



Tuesday 13 December
Year 6 to 7 Orientation Day
(Year 8 and 9 students are not required to attend school on this day)

Wednesday 14 December
Year 7 into Year 8 Step-Up Day

Friday 16 December
End of Year Picnic at Eltham Lower Park

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PRINCIPAL'S REPORT

Student Achievement: Public Artwork – A Cover for the Rainbow Piano

Mia Griggs (Year10, Stewart House) presented her newly painted piano cover for the Rainbow Piano last Thursday. The Rainbow Piano Project, launched by Melissa Hughes at the start of 2022, is Eltham High School's iteration of 'Play Me, I'm Yours', an artwork and Public Art initiative by British artist Luke Jerram.

Reaching millions of people worldwide, 1000s of street pianos have been installed in cities across the globe, from Tokyo to New York and now at Eltham High School, to bring the community together.

As a "public Art" student Mia responded to the brief, to create a cover that protects the piano and reflects the power of music and/or the potential of connectivity the community piano can inspire.

Mia created a beautiful, highly original, and aesthetically enchanting artistic impression of her proposed cover design in a Public Art assignment at the beginning of the semester. Her design was chosen to be realised and Mia, in collaboration with her mother Jo Griggs, painted the cover according to her design. Mia's aim was to express happiness, and she has already succeeded in putting many smiles on faces.

Mia was awarded the inaugural 'Passion for Art' award for her generous gift to the Eltham High School community. Congratulations, Mia!

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Mia's Initial proposal



Mia with the final rendition of her artwork

DECEMBER

Tuesday 13

- 2023 Year 7 Orientation Day
(Year 8 and 9 students are not required to attend school on this day)

Wednesday 14

- Year 7 into Year 8 Step-Up Day

Friday 16

- End of Year Picnic at Eltham Lower Park

JANUARY

Monday 30

- 2023 Year 7, 11 and 12 Students Start

Tuesday 31

- Remaining Year Levels Start

FEBRUARY

Tuesday 07

- 2023 Year 12 Tertiary Day - Swinburne University

Thursday 09 - Friday 10

- Year 11 - 2 Day Event

Tuesday 14

- Parent Webex: Meet the Coordinators
3:30-4pm

Eltham Volleyball

Sixty-six very excited students, seven staff, seven coaches and a number of parents ventured north last Sunday to represent the school in the National Volleyball Competition on the Gold Coast.

This is the first time since the COVID lockdowns that we have been able to travel and take part in this event. We know that the competition will be fierce because every school participating is aiming to take as many medals home as they can, but we also value the fun part of the opportunity. Lots of learning also takes place including: the development of skills and resilience being away from home; patience, understanding and connectedness having to live with a group of people that you don't normally spend 24hrs a day with; work at and being part of a highly effective team; and, developing social skills to be able to engage with other people across the program.

We are certain that no matter what, our students will make us proud.

I congratulate all the students, their coaches, and team managers, and wish them all the very best with the competition.

We are all looking forward to hearing about the successes of the various teams on their return.

Working Bee

I thank all members of our community that joined us here last Sunday, 4 December for the last working Bee of the Year.

It was a very hot day but every student, parent, staff member worked very hard to try and get the grounds ready for the extended break.

A great deal was achieved including the weeding of the Ely Street Garden Bed below the South carpark. One would have thought that with all the rain we had that the ground would be soft and easy to work with. Wrong! It was hard and challenging, but the team persevered and showed great resilience, and we managed to overcome the challenge and get the work done.

A big thank you to the Eltham High School Grounds committee, Ben Dawes (maintenance staff) and Anna Panas (AP – School Liaison with the Grounds Committee) for their hard work in planning the year's events, and for their leadership on the working bee days. Unfortunately, a couple had to be cancelled due to inclement weather, but we are hoping for a better opportunity in 2023.

