



DATES TO REMEMBER



2018

Wednesday 17 October

Last Day of Year 12 Classes

Friday 19 October

Curriculum Day - No Scheduled Classes

Friday 26 October

Art and Technology Exhibition Official Opening

Thursday 18 October - Year 12 Breakfast and Formal

Friday 19 October - Curriculum Day (No Scheduled Classes)

Sunday 21 October - Eltham Mudbrick Tour

Friday 26 October - Art and Technology Exhibition Official Opening

PRINCIPAL'S REPORT

Australian Volleyball Championships

Congratulations to the following students who represented Victoria in the Australian Volleyball Championships during the last term break: **Jake Riley (Year 11, Everard House)**, **Tilly Macdonald (Year 11, Stewart House)**, **Jess Terry (Year 9, Rutter House)**, **Rachel Svnt (Year 9, Stewart House)**, **Tanner Carozzi (Year 9, Rutter House)**, **Carly Svnt (Year 11, Stewart House)** and **Tiana Inglis (Year 10, Stewart House)**. These students are at the peak of their sport and their consistent commitment and hard work needs to be acknowledged. In representing Victoria, these students have also represented our community and our school. I know that they had a great time and that they represented us all admirably. Well done!

Eltham Wildcats Basketball Club – U14 Boys Champions

The U14 Boys 1st team from the Eltham Wildcats Basketball Club won the third and final major title available to them in a calendar year. After winning the weekend long National Junior Classic Tournament in June, the boys defeated Hawthorn for the Victorian title in late September, but then had the large event ahead of them; a week long 24 team national tournament held at Kilsyth run by Basketball Australia. Having won the National Title in 2017, the Wildcats led by Eltham High School's own **Jed Wallace (Year 8, Stewart House)** was there to defend the title and have the club win back to back national championships; a first for Eltham!

Congratulations to Jed Wallace and also to his team and coach. All the very best with the next season of competition.

Eltham High Short Films Screening

I congratulate all our students who participated in the short films screening on Monday evening. These films constitute part of the VCE Media assessment for Unit 4 and clearly show the wide range of talent of our students. A big congratulations to Ms Kathy Hughes whose encouragement and support of our students has allowed them to create such high level products offering great entertainment.

Day before Melbourne Cup Day

Historically the day before the Melbourne Cup holiday has had very poor student attendance. Consequently, and as a way of causing the least disruption to the educational program of the school, the last few years have seen this day used as time-in-lieu for teachers. As clearly expressed in the Victorian Government Schools Agreement 2017 and supported by the Department of Education and Training, this compensates teachers for the time they allocate beyond work hours throughout the year to student progress interviews involving students, parents and staff.

In the past, irrespective of the time-in-lieu arrangement, the school has remained open on the Monday before Melbourne Cup Day as Year 12 exams are generally on during that time, and the school is an examination centre. This will also be the case this year. However, while this day would seem to be the most appropriate in terms of minimising disruption

CONTENTS

- 1 Principal's Report
- 3 Assistant Principal's Report
- 4 Middle School
- 4 Senior School
- 5 Music
- 6 Careers
- 8 Sport
- 9 Drama
- 10 Art
- 11 Science
- 12 Canteen News
- 13 Student Services
- 14 Community Announcements

SCHOOL CALENDAR

OCTOBER

Wednesday 17

- Last Day of Year 12 Classes
- NMR - Year 8 Boys Cricket

Thursday 18

- Year 12 Breakfast and Formal
- VCAL Presentations 10:00am
- NMR - Inter Boys Basketball
- Recreational Activities: Golf

Friday 19

- Curriculum Day (no student attendance)
- NMR Inter Boys Futsal

Monday 22

- SSV State Athletics Final
- Year 10 Seminar - Exam Success Strategies
- 2019 Adelaide Fringe Tour Information Evening

Tuesday 23

- NMR - Year 8 Girls Cricket
- Creative Arts Taster - Melbourne Polytechnic

Wednesday 24

- NMR - Year 8 Girls Table Tennis
- NMR - Year 8 Boys Hockey

Thursday 25

- NMR - Year 7 Boys Hockey
- NMR - Year 7 Girls Basketball
- Hands on HEADSS Workshop

Friday 26

- Art and Technology Exhibition Opening at 7:00pm

Monday 29

- Year 11 Seminar - English Exam Revision - Period 4
- Young Workers Doctor Program - 9E, F, G and J

Tuesday 30

- Year 9 Intermediate Volleyball Round Robin
- Year 8 Boys and Girls Northern Zone Volleyball Competition
- Young Workers Outreach Program - 9B, C and H

Wednesday 31

- Year 7 Boys and Girls Northern Zone Volleyball Competition

Wednesday 31 - Wednesday 21 November

- 2018 Year 12 VCE Written Examinations

to the educational program of the school in the provision of time-in-lieu, I am writing to ascertain your intention as to your child's/childrens' attendance on Monday, 5 November in order for us to plan effectively. The school will be open on this day and based on previous experience, due to the small numbers of students in attendance, it is most likely that an alternative educational program will be in place. Your information will be valuable in ascertaining staffing requirements for this day.

