



**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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## PRINCIPAL'S REPORT

### Student Achievement: Eltham High School Student Anthology

I take the opportunity in this week's Newsletter to inform parents/carers, students, and members of our community that Anthology Week is fast approaching (Wednesday 3 May)! The 2022 Eltham High School Anthology is an amazing publication curated by the Student Anthology Club that celebrates the amazing talent of a range of our students in written media and through selected art works that complement the writing.

An awards ceremony will take place to acknowledge the exceptional contributions of the most creative pieces in writing and art. The recipients of these awards have been selected across each year level.

All Year 7 students will have the chance to be a part of the audience and see how amazing Eltham High School students really are.

If you have not yet purchased a copy of the 2022 Eltham High School Anthology, please act quickly by contacting North of the Yarra to secure your copy.

The Anthology is a vital resource in all English classes, as it displays key exemplary work for every assessment in all year levels from 7-12. It is used by every English teacher to model work expectations and helps students understand how to formulate their writing from other students in the school. It also highlights exceptional student art works. Simply put, it is made by students, for students.

Any student who would like to become a member of the Anthology Club, please see Mr Kumar and Ms Wilk in Room 303 every Tuesday lunchtime.

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## SCHOOL CALENDAR 2023

### MARCH

#### 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
- 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

### Eltham High School Strings Showcase

The Eltham High School Strings Showcase concert was held in the Nalleijerring Performance Centre on Monday evening. All EHS string ensembles performed wonderfully to a full audience of family and friends. A vibrant guest performance by the Eltham East Primary violin ensemble was appreciated by the audience and these young musicians then also enjoyed watching the Eltham High School students perform in the concert.

A big thank you to all the Strings Teachers and to the Music Department for organising such a wonderful event.



### Student Progress Interviews

The second round of the Student Progress Interviews (SPI) will take place on Wednesday 29 March.

This will be face-to-face at school and will run from 11:00am through to 7:00pm with two small breaks in between. Whilst normal classes will be suspended for the day, students 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, whilst bookings are now closed, please contact the relevant teacher to see if they have any time available for walk ins.

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

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**VINCENT SICARI, Principal**

## ASSISTANT PRINCIPAL'S REPORT

### 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.

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

## Thursday 18

- Year 11 English - Exam Preparation Seminar

## Friday 19

- VCE Careers Expo

## Monday 22

- Year 11 Tutorial - Uncle Trevor

## MIDDLE SCHOOL

### Eltham High School Team in The Oxfam Trailwalk, Twelve In a Row!

For the last 12 years there has been an Eltham High School team in the Oxfam Trailwalk. This annual event is one of the major fund raisers for Oxfam, and supports their national and international aid work.

The Trailwalk requires all team members to walk (or run) a 100 km course that winds its way through the Dandenong Ranges. This year's team consisted of Kathryn Boysen, Natalie Tate and Ross McKinnon, who completed the new (and very hilly!) course in the time of 23 hours and 41 minutes. This year's event has raised almost 1.5 million dollars for the work of Oxfam.



### When Is a Locker Not a Locker?

All students at Eltham High are provided with a locker to store their equipment and belongings in during the school day, as well as overnight, on weekends and across the holiday periods (except the Christmas break).

It is important that these lockers are always locked as this is the only way to keep the contents safe. I would like to ask all parents to remind their children of the importance of locking their locker. There are many reasons why a school combination lock is the preferred way to keep a locker secure; these can be purchased from the General Office for \$15.00.

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**ROSS MCKINNON, Middle School Leader**

## 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.

**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)

**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: <https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialExaminationArrangements.aspx>

**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. [Click here to register for free](#)

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

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**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 is 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 an expression of interest must be emailed only to Ross Pringle at [pri@elthamhs.vic.edu.au](mailto: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 <https://www.elthamhighcareers.com/>. 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@elthamhs.vic.edu.au](mailto:pri@elthamhs.vic.edu.au)

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**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 Nallejerring 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: <https://www.trybooking.com/CGZBX>

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!