I am pleased to introduce Lauren McNally (teacher) who from 2023 will join the Grounds Committee and provide a direct connection between the committee and the School Environment Team. I welcome Lauren onboard.

Finally, I wish to thank everyone who participated in any working bee during the year, even if it was for a short time.



Reminders: Year 6 – 7 Orientation Day

This year, the state-wide orientation day for all Year 6 students moving into Year 7 in 2023 will be held on **Tuesday 13 December**.

This is a big day for the incoming students and for our Year 7 students who are often called upon to act as mentors and guides.

Staff are also required to take extraordinary classes outside of their allotments to ensure that the incoming students are well catered for.

In the past we have had all the Year 7, 8 and 9 students here at school.

This year as we are confronted with issues of staffing in particular providing CRTs when teachers are required to take the orientation classes. All Year 7 students are expected to attend on this day, but all Year 8 and Year 9 students are not required at school on this day.

Students in Years 8 and 9 who cannot be supervised at home on this day can attend school but will be involved in an alternative program and not their timetabled classes. I thank you in anticipation of your understanding.

Planning for 2023

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 know that a vacancy exists.

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.

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.

- 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

I thank you for your cooperation.

Covid Update: The following is the latest information re COVID-19

The Victorian Government has announced the end of the Pandemic Declaration and associated Pandemic Orders.

The following settings, based on advice from the Department of Health, will apply from 11:59pm Wednesday 12 October 2022.

It is strongly recommended that students:

- Who test positive to covid-19 stay home and isolate for 5 days
- Should not attend school after 5 days if still symptomatic
- Who are symptomatic but have not tested positive should not attend school
- Advise the school of the covid-19 positive test result

Where students become symptomatic at school they should:

- Be collected by their parents/carers
- Undergo testing for COVID-19

It is strongly recommended that staff:

- Who test positive to covid-19 stay home and isolate for 5 days
- Should not attend after 5 days if still symptomatic
- Who are symptomatic but have not tested positive should not attend school
- Report their positive test result to the school and through eduPay

Reporting positive COVID-19 test results

The Department of Health recommends that a person who tests positive for COVID-19 should inform those with whom they have recently been in contact, including their workplace, schools and household.

Parents and carers will therefore be asked to continue to report positive student COVID-19 cases using the [VicED COVID Tool](#).

COVID-19 vaccination changes

The current mandatory vaccination requirement for staff and visitors, contractors and volunteers working in specialist schools will cease to apply from 11.59pm Wednesday 12 October. COVID-19 vaccination, including booster doses, continues to be strongly recommended for all school staff.

Face masks

Staff and students who wish to wear a face mask should be supported to do so, and schools should continue to make face masks available for staff, students and visitors.

The Department of Health recommends that masks should be worn by a person who is a close contact of someone who has tested positive for COVID-19 when leaving home.

Additionally, the Department of Health recommends that masks should be worn by a person who has COVID-19, for at least 7 days after a positive test, when they need to leave home.

Distribution of Rapid Antigen Test Kits

The school has a current supply of Rapid Antigen Test kits which need to be distributed prior to the end of the school Year.

Any family wishing to collect one or more kits please do so through the General Office.

Students can also collect kits from the General Office with a note from a parent giving them permission to do so. Any kits not distributed before the end of the year will be disposed of.

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VINCENT SICARI, Principal

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 19 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 4 December

Working Bee Committee Meeting Dates

Thursday 24 November

ASSISTANT PRINCIPAL'S REPORT

Immunisation Catch Up Sessions For Students

Over the past 2 years Covid Lockdowns, School closures and sickness have reduced the capacity for adolescents to access the HPV and Meningococcal ACWY Vaccine. In relation to this the Department of Health has requested local councils to develop and implement 'Catch up sessions' for students that have not completed or have missed out on being able to have these vaccines.

Additional sessions are being conducted in December at the below venues to allow students this opportunity of having their initial dose or completing the scheduled requirement of 2 doses.

