



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: Outer Northern Trade Training Centre Student of the Week

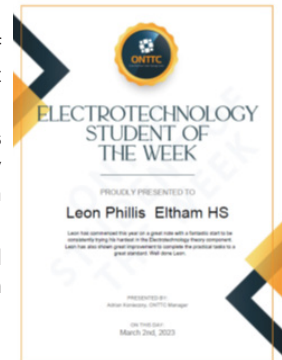
Congratulations to **Leon Phillis (Year 10, Stewart House)** who last week was acknowledged as the Outer Northern Trade Training Centre's (ONTTC) Student of the Week.

This recognition highlights the effort and commitment that Leon has put in over multiple weeks. He consistently follows ONTTC's values of attending with a positive attitude, displays responsibility while on site, and is very respectful.

These values contribute to the ONTTC's end goal of preparing students with employability skills which will best prepare them for the workplace.

Congratulations Leon, for being recognised as ONTTC's Student of the Week. The ONTTC looks forward to continually working with you to develop the skills required to have a successful career in your chosen pathway.

Leon is undertaking a Certificate II in Electrotechnology and is a great ambassador for the program and for Eltham High School, and we are very proud of him and his achievement.



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#### Nillumbik/Banyule District Swimming

I congratulate all the 39 students who on Monday 3 March represented our school in the Nillumbik/Banyule District Swimming Carnival at Aquarena, Doncaster.

Members of our team competed in 63 individual races and 14 relays throughout the day, producing some amazing individual results, as well as the school being awarded first place in a very competitive contest.

Our students were outstanding in the pool and showed strength in their camaraderie, supporting and encouraging each other to put in their best effort to achieve their very best. This attitude allowed the team to reap the rewards afforded to them.



## SCHOOL CALENDAR 2023

### MARCH

#### 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)

The top two swimmers from each race qualify to go through to the next round compete in the Northern Metropolitan Region (NMR) Swim finals on Wednesday 29 March at WaterMarc. I wish all our exceptional swimmers the very best in the NMR finals.

I take this opportunity to also congratulate our Sports Coordinator, Bree Pascoe, for her hard work and support of our swim team.

A more detailed report can be found in the Sports section of this newsletter.

### Staff Professional Learning Day (Student Free Day)

**Friday 10 March will be a student-free day.** On this day, all the staff will be involved in the second professional learning day of Berry Street Education Model which we are implementing across the school as a way of supporting the students' mental health and their overall wellbeing.

The first professional learning day took place at the end of 2022 with two other days taking place one later this year and the last one early in 2024.

The Berry Street Education Model will support all of our staff to effectively implement strategies within the classroom and across the school in line with the Department's High Impact Wellbeing Strategies (HIWS).

The HIWS are 7 evidence-informed strategies developed in partnership with Monash University. They have a significant effect on student wellbeing. The HIWS empower school staff with the knowledge and skills to build student wellbeing.

The HIWS form part of the Victorian Teaching and Learning Model (VTLM). They are a companion to the [High Impact Teaching Strategies](#) (HITS) and contribute to effective instructional practice.

The HIWS complement existing school processes and practices. They are most effective when integrated with other mental health and wellbeing initiatives, in our case the Berry Street Education Model as well as the Health and Physical Education curriculum and Personal and Social capabilities as well as social and emotional learning.

Our teachers will use multiple strategies to meet the needs of our young people and teams of teachers can collaborate to use the strategies to promote student wellbeing.

An overview and key elements of each HIWS can be accessed through the following QR code:



I ask parents/carers to organise appropriate supervision at home for your children on this day.

### School Athletics Carnival

The school Athletics Carnival scheduled for Tuesday 14 March, is our second whole-school event for the year and all students are expected to attend and are encouraged to dress in their House colours: Rutter (Red); Andrew (Green); Everard (Yellow); Stewart (Blue).

For the Year 7 students this will be their first experience of an EHS Athletics carnival. Having attended the swimming carnival a couple of weeks ago, I am sure that they are looking forward to this further opportunity to represent their House and join in the fun of the day. I encourage all Year 7 students to enter as many events as possible for them.