I ask you to **confirm with us only if your child will be attending** on Monday, 5 November, 2018 by contacting the appropriate Sub-School Office either by telephone on 9430 5111 or by email through each of the Sub-School Team Leaders before Wednesday, 31 October:

Senior Sub-School: Anna Panas – pan@elthamhs.vic.edu.au

Middle Sub-School: Ross McKinnon – mki@elthamhs.vic.edu.au

Junior Sub-School: Melissa Hughes – huh@elthamhs.vic.edu.au

I thank you for your cooperation with this matter.

Changes to parking on the north side of Withers way

There have been changes to the parking areas on the north side of Withers Way across the road from the entry into the school. With the completion of Leisure Centre redevelopment four parking bays have been converted into a bus-parking zone. This is to support the new entry into the Leisure Centre that has been designated a school entry. From 9:00am to 3:00pm, this area is purely a bus-parking zone. Between 8:00am and 9:00am, this area is a school drop off zone (5-minute stop). Between 3:00pm and 4:00pm, this is a school pick up zone (5 minute stop).

I encourage you to use the drop off and pick up zone but also to adhere to the time restriction. Council officers have been patrolling and it would not be unusual for them to issue parking fines.

I ask you for your support on one matter relating to student safety. If you do use the drop off and pick up zone on Withers Way can you please direct your children to cross the road at the school crossing both on arrival and on their departure from school. As you well know, congestion is high at peak times and we do not want to complicate things by students, crossing the road in front of incoming cars and placing themselves at risk.

Thank you for your support with this matter.

Planning for 2019

It is at this time of the year when I put out a request for information from parents. Due to the high demand for places at the school, we have a number of students in Year 8-12 for 2019 on waiting lists for a place in the school. Whilst we are mindful of managing student numbers, we do want to give students and families who want to be part of the Eltham High School Learning Community the opportunity to do so. However, we cannot offer a place until we know that a vacancy exists.

Can I ask all parents of students currently in Year 7 to 11 to please communicate with us if you know that your child will definitely not be attending Eltham high school in 2019. This may be because you will be moving address, possibly moving interstate, perhaps you child will be pursuing an enrolment in TAFE, etc.

Please contact the relevant person below to provide this information only if you know that your child will not be attending Eltham High School in 2019.

Junior School (Year 7 only) - Mrs Melissa Hughes – huh@elthamhs.vic.edu.au

Middle School (Years 8 and 9) - Mr Ross McKinnon - mki@elthamhs.vic.edu.au

Senior School (Years 10 and 11) - Mrs Anna Panas - pan@elthamhs.vic.edu

Thank you for your cooperation with this matter.

Explore the Future of Work

It's difficult to advise young people about careers these days. As a parent you want to help them find their feet — but things have changed since you were at High School.

Explore the Future of work at Melbourne Polytechnic, Greensborough

October 24 from 6:20pm - 9:00pm.

This is much more than a careers expo. Find Their Feet is an immersive journey through time, from our industrial past to the technologically advanced future. After reflecting on their own unique interests, skills and strengths, students will place an avatar of themselves in the future world of work — a vast landscape representing the 'Future North' made up of six distinct zones:

- People Services (Health care and Social Assistance);
- Food (Retail, Markets, etc.);
- Construction;

• World Challenge Meeting at 3:30pm
NOVEMBER
Thursday 01
• Recreational Activities Golf • Last Day of Year 11 Classes
Friday 02
• Doctors in Schools Workshop
Wednesday 7 - Thursday 15
• 2018 Year 11 Written Examinations
Monday 19 - Friday 30
• Year 11 and 12 Headstart
Thursday 22
• Year 12 Valedictory Evening
Friday 23
• Last Day of Year 11 Classes
Monday 26
• 2018 Year 10 Written Examinations
Wednesday 28
• Junior and Senior Drama End of Year Performances - 5:30pm
Thursday 29
• Junior and Senior Drama End of Year Performances - 5:30pm
DECEMBER
Tuesday 04
• Mini Orientation Morning for 2019
Wednesday 05
• Year 7 Parent Information Evening 2018
Thursday 06
• Double Scrambled Farewell Performances 7:00pm
Sunday 09
• Australian Volleyball Schools' Cup
Tuesday 11
• Orientation Day for Year 7 2019

- Life Long Learning (Education & Training);
- Tech / Bio Tech (Professional, scientific and technical services); and
- The New Manufacturing (Trades and Manufacturing).

