

#### Thursday 23 March

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

#### Monday 27 March

Strings Showcase Concert: 5:00pm in The Nalleijerring Performance Centre

#### Wednesday 29 March

Student Progress Interviews (Onsite) 11:00am - 7:00pm (Students are expected to attend SPI Interviews with their parents/carers)

Friday 31 March
Year 7 immunisation

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Eltham High School T (03) 9430 5111 | ABSENCES: (03) 9430 5299 eltham.hs@edumail.vic.gov.au www.elthamhs.vic.edu.au Thursday 23 March - Student Progress Interviews via Webex(Remote) 4:00pm - 7:00pm (Students finish at 2:30)

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Friday 31 March - Year 7 Immunisation

#### PRINCIPAL'S REPORT

#### Student Achievement: Top Design Exhibition

Congratulations to **Shahla Paynter (Class of 2022, Rutter House)** whose product Design - Fibres Folio has been selected for the 2023 Season of Excellence.





Shahla modelling her creation

Shahla's work will be on display at the Victorian Museum in the Top Design Exhibition from Saturday 25 March to Sunday 9 July.

This is an outstanding achievement and one which we are all very proud of. Well done Shahla!

#### Adelaide Fringe Festival

Congratulations to all the students in the Senior Drama Ensemble who last week travelled to Adelaide to take part in the Adelaide Fringe Festival. The group's performances were well received by their various audiences and they also received valuable feedback which will only serve for further improvement. Part of the group consisted of past students (Class of 2022) all of whom really enjoyed their continued connection with the program.

A big thank you to the staff that travelled with the students in particular Ryan Patterson (Drama Productions Coordinator) for his work in the planning for the tour. A big thank you also to Rhonda Bonfante who worked hard behind the scenes to ensure that the organisation of the trip was a great success.

I am sure that the students will write a report on their experience in a future edition of the newsletter.

#### **SCHOOL CALENDAR 2023**

#### MARCH

#### Wednesday 22

 Symphonic Band Workshop with Geelong Christian College

#### Thursday 23

- SPI Interviews 4:00 7:00pm via Webex (Remote - Students to finish at 2:30)
- · Senior Round Robin NMR Volleyball
- Premier League Round 1 Volleyball

#### Friday 24

Year 9 Recreational Activities: Skaterz

#### Monday 27

- Strings Showcase Concert: 5:00pm in The Nalleijerring Performance Centre
- · Year 12 OES Portsea Snorkelling
- NMR Girls Tennis

#### Wednesday 29

- SPI Interviews 11:00am 7:00pm onsite (Student free day)
- GRIP Student Leadership Conference
- NMR Swimming

#### Thursday 30 - Friday 31

· Year 10 OES Lorne - Overnight Camp

#### Friday 31

Year 7 Immunisations

#### APRIL

#### Monday 03

• NMR Intermediate Girls Softball

#### Monday 03 - Tuesday 04

- Concert Band Geelong Tour
- · Symphonic Band Geelong Tour

#### Wednesday 05

- Year 7 Round Robin Boys Baseball
- Year 7 Round Robin Boys Tennis
- Year 7 Round Robin Girls Tennis

#### Monday 24

- EHS Volleyball Program Year 7
- EHS Volleyball Program Year 8 12

#### Thursday 27

 2023 Year 7 Open Morning / Information Evening

#### MAY

#### Monday 01

 Eltham High School Jazz Night - 7:00pm in The Nalleijerring Performance Centre

#### Student Progress Interviews

Student Progress Interviews (SPI) will take place on **Thursday 23 March and on Wednesday 29 March**.

We will be conducting a hybrid model, so to speak. That is the SPIs on Thursday 23 March will be run online through the Webex platform. These will begin at 4:00pm and finish at 7:00pm.

To give staff a little time to get organized for the interviews, school will finish at 2:30pm.

The SPI's on Wednesday 29 March will be face-to-face at school. These will run from 11:00am through to 7:00pm with a break in between. Whilst normal classes will be suspended for the day, student are expected to attend the SPIs with their parents/carers.

By now most parents/carers would have made booking to see their child/ren's teachers, if you haven't done so please do so ASAP as bookings will close prior to each of the sessions beginning.

It will be great to see parents and students once again on site for this event.

