



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

**Friday 12 May**  
Year 7 and 10 Buddy Breakfast  
8:30am - 100s Courtyard

**Friday 19 May**  
VCE Careers Expo

**Monday 22 May**  
Mid Year Concert 1 at 7:30pm

**Wednesday 24 May**  
Mid Year Concert 2 at 7:30pm

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

**Friday 12 May - Year 7 and 10 Buddy Breakfast  
8:30am held in the 100s Courtyard**

**PRINCIPAL'S REPORT**

**Student Achievement**

Congratulations to all of our music students who participated in the *Generations in Jazz Festival* throughout last weekend. I know they were all looking forward to it after a period of not being able to participate.

As always our students did us proud, and I am sure that the experience has spurred them on to continue to work hard and excel in their performance.

A big thank you to all our staff who took a weekend out of their lives to support our young people and I know that all students are greatly appreciative of the support and guidance they received.

In particular, congratulations to **Michael Jones (Year 12, Andrew House)** (Trombone) who was selected for the Division 2 Super Band.

For a more detailed report, please refer to the Music section of this Newsletter.

**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)

Parents/carers please encourage your Year 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 them all attend.

A big thank you to all the organisers and I am sure that students will be very appreciative of your effort.

**Planning for 2024**

Planning for 2024 began in September last year, shortly after the new Victorian Government Schools Agreement came into reality.

A lot of work has gone into this so far and some decisions have already been made but the work will continue throughout this year so that we are well placed to implement the necessary changes from the start of 2024.

We are working to strict timelines and as such some decisions have already been made which, as a start, I am able to share with you.

From the start of 2024, we will be moving away from our four-period day structure of 72-minute periods and will implement a five-period day structure, each period being of 59 minutes. The ten-day timetable will remain in place.

We are yet to come to a decision about the start and finish of the school day, but it will not be too different to what is currently in place. This takes into consideration students that

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## SCHOOL CALENDAR 2023

### MAY

#### 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
- Year 7 and 10 Buddy Breakfast
- Careers in Conversation Webinar

#### Monday 15

- Year 8 Medieval Day Incursion

#### Tuesday 16

- Year 7 Headspace Emotions Incursion
- Year 8 Science Guest Speakers
- Unit 1 Food Studies Excursion

#### Wednesday 17

- Year 8 Headspace Self-Care Incursion
- State Final SSV Volleyball
- Inter Round Robin - Boys AFL
- Inter Round Robin - Boys Soccer
- Inter Round Robin - Boys and Girls Badminton
- Inter Round Robin - Girls Netball
- Antigone - Senior Drama Performance

#### Thursday 18

- Year 11 English - Exam Preparation Seminar
- Antigone - Senior Drama Performance

#### Friday 19

- VCE Careers Expo
- Antigone - Senior Drama Performance

#### Monday 22

- Mid Year Concert 1
- Year 10 Assembly
- Year 11 Tutorial - Uncle Trevor

#### Tuesday 23

- Junior Girls AFL
- Inter Girls AFL
- Senior Girls AFL

#### Wednesday 24

- Mid Year Concert 2

#### Thursday 25

- Year 11 Exam Revision Seminar

#### Monday 29

- Unit 3 Outdoor Education - Revision Session

travel to and from school via public transport, ensuring that as is the case at present the school day aligns with bus and train timetables as much as is possible.

It is likely that the day will be divided in the following way:

- Period 1
- 2-minute changeover
- Period 2
- Recess
- Period 3
- 2-minute changeover
- Period 4
- Lunch
- Period 5
- Home time

Further to this all Year 7 - 9 classes will have a 12 minute Involve Session at the start of the day on 9 days out of the 10 and one 59 minute session one day across the fortnight .

The year 10 program incorporates a similar arrangement with tutorial across the fortnight.

Year 11 and 12 students will continue to have a tutorial session once a fortnight and in addition, their program will include an assessment sessions and seminars.

