



**Wednesday 20 - Thursday 21 July**  
Wind Ensemble Camp

**Thursday 21 - Friday 22 July**  
Concert Band Camp

**Wednesday 20 July**  
2022 Year 8 Subject Selection  
Information Evening for Parents

**Friday 29 July**  
Year 10 Meningococcal Immunisation

**Tuesday 19 July**  
**Year 10 into Year 11 Information Evening - 7:00pm**

**Wednesday 20 July**  
**2022 Year 8 Subject Selection Information Evening for Parents 7:00**

**Friday 29 July**  
**Year 10 Meningococcal Immunisation**

**PRINCIPAL'S REPORT**

**Student Achievement**

Congratulations to **Mark Crosbee (Year12, Rutter House)** who on 8 July in Ivrea, Italy, took out first place in the 2022 ICF Canoe Slalom Junior / U23 World Championships and was crowned the World Junior C1 champion.

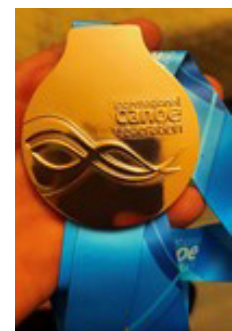
Although Mark qualified in 24th place in the semi-final, he moved up to eighth for the 10-paddler final, before the run of his life without any gate touches. This saw Mark secure the gold, 0.35 seconds ahead of Michal Urban from Czech Republic in second and Urban's teammate Lukas Kratochvil in third (+0.74).

Mark obviously was able to address any mistakes from the semi-final to rise to the challenge of taking out this prestigious award.

Mark has been a committed competitor in the sport over several years and I am sure that he has high aspirations.

We are immensely proud of his achievements and in congratulating Mark we also congratulate his family who have been a constant source of support over many competitions and training sessions.

We are immensely proud of Mark and look forward to his return so that he can now complete his studies with the same level of commitment in the remaining few weeks of Year 12 with hopefully the same level of success. An amazing effort!



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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

**JULY**

**Tuesday 19 - Wednesday 20**

- Wind Ensemble Music Camp

**Tuesday 19**

- Year 10 into 11 Information Evening 7:00pm
- Chamber Strings VSMF Preparation Rehearsal

**Wednesday 20**

- Training Strings Rehearsal Day
- NMR Senior Boys Table Tennis
- 2022 Year 8 Subject Selection Information Evening for Parents 7:00

**Wednesday 20 - Thursday 21**

- Concert Band Music Camp

**Thursday 21**

- Year 12 Humanities Students Seminar - Study & Assessment Writing Techniques

**Monday 25 - Wednesday 27**

- Year 10 into 11 Course Counselling

**Wednesday 27**

- Year 8 into 9 Information Evening

**Thursday 28**

- Monash Youth Music Festival Choir Performance

**Friday 29**

- Year 10 Meningococcal Immunisation
- Volleyball Victoria - Schools Cup Championship

**AUGUST**

**Wednesday 03**

- 2022 Australian Maths Competition

**Thursday 04**

- Year 12 GAT Information Session - English

**Friday 05**

- NMR Inter Boys Soccer

**Monday 08**

- Year 12 GAT Information Session - Maths / Science

**Tuesday 09**

- Inter Round Robin Basketball

**Wednesday 10**

- NMR - Senior Boys Table Tennis

**2023 Information Evenings**

We are currently in the process of running Information Evenings for 2023. Last week we had a highly successful evening presenting students and their families with information about transition from Middle School to Senior School.

The Year 9 to Year 10 Information Evening was well attended and well received. A big thank you to all the families that ventured out on a chilly night and joined the Senior School Team and other staff here at school for this event.

Tonight, 19 July, the Year 10 to Year 11 Information Evening will take place. I encourage all Year 10 families to attend as there will be information about the VCE, the new VCE-Vocational Major and the Victorian Pathways Certificate. This information will be crucial in supporting students to select the most relevant course in order to reach their desired pathway goals.

