

Thursday 27 April 2023 Year 7 Open Morning / Information Evening

#### Monday 01 May

Eltham High School Jazz Night: 7:00pm in The Nalleijerring Performance Centre

#### Monday 08 May

Elevate Study Sensai - Year 12 Tutorial Eltham High School 2023 Jazz Night

Thursday 11 May
Student Free Day

Friday 19 May
VCE Careers Expo

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Eltham High School T (03) 9430 5111 | ABSENCES: (03) 9430 5299 eltham.hs@edumail.vic.gov.au www.elthamhs.vic.edu.au Thursday 06 April - Last day of Term 1 (2:30pm finish)

Thursday 27 April 2023 Year 7 Open Morning / Information Evening

Monday 01 May Eltham High School Jazz Night - 7:00pm in The Nalleijerring Performance Centre

#### PRINCIPAL'S REPORT

#### Student Achievement: Victorian High Ability Program

I congratulate Lucy Stockdale (Year 8, Andrew House) on her approach engaging with the Victorian High Ability Program (VHAP).

The following is an excerpt from an e-mail that we received from Vani Manokaran (Assistant Principal of the VHAP) provided to her by Kate Hawkes (VHAP teacher):

"I wanted to let you know what a wonderful ambassador Lucy Stockdale is for Eltham HS

She was highly engaged throughout the course. Although shy, Lucy continually shared her thoughts and observations within the "Chat". She also showed deep engagement with the additional course material in the learning management system through her weekly blogs.

It was wonderful to have Lucy switch on her camera for the last session when other students' writing was being shared. She clearly stepped outside of her comfort zone. I encourage Lucy to share her dystopian writing with her English teacher."

The VHAP extends opportunities to students to step out of their comfort zone and to prove to themselves that they can harness all their abilities to achieve exceptional outcomes. Lucy is such a student, and she represents the many students at Eltham High School that are currently engaging in the program.

Well done!

#### Rock Concert

On Monday 27 March, students participating in Year 10 Music, VCE Music Performance and the lunchtime rock band program performed in a lunchtime concert. This was an informal gathering in an outside courtyard and provided great entertainment for students and staff.

The concert was organised in partnership with the Contemporary Music Student Leaders and supported by Gabriel Piras and other music teachers.

I congratulate all our students who performed on the day, and we all look forwards to similar events in the near future.





#### **SCHOOL CALENDAR 2023**

#### APRIL

#### Monday 03 - Tuesday 04

- · Concert Band Geelong Tour
- Symphonic Band Geelong Tour

#### Wednesday 05

- Year 7 Interschool Sports Volleyball Nilumbik SSV
- Year 7 Round Robin Boys Baseball
- Year 7 Round Robin Boys Tennis
- · Year 7 Round Robin Girls Tennis

#### Monday 24

- EHS Volleyball Program Year 7
- EHS Volleyball Program Year 8 12

#### Thursday 27

 2023 Year 7 Open Morning / Information Evening

#### Friday 28

SSV Swimming

#### MAY

#### Monday 01

- Eltham High School Jazz Night 7:00pm in The Nalleijerring Performance Centre
- GAT English Information Session

#### Tuesday 02

- Skylarking Kate Midenhall
- Year 8 Sport Hoop City
- Year 8 Sport Boxercise
- Year 8 Sport -Tennis Lessons

#### Wednesday 03

- Year 7 Sport The Edge Dance School
- · Year 7 Sport -Swimming

#### Wednesday 03 - Thursday 04

Year 11 OES Overnight Camp - Point Leo

#### Thursday 04

- District Athletics
- GAT Maths/Science Information Session
- Year 10 PE Excursion Eltham Leisure Centre

#### Monday 08

- Elevate Study Sensai Year 12 Tutorial
- · Eltham High School 2023 Jazz Night

#### Tuesday 09

 Year 10 & 12 Volleyball Victoria One Day Event

#### Wednesday 10

- Young Women in Trades and Tech Expo
- · Year 7 Volleyball Victoria One Day Event

#### **Student Progress Interviews**

The second round of the Student Progress Interviews (SPI) that took place on Wednesday 28 March was very well received and feedback has been extremely positive. Parents/carers expressed an appreciation of being able to meet teachers face-to-face.

As such we will endeavour to provide a similar opportunity to parents/carers in the semester 2 student progress interviews and into the future.

I take this opportunity to thank you all for your attendance, for ensuring that your student(s) attended alongside you and for your feedback.

#### Student Illness

I ask parents/carers that you keep you child(ren) home from school if they are ill first thing in the morning or have sustained an injury prior to heading off to school.

It is not appropriate for students to arrive at school ill or injured. We do not have long term care facilities on site only a First Aid space for the purpose of First Aid.

If a child does come to school ill, as a first port of call, parents/carers will be called to come and collect the student. This becomes a waste of time for everyone involved and may cause further anguish for the student.

I also ask that if your child is displaying cold/flu symptoms that you support them to undertake a COVID Rapid Antigen Test before leaving for school. If positive, then they should remain home for 5 days and possibly longer if symptoms persist. If they test negative, they should remain at home until they get over their symptoms and then come to school.

Please check in with your child(ren) in the morning and if they are unwell, they must remain home. Following this decision please excuse their absence on COMPASS with the Illness tag.

May thanks for your support with this.

#### End of Term 1

As the end of Term 1 is upon us, I wish all the students and staff a restful and relaxing break. I know that our senior students will need to do some schoolwork/revision during the break but it is also important to have a break.

As is customary at the end of a term, we will be finishing school at 2:30pm on Thursday 6 April. I ask parents/carers to organize safe travel home for your students.

I take this opportunity to wish all of you and our community a very happy Easter and I look forward to seeing all our students and staff back on site on Monday 24 April. Our ANZAC DAY commemorative ceremony will take place on this day.

