-Rice (Year 10, Stewart House)
- 18-20 Boys – Jacob De Jonge (Year 12, Andrew House)

Our next whole school carnival is the Athletics Carnival on Tuesday 14 March. We look forward to seeing all students in attendance.



BREE PASCOE, PE & Sports Coordinator

Year 11 OES - URBNSURF



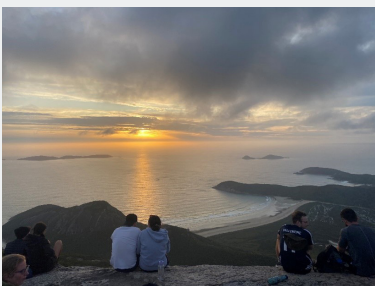
Year 11 Outdoor and Environmental Studies - URBNSURF

In Week 2 of this term, our current Year 11 Outdoor and Environmental Studies students participated in a day-trip to URBNSURF at Tullamarine here in Melbourne. The students had the opportunity to not only develop their surfing skills in a controlled and predictable setting (see attached photos), but also to apply theory concepts learnt in class with their 11 OES teacher in relation to the differences between built/artificial and natural outdoor environments and the impacts that such environments have on safety, participation and overall enjoyment in recreational activities. It was a fantastic day out, the students had a great experience and some even got to see and get a photo with our elite-level Australian surfer Mick Fanning at the venue.

Year 12 Outdoor and Environmental Studies - Wilsons Promontory National Park

In Week 4 of this term, our current Year 12 Outdoor and Environmental Studies students had the opportunity to participate in a 3-day camp program at Wilsons Promontory National Park located in south-eastern Victoria. The students participated in a variety of activities such as a historical education session with a Parks Victoria ranger, developing their practical skills in recreational activities such as Stand-Up Paddleboarding and hiking, as well as cooking on Trangia stoves and setting up four-person tents (see attached photos below). The students also had the opportunity to experience a phenomenal view at sunset from the summit of Mt Oberon (see attached photo below). The class had an enjoyable experience and learnt how best to apply examples from this environment to their studies in the classroom.

Year 12 OES - Wilsons Prom



These are just some of the amazing programs that are on offer to our Eltham High School students who undertake Outdoor Education from Years 9-12.



GEORGIA BHANDARI & DYLAN MEDDINGS, VCE Outdoor and Environmental Studies Teachers

STUDENT AGENCY AND GROWTH

Dignity Drive – Ending Period Poverty this March

As we approach International Women's Day, our community will come together to celebrate the accomplishments and resilience of women around the world. The Student Voice and Leadership Team is calling on our school community to acknowledge International Women's Day by participating in Share the Dignity's 'Dignity Drive'.

'Dignity Drive' is a program facilitated by Share the Dignity, aimed at ending period poverty by collecting donations of sanitary items. We invite the school community to participate and help make a difference. We will be collecting feminine hygiene products to donate to Share The Dignity. In turn, they distribute to various charities who provide services to women in crisis.

We encourage everyone to participate in this by bringing donations to school, such as products in original packaging, including pads, tampons, maternity pads, period undies, menstrual cups and incontinence products.

This generosity and kindness will go a long way in supporting many lives, and by helping, we can not only support those in need but also inspire those around us to do the same.

Donations can be dropped to the 'Dignity Drive' box at the front office throughout March. We would love to see as many donations as possible made on **International Women's Day, Wednesday March 8.**

Ryan Swift (Year 12, Everard House) (Integrity Leader) and Maali Kerta-Rice (Year 12, Stewart House) (Social and Environmental Responsibility Leader)



Cups for Change



Cups for Change

Our Cups for Change program continues this year. We are still selling our reusable ceramic cups in the hope of promoting awareness for the Eltham Copper Butterfly and reducing single-use waste in the local community. Every cup purchased goes a long way in supporting our goal of donating to local environmental groups and creating a natural habitat for the Eltham Copper Butterfly here at Eltham High School. You can express interest in purchasing a cup by completing this online form <https://forms.office.com/r/gxFJWS6tYB> or emailing Nadia Devlin, dev@elthamhs.vic.edu.au.