Future-focussed industry experts will be on hand to guide students on their journey and help with practical advice, support and next steps.

- Be surprised by the skills students already have, and how useful they will be in the future
- Transform anxiety into excitement as students see a place for themselves in the future world of work
- Be ready and able to support students take the all-important next steps.

Register NOW!

Follow on Facebook for all the latest news@findtheirfeet.org or

find out more at their website findtheirfeet.org

These are FREE events but places are limited. Don't miss out. Register NOW

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VINCENT SICARI, Principal

BOOK DRIVE

Eltham Lions Club Book Drive

Last term our Year 11 and 12 House leaders were involved in the Eltham Lions Club 1 2 3 Read 2 Me initiative. We wanted to make a positive contribution to the lives of disadvantaged children who do not have access to books and other learning resources. The donated books are provided to children and families in low income areas, the hope to improve their learning and reading skills, as it is something so important to their future development.

For the last three weeks of term 3, there was a bookshelf set up in the General Office where the Eltham community were invited to donate any unwanted children's books. We received many donations, with over 1500 books estimated to have been collected. This is a fantastic effort which the house leaders are extremely proud of.

This is a great success for the cause and for children who will now have access to quality books, allowing them to experiencing the enjoyments and developments of learning.

Thank you to all families and community members who donated books to this cause, we are extremely grateful, and the receiving children will be also.

Year 11 and 12 House Leaders



ROSTER FOR OCTOBER 2018

Wednesday

- Volunteer Needed

Thursday

- Volunteer Needed

Friday

- Curriculum Day (No Scheduled Classes)

Monday

- Volunteer Needed

Tuesday

- Volunteer Needed

If you would like to volunteer for our canteen please send your email address and availabilities to our Canteen Manager, Carolina Constable at:
cob@elthamhs.vic.edu.au



ASSISTANT PRINCIPAL'S REPORT

Draft Courses – Years 11 and 12 2019

Current Year 10 and 11 students have recently been contacted via email with instructions on how to access their draft course for 2019. Please review this and if there are any issues or errors collect a change of subject request from the Senior School Office. In general changes of subject will only be considered where there is a change of pathway for the student concerned or if it is required due to medical circumstances. The Senior School team works hard to create the best possible courses for students but a reminder that in some cases, due to timetabling constraints, it is not possible to accommodate every request.

TIM NATOLI, Assistant Principal

Student Dress Code Reminder

As we move into a new term, I would like to remind students and families of our Student Dress Code. The following clothing items are not acceptable for school:

- Brief clothing
- Singlets or sleeveless t-shirts
- Brief skirts and shorts
- Shirts or dresses with a shoulder strap less than 6cm in width
- Bare midriff
- Exposed underwear
- Thongs are not appropriate footwear for a school environment
- Clothing with offensive messages or images

We seek your support in ensuring students come to school dressed appropriately as we move into the warmer months.

Casual Staff Wanted

Eltham High School's Canteen is looking to employ casual canteen staff to assist our Canteen Manager in the daily operations of the Canteen. There are currently two regular casual shifts available on Thursday and Fridays from 10:00-2:30, as well as the opportunity for additional shifts across the year. The role requires food preparation, cleaning duties and customer service skills. Some hospitality or cookery experience is recommended and a Working with Children's Card is mandatory.

Please contact Carolina Constable, Canteen Manager, at cob@elthamhs.vic.edu.au or by telephone on 9439 5122 for further information.

FRAN MULLINS, Assistant Principal

MIDDLE SCHOOL

Duke of Edinburgh Award Adventurous Journeys

Last week both Year 9 Duke of Edinburgh Award classes completed a 2 day bushwalk at Lake Mountain. This was a training trip, allowing students to refine their camp craft and leadership skills before undertaking their assessment trip in November. Students learnt to deal with some rather challenging (chilly) weather as well as the basic skills of cooking on a lightweight stove, basic navigation, pitching a tent and packing a pack. Leadership skills were also a focus, with all students required to lead a section of the walk. Thanks to Ms Ziada, Ms Zhang and Mr Torey for making this trip happen.