The Year 8 to Year 9 Information evening will follow and will take place on a different night. I thank all members of the Senior School Team led by Amanda Saliba, the members of the Middle School Team led by Ross McKinnon and all the staff that attended or will be in attendance tonight and in future to support students and families in making decisions about their 2023 program.

Furthermore, I thank the Assistant Principals who have also attended the evenings in support of the staff.

**Update on the Wearing of Face Masks Advice**

You may have already heard in the news that the Victorian Health Department is strongly recommending the wearing of face masks indoors for the remainder of Winter to support prevention of infection of COVID-19, Influenza, Colds and other winter-type illnesses .

As such, the Department of Education alongside its Catholic and Independent School counterparts have set an expectation that all students and staff (with the exception of those who have an exemption) wear face masks whilst indoors. The wearing of face masks outdoors remains a recommendation especially if one cannot maintain a distance of 1.5m from others.

Face masks are mandatory for those aged eight and over who are household contacts and attending school. This is because the wearing of masks is considered effective in reducing the transmission of COVID-19.

As of Wednesday 20 July, it is expected that all students and staff (except for those exempted) wear face masks whilst indoors. Students are required to provide their own masks and I ask parents/carers for your support in ensuring that your child(ren) have a mask with them all the time. This is crucial if they travel to school via public transport where the wearing of a face mask remains a mandate.

This expectation will not stop student participation in the full range of school activities, including music, sport, and performances where the removal of face masks may be required.

Please see the letter attached on the first page of the Community Announcements section of this Newsletter. This letter provides direct information around the expectations.

**Exemptions for Testing and Isolation**

The period of time when someone is considered a recently confirmed case and therefore exempt from testing and isolation requirements has been reduced from the previous 12 weeks to 4 weeks.

This means that staff and children who are household contacts of people with COVID-19 are now required to undertake the testing and isolation requirements from 4 weeks after completing isolation with COVID-19 themselves. Previously, this exemption period was 12 weeks.

After the 4-week exemption period, students and staff members who are a household contact of a new COVID-19 case, must follow the [rules for household contacts](#), including reporting this to the school.

As part of this they must take five rapid antigen tests (RATs) over 7 days and receive negative test results and wear a face mask (if over 8 years old) in indoor spaces. RAT kits are available from the general office. Every student or their parents/carers and staff may collect a kit of five tests each fortnight.

If you need any additional kits, please contact the General Office on [9430 5111](tel:94305111).

Families and staff will also have to report being a household contact to their school after this 4-week period. Families, please contact the relevant Sub-school Admin Support staff:

Junior School: Lestina Theodosis - [the@elthamhs.vic.edu.au](mailto:the@elthamhs.vic.edu.au)

Middles School: Rhonda Bonfante - [bon@elthamhs.vic.edu.au](mailto:bon@elthamhs.vic.edu.au)

Senior School: Susan Inglis - [ing@elthamhs.vic.edu.au](mailto:ing@elthamhs.vic.edu.au)

**Thursday 18**  
• Year 11 Literature Seminar - Interpretations & Adaptations of Carver's Stories

**Monday 22**  
• Year 12 English - Examiner Presentation  
• Year 12 Literature - Examiner Presentation  
• Year 12 English Language - Examiner Presentation

**Monday 22 - Tuesday 23**  
• Year 11 Camp

**Thursday 25**  
• Year 12 Seminar - Elevate Education: Finishing Line  
• NMR - Year 7 Girls Badminton

**Wednesday 31**  
• NMR Athletics

**SEPTEMBER**

**Monday 05**  
• Year 12 Group Photo

**Monday 19**  
• Year 12 Psychology - Connect Education Revision Lecture  
• Year 12 Legal Studies - Connect Education Revision Lecture  
• Year 12 Health & Human Development - Connect Education Revision Lecture  
• Year History Revolutions - Connect Education Revision Lecture  
• Year Business Management - Connect Education Revision Lecture

It is important that if students are unwell that they do not attend school. As always, I will keep you informed of any changes.

