



Wednesday 14 December

Year 7 into Year 8 Step-Up Day

Friday 16 December

End of Year Picnic at Eltham Lower Park

Monday 30 January

2023 Year 7, 11 and 12 Students Start
(Year 10 students undertaking an enhancement subject are expected to attend only during the period of the class)

Tuesday 31 January

Remaining Year Levels Start

Friday 16 December
Year 7, 8 and 9 End of Year Picnic at Eltham Lower Park

Monday 30 January
2023 Year 7, 11 and 12 Students start
(Year 10 students undertaking an enhancement subject are expected to attend only during the period of the class)

Tuesday 31 January
Whole School Attendance

PRINCIPAL'S REPORT

Student Achievement: VCE Results

Congratulations to the Class of 2022 for their outstanding VCE results. Student were able to access their results and ATAR Ranks early on Monday 12 December. I am sure that most would have been pleased with their performance.

The majority of our students undertook a scored VCE and I am very pleased to communicate that over 17% of them achieved an ATAR Rank of above 90. I congratulate our two Dux, **Fieke Van der Kamp (Stewart House)** and **Jules Broeren (Everard House)**, each receiving an ATAR Rank of 99.5. Fieke and Jules alongside **Jude Revill (Everard House)** were our Valedictorians for 2022. Jude's results are also exceptional, having receive an ATAR Rank of 99.4.

Whilst ATAR Ranks are used as a basis for entry into several university courses, it is the students' hard work, effort and commitment that I would like to applaud. Regardless of the end result, every student (both scored or unscored VCE as well as those undertaking VCAL) who worked hard, with persistent effort and commitment needs to be very proud of their achievement and continue to display these qualities and skills as they embark on their next journey towards a career.

We are very proud of your effort and what you have been able to achieve throughout not only 2022 but through the last three years, which were all disrupted to some level due to the pandemic.

I commend the work of the teachers, a very dedicated and hardworking group of professionals who consistently put their students first and did everything in their power to support their students' learning, understanding and preparation for the exams and conclusion to the year. I feel honoured to be the principal of such a dynamic and collaborative learning environment leading such a group of dedicated professionals.

Very pleasing results all round! Well done everyone!

Student Teaching and Learning Team – Vaping Workshop

I congratulate each member of the Student Teaching and Learning Team (TLT) for their outstanding presentation of the Vaping Workshop.

The TLT has worked very hard in preparing for the workshop, undertaking a great deal of research, organising guest speakers and gathering data from the student body.

The presentation focused on the needs of our students based on the data collected. The TLT was responsive to what our students wanted to know about Vaping and in doing so certainly provided a great deal of food for thought.

This was a mammoth task for the TLT to take on but the group did so with determination persistence and real effort to present something that was meaningful, informative and non-judgemental.

The Workshop focused on the Vaping issue that is affecting our society. In particular, the students presented in a variety of different ways information on the health issues associated

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SCHOOL CALENDAR 2022 / 2023

DECEMBER

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

with prolonged vaping from an early age, the issues with addiction, false advertising, and the legalities of vaping for school aged children.

The TLT used video clips, survey data, guest experts, games, and a Q&A session to invite thoughtful engagement with the workshop by the three groups of Year 7, 8 and 9 students.

If nothing else, I am certain that every participant will have something to reflect on the next time someone either offers them a vape or invites them to vape.

I thank all the student who are part of the TLT for their insightful work and presentation.

A big thank you to Chizuko Inoue-Andersson for their guidance and support of the TLT throughout their engagement with this initiative.

I also wish to thank our special presenters, Kirsty Jungwirth (Latrobe University / Previously Headspace); Jamie Griffin and Libby West (Victoria Police). Their input and insight were invaluable.

Year 7 - 2023 Orientation Day

It was great to see 240 Students arrive this morning for their Year 7 Orientation activities. The students looked excited and a little nervous, as is normal. However, they were all happy to be here and to be starting their secondary school experience. They are great kids!

On Wednesday 7 of December, we welcomed all the parents/carers of the incoming Year 7s at the parent/carer Information Evening. It was a great opportunity to catch up with current families but also to welcome new families into the school.