ROSS MCKINNON, Middle School Leader

Drama

When: Wednesday (Junior)
 Thursday (Senior)
 Location: 111 Drama Space
 Time: 3.20pm – 5.00pm
 George Franklin
 Drama Teacher

Scrambled Prince Workshops

When: Tuesday
 Location: 111 Drama Space
 Time: 3.20pm – 6.00pm
 George Franklin
 Drama Teacher

Interschool Debating Team

When: Monday Lunchtime
 Location: Room 301
 Madeleine Griffeth
 Debating Coordinator

PRISIM

(People - Respecting - Individual's -
 Sexuality - Identity - Movement)
 When: Thursday Lunchtime
 Location: Student Services
 Louise Heathcote
 Student Services Leader

**Tournament of Minds
 (Year 7 - 10)**

When: Tuesday Lunchtime
 Location: Room 154
 Loren Clarke & Naomi Edrees
 Tournament of Minds Coordinators

Eltham High School Environment Group

When: Wednesday Lunchtime
 Location: Room 154

Pottery Club

When: Friday Lunchtime
 Location: Room 602
 Donna Ayres
 Technology Teacher

Language Conversation Club

When: Friday Lunchtime
 Indonesian Club: Room 610
 French Club: Room 612
 Catherine Considine
 Languages KLA Coordinator

SENIOR SCHOOL

Open Days 2018

Access the web link below to find out the scheduled days and times of the Tertiary Institution Open Days.

<http://www.vtac.edu.au/opendays.html>

Students are advised to create a shortlist of the institutions they wish to visit, access the institutions' open day programs from their website and attend the information sessions of interest.

VTAC App

Year 12 students are asked to download the VTAC app. on the App store or via Google play. Students will be able to search for courses, access their ATAR and offers.

Critical dates

Performance and Languages oral examinations and Extended Investigation oral presentations	Monday, 8 October - Sunday, 4 November 2018
Languages (CCAFL) written examinations	Tuesday, 23 October 2018
Auslan examination	Wednesday, 24 October 2018
2018 VCE written examinations	Wednesday, 31 October - Wednesday, 21 November

ANNA PANAS, Senior School Leader

MUSIC

Second Hand Instrument Register

If you are considering selling your instrument we will be running a second hand instrument register. The second hand instrument register process will open at the start of Term 4, 2018. It costs \$10.00 to place your instrument on the register. Please contact Jane in the Music Office and she will arrange for the appropriate teacher to assess the instrument and advise of any repairs that need to be undertaken and its second hand value.

All instruments must be serviced before they can be placed on the register.

Please bring your instrument to the Music Office for assessment no later than Friday 30 November, 2018 along with the \$10.00 registration fee. Thank you.

Training Band and Junior Strings Music Fees

The third and final instalment of the Training Band and Junior Strings Music fees were due by Friday, 21 September 2018. The third instalment is for the Small Ensemble, Percussion Equipment Hire and Hired Instrument Fee (if applicable). Any outstanding fees should be paid immediately

Payment of music fees can be made by credit card on the form included in the Resources Tab of each main ensemble, 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 accounts@elthamhs.vic.edu.au advising that the funds paid are for music fees. If you do not email the payment may be allocated to other areas.

If you do not know your BPay reference number please contact our school's Accounts Department on 9430 5118 or email accounts@elthamhs.vic.edu.au. Your prompt payment of fees is appreciated.

After School Music Lessons available for Guitar, Electric Bass and Drumkit

If any student is interested in lessons on guitar, electric bass or drumkit in our After School Music Program, our teachers have places available. Please contact the Music Office for more details.

Absence from Rehearsals

Could all parents/guardians please ensure their child's absence from a rehearsal is approved via the Compass Parent Portal. Please note if you approve a full day absence this will usually not include the ensemble rehearsal time. You will need to approve this separately. You can retrospectively approve absences.

RICK PLUMMER, Director of Music

EXTRACURRICULAR CLASSES & TUTORIALS

Eltham High School Swim Squad

When: Thursday

Location: Watermarc

Time: 7.00am – 8.00am

Phil Boyd

Eltham High School Swimming Club
Coordinator

Eltham High School Anthology

When: Tuesday

Location: Room 302

Time: Lunchtime

Steve Ford

Eltham High School Anthology
Coordinator

Eltham High School STEM Club

When: Every second Wednesday

Location: Room 902

Time: Lunchtime

Anam Javed

Eltham High School Science
Coordinator

Food Donations for Mud Brick Tour 2018

As part of the annual Eltham Mudbrick Tour on Sunday 21 October 2018, we will be selling refreshments comprising tea, coffee, soft drinks and home made savoury and sweet snacks at one of the houses.

