



Tuesday 11 October

Last day of Year 12 Classes

Wednesday 12 October

Year 12 Breakfast
Year 12 Formal at Leonda by the Yarra

Thursday 13 October

Curriculum Day

Monday 17 October

SSV State Athletics

Wednesday 12 October

Year 7 HPV Immunisations (2nd Visit)

Thursday 13 October
Curriculum Day

Sunday 16 October
Eltham High School Working Bee

Wednesday 26 October
Year 7 HPV Immunisations (2nd Visit)

PRINCIPAL'S REPORT

Welcome Back

Welcome back to all students and staff to Term 4. I hope that everyone had a restful and relaxing break.

The Year 12 students had their practice exams running in the break and they approached these with the correct mindset in order to learn from the experience.

The time left before the final examinations is now quite limited but rest assured that our Year 12 students will continue to be well supported until the completion of the year. Teachers will be available to them during their timetabled classes right up to their exams and I encourage students to take advantage of this opportunity. Of course, as always teachers will also be available at other times, but it is advisable for students to contact their teachers and make a time to see them if it is going to be outside of their scheduled class time.

We are well on our way into the planning for 2023. The new enterprise agreement has raised some challenges and opportunities for us which we are currently working through, but I would say that this is no different from any other school.

We are working our way through our recruitment processes for next year and we feel that we are in a good position for this stage of the year.

I take this opportunity to formally welcome and introduce you to our new Student Services Leader, Madeline Kamamis (replacing Louise Heathcote). Madeline joined us in the last couple of weeks of Term 3 and is now establishing herself within the Student Services Team. Her leadership of the team will be crucial in ensuring that our students are well supported and catered for. Alongside our Mental Health Practitioner, our Arts Therapist, our Student Support Worker and Regional Support staff, Madeline will be supported by these highly committed and hardworking professionals whose main goal is to ensure that the needs of our students are met in the best way possible.

Madeline comes to us from the community wellbeing space and with school-based experience.

Madeleine can be contacted by e-mail kai@elthamhs.vic.edu.au or through the school number 9430 5111.

I am certain that Madeline will prove herself to be an amazing support for our learning community and I wish her all the very best in her new role.

Creativity Week and Showcase

I congratulate all of our student for their engagement with the School's Creativity Week and Showcase.

A range of activities were planned and ran during the last week of term based on our School Value of creativity.

The Planning Team led by Chizuko Inoue-Andersson and embracing a number of students from various year levels with varied interests, which as a sideline reflected our school

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SCHOOL CALENDAR 2022

OCTOBER

Wednesday 05

- 2023 School for Student Leadership Information Session at Lunchtime
- 2022 Coding Challenge

Monday 10

- World Mental Health Day

Tuesday 11

- Last day of Year 12 Classes
- Year 9 - 10 Forensic Science: Crack the Covid Case (Online - Part 1)

Wednesday 12

- Year 12 Breakfast
- Year 12 Formal at Leonda by the Yarra 6:30pm
- Inter Boys Futsal Finals
- NMR - Inter Boys Table Tennis
- Year 8 Interschool Volleyball

Thursday 13

- Curriculum Day

Friday 14

- Year 9 Active Girls - Boxing
- Choir Masterclass with Louisa Rankin

Sunday 16

- Working Bee

Monday 17

- SSV State Athletics
- Year 11 into Year 12 Headstart Assembly

Tuesday 18

- Year 9 - 10 Forensic Science: Crack the Covid Case (Online - Part 2)

Wednesday 19

- NMR Year 8 - Table Tennis

Wednesday 19 - Friday 21

- Year 11 Outdoor and Environmental Studies 3 day Camp - Grampians National Park

Thursday 20

- Space Camp 2023 Parent Information Evening

Thursday 20 - Monday 26

- Practice Exams

Friday 21

- NMR Year 7 - Volleyball
- Year 9 Contemporary Jewellery Excursion

values of Individuality and Respect for Diversity, was able to expand on the meaning of creativity well beyond the usual thinking and normal parameters of the visual and creative arts, to engineering, problem solving, critical and creative thinking, reflecting thinking "outside of the box" so to speak.

