

*** DATES TO REMEMBER**

Wednesday 11 February:
Year 7 Music Information Evening

Sunday 22 February:
Working Bee

Wednesday 25 February:
Swimming Sports Carnival

Monday 9 March:
Labor Day - Public Holiday

**INDONESIAN IMMERSION 2015 TRIP
INFORMATION EVENING:**

Thursday, 12 February 2015: 7.00pm - 8.30pm

**YEAR 7 MEET THE TEACHERS NIGHT:
Tuesday, 24 February 2015: 7.00pm - 8.30pm**

**STUDENT PROGRESS INTERVIEWS:
Thursday, 12 March 2015 (Student Free Day):
11.00am - 7.00pm**

Monday, 16 March 2015: 4.00pm - 7.00pm

// **PRINCIPAL'S REPORT****CONTENTS**

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Student Achievement**VCE Season of Excellence:**

In the last edition of the Community Newsletter I made mention of the outstanding achievement of both **Alex Clayton** and **Sunni Holt** in the VCE Season of Excellence. This notice was incomplete because now we have information that seven of our students have been selected for this prestigious recognition with one of them being selected to perform a composition and a prepared solo in two different concerts.

In addition to **Alex Clayton** (Class of 2014, **Andrew House**) and **Sunni Holt** (Class of 2014, **Andrew House**), who were congratulated last week, I do wish to add my congratulations to **Alessandra Prunotto** (Class of 2014, **Everard House**) who will be performing in Top Class 2015, Sound Composers at Deakin Edge, Federation Square as well as her Solo at the concert at the Melbourne Recital Centre. **Scott Van Gemert** (Class of 2014, **Rutter House**) will also be performing his solo piece at the Melbourne Recital Centre. **Sarah Kassing** (Year 12, **Andrew House**) has been selected to perform her Dance Jazz solo at the Melbourne Recital Centre. **Harry Symons** (Class of 2014, **Stewart House**) and **Campbell Pickett** (Class of 2014, **Everard House**) have been selected for the Top Designs Exhibition; Harry for VET Interactive Digital Media and Campbell for Product Design (Wood). This is outstanding achievement for all of these students and a real highlight of their talent in their respective fields. I wish them all the very best with their performances and the exhibitions and for their future pathways.

Taekwondo Success:

Congratulations to **Chantelle Sparnenn** (Year 10, **Andrew House**) who represented Australia in the Taekwondo Championships in America. On Sunday, 18 January Chantelle left for America with her coach and ten other competitors and travelled to Orlando, Florida. Chantelle received a Bronze Medal in her pair poomsae. This is an outstanding achievement that needs to be acknowledged. In addition to the trip being a great opportunity, the experience gained through the training camp where Chantelle and her team trained under the direction of one of the world's best poomsae coaches was extremely valuable as preparation for other upcoming events. A great outcome and I wish Chantelle all the very best in this select sport.

SCHOOL CALENDAR

FEBRUARY 2015

Wed 11

- Unit 3 Geography - Cape Woolamai
- Year 11 OES Indoor Rockclimbing
- Scrambled Prince Rehearsal: Drama Space (3.30pm - 7.00pm)
- Year 7 Music Information Evening: (7.00pm - 8.30pm - sausage sizzle at 6.30pm)
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Thur 12

- Indonesian Immersion 2015 Trip Information Evening: 400s (7.00pm - 8.30pm)

Fri 13

- Year 11 OES Indoor Rockclimbing

Sun 15

- Scrambled Prince Rehearsal: Drama Space (10.00am - 2.00pm)

Wed 18

- VCE Study Camp (Wed 18 - Fri 20)
- Scrambled Prince Rehearsal: Drama Space (3.30pm - 7.00pm)
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)
- EHS School Council (7.30pm - 9.30pm)

Sat 21

- Eltham Jazz Festival Performances at the Terrace Stage, Eltham (2.15pm - 3.00pm)

Sun 22

- Working Bee
- Scrambled Prince Rehearsal: Drama Space (10.00am - 8.00pm)

Tues 24

- Year 7 Meet the Teachers Night (7.00 - 8.30pm)

Wed 25

- Swimming Sports Carnival
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Thur 26

- How Came That Blood Farewell Performance (7.30pm - 8.45pm)

VCE Private Study Periods

As is customary this time of the year I do wish to remind students and inform parents of the expectations around Study Periods. Unless students are required for an assessment session, a seminar or a school planned activity or event, if they have a private study session during period 1, whilst encouraged to arrive at school at the normal time and use this time effectively in the Year 12 Study Centre (Year 12 students) or the Resource Centre (Year 11 students), students are permitted to arrive at school in time for their scheduled class. If they have a private study session during period 4, once again whilst encouraged to stay at school in the relevant spaces and use this time effectively for study, students are permitted to leave school at lunchtime for the end of the day. However, if students have a private study session during periods 2 or 3, they are NOT permitted to leave the school grounds. Year 12 students are required to be in the Year 12 study Centre or the Year 12 Common Room during these times and Year 11 students are required to be in the Resource Centre. Once at school all students need to remain on site and should students choose to disregard this expectation serious consequences will be applied.