### Reminders: Semester 2 Professional Practice Days

For Semester 2, 2022, the Department of Education and Training has provided schools with the option to hold each teacher's allocated Professional Practice Day on the same day for all staff. This is to enable the most effective and efficient use of this day.

As a result, we have scheduled our **Professional Practice Day for Term 3 on Tuesday 16 August**. Students will therefore not be required to attend school on this day.

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**VINCENT SICARI, Principal**

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## MIDDLE SCHOOL

### Subject Selection for Current Year 8 Students

On Wednesday 27 July we will be running an Information Evening for parents of current Year 8 students. At this Information Evening we will explain the philosophy and structure of the Year 9 elective program, as well as the process and timeline for selecting subjects. It is important that parents / guardians attend this evening so that they can support their child through this process.

Details: 7:00pm, Wednesday July 27, Nalleijerring Performance Centre (Room 101)

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**ROSS MCKINNON, Middle School Leader**

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## SENIOR SCHOOL

### Key Dates and Events for the 2023 Course Selection Process

All students will receive a 2023 Math and English recommendation from their classroom teacher at the beginning of Term 3. Once students have this, they can complete the online course selection form that is accessible from the PowerPoint presentations sent to students and families via email. These presentations are also available on the Eltham High School website here: <https://www.elthamhs.vic.edu.au/handbooks.html>

**Course Selection is due by Monday 8 August.**

#### Year 9 into Year 10, 2023

- Year 9 into Year 10 Information Night & Enhancement Information Evening including VET – Thursday 14 July 7:00pm

#### Year 10 into Year 11, 2023

- Year 10 into 11 Information Evening – Tuesday 19 July 7:00pm
- Year 10 Course counselling & Enhancement studies approval – Monday 25 – 27 July.

### Key Dates and Information for the Completion of Year 10, Semester 1

#### Year 10 Meningococcal ACWY vaccine - Friday 29 July

Year 10 Immunisation cards were distributed on Monday 23 May in Tutorial. If students are not getting this immunisation or are getting it done outside of school, please tick the 'NO' box and return the card to the Senior School office Post Box located at the top of the 300s staircase. There are no more Meningococcal consent cards in Senior School, but they can be downloaded from Compass.

### VCE

#### Key Dates and Information - Year 11

Year 11 Camp – Monday 22 – Tuesday 23 August

#### Key Dates and Information - Year 12

- Special Exam Arrangements: Advice slips will be printed for students on Monday 18 July, 2022

## PARENT INFORMATION

2022

### Term Dates

#### Term 1:

Starts 1 February

Finishes 8 April

#### Term 2:

Starts 26 April

Finishes 24 June

#### Term 3:

Starts 11 July

Finishes 16 September

#### Term 4:

Starts 3 October

Finishes 20 December (Dependant on Year level)

## GROUNDS COMMITTEE

COMMITTEE MEETINGS AND WORKING BEE DATES

2022

### Working Bees

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)

### Working Bee Dates

Sunday 11 September

Sunday 16 October

Sunday 4 December

### Working Bee Committee Meeting Dates

Thursday 1 September

Thursday 6 October

Thursday 24 November

### GAT Examination: Wednesday 7 September (Term 3)

- All students enrolled in one or more VCE or scored VCE VET Unit 3 –4 sequence will be required to sit Sections A and B. Senior VCAL students will sit Section A.
- The GAT will be split into two sections:
  - Section A will assess literacy and numeracy skills
  - Section B will assess skills in mathematics, science, technology, the arts and humanities, with an increased focus on critical and creative thinking skills

### GAT Information Session Dates

- English GAT Information session - Thursday Period 1 – 4 August
- Maths & Science GAT Session - Monday Period 4 – 8 August

AMANDA SALIBA, Senior School Team Leader

## CAREERS

### NECA - National Electrical and Communications Association

NECA Education & Careers is bringing back Open Day at our Carlton North campus.