### Training Band and Training Strings Music Fees

The 2023 Instrumental Music fees have now been being added to your family account. You will have received an email on 22 March 2023 which outlines the fees due and when they are to be paid. Please note the Instrumental Music Fees cannot be paid via Compass.

Lesson Fees are due for payment by 24 April 2023

Ensemble Fees are due for payment by 1 June 2023

Hire Instrument Fee, Percussion Equipment Fee or any outstanding fees are due for payment by 1 August 2023.

Payment of the Music Fees can be made by completing and returning the credit card form emailed to you on 22 March 2023, or by cash, BPay, credit card (over the phone by calling 9430 5118) or by cheque made payable to "Eltham High School". 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 or would like to organise a re-payment plan number 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)

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)

Your prompt payment of the fees is appreciated.

### 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.

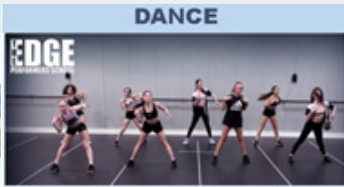
### Year 7 Instrumental Music Lessons

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



**DANCE**

**Maximum Number of Participants:** 30  
**Cost:** \$35  
**Number of Sessions:** 7  
**Location:** [The Edge Performers School](#)

The Edge Performers School is a well regarded dance school, located in Eltham. This dance program is a fantastic opportunity to work on coordination, strength, flexibility, fitness and teamwork in a professional dance training environment.



**SWIMMING**

**Maximum Number of Participants:** 20  
**Cost:** \$60  
**Number of Sessions:** 7  
**Location:** Eltham Leisure Centre

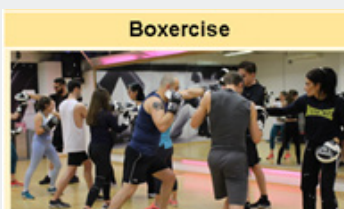
Swimming teachers from the Eltham Leisure Centre will facilitate this 7-week swimming program. Students will be coached on stroke technique, water safety and develop their physical fitness.



**HoopCity**

**Maximum Number of Participants:** 20  
**Cost:** \$90  
**Number of Sessions:** 5  
**Location:** [HoopCity Eltham](#)

HoopCity is a specialist basketball coaching facility. Students will have the opportunity to develop their dribbling, jump shooting, agility and defensive skills with the assistance of professional basketball coaches.



**Boxercise**

**Maximum Number of Participants:** 20  
**Cost:** \$18  
**Number of Sessions:** 5  
**Location:** Eltham Leisure Centre

Personal trainers from the Eltham Leisure Centre will facilitate these boxercise fitness sessions. Students will have the opportunity to develop their physical fitness through a range of active circuits.

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**

## STUDENT AGENCY AND GROWTH

### 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). 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**

## SPORT

### Sport Excursions

We are excited to offer elective excursions for Year 7 and 8 Sport classes, commencing in Term 2. Places are limited, so please be sure to consent and make payment as soon as possible, if wanting to take part.

Year 7 students can choose between swimming lessons at the Eltham Leisure Centre, or dance lessons facilitated by The Edge Performers School.

Year 8 students have the option of Boxercise at the Eltham Leisure Centre, or HoopCity Eltham.

More details, including cost and the number of sessions, can be found on the images in the side column of this article.

The events are currently available on Compass, with consent and payment required by **Wednesday 26 April**. Places are limited and allocations will be based on a 'first in, best dressed' policy. Interested students should pay and consent as soon as possible.

Students who don't select an elective excursion option for Term 2 will remain at school to complete their normal Sport classes.

Please note, students in the Volleyball Program aren't able to opt-in to these excursions, as they are required at school during Sport lessons to complete the Volleyball Program.

Interest and uptake of our Term 2 elective excursions will help guide our development of this program and the offerings for Term 3 and beyond.