If students arrive at school during period 1, they must make their way to one of the relevant areas for their Year level (Year 12 Study Centre or Common Room for Year 12 students and the Resource Centre for Year 11 students). Students need to be mindful that all other students are in class and that they are NOT permitted to sit in the courtyard unsupervised.

These are reasonable expectations to ensure the safety and wellbeing of all students and I ask parents to reinforce these with their children.

Morning Arrival to School

In last week's edition of the Community Newsletter I did publish the bell times to compliment the new timetable structure. The morning warning bell sounds at 8.45am and Period 1 starts at 8.55am. I have been noticing that some students are being dropped off after the warning bell. This is not helpful because it does not give the students enough time to get to class on time. I ask parents (particularly those who drive their children to school) to ensure that their children arrive to school on time. Any student who arrives late is required to obtain a late pass from the Compass Kiosk located in the General Office, prior to going to class. Late arrivals cause disruption to classes and to student learning and needs to be avoided. Leaving home a little earlier would be greatly appreciated.

School Council Elections

I draw your attention to the information in this edition of the Community Newsletter which outlines the School Council Elections for 2015. Parents/guardians can contribute to the school and their children's education in a range of ways. A place on the Eltham High School Council, the governing body of the school and its community, is one way in which you can be a part of this agenda. I encourage you to give this opportunity due consideration.

Student Accident Insurance

Parents/guardians are reminded that the Department of Education and Early Childhood Development does not provide personal accident insurance for students. Likewise, the school does not have a whole-school policy for personal accident insurance for students. Parents and guardians are responsible for paying the cost of medical treatment for injured students, including transport costs. Reasonably low cost accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance. Parents/guardians may wish to purchase such a policy for individual students.

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VINCENT SICARI, Principal

MARCH 2015

Wed 4

- Scrambled Prince Rehearsal:
Drama Space (3.30pm - 7.00pm)
- EHS Community Choir Rehearsal
(7.30pm - 9.00pm)

Fri 6

- Nillumbik/Banyule Divisional
Swimming

Mon 9

- Labor Day: Public Holiday

Wed 11

- EHS Community Choir Rehearsal
(7.30pm - 9.00pm)

Thurs 12

- Student Progress Interviews -
Student Free Day
(11.00am - 7.00pm)

Mon 16

- Student Progress Interviews
(4.00pm - 7.00pm)

Tues 17

- Vocal & Piano Recitals
(6.30pm - 8.30pm)

Wed 18

- House Athletics Carnival
- EHS Community Choir Rehearsal
(7.30pm - 9.00pm)
- School Council
(7.30pm - 9.30pm)

Fri 20

- Chamber Ensemble Concert
(4.00pm - 6.00pm)

Sat 21

- Harmony Day

Sun 22

- Working Bee

Tues 24

- NMR Swimming

Wed 25

- EHS Community Choir Rehearsal
(7.30pm - 9.00pm)

Fri 27

- End Term 1

// ELTHAM HIGH SCHOOL COUNCIL

School Council Elections

I take this opportunity to provide you with information about School Councils. School Council elections are imminent. It is important that you all consider the possibility of nominating for a position on council.

Each year a number of positions become vacant and I urge you to consider this opportunity. The following information may help you clarify some of the main roles of School Council and the responsibilities of School Councillors. More detailed information is available from the school on request.

What Is A School Council and What Does It Do?

All government schools in Victoria have a school council. They are legally formed bodies that are given powers to set the key directions of a school within centrally provided guidelines. In doing this, a school council is able to directly influence the quality of education that the school provides to its students.

Who Is On The School Council?

There are three possible categories of membership:

- A mandated elected parent category. More than one third of the elected members must be from this category. Department of Education and Training employees can now be parent members at their child's school.
- A mandated elected Department of Education and Training employee category. Members of this category may make up no more than one third of the total membership of school council. The principal of the school is automatically one of these members.
- An optional community member category. Its members are co-opted by the decision of the council because of their special skills, interests or experiences. Department of Education and Training employees are not eligible to be community members.

The term of office for members is two years. Normally half the members retire each year and this creates vacancies for the annual school council elections.

Why Is Parent Membership So Important?

Parents on school councils provide important viewpoints and have valuable skills that can help shape the direction of the school.

Those parents who become active on a school council find their involvement satisfying in itself and may also find that their children feel a greater sense of belonging.

How Can You Become Involved?

The most obvious way is to vote in the elections, which will be held in early March. However, ballots are only held if more people nominate as candidates than there are positions vacant.

In view of this, you might seriously consider:

- Standing for election as a member of the Eltham High School Council.
- Encouraging another person to stand for election.

Do I Need Special Experience To Be On A School Council?

No. What you need is an interest in your child's school and the desire to work in partnership with others to help shape the school's future.

What Do You Need To Do To Stand For Election?

A notice of the election and a call for nominations accompanies this document.