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

The Withers Way entrance to the school is a space developed to accommodate drivethrough 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.

#### VINCENT SICARI, Principal

· GAT English Information Session

#### Tuesday 02

Skylarking - Kate Midenhall

#### Wednesday 03 - Thursday 04

· Year 11 OES Overnight Camp - Point Leo

#### Thursday 04

• GAT Maths/Science Information Session

#### Monday 08

- Elevate Study Sensai Year 12 Tut
- Eltham High School 2023 Jazz Night

#### Wednesday 10

· Young Women in Trades and Tech Expo

#### Thursday 18

 Year 11 English - Exam Preparation Seminar

#### Friday 19

VCE Careers Expo

#### Monday 22

· Year 11 Tutorial - Uncle Trevor

## SHOWIN TY EAST





#### 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.

(Normal classes will not run but students are expected to attend their SPI Interviews with their parents/carers.)

Bookings are now open.

#### Anaphylaxis and Asthma

Policy - Anaphylaxis Management

Policy - Asthma Management

Partnerships between schools and parents are important in managing and mitigating the risks of anaphylaxis and asthma. Eltham High School is committed to raising awareness and providing, as far as practicable, a safe and supportive environment in which students can participate equally in all aspects of schooling.

#### First Aid/ Medication

Policy - Anaphylaxis Management

Policy - Administration of Medication

Eltham High School has a responsibility to provide first aid to members of the school community including students, staff and visitors to the school. Regular updates of medical conditions will be sought from parents and students to maintain an accurate and current record of all students with identified medical conditions.

If a student requires medication, it is strongly encouraged that, where possible, medication be administered out of school hours. We will follow procedures set out in our policy Administration of Medication to safely manage any necessary provision of medication to students while at school or during school activities undertaken outside of the school grounds such as camps and excursions.

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

#### **MIDDLE SCHOOL**

#### Clubs and Activities - STEAM Club

The last few newsletters have contained information about the wide variety of clubs and activities that students are able to participate in. One of these clubs is the STEAM Club, which meets every Monday at lunchtime in Room 802.

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. Bring your lunch and friends with you.

#### 8C and 8D Urban Surf

On Tuesday the 28 February 8C and 8D went to urban surf for the day. First we got changed into our wetsuits and we dumped our bags exited for the day ahead. We had 2 sessions during the day and an introduction about how to surf and the rules.

After the intro we went into the pool and put all our skills to the test, it took a bit to get the hang of and most people fell of first try bet after a few goes everyone was standing up and having a lot of fun. After that we went into the place that we had put our bags to have lunch, then we went to get surfboards or boogie boards to just play around for the last 45 minutes of the session.

#### **ROSS MCKINNON, Middle School 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

#### Senior School Key Dates and Events

The ADF Long Tan Youth Leadership and Teamwork Awards started in 2006 to recognise students who demonstrate leadership and teamwork within both the school and the broader local community. At the same time, they recognise those who display strong values, such as doing one's best, respect for others and "mateship", characteristics that are integral to Australian society.

The awards are an important initiative by the Australian Government in conjunction with the Australian Defence Force designed to encourage senior students – tomorrow's leaders – to actively participate in the life of their schools and local communities.

Congratulations to **Mitchell Drysdale (Year 11, Everard House)** the recipient of the 2022 ADF Long Tan Youth Leadership and Teamwork Awards.

#### **ADF Future Innovators Award**

As a winner of the ADF Future Innovators Award, Year 10 students will be rewarded with a \$250 cash prize and a certificate of achievement. Being recognised as an ADF Future Innovator shows you have what it takes to make a big difference and are awarded on their ability to demonstrate innovation and learning in the fields of Science, Technology, Engineering and Maths.

Congratulations to Liam Coffey (Year 11, Andrew House) the recipient of the 2022 ADF Future Innovators Award.

#### Year 10 CAT Redemption Session

In order to support our Year 10 students to achieve success in their Year 10 studies and preparedness for VCE, Senior School is implementing a Year 10 CAT (Common Assessment Task) Redemption Session after school every Thursday from 3:15pm - 4:25pm in Room 321/322.

#### Year 10 students will be booked into this session if:

They have missed a CAT in class due to being absent for either medical or school approved activities such as excursion, camp, school sport, music or other extra-curricular activities.