For the Year 12s, the class of 2023, this will be their last Athletics Carnival and their last opportunity to participate and celebrate together with their peers, teachers, and support staff. The attendance of the Year 12 students at the Swimming Carnival was excellent and we look forward to it being even better for this event. I am sure that there are lots of dress-up plans in place and I look forward to seeing the end result on the day.

Whilst it is a day of competition, it is also a fun day with a range of events in place to support all students to participate.

I am looking forward to seeing a greater participation of all Year 8, 9, 10 and 11 students in the various events in support of their House and peers.

There has been a great deal of work put into the organisation of this day and I wish to thank Bree Pascoe for her leadership and thank all the staff that have supported Bree to make sure that the day proceeds well, and that everyone has the opportunity to participate and truly enjoy the day.

I remind parents that students will not be allowed to leave early on the day from the track. Staff will not be engaging in phone conversations with parents to gain permission for their child to leave early. They have other duties to fulfil.

Any early dismissal or dismissal from the track at the end of the event must be organised before the day via written communication to the relevant sub-school team leader:

Junior School: Melissa Hughes [huh@elthamhs.vic.edu.au](mailto:huh@elthamhs.vic.edu.au)

Middle School: Ross McKinnon [mki@elthamhs.vic.edu.au](mailto:mki@elthamhs.vic.edu.au)

Senior School: Amanda Saliba [sai@elthamhs.vic.edu.au](mailto:sai@elthamhs.vic.edu.au)

Thank you for your support with this.

### Congestion in the Withers Way quadrangle of the school

The Withers Way entrance to the school is a space developed to accommodate drive-through traffic with only limited opportunity to stop for a short period of time to drop off and pick up students.

The mornings are not proving challenging as generally parents/carers arrive, drop off their children and drive off. However, the end of the day is reverting to being quite problematic.

There are clear parking signs distributed throughout this area, which people are ignoring. I will take this opportunity to remind people of what the expectations are in order to maintain a safe area for our students, families and staff to move through at peak, times in particular, at the end of the school day.

The existing parking sign clearly outlines that there is to be **no standing outside the administration building between the hours of 8:00-10:00am and 2:00-4:00pm and no standing anytime in other areas of the quadrangle**. Furthermore, there are two spots available for disabled parking which must be left unoccupied for their intended purpose. There is also a bus parking bay on the east end of the quadrangle, and this must be always left free allowing for a minibus to park on return from an excursion.

What this means is that no one is allowed to park anywhere in the quadrangle during the times outlined above outside of designated parking bays.

Parents/carers cannot park in the front of the administration building and sit there waiting for their child(ren) to arrive. Double parking is also not allowed, nor parking in front of cars that are parked in parking bays. All of this creates congestion and an unsafe space for our students to move through at the end of the day.

The suggestion is for you to organise to pick up your child(ren) at a point away from the front of the school. However, if you do decide that coming into the circular drive is a must and it is understandable if students are getting picked up with their musical instruments etc. then you are at liberty to stop in the front of the administration building to quickly pick up and then drive through.

If when you arrive, your child(ren) is/are not there, then you are not to park but rather continue through the driveway, exit, and re-enter. You may need to do this a couple times until your child(ren) has/have arrived to be picked up.

In the past, this has proven to be the best strategy to maintain a safe and orderly arrangement in this space for our young people, families and staff, and I ask you for your support with this.

We will begin to patrol the space at the end of each day and if you are kindly asked to move, please do so without argument and remember that all we are trying to do is keep your children safe. Something which I am sure you want us to achieve.

I also encourage all drivers to maintain safe practices at the Ely Street end of the school and to minimise congestion close to the school exit gates used by the students on their way to the buses.

I thank you in anticipation of your support.