Orientation day provides the opportunity for the students to explore the school, meet new people, make new friends, engage with their teachers and coordinators, and begin their journey as members of our learning community.

I wish to acknowledge the great work of the Junior Sub-school team under the leadership of Melissa Hughes. I know that the incoming Year 7s will be well looked after under the care of these people, their teachers and the school community overall.

Thank you to all the parents/carers for entrusting the education of your children to Eltham High School and for coming on board with us in order to build a strong and valued partnership between the school and the home.

Farewells 2022

I wish to acknowledge the work of the following staff members who will be leaving Eltham High School this year:

- Chizuko-Inoue Andersson
- Dominic Molinari
- Lisa Castles
- Caroline Hawkins
- Mark Jackman
- Maggie Wang
- Peter Evangelakos
- Melissa Baldwin
- Tristyn Holland
- Emma Lynch
- Alysha Kent
- David Perry
- Anthea Petdro
- James Watt
- Otilie Buszard
- Joanne Kammerhofer
- Lorna Gornalle

I thank all of them for their contribution to the education of our young people and wish them all the very best in the future.

The following Staff are going on an extended period of leave and I wish them well during their time away.

- Tish Delaney – 12 months leave
- Gavin Abrahams – 12 months leave
- Roxanne Watts – 12 months leave
- Hannah Allen – Family leave

A number of new staff will also be joining us at the start of the new school year. I will introduce the new staff to you early in 2023.

End of the School Year

As the year comes to a close, I want to acknowledge that 2022 has brought with it its own set of challenges for our learning community. However, as the previous two years, these challenges have allowed us to continue to demonstrate a high level of resilience, determination and true grit.

I congratulate all the students, the staff and families for your concerted effort and support. We are all looking forward to a hopeful, fresh start in 2023 where we can continue to engage our students in their learning and support their growth.

I am so proud of the partnership that we have built with the home and look forward to continue to build this stronger if the coming year.

The last day for Years 9, 8 and 7, this year is Monday 19 December. As is the case on the last day of Term, students will be dismissed at 2:30pm. I ask parents/guardians to organise safe travel home for the students.

Season's Greetings

Since this is the last edition of the Community Newsletter for 2022, I wish all members of our community a very Merry Christmas and a happy and safe New Year.

I wish to thank all the students for their ongoing commitment to our school and their learning. I thank the parents for your ongoing support, and I thank the staff for their ongoing professionalism and for the care that they provide for all our students both within the academic and extra-curricular areas of the school.

I thank the Eltham High School Council for the work it does in supporting the various programs and initiatives that run for the benefit of our students and their learning. I also thank the members of the School Council for their ongoing support of me in my role of Principal of this amazing school and community.

The 2023 School Year will begin in late January.

Teachers will return on **Friday 27 January**. This day will be a student free day.

Year 7 Students and VCE Students will return on Monday 30 January

(Year 10 students who are undertaking an enhancement subject are expected to attend on the 30 January if they have a class on this day and only during the period of the class).

The **Whole School** will be in attendance on Tuesday 31 January.

I look forward to our work together in 2023

Reminders: 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.

.....
VINCENT SICARI, Principal

PARENTS AND CARERS

Canteen Reminder

Please note that Thursday 15 Decemeber will be the last trading day for the Canteen for 2022.

Payment of Accounts

Please note that most school payments can now be made on Compass through the Payment Centre on your Compass Parent Portal.

The last day of the 2022 school year to make any family payments by cash or credit card will be Friday 16 December, 2022. There will be no cash or credit card payments accepted at the General Office on Monday 19 or Tuesday 20 December 2022.

Over the Term 4 school holiday closure families can continue to make payments via the Payment Centre on Compass. Cash and credit card payments will resume again for 2023 when school reopens on 27 January, 2023.

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

2023 School Council Approved Contributions

Our preferred payment method is via Compass Payments. You can choose to pay contributions in full or via three instalments in February, March and April. You will always be able to access the Compass Payments Centre, so you have the option of making a part payment now and a further payment later in the school year. Year 9 – 12 Elective Curriculum Contributions are available to pay via Compass Events.