The primary consideration in making these changes has been to improve engagement and learning for our students and to enhance our strategies based on our philosophy that academic care goes hand in hand with wellbeing and social care.

These changes have also allowed us to review our curriculum structure and some changes will take place in some areas of the school which will be outlined to students and families throughout the Course Information Sessions beginning in early Term 3.

For the incoming Year 7 students, these changes will have no impact as they will begin their time in our school with the changes already in place. For the remainder of the student cohort, there may be some adjustments to be made from their experiences so far but we know that our young people are quick to adjust without any major concern.

I will keep you updated as we come to making more decisions about any changes that will apply in the coming year.

### Teacher Professional Practice Day

Our first Teacher Professional Practice Day (TPPD) for 2023 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.

Please make appropriate arrangements for the supervision of your children from home on Thursday 11 May.

### 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**

<b>Tuesday 30 - Wednesday 31</b>
<ul style="list-style-type: none"> <li>Year 12 OES Overnight Camp - Barmah National Park</li> </ul>
<b>JUNE</b>
<b>Thursday 01</b>
<ul style="list-style-type: none"> <li>Unit 3 Art - Revision Session</li> </ul>
<b>Friday 02</b>
<ul style="list-style-type: none"> <li>Year 9 Recreational Activities - Latrobe Golf Park</li> </ul>
<b>Monday 05</b>
<ul style="list-style-type: none"> <li>Unit 3 &amp; 4 Physical Education - Revision Lecture</li> <li>Unit 3 &amp; 4 Mathematical Methods - Revision Lecture</li> <li>Unit 3 &amp; 4 General Maths - Revision Lecture</li> <li>Unit 3 &amp; 4 General Maths - Revision Lecture</li> <li>Unit 3 &amp; 4 Business Management - Revision Lecture</li> <li>Unit 3 &amp; 4 History Revolutions - Revision Lecture</li> <li>Unit 3 &amp; 4 Legal Studies - Revision Lecture</li> <li>Unit 3 &amp; 4 Health &amp; Human Development - Revision Lecture</li> <li>Unit 3 &amp; 4 Psychology - Revision Lecture</li> <li>Unit 3 &amp; 4 Biology - Revision Lecture</li> </ul>
<b>Thursday 08</b>
<ul style="list-style-type: none"> <li>Year 12 Literature - Close Reading Workshop</li> <li>Year 12 English Language - Essay Workshop</li> <li>Year 12 English Revision Session</li> </ul>
<b>Wednesday 14</b>
<ul style="list-style-type: none"> <li>Boroondara Choral Eisteddfod Choir Performance</li> </ul>
<b>Thursday 15</b>
<ul style="list-style-type: none"> <li>2023 General Achievement Test (GAT)</li> </ul>
<b>Wednesday 21</b>
<ul style="list-style-type: none"> <li>Year 7 Boys AFL</li> </ul>
<b>Friday 23</b>
<ul style="list-style-type: none"> <li>Last day of Term 2</li> <li>Year 9 Recreational Activities - Ice Skating</li> </ul>

## ASSISTANT PRINCIPALS REPORT

### Inclusion, Diversity and Respect

Link: Policy - Inclusion Diversity and Respect: <https://elthamhs.vic.edu.au/documents/Information%20and%20Help/Policies/policieslist.php>

Eltham High School is committed to creating an environment where all members of our school community are welcomed, accepted, respected, and treated equitably, so that they can participate, achieve and thrive at school. This commitment towards an inclusive environment should be evident in everyday interactions; the language used within the school community, the curriculum, the messages displayed around the school and the physical environment. Whilst we recognise the role that education settings play in implementing cultural change, the involvement of the whole-school community is required to achieve a culture in which safe and respectful relationships are everyone's concern and responsibility.

Our Inclusion, Diversity and Respect Policy is accessible on our school website or via the link above, and explains Eltham High School's commitment to making sure every member of our school community - regardless of their background or personal attributes - is treated with respect and dignity.

