



Wednesday 27 July
2022 Year 8 Subject Selection Information Evening for Parents

Friday 29 July
Year 10 Meningococcal Immunisation

Tuesday 16 August
Teacher Professional Practice Day
Student Free Day

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2022 Year 8 Subject Selection Information Evening for Parents 7:00

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PRINCIPAL'S REPORT

Student Achievement

Congratulations to **Mietta Palmer (Year 7, Rutter house)** who has been awarded second prize in a state-wide writing competition:

<https://www.vate.org.au/story-miniature-2022-writing-competition>

Her piece has been published here:

https://mcusercontent.com/e0cbed82165e15534d9570087/files/064c1929-b659-902b-c8d1-26a1e990fa27/Mietta_Palmer_Year_7_A_season_of_misty_mornings.pdf

I strongly recommend that you read Mietta's piece as it will give you a clear indication of both Mietta's creativity and talent.

Mietta is representative of many students in our school who have the skills, ability, and creative prowess to express themselves so beautifully in writing.

In congratulating Mietta, I hope that this will also serve as encouragement for other students to not only express their creativity but also to put themselves out there within the public domain to make a difference and to be recognised.

Mietta's achievement was recognised at a Year 7 gathering last Friday.



2023 Information Evenings

A reminder that the Year 8 to Year 9 Information evening will take place on Wednesday 27 July. The evening will begin in the Nalleijerring Performance Centre and following the formal presentations, staff will be available for direct consultation about various courses.

I thank all member of the Middle School Team led by Ross McKinnon and all the staff that will attend to support students and families in making decisions about their 2023 program.

Furthermore, I thank the Assistant Principals who will also be attending the evening.

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JULY

Monday 25 - Wednesday 27

- Year 10 into 11 Course Counselling

Wednesday 27

- Active Girls - Roller Skating
- 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

- Active Girls - Zumba
- 2022 Australian Maths Competition

Thursday 04

- Year 12 GAT Information Session - English

Thursday 04 - Friday 05

- Year 7 A, B & C Experience Camp

Friday 05

- NMR Inter Boys Soccer

Monday 08

- Year 12 GAT Information Session - Maths / Science

Tuesday 09

- Inter Round Robin Basketball
- Inter Round Robin Boys Futsal
- Inter Round Robin Table Tennis

Wednesday 10

- NMR - Senior Boys Table Tennis

Thursday 11

- Year 10 Outdoor Education - Indoor Climbing

Thursday 11 - Friday 12

- Year 7 D, E & F Experience Camp

Tuesday 16

- TPPD Day - Student free day
- VSMF Wind Ensemble Hawthorn Arts Centre

Wednesday 17

- Choir at Royal South Street 2022

Update on the Wearing of Face Masks Advice

I last week's edition of this newsletter I informed you about the direction that the DET is taking in relation to the wearing of face masks whilst indoors at school for both students and staff.

The DET is asking all students aged 8 and over and all staff in all schools across Victoria to wear masks when in class from now to the end of winter (except where people have previously been granted an exemption from wearing a mask or removing a mask is necessary for clear communication).

This is not a mandate.

We have communicated this request to all students, and we know that it is not an easy thing for our young people and even for us adults to remember when there is one expectation for indoors and another for outdoors.

Having removed their masks during break times outdoors students will enter building without their masks on.

It is the responsibility of teachers to remind student that if they have a mask in their pocket they need to put in on in doors. Students must bring their own mask to school.

If a student chooses not to wear a mask, for whatever reason, they just simply need to indicate to the teacher who has asked them, that they choose not to wear a mask.

Teachers will accept this and not pursue it further. However, as I said earlier, it is the teacher's responsibility for the sake of the wellbeing of the students in their care and their own wellbeing to ask the question.

In the current climate where teacher and student absenteeism due to the pandemic is on the increase, we have a number of Casual Relief Teachers (CRT) in the school at any one time (if we are lucky enough to secure them). These people may change each day so whilst we would love to have a consistent group, changes do occur.

As such it is not possible for us to identify each student who chooses not to wear a mask and then let each teacher know not to ask them the question. With Over 1400 students and 120 teachers this is not a reasonable request.

If a teacher asks your child if they have a mask and asks them to put it on, this is in no way meant to be personal. The teacher is not trying to make your child feel bad or embarrassed, they are fulfilling their responsibility in doing their job.

This may occur more than once in a day, less and less if their regular teachers become aware of this decision but may increase when CRTs take the class.

Prepare your child with a response to the question e.g. "I do not have a mask as I am choosing not to wear one" would suffice.

I ask you for your continued support and understanding so please do not contact the school to voice your discontent that you child may have been asked by three teachers on the one day if they have a mask to put on. Instead use the time to speak with your child, support them to understand that this is not personal, help them to formulate a respectful response for the next time they are asked and help build their resilience.

I assure you that we will continue to do our very best within the parameters we have to work with. I thank you in anticipation of your support.

