



- Sunday 07 May**
EHS Working Bee
- Monday 08 May**
Elevate Study Sensai - Year 12 Tutorial
Eltham High School 2023 Jazz Night
- Thursday 11 May**
Teacher Professional Practice Day
(Student Free Day)
- Friday 19 May**
VCE Careers Expo

Sunday 7 May - EHS Working Bee

Monday 8 May - EHS 2023 Jazz Night

**Thursday 11 May - Teacher Professional Practice Day
(Student Free Day)**

PRINCIPAL'S REPORT

Student Achievement: SSV Swimming

Congratulations to **Ben Van Dijk (Year 7, Andrew House)** who last Friday was awarded two gold medals at the State Swimming Competition for both Backstroke and Butterfly.

Ben now ranks as the State Champion in the 50m competition. Both events have allowed Ben to achieve his personal best.

Ben's achievements reflect his hard work during training and his absolute commitment to the sport.

We are very proud of Ben and congratulate him on his success.



Ben with his medals

Similarly, **Conor Hayes (Year 11, Everard House)** competed in 3 individual events and 2 relays. Conor finished with a silver in the 200m Freestyle, bronze in the 400m Freestyle, 6th in the 200m IM and a silver and gold in the relays.

In the 18-20 Boys 4 x 50m Freestyle Relay, **Beau Duder (Year 12, Rutter House), Conor (Year 11, Everard House), Jacob De Jonge (Year 12, Andrew House), Liam Muir (Year 12, Everard House)** had an outstanding win and were awarded gold medals.

Exceptional achievements from a group of very skilled and talented students. Please read the full report in the Sports section of this newsletter.

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SCHOOL CALENDAR 2023

MAY

Wednesday 03

- Anthology Launch
- 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

- Senior Round Robin - Boys AFL
- Senior Round Robin - Boys Soccer
- Senior Round Robin - Boys and Girls Badminton
- Senior Round Robin - Girls Netball
- Year 10 & 12 Volleyball Victoria One Day Event

Wednesday 10

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

Thursday 11

- Teacher Professional Practice Day (Student Free Day)
- Year 9 & 11 Volleyball Victoria One Day Event

Friday 12

- Year 8 Volleyball Victoria One Day Event

Monday 15

- Year 8 Medieval Day Incursion

Tuesday 16

- Year 8 Science Guest Speakers

Wednesday 17

- Inter Round Robin - Boys AFL
- Inter Round Robin - Boys Soccer
- Inter Round Robin - Boys and Girls Badminton
- Inter Round Robin - Girls Netball

Thursday 18

- Year 11 English - Exam Preparation Seminar

Friday 19

- VCE Careers Expo

Queen's Scout Award

I was very privileged to attend Teyanah Brown's Queen Scout Award. This took place on Sunday 30 April at the 1st Eltham Scout Hall.

This is an amazing achievement for Teyanah who worked very hard even throughout the periods of lockdown and challenged herself to complete the required work.

What also made this Award stand out is that it will be the last Queen's Scout Award that will be presented by the organisation for a very long time, as we have a long line of Kings potentially ascending the throne in the future.



Teyanah accepting her Award



Teyanah supported by the 1st Eltham Scout Group

The Queen's Scout Award is the highest honour that a scout can achieve, and it is extremely hard work for one to prove themselves worthy of such recognition. It is the Peak Award in the Venturer Scout Section (formerly Senior Scouts from 1947).

The Queen's Scout Award aims to widen the interests and knowledge of Venturer Scouts and encourage them to 'look wide'. The award is designed to be challenging and encouraging for Venturer Scouts over a wide range of activities.

To achieve this prestigious award a Venturer Scout must be able to set a goal; plan progress towards that goal; organise their self and others; and maintain the determination to overcome difficulties and complete the task.

Completion of the Queen's Scout Award is a major milestone in a Venturer Scouts journey and carries an outstanding reputation within Scouting and the community.

Teyanah Brown (Class of 2022, Rutter House) was one of our High Achievers for 2022. She has certainly proven herself worthy both academically and in terms of her community effort. We congratulate her on her outstanding achievement and we wish her all the very best as she embraces her chosen pathway.

Open Morning and Information Evening – 2024 Prospective Year 7 Students and Families

Our Open Morning and Information Night was a great success and I thank you all for communicating the message to prospective parents about these events. Whilst the guidelines for enrolling students into Year 7 for 2024 have changed for all Government schools across the State and whilst we will be implementing processes based on these guidelines, we will endeavor to work towards supporting students and families who really want to be part of our learning community to be able to do so.

If you are speaking with a prospective parent who is concerned about the enrolment process for Year 7, 2024, please direct them to make contact with the school. They can contact me directly through my e-mail sic@elthamhs.vic.edu.au as I am more than willing to explain the process to them.

I thank you in anticipation of your support with this.