#### **VINCENT SICARI, Principal**

#### **PARENTS AND CARERS**

#### Head Lice

The school has been notified that a number of students in Year 10 have been treated for head lice. Please take a moment to check your child's hair and commence appropriate treatment where necessary.

According to the Public Health and Wellbeing Regulations 2009, children with head lice can be readmitted to school after treatment has commenced.

The Department recommends a child with head lice can be treated one evening and return to school the next day, even if there are still some eggs present. There is no need to miss school because of head lice.

Further information regarding treatment of head lice can be found at:

https://www.health.vic.gov.au/infectious-diseases/head-lice

#### FIRST AID, Eltham High School

#### Thursday 11

- Student Free Day
- Year 9 & 11 Volleyball Victoria One Day Event

#### Friday 12

· Year 8 Volleyball Victoria One Day Event

#### Tuesday 16

Year 8 Science Guest Speakers

#### Thursday 18

 Year 11 English - Exam Preparation Seminar

#### Friday 19

VCE Careers Expo

#### Monday 22

Year 11 Tutorial - Uncle Trevor

#### Monday 29

• Unit 3 Outdoor Education - Revision Session

#### JUNE

#### Thursday 01

• Unit 3 Art - Revision Session

#### Thursday 01 - Friday 02

 Year 12 OES Overnight Camp - Barmah National Park

#### Friday 02

· Year 9 Recreational Activities - Latrobe Golf Park

#### Monday 05

- · Unit 3 & 4 Physical Education Revision Lecture
- Unit 3 & 4 Mathmatical Methods -**Revision Lecture**
- · Unit 3 & 4 General Maths Revision Lecture
- · Unit 3 & 4 General Maths Revision Lecture
- Unit 3 & 4 Business Management -**Revision Lecture**
- · Unit 3 & 4 History Revolutions Revision Lecture
- Unit 3 & 4 Legal Studies Revision Lecture
- Unit 3 & 4 Health & Human Development RESULTS: - Revision Lecture
- Unit 3 & 4 Psychology Revision Lecture
- Unit 3 & 4 Biology Revision Lecture

#### Thursday 08

- Year 12 Literature Close Reading Workshop
- Year 12 English Language Essay Workshop

#### JUNIOR SCHOOL

#### **Food Parcels**

Junior School have a number of food parcels that are available for families in need, which have been donated to us via the School Breakfast Club Program.

If you would like to arrange collection of a box on Thursday 6 April, please make contact with the Junior School Office no later than 3:30pm on Wednesday 5 April.

The Junior School team would like to thank all families for their support over this first, busy term of high school and wish everyone a safe and restful break.

#### **MELISSA HUGHES, Junior School / Transition Leader**

#### MIDDLE SCHOOL

#### When Is a Locker Not a Locker?

All students at Eltham High are provided with a locker to store their equipment and belongings in during the school day, as well as overnight, on weekends and across the holiday periods (except the Christmas break).

It is important that these lockers are always locked as this is the only way to keep the contents safe. I would like to ask all parents to remind their children of the importance of locking their locker. There are many reasons why a school combination lock is the preferred way to keep a locker secure; these can be purchased from the General Office for \$15.00.

#### **ROSS MCKINNON, Middle School Leader**

#### SENIOR SCHOOL

#### Year 12 House Challenge - Monday 27 March

Congratulations to Everard for winning the Term 1 Year 12 House challenge!



		Tunnel Ball	Hula Hoop Circle	Cookie Face	Cup Stacking	Skittle Game	Total
1ST	Everard	20	10	20	15	20	85
2ND	Stewart	10	20	10	20	5	65
3RD	Rutter	15	5	15	10	15	60
4TH	Andrew	5	15	5	5	10	40

## PARENT INFORMATION

#### 2023

#### **Term Dates**

Term 1:

Starts 30 January (Year 7, 11 & 12)

31 January (whole school)

Finishes Thursday 06 April

Term 2:

Starts 24 April

Finishes 23 June

Term 3:

Starts 10 July

Finishes 15 September

Term 4:

Starts 2 October
Finishes 20 December
(Dependant on Year level)

#### **GROUNDS COMMITTEE**

COMMITTEE MEETINGS AND WORKING BEE DATES

#### 2023

#### **Working Bees**

Sunday 19 March

Sunday 7 May

Sunday 4 June

Sunday 27 August

Sunday 15 October
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

#### Year 10 CAT Redemption Session

In order to support our Year 10 students to achieve success in their Year 10 studies and preparedness for VCE, Senior School is implementing a Year 10 CAT (Common Assessment Task) Redemption Session after school on selected Thursdays throughout the term from 3:15pm – 4:25pm in Room 321/322.

Year 10 students will be booked into this session if:

- They have missed a CAT in class due to being absent for either medical or school approved activities such as excursion, camp, school sport, music or other extracurricular activities.
- The CAT that was submitted has not satisfactorily met the requirements of the task.
   In this case a redemption task will be given to provide another opportunity for the student to demonstrate their understanding of key knowledge and skills being assessed.

The CAT redemption session will appear on the students Compass schedule. We encourage students with part-time employment to allow for this when advising their employer of their availability.

Please contact the relevant Year 10 Coordinator if you have any further questions.

#### Special Examination Arrangements: VCE External Assessments

Special Examination Arrangements may be approved for students with disabilities, illnesses or other circumstances that affect their ability to access a VCE external assessment. Special Examination Arrangements applications are made to the VCAA by your Senior School Coordinator and must be endorsed by the principal.