If you decide to stand for election, you will need to arrange for someone to nominate and second you as a candidate in the parent category. Once the nomination form is complete, return it to the school within the time stated on the notice of election.

If there are more nominations received than there are vacancies on council, a ballot will be conducted in the two weeks after the call for nominations has closed.

CANTEEN
ROSTER & MENU

ROSTER FOR FEBRUARY 2015

Wed 11

- Robyn Meikle
- Simone Miller

Thurs 12

- Marion Johnstone
- Joanne Grigg

Fri 13

- Christine Makridis
- Josephine Turner

Mon 16

- Tina Douglas
- Jo Hoskins

Tues 17

- Melinda Votsis
- Carolyn Ottinger

UPCOMING MENU

Wed: Fried Rice

Thurs: Chicken Salad

Fri: Lasagne

Mon: Hokkien Chicken

Tues: Sausage Sizzle

Remember The Following:

- Consider standing for election to the Eltham High School Council this year.
- Be sure to vote in the election if it goes to ballot.
- Contact the Principal for further information.

School Council Election Timeline – 2015

Tuesday, 10 February 2015:	Call for nominations
Tuesday, 17 February 2015:	Nominations Close, 4:00 pm
Wednesday, 18 February 2015:	Display list of candidates and nominators
Tuesday, 24 February 2015:	Distribute Ballot Papers
Wednesday, 4 March 2015:	Close Ballot, 4:00 pm
Thursday, 5 March 2015:	Count votes and declare the poll
Wednesday, 18 March 2015:	First Meeting of New School Council

School Council Annual General Meeting:

The Annual General Meeting (AGM) of the School Council will take place on Wednesday, 18 March 2015 at 7.00pm in the Conference Room (enter via the main doors of the new building). This will be followed by the first meeting of the new School Council starting at 8.00pm.

All members of the School community are invited to attend the AGM and will be most welcome.

RSVP: To the Executive Assistant (Mrs Kate Scalzo)
Telephone: 9430 5111
e-mail: sca@elthamhs.vic.edu.au

Schedule 4: Notice of Election and Call for Nominations

An election is to be conducted for members of the school council of Eltham High School

Nomination forms may be obtained from the school and must be lodged by **4.00 pm on Tuesday, 17 February 2015**.

The ballot will close at 4.00pm on **Wednesday 4 March 2015**.

Following the closing of nominations a list of the nominations received will be posted at the school. The terms of office, membership categories and number of positions in each membership category open for election are as follows :

Membership category	Term of office	Number of positions
Parent member	From the day after the date of the declaration of the poll in 2015 and inclusive of the date of the declaration of the poll in 2017	3
DET employee member	From the day after the date of the declaration of the poll in 2015 to and inclusive of the date of the declaration of the poll in 2017	2

If the number of nominations is less than the number of vacancies, a notice to that effect and calling for further nominations will be posted in a prominent position at the school.



Principal

// ASSISTANT PRINCIPAL'S REPORT

School Dress Code

The school dress code is well publicised within the school community and we continue to seek support from families to ensure that the dress code guidelines are both understood and implemented.

Student Dress Code:

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



FRAN MULLINS, Assistant Principal

ELTHAM HS CLUBS
WHY NOT GET INVOLVED!

Drama

When: Tuesday (Junior)
Thursday (Senior)
Location: 111 Drama Space
Time: 3.30pm – 5.00pm

George Franklin
Art/Technology KLA Coordinator

EHS Swimming Club

When: Thursday
Location: Eltham Leisure Centre
Time: 7.00am – 8.00am

Phil Boyd
Junior School Coordinator

Interschool Debating Team

When: Monday
Location: Room 301
Time: Lunchtime

Leanne Ipsen
Debating Coordinator

PRISIM

(People - Respecting - Individual's -
Sexuality - Identity - Movement)

When: Tuesday (fortnightly)
Location: Room 156
Time: Lunchtime

Louise Heathcote
Student Services Leader

Secondary School Immunisation

Vaccine Program:

In 2015 three major changes to the vaccine program will impact on parents of secondary school students:

1. The Nillumbik Council's immunisation service may contact you about the secondary school vaccine program. Schools have been authorised to provide parent contact details to local councils for this purpose. Contact the school pot@elthamhs.vic.edu.au by 28 February 2015 if you do not want your contact details given to the Nillumbik Council.
2. In 2015 only, the vaccine that protects against diphtheria, tetanus and whooping cough will be offered to all students in Years 7, 8, 9 and 10. From 2016, this vaccine will be offered to Year 7 students only. This will provide earlier protection from these diseases.
3. The time-limited human papillomavirus (HPV) vaccine program for Year 9 boys was completed in December 2014. HPV vaccine will continue to be offered to all students (both male and female) in Year 7 from 2015.

Parents should be in receipt of their vaccine consent forms. You need to read, complete and return the form(s), even if you do not wish your child to be immunised at school.