**WILL STUBBINGS, Physical Wellbeing Learning Specialist**

## ART

### 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 - <https://forms.office.com/r/1TKjgiMmk8>

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](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.



## STEAMclub



### Eltham High Arts & Technology Instagram Account

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

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

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

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

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

**LISA FOOTE, Arts Coordinator**

## SCIENCE

### STEAM Club

Are you ready to be challenged? Join STEAM Club as we endeavour to harness the energy from the sun to melt marshmallows with a solar oven made from basic supplies - cardboard, foil, paint and string.

STEAMclub integrates science, technology, engineering, arts and mathematics in student designed practical tasks which encourage creative thinking and problem solving skills.

STEAMclub runs every Monday at lunch in Room 802. See you there.

**KATHRYN BOYSEN, STEAMclub Leader**

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

**ANNA PANAS, On behalf of the EHS Grounds Committee**

## ADDITIONAL NEEDS

### Park Orchards Community House & Learning Centre

More people can access FUNDED training in 2023!

From 1 January 2023 government subsidised places are available regardless of whether you already have a higher qualification.

Don't think you've missed out on the opportunity to take the next step - our mid-term intake for [School Based Education Support](#) is now open and it's not too late to apply!

Study this low-cost industry qualification through a funded position with us. Starting on Tuesday 2 May!

#### **Certificate III in School Based Education Support (CHC30221)**

Tuesdays and Thursdays, starting 2 May, 9:15am - 3:15pm

Looking for career supporting school aged children? This course is for you!

This Nationally recognised and accredited qualification is designed for people who seek employment as an Education Support Officer, working with children with additional learning needs, or a Teacher's Aide. You will focus on supporting the development of students' literacy and numeracy skills.

All classes are delivered face to face in Park Orchards, 3114

\*Course entry requirements still apply

Contact us today to discuss your options (03) 9876 4381.

Email: [training@parkorchards.org.au](mailto:training@parkorchards.org.au) / [www.parkorchards.org.au](http://www.parkorchards.org.au)

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**SUE PICKETT, Additional Needs Coordinator**

## STUDENT SERVICES

### Wellbeing Initiative: Knitting a Trauma Teddy.

Eltham High School with the support of the Eltham Lion's Club are participating in the Australian Red Cross Trauma Teddy wellbeing initiative.

Tens of thousands of Trauma Teddies are made by volunteers and given to organisations that support young people. These teddies are providing wellbeing support to children impacted by traumatic life events such as illness, fire, floods, or other disasters across Australia. According to the Red Cross, more than one million children have cuddled a colourful, comforting Trauma Teddy since they first started the project back in 1990.

Trauma Teddies bring familiarity and a sense of safety during periods of uncertainty and anxiety for children. With that being said, the Student Services team are calling all student knitters to participate in this activity during a Wednesday lunch in Term 2 and Term 3. Students will have the option of making a small or a large teddy to help a child in need.

We look forward to knitting with you next Term!

### 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 LGBTQIA+ 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](#)

### **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 [Instagram page](#) to watch our camp video or read more about [Satellite Camps here](#).

Apply for a young person to attend a Satellite Camp by filling in our [expression of interest 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: <https://www.trybooking.com/CEZTX>

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

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**MADLINE KAMAMIS, Student Services Leader**

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## CANTEEN

**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](mailto: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.

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**CAROLINA CONSTABLE, Canteen Manager**

# Community Announcements



**KIDS DAY OUT**

**FRIDAY 7 APRIL**  
**10AM - 5PM**

**MELBOURNE CONVENTION AND EXHIBITION CENTRE**


**Melbourne's Favourite Family Fun Day is back!**

APRIL 7

MAJOR SUPPORTER: smoothfm, nova100, MELBOURNE CONVENTION AND EXHIBITION CENTRE

PRINCIPAL PARTNERS: CITY OF MELBOURNE, Herald Sun

good Friday appeal THE ROYAL CHILDREN'S HOSPITAL



**Austin HEALTH** **headspace Greensborough**

## UNDERSTANDING SLEEP HYGIENE

### COMMUNITY INFORMATION WEBINAR

headspace Greensborough, in partnership with Austin Health Youth Engagement and Treatment Team Initiative (YETTI), will be delivering an information webinar for parents/carers and members of the community.