Teacher Professional Practice Day

Our first Teacher Professional Practice Day (TPPD) for 2024 will take place on **Thursday 11 May**. This is a common day for all teachers and as such will be a student free day. This day aligns with the priorities in the Victorian Government Schools Agreement 2022, and will be used by teachers to work in teams, plan work, moderate assessments, develop units of work etc.

A second day will run in semester 2, however, teachers will have the liberty to organize their individual TPPD that will run across the semester, as the Department of Education will only allow one of these days in a year to be a common day and student free.

I ask you all to make appropriate arrangements for the supervision of your children from home on 11 May.

Monday 22 <ul style="list-style-type: none"> • Mid Year Concert 1 • Year 11 Tutorial - Uncle Trevor
Wednesday 24 <ul style="list-style-type: none"> • Mid Year Concert 2
Monday 29 <ul style="list-style-type: none"> • Unit 3 Outdoor Education - Revision Session
JUNE
Thursday 01 <ul style="list-style-type: none"> • Unit 3 Art - Revision Session
Thursday 01 - Friday 02 <ul style="list-style-type: none"> • Year 12 OES Overnight Camp - Barmah National Park
Friday 02 <ul style="list-style-type: none"> • Year 9 Recreational Activities - Latrobe Golf Park
Monday 05 <ul style="list-style-type: none"> • Unit 3 & 4 Physical Education - Revision Lecture • Unit 3 & 4 Mathematical 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 - Revision Lecture • Unit 3 & 4 Psychology - Revision Lecture • Unit 3 & 4 Biology - Revision Lecture

Student Illness

I ask parents/carers that you keep your 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.

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VINCENT SICARI, Principal

PARENTS AND CARERS

RHUniform Trading Hours

As of 1 May 2023, our Eltham retail shop open times will be changing to the following:

Monday 9:00am - 5:00pm

Tuesday: CLOSED

Wednesday 9:00am - 3:00pm

Thursday: CLOSED

Friday 9:00am - 3:00pm

*Again, please note these changes will take effect from May 2023 and be for Term 2 and 3 only.

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KRISTINA ELVEY, Business Manager

JUNIOR SCHOOL

Buddy Breakfast

We are excited to invite all Year 7 and Year 10 students to our first ever Buddy Breakfast!

This will be a great opportunity to touch base with one another while eating some brekky and maybe even shooting some hoops.

When: Friday, May 12 at 8:30am

Where: 100s Courtyard (outside Junior School)

We encourage all Years 7 and 10 students to reach out to their buddy in the lead up to this event to arrange to meet there.

We can't wait to see you!

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MELISSA HUGHES, Transition / Junior School Leader

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

SENIOR SCHOOL

Year 10 CAT Redemption Session

In order to support our Year 10 students to achieve success in their 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 an excursion, camp, school sport, music or other extra-curricular 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 student's 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.

GAT Information Sessions

The GAT will be held on Thursday 15 June. All students enrolled in one or more VCE or scored VCE VET Unit 3-4 sequences will sit Sections A and B of the GAT, and students enrolled in one or more VCE VM Unit 3-4 sequence will sit Section A.

To best prepare students to complete the GAT, Senior School will hold compulsory information sessions that will now appear on each students Compass schedule.

GAT Maths/Science – Thursday 4 May, period 1 in The Nallejerring Performance Centre

Year 12 Jumpers

Year 12 Jumpers have arrived!

A Year 12 group photo will be arranged this term and available for purchase though MSP Photography.

Year 12 Formal

The Formal will be held on Friday 21 July at Leonda by the Yarra, commencing at 7:00pm.

Payment for this event covers will be in two parts:

- A non-refundable Deposit of \$100.00
- A second event will be published (Year 12 Formal Balance Payment) to cover the remainder of the Formal cost by **Friday 30 June**. The Balance payment for the formal is expected to be between \$60.00 - \$100.00 depending on the number of students attending.
- Total cost will be between \$160.00 - \$200.00.
- Please contact the General Office to make arrangements for payment-plans.

An additional event will be posted later this term to cover the cost of Year 12 End of Year Celebrations including final day breakfast, activities and Valedictory on Thursday 16 November.

Term 2 Key dates

EVENT/TASK	DATE(S) 2023
Elevate: Study Sensei (in 12TUT)	Monday 8 May
Unit 1 & 2 Change of Subject applications open	Monday 15 May
Unit 1 & 2 Change of Subject applications close	Friday 19 May
Year 12 Careers Expo	Friday 19 May
Year 10 Change of Subject applications open	Monday 22 May
Year 10 Change of Subject applications close	Friday 26 May
VCE Unit 1 concludes	Friday 26 May
VCE Year 11 Examinations	Monday 29 May - Friday 2 June
VCE Unit 3 concludes	Friday 2 June
Unit 3 Revision Day	Monday 5 June
Unit 2 Commences	Monday 5 June
Unit 4 Commences	Tuesday 6 June