To learn more about the changes, the diseases, the vaccines, or how you can prepare your child for vaccination go to immunehero.health.vic.gov.au

Secondary School Immunisation Forms (Years 7, 8, 9 and 10):

If you have not already returned your completed Immunisation Form to the Main Office, can you please do so as soon as possible. Please note, all consent forms need to be returned, even if you do not wish your child to be immunised at school. Spare copies are available from the Main Office.

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DARREN SQUIRES, Assistant Principal

// MIDDLE SCHOOL

Summit to Sea 2015 – a new opportunity for Year 10 students

The Summit to Sea Expedition is a program offered to all Victorian secondary schools students by Outdoor School Bogong and Rubicon Outdoor Centre, which in partnership with schools, provides an opportunity for students to undertake one of the best wilderness journeys possible in Australia. Students and staff journey through some of the most scenic and diverse environments in South Eastern Australia, using snowshoeing, bush walking, white water rafting and canoeing as their modes of transport. The expedition journeys from Australia's highest mountain, Mt Kosciusko, all the way to the ocean seaside town of Marlo, over a 3 week period.



Eltham High School has been invited to nominate a group of students to participate in the 2015 Summit to Sea Expedition. Whilst exact dates are yet to be confirmed, the Expedition usually runs for a 3 week period that includes the September school holidays. Any 2015 Year 10 students interested in participating in the Expedition are encouraged to email Mr. McKinnon (mki@elthamhs.vic.edu.au) to register their interest. Further information will be available early in Term 1.

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ROSS MCKINNON, Middle School Leader

EXTRA CURRICULAR CLASSES & TUTORIALS

Extra Maths Help

When: Tuesday
Location: Room 706
Time: 3.10pm – 4.00pm
Briony Turner
Maths KLA Coordinator

IT Support - Year 7

Get to know your surface Pro 3
When: Wednesday
Location: Room 140
Time: Lunchtime
Katie Reed
ICT Leader

Smart not Scattered - Year 7

A group for Year 7 students wishing to get on top of their time management, goal setting and organisation.
When: Wednesday
Location: Room 142
Time: Lunchtime
Ashlea Oates
English/Integration Studies Teacher

// ART & TECHNOLOGY

Donation Request

The Technology Department would be grateful for the following donations:

- Butter containers
- Icecream containers
- Yoghurt containers

MICK LYONS, Art & Technology

// CAREERS

The Secondary Schools Tax File Number Program in 2015

The Secondary Schools Tax File Number (TFN) Program ceased at the end of December 2014, and as such, School TFN forms will no longer be processed.

The Australian Taxation Office in partnership with Australia Post is making it easier for individuals to apply for a TFN.

Students can now apply for a TFN online and have their identity verified through an interview at a participating Australia Post office.

More information on applying online can be found at ato.gov.au.

Students who are unable to visit a participating Australia Post office will need to complete the application form Tax file number - application or enquiry for individuals form (NAT 1432). More information about lodging this form can be found at [ato.gov.au](http://www.ato.gov.au) <<http://www.ato.gov.au>> by searching for 'QC22604'.

ROSS PRINGLE, Careers and Pathways Coordinator

// DRAMA

How Came That Blood

Scrambled Prince Farewell Performance:

On Thursday, 26 February the School's own Scrambled Prince Theatre Company will present a performance of their operatic interpretation of Red Riding Hood, "How Came That Blood", which they are touring to the Adelaide Fringe Festival. People who were fortunate enough to catch the first season last year will remember a highly atmospheric, intensely theatrical performance with a dark and brooding melange of music, voice and theatre. Created with stellar Director and ex Eltham High student **Jesse Rasmussen** through an 'Artists in Schools' Grant, the performance represented a high water mark for performance at the school.

The good news is this new incarnation is better. The play had to be reworked for a different shaped stage in Adelaide, and the ensemble has taken the opportunity to reimagine some scenes, to add new music and to enhance the intensity of the performance. Actor and former student **Macgregor Rose** has assisted in taking the performance to new heights, and there will have been over a hundred hours of intensive workshops and rehearsals prior to the farewell performance, all aimed at taking an excellent piece of art to Adelaide.

Your chance to catch it locally will be:

When: Thursday, 26 February

Location: Drama Space

Time: 7.30 pm

Tickets are available through Trybooking or at the door.

If you know anyone in Adelaide, please urge them to get along to the show at:

When: Monday, 9 March to Saturday, 14 March

Location: Bakehouse Theatre, 255 Angas Street, ADELAIDE

Time: 6.00pm.

We promise they will not be disappointed.

George Franklin, Drama/Coach Critical & Creative Thinking

// ELTHAM HIGH SCHOOL SWIM SQUAD

The EHS Swim Squad offers students a one hour structured program at the Eltham Leisure Centre each Thursday morning from 7.00am under the guidance of Coach Neroli Nixon.

Students from all year levels and ability levels are invited to sign up for Term 1 2015 and become one of our squad members. Each week we work on developing confidence, fitness and stroke with the emphasis on having fun and becoming part of a positive team of students who support each other both in the pool and around the school environment. After squad, students meet back in the Main Staffroom at EHS to share hot chocolate before classes commence for the day.