We are also looking forward to launching our 7-11 Cup Rescue tubes this term – watch this space for more information.

Cups for Change Team: **Mac McLennan (Year 10, Andrew House)**, **Charlie Clarke (Year 10, Andrew House)**, **Kris Van der Kamp (Year 10, Stewart House)**, **Luka Koops (Year 10, Stewart House)**, **Scarlett Harrison (Year 10, Andrew House)** and **Torry Shi (Year 10, Everard House)**

NADIA DEVLIN, Student Agency and Growth Leader

ART

Welcome to the Arts

The Arts faculty offers many opportunities for students to engage in creative activities across the Visual Arts and Performing Arts. These include Art, Visual Communication Design, Media, Photography, Drama and Music.

There will be highlighted activities and workshops on offer at different times across the terms as well as regular art groups who meet weekly.

Keep an eye open for upcoming events and view some of our groups that meet weekly below.

Year 7 Art Club

Thursday Lunchtimes in Room 613

Do you enjoy art and love being creative? Our Art club is an opportunity for Year 7 students to have a space to create and connect with other likeminded students.

You don't have to be good at art to join.

The club will be run by our Visual Arts Leaders along with support from Art teachers. The leaders have planned some fun activities and will be on hand to teach students some new skills.

If you have any questions contact Lisa Foote foo@elthamhs.vic.edu.au or just turn up on Thursday lunchtimes to Room 613 and don't forget to bring your lunch.

Art Space for All Year Levels - Monday Lunchtimes

Room 613 will be a creative space for students from ALL Year levels who want to make art in a relaxed and supportive environment.

You are welcome to bring along your sketchbook and work on your own ideas, do work for your folio subjects or take advantage of access to materials and teacher support with building your techniques and ideas.

You don't have to be great at art- if you enjoy being creative or want to create more art this space is perfect for you.

VCE Folio Workshops- Tuesday Lunchtimes

Room 613 will be available exclusively for VCE students of Art Creative Practice and Art Making & Exhibiting to work on their folios.

Students can take advantage of access to materials, gain further support and advice around the development of their ideas and practice and address some of the expectations around time that should be spent on folios as homework.

VCE Art students are encouraged to take advantage of the additional time and support available to them at school.

Donations Needed

The Art KLA are in need of old business shirts to be used as painting smocks – all sizes small to XL are welcome.

Please bring any donations to the General Office.

Life Drawing Opportunity For Senior Students and Staff.

Eltham High School has collaborated with Nyora Studio Gallery to once again offer exclusive Life Drawing Classes for our Senior students and staff.

This enrichment opportunity will add significant depth to folios and broaden artistic experience. For those students wishing to apply for tertiary placements experience in life drawing is highly recommended.

The classes will commence in term 2 and are offered in a 6 week block commencing May 9. The cost is \$130 for all six sessions, which is exceptional value.

This covers the hire of the model, use of studio space and tutoring by artist Emmy Mavroidis as well as basic drawing materials.

Sessions will run after school on Mondays 4:00pm - 6:00pm. Places are strictly limited.

If you are interested please email your expression of interest to foo@elthamhs.vic.edu.au to secure your place.

Further details will be sent to participants once numbers are confirmed.

N.B.- Participants will need to make their own way to and from the studio

Eltham High Arts & Technology Instagram Account

Did you know we have an Instagram account? This platform enables us to provide regular viewings of the amazing work our Arts and Technology students are creating.

Keep up to date about everything Arts and Technology including upcoming events, exhibitions, subject information, plus lots more.

You can join our account at [elthamhs.arts.tech](https://www.instagram.com/elthamhs.arts.tech)

If you don't have Instagram you can access the account through the following link:

<https://www.instagram.com/elthamhs.arts.tech/>

LISA FOOTE, Arts Coordinator

LANGUAGES

2023 Language Faculty Assistants

Eltham High School has an excellent tradition of employing both Indonesian and French language assistants to work directly with our students in order to help develop student language proficiency.