On **Sunday 14 August from 10:00am - 3:00pm** you can:

- Hear presentations by our apprenticeship and traineeship staff
- Test your aptitude with the NECA Pre-Selection Assessment
- Tour our specialised electrical classrooms
- Try virtual reality programs used by our apprentices
- Win prizes
- Visit sponsor stands, including Middy's with V8 supercar and wiring competition
- Fuel up at free food stalls.

Register for Open Day to get all the latest details, like the announcement of our door prize.

[Read more and register](#)

### Year 12 Information

#### Early entry programs for 2023

The following institutions accept applications for early entry offers and students have been emailed the document outlining the application process for each university.

Deakin Uni	RMIT
Federation Uni	Swinburne
La Trobe Uni	Melbourne University
Monash Uni	Victoria University

### Year 10 Information

#### Work Experience 2022 Term 3 - Monday 5 – Friday 9 September

It's never too early to start planning your 2022 placement so now is the time to think about more career related placements. Keep an eye on Compass, the Careers website and the newsletter for ideas and options.

Forms can be accessed through our Careers website at [www.elthamhighcareers.com.au](http://www.elthamhighcareers.com.au) Use the "Workplace Learning link" and select "Required documents". Alternatively they are outside the Careers office next to the Drama room. There is the standard Placement Form along with a Transport/Accommodation Form, if necessary.

#### Forms need to be returned by Monday 29 August

ROSS PRINGLE, Careers Coordinator

## MUSIC

### 2022 Band Music Camps

The Band Music Camps will be held at Ferngully Lodge, Healesville, Victoria. The Music camps are a very important aspect of the band's calendar, and an integral part of building strong collegial and artistic relationships within the ensemble. It is compulsory for all members of the Instrumental Music Program to attend as part of their commitment to the program. The cost of the Band Music Camps is included in your Band Ensemble Levy.

The Band Music Camps will be held at Ferngully Lodge on the following dates:

Wind Ensemble – 19 July to 20 July 2022

Concert Band – 20 July to 21 July 2022

### Victorian Schools Music Festival for Strings

Our Chamber Strings and String Orchestra will be performing at the Victorian Schools Music Festival at the Hawthorn Arts Centre on Tuesday 26 July 2022. Please check Compass for details. Parents are welcome to attend.

### 2022 Music Fees (not Training Band or Training Strings)

The final instalment for the 2022 Instrumental Music Fees is due for payment by 24 June 2022. The final instalment is for any other items i.e. instrument hire, percussion equipment hire, other ensembles like Stage Band, Jazz Band, Big Band, Choir etc and if any of the lesson fee or ensemble fee is still outstanding. Please ensure all 2022 Instrumental Music Fees have been paid by 24 June 2022.

### Semester 2 2022 After School Music Fees

Please note the Semester 2, 2022 After School Music Fees is due for payment by 29 July 2022.

### Training Band and Training Strings 2022 Instrumental Music Fees

The 2022 Training Band and Training Strings Music fees are now due for payment.

The Instrumental lesson fee for both Training Band and Training Strings is \$1000 for the whole year.

Please note if you paid the \$300 deposit in 2021 this has been deducted from the \$1000 fee, leaving \$700 owing.

Please also note, if you received a scholarship instrument in 2022, the lesson fee is reduced by 50% leaving \$500 owing. If you paid the \$300 deposit there will be \$200 added to your family account for the lesson fees.

Payment of the Music Fees can be made by completing and returning the credit card details on the attached form or by cash, BPay, credit card by calling 9430 5118 or by cheque made payable to "Eltham High School". If you make a payment via BPay please ensure you email [accounts@elthamhs.vic.edu.au](mailto:accounts@elthamhs.vic.edu.au) advising that the funds paid are for music fees, If not they may allocate funds to other areas. If you do not know your BPay reference 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)

If you would like to organise a re-payment plan 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 (\$450.00) which is due for payment by June 3, 2022.

The third instalment is for any other items i.e. instrument hire, percussion equipment hire, other ensembles like Stage Band, Jazz Band, Big Band etc. The third instalment is due by August 26, 2022.