If you are able to donate food to be sold at our Mud Brick Tour we would be very grateful. Preferences are for home made savoury muffins, savoury scones, savoury slices and pastries. Then slices, cakes, and biscuits.

This year we are required to get a level 3 (low risk foods) permit from the Nillumbik shire council for the event. This means we would like foods that do not require heating or storage under particular temperatures. Also nothing with fresh cream.

Food needs to be provided on disposable plates, be covered and must have a label with all ingredients clearly listed. If you are able to make a plate of something to donate, we would be very appreciative.

If you have not already done so, could you please let Jane Nicholson at nio@elthamhs.vic.edu.au in the music office know if you will be able to help us out with the food.

Please bring it along to the Mudbrick Tour ticket desk that will be set up in the front car park at Montsalvat (7 Hillcrest Avenue) by 9:30 am on Sunday 21 October and it will be sent out to the house on the first mini-bus of the day.

Thank you very much in advance!

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Mud Brick Tour Catering Coordinators, Eltham High School Friends of Music

CAREERS

Year 9 Work Experience 2017: Monday 10 - Friday 14 December

Students are required to complete one week of placement and can access forms through the careers website at <http://www.elthamhighcareers.com> or from outside the Careers Office. There is the standard Placement Form along with a Transport/Accommodation Form, if necessary. Forms need to be returned by Friday 30 November.

For students competing in the Australian Volleyball Schools' Cup they are able to complete their placement at another time prior to or following the scheduled week.

Students who are not 15 years old by 10 December will be restricted to placements at a kindergarten, pre-school or primary school. Alternatively private arrangements can be made by the family but please pass on the information prior to the placement.

Any queries should be directed to Ross Pringle at pri@elthamhs.vic.edu.au

Creative Arts Taster - Melbourne Polytechnic: Tuesday, 23 October

Aimed at Year 9 and 10 students who wish to try a range of Creative Arts areas. All students will participate in each of the six areas below:

- Illustration
- Music
- Photography
- Sound Production
- Sports Broadcasting
- Visual Arts

Registrations Open at 9:00am - 9:45am with a 10:00am sharp start time.

Fifth Session 1:55pm 2:25pm

If you are interested please contact Ross Pringle at pri@elthamhs.vic.edu.au

Austin Health Work Experience Year 10 and 11 2019

<http://www.austin.org.au/HR/Workexperience/>

Applications for Work Experience in 2019 will open in early September. Please continue to monitor the Austin website and submit your application to Mr Pringle in the Careers Office.

Please be aware that only a certain number of placements are available and are therefore allocated on a "first come - first served" basis. Unfortunately not all departments are able to offer placements and not all weeks are available.

Popular weeks book out very early (including school holidays) and all students must be over the age of 15 at the time of their placement.

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ROSS PRINGLE, Careers Coordinator

PARENT INFORMATION

2018

Term 3:

Starts 16 July
Finishes 21 September

Term 4:

Starts 8 October
Finishes 20 December
(dependent on year level)

GROUNDS COMMITTEE

COMMITTEE MEETINGS AND WORKING BEE DATES

2018

Working Bee Dates

- 14 October 2018
- 18 November 2018

Committee Meeting Dates

- 8 November

SPORT

Australian Volleyball Schools' Cup

The Australian Volleyball Schools' Cup will be held between Sunday, 9 and Friday, 14 December 2018. Eltham High School is entering all 16 teams that we had planned to enter. Thank you to all parents that paid the \$100 deposit by the due date. The balance of \$360 is required to be paid by 1 November. All details are in the information handed to students which is also available under the resources tab on the Compass event "Australian Volleyball Schools' Cup" and on the Eltham High School web page Volleyball / downloads. Teams list are also on this site under "Teams for the Australian Volleyball Schools' Cup".

Volleyball Dates

30 October – Year 8 Northern Zone Finals
31 October – Year 7 Northern Zone Finals
15 November – Year 8 State volleyball Final
16 November – Year 7 State Volleyball Final
9 December – 14 December – Australian Volleyball Schools' Cup

If your child is selected in a state or national team or has a memorable sporting achievement, please let us know so we can share the good news.

Athletics

The Diamond Valley Athletic Club invites any student interested in a season of Track and Field athletics to train and compete with our club.

DVAC's home venue, Willinda Park, Greensborough is currently undergoing an upgrade, but training sessions & competition continue to be held.