Year 10 Semester 1 Examinations	Tuesday 6 June - Friday 9 June + Wednesday 14 June - Thursday 15 (rescheduled exams only)
King's Birthday holiday	Monday 12 June
VCAA- GAT examination- Unit 3/4 studies	Thursday 15 June
Transition- Year 11-12, 2024 subject selection assembly	TBC
Year 10 Pathways Day	Monday 19 June
Year 10 classes resume	Tuesday 20 June
Year 10 Semester 1 classes finish	Friday 23 June
End term 2	Friday 23 June

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AMANDA SALIBA, Senior School Team Leader

CAREERS

Senior Science Superstars: Careers in Environmental Science & Conservation

On Friday 12 May, there will be an Australia wide virtual event which offers the opportunity for senior secondary school students to connect with, learn from and be inspired by professionals in the fields of environmental science and conservation. In sharing their experiences, insights and passions, our presenters from the Bush Heritage team will provide valuable information and advice about career pathways, opportunities and the benefits of working in this area.

With a greater focus on the importance of environmental protection, tackling the climate crisis and halting biodiversity loss, there is a rising demand and a burgeoning depth within the environment and conservation sector. These challenges create a need for more passionate, intelligent and tenacious people to join the ranks of ecologists, conservation officers, environmental engineers, wildlife officers, environment and sustainability consultants and so many others who are stepping up to combine their talents.

The event will be held at Eltham High School from 11:30am - 1:00pm in the Conference Room. Interested student can register with Mr Pringle via email on pri@elthamhs.vic.edu.au.

Year 12 - La Trobe University Aspire Community Contribution Program

Applications are open for the Aspire Community Contribution Program. We'd love to hear from your Year 12 students about how they've volunteered, displayed leadership, supported their family or engaged with their community. We'll be doing rolling offers again this year for uncapped courses, so students will know if they have a conditional offer by October or even sooner.

To apply for the Aspire Community Contribution program, students need to write two 100-word statements explaining their involvement and impact. We like to keep it simple, so they just need to tell us what they've done and how they've helped. Examples of Aspire students' contributions include:

- Fundraising for charity
- Coaching a sports team or volunteering at the club
- Helping with care or nursing at home
- Volunteering for an organisation and much more.

For more information please go to: <https://shorturl.at/cDQ67>

The Trades Fit - Young Women in Trades and Tech Expo

There is an excellent opportunity for any female and non-binary students 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 number of students will be capped at 22 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 - 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 <https://www.elthamhighcareers.com/>. 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 coordinator 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@elthamhs.vic.edu.au

ROSS PRINGLE, Careers / Pathway Coordinator

MUSIC

2023 Mid Year Concerts Ticket Information for 22 and 24 May 2023

Tickets for the Eltham High School Mid Year Concerts are now on sale. There are two concerts being held. The first on **Monday 22 May 2023** and the second on **Wednesday 24 May 2023** both starting at 7:30pm in the Nallejerring Performance Space.

Tickets sales are open through Trybooking. Please click on or copy the following link to purchase tickets.

Ticket prices are: \$30.00 per adult and \$20.00 per child, student and concession tickets.

There are 292 allocated seats in the tiered section and 100 general admission seats on the floor space. No ticket is required for performers themselves. If you would like your child to sit with you in the Performance Centre when they are not performing, you will need to purchase a ticket for them.

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

Please note tickets will sell quickly for the concerts. Please purchase your tickets as soon as possible to avoid disappointment. Please do not wait to purchase tickets on the night as there may not be any tickets left to sell.

Please note the date which your child's ensemble will be performing:

May 22 2023 Running Order for Mid Year Concert 1

7:30pm	Symphonic Band - Conductor: Rick Keenan
8:00pm	Guest
8:20pm	Stage Band - Director: Jordan Murray
INTERVAL	
9:10pm	Training Band - Conductor: Karen Heath & Rick Keenan
9:30pm	Training Strings - Conductor: Clare Zabrowarny
9:40pm	String Orchestra - Conductor: Paul Zabrowarny
10:00pm	Chamber Strings - Conductor: Tim Veldman

May 24 2023 Running Order for Mid Year Concert 2

7:30pm	Concert Band - Conductor: Brent Mills
7:50pm	Wind Ensemble - Conductor: Karen Heath
8:10pm	Choir - Director: Lynlee Williams
8:30pm	Big Band - Director: Brent Mills
8:40pm	Jazz Band - Director: Brent Mills
INTERVAL	
9:10pm	Stage Band - Director: Jordan Murray
9:30pm	Chamber Strings - Conductor: Tim Veldman
10:00pm	Symphonic Band - Conductor: Rick Keenan

We will also be running a raffle at each concert. Raffle tickets can be purchased on the night. Please purchase some raffle tickets to support our Music Program. There are some great prizes – vouchers, wine, chocolates and more! You will not only be supporting our music students you will also be supporting local businesses.