Students are eligible for Special Examination Arrangements if it can be demonstrated (professional evidence required) that their capacity to access a VCE external assessment is impaired due to one or more of the following:

- Mental health conditions
- · Health impairment or physical disability
- · Specific learning disorders
- · Language disorder
- · Motor coordination disorders
- Deaf and hard of hearing
- Vision impairment

If you think that your student may be eligible to apply or if they had approved provisions last year that you would like to re-apply for please contact your Coordinator. Applications were due Friday 24 March, however please contact the year level Coordinator prior to Wednesday 5 April if you have missed the cut-off date and still require assistance.

For more information please visit: <a href="https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialExaminationArrangements.aspx">https://www.vcaa.vic.edu.au/administration/special-provision/Pages/SpecialExaminationArrangements.aspx</a>

#### Term 1 - Key Dates

VCAA Special Exam Arrangements applications due	Thursday 6 April
End of Term 1	Thursday 6 April - 2:30pm

#### **AMANDA SALIBA, Senior School Team Leader**

#### **CAREERS**

#### The Trades Fit - Young Women in Trades and Tech Expo

There is an excellent opportunity for any female and non-binary student's from Years 9 - 12 to attend **The Trades Fit - Young Women in Trades and Tech Expo is Wednesday 10 May**. The excursion will be a full day activity leaving at 9:00am and returning at 3:00pm

Experience hands-on activities and demonstrations. Learn about rewarding and well-paid career opportunities and hear from women in diverse occupations. Discover career pathways in a wide range of industries.

The maximum no.of students will be capped at 22 and and expression of interest must be by emailed only to Ross Pringle at pri@elthamhs.vic.edu.au and are to come from the student directly.

#### **Work Experience**

Once a student turns 15 they are free to engage in work experience in a preferred area. This arrangement should be a minimum of 3 days and typically no longer than 5 days. To get started on the process there are two forms ie. Work Arrangement and Travel/ Accommodation form. The majority of placements will only require the work arrangement form.

Hard copies of each are always available outside the Careers Office (next to the Drama room).

They are also available on-line at <a href="https://www.elthamhighcareers.com/">https://www.elthamhighcareers.com/</a>. Select the link "Workplace Learning" then "Required documents" at which point you can download a copy of each form.

A student can undertake multiple placements throughout the year but it is best to consult with your co-ordinator or careers teacher prior to confirming a placement .

Completed forms can either be returned to the Careers Office by placing in the box outside the door or emailed to Ross Pringle at pri@elthmanhs.vic.edu.au

#### **ROSS PRINGLE, Careers / Pathway Coordinator**

#### **MUSIC**

#### Eltham High School Jazz Night - 7:00pm Monday 1 May 2023

Our annual Eltham High School Jazz Night, featuring our very own Stage Band, Jazz Band, Big Band and a special guest performer will be held on **Monday 1 May, at 7:00pm in The Nalleijerring Performance Centre**.

Tickets: \$20.00 per Adult

\$10.00 per Student, Concession or Child

All seating is general admission, with no allocated seats.

Please purchase tickets beforehand via Trybooking: <a href="https://www.trybooking.com/CGZBX">https://www.trybooking.com/CGZBX</a>

We will not be selling tickets at the door, as we want to minimise the use of cash payments.

Ticket sales open 22 March at 9:00am and will close 1 May at 7:00pm.

There will be further details available on Compass by going to the Jazz Night event in your child's schedule.

We look forward to seeing you there and enjoying a great night of jazz music!

#### Training Band and Training Strings Music Fees

The 2023 Instrumental Music fees have now been being added to your family account. You will have received an email on 22 March 2023 which outlines the fees due and when they are to be paid. Please note the Instrumental Music Fees cannot be paid via Compass.

Lesson Fees are due for payment by 24 April 2023

Ensemble Fees are due for payment by 1 June 2023

Hire Instrument Fee, Percussion Equipment Fee or any outstanding fees are due for payment by 1 August 2023.

Payment of the Music Fees can be made by completing and returning the credit card form emailed to you on 22 March 2023, or by cash, BPay, credit card (over the phone by calling 9430 5118) or by cheque made payable to "Eltham High School". If you make a payment via BPay please ensure you email our accounts@elthamhs.vic.edu.au advising that the funds paid are for music fees. If you do not email they may allocate the funds to other areas. If you do not know your BPay reference or would like to organise a re-payment plan 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

Your prompt payment of the fees is appreciated.

#### 2023 Instrumental Music Program Fees

The 2023 Instrumental Music fees are currently being added to your family account and you will shorty receive a statement via email.

A copy of the 2023 Instrumental Music Program fees and credit card payment form have been emailed to you.

The first instalment, which covers your Instrumental Music Lesson fee, is due for payment now.

The Instrumental lesson fees are listed below for each ensemble:

VCE Instrumental Lesson Fee - \$1900.00

Symphonic Band - \$1700.00 Concert Band - \$1250.00 Wind Ensemble - \$1150.00 Chamber Strings - \$1250.00 String Orchestra - \$1150.00

Payment of the Music Fees can be made by completing and returning the credit card details on the Credit Card Payment Form or by cash, BPay, credit card (over the phone by calling 9430 5118) or by cheque made payable to "Eltham High School". The music fees will appear on your family statement, not in the Compass Parent Portal.

If you make a payment via BPay please ensure you email our accounts@elthamhs.vic.edu. au advising that the funds paid are for music fees. If you do not email, they may allocate the funds to other areas.

If you do not know your BPay reference number or would like to set up a repayment plan for the music fees, please contact the school's Revenue Administrator, Jacinta D'Avoine on 9430 5118 or by email at accounts@elthamhs.vic.edu.au

The second instalment is for the Main Ensemble levy which is due for payment by Monday 1 May, 2023.

The third instalment is for any other items i.e. instrument hire, percussion equipment hire, other ensembles like Stage Band, Jazz Band, Big Band, Choir etc. The third instalment is due by Friday 23 June 2023.

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

Please note if you have a student in the Training Band, Training Strings, Choir or Big Band, these fees have not yet been added to the family accounts. As soon as they are added we will advise you.