The Showcase, held during the last period of the last day of term, showcased the various talents of our students including the amazing presence and skill of our two MCs, **Ruby Todd (Year 12, Everard House)** and **A.J. Moon (Year 8, Andrew House)**.

Overall it was a great initiative and one that engaged students from across all levels of the school.

A great effort! Well done everyone!

For those of us who are Star Trek aficionados, I want to thank one of our Year 7 students, **Alex Reddrop (Year 7, Andrew House)** who during Creativity Week reignited the appreciation of the series and films for a number of us.

Personally, the first series released in the mid 1960s accompanied me through my teenage years. I remember rushing home after school so as not to miss the next episode before settling into getting my homework done.

The series and films that followed and the cult following of Mr Spock continued to capture the interest of the following generations, Alex being a testament to this and the two of us an example of intergenerational connection through common interest.



Devotees, I salute you! 'Live long and prosper.'

Year 12 School Year Ending

As the Year 12 school year comes to a close, I congratulate every member of the class of 2022 for their resilience, enthusiasm, optimism and "Can do" attitude in light of the challenges that this year presented to them and for the way in which most were able to translate these challenges into opportunities.

Considering the upcoming celebrations, the Senior School Team has provided a range of information to parents. I strongly encourage you to read this information so that you understand what will be taking place over the next few weeks and what the school expectations are in relation to a number of areas of our operation including the last day of Year 12 attendance, the Year 12 Formal and the Valedictory Evening. Please read through these expectations with your children so that you can reinforce what will be communicated to them at school.

A series of assemblies will be held across the school next week to ensure that everyone is reminded of expected behaviour and that Year 12 celebration events are purely for the Year 12 students. I ask all parents/guardians for your support in reiterating these expectations to your children.

Day Before Melbourne Cup Day – 1 November

Historically the day before the Melbourne Cup holiday has had very poor student attendance. Consequently, and as a way of causing the least disruption to the educational program of the school, the last few years have seen this day used as time-in-lieu for teachers. As clearly expressed in the Victorian Government Schools Agreement 2022 and supported by the Department of Education and Training, this compensates teachers for the time they allocate beyond work hours throughout the year to student progress interviews involving students, parents, and staff.