- The CAT that was submitted has not satisfactorily met the requirements of the task.
   In this case a redemption task will be given to provide another opportunity for the student to demonstrate their understanding of key knowledge and skills being assessed.
- The CAT redemption session will appear on the students Compass schedule. We
  encourage students with part-time employment to allow for this when advising their
  employer of their availability.

Please contact the relevant Year 10 Coordinator if you have any further questions.

#### 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 Friday 24 March.

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

#### Parent Webinar

How to Help Improve Your Child's Memory

We're excited to announce that Elevate Education's next free webinar will be taking place on **Wednesday 29 March**, focusing on Memory at 6:30pm. <u>Click here to register for free</u>
Here's what we'll be covering on the night:

- How memory actually works (and how it has nothing to do with brain capacity)
- The most effective environments to assist in memorisation
- 3 techniques you can implement overnight to improve revision

Can't make it? Register anyway to access the recorded presentation after the event.

#### Term 1 - Key Dates

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

#### AMANDA SALIBA, Senior School Team Leader

#### **CAREERS**

#### The Trades Fit - Young Women in Trades and Tech Expo

There is an excellent opportunity for any female and non-binary student's from Years 9 - 12 to attend The Trades Fit - Young Women in Trades and Tech Expo Wednesday 10 May. The excursion will be a full day activity leaving at 9:00am and returning at 3:00pm

Experience hands-on activities and demonstrations. Learn about rewarding and well-paid career opportunities and hear from women in diverse occupations. Discover career pathways in a wide range of industries.

The maximum no.of students will be capped at 22 and and expression of interest must be by emailed only to Ross Pringle at pri@elthamhs.vic.edu.au and are to come from the student directly.

#### **Work Experience**

Once a student turns 15 they are free to engage in work experience in a preferred area. This arrangement should be a minimum of 3 days and typically no longer than 5 days. To get started on the process there are two forms ie. Work Arrangement and Travel/ Accommodation form. The majority of placements will only require the work arrangement form

Hard copies of each are always available outside the Careers Office (next to the Drama room).

They are also available on-line at <a href="https://www.elthamhighcareers.com/">https://www.elthamhighcareers.com/</a>. Select the link "Workplace Learning" then "Required documents" at which point you can download a copy of each form.

A student can undertake multiple placements throughout the year but it is best to consult with your co-ordinator or careers teacher prior to confirming a placement .

Completed forms can either be returned to the Careers Office by placing in the box outside the door or emailed to Ross Pringle at pri@elthmanhs.vic.edu.au

#### ROSS PRINGLE, Careers / Pathway Coordinator

#### **MUSIC**

#### Eltham High School Jazz Night - 7:00pm Monday 1 May 2023

Our annual Eltham High School Jazz Night, featuring our very own Stage Band and Jazz Band and a special guest performer will be held on **Monday 1 May, at 7:00pm in The Nalleijerring Performance Centre.** 

Tickets: \$20.00 per Adult

\$10.00 per Student, Concession or Child

All seating is general admission, with no allocated seats.

Please purchase tickets beforehand via Trybooking: <a href="https://www.trybooking.com/CGZBX">https://www.trybooking.com/CGZBX</a>

We will not be selling tickets at the door, as we want to minimise the use of cash payments.

Ticket sales open 22 March at 9:00am and will close 1 May at 7:00pm.

There will be further details available on Compass by going to the Jazz Night event in your child's schedule.

We look forward to seeing you there and enjoying a great night of jazz music!

#### Strings Showcase Concert

The Strings Showcase Concert is being held on **Monday 27 March from 5:00pm to 6:00pm** in The Nalleijerring Performance Centre.

You Are Invited To Come Along and Enjoy Some Great Music

#### Training Band and Training Strings Music Fees

Family statements are being sent out via email very soon. If you already have a child in the Instrumental Music Program you will see fees for them included in the statement. The Training Band/Training Strings Instrumental Music fees will not be included in this statement.

We are currently working on the Training Band/Training Strings Instrumental Music fees and we will email you when they have been added to your family account. The email will include how to pay the music fees.