Your prompt payment of the music fees is appreciated.

#### Year 7 Instrumental Music Lessons

Year 7 Instrumental Music Lessons will commence the week starting 6 March 2023. Please check Compass for your scheduled instrumental music lesson time. Training Band and Training String Ensemble rehearsals will commence the week starting 27 March 2023.

We look forward to welcoming our new Year 7 families to our Music Program.

#### Music Rehersal Schedule

Monday	String Orchestra	7:30 - 8:40am arrive by 7:15am	306
	Stage Band	3:30-5:30pm	306
	Training Band	3:30-4:45pm	101 & 111
Tuesday	Training Strings	7:30-8:40am (arrive by 7:15am)	101
	Chamber Strings	3:30-5:30pm	700s
	Concert Band	3:30-5:30pm	306
Wednesday	Symphonic Band	3:30-5:30pm	306
Thursday	Big Band	Lunchtime	306
	Jazz Band	3:30-5:30pm	700s
	Wind Ensemble	3:30-4:45pm	306
Friday	Choir	Lunchtime	111
	Symphonic Band	3:30-4:45pm	306

#### **RICK KEENAN, Director of Music**













#### **SPORT**

#### Northern Metro Region Swimming Finals

On Wednesday 29 March, 28 of our students made their way to WaterMarc to compete at the Northern Metro Region Swimming Finals.

We competed in 30 individual finals and 9 relays, finishing 4th overall. It was great to see so many amazing individual performances with Conor Hayes finishing with 6 Gold, Benjamin Van Dijk finishing with 4 Gold and 1 Silver and Mitchell Bohan finishing with 1 Gold and 2 Silver. These athletes have secured their place in the SSV State Finals on April 28 at MSAC.

We also had our 18 year-old boys 4 x 50m medley relay (Conor Hayes, Jacob De Jonge, Jacob Geange-Phipps & Beau Duder ) and  $4 \times 50m$  freestyle relay team (Conor Hayes, Jacob De Jonge, Liam Muir & Beau Duder) and our 13 year-old Boys  $4 \times 50m$  Freestyle relay team (Benjamin Van Dijk, Fynn Bohan, James Beedoe and Felix Loo-Kercheval) make it through to the State Final.

Below are the results of all swimmers for the day:

Zara Andrew Houses (Year 8, Everard House)	4 x 50m Freestyle (3rd)	
James Beddoe (Year 7, Everard House)	4 x 50m Freestyle (1st)	
Ebony Bire (Year 10, Stewart House)	4 x 50m Freestyle (4th)	
Fynn Bohan (Year 7, Everard House)	4 x 50m Freestyle (1st) & 4 x 50 Medley (2nd)	
Mitchell Bohan (Year 10, Everard House)	100m Breaststroke (2nd), 50m Breaststroke (1st), 50m Freestyle (3rd) & 50m Backstroke	
Archic Bongo (Voca & Androw House)	(2nd)	
Archie Bonga (Year 8, Andrew House)	50m Backstroke (4th), 100m Freestyle (4th), 50m Breaststroke (3rd), 4 x 50m Freestyle (6th),	
Anu Conley (Year 7, Rutter House)	4 x 50m Freestyle (4th)	
Finn Conley (Year 9, Rutter House)	4 x 50m Medley (4th)	
Olivia Chapman (Year 7, Everard House)	50m Butterfly (5th), 4 x 50m Medley (2nd) & 4 x 50m Freestyle (4th)	
Jevon Dalton (Year 9, Everard House)	4 x 50m Freestyle (6th)	
Jacob De Jonge (Year 12, Andrew House)	100m Butterfly (2nd), 50m Freestyle (2nd), 50m Breaststroke (2nd), 50m Backstroke (3rd), 4 x 50m Medley (1st) & 4 x 50m Freestyle (1st)	
Olivia De Jonge (Year 8, Andrew House)	50m Freestyle (3rd) 50m Butterfly (4th), 4 x 50m Medley (2nd) & 4 x 50m Freestyle (3rd)	
Beau Duder (Year 12, Rutter House)	4 x 50m Medley (1st) & 4 x 50m Freestyle (1st)	
Mabel Duder (Year 10, Rutter House)	4 x 50m Freestyle (4th)	
Jacob Geange-Phipps (Year 12, Rutter House)	4 x 50m Medley (1st)	
Charlie Harris (Year 9, Stewart House)	4 x 50m Freestyle (6th)	
Samuel Hartley (Year 8, Everard House)	50m Butterfly (4th), 200m Freestyle (3rd), 100m Backstroke (3rd), 50m Backstroke (2nd) & 4 x 50m Medley (4th)	
Conor Hayes (Year 11, Everard House)	200m Freestyle (1st), 100m Freestyle (1st), 400m Freestyle (1st), 200m IM (1st), 4 x 50m Medley (1st) & 4 x 50m Freestyle (1st)	
Maliah Kinzett (Year 8, Stewart House)	4 x 50m Freestyle (3rd) & 4 x 50m Medley (2nd)	
Felix Loo-Kercheval (Year 7, Stewart House)	4 x 50m Freestyle (1st)	
Annabelle Lowe (Year 7, Everard House)	100m Freestyle (8th), 50m Backstroke (4th), 4 x 50m Medley (2nd) & 4 x 50m Freestyle (4th)	
Liam Muir (Year 12, Everard House)	4 x 50m Freestyle (1st)	
Isla Murphy (Year 10, Stewart House)	4 x 50m Freestyle (4th)	
Jessica Nicholls (Year 10, Everard House)	400m Freestyle (4th), 100m Backstroke (4th) & 4 x 50m Freestyle (4th)	
Saxon Schladetsch (Year 8 Rutter House)	4 x 50m Medley (2nd)	
Charlotte Smith (Year 8, Everard House)	4 x 50m Freestyle (3rd)	
Gwyn Van Der Kamp (Year 8, Stewart House)	4 x 50m Freestyle (4th)	

#### **Sport Excursions**

#### DANCE



Maximum Number of Participants: 30

Cost: \$35

Number of Sessions: 7

Location: The Edge Performers School

The Edge Performers School is a well regarded dance school, located in Eltham. This dance program is a fantastic opportunity to work on coordination, strength, flexibility, fitness and teamwork in a professional dance training environment.