### Bullying Prevention

Link: Policy - Bullying Prevention: <https://elthamhs.vic.edu.au/documents/Information%20and%20Help/Policies/policieslist.php>

The school develops and maintains effective bullying prevention strategies and management processes to provide a safe school environment for students. Essential to this is education for students and other members of the school community about safe and responsible social and learning interactions. Our philosophy is to model conflict resolution and maintain a positive and caring environment which does not foster bullying or violence. The school has strong, proactive leadership which ensures effective whole school behaviour-management systems, based on Restorative practice. Our Bullying Prevention policy is available on our school website or via the link above.

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**FRAN MULLINS, Assistant Principal**

## MIDDLE SCHOOL

### Student Free Day

A reminder that **Thursday 11 May** will be a student free day, students are not required to attend school on this day.

### Year 8 Medieval Day

On **Monday 15 May** our Year 8 students will travel back in time to spend the day living in the Middle Ages. This is a great way to learn about a period of history that Year 8 students are currently studying in class.

### Year 8 Guest Speakers

On **Tuesday 16 May** Year 8 students will attend a presentation by a two young, local women who will speak about their experiences in the fields of geology and glaciology. These presentations are designed to ignite a spark of interest about these 2 fascinating fields of study.

### Year 8 Headspace Incursions

On Wednesday 17 May all Year 8 students will participate in an incursion run by Headspace. These sessions will focus on self-care and wellbeing.

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**ROSS MCKINNON, Middle School Team Leader**

## PARENT INFORMATION

### 2023

#### Term Dates

##### 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](mailto:pan@elthamhs.vic.edu.au)

## SENIOR SCHOOL

### Covid Information

If your student is absent with COVID, please register your positive RAT with the Department of Health and keep a copy of the confirmation notification SMS.

Please notify Susan Inglis (Senior School Administrator) of the positive result via email at [ing@elthamhs.vic.edu.au](mailto:ing@elthamhs.vic.edu.au) or on 9430 5164.

### Compass Cards and School Photos

Compass Cards and School Photos were distributed through Tutorial on Monday 8 May. Anyone who missed this, should come to the Senior School Office for collection.

### 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.

### Year 12 Jumpers

Year 12 Jumpers have arrived!

A Year 12 group photo will be arranged this term and available for purchase through 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
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	
Year 10 Change of Subject applications open	Monday 22 May
Year 10 Change of Subject applications close	Friday 26 May
VCE Unit 1 concludes	
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	
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 public holiday	Monday 12 June
VCAA- GAT examination- Unit 3/4 studies	Thursday 15 June
Transition - Year 11 into 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 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 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](mailto: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, 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/cDO67>

### 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 three days and typically no longer than five 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](mailto:pri@elthamhs.vic.edu.au)

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**ROSS PRINGLE, Careers / Pathway Coordinator**

## MUSIC

### Generations in Jazz 2023

Our Stage Band and Jazz Band attended the Generations in Jazz Festival on the weekend, for the first time since 2019.

Despite the challenging weather conditions (hailstorms and mud) everyone had a great time and are still buzzing about the event.

Students played their absolute best and we are all very proud of their performance and the hard work and commitment they showed preparing for the festival.

A huge congratulations to **Michael Jones (Year 12, Andrew House)** (Trombone) who was selected for the Division 2 Super Band.

Thank you to the staff that went on the trip, Brent Mills, Jordan Murray, Karen Heath, Dan Gordon and Jared Becker. Thank you for giving up your time over the weekend to support our students and ensure that the tour ran smoothly. Special mention to Brent Mills for organising the entire tour.

It is impossible to give you all the results for the weekend as there are hundreds of ensembles and 10 different divisions.