Communication of Covid Cases to the School Community

You would have noticed that we have once again picked up our communication of positive COVID-19 cases that have been reported to the school.

A Compass Newsfeed will go out each evening to families of the relevant Year Level(s) in which a positive case has been confirmed. Further to this the communication will also identify if there were any specific activities that the positive case was involved in that may affect students in that year level or across the school.

As an example, in the past week we have had cause to communicate to parents of students who attended a particular Music Camp whose children may have been in the same sleeping quarters as a confirmed positive case that their children are now considered household contacts and need to follow through with the requirements set out for a household contact.

Should you receive such communication there is very little for you to do but monitor your child for any COVID symptoms. If they develop symptoms, they must test immediately. RA Test kits are available as outlined below.

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

Thursday 18 - Friday 19
• Year 7 G, H & J Experience Camp

Friday 19
• Year 11 Art - NGV Excursion

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

Thursday 25 - Friday 26
• Year 7 K, L & M Experience Camp

Wednesday 31
• NMR Athletics

SEPTEMBER

Monday 05
• Year 12 Group Photo

Monday 05 - Friday 09
• Year 10 Work Experience

Thursday 08
• Integrated Studies Sustainability Expo

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

Reminders: 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

Middles School: Rhonda Bonfante - bon@elthamhs.vic.edu.au

Senior School: Susan Inglis - ing@elthamhs.vic.edu.au

It is important that if students are unwell that they do not attend school.

As always, I will keep you informed of any changes.

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.

.....
VINCENT SICARI, Principal

JUNIOR SCHOOL

Edendale Farm Visit

On the first week of Term 3, all of our Year 7s went on an excursion to Edendale Farm to learn about sustainability and what we can do to live more sustainable lives. Form groups K, L and M went on Friday July 15, and did three rotations of activities. The first rotation was run by Polly, and we learnt about different types of waste we have in our households like general, recycling, soft plastics, green waste, composting, e-waste, and the safe disposal of batteries. Then, we sorted through everything that was in the general red bin, into all the other categories of bins. By the end of the activity, the red bin was nearly empty, and we had all learnt how to safely dispose of rubbish sustainably to avoid landfill.

For the second activity, which was run by Brian, we learnt about our food footprint and how far our food had travelled to get to us. We split into four groups and each group was given a tub of various food products and the task to order them from least distance travelled to get to our supermarket shelves, to furthest distance to get to us. We also learnt about the sneaky marketing strategies to make us think that our food is coming from locally sourced produce, when actually they are being imported from all parts of the world creating unnecessary, carbon-polluting food kilometres.

For the last and final activity, Katrina gave us an interactive tour of Edendale Farm. We got to feed the sheep, alpacas, chickens, and goats. We learnt about how they rotate animals around to different paddocks to make sure that the soil get to replenish itself and is healthy to produce fresh green grass. At the end of the day, we thanked all the educators at Edendale and the teachers that organised and safely walked us there and back.

We're looking forward to putting some of these strategies in place in our own homes.

Meg Jacka (Year 7, Everard House) and Oskar Mann (Year 7, Stewart House)



Year 7 Integrated Studies - Term 3

The first Common Assessment task students will complete this term is called 'Acting Green'. This task requires students to complete a questionnaire about their individual practices and the practices of their household in relation to sustainability. Students will need assistance completing this questionnaire and will ask to complete it with you at home. We would really appreciate family's support with this. After completing the survey students are then asked to make several manageable changes at home to become more sustainable. It is important students discuss these changes with you and that they pick changes you are happy to support. No change is too big or too small but it is important students choose changes that their families support.

Save The Date - Integrated Studies Sustainability Expo

On **Thursday 8 September** we have our Integrated Studies Sustainability Expo. Students will have researched a problem relating to sustainability and will be presenting a pitch of their solution to the problem, featuring both a pamphlet with detailed written information and an interactive element designed to wow the audience. This event is a great opportunity for you to engage with your children's work and is also a terrific chance for them to develop their presentation skills in front of a varied audience. Please mark the date on your calendars, it is a great night!

.....
MELISSA HUGHES, Junior School Team Leader

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, Nallejerring Performance Centre (Room 101)

Information about this session will be posted online on Thursday 28 July. This will include links to all information provided on the evening.

.....
ROSS MCKINNON, Middle School Leader

SENIOR SCHOOL

Key Dates and Events for the 2023 Course Selection Process

All students will have now received a 2023 Math and English recommendation from their classroom teacher. This now enables students to 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 10 into Year 11, 2023

- Year 10 Course Counselling sessions – Monday 25 – Wednesday 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.

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

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

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 before the GAT (7 September)

VCAA Languages: Release of the Oral Examination and Extended Investigation Advice Slips - Monday 1 August

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 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

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

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*

MUSIC

Boroondara Choral Eisteddfod for Choir

Our Choir will perform at the Boroondara Eisteddfod on **Tuesday 2 August 2022**. Please check Compass for details. Parents are welcome to attend.