Athletes will find qualified coaches on hand to assist with their preparation.

For further information, check out the club website www.valleyaths.org or contact DVAC Registrar Lyn Davis on 0409 005 406.

The season of competition with Athletics Victoria includes a club-based program, the AV Shield, which runs from October to March. As well, there are a range of Championship events that are offered to all age groups. Training and competition is open to women and men from Under 14's through to open age.

For further information, check out the club website www.valleyaths.org or contact DVAC Registrar Lyn Davis on 0409 005 406.

GREG THOMAS, Volleyball Coach and Sports Teacher

DRAMA

Mango Fundraiser

Our very own Scrambled Prince Theatre Company are once again running their amazing Mango Fundraiser. If you love mango, here's your chance to indulge in fresh juicy Kensington Pride mangoes (direct from the farm) and support this fundraising drive to help get our students to the Adelaide Fringe Festival in 2019. The cost per 7kg tray is \$27.00.

Why not start collecting orders from family and friends! Orders can be placed via the school's cashier right up until 26 October 2018. Delivery will be on a day during week commencing 10 December. With Christmas coming soon after your mango delivery, why not get creative and cook up treats like mango icecream, mango chutney, mango salsa or of course, a curry with mango!

Why not check out sites like <https://www.taste.com.au/recipes/collections/mango-recipes>
Or <http://allrecipes.com.au/recipes/tag-355/mango-recipes.aspx>

GEORGE FRANKLIN, Drama KLA Coordinator

OCTOBER

ART

2018 Art and Technology Exhibiton



Eltham High School
Art and Technology
Exhibition 2018
26 & 27 October

Eltham High School Art and Technology Exhibition 2018

Official Opening
Friday, 26th of October 7 pm
RSVP by 19th of October:
sca@elthamhs.vic.edu.au
Guest Speaker: Tess Edwards Baldessin

Viewing Times
Friday, 26th of October 6 - 8:30 pm
Saturday, 27th of October 1 - 3 pm
Eltham High School - Withers Way -
Eltham 3095 - phone (03) 9430 5111

ALLESHA FECONDO, Arts KLA Coordinator

SCIENCE

Student Participation Options

This is an outstanding opportunity for students to learn about cutting edge research and learn how information and communication technologies help researchers to make the best possible use of their data.

Things to do:

- Explore science datasets using Virtual and Augmented Reality environments
- Meet a selection of researchers to discuss their posters and e-posters
- Watch computer animations that showcase techniques for storytelling and science communication
- Listen to conference keynotes – check out the conference homepage to see confirmed international and national invited speakers. More information will be announced soon!
- Walk the exhibition floor and speak to researchers and technology providers
- For more information see <https://conference.eresearch.edu.au/students/>

JULIE MCDONALD, Science Teacher

The 7th BrainSTEM Innovation Challenge

The latest meeting for our groups took place this week, with **Grace Grant (Year 9, Rutter House)**, **Joy Van Diemen-Hartlief (Year 9, Stewart House)**, **Tymon Van Diemen-Hartlief (Year 9, Stewart House)** and **Nathan Edwards (Year 9, Everard House)** meeting with Dr Michelle Hall.

The group are investigating depression: what is it? What are the characteristics of depression?

The task consists of researching those characteristics in order to gain a better understanding of this condition.

From there the group is looking at the effect of computer games, and whether gaming can be used as an intervention that affects those characteristics.

The group then went on to discuss what sort of experiments they could conduct to determine what effect gaming has on people in general.

More work to come!

ROB COVENTRY, Science KLA Coordinator

CANTEEN NEWS

Our Canteen will be transitioning from their winter menu to the new summer menu in the next couple of weeks

New introductions are:

Hash browns \$1

Potato Wedges \$4

Potato Wedges with Sour Cream and Sweet Chilli Sauce \$5

Egg Muffin with tomato relish \$3.50

Bacon and Egg Muffin with tomato relish \$4.00

Tandoori Chicken Wraps \$5.50

(Tandoori Chicken, lettuce, cucumber and garlic yoghurt sauce in a spinach wrap)

Salad Jars \$8 (\$3 refundable for return of jar)

We will also be offering gluten free meat pies for lunch orders as well as on Friday Vegetarian Burgers.

Don't forget to check out our ever changing daily specials.

CAROLINA CONSABLE, Canteen Manager

STUDENT SERVICES

Spectrum Journeys North Outreach

Spectrum Journeys North Outreach are launching at the Hurstbridge Community Hub!