Due to changes in the Parent Payment Policy and functionality within the new Billing module of Compass, we regret that we are unable to allocate credits on family accounts towards the 2023 School Contributions. If you do have credit available on your family account you can use this towards any outstanding charges for the 2022 or prior calendar years by completing the Family Statement Credit Allocation Request Form and return to the General Office for processing.

If you do not have outstanding charges on your family account we encourage you to contact accounts via email on accounts@elthamhs.vic.au or phone 9430 5118 to obtain a Family Refund Request Form to allow us to process a refund to your nominated bank account.

If you have any queries regarding School Council Approved Contributions for 2023, please don't hesitate to contact the General Office on 9430 5111.

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CATHERINE ZERNA, Finance Manager

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.

.....
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:

- 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:

- 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

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



**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

Wishing all of our wonderful Music students and their families a very happy festive season and fantastic summer break.

See you in 2023!

RICK KEENAN, Director of Music

VOLLEYBALL

Australian Volleyball Schools Cup – Gold Coast 2022

Eltham High School has returned from the National volleyball event on the Gold Coast. A total of 66 players accompanied by 14 staff descended on the Gold Coast to compete with schools across the nation.

Throughout the week students and staff worked together demonstrating great teamwork and positivity. All in all, a great week was had by everyone with enormous gains in skills and lifelong friendships made.

Results

Open Boys Div 1 – 12th

Year 10 Girls Honours – 8th

Year 10 Boys Div 1 – Silver Medal

Year 9 Girls Honours – 8th

Year 9 Boys Div 1 – 14th

Year 8 Girls Honours – 5th

Year 8 Boys Div 1 – 11th



A big thank you to everyone involved. Travelling and competing interstate is an enormous undertaking. Thank you to the school, staff, coaches, parents and players for making the trip special and memorable.

Have a wonderful Christmas and enjoy the summer break.

See you on the court in 2023.

ANTHONY YOUNG, Volleyball Coordinator



Alanah with her Award



GREAT VICTORIAN BIKE RIDE

Last Thursday 1 December, 17 of our students across years 7 to 11 set off for the Great Victorian Bike Ride along the Great Ocean Road.

Accompanied by teachers Kirsty Leahy, David Perry and three amazing parents, the group completed a three day ride that culminated in just over 220 kilometers of riding.

Well done to all the following students who participated in the ride and a big thank you to the parents who supported the event.

- Ethan Armstrong Bourne (Year 9, Everard House)
- Oscar Banks (Year 9, Everard House)
- James Bee (Year 8, Stewart House)
- Maya Bennette (Year Stewart House)
- Archie Bonga (Year 9, Andrew House)
- Joshua Broadbent (Year 7, Andrew House)
- Oscar Cooper (Year 11, Everard House)
- Max Delaney (Year 7, Everard House)
- Matthew Ernest (Year 9, Andrew House)
- Leonard Henderson (Year 9, Rutter House)
- Angus Heppleston (Year 7, Everard House)
- Oliver Leahy (Year 7, Andrew House)
- Liam Mckenzie (Year 9, Rutter House)
- Tommy Nieuwoudt (Year 8, Andrew House)
- Ethem Seker (Year 9, Rutter House)
- Henry Shield (Year 8, Rutter House)
- Finn Timmons (Year 9, Everard House)



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NAOMI MCQUEEN, Wellbeing Learning Specialist

DUKE OF EDINBURGH

Bronze Award Recipient

Congratulations to Alanah Sutton (Year 12, Stewart House), who began her Bronze Award in Year 9. Alanah persisted and has now completed her award.

Alanah said: "For my duke of Ed Award I completed the required hours in voluntary service where I made reusable face masks for the local community during covid. I also achieved my skills requirement where I participated in an Eltham High School band and worked on my ability to play with others. Additionally, I completed the required hours for physical recreation in my cheerleading team."

Alanah completed the requirements for her Adventurous Journey component through the hikes in the Duke of Edinburgh's elective class in Year 9. Alanah hopes to use her leadership skills gained through the Duke of Ed Award in her forensic science study and ultimately in gaining a place in the police force.