Here is a summary of Division 1 and the sections that Eltham High School was involved in:

#### Division 1

1st Marryatville High School (SA)

2nd St Peters College (SA)

3rd Prince Alfred College (SA)

#### Division 2

1st Balwyn High School (Vic)

2nd Xavier College (Vic)

3rd Marryatville High School (SA)

11th Eltham High School Stage Band

#### Division 4.1

1st Aquinas College (Vic)

2nd Westbourne Grammar (Vic)

3rd Christian Brothers College (SA)

7th Eltham High School Jazz Band

A huge congratulations to everyone involved!

### 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 Nalleijerring 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.

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
	<b>INTERVAL</b>
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](mailto: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](mailto: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](mailto: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](mailto: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 now overdue.**

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 and Ensemble Fees are now overdue.**

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](mailto: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](mailto: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](mailto: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.

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**RICK KEENAN, Director of Music**





## SPORT

### Division Athletics

On Thursday 4 May our Eltham High School Division Athletics team headed to Meadowglen Athletics Track to take on the other eight schools in the Nillumbik / Banyule District Athletics Carnival. Our team consisted of 82 athletes who competed in 102 individual track and field events and nine relays throughout the day producing some amazing individual results. Eltham finished 4th overall with a total of 629 points.

It was great to see our competitive spirit in all the track and field events and the support and encouragement from each other.

The top two athletes from each event qualify to go through to the next round as well as the top four runners in the 3000m, 1500m and 1500m walk. We are very excited to have 21 individual athletes qualify and six relay teams.

The following students will compete in the NMR Athletics finals on Wednesday 30 August at Meadowglen Athletics Track.

Zain Andreeta – (Year 10, Andrew House)  
Charlette Arena (Year 10, Everard House)  
Ethan Armstrong-Bourne (Year 10, Everard House)  
Artin Bahadori (Year 10, Andrew House)  
Tatiannah Barker (Year 9, Everard House)  
Jack Beddoe (Year 7, Everard House)  
Archi Bonga (Year 8, Andrew House)  
Max Bourazikas (Year 7, Andrew House)  
Joshua Broadbent (Year 12, Andrew House)  
Ally Brooks (Year 10, Everard House)  
Kennedy Cesari-Ford (Year 9, Everard House)  
Audrey Colbert (Year 8, Stewart House)  
Anu Conley (Year 7, Rutter House)  
Jevon Dalton (Year 9, Everard House)  
Lucas Di Giovine (Year 10, Everard House)  
Beau Duder (Year 12, Rutter House)  
Mabel Duder (Year 11, Rutter House)  
Matt Harvey (Year 9, Everard House)  
Leo Hobson-Nicholls (Year 12, Rutter House)  
Jacob Jewitt (Year 9, Rutter House)  
Maddison Jewitt (Year 7, Rutter House)  
Alex Kratofil (Year 12, Everard House)  
Jemimah Lavis (Year 10, Andrew House)  
Charl Louwrens (Year 12, Stewart House)  
Milly Lumkin (Year 10, Andrew House)  
Shaw Mercer (Year 12, Andrew House)  
Chris Nicholson (Year 12, Everard House)  
Sunny Porter (Year 9, Rutter House)  
Daniel Powell (Year 9, Everard House)  
Summer Priest (Year 10, Stewart House)  
Noah Rielly (Year 9, Stewart House)  
Jarrah Taig (Year 9, Stewart House)  
Kaia Taig (Year 8, Stewart House)  
Audrey Ulehla (Year 9, Rutter House)  
Seona Vander Kamp (Year 10, Stewart House)  
Josh Walkley (Year 10, Rutter House)  
Xanthe Watson-Jones (Year 9, Rutter House)  
Rhordi Whelan (Year 9, Andrew House)  
Islay Widdup (Year 7, Stewart House)

A big congratulations to all the students that competed on Thursday and good luck to those continuing on to the NMR finals.

---

**BREE PASCOE, Sport Coordinator**



### Year 10 Excursion to the Eltham Leisure Centre

In recent weeks our Year 10 PE students have had the opportunity to participate in an excursion to the Eltham Leisure Centre for a free fitness session.