The first instalment, which covers your Instrumental Music Lesson fee, is due for payment by 24 April 2022. The lesson fee will be \$1050.00 (with a reduction for those students on scholarship instruments). An invoice will be emailed once the fees have been added.

The second instalment is due for payment by 1 June 2023 and the final instalment is due for payment by 1 August 2023.

Please do not hesitate to contact the Music Department if you have any gueries.

#### 2023 Instrumental Music Program Fees

The 2023 Instrumental Music fees are currently being added to your family account and you will shorty 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 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

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

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 Rehersal 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**

#### **VOLLEYBALL**

#### Eltham High School Students selected in Under 21 Australian Squad

Kate Ditcham (Year 12, Andrew House) and Kyra Meijer (Year 12, Andrew House) have been selected to represent Australia this coming school holidays. Both players will tour Thailand as part of the Australian under 21 squad, and will compete in Thailand's National U21 Championship.

Kate and Kyra have been Eltham High School Volleyballers since Year 7 and have continually been great representatives of our school. Both students are completing Year 12 this year, so younger Eltham Volleyballers should take every opportunity to go and watch them play. An incredible achievement and we can't wait to see you don the Green and Gold. Congratulations Kate and Kyra.

#### Volleyball Victoria Beach Volleyball Schools Cup

Once again congratulations to all who participated in the Beach Volleyball Schools Cup. Eltham High School finished 3rd in the Overall Champion School Rankings. A wonderful result for all. The next Volleyball Program event will be in May. Please keep an eye out for the compass event to provide consent.

Eltham High School sent a total of 49 teams to the Victorian Beach Volleyball Schools Cup. Teams participated in either pairs or fours in the main sand event for the year. Our students did a great job representing the school with distinction.

There were a number of notable results from the event.

#### Kate and Kyra Year 12 Volleyballers





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#### Year 7 Girls Fours - Silver Medal

Eve Chamberlain (Year 7, Rutter House) Charlotte Kruger (Year 7, Andrew House) Lara Clencie (Year 7, Stewart House) Mollie McBride (Year 7, Andrew House)

#### Year 7 Girls Fours - Quarter Finalist

Keira Harvey (Year 7, Everard House) Lucinda Murphy (Year 7, Stewart House) Cassie Fentiman (Year 7, Stewart House) Scout Van Uden (Year 7, Everard House) Lola Wood-Sharples (Year 7, Rutter House)

#### Year 8 Girls Fours - Silver Medal

Sarah Cassidy (Year 8, Stewart House) Lila Veale (Year 8, Andrew House) Olivia De Jonge (Year 8, Andrew House) Madeleine Goldsworthy (Year 8, Everard House)

#### Year 8 Boys Fours - Semi Finalist

Milan Miller (Year 8, Stewart House) Albi Williams (Year 8, Andrew House) Aaron Bottomley (Year 8, Andrew House) Marley Sinclair (Year 8, Rutter House)

#### Year 9 Boys Pairs - Semi Finalist

Charlie Harris (Year 9, Stewart House) Ben Risteski (Year 9, Stewart House)

#### Year 9 Girls Fours - Gold Medal

Kennedy Cesari-Ford (Year 9, Everard House) Danika Inglis (Year 9, Stewart House) Kate McRae (Year 9, Rutter House) Mayra Pacioni (Year 8, Andrew House)

#### Year 10 Boys Pairs - Quarter Finalist

Zain Andreetta (Year 10, Andrew House) Gus Kelly (Year 10, Everard House)

#### Year 11 Boys Pairs - Semi Finalist

James Macdonald (Year 11, Stewart House) Haydn Kofoed (Year 11, Andrew House)

#### Year 12 Boys Pairs - Quarter Final

Finn Kiely (Year 12, Rutter House) Cooper Dawson (Year 12, Everard House)

#### Year 12 Girls Pairs - Silver Medal

Kyra Meijer (Year 12, Andrew House) Kate Ditcham (Year 12, Andrew House)

Congratulations to all students who participated. A big thank you is required to all the parents who got up early to get everyone on the bus at 7:00am, and thank you to all the staff that volunteered their time.



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**ANTHONY YOUNG, Volleyball Coordinator** 









#### **SPORT**

#### 2023 Eltham High School House Athletics Carnival

The whole school headed to Doncaster Athletics Track last Tuesday for the 2023 House Athletics Carnival.