Bookings can be made through the below links for each venue:

Monday, 12 December 4:30 - 6:30pm

Eltham Community Centre

<https://www.eventbrite.com.au/e/445649528737>

Wednesday 14 December 4:30 - 6:30pm

Hurstbridge Hub 4:30-6:30pm

<https://www.eventbrite.com.au/e/445658796457>

Links with more information on the secondary school immunisation program are below:

[Secondary School Immunisations](#) – Better Health

[Vaccine information](#) - Health.vic.gov.au

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DARREN SQUIRES, Assistant Principal

JUNIOR SCHOOL

Junior School News

Please note the following arrangements for Year 7 students over the remaining weeks of 2022.

Year 7 students Normal classes will continue until the end of Thursday December 15. Additional information is provided below:

- Students will spend Wednesday December 14 in their new Year 8 classes. Information about the day will be emailed to students on Tuesday December 13.
- Last day of formal classes is Thursday December 15. Please ensure lockers are empty, and locks removed, by the end of the school day. We cannot take responsibility for any items left in lockers.
- The End of Year Picnic will be held on Friday December 16. The day will commence with an assembly in 101. Students will then walk to Eltham Lower Park for the picnic (Sausage Sizzle provided). After leaving the Park we will return to school for a performance by the ever-popular staff band.
- **The last day for students is Monday December 19.** The program for the day will include a movie and a range of working bee activities, and will conclude at 2:30pm.

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MELISSA HUGHES, Junior School Team Leader

MIDDLE SCHOOL

Please note the following arrangements for Year 8 and 9 students over the remaining weeks of 2022.

Year 8

Classes will continue until the end of Thursday December 15. Additional information is provided below:

- **Students are not required to attend on Tuesday December 13** (Orientation Day for new Year 7 students)
- Last day of formal classes is Thursday December 15. Please ensure lockers are empty, and locks removed, by the end of the school day. We cannot take responsibility for any items left in lockers.
- The End of Year Picnic will be held on Friday December 16. The day will commence with an assembly in Room 101. Students will then walk to Eltham Lower Park for the picnic (Sausage Sizzle provided). After leaving the park we will return to school for a performance by the ever-popular staff band.
- The last day for students is Monday December 19. The program for the day will include a movie and a range of Working Bee activities, and will conclude at 2:30pm.

Year 9

Classes will continue until the end of Thursday December 15. Additional information is provided below:

- Introduction to Senior School Assembly, Wednesday December 7
- **Students are not required to attend on Tuesday December 13** (Orientation Day for new Year 7 students)
- Last day of formal classes is Thursday December 15. Please ensure lockers are empty, and locks removed, by the end of the school day. We cannot take responsibility for any items left in lockers.
- The End of Year Picnic will be held on Friday December 16. The day will commence with an assembly in 101. Students will then walk to Eltham Lower Park for the picnic (Sausage Sizzle provided). After leaving the Park we will return to school for a performance by the ever-popular staff band.
- The last day for students is Monday December 19. The program for the day will include a movie and a range of Working Bee activities, and will conclude at 2:30pm.

ROSS MCKINNON, Middle School Team Leader

SENIOR SCHOOL

Year 12 (Class of 2022)

- Laptop Re-imaging - A reminder to the exiting Year 12's to get their laptops re-imaged to remove all of the school software. Students who miss this opportunity will see that their computers will stop functioning after 6 months.
- Year 12 Students are asked to ensure they have cleared out their locker and taken all items home.

2023 Senior School Update

Next year Senior School will operate by having Year Level Coordinators who will follow their group as they progress through the Senior School in 2024 and 2025. We have used the House system to divide the students between Coordinators and will now refer to Students in either Form Group R (Rutter), E (Everard), A (Andrew) and S (Stewart).