The Eltham High School Squad is a self-funded, 'user pays' activity and payment is required at the commencement of each term. Term fees cover both the cost of coaching and pool fees, as well as hot chocolate each week and the annual end of year breakfast held after the Lap-a-thon event in term 4 (an event we run to raise money and awareness for a charity we decide upon each year).

The 2015 Squad will commence Thursday, 12 February and run each Thursday for the term finishing on Thursday, 26 March, then recommencing in Term 2 on Thursday, 16 April. New Squad Members are most welcome!!! Meet on the pool deck at the Eltham Leisure Centre by 7.00am each Thursday.

Payment for Term 1 will be \$84 and is payable at the school cashier in person or by BillPay.

What to bring: Bathers, towel, goggles, dry clothes to change into and breakfast.

If you require any further information, please do not hesitate to contact either Louise Heathcote at hea@elthamhs.vic.edu.au or Phil Boyd at bod@elthamhs.vic.edu.au

PHIL BOYD, Swim Squad Coordinator

// MUSICAL NOTES

Instrumental Ensembles

All our instrumental ensembles rehearsals are now in full swing. If your child has any concerns regarding their ensemble, please email the appropriate Conductor/Director via Compass.

Year 7 Music Information Evening: Wednesday, 11 February

The year starts off with our Year 7 Information Evening. This is where students and parents come along to hear about the school's Music Program and to have a 'hands on' opportunity of trying different instruments. Our 'Friends of Music Group' provides a sausage sizzle prior to the 'information' part of the evening.

When: Wednesday, 11 February

Location: Performance Centre

Time: 7.00pm (sausage sizzle at 6.30pm)

Information regarding this event can also be found on Compass.

Your child was given an envelope in class on **Monday** which contains information about this evening and the Timbre Test they took in December. **It is requested you bring along the coloured 'selection sheet' with you on the evening.**

Welcome and Farewell

We welcome back Amberley Bremner, our Strings Conductor and Violin teacher, and two new staff members; Hugh Harvey ('after School' Drum Kit teacher) and Dave Palmer (Trombone teacher). Our Tuba teacher, Alex Hurst, is also teaching Euphonium, following the departure of Daniel van Bergman.

We also said goodbye to Alistair McLean ('after school' Guitar teacher) and Manny Kechayas ('after school Drum Kit teacher). We thank them for their dedicated teaching over their years in the Music Department and wish them all the best for the future.

Friends of Music are seeking new committee members for 2015

The Friends of Music are an important part of the Eltham High School Music community. The Friends of Music Committee coordinates backstage volunteers for the mid year and end of year concerts and raises funds for new equipment and musical instruments. Roles on the Committee are: President, Secretary, Treasurer and ordinary committee members. If you would like to get involved in supporting the outstanding Music Program at Eltham High School, the Friends of Music Annual General Meeting is taking place on Monday, 16 March at 7.30pm in the staff room.

Second Hand Instrument Register

Have you left the program and want to sell your instrument? Bring the instrument to the Music Office for the appropriate staff member to check that it is suitable to be listed on our Second Hand Instrument Register. Registration cost is \$10.00. To be available for listing for our new Year 7s, checking must be done prior to Wednesday, 11 February. **We request that the instrument be serviced prior to inquiries.**

If you have any queries about the Music Program, please contact the Music Office on 9430 5127 or email Jill, our Music Secretary, at bro@elthamhs.vic.edu.au

RICK PLUMMER, Music Director

PARENT INFORMATION

Compass Parent Portal

Log into for Information on:

- Drama Ensembles
- Eltham High School Choir
- EHS Swim Squad - 2015
- Senior Boys Basketball Tryouts
- Senior Girls Basketball
- Space Camp Instalment Due
- Thursday Afternoon Volleyball
- Tuning in to Teens - Emotional Intelligent Parenting
- VCE Private Study Sessions
- Volleyball Trials This Week
- Year 7 Compass Parent Portal - Attendance Data
- Year 7 Volleyball Competition
- 2014/15 EHS Anthology Website
- 2015 School Vaccination Program

School Term Dates

TERM 1:

Finishes: Friday 27 March

TERM 2:

Starts: Monday 13 April

// PARENTS AND CARERS

School Council and Subject Fees

School Council fees (Essential Items) are now due.

Subject fees for students in Year 9 to 12 are due on Friday, 27 February.

VET material course fees are now past due. Please contact the Cashier if you have not yet paid these fees.

Financial Statements will be emailed to families at the end of this week.

Changes to the Education Maintenance Allowance for 2015

A note to families who formally receive funding through the Education Maintenance Allowance (EMA). The EMA ceased at the end of 2014 with a new funding structure introduced for 2015.

For more information about the changes to the EMA, see: Education Maintenance Allowance:

http://www.education.vic.gov.au/Documents/about/department/vic_emaifact.pdf

KATHLEEN HANNAN, Business Manager

First Aid

Information Regarding Your Child's Health Needs:

Can parents please ensure we have up-to-date and relevant information regarding your child's health needs. As per our guidelines, all students who suffer from Asthma, Anaphylaxis, Diabetes and/or Epilepsy need to have a management plan signed by your doctor within the past 12 months.