#### SWIMMING



Maximum Number of Participants: 20

Cost: \$60

Number of Sessions: 7

Location: Eltham Leisure Centre

Swimming teachers from the Eltham Leisure Centre will facilitate this 7-week swimming program. Students will be coached on stroke technique, water safety and develop their physical fitness.

#### HoopCity



Maximum Number of Participants: 20

Cost: \$90

Number of Sessions: 5

Location: HoopCity Eltham

HoopCity is a specialist basketball coaching facility. Students will have the opportunity to develop their dribbling, jump shooting, agility and defensive skills with the assistance of professional basketball coaches.

#### Boxercise



Maximum Number of Participants: 20

Cost: \$18

Number of Sessions: 5

Location: Eltham Leisure Centre

Personal trainers from the Eltham Leisure Centre will facilitate these boxercise fitness sessions. Students will have the opportunity to develop their physical fitness through a range of active circuits.

#### Ben Van Dijk (Year 7, Andrew House)

50m Backstroke (1st), 50m Butterfly (1st), 50m Freestyle (1st), 4 x 50m Medley (2nd) & 4 x 50m Freestyle (1st)

Well done to each and every one of these swimmers who represented our school with excellence. Good luck to the 10 swimmers moving on to the State Finals.

#### **BREE PASCOE, Physical Education & Sports Coordinator**

#### Year 10 Outdoor Education

Last week the Year 10 Outdoor Education class spent 2 days visiting the Great Otway National Park.

On day one we explored a few waterfalls in the Lorne hinterland and on day two we spent a few hours kayaking at Point Roadknight.





#### **ROSS MCKINNON, Outdoor Education Teacher**

#### **Sport Excursions**

We are excited to offer elective excursions for Year 7 and 8 Sport classes, commencing in Term 2. Places are limited, so please be sure to consent and make payment as soon as possible, if wanting to take part.

Year 7 students can choose between swimming lessons at the Eltham Leisure Centre, or dance lessons facilitated by The Edge Performers School.

Year 8 students have the option of Boxercise at the Eltham Leisure Centre, or HoopCity Fltham

More details, including cost and the number of sessions, can be found on the images in the side coloum of this article.

The events are currently available on Compass, with consent and payment required by Wednesday 26 April. Places are limited and allocations will be based on a 'first in, best dressed' policy. Interested students should pay and consent as soon as possible.

Students who don't select an elective excursion option for Term 2 will remain at school to complete their normal Sport classes.

Please note, students in the Volleyball Program aren't able to opt-in to these excursions, as they are required at school during Sport lessons to complete the Volleyball Program.

Interest and uptake of our Term 2 elective excursions will help guide our development of this program and the offerings for Term 3 and beyond.

#### WILL STUBBINGS, Physical Wellbeing Learning Specialist

#### Australian Junior Beach Volleyball Championship.



#### **Enviro Club**







#### **VOLLEYBALL**

#### Year 7 Volleyball Tournament

The Year 7 Volleyball Tournament has concluded for Term 1. Congratulations to the Cruisers, who defeated the Kings in a close and absorbing match.

A new competition starts next term. All Year 7s are welcome to participate. The competition runs on a Thursday straight after school until 4:15pm.















#### Australian Junior Beach Volleyball Championship.

Eltham High School students and volleyball players Ben Goodman (Year 8, Andrew House) and Mayra Pacioni (Year 8, Andrew House) have been competing in Coolangatta against the best junior beach volleyballers from around the country. Representing Victoria, both players have been playing on the sand in the national tournament.

Mayra and Ben are great representatives for Victoria and Eltham High. They both demonstrate exceptional qualities such as persistence, positivity, and excellence in pursuit of the sport.

A special note on Mayra, whose team successfully took out the gold medal without dropping a set throughout the tournament.

Congratulations, Ben and Mayra.

#### **ANTHONY YOUNG, Volleyball Coordinator**

#### **ENVIRO CLUB**

#### Enviro Clubs Kitchen Garden

In the last week of Term 1, the Enviro Club was joined by Tim, Polly and Carolyn from Edendale Farm. Together we established a kitchen garden for our Food Technology Department so that students will have access to fresh herbs and vegetables when they cook.

The two raised garden beds were planted with sage, thyme, rosemary, onions, chives, lettuce and rhubarb. Beside the beds we planted three broad bean plants, which we hear grow to be 6 feet tall! We are also working with the council to procure a compost tumbler to manage food waste from the student kitchen in a more sustainable way. The garden beds and compost system will be maintained by the Enviro Club with the help of the food tech teachers.

We look forward to seeing our garden turned into culinary delights by our talented food tech students!



#### **LAUREN MCNALLY, Enviro Club Leader**

#### STUDENT AGENCY AND GROWTH

#### Eltham Copper Line Newspaper

Are you an aspiring journalist? Do you want the opportunity to share your opinions on community matters? Or perhaps you'd like to experience having a piece of writing published?

The new local newspaper, Eltham Copper Line, is looking for contributions from students and staff at Eltham High School. The newspaper is published each month and available across a range of Eltham locations including Eltham Library and Eltham Village Shopping Centre

To find out more about this exciting opportunity, please see the Copper Line News website <a href="https://copperlinenews.com.au/">https://copperlinenews.com.au/</a> or email Nadia Devlin at dev@elthamhs.vic.edu.au.