Year Level Coordinators - 2023:

Matthew Hapsberg (HAZ) - 10R + 10S
Olivia Monro (MOX) - 10A
Alice McKinnon (MNN) - 10E

Michael McDonald (MMC) - 11A + 11S
Danielle Cotter (COT) - 11R + 11E

Chris Serong (SEN) - 12A + 12R
Michael Doherty (DOH) - 12E + 12S

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

We will be hosting a meet the Coordinators session via Webex on Tuesday 14 February at 3:30 -4:00pm.

Information will be forwarded to families on how to connect with this online session.

2023, Term 1 – Key Dates

Years 7, 11 & 12 commence	Monday 30 January
Year 8, 9 & 10 commencement	Tuesday 31 January
Year 12 Tertiary Day at Swinburne University	Tuesday 7 February
Year 11 2023 2 x Day Event – Payment and Consent due please see Compass	Thursday 9 & Friday 10 February
Parent Webex: Meet the Coordinators 3:30-4pm	Tuesday 14 February
VCAA Special Exam Arrangements applications due	Thursday 6 April

AMANDA SALIBA, Senior School Team Leader

MUSIC

2023 Music Program Intention

In order to plan for 2023, all students are required to confirm that they are continuing in the Instrumental Music Program for 2023.

You will have received an email regarding the 2023 Intention process.

You are required to complete either a Google document form or a hard copy form and pay a non-refundable \$100.00 deposit to secure your place for 2023. The \$100.00 non-refundable deposit is to be paid via a Compass event and it will be applied to the 2023 music fees.

There will be an incremental increase in the music fees for 2023 to cover the increase in costs associated with running the program. You will be notified of the 2023 music fees before the end of 2022. The music budget and fees are currently being approved by the Finance Committee and that is why we cannot provide them to you at this time.

All 2022 Instrumental Music fees are now overdue and must be paid in full for your child to be able to enrol in the 2023 Music Program.

If you currently have a payment plan in place, please note it is required to be completed by the end of 2022. Payment plans do not roll over from one year to the next and need to be formalised with the Finance Department each year.

As the Eltham High School Music Program is a self-funded program, all fees are to be paid by the due dates. If a student withdraws from the Music Program at any time during the year, full yearly fees are payable. This is to ensure the school is able to meet the financial commitment it makes to employ Casual Instrumental Music Staff based on the confirmed enrolment of students in the Music Program as indicated by the returned Intention forms.

Please ensure you have paid the \$100.00 non-refundable deposit, completed the Google document or returned a hard copy form to the General Office or Music Office as soon as possible.

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



SPORT

Past Student Achievements - Josh Weddle

Congratulations to past student Josh Weddle (2017 – 2021) who was selected at pick 18 by the Hawthorn Football Club in the AFL National Draft. Josh was a significant contributor to the Eltham High sports program in his time at the school, representing EHS in multiple sports at the District, Regional and State levels.

Josh's pursuit of excellence led him to have a standout season with the Oakley Charges in the NAB League (an under-19 Australian Rules Football representative competition) and was rewarded with selection in the 2022 NAB League Team of the Year.

Josh also represented Vic Metro in the 2022 NAB AFL National Championships where his team took out the title.

We wish Josh all the best in his AFL career at the Hawks and look forward to seeing him run out for his first game.



BREE PASCOE, Sports Coordinator

DUKE OF ED

Brisbane Ranges Qualifying Journey, 3 – 4 November 2022

These excerpts are from the students' Common Assessment Task.

"What I found inspiring about the hike was how the group came together. During normal classes, we are simply a group of students who don't know each other well, who see each other once a week in class, and then not for long. But on the hike, we talked, shared food, and simply had fun. We came together as a community to lead each other, and to communicate with each other. We teased each other but also helped each other. It was like sharing in a quest, having this one thing we were doing together brought us together, turned us into a community rather than just a random group of students. This inspired me, and I'm so glad I got to be a part of it."