Well done Alanah.

.....

PETER TOREY, Duke of Ed Teacher

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



VET HOSPITALITY

World skills Australia and VETis Cookery Competition

Congratulations to **Ruby Dawes (Year 11, Andrew House)** (Silver) and **Lilly G Harrison (Year 11, Everard House)** (Bronze) who received their medals at the medal presentation at Chisholm Frankston on Tuesday. This was for the competition in October for World skills Australia and VETis Cookery competition at St Monica's Epping. They have both been invited to apply for the opportunity to cook in the National competition to take place in August 2023 at the Melbourne Convention centre.

Good luck!



YASEMIN ZIADA, VET Hospitality Teacher

BANYULE NILLUMBIK TECH SCHOOL EXCURSION

On Wednesday 7 December, 24 Year 7 and 8 students went to the Banyule Nillumbik Tech School for a day. This day was in recognition of the outstanding results that the students achieved in their Technology Subjects across 2022.

On offer for the day were three different creative and fun activities. The first activity was using a robotic arm, where we had to create code to operate the robotic arm to pick up and move objects. The second activity was learning how to use adobe illustrator software to create some art work and the last activity was learning how to fly light weight drones.

At the end of the day all the students learnt a lot of different skills and had a lot of fun learning things they haven't learnt before.

Madelaine Collier (Year 8, Everard House)



NAOMI MCQUEEN, Wellbeing Learning Specialist

WORKING BEE

2023 Working Bees

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 our 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



Vaping Workshop

Last week, the Junior and Middle School students participated in a Vaping Workshop held at Eltham High. The objective of this workshop was to raise awareness of the impact that vaping has with adolescents and within the community.

The workshop provided students with information regarding:

- The position and statements that Australian health organisations have on vaping,
- The misunderstanding that vapes are less impactful than cigarettes,
- The illegal status of vaping for adolescents,
- Identifying addictive behaviour, and
- A discussion around the hazardous and unknown physical and mental health impacts of vaping.

Further, students participated in a Q&A session with our guest speakers, Kristy Reddrop from Latrobe University and headspace, and Jamie Griffin from the Victorian Police. They were able to ask relevant questions about this topic to increase their understanding of how unsafe vapes are.

The guest speakers provided resources for parents and carers supporting young people with a harm minimisation approach to alcohol and drug use (vaping included):

Banyule Community Centre, Greensborough

[Alcohol and Drug Support Services | Uniting Vic.Tas \(unitingvictas.org.au\)](#)

[Quitline | Australian Government Department of Health and Aged Care](#)

Important Information for our Young People

The Australian Federal Police, through the www.acce.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 acce.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](tel:0386983900) 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

MADLINE KAMAMIS, Student Services Leader

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
Dimms 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	
			Chai Tea \$2.50
			Full Cream Milk & Soy available (V)
			Hot Chocolate \$2.50
			Hot Tea & Coffee \$2.50

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



SCHOOL HOLIDAYS WELLBEING AND SELF-CARE TIPS



SCHOOL HOLIDAYS CAN BE FUN AND RESTFUL



Time to sleep in, do fun activities with family. Have a break from study and the rigorous demands of attending school.

It may also be a lonely time, and for some students, you may miss some of the usual supports, such as your friends and teachers.



THINGS YOU CAN DO TO LOOK AFTER YOUR OWN MENTAL HEALTH DURING THE HOLIDAYS



- Try out some new healthy food recipes – it will also improve your mood
- Get a lot of sleep, but keep a balance of sleep at night and activities during the day.
- Explore new skills and hobbies, including self-care, relaxation techniques and online coping strategies
- Catch up with friends and loved ones
- Make time to do the fun things you enjoy
- Practice positive self-kindness and self-talk – and remember you are not alone



LIMIT SCREENS AND SOCIAL MEDIA

Holidays are a great time to binge your favourite Netflix series, but be aware of the impact on your mood. If you are spending too much time on social media, set limits for yourself, and keep a balance of indoor and outdoor activities.



EXERCISE MORE

When we exercise, our body gives out a hormone called endorphins, giving us the feeling of joy.