#### **NADIA DEVLIN, Student Agency and Growth Leader**

#### **ART**

#### Artist Opportunity: YouthFest '23 Poster!

 $\label{thm:eq:continuous} \mbox{Every September, Banyule Youth Services hosts a free festival for young people 12-25 years.}$ 

This year YouthFest '23 is on Sunday 10 September.

Each year a lucky young person's artwork is chosen for the main image that is front and centre on the YouthFest poster. This design is then incorporated into a poster by a graphic designer.

Your original design can be physical (hand drawn) or digital (but it should not say the word "YouthFest"), and the image must reflect youth culture and experiences.

**Prize:** Free to enter - Winner receives a \$250 Eftpos voucher, with all submissions receiving a gift pack for their contribution

To submit: complete your submission form here - https://forms.office.com/r/1TKjgiMmk8

Works must be submitted no later than Friday 31 March, 2023

Further details are available on the flyer at the end of this newsletter.

#### Year 7 Art Club - Thursday Lunchtimes in Room 613

Do you enjoy art and love being creative? Our Art club is an opportunity for Year 7 students to have a space to create and connect with other likeminded students.

You don't have to be good at art to join.

The club will be run by our Visual Arts Leaders along with support from Art teachers. The leaders have planned some fun activities and will be on hand to teach students some new skills

If you have any questions contact Lisa Foote foo@elthamhs.vic.edu.au or just turn up on Thursday lunchtimes to Room 613 and don't forget to bring your lunch.

#### Art Space for All Year Levels - Monday Lunchtimes in Room 613

This is for ALL Year levels who want to make art in a relaxed and supportive environment.

You are welcome to bring along your sketchbook and work on your own ideas, do work for your folio subjects or take advantage of access to materials and teacher support with building your techniques and ideas.

You don't have to be great at art - if you enjoy being creative or want to create more art this space is perfect for you.

#### VCE Folio Workshops - Tuesday Lunchtimes in Room 613

VCE students of Art Creative Practice and Art Making & Exhibiting can work on their folios.

Students can take advantage of access to materials, gain further support and advice around the development of their ideas and practice and address some of the expectations around time that should be spent on folios as homework.

VCE Art students are encouraged to take advantage of the additional time and support available to them at school.

#### Life Drawing Opportunity for Senior Students and Staff

Eltham High School has collaborated with Nyora Studio Gallery to once again offer exclusive Life Drawing Classes for our Senior students and staff.

This enrichment opportunity will add significant depth to folios and broaden artistic experience. For those students wishing to apply for tertiary placements experience in life drawing is highly recommended.

The classes will commence in term 2 and are offered in a 6 week block commencing May 9.

The cost is \$130 for all six sessions, which is exceptional value. This covers the hire of the model, use of studio space and tutoring by artist Emmy Mavroidis as well as basic drawing materials.

Sessions will run after school on Mondays 4:00pm - 6:00pm. Places are strictly limited.

If you are interested please email your expression of interest to foo@elthamhs.vic.edu.au to secure your place.

Further details will be sent to participants once numbers are confirmed.

N.B.- Participants will need to make their own way to and from the studio.

#### Eltham High Arts & Technology Instagram Account

Did you know we have an Instagram account? This platform enables us to provide regular viewings of the amazing work our Arts and Technology students are creating.

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

If you don't have Instagram, you can access the account through the following link:

https://www.instagram.com/elthamhs.arts.tech/

#### LISA FOOTE, Arts Coordinator

#### **WORKING BEE**

#### 2023 Working Bees

The first working bee for Term 2 is scheduled for Sunday May 7. The Grounds Committee will meet on Wednesday April 26 (Week 1, Term 2) to plan the activities for the upcoming Working Bee that will include garden bed rejuvenation and planting.

If you would like to get involved by attending the upcoming Working Bee can you please complete the Google form via the link below:

https://forms.office.com/r/z9ZCA9RraZ

or contact Anna Panas via email pan@elthamhs.vic.edu.au

Committee Meeting Date	Working Bee Date
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)

#### **ANNA PANAS, On behalf of the EHS Grounds Committee**

#### **ADDITIONAL NEEDS**

#### Park Orchards Community House & Learning Centre

More people can access FUNDED training in 2023!

From 1 January 2023 government subsided places are available regardless of whether you already have a higher qualification.

Don't think you've missed out on the opportunity to take the next step - our mid-term intake for <u>School Based Education Support</u> is now open and it's not too late to apply!

Study this low-cost industry qualification through a funded position with us. Starting on Tuesday 2 May!

#### Certificate III in School Based Education Support (CHC30221)

Tuesdays and Thursdays, starting 2 May, 9:15am - 3:15pm

Looking for career supporting school aged children? This course is for you!

This Nationally recognised and accredited qualification is designed for people who seek employment as an Education Support Officer, working with children with additional learning needs, or a Teacher's Aide. You will focus on supporting the development of students' literacy and numeracy skills.

All classes are delivered face to face in Park Orchards, 3114

\*Course entry requirements still apply

Contact us today to discuss your options (03) 9876 4381.

Email: training@parkorchards.org.au / www.parkorchards.org.au

#### **SUE PICKETT, Additional Needs Coordinator**

#### STUDENT SERVICES

#### **Edendale and Open House**

Student Services, in partnership with Edendale and Open House, would like to offer the opportunity for 10 students (Years 9 and 10) to spend one day per week at Edendale farm during Term 2, engaging in activities aimed at building healthy communities, strengthening engagement with education, doing hands-on-learning, improving relationships, achieving goals and having fun.