It was great to see the students all dressed up in their house colours and competing in a range of different track and field events. A special shout out to the Year 7's and Year 8's who had massive numbers participating in every event.

EVERARD as taken out the clean sweep for 2023 with another dominant performance to win this year's Athletics Sports.

1st place: EVERARD 901
2nd place: STEWART 810
3rd place: RUTTER 762
4th place: ANDREW 664

Also a big congratulations to the following age champions:

13 Male: Jack Beddoe (Year 7, Everard House)

13 Female: Kaia Taig (Year 8, Stewart House)

14 Male: Saxon Schladetsch (Year 8, Rutter House) & Ben Kerr (Year 8, Andrew House)

14 Female: Olivia De Jonge - (Year 8, Andrew House)

15 Male: Ethan Armstrong Bourne (Year 10, Everard House)

15 Female: Xanthe Watson-Jones (Year 9, Rutter House)

16 Male: Zain Andreetta (Year 10, Andrew House)

16 Female: Ally Brooks (Year 10, Everard House)

17 Male: Jesse Todd (Year 10, Rutter House)

17 Female: Tahlei Spratling (Year 11, Everard House)

18-20 Male: Chris Nicholson (Year 12, Everard House)

18-20 Female: Talisha Rowland (Year 12, Andrew House)

All winners for the day will now progress through to the Division Athletics Carnival on Thursday May 4 at Meadowglen Athletics Track

A big thankyou to all the competitors, staff and parents/spectators who contributed to the success of our Carnival.









**BREE PASCOE, PE / Sports Coordinator** 

#### STUDENT AGENCY AND GROWTH

#### World's Greatest Shave

I decided to get involved with the World's Greatest Shave this year for a few reasons; the main reason and what initially gave me the idea was Tom Westerman who is also doing the World's Greatest shave this year and he undoubtedly inspired me to do it as well.

The other reason is because I realised that even the smallest positive difference that I can do is still one that wouldn't of been there before. I guess to put it simply I'm just trying to do my small part to try and help others even if it doesn't necessarily make the biggest difference, it still makes some difference and in my opinion even the littlest amount can still make a big difference to someone.

So, if you have even the littlest amount to give and you can please do and hopefully it does make a difference to someone. <u>Click here to donate.</u>

Hayden Bardon (Year 11, Rutter House)

#### **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 <a href="https://forms.office.com/r/gxFjWS6tYB">https://forms.office.com/r/gxFjWS6tYB</a> or emailing Nadia Devlin, dev@elthamhs.vic.edu.au. Cups are \$15.00 each

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**

#### Year 12 Media

On Wednesday, Year 12 Media students were treated to a presentation by 2022 Top Screen Finalist Koko Crozier. Koko, who is now studying Film at the Victorian College of the Arts, shared her experiences in making her short horror film, 'Hereafter'. She discussed the creative process of filmmaking, including her thoughts and tips on each stage of production. It was an outstanding presentation that clearly inspired the Year 12s who are in the process of refining ideas for their upcoming productions.

Thanks, Koko! We look forward to following your career as a filmmaker!

#### Art Creative Practice Excursion to Tarrawarra

Year 11 Art Creative Practice students recently enjoyed a visit to Tarrawarra Museum of Art to view the work of Peter Booth.

This impressive exhibition featured large scale apocalyptic landscapes completed in bold colours and textured paint. Students were given a tour by an education officer and were impressive in their contributions to discussions about the artist's work.

The paintings and the surroundings of Tarrawarra also became inspiration for practical work the students completed on the day.

#### Artist Opportunity: YouthFest '23 Poster!

Every September, Banyule Youth Services hosts a free festival for young people 12-25 years. This year **YouthFest '23 is on Sunday 10 September**.

Each year a lucky young person's artwork is chosen for the main image that is front and centre on the YouthFest poster. This design is then incorporated into a poster by a graphic designer.

Your original design can be physical (hand drawn) or digital (but it should not say the word "YouthFest"), and the image must reflect youth culture and experiences.