This year we are very fortunate to welcome back Diana McMahon (Indonesian) and Sandrine Hennuyer (French) who have been working with our students over a number of years. The native speaker assistants have started working with Years 9 – 12 students of Indonesian and French on a weekly basis.

The language assistant program provides students with the invaluable learning experience of developing verbal skills with a native speaker.

We look forward to seeing our students' linguistic skills grow this year with the support of our wonderful language assistants!

Alliance Française French Film Festival 2023

Bonjour les parents!

The annual Alliance Française French Film Festival is opening in Melbourne very soon (8 March – 5 April)

We're hoping to organise a French student excursion to the festival but strongly encourage all you Francophiles and cinephiles out there to embrace French culture via the screen. Wishing you all "*une très bonne séance*"!

You can find more information online: <https://www.affrenchfilmfestival.org/melbourne>

CATHERINE CONSIDINE, Languages Coordinator

STEAM Club



SCIENCE

STEAM Club

STEAM Club is working on a number of challenges focused on integrating knowledge and skills from science, technology, engineering, arts and mathematics. Students have so far created devices to transport objects across long distances efficiently, and are now working on creating a claw to reach and move a ping pong ball from a distance away.

If you're interested in meeting like-minded students or ready for a challenge come and join STEAMclub. We meet every Monday lunch in 802. Bring your lunch and friends with you.

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KATHRYN BOYSEN, STEAMclub Leader

SWIM SQUAD

EHS Swim Squad

The Eltham High School Swim Squad runs on Thursday mornings from 7:00am to 8:00am before school at the Eltham Leisure Centre. It's a great way to keep fit, have fun, learn some new skills and make great friends. It also prepares students for the upcoming Swimming Carnival. Students from all year levels and ability levels are invited to sign up for 2023 and become a Swim Squad member.

Each week we work on developing confidence, fitness and stroke with the emphasis on having fun and becoming part of a positive team of students who support each other both in the pool and around the school environment.

After squad, students meet back in the Staffroom at School to share hot chocolate and a chat before classes commence for the day. The Squad is instructed by our accomplished Coach, Neroli Nixon, who has taken the squad now for over 20 years!

The cost is \$380 for the year or \$190 per Semester (payable to the School Cashier in the General Office) which covers lane hire and coaching. Eltham Leisure Centre Members get free entry into the pool, others will need to pay \$3.60 to enter. New Squad Members are most welcome! Please meet on the pool deck at the Eltham Leisure Centre by 7:00am each Thursday.

What to bring: Bathers, Towel, Goggles, Clothes for school, Food for breakfast.

The EHS Swim Squad is a self-funded, 'user pays' activity and payment is required to become a member. Fees cover both the cost of coaching and pool fees, as well as hot chocolate each week and the annual end of year breakfast held after the Lap-a-Thon fundraising event in term 4 (an event we run to raise money and awareness for a charity the group decides upon each year). For further information contact Phil Boyd at bod@elthamhs.vic.edu.au

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PHIL BOYD, Swim Squad Coordinator

DRAMA

After School Drama Program

After a very quiet past few years, our very own Scrambled Prince Theatre Company is once again performing their two fabulous new shows at the Adelaide Fringe Festival.

Two plays for the price of one!

In '4 Stories' we meet the tenants of Cliffview Apartments. Relationships like rollercoasters and ups and down like elevators, a play that proves that everyone has a story to tell.

In 'A Piano in an Elevator' we see a camera as it comes into possession of a variety of interesting characters all wrestling with their own fears.