The excursion started with a guided tour of the Leisure Centre, where students were provided with information about the different programs offered by the centre, including swimming lessons, group fitness classes, and personal training sessions.

After the tour, the students were split into groups and participated in a rotation of fitness classes. The students worked up a sweat as they moved from one activity to the next and were encouraged by their classmates to push themselves to do their best.

In addition to the fitness activities, the students who attended received a special surprise - 40 free passes to the centre. The passes were generously donated by the centre's management team as a way of encouraging the students to continue their fitness journey and explore all the centre has to offer.

The free passes not only provided the students with a tangible benefit from attending the excursion, but also reinforced the importance of regular physical activity and encouraged them to incorporate exercise into their daily routine.

Overall, the combination of the exciting fitness activities, informative tour of the facilities, and generous gift of free passes made the excursion to Eltham Leisure Centre a truly memorable experience for our Year 10 students. The school hopes to continue to work with the centre to provide more opportunities for students to engage in healthy, active lifestyles.

.....  
**WILL STUBBINGS, PE Teacher**

## DUKE OF EDINBURGH

### Duke of Edinburgh Award – Bronze Awardees

Congratulations to the following students who recently achieved their Bronze Award in the Duke of Edinburgh Award Program. The students completed their 'hours' towards this Award as a part of the Year 9 Elective Program, volunteering in the community and going on two adventure hikes.

#### Cooper Hailes (Year 10, Andrew House)

Cooper focused on writing and completing a training program to improve his vertical jump in basketball, gained coaching qualifications in fair play and coaching students. In the service component he coached a Year 9 boys' basketball team.

#### Chanelle Grose (Year 10, Stewart House)

Chanelle focused on developing and completing a fitness program to improve her running stamina, created a cane using clay as a medium before completing the final project in wood and coaching students. In the service component, she volunteered in the Eltham Op Shop.

#### Jaiden Poulter (Year 10, Stewart House)

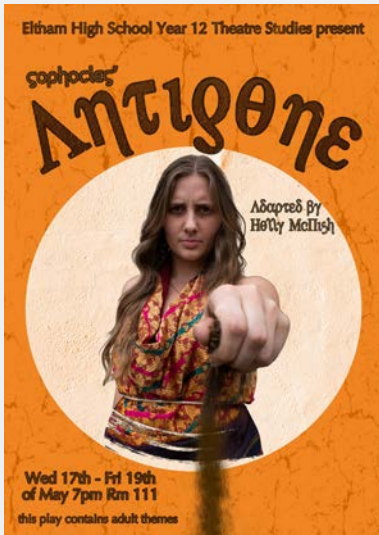
Jaiden focused on improving his shooting and scoring efficiency in basketball, learnt the basics about cars (tyre pressure and replacing a flat tyre, replacing windscreen wipers and filling the washer fluid, identifying different parts of a car, what type of motor it is and what fuel it runs on) and coached students in the kinder club, which is a club for the Eltham Wildcats.

#### Tegan Gibbs (Year 10, Andrew House)

Tegan focused on improving her kata's 8 and 9 for her Karate grading, learnt to crochet by making a beanie and was a volunteer at the Diamond Creek Fire Brigade (as a junior member) learning about fire safety, procedures and summer preparations for the CFA.

Congratulations to Cooper, Chanelle, Jaiden and Tegan.

.....  
**PETER TOREY, Year 9 Duke of Ed Teacher**



## 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:** Wednesday 17, Thursday 18 and Friday 19 May

**Time:** 7:00pm

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

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

**RYAN PATTERSON, Drama Coordinator**

## VET HOSPITALITY

### Year 12 Kitchen Operations

The Year 12 VET students have had a very busy few weeks. They have catered for: the swim club breakfast, staff lunch, staff morning tea and Open Day. Students planned, prepared, cooked and served a variety of high quality food items for students, staff and guests all of which have been greatly received. They have worked incredibly hard, displayed great skill, teamwork, professionalism and high work ethic, all whilst staying in high spirit.