For enquiries regarding tickets please contact our Music Secretary, Jane Nicholson at nio@elthamhs.vic.edu.au or 9430 5127.

We are looking forward to these two great evenings in our very own Performance Centre. It will be wonderful to see live these performances, please come along.

Volunteers Needed! Mid Year Music Concerts with EHS Friends of Music

Have you heard of 'Friends of Music'? We are family and friends of Eltham High School's Music Program students, and we help run events and raise funds to support the Music Program.

The Mid Year concerts are an opportunity for our family, friends and community to experience the exciting range of the music program, from the Year 7s just starting out, to the accomplishments of the senior students. The concerts are also an opportunity to raise funds for the Music Program, and there will be a raffle held at each concert.

The Mid Year Concerts 2023 will be held over two nights: **Monday 22 May and Wednesday 24 May 2023 from 7:30pm -10:30pm.**

We are seeking volunteers to help run these two concerts, and we have a role that suits your skills!

From coordinating car parking to ushering, from wrapping up raffle donations to backstage handing, we have a number of simple and fun jobs before, during, and after the concerts.

This is your call to help us support Eltham High School's outstanding Music Program and enjoy the developing talents of our students!

Volunteer roles available:

Before the concert:

- Raffle preparation.

At one or both concerts:

- Front of house/Raffle
- Car Parking Attendants
- Ushers
- Backstage Hands (Experienced)
- Backstage Hands (Novice).

How to volunteer:

We use SignUp.com (an online reminder tool) that lets volunteers choose the role and timeslot in which they can help.

- Copy this link into your web browser to see our SignUp for the Mid Year Concerts:
- Monday 22 May: <https://signup.com/go/uYgUxcD>
- Wednesday 24 May: <https://signup.com/go/ZKJtoHr>
- Link for Raffle Prep Sunday 21 May: <https://signup.com/go/rkTCwwj>

1. Review the options listed and choose the spot you like
2. Type in your email address
3. Click the button.

You will NOT need to register or make a password on SignUp.com.

- SignUp.com does not share your email address with anyone.
- If you prefer not to share your email address with SignUp, please email: FriendsOfMusic@elthamhs.vic.edu.au and we will add you to our volunteers list manually.
- If you do sign up, the email you receive to confirm your spot may have advertising in it - however you will not receive any other email from SignUp.

If you'd like to know more, email FriendsOfMusic@elthamhs.vic.edu.au to contact our Secretary, Natalie Simpson, and we will keep you in the loop.

Donations of Raffle Prizes for our Mid Year Music Concerts

We are requesting donations for raffle prizes for our Mid Year Music Concerts. We would really appreciate any donations from Eltham High School families, or contacts or associated businesses for the raffle run in conjunction with the concerts being held on Monday 22 May and Wednesday 24 May in the Performance Centre at Eltham High School.

Each year these raffles raise much needed funds for the Music Department to be able to purchase instruments, music equipment, music and much more for the students.

Donations do not have to be large – a bottle of wine, a voucher for coffee and cake from a local café, a voucher for a meal at a local restaurant, a giftware or beauty voucher, a grass mowing voucher, tickets to events. Small items can be combined to make larger prizes. We would like anything that would put a smile on your face if you have a winning ticket.

Businesses that are able to contribute donations will be listed on our program and Logo's will be displayed if they are provided. We will also be able to share your business on our Facebook page with our school community.

Please contact Jane Nicholson in the Music Office if you have any prizes to donate.

Email: nio@elthamhs.vic.edu.au or Tel: 9430 5127.

We will need the donations by **no later than Monday 15 May 2023**.

Thank you for your continued support of our music program.

2023 Music Fees

The Training Band and Training Strings Music Fees are due:

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, Choir or any outstanding fees are due for payment by 1 August 2023.

The Symphonic Band, Concert Band, Wind Ensemble, Chamber Strings and String Orchestra Music Fees are due:

Lesson Fees are due for payment by 1 March 2023

Ensemble Fees are due for payment by 1 May 2023

Hire Instrument Fee, Percussion Equipment Fee, Stage Band, Jazz Band, Choir or any outstanding fees are due for payment by 23 June 2023.

Payment of the Music Fees can be made by completing and returning the credit card form emailed to you on 26 April 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 number or you would like to organise a re-payment plan please contact the school's Revenue Administrator, Jacinta D'Avoine on 9430 5118 or by email at accounts@elthamhs.vic.edu.au

Please note, the music fees will appear on your family statement, not in the Compass Parent Portal.

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.

Year 7 Instrumental Music Lessons

Please check Compass for your scheduled instrumental music lesson time. Training Band and Training String Ensemble rehearsals have now commenced.

Music Rehearsal 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

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RICK KEENAN, Director of Music

SSV State Swimming Championships



SPORT

SSV State Swimming Championships

On Friday 28 April, Eltham High School had a very successful day at the SSV State Swimming Championships. 10 students made their way into MSAC to compete in 7 individual events and three relays.