- Set a holiday activity or gym program - do it with a friend.
- Make it fun.

SIGNS THAT YOU OR A FRIEND MAY NEED SUPPORT

- Loss of interest or involvement in activities
- Feeling 'low', unusually stressed or worried
- Ordinary things get harder
- Being easily irritated or angry
- Taking more dangerous risks, like using alcohol or drugs
- Withdrawal or feeling overwhelmed
- Having a lot of negative thoughts
- Changing in sleeping and eating
- Sending negative or sad messages on social media



SUPPORTING YOUR FRIENDS



Young people are most likely to turn to each other for support before seeking out an adult or service provider.



YOU AND YOUR FRIENDS CAN LOOK AFTER EACH OTHER BY

- Contacting 000 if a friend needs urgent assistance or is at risk of harming themselves or others
- Reaching out to a friend, offering support and letting them know you care
- Letting your friend know you may need to tell a trusted adult about your concerns.



Lions Club of Eltham



\$19 for our 1.5 Kg
Christmas cake



\$15 for our 1 Kg
Christmas cake



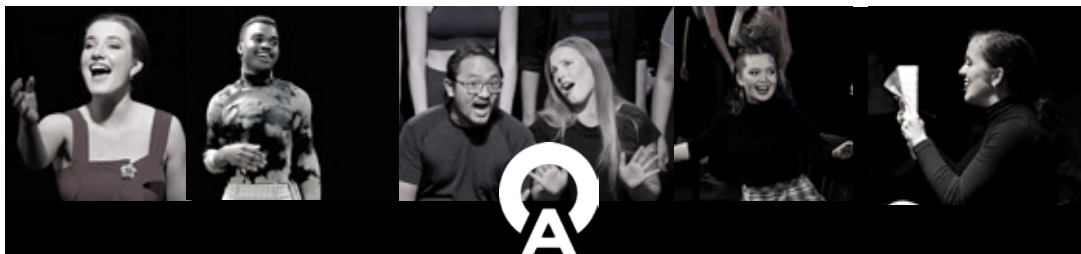
\$15 for our 900mg
Christmas Pudding.



\$2 for our 80 g
Snack size
Christmas cake

Available to purchase at the General Office.

Community Announcements



ASSOCIATED STUDIOS AUSTRALIA

APPLY NOW
2023 MUSICAL THEATRE COURSES

1 YEAR **BRITISH DIPLOMA** IN MUSICAL THEATRE

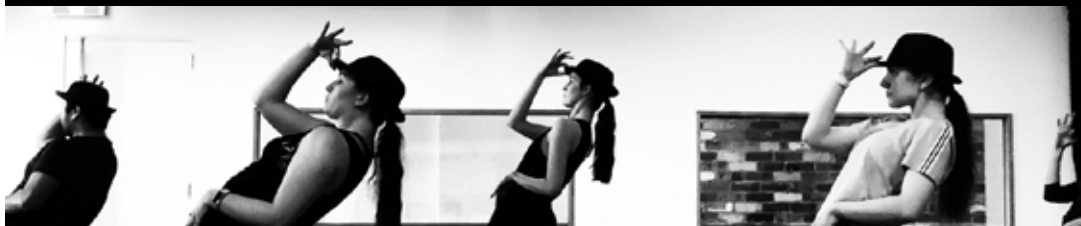
1 YEAR **FOUNDATION** MUSICAL THEATRE COURSE

2 YEAR **TRIPLE THREAT** MUSICAL THEATRE COURSE

1 YEAR **PART TIME ADVANCED** MUSICAL THEATRE COURSE

5 MONTH **CORE SKILLS AND ADVANCED** MUSICAL THEATRE COURSES

TO APPLY VISIT associatedstudios.com.au



Join us for traditional
community carols by
candlelight

Christmas Eve 2022

CAROLS IN THE PARK

All welcome!
8.30-9.30pm
Orchestra of local musicians
Bring a chair or a picnic blanket
Wadeson Reserve (Everleigh Drive)
Diamond Creek

If you are interested in playing in the orchestra
please contact Janet Mason on 0415 303 453
REHEARSAL 6-7pm SHARP

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