Kris van der Kamp (Year 9, Stewart House)

"This year's Duke of Ed class had fun adventures on our journey. Having to go on our assessment hike before our practice journey due to flooding in the area. This led to the group of 11 kids to help each other figure out what direction to go when the teachers went ahead. We got to an intersection and had to decide where to go. We found the trail sign and followed it. As we walked further we noticed the teachers behind us, confused, we kept walking to the campsite only to find out the teachers went the wrong way!"

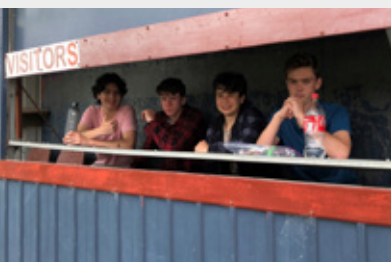
Tegan Gibbs (Year 9, Andrew House)

"Over the course of the hike, everyone got closer, especially when we had to cook. Everyone was laughing and enjoying each other's company. On the last day, everyone was tired, but we managed to encourage each other and get to the end ... thanks."

Chanelle Grose (Year 9, Stewart House)

"Once we got off the bus, the sounds all around us were different; no longer, man-made sounds, but a silence, only broken by birds chirping. The hike set off and we adjusted our packs. Lunch was on some logs near a flooded crossing, we went the other way, looping around and going along a winding dirt trail. Our campsite was larger than I expected, with lots of space to cook and pitch tents. We played games until it was dark and then went to sleep. We got up nice and early, had breakfast and got on our way. The hike back was quick but we had to keep stopping which slowed us down. Overall it was a good fun hike."

Cooper Hailes (Year 9, Andrew House)



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



"The walk was very hard and the weather was cold but we pushed through the wet and muddy ground. We eventually got to camp where we cooked dinner, some of our food turned out great but some turned out bad. It was a really good walk even though I fell over but I would do it again if I had a choice."

Koray Hamit (Year 9, Rutter House)

*Trees and greens
 Trees bushes all around sprouting and growing in every corner
 The river rushing down the stream crashing like waves on a beach crashing like thunder
 The grass brushing your ankles
 The grass as soft as a feather
 All in all it was as fun and adventurous as can be!*

Jaiden Poulter (Year 9, Stewart House)

PETER TOREY, Duke of Ed Teacher

VOLLEYBALL

Final Event

Australian Volleyball Schools Cup (Gold Coast) - Sunday 4 - Sunday 11 December

I hope everyone has a great time playing and celebrating what has been a great year of volleyball at Eltham High School. As always please direct your questions to Anthony Young. yoo@elthamhs.vic.edu.au.

ANTHONY YOUNG, Volleyball Coordinator

WORKING BEE

December 4 - Working Bee

The December Working Bee was held last Sunday. Around 30 dedicated volunteers, including many students, attended on a very warm day.

With all the rain we've had, and now the weather warming up, the plants and weeds just keep growing. So it was all hands on with shears and shovels to try and keep on top of the garden beds, plus some repair work to the irrigation system for the Canteen herb garden.

Morning tea and a BBQ lunch was enjoyed by all.

For the weather nuts amongst us, did you know there is a live weather station at the school?

<http://web2.elthamhs.vic.edu.au/weather/>

Sunday's top temperature was 34.7OC, and so far this year we've had 897mm of rain!

The Working Bee dates for 2023 have now been set, with the first being March 19. The committee meets on the Thursday 10 days prior to the working bee to plan activities, and as always we would welcome new members. We are kicking off the new year with the preparation of a whole of school strategy for garden bed rejuvenation and planting, so that each working bee there will be clear link to activities and the grounds strategy.