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**VINCENT SICARI, Principal**

**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](mailto:pan@elthamhs.vic.edu.au)

**ASSISTANT PRINCIPAL'S REPORT**

**Student Progress Interviews**

This semester Student Progress Interviews (SPIs) will be taking place across two sessions:

**Thursday 23 March: 4:00pm – 7:00pm online.** There will be an early finish of 2:30pm for students on this day

**Wednesday 29 March: 11:00am – 7:00pm onsite at Eltham High School.** This will be a student free day.

Bookings will open via Compass on Wednesday 15 March.

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**LUCY BLACKBURNE, Assistant Principal (Acting)**

**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](mailto: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](mailto: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](http://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 Online 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](mailto:ely@elthamhs.vic.edu.au)

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**KRISTINA ELVEY, Business Manager**

## MUSIC

### 2023 Instrumental Music Program Fees

The 2023 Instrumental Music fees are currently being added to your family account and you will shortly receive a statement via email.

A copy of the 2023 Instrumental Music Program fees and credit card payment form have been emailed to you.

The first instalment, which covers your Instrumental Music Lesson fee, is due for payment now.

The Instrumental lesson fees are listed below for each ensemble:

- VCE Instrumental Lesson Fee - \$1900.00
- Symphonic Band - \$1700.00
- Concert Band - \$1250.00
- Wind Ensemble - \$1150.00
- Chamber Strings - \$1250.00
- String Orchestra - \$1150.00

Payment of the Music Fees can be made by completing and returning the credit card details on the Credit Card Payment Form or by cash, BPay, credit card (over the phone by calling 9430 5118) or by cheque made payable to "Eltham High School". The music fees will appear on your family statement, not in the Compass Parent Portal.

If you make a payment via BPay please ensure you email our [accounts@elthamhs.vic.edu.au](mailto:accounts@elthamhs.vic.edu.au) advising that the funds paid are for music fees. If you do not email, they may allocate the funds to other areas.

If you do not know your BPay reference number or would like to set up a repayment plan for the music fees, please contact the school's Revenue Administrator, Jacinta D'Avoine on 9430 5118 or by email at [accounts@elthamhs.vic.edu.au](mailto:accounts@elthamhs.vic.edu.au)

The second instalment is for the Main Ensemble levy which is due for payment by Monday 1 May, 2023.

The third instalment is for any other items i.e. instrument hire, percussion equipment hire, other ensembles like Stage Band, Jazz Band, Big Band, Choir etc. The third instalment is due by Friday 23 June 2023.

Please do not hesitate to contact Jane Nicholson in the Music Office if you have any queries.

Jane's telephone is: 9430 5127 or email: [nio@elthamhs.vic.edu.au](mailto:nio@elthamhs.vic.edu.au)

Please note if you have a student in the Training Band, Training Strings, Choir or Big Band, these fees have not yet been added to the family accounts. As soon as they are added we will advise you.

Your prompt payment of the music fees is appreciated.

## 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

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**RICK KEENAN, Director of Music**

## SPORT

### Division Swimming

On Monday 3 March, our Eltham High School Division Swim Team headed to Doncaster Aquarena to take on the other 7 schools in the Nillumbik / Banyule District Swimming Carnival. Our team consisted of 39 swimmers who competed in 63 individual races and 14 relays throughout the day producing some amazing individual results, as well as the School being named the Division Champs, winning a tight contest by 6 points.

Not only was it great to see our competitive spirit in the pool but the support and encouragement we showed for each other was something to be proud of.

The top two swimmers from each race qualify to go through to the next round. The following students will compete in the NMR Swim finals on Wednesday March 29 at WaterMarc.