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)

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**RICK KEENAN, Director of Music**



## CANTEEN ROSTER

If you would like to volunteer for our canteen in 2022 please send your email address and availabilities to our Canteen Manager, Carolina Constable at: [cob@elthamhs.vic.edu.au](mailto:cob@elthamhs.vic.edu.au)

Please check the display at the Canteen for the daily specials

## EXTRACURRICULAR CLASSES & TUTORIALS

### Eltham High School Anthology

When: Friday (Week A)

Location: Room 302

Time: Lunchtime

Mel Gaylard

Eltham High School Anthology  
Coordinator

### Eltham High School STEM Club

When: Monday (Week B)

Location: Room 802

Time: Lunchtime

Kathryn Boysen

Eltham High School Science  
Coordinator



SSV State Cross Country  
Ally Brooks (Year 9, Everard House)

## SPORT

### SSV State Cross Country

The SSV State Cross Country took place on Thursday 14 July at Yarra Valley Racecourse. Eltham High School had 8 representatives across multiple age groups. The cold and muddy conditions didn't stop our students pursuing excellence against some of the best runners in the state.

The standout performance of the day went to **Ally Brooks (Year 9, Everard House)** who finished the 3km course in 11:42 minutes to claim the silver medal in the 15 Girls race. Ally has had a very successful year to date with her running and I'm sure we will see many more medals won by Ally in the years to come.

Other impressive results included **Ethan Armstrong (Year 9, Everard House)** 18th in the 14 Boys, **Seona Van Der Kamp (Year 9, Stewart House)** 22nd in the 15 Girls, **Felix Morgan (Year 7, Rutter House)** 25th in the 12-13 Boys, **Gabrielle Broadbent (Year 7, Andrew House)** 30th in the 12-13 Girls, **Brodie Petrovic (Year 9, Andrew House)** 43rd in the 15 Boys, **Audrey Colbert (Year 7, Stewart House)** 65th in the 12-13 Girls and **Sophie MacBean (Year 10, Rutter House)** 89th in the 16 Girls.

Congratulations to the 8 students on not only making the State Final but also for your individual performances on the day. Each of you represented your school with excellence and all of us at Eltham High School are very proud of you.

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**BREE PASCOE, Physical Education/ Sports Coordinator**

## VOLLEYBALL

### Volleyball Victoria Schools Cup - Four Day Event

#### Date Change - Friday 29 July - Monday 1 August

This tournament is a multi-day competition with medal and placings determined on the Sunday. It is arguably the most important tournament as the results determine qualification for the national event as well as the following year's seeding of schools. Therefore all members of the program are expected to be available for the duration of the tournament. If there is a conflict with these dates, please speak to Anthony Young. Thank you to those that have already done so.

#### Transport & Venue

Friday and Monday: All players will be bused to the venue and returned to the school. When the schedule is released specific times will be provided.

Saturday and Sunday: Players will need to make their own arrangements to and from the playing venues. Most games will be played at the Dandenong Basketball Stadium, however some matches can be played at venues in greater Dandenong area.

#### Volunteers

Thank you to those that have volunteered to be part of teams as a manager. All teams will have a capable coach, however having another adult keep an eye on players and their wellbeing is always welcomed. This is particularly helpful on the weekend as it can be hard to ascertain staff. If you intend to come to the tournament on the weekend please consider helping out the team from the bench. Please make contact if you would like to be involved or know more.

#### Communication

I was very pleased with the level of communication from the last tournament. A lot of challenges arose due to covid and illness but families communicated effectively with me which allowed some problem solving. With 20 teams playing on each of the four days this next event presents a number of challenges. Please continue to communicate effectively when unforeseen problems emerge. Further to this, if you are making your own travel arrangements on Friday and Monday, please get in touch.

Please continue to check emails for the draw and other information. If you have any questions please ask.