Committee Meeting Date	Working Bee Date
Thursday 9 March	Sunday 19 March
Wednesday 26 April* (27 April - Information night)	Sunday 7 May
Thursday 25 May	Sunday 4 June
Thursday 17 August	Sunday 27 August
Thursday 14 September	Sunday 15 October
Thursday 23 November (RESERVE DATE)	Sunday 3 December (RESERVE DATE)

From the Grounds Committee, thank you to all the volunteers who have helped keep the grounds looking good over the past year, we wish you all a happy and safe Christmas and look forward to seeing you, and new families to EHS, in the new year.

ANNA PANAS, On behalf of the EHS Grounds Committee

ADDITIONAL NEEDS

I Can Online Group Mentoring

Expressions of Interest (EOI's) are now open for our Summer Holiday Online Mentoring Program - Please click [here](#) to find out more.

Summer Holiday Program - Join us online over the summer holidays.

What: Summer Holiday I CAN Online Group Mentoring Program.

When: Monday 16 - Friday 20 January

Session One: 10:00am – 11:00am AEDT

Session Two: 5:00pm – 6:00pm AEDT

Session Three: 6:30pm – 7:30pm AEDT

Summer Holiday EOI

For further details about our online group mentoring including start dates, please see the Key Program Details summary on our website <https://icannetwork.online/online/>

If you have any further questions, please email us at online@icannetwork.com.au

All information submitted will be treated confidentially and with sensitivity. For more details on each group click [here](#).

SUE PICKETT, Additional Needs Coordinator

STUDENT SERVICES

The Australian Federal Police, through the www.accce.gov.au, is seeing a concerning global trend of teenage males being targeted to send explicit images of themselves and then blackmailed. This is called sexual extortion, or sextortion.

The AFP is urging families to have important safety conversations ahead of the school holidays to prevent young people from becoming victim. This crime can have serious wellbeing and psychological impacts.

How does sextortion start?

- Unsolicited friend and follow requests on social media
- Direct messages on one app and then being asked to keep chatting on a secondary app
- Conversations suddenly and quickly becoming sexualised
- Requests for sexualised images or content.

What can families do?

- Have open and regular conversations about your child's online activities and interactions
- Know what platforms, apps and games they are using and who they are interacting with
- Remain open and approachable, victims will be reluctant to come forward if they feel they will be punished or blamed
- Ensure your child knows that it is okay to leave conversations if they feel uncomfortable or unsafe
- Support your child and know how to respond. The Online blackmail and sexual extortion response kit has been created to recognise sextortion and get help.

The Australian Centre to Counter Child Exploitation is here to keep young people safe from online sexual exploitation and abuse.

You can make a report via accce.gov.au/report

For further information, resources and advice visit thinkuknow.org.au

Student Wellbeing Hub

Student Services wanted to bring your attention to a resource called the 'Student Wellbeing Hub': studentwellbeinghub.edu.au/parents. This resource has a variety of wellbeing topics that can provide you with relevant information, advice and strategies for supporting your young person's wellbeing and safety.

As we move closer to the end of Term 4 and the summer holidays, we wanted to highlight the importance of online safety.

What is online safety?

Online safety is the act of staying safe online with the use of any technological device which has access to the internet.

How can we work together?

As a parent and carer, you have an essential role in guiding your child to protect themselves from online harms and risks. It is imperative that they learn how to have positive online experiences that ensure they can communicate safely with their peers, and that this experience does not impact their mental health and wellbeing. We understand that it can be challenging to keep up with new technologies and applications that allow young people to communicate online. By working together, we can support your child to use technology effectively to connect to others, to have fun safely and to enhance their learning.

Where to start?

If you wanted information and strategies about cyber safety, please refer to: www.esafety.gov.au/parents. This resource will provide you with webinars to develop strategies to support and encourage online safety. Moreover, the strategies are centred on ensuring your young person can have a positive experience online, and understanding the dangers and challenges that can occur. This can be achieved through watching short videos or using one of the family advice sheets to build your capacity to speak to your children about how to be safe online.

Educational and Technology Scholarships are Open!

Educational and Technology Scholarships are designed to support children who are living with financial hardship, and to provide assistance to cover the basic educational needs.