Conor Hayes (Year 11, Everard House) led the charge competing in 3 individual events and 2 relays. Conor has been very dominant throughout the past 5 years at the different stages of competition and this year has been no different. On Friday, he finished with a silver in the 200m Freestyle, bronze in the 400m Freestyle, 6th in the 200m IM and a silver and gold in the relays.

Mitchell Bohan (Year 10, Everard House) has been a regular member of our Swim Teams the previous 3 years and has competed strongly at the District and NMR finals. In this year's State Finals Mitchell finished 7th in the 50m Breaststroke.

Ben Van Dijk (Year 7, Andrew House) competed at his first State Swimming Finals at the Secondary School level. He has been very dominant throughout the different stages of competition this year leading up to Friday's State Finals. He finished the day with gold in the 50m Butterfly, gold in the 50m Backstroke, 5th in the 50m Freestyle and 5th in the relay. We are looking forward to Ben being a regular member of our Swim Teams in the future.

Our 12-13 boys 4 x 50m Freestyle Relay team consisted of Ben Van Dijk, **Fynn Bohan (Year 7, Everard House)**, **Jack Beddoe (Year 7, Everard House)** and **James Beddoe (Year 7, Everard House)**. The boys swam hard and made us proud finishing 5th in the State. A special shout out to **Felix Loo-Kercheval (Year 7, Stewart House)** who swam in the team at the NMR finals and helped get the boys to the State Finals.

Beau Duder (Year 12, Rutter House), **Conor Hayes**, **Jacob De Jonge (Year 12, Andrew House)**, **Jacob Geange-Phipps (Year 12, Rutter House)** made up our 4 x 50m Medley Relay team. The boys were competitive against some strong opposition taking out the Silver medal.

In the 18-20 Boys 4 x 50m Freestyle Relay, Beau Duder, Conor Hayes, Jacob De Jonge, **Liam Muir (Year 12, Everard House)** had one last crack at taking out the final and were very successful walking away with the gold medals around their necks.

I would like to take this opportunity to thank Beau Duder, Jacob De Jonge and Jacob Geange-Phipps for their excellent contribution to the EHS Sports program and in particular the swimming program over the past 6 years. Last Friday was the final time these boys got to represent Eltham High at the SSV State Swimming Finals.

Congratulations to all the boys on their performances the past few months. You have all represented Eltham High with a high level of excellence and sportsmanship. We are very proud of your achievements.

BREE PASCOE, Sport Coordinator

DRAMA

Antigone

As the daughter of Oedipus, Antigone was dealt a cruel hand at birth – even with the bounds of Grecian tragedy. When her brothers are slain fighting for the throne of Thebes, Antigone finds herself pitted against her uncle, the newly crowned King Creon. In defiance of the king, Antigone buries her brother's body, a choice she may pay for dearly.

This play has been produced entirely by the Year 12 Theatre Studies class and is being presented as part of their Unit 3 assessment. This retelling of Sophocles' original text illuminates resemblances between Ancient Greek thought and the society we grapple with today.

Dates: 17, 18, 19 May

Time: 7.00pm

Tickets: Adults \$20. Concession/Student/Child \$15

Bookings: Trybooking <https://www.trybooking.com/CHWDL>

RYAN PATTERSON, Drama Coordinator

Eltham Dawn Service



Eltham Family Service



STUDENT AGENCY AND GROWTH

Eltham Dawn Service

We arrived at the dawn service bright-eyed, and bushy tailed at half past five on ANZAC day morning. After everyone arrived, the soldiers assembled around the Cenotaph and the ceremony began. The ceremony was partly run by students from local schools. There was a particular focus on the Australia's involvement in the Vietnam War as it was the 50th anniversary of the withdrawal of Australian involvement in Vietnam – where over 3000 Australians were wounded and more than 500 killed. Towards the conclusion of the service, as the sun was rising over the Eltham Township, community organisations and schools were invited to lay a wreath. We lay a wreath for the school and paid our respects.

I find it extremely important to recognise those who fought for our country and there were some interesting points raised about how we must continue to honour the legacy of the ANZACs even as the time since WWI passes. We can't allow ANZAC day to become disconnected from its original meaning to avoid repeating the same past mistakes, and we must ensure we never forget about the disastrous consequences of war.

I encourage everyone to attend future dawn services as the early morning perhaps in a very miniscule way, reflects the suffering of the Australian soldiers and allows us to be grateful for the sheltered lives we live.

Beau Duder (Year 12, Rutter House)

Eltham Family Service

On 25 April 2023, myself, **Maddie Azzopardi (Year 11, Everard House)** and **Kris Van Der Kamp (Year 10, Stewart House)** attended the Monty/Eltham RSL ANZAC Ceremony and read out the Anzac Requiem. It was incredible to see hundreds of faces in front of us as we remember the ANZACs who fought and died so Australians could live free lives without war. The presence of so many young people at the ceremony signifies the respect and importance of ANZAC Day that the younger generation is being taught, in the hope of continuing the ANZAC's legacy for many years to come. The ceremony went for about an hour, and everyone involved spoke with well-mannered and fluent voices as well as those who beautifully sang and played their instruments. It was an honour to be part of such a ceremony and I hope that others are inspired to do the same in future years.