<b>Annabelle Lowe (Year 7, Everard House)</b>	100m Freestyle, 50m Backstroke, 4 x 50m Freestyle, 4 x 50m Medley
<b>Anu Conley (Year 7, Rutter House)</b>	4 x 50 Freestyle
<b>Archie Bonga (Year 8 Andrew House)</b>	50m Breaststroke, 100m Freestyle, 50m Backstroke, 4 x 50m Medley
<b>Beau Duder (Year 12, Rutter House)</b>	4 x 50m Medley, 4 x 50m Freestyle
<b>Benjamin Van Dijk (Year 7, Andrew House)</b>	50m Butterfly, 50m Freestyle, 50 Backstroke, 4 x 50m Medley, 4 x 50m Freestyle
<b>Charlie Harris (Year 9, Stewart House)</b>	4 x 50m Freestyle
<b>Charlotte Smith (Year 8, Everard House)</b>	4 x 50m Freestyle
<b>Conor Hayes (Year 11, Everard House)</b>	200m Freestyle, 100m Freestyle, 400m Freestyle, 200m Individual Medley, 4 x 50m Freestyle, 4 x 50m Medley
<b>Ebony Bire (Year 10, Stewart House)</b>	4 x 50m Freestyle
<b>Finn Conley (Year 9 Rutter House)</b>	4 x 50m Medley
<b>Fynn Bohan (Year 7, Everard House)</b>	4 x 50m Medley, 4 x 50m Freestyle
<b>Gwyn Van Der Kamp (Year 8, Stewart House)</b>	4 x 50m Freestyle

Isla Murphy (Year 10, Stewart House)	4 x 50m Freestyle
Jack Beddoe (Year 7, Everard House)	4 x 50m Freestyle
James Beddoe (Year 7, Everard House)	4 x 50m Freestyle
Jacob De Jonge (Year 12, Andrew House)	50m Breaststroke, 50m Butterfly, 50m Freestyle, 50m Backstroke, 4 x 50m Medley, 4 x 50m Freestyle
Jacob Geange-Phipps (Year 12, Rutter House)	4 x 50m Medley
Jessica Nicholls (Year 10, Everard House)	50m Backstroke, 100m Backstroke, 400m Freestyle, 4 x 50m Freestyle
Jevon Dalton (Year 9, Everard House)	4 x 50m Freestyle
Liam Muir (Year 12, Everard House)	4 x 50m Freestyle
Mabel Duder (Year 10, Rutter House)	4 x 50m Freestyle
Maliha Kinzett (Year 8, Stewart House)	50m Breaststroke, 4 x 50m Freestyle
Mitchell Bohan (Year 10, Everard House)	50m Breaststroke, 50m Freestyle, 100m Breaststroke, 50m Backstroke
Olivia Chapman (Year 7, Everard House)	50m Butterfly, 4 x 50m Medley, 4 x 50m Freestyle
Olivia De Jonge (Year 8, Andrew House)	50m Freestyle, 50m Butterfly, 4 x 50m Medley, 4 x 50m Freestyle
Samuel Hartley (Year 8, Everard House)	50m Butterfly, 50m Backstroke, 200m Freestyle, 100m Backstroke, 4 x 50m Medley
Saxon Schladetsch (Year 8 Rutter House)	4 x 50m Medley
Zara Andrews (Year 8 Everard House)	4 x 50m Freestyle

A big congratulations to all the swimmers that competed last Thursday and good luck to those continuing on to the NMR finals.

**BREE PASCOE, PE & Sports Coordinator**

**Year 7 Girls Cricket Big Win**

On Tuesday 21 February, our Year 7 Girls Cricket team had a big win against Diamond Valley Secondary College, enabling them to claim top spot in the Banyule and Nillumbik sporting district. They are looking forward to playing in the next round in October and will be training hard between now and then.

A huge congratulations goes to all the players: **Islay Widdup (Year 7, Stewart House), Mollie McBride (Year 7, Andrew House), Elsie French (Year 7, Rutter House), Lara Clencie (Year 7, Stewart House), Sarah Raftery (Year 7, Stewart House), Lily Odongo (Year 7, Rutter House), Charlotte Kruger (Year 7, Andrew House), Lola Wood-Sharples (Year 7, Rutter House), Miri Erratt (Year 7, Everard House), Emily Johnson (Year 7, Rutter House), Annabelle Lowe (Year 7, Everard House) and Mary Byrne (Year 7, Andrew House)** who have worked hard in training and improving their game. It definitely paid off. You played brilliantly.

Thanks also go out to our expert coaches **Zoe Moon (Year 9, Everard House)** and **Alicia Deans (Year 9, Everard House)** who have shown tireless commitment to building our teams skill and confidence.