For all other medical needs, please contact me, if you haven't already on 9430 5120 or wad@elthamhs.vic.edu.au.

Notification of Infectious Diseases:

Please be advised that we have a number of students at the school with compromised immune systems. As such, can I please ask that if your child develops an infectious disease such as chickenpox, measles, rubella, whooping cough or meningitis that you not only keep them at home for the recommended time, but also inform me? This information will remain confidential.

MARNIE WADSWORTH, First Aid Officer

ELTHAM SPORTS TIMETABLE

February 2015

Thur 12

Year 7 Boys Cricket

Mon 16

Senior Boys & Girls Round Robin:

- Basketball
- Table Tennis
- Tennis
- Volleyball

Senior Boys Round Robin Cricket

Tues 17

Year 7 Round Robin

// SPORT

Eltham High School Volleyball

Trials for the Volleyball Program:

Any student interested in trying out for a place in an Eltham High Volleyball Team for 2015 should attend the appropriate trial in the show court. The girls trials took place last week, and it is the turn of the boys this week:

Wednesday, 11 February: Year 9 Boys

Thursday, 12 February: Year 10 Boys at lunchtime and Year 8 Boys during sport

Friday, 13 February: Year 8 Boys

Competitions:

The following Volleyball competitions will be taking place later this week to provide games for students:

Thursday, 12 February: Year 8 – 12 competition begins at 3.25pm in the Stadium

Thursday, 19 February: Spikezone (Primary School competition) begins at 4.15pm

Referees are required for these competitions. Any student with a Level One Referee qualification can apply in writing to Mr. Thomas: tho@elthamhs.vic.edu.au

2015 Volleyball Dates:

16th February:	Senior Volleyball Round Robin
11-13 March:	Victorian Beach Volleyball
17th March:	Year 7 Volleyball Round Robin
17th April:	Senior Boys and Girls Northern Zone
21st April:	Intermediate Boys and Girls Northern Zone
21st May:	Intermediate State Volleyball Final
22nd May:	Senior State Volleyball Final
6th July:	U/15 Albury Cup
24th -26th July:	Volleyball Victoria Schools' Cup
13th October:	Year 8 Volleyball Round Robin
27th October:	Year 8 Northern Zone
28th October:	Year 7 Northern Zone
28th October:	Intermediate 2016 Round Robin
12th November:	Year 8 State Volleyball
13th November:	Year 7 State Volleyball
6th-11th December:	Australian Volleyball Schools' Cup

If your child has a unique sporting moment or is selected in a state or National team please let us know so we can share the good news. (I have copies of the Nillumbik sporting achievement grant application form if you require one).

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GREG THOMAS, Volleyball/Elite Sports Coordinator

Yoga at Eltham High



**STARTS WEDNESDAY,
4 FEBRUARY at 4.45pm**

**1 hour sessions in 400s
(Open Space)**

Come & Try \$15 *Students \$12

10 week Course: \$125

*Students \$100

* Dynamic Yoga for a strong and supple body.

* Restorative postures to focus and calm your mind.

* Deep Relaxation for peace and contentment.

* Ease stress and re-energise.

Teachers, students, parents and friends of all ages and abilities welcome.

More info:

<http://www.geniuswellbeing.com.au/elthamhigh.html>

Enquiries to Gillian Lazenby:
mail@geniuswellbeing.com.au
or 0425 860 170

// STUDENT SERVICES

'How will you BITE BACK in 2015 COMPETITION FOR YOUNG PEOPLE'

A competition is running for 12-18 year olds on our not-for-profit youth website, www.biteback.org.au. The site has been designed to improve wellbeing and mental fitness in young people by providing research-based, interactive activities built upon mindfulness, gratitude and other positive psychology principles.

Our current competition is called '**How will you BITE BACK in 2015?**'. It aims to help young people explore and express their positive plans for 2015. We are asking Australian schools to encourage their students to participate in this initiative by displaying posters in their school and sharing information in newsletters.

How the competition works:

- We provide real examples on our website of young people bringing their plans to life to act as a source of inspiration.
- The student logs on to BITE BACK and describes how they want to BITE BACK in 2015 and what steps they're going to take to achieve it.
- Prize packs are awarded to the 5 most captivating and uplifting entries.

The winners will each receive a Fuji Instax Mini Camera to capture the good times of 2015 along with other prizes on offer such as Bluetooth speakers, a mini table tennis set, a popcorn machine, and much more.

This competition will be promoted across Australia and will be accessed via a competition entry page on the BITE BACK website www.biteback.org.au/competition.

Entries close Tuesday, 3 March 2015.

Tuning in to Teens

Emotionally Intelligent Parenting

**A seven-session parenting program
for parents of adolescents aged from 10-16 years**

Would you like to learn how to:

- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens

shows you how to help your teen develop *Emotional Intelligence*.

Adolescents with higher Emotional Intelligence:

- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic and career success than IQ!