Sleep is essential for young people to feel their best and do their best, but many young people get far less sleep than they need. This information session, run by experienced Youth Mental Health Clinicians, aims to explore why many young people don't get enough good quality sleep and will explore practical sleep hygiene tailored for young people.

**Who can attend:** Current family and friends of YETTI and headspace Greensborough clients, as well as any other members of the local community

**When and where:** 4 April 2023 5:30pm–6:30pm via Zoom

RSVP: [Register here via Eventbrite](#)

Cost: Free!

**For more information, please call headspace Greensborough on (03) 9433 7200**

Eltham High School with the support of the Eltham Lion's Club are participating in the Australian Red Cross Trauma Teddy wellbeing initiative.



## Knitting a Trauma Teddy

Our student knitters will be creating teddies for children who are experiencing illness or ill-mental health from traumatic events.

Trauma Teddies provide care in so many ways:

- comfort to children fleeing the summer bushfires
- a warm welcome to refugee children
- company in a speeding ambulance
- friendly security in hospital
- a happy face in a lonely time.

Wednesday Lunch Time in Student Services | Term 2 and Term 3

Each Trauma Teddy takes 5 hours to make.  
Come for 5 lunch time sessions or come for all!

## 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](mailto:BanyuleNillumbikTS@melbournepolytechnic.edu.au)

BANYULE NILLUMBIK  
**TECH SCHOOL**



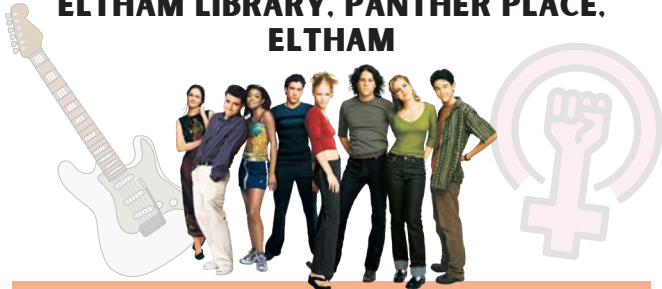


# Community Announcements

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.*



## Autumn School Holiday Program

Looking for something to do these school holidays?  
We've got you covered!

Join Nillumbik Youth for some fun (and free!) activities over the April school holidays. Sessions being run include:

**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.

**Crafternoon**  
**Thursday 13 April, 1-4pm**  
**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.

**Nocturnal Nillumbik - Twilight Spotlighting Walk**  
**Friday 14 April, 5.30-7.30pm**  
**Panton Hill Firefighters Memorial Walk (free!)**  
 Join Council and Melbourne Water's biodiversity experts on a spotlight walk in Panton Hill searching for some of Nillumbik's threatened nocturnal animals such as the Southern Toadlet, Brush-tailed Phascogale and Powerful Owl.  
 This session is for young people aged 12 and over.

Places are limited so head to: [nillumbikyouth.vic.gov.au/School-Holidays](https://nillumbikyouth.vic.gov.au/School-Holidays) to secure your place!

For more information:

[youth@nillumbik.vic.gov.au](mailto:youth@nillumbik.vic.gov.au)
 0428 891 320
 @nillumbikyouth

MakerSpace is an open-ended after school club for innovation run concurrently with Creator Club for high school students and teachers from our partner schools. MakerSpace participants will have the opportunity to learn new skills through rotating Skill Taster sessions. Bring a project or idea and navigate the Design Thinking process, or jump in with an open mind and see where the space and technology available takes you.