Spectrum Journeys is a not for profit Autism service that works with carers and educators to support children on the Autism Spectrum.

The service provides carer support and education for families and education staff through the following programs and initiatives:

- Carer support groups and peer-based carer support
- Advocacy and mentoring groups
- Workshops for carers and educators
- Outreach service

YouthFest 2018 – Calling All Young Performers

Applications for YouthFest performers are now open! YouthFest welcomes diversity in performances including spoken word artists, bands, solo artists plus more! If you'd like to apply, go to www.banyuleyouth.com/youthfest18-performer-call-out

More info: contact Roland on 9098 8010

Parent Information

SBS Insight aired an episode about gaming and addiction this week. This might be of interest to any parent or families due to the high number of inquiries' regarding gaming at home and school.

To see the video please see the link below.

<https://www.sbs.com.au/ondemand/video/1284354627710/insight-game-on>

PRISIM

PRISIM is 'People Respecting Individuals Sexual Identity Movement'.

All PRISIM members are invited to our weekly meetings every Friday during lunch time in student services.

Eltham High School's LGBT+ support group. All year levels are welcome to come and join.

LOUISE HEATHCOTE, Student Services Leader



KIDS FIRST™

Dads Tuning in to Kids™

Would you like to learn how to help your child manage feelings such as worry, frustration and anger?

A free seven-session group program for fathers of young children

Dads Tuning in to Kids™ teaches you how to help your child understand and manage feelings (emotional intelligence). Children with good emotional intelligence:

- Have better concentration at school
- Have greater success in making and keeping friends
- Are more able to manage conflict with their peers
- Are more able to communicate with their parents

Where: Kids First, 70 Altona Street, West Melbourne

When: Wednesdays 6.30pm - 8.30pm
17 October - 16 November 2018

Contact: Julie Curney 9450 0930 or jcurney@kidsfirstaustralia.org.au

Bookings are essential.

We regret that childcare cannot be provided.

Town Hall Dads

Share your stories on fatherhood with other local dads and raise money for men's health.

Join Dr Matthew Roberts, dad of three, perinatal psychiatrist at Mercy Health and advocate for men's mental health to talk about the important role and unique challenges of being a dad.

- Share your tips
- Get advice
- Connect with local dads of all ages and life stages

Event Details

Saturday 20 October, 9am - noon
Banyule Council, Level 4, 1 Flintoff St, Greensborough

Free event, donations for Movember gratefully accepted at the door.

Book your seat at banyule.vic.gov.au/THDads

Town Hall Dads is a networking event just for dads hosted by Banyule Maternal Child Health Service.

ELTHAM MUDBRICK TOUR 2018



SUNDAY OCTOBER 21, OPEN HOUSE 10AM-4PM

Join us on a tour of five beautiful and individual mudbrick houses in the Eltham area.

Nillumbik's mudbrick houses, always unique architecturally, are part of an alternative housing movement ahead of its time built with environmentally sustainable and recycled materials in natural harmony with the bush landscape.

The tour maintains a 50+ year tradition pioneered by Alistair Knox and is run by Eltham High School community volunteers to help support its renowned music program, with major sponsor Nillumbik Shire Council and other Nillumbik community sponsors. Eltham High School ensemble musicians will perform in The Barn Gallery at Montsalvat on the day between 10am and noon.

- Tour starts from Montsalvat, 7 Hillcrest Avenue, Eltham
- Free parking and regular shuttle buses between the houses
- Enjoy homemade cakes and drinks at one house
- Allow three to four hours; some walking is required.

This year's Eltham Mudbrick Tour showcases a selection of mudbrick houses designed, built, extended, or renovated between 1973 and 2018 by mudbrick house professionals including Alistair Knox, John Pizzi and Mark Sinclair, and owner builders including artists, a doctor and a local postman. All of the householders have artistic interests, from professional potters and artists to passionate leadlighters, mosaic artists, and musicians. Natural bush gardens include the work of local native landscaper Sam Cox and green-fingered householders, with many fun and beautiful artworks, sculptures and outbuildings.

Tickets at www.trybooking.com

Adults: \$25 (Children under 16 free)

Concession: Seniors/Students/Health card \$20

Photo ID required on the day

For more information:

www.elthammudbricktour.org

Facebook: Eltham Mudbrick Tour



Community Announcements



Fresh North Queensland Mangoes
Direct from the farm to you!