Where: Eltham High School
30-80 Withers Way, Eltham

When: Tuesdays 10 Feb - 24 Mar 2015
7.00 - 9.00pm

Cost: \$160 / \$240 couples for 7 x 2hr sessions

**For all enquiries or to make a booking please call:
Kate Culy - 0404 042 789 or Jodie Harris - 0412 822 858**

For more information visit
www.theparentingjourney.com.au

Or visit us at



Parenting Journey

LOUISE HEATHCOTE, Student Services Leader

// WORKING BEE

Working Bees at Eltham High School 2015

Working Bees at Eltham High School have been an institution for the last three decades and have been an important mechanism in improving and maintaining the environmental amenities for those who teach and learn in this educational establishment.

To facilitate these events the Grounds Committee, comprising parents, past parents and teachers, plan and organise these events throughout the year. The Grounds Committee is about 20 members strong but we are always looking for new members to join our group.

Seven Working Bees are scheduled throughout the year; always held on a Sunday between the hours of 9.00am and 12.30pm, with morning tea and barbecue lunch provided for those in attendance.

The Working Bee dates for 2015 are as follows:

- Sunday 22 February
- Sunday 22 March
- Sunday 24 May
- Sunday 21 June
- Sunday 23 August
- Sunday 25 October
- Sunday 15 November

Many parents will have already designated their commitment to one of our Working Bees via the Parent Volunteer Response form distributed in late 2014. Leading up to a designated event a member of the Grounds Committee will phone volunteers to organise job allocation in advance which makes for a much more efficient effort on the day.

Working Bee - Sunday, 22 February:

Traditionally our first Working Bee of the year is one that focuses on a clean-up, pruning, weeding and watering of the many garden beds around the campus. Given that we have experienced a relatively mild summer, the weeds and many of our plants have grown profusely over the summer period, since our last Working Bee in November.

Listed below are a number of tasks that have been identified as priorities for the first Working Bee of the year on Sunday, 22 February:

- The sleeper retaining wall that was almost completed last November needs to be backfilled with stones and soil.
- We plan to build a food garden on the western end of the 400s block. Sleeper metal uprights need to be concreted into position in preparation for two small retaining walls in that garden.
- The 500+ plants that were planted late last year will need to be watered. They have grown so well that many of the bags stakes and tree guards will need to be removed to allow for expanded growth.
- Pruning and weeding of the garden beds around the 400s block.
- Pruning and weeding of the garden beds between the 800s and 900s.
- Construction of a short section of sleeper wall (3 metres) adjacent to the cricket nets.
- Brush cutting and mowing in a range of locations across the campus precinct.
- Paving around the raised box gardens adjacent to the Stadium.

If you are a volunteer for the Working Bee on Sunday, 22 February please park your vehicle on the hard courts adjacent to the Stadium complex. Follow the directional signage to the area adjacent to the school Canteen where you will be signed in by a member of the Grounds Committee and directed to an appropriate task. Please remember to bring protective clothing, gloves, sunscreen, hat and a water bottle on the day.

I look forward to your anticipated support on Sunday, 22 February.

.....
JOHN COATES, For the Grounds Committee

Community Announcements

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

Introducing 'The Inklings': A Writers' Club for Gifted Year 7-9 students initiated by G.A.T.E.WAYS (Gifted and Talented Education)

The Inklings was the writing club originally formed by J.R.R. Tolkien, C.S. Lewis and their literary friends who all wanted the chance to hang out with other writers, write more, be inspired and share their ideas about books (it's where Tolkien read the first draft of The Lord of the Rings!) Now it's the place you can come, stress-free, to revel in a fellowship of fiction, friendship and fun, and let your creative writing talents flourish!

Bring the latest book you're reading or the new story you're working on, or just bring a blank page and pen and let your imagination take you... Accept creative writing challenges, warm-up your wits with word-play games, share your love or loathing for the greatest and worst novels of today and yesterday: The Inklings are all about getting together and indulging our mutual passion for literature and language. Whilst there is a structured and wide-ranging program there will be no pressure, and no obligation because you're not writing anything to hand in or be marked... you're writing because you LOVE it! Come join the Fellowship!

The club will run between 11.30 and 1pm on a fortnightly basis during term time on a Saturday morning at Alphington Primary School – it will meet 7 times over the course of Semester 1.

For further information please see the G.A.T.E.WAYS website:

<http://www.gateways.edu.au/programs/brainwaves/host-schools-dates-and-clubs/year7-8-and-9-the-inklings>

Community Announcements



8 week kayaking program! - Term 1, 2015

Paddlepower

**Advance your skills, try the rapids and get your
Paddlepower Passport!**

Westerfolds Park, Templestowe

An exciting Paddlesport program for young people with awards, fun games and activities! Parents and advanced sessions also available.

Go Ahead. Give it a Go!