<p>Tuesday 25</p> <ul style="list-style-type: none"> • NMR Year 8 - Volleyball • Intermediate Nillumbik Volleyball - Round 1 • Intermediate Round Robin - Boys Tennis • Intermediate Round Robin - Girls Softball 	<p>In the past, irrespective of the time-in-lieu arrangement, the school has remained open on the Monday before Melbourne Cup Day as Year 12 exams are generally on during that time, and the school is an examination centre. This will also be the case this year.</p>
<p>Wednesday 26</p> <ul style="list-style-type: none"> • Year 9 Active Girls - Belly Dancing • Year 9 Recreational Activities - Fencing 	<p>However, while this day would seem to be the most appropriate in terms of minimising disruption to the educational program of the school in the provision of time-in-lieu, I am writing to ascertain your intention as to your child's/children's attendance on Monday, 31 October for us to plan effectively. The school will be open on this day and based on previous experience, due to the small numbers of students in attendance, it is most likely that an alternative educational program will be in place. Your information will be valuable in ascertaining staffing requirements for this day.</p>
<p>Wednesday 26 - Wednesday 18 November</p> <ul style="list-style-type: none"> • VCE Hand Written Exams 	<p>I ask you to confirm with us only if your child will be attending on Monday, 31 October, 2022 by contacting the appropriate Sub-School Office either by telephone on 9430 5111 or by email through each of the Sub-School Team Leaders before Wednesday, 26 October:</p>
<p>Thursday 27</p> <ul style="list-style-type: none"> • Culture Makers Lab with Jessica Bellamy • NMR Year 7 - Table Tennis 	<p>Senior Sub-School: Amanda Saliba – sai@elthamhs.vic.edu.au Middle Sub-School: Ross McKinnon – mki@elthamhs.vic.edu.au Junior Sub-School: Melissa Hughes – huh@elthamhs.vic.edu.au</p> <p>I thank you for your cooperation with this matter.</p>
<p>Friday 28</p> <ul style="list-style-type: none"> • Last day of Year 11 Classes 	<p>Planning for 2023</p> <p>It is at this time of the year when I put out a request for information from parents. Due to the high demand for places at the school, we have a number of students in Year 8-12 for 2023 on waiting lists for a place in the school. Whilst we are mindful of managing student numbers, we do want to give students and families who want to be part of the Eltham High School Learning Community the opportunity to do so. However, we cannot offer a place until we are know that a vacancy exists.</p>
<p>NOVEMBER</p>	<p>Can I ask all parents of students currently in Year 7-11 to please communicate with us if you know that your child will definitely not be attending Eltham High School in 2023, this may be because you will be moving address, possibly moving interstate, perhaps you child will be pursuing an enrolment in TAFE; enrolment into an apprenticeship etc.</p>
<p>Wednesday 02</p> <ul style="list-style-type: none"> • Year 9 Recreational Activities - Fitness Classes 	<p>Please contact the relevant person below to provide this information only if you know that your child will not be attending Eltham High School in 2023.</p>
<p>Wednesday 02 - Thursday 10</p> <ul style="list-style-type: none"> • Year 11 Exams 	<p>Junior School (Year 7 only) - Mrs Melissa Hughes – huh@elthamhs.vic.edu.au Middle School (Years 8 & 9) - Mr Ross McKinnon - mki@elthamhs.vic.edu.au Senior School (Years 10 & 11) - Ms Amanda Saliba - sai@elthamhs.vic.edu</p>
<p>Thursday 03</p> <ul style="list-style-type: none"> • Duke of Edinburgh Assessment Adventurous Journey - Brisbane Ranges 	<p>I thank you for your cooperation.</p>
<p>Friday 04</p> <ul style="list-style-type: none"> • Year 9 Active Girls - Hip Hop 	<p>Reminders: Covid Update</p> <p>COVID-19 isolation requirements remain the same until further notice</p>
<p>Wednesday 09</p> <ul style="list-style-type: none"> • Year 8 State Final - Volleyball • Year 9 Recreational Activities - Lawn Bowls 	<p>Any student or staff member who tests positive to COVID-19 must now isolate for a minimum of 5 days instead of 7. If they are asymptomatic, they may return to school on day 6. If they are symptomatic, they must remain in isolation until day 7. If they have symptoms after 7 days, they are strongly advised to stay home until their symptoms have resolved.</p>
<p>Friday 11</p> <ul style="list-style-type: none"> • Year 7 State Final - Volleyball • Symphonic Band Workshop with Jodie Blackshaw 	<p>As an additional risk mitigation, the Department of Health strongly recommends that those leaving isolation wear a face mask when away from home, both indoors and outdoors, and when they cannot physically distance. Those leaving isolation on day 6 should wear a mask for 5 days but particularly the first 2 days. Those leaving isolation on day 7 should wear a mask for 4 days but particularly the first 2 days.</p>
<p>Monday 14 - Friday 25</p> <ul style="list-style-type: none"> • Year 12 2023 Headstart 	<p>As changes take place you will be informed.</p>
<p>Thursday 17</p> <ul style="list-style-type: none"> • Valedictory Evening 	<p>..... VINCENT SICARI, Principal</p>
<p>Monday 21 - Monday 28</p> <ul style="list-style-type: none"> • Year 10 Semester 2 Exams 	
<p>Tuesday 22</p> <ul style="list-style-type: none"> • Year 7 Futsal Finals 	
<p>Wednesday 26</p> <ul style="list-style-type: none"> • Year 7 HPV Immunisations (2nd visit) 	
<p>Tuesday 29 - Monday 5 December</p> <ul style="list-style-type: none"> • Year 11 2023 Headstart 	