Support Our Mango Fundraiser

If you *love mangoes*, here's your chance to indulge in fresh juicy Kensington Pride mangoes and support this fundraising drive for our unique drama programme and

Eltham High School's
Scrambled Prince Theatre Company

Cost per 7kg tray is: \$27

Minimum 12 large to maximum 23 small mangoes per tray

Place your order by: Friday 26th October

Order forms will be sent home via drama students and are also available from the Eltham High School front office.

For further information contact:

Anita Sigmund: scrambledprincetheatre@gmail.com

Community Announcements



TOPS:

Therapist-assisted Online Parenting Strategies

What is the research about?

The research aim is to evaluate whether our new program, TOPS (Therapist-assisted Online Parenting Strategies) can help parents to support their adolescents who are experiencing anxiety and/or depression.

What is involved?

- Participation only takes a few hours over 12 months
- You & your adolescent complete online surveys at 4 time-points: when you first register, before starting the program, and 4 & 12 months afterwards

You receive:

- Access to an individually tailored online parenting program
- Practical strategies to parent more confidently
- Tailored goals to help put these strategies into practice
- Regular contact with a TOPS-coach via videoconferencing to help you apply strategies to your own situation

To say thank-you, you & your teen will each receive e-vouchers over 4 time points (worth up to \$50 in total per person)

Who can participate?

- Parents or legal guardians with their adolescent (aged 12-17 years):
- The adolescent needs to be receiving treatment for anxiety &/or depression from a mental health professional/service
 - Have internet access, & consider themselves proficient in English

Interested?

For further information or to register, please click here: bit.ly/TOPSmain or contact the TOPS team by email at: med-tops.coach@monash.edu



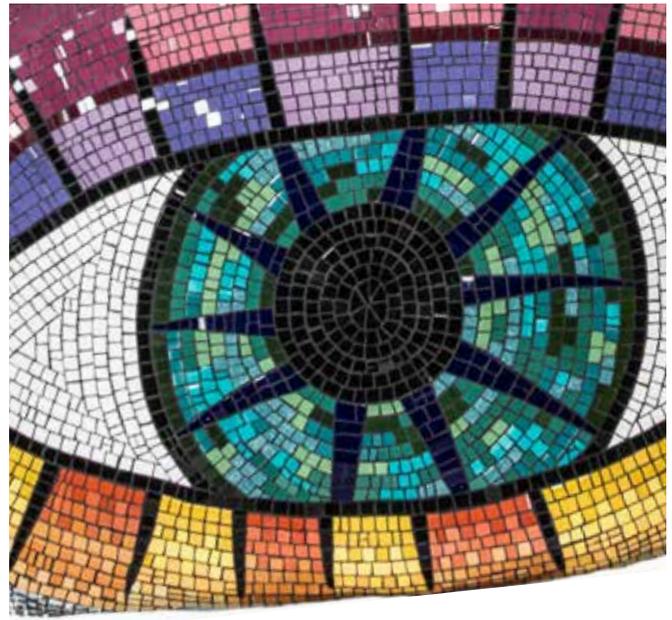
Help your teen manage anxiety, depression, & sleep problems

An online tailored parenting program

Weekly coaching via videoconference

Access the program anytime & anywhere

This study is being undertaken by Monash University, led by Associate Professor Marie Yap, and has been approved by the Monash University Human Research Ethics Committee.



You're invited to help inform Nillumbik's regional gallery feasibility study

Thursday 18 October 7pm-9pm
Eltham Community and Reception Centre
801 Main Road, Eltham

Wednesday 24 October 7pm-9pm
Hurstbridge Community Hub
Graysharps Road, Hurstbridge

with Outside the Square Creative Consulting

RSVP AND FURTHER INFORMATION:

- participate.nillumbik.vic.gov.au/regional-gallery
9433 3359 @ artsinfo@nillumbik.vic.gov.au

IMAGE:

Deborah HALPERN, *Wayfarer* (detail) 2010
fibreglass, aluminium, steel, mirror and glass tiles
230cm x 127cm x 50cm irregular.
Nillumbik Shire Visual Art Collection



A seven-session parenting program for parents of adolescents aged 12 and over

Would you like to learn how to:

- communicate better with your teen?
- build a stronger relationship with your teen?
- help your teen manage their emotions?
- assist your teen to manage conflict?

Tuning in to Teens™ focusses on adolescent development and emotional intelligence.

Where: Kids First, 75 Altona St, Heideberg West
When: Mondays 10am - 12pm
15 October - 26 November 2018 (7 sessions)
Contact: Julie Graney 9450 0900 or jgraney@kidsfirstaustralia.org.au

Bookings essential as places are limited.
We regret that childcare cannot be provided.