Location: Westerfolds Park, Templestowe (all equipment provided)

Dates: Thursdays 4:15 – 5:15pm (Thu Feb 5 to Thu Mar 26)
Or
Thursdays 6 – 7pm (Thu Feb 5 to Thu Mar 26)

Cost: \$155 (\$120 for 8 sessions, plus \$35 club youth membership)

Contact: warwickdraper@yahoo.com.au (Bookings essential!)
Bookings close Wednesday January 26th

This program will be coordinated by 3 time Olympian Warwick Draper and delivered by qualified coaches. We thank Canoeing Victoria for their support through PaddlePower.

PADDEPOWER® The British Canoe Union – This Australian version has been modified by Canoeing Victoria with permission from the British Canoe Union and support from the Victorian Government



Community Announcements

ELTHAM JUNIOR FOOTBALL CLUB REGISTRATION DAY SUNDAY 8th FEBRUARY 2015



CENTRAL OVAL

**Panther Place,
Eltham**

8.30am to 12.30pm

BOYS TEAMS

Under 9 to U17

GIRLS TEAMS

Under 10, Under 12, Under 15 & Under 18

BANYULE CALISTHENICS CLUB
If you enjoy dancing, singing and acting this is for you!
First two classes FREE!!!!

Classes are held on
Monday, Tuesday
and Wednesday
afternoons/evenings
In Lower Plenty

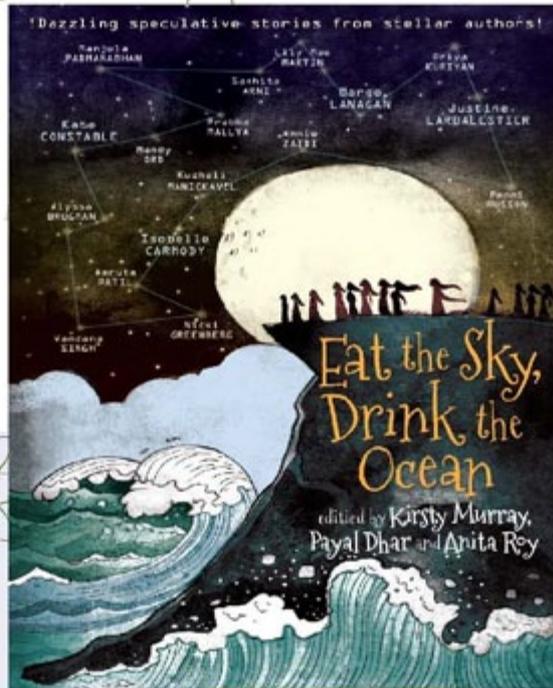
Tinies 3-7 years
Subbies 7-10 years
Juniors 10 - 13 years
Inters 13-16 years
Seniors 16 years and over
Masters 26 years and over

2015

Contact: banyulecalisthenicsclub@outlook.com
or visit our website www.banyulecalisthenicsclub.com.au

Community Announcements

Book Launch



ELTHAMbookshop and Eltham High School
invite you to celebrate

EAT THE SKY, DRINK THE OCEAN

A collection of sci-fi, fantasy writing and six graphic stories, showcasing twenty stellar writers and artists from India and Australia: including Isobelle Carmody, Penni Russon, Justine Larbalestier, Margo Lanagan, Lily Mae Martin, Manjula Padmanabhan, Kate Constable, Priya Kurian, Mandy Ord, Kirsty Murray, Nicki Greenberg.

Date: Sunday Feb 22nd

Time: 4.00pm for 4.30pm-6.00pm

Venue: Eltham High School, Withers Way, Eltham

Cost: \$20.00 includes a signed copy of the book or a \$15.00 gift voucher, authors' presentations and Aussie-Indian treats

Prepaid, early bookings are essential: 94398700

elthambookshop@bigpond.com



There is a special charge for EHS students: \$20.00 for 14-18 years old (accompanying adult free) includes a signed copy of the book or a \$15.00 gift voucher. Prepaid bookings are essential: 9439 8700 elthambookshop@bigpond.com

Community Announcements



Voyages Botanical Christine Johnson

Voyages Botanical is **Christine Johnson's** exploration of the untamed treasures of Australia's vast native flower garden, as first seen by the early botanists and illustrators.

You are cordially invited to the opening of this inspiring exhibition.

When Saturday, 14 February @ 2pm–4pm

Where Barn Gallery, Montsalvat
7 Hillcrest Ave Eltham VIC 3095

Light refreshments provided.

RSVP to Montsalvat on 03 9439 7712 or
montsalvat@montsalvat.com.au

Montsalvat

Sign up to be a Grower



Celebrate the summer harvest this March with local food activities and events in Harvest Month, including the Home Harvest Feast on 15 March 2015.



We are looking for volunteers to grow and supply the produce for this harvest feast.

No matter your level of experience or how green your fingers are, everyone is invited to take part and get growing and plenty of advice and support will be provided to all.

In return for your efforts, you will get to enjoy the fruits of your labour at the Home Harvest Feast, where trained chefs will turn the harvest into a feast of culinary delight!

Interested? Of course you are!

Sign up as a Grower and find out more about Harvest Month at www.nillumbik.vic.gov.au