Year 7 Sustainability Expo



Oscar Mann (Year 7, Stewart House)



Emily Buttigieg (Year 7, Rutter House)
Kaia TAIG (Year 7, Stewart House)
Maliah KINZETT (Year 7, Stewart House)

ASSISTANT PRINCIPAL'S REPORT

Sun Smart and Dress Code

Sun safety is a shared responsibility. Staff, parents and students are encouraged to implement a combination of sun protection measures whenever UV levels reach 3 and above (typically from mid-August to the end of April in Victoria). Guidelines supporting our students and staff to help minimise the risk of sun damage and skin cancer are outlined in the Sun Smart policy on our school website and accessible at [this link](#).

The school's Dress Code policy outlines expectations for students for appropriate clothing for a school environment. The specific aspects of this policy that relate to sun protection outline that brief clothing is not appropriate for school – this includes singlets, short skirts and shorts, exposed mid-riffs and thongs footwear. The policy can be accessed at Dress Code policy at [this link](#).

Information about the daily local sun protection times is available via the free SunSmart app, or at sunsmart.com.au or bom.gov.au.

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FRAN MULLINS, Assistant Principal

JUNIOR SCHOOL

Year 7 Sustainability Expo

The Year 7 Expo on Tuesday after school was a fantastic way to launch Term 4 for our Year 7s. The event was the culmination of all the work of Term 3 and of the Year 7 Experience. We were delighted to welcome so many families to the event and thank you all for your participation and support. The students loved having the opportunity to speak with interested adults about the sustainable solution that they developed to a local or global issue that they had identified. The skills of critical and creative thinking were on display throughout the expo and many commented on the standard of the presentations from our movers and changemakers of the future. The coordination of this event was managed by Emma Shelton, the Critical Inquiry Co-ordinator - the Junior School would like to thank her for all her work and communications to ensure that this was such a smooth and successful opportunity for all involved.

The term will be a busy one again with lots of opportunities ahead for those wishing to try new things or continue with their passions. Interschool sports will be running again this term and students are encouraged to keep checking their mailbox and Compass Dashboard for signup opportunities. It's wonderful to see that our new outdoor table tennis tables have been such a hit - perhaps as the result of all the additional practice, the Year 7s have progressed to the NMR finals in this sport!

It's hard to believe but we are already at the point where we are planning for the transition to Year 8 next year. All students will be assigned to new classes for Year 8 and the work of creating these classes has already begun with feedback from classroom teachers the key input. The students will have a step-up day at the end of the term to meet the students in their new classes and the Middle School coordination team for Year 8.

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MELISSA HUGHES, Junior School / Transition Leader

**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 16 October
Sunday 4 December

Working Bee Committee Meeting Dates

Thursday 6 October
Thursday 24 November

SENIOR SCHOOL

VCE – Term 3 updates

Year 12 Formal

The Year 12 Formal will be held on **Wednesday 12 October at Leonda by the Yarra**, commencing at 6:30pm.

Year 12 End of Year Events

2022 Year 12 End of Year Events: Final day lunch and activities, Breakfast and activities and Year 12 Valedictory. Final payment of \$110 is due by Friday 7 October.

Year 12 Practice Exams

Congratulations to the Year 12 students for their punctual and focused approach to their practice examinations during the Term 3 break.



Year 12 SWOTVAC (Study Without Teaching Vacation)

The SWOTVAC will provide students with the opportunity to meet with their teachers during their allocated class time. Year 12 teachers will be available in their scheduled classroom and will be running revisions to target key areas of improvement ahead of the end of year examinations.