**Prize:** Free to enter - Winner receives a \$250 Eftpos voucher, with all submissions receiving a gift pack for their contribution

To submit: complete your submission form here - <a href="https://forms.office.com/r/1TKjgiMmk8">https://forms.office.com/r/1TKjgiMmk8</a>

**Tarrawarra Museum of Art Visit** 















Works must be submitted no later than Friday 31 March, 2023

Further details are available on the flyer at the end of this newsletter.

#### **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 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 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

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**

#### Weekly French Bulletin - Tuesday 14th March 2023

Did you know? In France, the start of the school year, as every year, takes place in September for the students. The start of the 2022-2023 school year, therefore took place on the 1st of September 2022.

There are three different national school zones: A, B and C. They each have their own school calendar for 2022-2023 (in particular the school holidays):

#### Les Victoires de la Musique 2023 (Equivalent to Australian ARIAs)

The 38th "Victoires de la Musique" ceremony took place on the 10 February 2023 at the Seine Musicale in Boulogne-Billancourt, France. The ceremony was broadcasted live on television on France 2, on the radio on France Inter and presented by Laury Thilleman.

Angèle and Stromae were crowned artists of the year, in an evening punctuated by numerous concerts. xHere is the full list of winners with some links to their music:

Male Artist of the Year:	Stromae
Female Artist of the Year	Angèle - <u>"Le temps fera les choses"</u>
Male Breakthrough Artist	Pierre de Maere - <u>Un jour je marierai un ange</u>
Female Breakthrough Artist	November ultra - <u>Novembre</u>
Album of the Year	Multitude de Stromae - <u>"L'enfer"</u>
Best Original Song	La quête d'Orelsan - <u>OrelSan - La Quête</u>
Most Streamed Album (Female Artist)	Nonante cinq d'Angèle
Most Streamed Album (Male Artist)	Jefe de Ninho - <u>Ninho - Jefe</u>

#### 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**

#### **WORKING BEE**

#### 2023 Working Bees

The Working Bee dates for 2023 have now been set. The Committee meets on the Thursday 10 days prior to the Working Bee to plan activities, and as always we would welcome new members. Grounds Committee Meetings and Working Bee Dates for 2023:

Committee Meeting Date	Working Bee Date
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 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

#### School Holidays - Nillumbik Youth Events

#### Life Skills: Centrelink and MyGov 101

Wednesday 12 April, 5:30 - 6:30pm

Eltham Training Site, 901 Main Rd Eltham (free!)

Struggling to wrap your head around Centrelink services for young people? Join Services Australia to learn about different payments and services you might be eligible for as a young person and how to apply for them.

This session is for young people aged 16-25, registrations are essential.

#### Crafternoon

Thursday 13 April, 1:00 - 4:00pm

Hurstbridge Hub (free!)

Swing by Hurstbridge Hub to do some free craft and DIY activities! Activities include macramé plant hangers, DIY bath bombs and planter pot painting.

This session is for high school students aged 12-18, registrations are essential.

#### **Rainbow Group: DIY Terrariums**

Monday 17 April, 4:00 - 6:00pm

Location sent to attendees upon registration (free!)

Meet other LGBQTIA+ young people and make a cool terrarium. All materials and snacks provided!

This session is for young people aged 12-18 who identify as LGBTQIA+ , registrations are essential.

#### FReeZa Movie Night: Ten Things I Hate About You.

Thursday 20 April, 6:45 - 9:00pm

Eltham Library (free!)

Nillumbeats FReeZa are putting on a movie night at Eltham Library! Bring along a friend and eat some FREE pizza, popcorn and soft drinks. BYO rug or pillow to sit on.

This session is for young people aged 13-25, registrations are essential.

#### To register for any of the sessions above head to:

https://www.nillumbikyouth.vic.gov.au/What-we-do/Programs/School-holiday-activities

#### Sleep Hygiene

While we know sleep is essential for good health, research shows that many children and young people are not getting enough sleep on school nights. This can affect thinking, concentration, memory, reaction times and mood.

Research shows about a quarter of 12- to 15-year-olds and half of 16- to 17-year-olds don't get enough sleep on school nights. The recommended amount of time to sleep for teenagers, it's 8 to 10 hours.

Signs that your child is not getting enough sleep can include:

- Low mood and irritability during social interactions
- Reluctance or arguing about getting off devices and going to bed
- Falling asleep during the day
- Difficulties waking up for school and sleeping in late on weekends to catch up
- Changes to communicating or interacting at home.