I am immensely proud of their achievements and would happily recommend them to any workplace.

Well done team!



**YASEMIN ZIADA, VET Hospitality and Food Technology Teacher**

## LANGUAGES

### IndoAustay

IndoAustay is appealing to Eltham High School families interested in hosting an Indonesian student for **six weeks between 31 July - 9 September** this year. For more information, please see the flyer in the Community Announcements section of this Newsletter.

Any expressions of interest are to be directed to your child's Indonesian teacher, Matthew Atherton or Tika Sartika. Alternatively, please contact Catherine Considine.

Terima kasih!

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**CATHERINE CONSIDINE, Languages KLA Coordinator**

## STUDENT AGENCY AND GROWTH

### Values Leaders – Junior Members

Are you interested in taking on a leadership role at school?

Do you want to support student voice and action at school?

Apply for a position as a Values Leader.

As a Values Leader, you will work with our Senior Student Leaders to collaborate on projects and achieve common goals.

You will gain skills in leadership and teamwork as well as have the opportunity to work with students across different year levels.

To express interest, simply complete this [Microsoft Form](#) by **Monday, May 15**. If you have any questions about the specific Values teams, contact Mrs Devlin via email or by popping by Office 164.

---

**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](mailto: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](mailto: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/>

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**LISA FOOTE, Arts Coordinator**

## HARMONY TEAM

### Harmony Team Food Drive

The Harmony Team is running a food drive until **Wednesday 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

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](mailto:pan@elthamhs.vic.edu.au)

Committee Meeting Date	Working Bee Date
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 Announcements

Canteen is introducing a range of new products to their menu.

Chicken & Vegetable Pie \$5.00

Lactose Free Chocolate OAK \$4.20

Lactose Free Ice Break \$4.50

This Week Lunchtime Special

**Tuesday:** Fried Rice - \$6.00

**Wednesday:** Chicken Parmigiana Rolls or Mushroom Parmigiana Rolls- \$7.00

**Thursday:** Beef Burritos or Vegetarian Burritos - \$7.00

**Friday:** Burgers - Veggie Pattie, Chicken or Beef - \$7.00

**Monday:** Pizzas - Margarita or Pepperoni - \$4.00

Soup of the Week: Red Lentil & Carrot Curry Soup- \$6.00

(Soups are Gluten Free & Vegan)

Bread Roll - \$0.80

Canteen would like to remind students that the best way to ensure that you get the Lunchtime Specials at lunch is to place a lunch order either before school or at recess. Canteen adjusts the quantity of the Lunchtime special according to its lunch order demands therefore the best way to ensure you don't miss out is to make sure you have a lunch order.

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**CAROLINA CONSTABLE, Canteen Manager**

## STUDENT SERVICES

### Losses in our Community

The recent weeks have met our community with sudden and unexpected losses. Their loss can become a shared experience, and our sense of community stability can feel shaken. It is with compassion that we wish to provide you and your family with some guidance on ways in which responding to grief and loss can promote healing.

#### Managing the individual and family experience

- Acknowledge how you and your children are feeling: What emotions are arising for your family? How has this impacted your family? Supporting your young person to acknowledge their feelings can be as simple as providing them permission to feel a sense of connectedness to the loss. It is common for adolescent to have shared emotions.

- Be mindful of over-empathy: If you or your young person is in pain and distress when they are hearing someone else's bereavement story, please encourage them to turn towards their own family and friends (and not those of the family members who have lost someone).
- Work through your own grief: Loss can trigger unconscious or conscious feelings we have about loss and losing loved ones. It can also bring back one's own experiences of bereavement. It is important that you recognise these feelings when they arise and obtain support for this.

#### **Community Support**

- Promote consistency for young people: An unexpected loss for a teenager can cause distress and instability. Therefore, to increase their sense of control and security please continue engaging them in their normal routines and activities.
- Community compassion: During these times, there is an increase of felt hurt and uncertainty. This can create thoughts of judgement about how we think others should or should not be grieving. Having community compassion requires a sense of humility and understanding towards others.
- Check in with other adults: Feel comfortable in checking in with other adults in your young person's life to let them know of the impact this is having. This could include sport coaches, Coordinators, and Student Services.