SWOTVAC will begin on Friday 14 October and conclude the day before the subjects scheduled VCAA examination.

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AMANDA SALIBA, Senior School Team Leader

CAREERS

Year 9 Work Experience December 5 - 9 Cancelled

School leadership has determined that the proposed Work Experience week planned for December 5 - 9 will be cancelled.

However once a student has turned 15 they are eligible for Work Experience at any time so I would encourage all eligible students to consider organising a placement at a time that suits.

The scheduled Year 10 Work Experience week will still take place in September 2023 .

Forms can be accessed forms through the careers website at:

www.elthamhighcareers.com > Work place learning > Required documents.

They are also available from outside the Careers Office at all times. Completed forms need to be provided to me one week prior to the placement in hard copy or email at pri@elthamhs.vic.edu.au

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ROSS PRINGLE, Pathways and Transition

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*

Eltham High School and Eltham
Primary School Choir Collaboration



MUSIC

Stunning Waratah Flowers Fundraiser by EHS Friends of Music

Eltham High School Friends of Music are excited to offer you the opportunity to purchase a bouquet (or more) of these spectacular Waratahs. These flowers are also exported and are of a stunning quality and are freshly cut.

Bouquets will be supplied with 5 flowers for \$35.00, with the majority proportion going to the Eltham High School Music Program. Quantities are limited.

There will be two deliveries of flowers: **Sunday 2 October and Sunday 16 October 2022.** Delivery dates may be delayed depending upon growing conditions.

Collection of the pre-purchased flowers will be on the Sunday between 4:00pm and 6:00pm from the Eltham High School carpark off Ely Street.

Orders can be placed through Trybooking: <https://www.trybooking.com/CCPYG>

Any queries please email Ross McKinnon at mki@elthamhs.vic.edu.au

These stunning flowers will usually give you about 2 weeks of enjoyment. Please support our Music Program by purchasing these stunning flowers.

Your continued support is greatly appreciated.

Eltham High School and Eltham Primary School Choir Collaboration

Earlier this year on Thursday 12 May, **Fieke van de Kamp (Year 12, Stewart House)** Choir Captain and Lynlee Williams Choir Director conducted their first rehearsal with the newly formed Eltham Primary School Choir.

This venture began as a conversation between the Principals of both schools and, as a result, is now a lovely group of 30-40 students from most year levels who have a lot of fun singing together.

After 15 morning rehearsals, the Choir performed for the very first time on Wednesday afternoon 7 September at an Eltham Primary School Ensemble Concert in front of friends and family of the Eltham Primary School Community. Everyone involved was delighted with their singing and the Choir students were very proud of their own performance.

We are all looking forward to many more Eltham Primary School Choir performances.

2022 Music Fees

Please note the 2022 Instrumental Music Fees are now required to be paid in full for all Ensembles. Your prompt payment of any outstanding music fees is appreciated.

Payment of the Music Fees can be made by completing and returning the credit card details on the form previously emailed to you, 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 you do not email 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.

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

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

DRAMA

The Mango Fundraiser - 2022

Eltham High School's After School Drama Program are once again running their amazing Mango Fundraiser. If you love mangoes, here's your chance to indulge in fresh juicy mangoes direct from the farm.

The Mango Fundraiser only use Bowen Special Mangoes which are more formally known as Kensington Pride Mangoes. They are packed in a single layer tray and each tray will usually have between 14 and 23 mangoes, with a total tray weight of approximately 7kg. Trays cost \$30.00 each.

When you buy mangoes from the Mango Fundraiser you know the fruit is coming directly from the farm to you. Your mangoes aren't being held for long periods in storage or ripening rooms.

Money raised will be used to provide resources and opportunities for our Drama Students including tours, guest artists and performances.

Order your delicious tray/s of mangoes through Trybooking:

<https://www.trybooking.com/CDFCU>

Orders close on Monday 24 October 2022 and delivery day will be in early December on a date yet to be confirmed.