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**ANTHONY YOUNG, Volleyball Coordinator**

**ELTHAM HIGH SCHOOL CLUBS**  
**WHY NOT GET INVOLVED!**

**Chess Club**

When: Wednesday Lunchtime  
 Location: Library  
*Gabriel Piras*

**Drama**

When: Wednesday (Junior)  
 Thursday (Senior)  
 Location: 111 Drama Space  
 Time: 3.20pm - 5.00pm

**Scrambled Brains**

Location: Room 420  
 Monday 3:20 - 5:00pm

**Scrambled Eggs**

Location: 111 Tuesday 3:20 - 5:00pm  
*Ryan Patterson, Drama Teacher*

**StandOUT**

When: Wednesday Lunchtime  
 Location: Room 420  
*Matthew Hapsberg*  
*StandOUT Leader*

**French VCE Workshop**

When: Monday Lunchtime  
 Where: Room 612

**Indonesian Tutorial**

Years 7 - 10 at lunchtime  
 When: Week A - Thursdays  
 Week B - Wednesday  
 Where: Room 610.

**Year 7 Art Club**

When: Wednesday Lunchtime  
 Where: Room 613  
*Lisa Foote Year 7 Art Club Coordinator*

**ART**

**Eltham High Arts and Technology Instagram Account**

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/>

**Lunchtimes in Room 613 - Art Room:**

There are lots of opportunities to engage in art and be creative. Students are welcome to attend one or more of the sessions listed below.

Monday	<b>Visual Art Leaders Meetings</b> Students from all levels welcome to work in the art room.
Tuesday	<b>Arts Space for all year levels.</b> Bring your lunch and ideas and access support and materials.
Wednesday	<b>Year 7 Art Club</b> Bring your lunch, ideas and access support and materials. It's a great way to meet like minded people.
Thursday	<b>VCE Art Students</b> Use this time to work on your folio and access support and materials

**LISA FOOTE, Art KLA Coordinator**

**SCIENCE**

**STEM Club**

The STEM club will run in 803 during lunchtimes on Mondays and potentially Thursdays too. Ms. Boysen will put up a Compass Newsfeed post each week to provide an update. You can also email her on [BOE@elthamhs.vic.edu.au](mailto:BOE@elthamhs.vic.edu.au)

Note: The Tech Schools are revamping their Term 3 after school offerings, as is CSIRO.

**STEM Club Meeting**

Students are currently working on ideas for the promotion of Science Week, understanding forces and researching prosthetic limbs. Over the next few weeks students will be designing and creating a prototype for a bionic hand.



**ANAM JAVED, Learning Specialist - STEM**

## MATHS

### 2022 Australian Mathematics Competition

The Australian Mathematics Competition is one of the world's largest school-based mathematics competitions, providing feedback and enrichment to students across Australia and beyond. Hundreds of thousands of students compete across almost 40 countries!

The competition is open to all interested students in Years 7 to 12. Any students who wish to take part must make sure they are entered by 'opting in' to the event on Compass, and paying the \$7.50 competition entry fee. Check the Compass News Feed for 'Opt-In Event Invitations' and click for more information.

The school entry deadline is **Wednesday 27 July**, and entries cannot be accepted after this date.

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**BRIONY TURNER, Maths Teacher**

## STUDENT SERVICES

### Canine Comprehension

Mentoring your child through challenges, giving the whole family a reason to smile.

Our individualised sessions run by our tutors and therapy dogs, allow students to enjoy learning, with increased participation in the classroom a great result. Weekly sessions in your preferred location, tailored to your child's needs, progress is carefully monitored and successes celebrated.

Individual tutoring - \$222.00 per session (inc. GST)

NDIS funding options are available

Don't lose the opportunity and end up on another waiting list.

[Book now](#)

### MoneyMinded Family Violence Coach Training

Building confidence, skills and knowledge

Berry Street are delighted to offer MoneyMinded for family violence coach training.

This FREE training for family violence practitioners will prepare you to coach your clients in developing skills, knowledge and confidence in managing their money.

The MoneyMinded for family violence program has been developed to resource family violence specialists and workers who support victim-survivors who have experienced, or are experiencing, family violence.

This training course will prepare you to be able to run small workshops or use in one-to-one situations with clients of your programs.