#### **Providing emotional support for young people**

- Allow them to lead the conversation: Acknowledge their presence, their importance, their thoughts, and feelings. Your young person may want to talk about the loss in detail, or they might want to be with their friends. Follow their lead.
- Be available: Grief transpires in many ways and does not have a predictable timeline. As parents, you may not have all the answers to their questions. What you have, is the ability to be there for your young person. This is enough.

#### **Please find additional resources to support your young person**

- ReachOut – Grief and Loss
- <https://headspace.org.au/explore-topics/supporting-a-young-person/grief-and-loss/>
- Youth Beyond Blue – Grief and Loss
- What's Your Grief?
- Sane Australia – Busting the Myths about Grief
- ReachOut WorryTime
- Breathe2Relax

#### **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)	Sweet Muffin	Fresh Fruit (Piece)	Ham, Cheese, Tomato Sandwich \$4.50
\$1.50	\$3.50	\$1.00	Egg & Lettuce Sandwich \$6.00
Pin Wheel	Vegemite Cheese Scroll	Banana Bread Slice	Roast Beef & Mustard Pickle Sandwich \$6.00
\$2.00	\$3.00	\$2.80	
Garlic Cheesy Bread	Hot Jam Doughnut	Yoghurt Tub	
\$2.00	\$3.80	\$3.00	
Dim Sims (2)			
\$2.50			
Ham & Cheese Toasty			Salad & Cheese Roll \$6.00
\$4.00			Ham & Salad Roll \$6.00
Tomato & Cheese Toasty			Chilli Chicken Wrap \$6.00
\$4.00			Plant Based Chilli Chicken Wrap \$6.00
Egg Muffin & Relish	<b>Monday</b>		Falafel Wrap (V) \$7.00
\$4.00			Tandoori Chicken Wraps \$7.00
Bacon Egg Muffin & Relish \$4.50			BLT (Bacon, Lettuce & Tomato) \$7.00
\$4.50			HLT (Haloumi, Lettuce & Tomato) \$7.00
Sausage Roll	<b>Tuesday</b>		
\$3.80			
Spinach & Ricotta Roll			
\$3.80			
Vegan Wholemeal Pasty	<b>Wednesday</b>		
\$5.00			
Meat Pie			
\$5.00			
Beef Curry Pie	<b>Thursday</b>		
\$5.00			
Shepherd's Pie			
\$5.00			
Chicken & Vegetable Pie	<b>Friday</b>		
\$5.00			
Hot Soup (V)			
\$6.00			
Bread Roll			
\$0.80			
Nachos			
\$6.00			
Super Nachos			
\$7.00			
Pasta Bake			
\$7.00			
	<b>Sweet Things</b>		
	Apple Cake	Coffee Scroll	Caramel Slice \$3.80
	\$4.00	\$3.80	Hedgehog Slice \$3.80
	Smarty Cookies	Strawberry & Chocolate Doughnut	Lemon Passionfruit Slice (GF) \$3.80
	\$3.80	\$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](http://www.trybooking.com/CHOTI)



Proudly supported by



# Community Announcements



Teenage Aggression  
Responding Assertively (T.A.R.A.)

## Northern Region

A workshop for parents of adolescents who are behaving with aggression and violence



Please join us to discuss the impact of challenging behaviours and violence on families and relationships and to consider the role adolescent development, styles of communication and patterns of relating have in family relationships.

Our intention is that parents feel less alone, better equipped, more hopeful and confident in their ability to respond to challenging behaviours in a way that promotes safety, trust and connection for all family members.

Course runs over two mornings (attendance required for both sessions)

Wednesday May 24<sup>th</sup> and 31<sup>st</sup> at 9.30am -12.30

Please call intake to secure a place on the number below.