**More info and Apply**  
<https://bit.ly/BNTSMakerSpace>

**Term 1, 2023**  
 Tuesdays  
 (February 7th – April 4th)

**Time**  
 3:30pm – 5:30pm

**Location**  
 Banyule Nillumbik Tech School,  
 61 Civic Drive Greensborough

**Cost**  
 Free to BNTS partner school students and teachers for small-scale projects\*

BANYULE NILLUMBIK  
 TECH  
 SCHOOL

\* Participants may be required to purchase materials or equipment that is not available at the Banyule Nillumbik Tech School. Personal stock and equipment remains the responsibility of the participant

## Music Making and Sound Production

Ever wanted to compose and record music?

Don't know where to begin?

Want to fulfill your musical vision?

Would you like to learn how to record your music?

Join Music Making and Sound Production

Best of all it's free!

**Book Now!**  
<https://bit.ly/MusicAndSound23>

Use technology to learn how to compose and mix music

Term 2 - composition and sound design

Term 3 - the science and art of mixing

Places to attend are strictly limited, so book now!

Dates: Term 2 & 3

Time: Mondays from 3:45 - 5:45 pm

Location: Banyule Nillumbik Tech School  
 61 Civic Drive, Greensborough

For more information contact  
[BanyuleNillumbikTS@melbournepolytechnic.edu.au](mailto:BanyuleNillumbikTS@melbournepolytechnic.edu.au)

BANYULE NILLUMBIK  
 TECH  
 SCHOOL

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COMMUNITY ANNOUNCEMENTS

# Community Announcements



## 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



## ELTHAM JUNIOR FOOTBALL CLUB

**PLAYERS WANTED 14YRS+**

# ALL ABILITIES FIDA TEAM FOR 2023

**TRAINING NOW ON. WEDNESDAYS 5.30-6.30PM at FABRO PADDOCK. COME DOWN AND HAVE A GO!**

THE EJFC ALL ABILITIES GROUP IS LOOKING FOR NEW PLAYERS TO FIELD A TEAM IN THE FOOTBALL INTERGATION DEVELOPMENT ASSOCIATION (FIDA) COMPETITION FOR THE 2023 SEASON

THIS IS A GREAT OPPORTUNITY FOR YOUNG MEN AND WOMEN TO PARTICIPATE COMPETITELY, LEARN NEW SKILLS, HAVE FUN AND MEET NEW FRIENDS IN A SAFE AND ORGANISED ENVIROMENT

**ENQUIRIES**  
MARNIE WADSWORTH - 0409930423

# PORN IS NOT THE NORM

**Online Presentation for PARENTS AND CARERS**

With Maree Crabbe and Dr. Wenn Lawson




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

### 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.itstimetwetalked.com](http://www.itstimetwetalked.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)



# 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



**ME** Montmorency Eltham RSL *Lest we forget*

# ANZAC

## APRIL 25<sup>TH</sup> DAY

Stay after the service for food and the opportunity to meet our local veterans and emergency service personnel

**DAWN SERVICE**  
Eltham Cenotaph 6am  
Eltham Memorial Main Road Eltham

**ANZAC DAY FAMILY SERVICE**  
Montmorency Eltham RSL 10:30am

**ANZAC DAY MARCH**  
Were Street, Montmorency 10am

# EASTER FOOTBALL

5 to 15 years old  
9am to 3pm  
1 DAY PRICE  
**\$60/day**  
3 DAY PROGRAM PRICE  
**\$180**

**REAL VALUE \$360**  
**\$150** Early bird PRICE if paid by April 6th

**APRIL**  
Tuesday 11th  
Wednesday 12th  
Thursday 13th

- Technique
- Tactics
- Fitness
- Social
- Fun
- Prizes
- Competition
- Learn the Spanish Language

REGISTRATION QR

BANYULE FLATS RESERVE VIEWBANK 3084. VIC

PROUDLY SPONSORED BY: **BANYULE CITY SOCCER CLUB**

Run by: **UEFA A LICENSED Oscar Magrina**

Endorsed

If you are interested please email: [juniors@banyulecitysc.com.au](mailto:juniors@banyulecitysc.com.au)

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