#### Referral Criteria:

- Students have shown signs of disengagement and/or irregular attendance at school throughout 2022/2023.
- Students interested in hands-on learning, gardening, interacting with animals, and environmental and health benefits of their local food systems
- The program has been fully funded by VicHealth and is a joint partnership between Open House & Edendale Farm (Nillumbik Council) and is free of cost to participants.
- Program runs every Wednesdays across Term 2 (2023)
- The program will be fully staffed by Open House and Edendale Farm workers. Eltham
  High Wellbeing staff will oversee the applications and selection of participants, and
  will monitor student attendances, but no Eltham High teaching staff will accompany
  students or participate in the daily activities.
- Students will be picked up and dropped back off at Eltham High School by two Open House workers (the vehicles are Open Houses vehicles, comprehensively insured, the driver is appropriately licensed and staff have WWCC)

If you would like to nominate a student to participate in this program, contact their Middle or Senior school year level coordinator and ask them to complete a referral form and send to Wellbeing ASAP.

For further questions on the program, please contact Mental Health Practitioner, Anna Jenkins (jek@elthamhs.vic.edu.au).

#### **ANNA JENKINS, Mental Health Practitioner**

#### Wellbeing Initiative: Knitting a Trauma Teddy.

Eltham High School with the support of the Eltham Lion's Club are participating in the Australian Red Cross Trauma Teddy wellbeing initiative.

Tens of thousands of Trauma Teddies are made by volunteers and given to organisations that support young people. These teddies are providing wellbeing support to children impacted by traumatic life events such as illness, fire, floors, or other disasters across Australia. According to the Red Cross, more than one million children have cuddled a colourful, comforting Trauma Teddy since they first started the project back in 1990.

Trauma Teddies bring familiarity and a sense of safety during periods of uncertainty and anxiety for children. With that being said, the Student Services team are calling all student knitters to participate in this activity during a Wednesday lunch in Term 2 and Term 3. Students will have the option of making a small or a large teddy to help a child in need.

We look forward to knitting with you next Term!

#### Free Family Counselling - Strengthening Connection

'Matters' is a free family therapy program that supports families who live in Melbourne's North East region. The program works with a diverse range of families who are experiencing challenges with relational functioning and connection.

The therapists work with the 'whole of family', which allows various family members to attend sessions individually or together. This approach gives each family member the opportunity to express their thoughts or feelings, not only about the problem, but also possible solutions.

There is not a fixed number of sessions offered as this is based on the needs of each family. Moreover, the therapists are flexible and are able to offer Zoom sessions for working parents.

The therapists support families with a range of issues, including:

- · Challenging Adolescent Behaviours.
- Increase Parenting Confidence, Capacity And Skills.
- Experience Less Stress, Conflict And Harmful Behaviours.
- Ncrease Positive Family Relationships.
- · Family Conflict.
- Loss And Trauma.

This program requires a parent to contact them directly to be referred: 03 9450 4700.

#### School Holidays - Nillumbik Youth Events

#### Life Skills: Centrelink and MyGov 101

Wednesday 12 April, 5:30 - 6:30pm

Eltham Training Site, 901 Main Rd Eltham (free!)

Struggling to wrap your head around Centrelink services for young people? Join Services Australia to learn about different payments and services you might be eligible for as a young person and how to apply for them.

This session is for young people aged 16-25, registrations are essential.

#### Crafternoon

Thursday 13 April, 1:00 - 4:00pm

Hurstbridge Hub (free!)

Swing by Hurstbridge Hub to do some free craft and DIY activities! Activities include macramé plant hangers, DIY bath bombs and planter pot painting.

This session is for high school students aged 12-18, registrations are essential.

#### Rainbow Group: DIY Terrariums

Monday 17 April, 4:00 - 6:00pm

Location sent to attendees upon registration (free!)

Meet other LGBQTIA+ young people and make a cool terrarium. All materials and snacks provided!

This session is for young people aged 12-18 who identify as LGBTQIA+ , registrations are essential.

#### FReeZa Movie Night: Ten Things I Hate About You.

Thursday 20 April, 6:45 - 9:00pm

Eltham Library (free!)

Nillumbeats FReeZa are putting on a movie night at Eltham Library! Bring along a friend and eat some FREE pizza, popcorn and soft drinks. BYO rug or pillow to sit on.

This session is for young people aged 13-25, registrations are essential.

#### To register for any of the sessions above head to:

https://www.nillumbikyouth.vic.gov.au/What-we-do/Programs/School-holiday-activities

#### **MADELINE KAMAMIS, Student Services Leader**

#### **CANTEEN**

#### **Canteen Volunteers**

Our Canteen is currently updating its volunteer database for this year in preparation for a Canteen Volunteer roster for next term. Canteen Volunteers help in the Canteen once a month on a rotating roster, generally twice a term.

Volunteers would nominate their preferred weekday and assist Canteen staff for 3 hours between 11:00am - 2:00pm. All Canteen Volunteers must have a Working with Children's Card which is available free of charge to all volunteers.

Please contact Carolina Constable at cob@elthamhs.vic.edu.au or on 9430 5122 if you would like to join the Canteen Volunteer Roster or if you need any further information.

**CAROLINA CONSTABLE, Canteen Manager** 

# OPEN Eltham High School DAY

Thursday 27 April, 2023



Daily tours available commencing at 9:30am. Bookings essential by phoning 9430 5111

### **Open Morning**

Tours commence at 9:15am

#### **Information Evening**

Doors will be open from 5:30pm for you to engage with Key Learning Area specialists and displays.

Catering and light refreshments prepared by our VET Hospitality students.

Presentation commencing at 7pm

**BOOKINGS REQUIRED:** 



www.trybooking.com/CGFVY

Withers Way, Eltham | T 9430 5111 | eltham.hs@edumail.vic.edu.au | www.elthamhs.vic.edu.au



Eltham High School with the support of the Eltham Lion's Club are participating in the Australian Red Cross Trauma Teddy wellbeing initiative.