You can help your child to improve their sleep by:

- Establishing a regular sleep pattern and consistent bedtime routine.
- Supporting them to avoid using electronic devices such as smartphones before going to bed and in bed.
- Encouraging your child to exercise and spend time outside in daylight, steering clear of vigorous activity in the hour before sleep.
- Encouraging them to wind down and relax before going to bed. If your child is still
  having trouble sleeping, has persistent problems with low mood, excessive daytime
  sleepiness, restlessness in bed, severe snoring or wakening unrefreshed, despite
  getting adequate length sleep, they should see a doctor.

For more information on sleep health, you can refer to:

- Facts about sleep for parents and school staff
- Why sleep is so important | Kids Helpline
- Sleep explained Better Health Channel

#### National Ride2School Day

Eltham High School is excited to be celebrating **National Ride2School Day on Friday 24 March 2023**. National Ride2School Day is the perfect opportunity to establish new healthy habits and promote the many benefits of active travel. On Friday 24 March, we encourage all students and their families to leave the car at home and give riding, walking, scooting or skating to school a go.

#### Satellite Camp

These school holidays we are hosting our Kids Camp for primary school children aged 9 – 12 approx. at Urban Camp in Melbourne. Think quiet activities like craft and tie dye or outdoor, adventurous activities including a trip to Melbourne Zoo!

Satellite Camps are three-day, overnight programs for young people aged 9 - 12 and 12 - 15 years old (approx.) that run every school holiday.

Given the diversity of young people and the challenges they may be living with, our camps adopt a high leader-participant ratio to enable strong connections and safety, and positive role modelling to promote healthy coping strategies. Satellite Camps are for young people with family members who experience mental health challenges, giving them the opportunity for respite from their caring role and the chance to make lasting memories and friendships. Plus, they are a tonne of fun!

But don't take our word for it – head on over to our <u>Instagram page</u> to watch our camp video or read more about <u>Satellite Camps here</u>.

Apply for a young person to attend a Satellite Camp by filling in our <u>expression of interest</u> form here.

#### April School Holidays: Kids Camp

Monday 17 - Wednesday 19 April Urban Camp, Parkville, VIC, 3052 \*Primary school children ages 9 - 12 approx.

#### July School Holidays: Young Leaders Camp

Tuesday 4 - Thursday 6 July Urban Camp, Parkville, VIC, 3052 \*High school pupils ages 12 - 15 approx.

#### September School Holidays: Kids Camp

Monday 18 - Wednesday 30 September Camp Coolamatong, Gippsland, VIC, 3875 \*Primary school children ages 9 - 12 approx.

#### **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: <a href="https://www.trybooking.com/CEZTX">https://www.trybooking.com/CEZTX</a>

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

#### Second Hand Textbooks

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.

#### **MADELINE KAMAMIS, Student Services Leader**

#### **CANTEEN**

#### **Canteen Announcements**

This week Canteen is introducing a new product to its ice-cream range.

Lemon Gelato Dixie Cup \$1.70 (Gluten Free & Dairy Free)

Canteen offers the following Vegan Items for sale everyday as a Vegan option for Recess and Lunch orders.

Hash Browns \$1.50

Vegan Pasty \$5.00

Vegan Pasta \$6.50 (Lunch Order Only)

Falafel Wraps \$7.00

Plant Based Sweet Chilli Chicken Wrap \$6.00

Salad Roll \$6.00

Coconut Dairy Free Dixie Cup \$1.70

Lemon Gelato Dixie Cup \$1.70

#### **Canteen Volunteers**

Our Canteen is currently updating its volunteer database for this year in preparation for a Canteen Volunteer roster for next term. Canteen Volunteers help in the Canteen once a month on a rotating roster, generally twice a term.

Volunteers would nominate their preferred weekday and assist Canteen staff for 3 hours between 11:00am - 2:00pm. All Canteen Volunteers must have a Working with Children's Card which is available free of charge to all volunteers.

Please contact Carolina Constable at cob@elthamhs.vic.edu.au or on 9430 5122 if you would like to join the Canteen Volunteer Roster or if you need any further information.