Maisie Walsh (Year 11, Andrew House)

Cups for Change and Hurstbridge Line Duplication

The Cups for Change team have worked with the Level Crossing Removal Authority throughout several stages of their project's journey. Last week, we excitedly sold a significant number of our reusable 'Cups for Change' to LXR who were distributing our cups at the reopening of the Hurstbridge line over the weekend. This is a great opportunity to spread awareness of not only our project's aims, but to ensure more members of our community have a great quality reusable cup they can use to reduce waste.

To thank the Eltham, Greensborough, Diamond Creek and Montmorency communities, LXR are running a community event this coming Saturday, May 6 between 9:00am and 1:00pm on Were St, Montmorency. There will be free food, face painting, live music, dance performances and prizes to be won; including the last of our Cups for Change. To find out more and register for this event, go to <https://www.eventbrite.com.au/e/celebrate-with-us-at-the-hurstbridge-line-duplication-community-event-tickets-604137911757>

NADIA DEVLIN, Student Agency and Growth Leader

ART

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.

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 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](https://www.instagram.com/elthamhs.arts.tech/)

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

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

LISA FOOTE, Arts Coordinator

HARMONY TEAM

Harmony Team Food Drive

The Harmony Team is running a food drive until the 17 May, donating to Diamond Valley FoodShare. Diamond Valley FoodShare provides free food to local residents in need of emergency assistance.

We ask students, staff and parents to consider donating to one of the collection boxes in Junior School and Senior School. We are looking for non-perishable items to be donated. Suggestions include:

- Tinned Tuna
- Olive Oil
- Tinned Tomatoes (And Other Tinned Veg)
- Tomato Paste
- Dried / Tinned Fruit
- Pasta / Rice
- Honey
- Long-Life/UHT Milk
- Cereal
- Milo, Tea, And Coffee Etc.

Thank you for supporting our community,

OLIVIA MONRO, Harmony Team

WORKING BEE

2023 Working Bees

The first Working Bee for Term 2 is scheduled for Sunday May 7.

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/z9ZCA9RaZ>

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

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

STUDENT SERVICES

Parent Webinar - Understanding Gambling and Gaming Addictions

Join Gambler's Help to learn how to identify and respond to gambling and gaming addiction patterns in young people.

Key Details: Parent Session
Date: Thursday 4 May
Time: 7:00 - 8:30pm
Location: Online (via Zoom)
Cost: free!

The online session will cover:

- The similarities between gaming and gambling
- Current gaming trends
- Why it might be hard for some young people to stop gaming
- Practical tips and strategies for minimising the risk of gambling and gaming harm in young people

Registrations are essential. Head to <https://www.eventbrite.com.au/e/598081526947> to book your place.

Navigating Sexual Health Online Parent Workshop

Eltham High School has arranged for Sexual Health Victoria to facilitate a workshop for parents and carers that focuses on key strategies and information on how to navigate sexual health for young people. This workshop has been designed for parents of Year 7, 8 and 9 students.

The topics include:

- How to promote consent and healthy relationships with your young person.
- Changes and developmental stages young people go to.
- Strategies for discussing sexual health with your young person.
- Sexual health services available for young people

Pencil in the event details:

Date: Monday 8 May
Time: 7:00pm - 8:30pm
Location: Online (via Webex)
Cost: Free

This session can be accessed via the Webex link: <https://meet305.webex.com/meet/pr25513350782>

Please find below a link to two useful resources, an overview of the sequence of speaking to young people about RSE topics, and link to relevant podcasts that were created for parents/carers.

https://shvic.org.au/assets/resources/SHV_RSEforParentsAndCarers_Basics.pdf

<https://shvic.org.au/schools/podcasts>

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, floods, 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!