Our student knitters will be creating teddies for children who are experiencing illness or ill-mental health from traumatic events.

Trauma Teddies provide care in so many ways:

- · comfort to children fleeing the summer bushfires
- · a warm welcome to refugee children
- · company in a speeding ambulance
- · friendly security in hospital
- · a happy face in a lonely time.

Wednesday Lunch Time in Student Services | Term 2 and Term 3

Each Trauma Teddy takes 5 hours to make. Come for 5 lunch time sessions or come for all!

#### nillumbeats presents:

## 10 THINGS I HATE ABOUT YOU

THURSDAY 20 APRIL, 6:45-9PM ELTHAM LIBRARY, PANTHER PLACE, FI THAM



Nillumbeats FReeZa are taking over the Eltham Library these school holidays!

Bring along your friends to watch 10 Things I Hate About You and eat some FREE pizza. BYO cushion or rug to sit on. Registrations are essential- scan the QR code below to book your place.

This session is for young people aged 13-25 who live, work, study or play in Nillumbik. Whilst this event is supervised by Nillumbik staff, Nillumbik are not responsible for young people when they leave the session.









## Schools on Air



Ever wanted to be on radio

Create your own podcast

Or be a producer?

Whether you've never picked up a mic, or you know your basics but want to learn more, join us and record your very own show.

Each week you will work with a SYN 90.7 FM radio expert who will guide you as you decide on the music and script, before you record and go live on radio across Melbourne and Geelong!

#### Join Schools on Air!

Book Now! https://bit.ly/ SchoolsOnAir23





Dates: Term 2, 3 & 4

Time: Mondays from 4:00 - 6:00 pm

Location: Banyule Nillumbik

Tech School

61 Civic Drive, Greensborough

For more information contact BanyuleNillumbikTS@melbournepolytechnic.edu.au

BANYULE NILLUMBIK
TECH
SCHOOL









MONASH

University

## Are you the parent of a teenager who is struggling with suicidal thoughts and/or behaviours?

You are not alone. Be among the first to trial a new online parenting program designed to support parents of teens struggling with suicidal thoughts and/or behaviours, in the context of anxiety or depression.

Researchers from Monash University and Deakin University are offering parents a **FREE online** parenting program designed to support parents of teenagers struggling with suicidal thoughts and/or behaviours (e.g. saying they want to kill themselves or making an attempt on their life), which occur in the context of an anxiety disorder and/or depression. The program is being offered as part of a research trial.

#### What's included in the program?

- A parenting self-assessment tool with personalised feedback
- Up to 13 online modules with practical strategies to support your teen's mental health and school attendance
- Up to 9 one-on-one coaching sessions with a parenting coach via videoconference
- A personalised parent action plan created together with your coach.

#### Who can take part?

You may be eligible if you:

- are the parent or guardian of a teenager aged 12-18,
- are concerned about your teen's suicidal thoughts or behaviours,
- live in Australia.
- · can read, write, hear, and speak in English
- · have regular Internet access, and
- your teenager is receiving professional mental health support

#### What else is involved?

- · Complete weekly online modules (20-35mins) and coaching sessions
- Complete two online surveys about your parenting and your teen's mental health
- Attend an interview about your experience in the program
- We will also invite your teenager to complete two online surveys to help us evaluate the program.
   This is completely optional, and you can still take part if your teen prefers not to

#### FIND OUT MORE:

Contact us at med-pip-sp@monash.edu or express your interest at https://redcap.link/pipsp\_eoi

This research has been approved by the Monash University Human Research Ethics Committee (ID: 36057).









Young People, Autism & the Impact of Porn

## Online Presentation for

## PARENTS AND CARERS

With Maree Crabbe and Dr. Wenn Lawson





#### **INFORMATION:**

For young people growing up with internet access, pornography is easy to access and difficult to avoid it has become a default sex educator for many young people, with serious implications for their ability to develop safe, respectful relationships and sexuality. For autistic young people, pornography's influence can be even more challenging. Monotropism, the key characteristic of autism, can make autistic young people particularly vulnerable to the impacts of pornography. Pornography's messages can be a source of confusion and concern, and shape unrealistic and unhealthy sexual understandings and expectations.

This session seeks to support parents and carers of autistic young people to understand pornographys prevalence and influence, its implications for autistic young people, and how we can support them to navigate respectful, consenting and safe sexuality and relationships in this new reality.

Maree Crabbe is Director of the Australian violence prevention initiative, It's time we talked. She is an educator, author and filmmaker who is passionate about gender-based violence prevention, and about supporting parents, schools, communities and government to address pornography's influence on young people - www.itstimewetalked.com

Dr. Wenn Lawson is an autism expert, researcher, poet & author. He is a family man with autistic children & grandchildren. In 2021 Wenn won the Lesley Hall, disability leadership lifetime achievement award. Wenn is passionate about all things LGBTQIA+ and autism - www.wennlawson.com

#### Wednesday 10 August - 7pm to 9pm

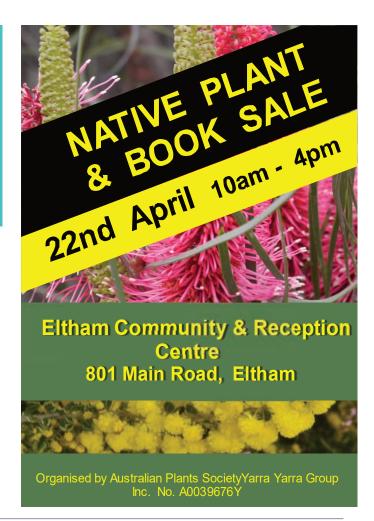
Cost: \$10pp or \$5 concession

Book Online: www.trybooking.com/CAZAW

#### **Enquiries:**

Sarah at Interchange Outer East on 03 9758 5522 or sarah.wilson@ioe.org.au









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