1 show only - Thursday 9 March 2023, commencing at 7:00pm

\$20 Adults

\$15 Student Concession

Tickets are on sale now through Trybooking: <https://www.trybooking.com/CGKXY>

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RYAN PATTERSON, Drama Program Coordinatorr

WORKING BEE

2023 Working Bees

The Working Bee dates for 2023 have now been set, with the first being **Sunday 19 March**. The Committee meets on the Thursday 10 days prior to the Working Bee to plan activities, and as always we would welcome new members. We are kicking off the new year with the preparation of a whole of school strategy for garden bed rejuvenation and planting, so that for each Working Bee there will be clear link to activities and the grounds strategy.

Grounds Committee Meetings and Working Bee Dates for 2023:

Committee Meeting Date	Working Bee Date
Thursday 9 March	Sunday 19 March
Wednesday 26 April* (27 April - Information night)	Sunday 7 May
Thursday 25 May	Sunday 4 June
Thursday 17 August	Sunday 27 August
Thursday 14 September	Sunday 15 October
Thursday 23 November (RESERVE DATE)	Sunday 3 December (RESERVE DATE)

If you would like to get involved by joining the Grounds Committee or attending the upcoming Working Bee can you please complete the Google form by accessing the link below:

<https://forms.office.com/r/1dnjyrcaF5>

or contact Anna Panas via email pan@elthamhs.vic.edu.au

ANNA PANAS, On behalf of the EHS Grounds Committee

STUDENT SERVICES

Parents Building Solutions

Do you want a better connection with your teen?

Want to understand why teens behave the way they do?

Do you want to discuss and share ideas that work?

This parenting 'taster' session helps you come up with solutions to common parenting challenges. Young people are welcome to attend the drop-in session while the parenting session is running.

When: Tuesday 4 April 4:00pm - 6:00pm

Venue: Innovation Youth Centre, 20 Graduate Rd, Bundoora

Bookings: <https://www.trybooking.com/CEZTX>

Enquiries: (03) 8641 8900 / parentzone.northern@anglicarevic.org.au

Second Hand Text Books

We have had a number of families donate their student's textbooks for our 2023 students who may need them. The text books are located in Student Services and we have plenty to distribute!

Please feel free to come and check if any could be of use to your young people this year.

MADLINE KAMAMIS, Student Services Leader

CANTEEN

Canteen News

This Canteen has introduced a new product to its ice-cream range.

Banana Paddle Pop Flavour \$2.20

In our ice-cream range Canteen offers has two options to cater for students/staff with special dietary requirements

Bulla Vanilla Ice Cream Cups \$1.70 (Gluten Free)

Coco-Not Dairy Dixie Cup \$1.70 (Vegan)

Canteen would like to remind students that as the weather warms up Canteen reduces the number of Hot Food items for sale at lunch time. Therefore, the best way for students to not miss out on Hot Food items at Lunch or Recess is by placing a Lunch or Recess order.

Canteen opens every day from 8:30am for students to place a Recess or Lunch Order.

Term 1 Lunchtime Specials

Tuesday: Chicken or Avocado Rice Paper Rolls \$7.00

Wednesday: Chicken or Eggplant Souvlaki \$7.00

Thursday: Sushi Packs- (Tuna, Veg, Chicken, Salmon and California) \$7.00

Friday: Burgers -Veggie Pattie, Chicken or Beef \$7.00

Monday: Hot Dogs with Cheese \$4.50 (tomato sauce included in price)

CAROLINA CONSTABLE, Canteen Manager



get your headstart at headspace

headspace Greensborough and headspace Plenty Valley now offer a one at a time model that can assist you with any issues you may be facing, and work through them with you.

headstart sessions are free, youth-friendly and quick to access.

They are run by qualified headspace clinicians and are guided by you.

Before your session

You will be asked to complete a questionnaire to help identify your main concerns and goals.

On arrival, we will give you a 10-15 minute survey to complete.

After your session

Following your headstart session, we can organise a follow-up phone call to check in and see how you are going, to discuss what strategies worked for you, and to discuss if you would like further support from headspace.

If you require further support, we can either book you in for an additional headstart session or book you in for an assessment to discuss further support options.

headstart can be...