MADLINE KAMAMIS, Student Services Leader

Canteen Autumn Menu Prices 2023

Hot Food	Warm Stuff	Cool Stuff	Sandwiches and Wraps
Hash Browns (GF) (V) \$1.50	Sweet Muffin \$3.50	Fresh Fruit (Piece) \$1.00	Ham, Cheese, Tomato Sandwich \$4.50
Pin Wheel \$2.00	Vegemite Cheese Scroll \$3.00	Banana Bread Slice \$2.80	Egg & Lettuce Sandwich \$6.00
Garlic Cheesy Bread \$2.00	Hot Jam Doughnut \$3.80	Yoghurt Tub \$3.00	Roast Beef & Mustard Pickle Sandwich \$6.00
Dim's Sims (2) \$2.50			
Ham & Cheese Toasty \$4.00			Salad & Cheese Roll \$6.00
Tomato & Cheese Toasty \$4.00			Ham & Salad Roll \$6.00
Egg Muffin & Relish \$4.00	Weekly Lunch Specials		Chilli Chicken Wrap \$6.00
Bacon Egg Muffin & Relish \$4.50	Monday Pizzas \$4.00		Plant Based Chilli Chicken Wrap \$6.00
Sausage Roll \$3.80	Tuesday Fried Rice \$6.00		Falafel Wrap (V) \$7.00
Spinach & Ricotta Roll \$3.80	Wednesday (Vegan option available) Mushroom Parmigiana Rolls \$7.00		Tandoori Chicken Wraps \$7.00
Vegan Wholemeal Pasty \$5.00	Thursday Beef or Vegetarian Burritos with Cheese \$7.00		BLT (Bacon, Lettuce & Tomato) \$7.00
Meat Pie \$5.00	Friday Burgers- Beef, Chicken & Veggie \$7.00		HLT (Haloumi, Lettuce & Tomato) \$7.00
Beef Curry Pie \$5.00			
Shepherd's Pie \$5.00			
Chicken & Vegetable Pie \$5.00			
Hot Soup (V) \$6.00			Hot Chocolate \$2.50
Bread Roll \$0.80			Hot Tea, Chai Tea & Coffee \$2.50
Nachos \$6.00			Full Cream Milk & Soy available (V)
Super Nachos \$7.00			
Pasta Bake \$7.00			
	Sweet Things		
	Apple Cake \$4.00	Coffee Scroll \$3.80	Caramel Slice \$3.80
	Smarty Cookies \$3.80	Strawberry & Chocolate Doughnut \$3.80	Hedgehog Slice \$3.80
			Lemon Passionfruit Slice (GF) \$3.80

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

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

**SUNDAY
28TH MAY**

1:30pm - 4pm

Eltham Community and
Reception Centre,
801 Main Road,
Eltham

**LET'S CELEBRATE TOGETHER
NILLUMBIK RECONCILIATION GROUP**

**25 YEARS OF
RECONCILIATION
IN NILLUMBIK**

**SMOKING CEREMONY
AND WELCOME TO COUNTRY
WURUNDJERI ELDER
IAN HUNTER**

**DJIRRI
DJIRRI
DANCERS**



**SINGER
SCOTT
DARLOW**

ELTHAM HIGH SCHOOL SYMPHONIC BAND

Performing a work commissioned for the day



Seating is limited, don't miss out!
Book your FREE ticket today at:
www.trybooking.com/CHOTI



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Community Announcements



Is your teenager struggling to attend school due to anxiety, depression or emotional distress?

Be among the first to trial a new online parenting program designed to support parents of teens struggling with school attendance.

Researchers from Monash University and Deakin University are offering parents a **FREE online parenting program** designed to support parents of teenagers who have **difficulty attending school due to anxiety, depression, or emotional distress** (sometimes called 'school refusal', 'school can't', or 'school phobia'). 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
- Complete weekly modules and work towards goals

Who can take part?

- You may be eligible to participate if:
- you are the parent or guardian of a teenager aged 12-18
 - live in Australia
 - can read, write, and speak in English,
 - have regular access to the Internet.

The program is not recommended as a sole source of support for young people experiencing school refusal. We recommend seeking professional support from a mental health or education professional alongside completing this program. Although all parents are able to take part, please also note that the program content is not tailored for parents of teenagers with Autism Spectrum Disorder or intellectual disability.

What else is involved?

To help us evaluate the program, we'll ask you to complete two online surveys about your parenting and your teen's mental health. We may also invite you to complete an interview about your experience with the program. You'll receive a \$20 gift voucher after completing the second survey, and an additional \$20 gift voucher if you complete an interview.

FIND OUT MORE:

pip-ed.web.app

Contact:
med-pip-ed@monash.edu



This research has been approved by the Monash University Human Research Ethics Committee (ID: 32704).

YOUTHFEST '23

PEFORMERS, VOLUNTEERS AND STALLHOLDERS WANTED!

WE'RE LOOKING FOR YOUNG PEOPLE AGED 12-25 TO VOLUNTEER AT YOUTHFEST ON SUNDAY 10 SEPTEMBER

Every September, Banyule Youth Services host a **FREE** festival packed with activities & games, live music, food trucks, art, freebies, and market stalls.

HOW YOU COULD GET INVOLVED:

PERFORM: on one of our 2 stages. Whether you're a band, soloist, dancer, poet or comedian, all are welcome!

VOLUNTEER: to support activities, hand out prizes and merch, or support festival goers.

HOST A MARKET STALL: young artist or business owner? Sell your products!