Victorian Schools Music Festival for Concert Band and Wind Ensemble

Our Concert Band and Wind Ensemble will be performing at the Victorian Schools Music Festival at the Hawthorn Arts Centre on **Tuesday 16 August 2022**. Please check Compass for details. Parents are welcome to attend. Please note although Tuesday 16 August is a pupil free day students are required to attend the Victorian Schools Music Festival competition.

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 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

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

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

RICK KEENAN, Director of Music

VOLLEYBALL

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

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

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

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.

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](#)

LOUISE HEATHCOTE, Student Services Leader



Community Announcements

Canteen Winter Menu Prices 2022

Hot Food	Warm Stuff	Cool Stuff	Sandwiches and Wraps
Pin Wheel	Sweet Muffin	Fresh Fruit (Piece)	Egg & Spinach Sandwich
Hash Browns (V)	Vegetite Cheese Scroll	Banana Bread Slice	Falafel Wrap (V)
Garlic Cheesy Bread	Cheese & Bacon Roll	Vegan Banana Bread	Chilli Chicken Wrap
Dim's Sims (2)	Hot Jam Doughnut	Yoghurt Tub	BLT (Bacon, Lettuce & Tomato)
Ham & Cheese Toasty			HLT (Haloumi, Lettuce & Tomato)
Tomato & Cheese Toasty	Weekly Lunch Specials		
Egg Muffin & Relish	Monday	Hot Dogs with Cheese <i>(Tomato Sauce included in Price)</i>	Ham & Salad Roll
Bacon Egg Muffin & Relish	Tuesday	Fried Rice <i>(Vegan option available)</i>	Roast Beef & Mustard Pickle Sandwich
Sausage Roll			
Spinach & Ricotta Roll	Wednesday	Meat Ball subs <i>(Vegetarian option available)</i>	
Meat Pie			
Beef Curry Pie	Thursday	Pizzas Pepperoni & Margarita	
Shepherd's Pie			
Chicken & Vegetable Pie	Friday	Burgers- Beef, Chicken & Veggie	
Hot Soup (V)			
Hot Soup & Bread Roll			
Wedges			
Wedges & Sour Cream			
Pasta Bake			
Vegan Pasta (V)			
	Sweet Things		
	Apple Cake	Coffee Scroll	Caramel Slice
	Smarty Cookies	Strawberry & Chocolate	Hedgehog Slice
	Vegan Cookies (2)	Doughnut	Lemon Passionfruit Slice (GF)
			

Please be advice that the Canteen does offer some *Gluten Free Substitution Products for Lunch Orders* such as *Gluten Free Bread, Gluten Free Rolls, Gluten Free Wraps, Gluten Free Pasta and Gluten Free Pies, Gluten Free Chicken Tenders & Gluten Free Beef Burgers*

Canteen is opened everyday at 8:45am for student and staff to place lunch orders for Recess or Lunch

(V) = Vegan

ANTHOLOGY CREATIVE WRITING COMPETITION

Enter your best **creative** writing piece of **under 800 words** to win a prize to the value of **\$100** and have your piece showcased in the **2023 Anthology**.

There are **no theme requirements** – just be creative!

Category 1: Junior – years 7 to 9

Category 2: Senior – years 10 to 12

Submit by: **August 12 2022**

Submit your piece to:
gaa@elthamhs.vic.edu.au

The piece needs to be typed and your own work.

We will not accept pieces over 800 words.



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
YOUTH CHARITY
SINCE '02
CHANGING THE LIVES OF YOUNG PEOPLE

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



ELTHAM LIBRARY COMMUNITY GALLERY

5 Aug - 11 Sept, 2022

Creative Minds

ARTS AND CULTURE



Nillumbik



Anglicare Victoria

FOSTER CARE INFORMATION SESSION

TUESDAY, 23 AUGUST 2022 | North West Region
6:30pm - 7:30pm (via ZOOM)

Now more than ever, foster carers are needed for children & young people across Victoria.

REGISTER NOW!

Online Information Presentations available during COVID-19



9301 5200 | Carer.Info@anglicarevic.org.au | anglicarevic.org.au



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 10th August – 14th September

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

Community Announcements



Art Classes Eltham

Come and explore your creative potential in an encouraging & supportive art studio environment.

All levels of experience are welcome.

Learn techniques & styles in a medium of your choice.

Small friendly classes.

ELTHAM ARTLINES STUDIO

artlinesstudio.com.au
artlinesstudio@gmail.com

Mob: 0411 166 705

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

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

give blood

Great news from Australian Red Cross Lifeblood: Anyone who lived in the UK for over 6 months between 1980 and 1996 can now give blood in Australia.

UK is A-OK!

Book your spot at the Eltham Pop Up this week at lifeblood.com.au, on the app or on 13 14 95.

You can help spread the word — even if you haven't lived in the UK, we bet you know someone who has.

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