MoneyMinded for family violence covers topics such as:

- Warning signs of financial abuse
- What are my options?
- Taking back financial control
- Burdened by other people's debt
- Protecting the future
- Goal setting and budgeting
- Tackling debt
- Superannuation

[Learn more](#)

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**LOUISE HEATHCOTE, Student Services Leader**





# Community Announcements



Dear parents and carers

We are writing to you as parents/carers of a child or children in government, Catholic and independent schools across Victoria.

The Victorian Department of Health strongly recommends that face masks are worn in indoor settings.

As a result, we are asking all students aged 8 and over and all staff in all schools across Victoria to wear masks when in class (except where removing a mask is necessary for clear communication) from now to the end of winter.

Students won't be required or expected to wear masks when outdoors, and this expectation won't stop student participation in the full range of school activities, including music, sport and performances.

We are asking for your support in explaining to your child or children the importance of this simple step that will help keep our schools as safe as possible.

We also ask that you make sure your child (or children) takes a mask to school (and wears it if they are travelling on public transport) or collects a mask when they arrive at school.

We all appreciate how important it is for students to be back at school. This action will help make sure as many students and staff as possible are protected from COVID and other winter illness.

Thank for your help with this collective effort to keep our communities safe and healthy.

A handwritten signature in black ink, appearing to read "D. Howes".

**Dr David Howes**  
Deputy Secretary

Victorian Department of  
Education and Training

A handwritten signature in black ink, appearing to read "Michelle Green".

**Michelle Green**  
Chief Executive

Independent Schools  
Victoria

A handwritten signature in black ink, appearing to read "Jim Miles".

**Jim Miles**  
Executive Director

Catholic Education  
Commission of Victoria



# Community Announcements



The 15th Annual



19th - 22nd of  
September 2022

70 YOUNG WOMEN  
20 LEADERS  
4 DAYS

**UR** *Retreat*  
FOR YOUNG WOMEN

Create | Immerse | Empower | Celebrate



**bridgebuilders.com.au** **1300 640 160**



**ELTHAM  
LIBRARY  
COMMUNITY  
GALLERY**

5 Aug - 11 Sept, 2022

**ARTS AND  
CULTURE**



**Nillumbik**

**Creative Minds**



## Tuning in to Teens

### Emotionally Intelligent Parenting

A free six-session interactive online parenting program for parents or carers of adolescents

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Feedback from previous participants:

- "This program was complete and helpful"
- "I understand my teen's emotions better"
- "Overall our house is calmer and there are less explosive emotions"
- "My teen and I are talking more and arguing less!"
- "I feel happier as a parent"

*Tuning in to Teens* shows you how to help your teen develop *emotional intelligence*. Adolescents with higher emotional intelligence:

- are more resilient - this means change and stress are easier to deal with
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success - Emotional intelligence may be a better predictor of academic and career success than IQ!

**\*\* To be eligible to participate in this program, you must reside in Banyule, Nillumbik, Darebin, Yarra or Whittlesea.**

**Where:** Online via video call (Zoom)

**When:** Wednesdays 11am – 1pm, from 10<sup>th</sup> August – 14<sup>th</sup> September

**Contact:** Candice (0417 047 426) or Ella (0429 097 979) from Family Services



## Community Announcements

# TWEEN YOGA

Ages 9 - 16

Starts July 11th each Wednesday 4-5pm  
Class Options; 6 weeks \$130 / 8 weeks \$144  
Tween sessions encompass wellbeing, breath,  
Strength, flexibility & meditation.  
@ ELTHAM LIBRARY MULTI-PURPOSE ROOM

### Term Theme

"Feelings - Love them,  
Hate them, learn to  
Embrace them "



MY  
*Serenity*  
YOGA

Bookings are essential, inquiries welcome

My Serenity Yoga, FB/INSTA  
[www.myserenityyoga.com.au](http://www.myserenityyoga.com.au)

0404 026 267





# Give life. Give blood in Eltham.

19 to 29 July



**Eltham**

Pop-up Blood Donor Centre

801 Main Road  
Eltham VIC 3095

Open 8 am until 8 pm



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