More information:
Call: (03) 9098 8000
Email: jets@banyule.vic.gov.au

SCAN HERE TO APPLY!



www.linktr.ee/jetsbundoora



Banyule Youth Services is proud to acknowledge the Wurundjeri Woiwurrung people as traditional custodians of the land and we pay respect to all Aboriginal and Torres Strait Elders, past, present and future, who have resided in the area and have been an integral part of the region's history.



YEARS 7 & 10 BUDDY BREAKFAST & Basketball

08:30 AM
12 May, 2023
100s Courtyard

Come along and have
breakfast with your
buddy, play some
basketball and get ready
for the day ahead
together!



**ARE YOU PASSIONATE ABOUT POLITICS,
YOUTH AND THE LOCAL COMMUNITY?**

**DO YOU WANT TO HAVE A SAY ABOUT WHAT
HAPPENS TO OUR CLIMATE AND ENVIRONMENT?**

**MAYBE YOU HAVE IDEAS ABOUT WHAT ELSE THE
VICTORIAN GOVERNMENT COULD BE DOING ...**



WE'RE LOOKING FOR OUR NEW

ELTHAM YOUTH COUNCIL 2023

THIS COULD BE YOU!

**SCAN TO FIND
OUT MORE AND
APPLY**



PORN IS NOT THE NORM

Online Presentation for
PARENTS AND CARERS

With Maree Crabbe and Dr. Wenn Lawson




Young People, Autism & the Impact of Porn

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. Monotopism, 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 pornography's 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.its timewetalked.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 LGBTQA+ 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.lawson@ioe.org.au



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



Knitting a Trauma Teddy

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!

autistic art group

Explore a range of art materials in a relaxing and fun environment. No art experience necessary & all materials are provided!

This group is facilitated by Different Journeys and headspace Greensborough staff wanting to create a safe and supported space.

You are welcome to bring your own sensory toys, headphones and iPad/tablet device to this group.

who's invited

Young people aged 12 to 18

where

headspace Greensborough
L1/78 Main Street, Greensborough
VIC 3088

when

Monday 1 May—4pm to 6pm
Monday 8 May—4pm to 6pm
Monday 15 May—4pm to 6pm
Monday 22 May—4pm to 6pm

cost

Free!

register here:



for further enquiries, please contact Mel:

mel@differentjourneysautism.com
0412 698 807



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





The Nillumbik PARENTING HUB

Navigating Sexual Health For Teenagers

Join Sexual Health Victoria to learn key strategies and information on how to navigate sexual health for young people aged 12-14. This session is being specifically delivered for parents and carers at Eltham High School.

This online session will cover:

- How to promote respectful and healthy relationships to your young person.
- Consent: ethics, laws and in practice
- Online sexual content including sexting and pornography
- Strategies for discussing sexual health with your young person.
- Sexual health services available for young people

This session is for parents and carers of Eltham High School students aged 12-14.

Key Details:

Date: Monday 8 May
Time: 7-8.30pm
Location: Online (via Webex)
Cost: free

This session can be accessed via the Webex link below:
<https://meet305.webex.com/join/joinmeeting?url=30513350782>

For further information please contact:

Madeline Kamamis
 Student Services Leader
 kai@elthamhs.vic.edu.au
 03 9430 5111

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Care Education Advocacy



Eltham High School



chat with a registered nurse at headspace Greensborough Mondays & Wednesdays

Nurse Hayley provides free and confidential health advice including:

- Sleep Hygiene**
 - Sleep routine management
 - Advice & plans
- Family Planning**
 - Pregnancy testing
 - Options, advice & referrals
 - Contraceptive options & information
- Sexual Health**
 - STI Information
 - Referrals for STI screening
 - Safe-sex education
 - Respectful relationship education
 - Cervical screening (pap smear)
- Diabetes**
 - Education & management
 - Blood glucose testing
- General Physical Health**
 - Anatomy & Physiology education
 - Measure vital signs
 - Chronic disease management
 - Health promotion
 - Skincare routine
 - Vaccination information & advice



headspace Greensborough
 Level 1/78 Main Street, Greensborough VIC 3088
 (03) 9433 7200
headspacegreensborough@mindaustralia.org.au

BOOK YOUR FREE 20 MINUTE SESSIONS

www.cleanenergynillumbik.org.au/eec

Expert Eco Chats

EXPERT HOME SUSTAINABILITY ADVICE

SATURDAY 6 MAY
 2:00PM - 4:30PM
 EDENDALE FARM, ELTHAM

Ask about energy efficient products, solar, draught proofing, going electric, water efficiency, sustainable building and much more.

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Give life. Give blood in Eltham.

2 to 12 May



Eltham
Pop-up Blood Donor Centre
801 Main Road
Eltham Vic 3095
Please see website for opening hours.



Got a bit of time next month? Time to give blood and change lives?
1 in 3 people in Eltham will need blood, and they need people like you to give it.
We're popping up in town from 2 to 12 May.
Don't forget to pre-book your spot at lifeblood.com.au, on our app or on 13 14 95.

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