#### **CAROLINA CONSTABLE, Canteen Manager**

### **Schools on Air**



Ever wanted to be on radio

Create your own podcast

Or be a producer?

Whether you've never picked up a mic, or you know your basics but want to learn more, join us and record your very own show.

Each week you will work with a SYN 90.7 FM radio expert who will guide you as you decide on the music and script, before you record and go live on radio across Melbourne and Geelong!

Join Schools on Air!

Book Now! https://bit.ly/ SchoolsOnAir23





Dates: Term 2, 3 & 4

Time: Mondays from 4:00 - 6:00 pm

Location: Banyule Nillumbik Tech School

61 Civic Drive, Greensborough

For more information contact
BanyuleNillumbikTS@melbournepolytechnic.edu.au

TECH SCHOOL



#### **Community Announcements**

nillumbeats presents:

## 10 THINGS I HATE ABOUT YOU

THURSDAY 20 APRIL, 6:45-9PM ELTHAM LIBRARY, PANTHER PLACE, ELTHAM



Nillumbeats FReeZa are taking over the Eltham Library these school holidays!

Bring along your friends to watch 10 Things I Hate About You and eat some FREE pizza. BYO cushion or rug to sit on. Registrations are essential- scan the QR code below to book your place.

This session is for young people aged 13-25 who live, work, study or play in Nillumbik. Whilst this event is supervised by Nillumbik staff, Nillumbik are not responsible for young people when they leave the session.

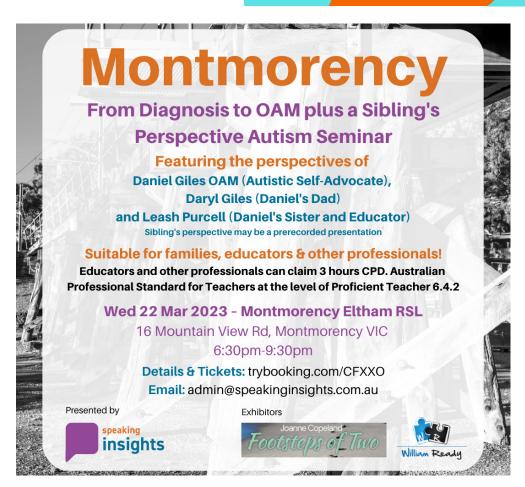












#### **Community Announcements**







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

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

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

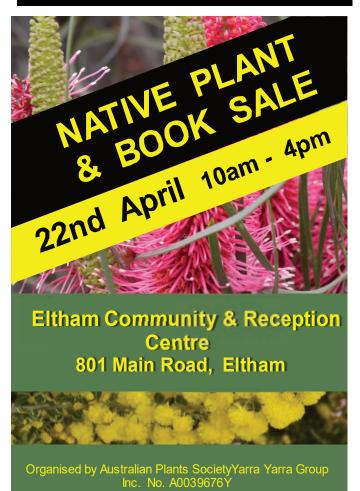
Cost: \$10pp or \$5 concession

Book Online: www.trybooking.com/CAZAW

#### **Enquiries:**

Sarah at Interchange Outer East on 03 9758 5522 or sarah.wilson@ioe.org.au

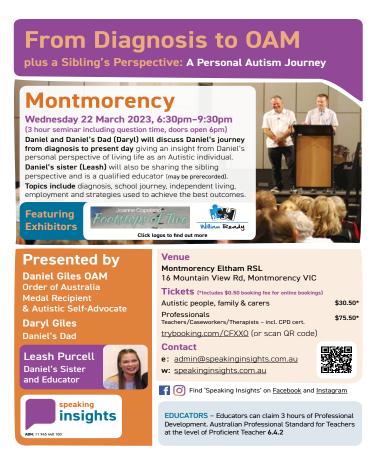


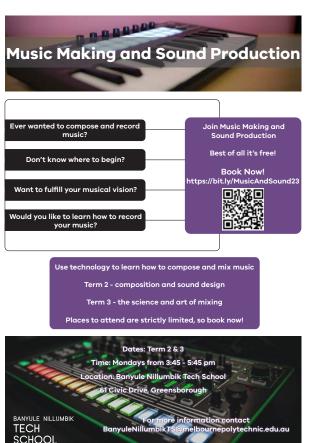


#### **Community Announcements**









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