Contact details:

Rhonda Bonfante P:9430 5172 / E:bon@elthamhs.vic.edu.au

If you need a little inspiration, just click on the link below to find loads of delicious Mango recipes.

<https://www.taste.com.au/recipes/collections/mango-recipes>



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RYAN PATTERSON, Drama Coordinator

WORKING BEE

Eltham High School Working Bee - Sunday 16 October, 2022

The Grounds Committee is inviting members of our school community to come along to the upcoming Working Bee scheduled for **Sunday 16 October, 2022**.

We are seeking volunteers to come in and perform a number of key tasks on the day including weeding, pruning, mowing and brushcutting. Please bring your mower / whipper-snipper and safety gear if you are keen to be involved in this task.

The Working Bee runs from 9:00am until 1:00pm. Morning tea and a BBQ lunch will be provided. Attendees will be asked to report to the central courtyard for sign-in and briefing.

If you would like to attend the upcoming Working Bee can you please complete the following Microsoft Form by Monday 10 October, 2022 to advise of numbers and any dietary requirements.

<https://forms.office.com/r/35JLpF4dv8>

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ANNA PANAS, Grounds Committee

Choir Performance at the Eltham Youth Art Show in the Eltham Town Square on Saturday 17 September. Organised by Vicky Ward



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

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LISA FOOTE, Art KLA Coordinator

ADDITIONAL NEEDS

Study Certificate III in School Based Education Support CHC30221

As an organisation who has supported our work placement students, we say thank you and would like to share with you the below information about our upcoming courses.

This year we have been able to offer eligible students reduced course fees due to JobTrainer funding. Eligible students have saved up to \$2000 in course fees.

We have limited JobTrainer positions available for commencement in December 2022. Majority of course content will be delivered from February 2023, no classes in January.

If you know of anyone in your community who may be interested in studying Certificate III in School Based Education Support CHC30221 in 2023, please share this with them.

*Face to face training in Park Orchards, 3114

*Small class sizes

*Free off street parking

*Fun and supportive learning environment

We encourage you to share this information with anyone you think may be interested.

[Click here to find more information about the course and eligibility criteria.](#)

If you have any questions please email training@parkorchards.org.au

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SUE PICKETT, Additional Needs Coordinator

STUDENT SERVICES

World Mental Health Day - October 10

This year's World Mental Health Day campaign is encouraging everyone to make a promise to "Look after your mental health, Australia."

In 2022, the focus of Mental Health Australia's annual campaign is awareness, belonging and connection. This October, there is an online campaign calendar and you can register for resources and helpful tips to grow and maintain positive mental health practices: lookafteryourmentalhealthaustralia.org.au. Further, you can follow on [@aumentalhealthau](https://www.instagram.com/aumentalhealthau) on Instagram for some extra strategies!

Nearly half of all Victorians will experience mental health issues in their lifetime. We recognise that adolescence is a fundamental period for developing social and emotional habits important for mental well-being. This year's campaign provides relevant resources and support that will assist you in developing these.

This Girl Can

This Girl Can Week inspires women to get active whenever, wherever and however they choose – without worrying about being judged. Women of all ages and skill levels can try lots of different sports and activities across the Shire for free.

All events are free, however many require registration.

Friday 21 October

6:00pm - Come and try cricket - Plenty Valley Cricket Club

MADLINE KAMAMIS, Student Services Leader



Give life. Give blood in Eltham.

18 to 28 October



Eltham
Pop-up Blood Donor Centre
801 Main Road
Eltham Vic 3095
Open 8am until 8pm



Barista Basics

Saturday 22 October
10am-3pm

15+ yrs

Learn how to make different coffees and use a commercial coffee machine. Participants receive a Certificate of Achievement for their CV's.

www.livinglearningnillumbik.vic.gov.au/BaristaBasics



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