Scholarships in these categories are available up to \$1,000 for secondary school students, and up to \$500 for primary school students. Applicants will receive notification of their application outcome late January/early February 2023.

The current scholarship round will close 18 December. If you have any questions, please feel free to reach out on (03) 8698 3900 or kidssupport@varietyvic.org.au

Technology Scholarships may include, but is not limited to:

- iPad or Laptop
- Protective case & accessories
- Accessible hardware, software and controllers

Educational Scholarships may include, but is not limited to:




- School uniforms
- Text books & stationary
- Camps
- Excursions

MADELINE KAMAMIS, Student Services Leader



Community Announcements

Canteen Spring Menu Prices 2022

Hot Food	Cool Stuff	Cool Stuff	Sandwiches and Wraps
Hash Browns (V) (GF) \$1.50	Watermelon Slice \$0.50	Yoghurt Cup \$3.00	Egg & Lettuce Sandwich \$5.50
Pin Wheel \$2.00	Fresh Fruit (Piece) \$1.00	Salad Bowl \$7.00	Falafel Wrap (V) \$6.00
Sweet Muffin \$3.00			Chilli Chicken Wrap \$6.00
Dim Sims (2) \$2.50	Weekly Lunch Specials		Tandoori Chicken Wraps \$6.00
Hot Jam Doughnut \$3.50			BLT (Bacon, Lettuce & Tomato) \$6.00
Ham & Cheese Toasty \$4.00	Monday	Hot Dogs with Cheese \$4.00	HL T (Haloumi, Lettuce & Tomato) \$6.00
Tomato & Cheese Toasty \$4.00		(Tomato Sauce included in Price)	Salad & Cheese Roll \$6.00
Egg Muffin & Relish \$4.00	Tuesday	Chicken or Vegetarian Rice Paper Rolls \$6.50	Ham & Cheese Salad Roll \$6.00
Bacon Egg Muffin & Relish \$4.50		2 Roll Pack	Roast Beef & Mustard Pickle Sandwich \$6.00
Sausage Roll \$3.80	Wednesday	Chicken Souvlaki with yoghurt \$6.00	
Spinach & Ricotta Roll \$3.80		Eggplant Souvlaki with yoghurt \$6.50	
Meat Pie (GF) \$5.00	Thursday	Sushi- 2 Roll Pack (Tuna, Veg, Chicken, Salmon, Crab) \$6.50	
Vegan Pasty \$5.00			
Nachos (GF) \$6.00	Friday	Beef, Chicken or Veggie Burgers \$6.00	
Super Nachos (GF) \$7.00			
Vegan Pasta (V) \$4.00			
Pasta Bake \$5.00			
			
	Sweet Things		
	Chocolate Doughnut \$3.50	Strawberry Doughnut \$3.50	Hedgehog Slice \$3.50
	Apple Cake \$4.00	Banana Bread Slice \$2.50	Caramel Slice \$3.50
	Coffee Scroll \$3.50	Smartie Cookie - Chocolate or Vanilla	\$3.50
		Hot Chocolate \$2.50	
		Hot Tea & Coffee \$2.50	
		Chai Tea \$2.50	
		Full Cream Milk & Soy available (V)	

Please be advice that the Canteen does offer some Gluten Free Substitution Products for Lunch Orders such as Gluten Free Bread, Gluten Free Wraps, Gluten Free Pasta and Gluten Free Pies (GF). We can also substitute some Vegan ingredients in lunch orders. Canteen is opened every day at 8:45am for student and staff to place lunch orders for Recess or Lunch

Community Announcements



Lions Club of Eltham



\$19 for our 1.5 Kg
Christmas cake



\$15 for our 1 Kg
Christmas cake



\$15 for our 900mg
Christmas Pudding.



\$2 for our 80 g
Snack size
Christmas cake

Available to purchase at the General Office.

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