**CAMERON LAURENCE, Cricket Coach**

## 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

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](mailto: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)**

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**NADIA DEVLIN, Student Agency and Growth Leader**

## 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 Coordinator**



## ART

### 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.

### 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](mailto: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 in Room 613

This is for 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 in Room 613

VCE students of Art Creative Practice and Art Making & Exhibiting can 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.

### 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](mailto: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/>

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**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>

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**CATHERINE CONSIDINE, Languages Coordinator**

## 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](mailto:bod@elthamhs.vic.edu.au)

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**PHIL BOYD, Swim Squad Coordinator**

## 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](mailto:pan@elthamhs.vic.edu.au)

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**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](mailto: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.

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**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)

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**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](mailto: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](mailto:headspaceplentyvalley@mindaustralia.org.au)
- 📘 headspace Plenty Valley
- 📷 @headspacePlentyValley



## BODY CONFIDENT CHILDREN & TEENS WEBINAR

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

**TUESDAY 21<sup>ST</sup> 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](mailto:education@butterfly.org.au)

T: 02 8456 3928

[www.butterfly.org.au](http://www.butterfly.org.au)



# PORN IS NOT THE NORM

**Young People, Autism  
& the Impact of Porn**

**Online Presentation  
for**

**PARENTS AND  
CARERS**

With Maree Crabbe  
and Dr. Wenn Lawson



## INFORMATION:

For young people growing up with internet access, pornography is easy to access and difficult to avoid. It has become a default sex educator for many young people, with serious implications for their ability to develop safe, respectful relationships and sexuality. For autistic young people, pornography's influence can be even more challenging. Monotropism, the key characteristic of autism, can make autistic young people particularly vulnerable to the impacts of pornography. Pornography's messages can be a source of confusion and concern, and shape unrealistic and unhealthy sexual understandings and expectations.

This session seeks to support parents and carers of autistic young people to understand pornography's prevalence and influence, its implications for autistic young people, and how we can support them to navigate respectful, consenting and safe sexuality and relationships in this new reality.

**Maree Crabbe** is Director of the Australian violence prevention initiative, *It's time we talked*. She is an educator, author and filmmaker who is passionate about gender-based violence prevention, and about supporting parents, schools, communities and government to address pornography's influence on young people - [www.itstimewetalked.com](http://www.itstimewetalked.com)

**Dr. Wenn Lawson** is an autism expert, researcher, poet & author. He is a family man with autistic children & grandchildren. In 2021 Wenn won the Lesley Hall, disability leadership lifetime achievement award. Wenn is passionate about all things LGBTQIA+ and autism - [www.wennlawson.com](http://www.wennlawson.com)

**Wednesday 10 August - 7pm to 9pm**

Cost: \$10pp or \$5 concession

Book Online: [www.trybooking.com/CAZAW](http://www.trybooking.com/CAZAW)

### Enquiries:

Sarah at Interchange Outer East  
on 03 9758 5522 or  
[sarah.wilson@ioe.org.au](mailto:sarah.wilson@ioe.org.au)



are you ready for some  
**MAJOR FUN**  
*join* **JUNIOR**  
**BASEBALL**



**PRE SEASON  
TRAINING**

**T-BALL STARTS MARCH 17th, 2023  
U13/U15 BASEBALL LATE APRIL**

**REGISTER your  
interest here**







**NATIVE PLANT  
& BOOK SALE**  
**22nd April 10am - 4pm**

**Eltham Community & Reception  
Centre  
801 Main Road, Eltham**



Organised by Australian Plants Society Yarra Yarra Group  
Inc. No. A0039676Y



# **EVER THOUGHT OF PLAYING AUSSIE RULES FOOTBALL?**

EJFC is looking for U18 GIRLS to join their team!

All skill levels, new and experienced players  
are welcome to join our great group of girls  
in a friendly, respectful environment.

***For further details please contact  
coach Craig on 0401 696 686***

*(Please note girls must be born after 2004)*



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"