For more information or enquiries please contact:

T.A.R.A Program on (03) 9450 4700

Berry Street, 677 The Boulevard, Eaglemont VIC 308



## 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)
- General Physical Health**
  - Anatomy & Physiology education
  - Measure vital signs
  - Chronic disease management
  - Health promotion
  - Skincare routine
  - Vaccination information & advice
- Diabetes**
  - Education & management
  - Blood glucose testing



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

## + Southbound Exchange Program

31 July until 9 September 2023  
*Get involved in this exciting Indonesian cultural/language activity*

Sign up now as a host school or family for the 2023 Indonesian Exchange



ABN 46 134 389 129

An organisation dedicated to brokering exchanges between Australian and Indonesian students.

## Quotes from Students: Reflections from past the Exchange programs

"As an exchange student I was able to proudly present my country to Australia and to also learn more about Australia. Australia is a big country whose people are nice and kind. Ruth is amazing and we have become sisters in this very short time."  
Nadhira, Bandung

"Apart from being able to have conversations at school in a language most people don't understand, the best thing about hosting an exchange student was being able to show off what our amazing country has to offer. Everyday things we take for granted amazed our Indonesian visitor. Nadhira was a joy to have around." Ruth, host student 2010.

"I discovered many differences between schooling in Australia and Indonesia. I love the way students interact in class. They put up their hands when they don't understand. In Indonesia we just listen to whatever the teacher has to say because we are too shy to ask questions. The students were so friendly and always happy to help me with my English. I loved staying with Erin and her family."  
Marinda, Jogjakarta

"Hosting an exchange student really helped open up my eyes to another culture and practise my Indonesian and also do many things I would not otherwise do... We took Rinda to the snow because she had never seen snow before, we went fishing, visited the Healesville Sanctuary and went to see the Australian Ballet. Rinda cooked some traditional dishes for us." Erin, Host sister, 2010.

## Monty Hub Community Dance

### Fundraiser

featuring the

**Footscray Gypsy Orchestra**

**All Welcome!!!**



Raffle & Silent auction

Date: May 20th, 2023  
Time: 6pm for 6.30start  
Where: Petrie Park Hall, 16 Mountain View Rd. Monty  
Food/drink: byo picnic dinner, tea & coffee provided  
Bookings: Book a table or individual  
Price: \$25/\$20/\$10  
<https://www.trybooking.com/CHTPG>  
Enquiries: Sophie 0422 989 035



# 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](https://pip-ed.web.app)

Contact:  
[med-pip-ed@monash.edu](mailto:med-pip-ed@monash.edu)



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

# YOUTHFEST '23

## PERFORMERS, 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](mailto:jets@banyule.vic.gov.au)

### SCAN HERE TO APPLY!



[www.linktr.ee/jetsbundoora](http://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!



[www.elthammudbricktour.org](http://www.elthammudbricktour.org)

**TICKETS  
NOW ON SALE**

*Join us online*

**ELTHAM  
MUDBRICK  
TOUR 2023**

May 21, 2023 @ 2pm

*virtual*  
**ELTHAM  
MUDBRICK  
TOUR**

Tickets \$22 per screen.  
Scan the QR code to  
purchase.

*scan me*

Proudly supported by

**Nillumbik**  
The Green Wedge Shire

Please use this link to book tickets:  
<https://www.trybooking.com/CGTME>

**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](http://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](http://www.wennlawson.com)

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

Cost: \$10pp or \$5 concession

Book Online: [www.trybooking.com/CAZAW](http://www.trybooking.com/CAZAW)

#### Enquiries:

Sarah at Interchange Outer East on 03 9758 5522 or [sarah.lawson@ioe.org.au](mailto: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](mailto: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](mailto:BanyuleNillumbikTS@melbournepolytechnic.edu.au)

BANYULE NILLUMBIK  
TECH  
SCHOOL





# 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](https://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"