- a mental health check-in
- a space to learn coping skills
- a space to brainstorm ideas and solutions
- about setting goals
- about exploring friendships, relationships, anxiety, stress, low mood or motivation, anger and communication.



Contact headspace Greensborough

- 📍 Level 1, 78 Main Street
Greensborough VIC 3088
- ☎️ (03) 9433 7200
- ✉️ headspacegreensborough@mindaustralia.org.au
- 📘 headspace Greensborough
- 📷 @headspaceGreensborough

Contact headspace Plenty Valley

- 📍 Shop MM1, Westfield Plenty Valley
Mill Park VIC 3082
- ☎️ (03) 9938 1940
- ✉️ headspaceplentyvalley@mindaustralia.org.au
- 📘 headspace Plenty Valley
- 📷 @headspacePlentyValley

ROTARY
eltham
FESTIVAL

Gold coin donation appreciated at entry

Saturday 4 and Sunday 5
March 2023
Alistair Knox Park

Celebrating Community – Supporting Local

Rock Wall Animal Farm Main Stage Fireworks Buskers Tent

FOOD STALLS, ART & CRAFT Roving Entertainers Clean Future Zone Carnival Rides

www.elthamfestival.org.au Facebook /elthamfestival

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BODY CONFIDENT CHILDREN & TEENS WEBINAR

**SUPPORTING BODY CONFIDENCE AND
HEALTHY RELATIONSHIPS WITH FOOD AND
EXERCISE IN YOUNG PEOPLE**

TUESDAY 21ST MARCH 2023

7.00PM – 8.15PM

**VIA ZOOM – Time-limited recording
available**



AUDIENCE
Parents &
Community



SESSION LENGTH
1 hr 15mins



COST
\$15

BOOK NOW



This relaxed and informative seminar for carers of primary and secondary age children gives practical tips to help you better understand and promote positive body image in the home. Delivered by the Butterfly Foundation, Australia's largest not-for-profit for eating disorders and body image concerns.

In this session you will cover:

- Overview of body image and the importance of prevention
- The spectrum of body and eating issues
- Key influence on body image, including social media
- The impact of diet culture and weight stigma
- Busting common myths around eating disorders
- Reducing appearance talk and how to respond when a child expresses negativity towards themselves/others
- The power of role modelling positive body image and behaviours
- Understanding warning signs and the importance of early intervention.

TESTIMONIALS

"So glad I came. There is so much pressure on kids these days, it's hard to know what to do. This has given me lots of practical ideas." Parent WA

Contact:

E: education@butterfly.org.au

T: 02 8456 3928

www.butterfly.org.au





2023

COME JOIN BANYULE BULLS

Boys & Girls: 8-15 Years Old

Venue

Banyule Flats Reserve

Somerset Drive, Viewbank, 3084

**Please note that due to usual grounds being unavailable, training will be held at Yallambie Park Reserve, Moola Close, Yallambie until 12 March*

DATES

TEAM SELECTION & PRE-SEASON TRAINING COMMENCES:

FROM **21 FEB** UNTIL ALLOCATION EXHAUSTED

Come Try Free

SEASON COMMENCES

23 APR

Program Details:

1. Kinder Football (new) - Ages 3-4 years
Thurs, from 16 Feb, 4pm to 4:45pm \$120 term

Registering link:



2. Mini Bulls - Ages 5-7 years
Thurs from 16 Feb, 5:15pm to 6pm \$120 per term

Registering link:



3. Mini Roos [Team based] - Ages 8-12 years
Tues & Thurs from 16 Feb, 5pm to 6:15pm \$605 incl full kit

4. Juniors [Team Based] - Ages 13-15 years
Tues & Thurs from 16 Feb, 6pm to 7:15pm \$725 incl full kit

Registering link for Mini Roos & Juniors Competition:



Email: Oscar Magrina, Junior Co-ordinator @ juniors@banyulecitysc.com.au

DISCLAIMER: "Eltham High School does not endorse any company, organisation, service or product referenced in Community Announcements"