



*** DATES TO REMEMBER**

Wednesday 25 February:

Swimming Sports Carnival

Thursday 26 February:

How Came That Blood Farewell Performance

Monday 9 March:

Labor Day - Public Holiday

**WORKING BEE:
Sunday, 22 February 2015**

**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**

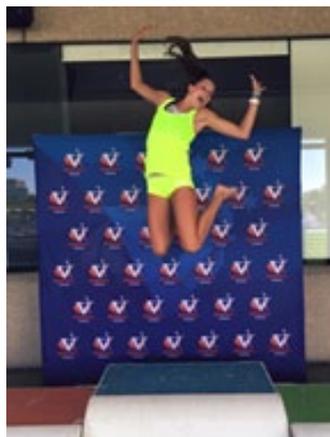
Monday, 16 March 2015: 4.00pm - 7.00pm

// PRINCIPAL'S REPORT

Student Achievement

2015 Victorian Junior Track & Field Championships:

Congratulations to **Maddie Coates** (Year 12, **Andrew House**) who last weekend competed in the 2015 Victorian Junior Track & Field Championships. Maddie's commitment, dedication, perseverance and a great deal of hard work paid off in that she won the Under 20 Women 100 metre and 200 metre run double. This is an outstanding achievement and recognition of the strong connection that this young athlete has with her sport. I look forward to hearing of many more exceptional achievements, well done Maddie!



Cheerleader Championships, Dallas, USA:

Congratulations to **Sascha Hall-Smith** (Year 9, **Andrew House**) on having been selected to represent Victoria and Australia in the Cheerleaders Championships in Dallas, USA. Sascha is a member of the Melbourne Cheer Academy cheerleading club. She is in a level 3 'all girls' squad called Falcons who compete four times a year in various competitions around Australia. Sascha was selected together with a number of other students from various other clubs to compete in what is considered to be the second biggest Cheerleaders Championship in the world. Sascha leaves for Dallas on Sunday, 22 February and I wish her and her team every success in competition and in the sport. A fantastic achievement!

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SCHOOL CALENDAR

FEBRUARY 2015

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)

Fri 20

- Murder Mystery Fundraising Night
(7.30pm - 10.00pm)

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

Thur 26

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

Fri 27

- Top Class Sound

MARCH 2015

Tues 3

- World Challenge Meeting: 400s
Open Space (3.30pm - 6.30pm)

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

Year 12 Study Camp 2015

The Year 12 students will be heading off tomorrow to the CYC in Collins Street, Melbourne for their study camp. This program will support them to engage with their learning to the best of their ability and prepare them for the demands of their final year of secondary schooling. Students are looking forward to this experience and I know that the staff will make it a valuable one. I wish to acknowledge and thank the Senior School Team under the leadership of Mrs Anna Panas, for their hard work and organization in bringing this camp together. They are a group of very committed professionals and I congratulate them for their efforts. I am certain that the student will benefit greatly from their participation in this camp.

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 complement 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.

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.

Term 1 Working Bee

I extend a warm invitation to all members of our community and in particular all new families to the school to attend our first Working Bee for the year this coming Sunday, 22 February, starting at 9.00 am. The Grounds Committee held a meeting at school last Thursday evening and planned the work that needs to be carried this Sunday. This is a great opportunity for all families to engage with other members of the community towards the achievement of a common goal and a true show that we live the school value of environmental responsibility. I urge you to participate even if you only have an hour or so, rest assured that it will be greatly appreciated. As always a delicious morning tea and a barbeque lunch will be provided. I thank you all in anticipation for your support.

Tues 10

- Marngoneet Correctional Centre - Schools Program Excursion

Wed 11

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

Thurs 12

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

Fri 13

- Alliance Francaise Film Festival Asterix 2015

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)

Thurs 19

- Alliance Francaise French Film Festival: Loin Des Hommes
- Year 8 Surf Camp: 8A & 8B (Thurs 19 - Fri 20)

Fri 20

- Chamber Ensemble Concert (4.00pm - 6.00pm)

Sun 22

- Working Bee

Mon 23

- Top Designs
- Year 8 Surf Camp: 8C & 8D (Mon 23 - Tues 24)

Tues 24

- NMR Swimming
- Year 8 Surf Camp: 8E & 8F (Tues 24 - Wed 25)

Wed 25

- Year 8 Surf Camp: 8G & 8H (Wed 25 - Thurs 26)
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Thurs 26

- Year 8 Surf Camp: 8J & 8K (Thurs 26 - Fri 27)

Fri 27: End Term 1

Note of Condolences

I wish to extend the most sincere condolences to the Holland Family (Loren, Class of 2014 and her brother, Ash) and the Burns Family (Kyle, Year 11; Hannah, Year 9; Jesse (Class 2013) on the recent loss of Michelle. Our thoughts are with Lance (Michelle's Husband), the children and the extended family at this very sad time. Michelle's funeral will be held on Friday, 20 February at around 11.00am at Ashton Manor (please confirm the time in the daily papers).

.....
VINCENT SICARI, Principal

// ASSISTANT PRINCIPAL'S REPORT

Senior School, Study camp and Assessment Sessions

Students are now well underway with their classes as we move towards week five. This week our Year 12 students head off to Study Camp. As well as providing students with important, subject specific information through seminars, it is also a time for them to gain valuable skills and resources that they can apply more generally to their studies. Whether it is study skills or a focus on managing time and avoiding stress; an investment of students time and energy now can pay dividends as the pressure increases across the course of the year.

Supervised Assessment Sessions have now begun for both Year 11 and Year 12 students. Three periods have been set aside for these sessions throughout the week to allow classes to run assessment, faculties to run seminars / incursions and for Senior School to conduct assemblies and other events without cutting across normal class time.

These sessions occur on Monday Week B – Period 1 and every Thursday Period 4. Students will be notified of upcoming sessions through them being listed as events on their Compass schedule. Students should proceed directly to the venue listed on Compass, ready to start the SAC on time.

Year 10 students undertaking a Unit 1&2 Enhancement subject will be able to sit SACs scheduled for these sessions through the SAC redemption / re-sit process. Depending on the circumstances they may be able to sit the task during the Assessment Session however, this needs to be negotiated with the Year 10 Humanities teacher, and the appropriate form completed by the student.

Faculties will be offering incursions and seminars for students during these sessions. Depending on the plan for the session, these may be opt in or compulsory. The first of these is occurring during week 6 for Art, Studio Art and Technology students. These will continue to be scheduled and planned in conjunction with Senior School across the course of the year.

Students without any event listed on Compass for the Supervised Assessment Sessions are able to complete private study at school or alternatively arrive late / leave early.

Should you have any queries or feedback regarding this new element of our Senior School Program I encourage you to contact me here at school.

.....
TIM NATOLI, Assistant Principal

CANTEEN ROSTER & MENU

ROSTER FOR FEBRUARY 2015

Wed 18

- Fiona Cogdell
- Rowena Groundwater

Thurs 19

- Leeann Perri
- Ginny Howell

Fri 20

- Penelope Kirkright
- Lisa Stephens

Mon 23

- Sharon Alexander
- Debra Gregg

Tues 24

- Linda Bird
- Kristine Conron

UPCOMING MENU

Wed: Chicken Schnitzel & Coleslaw
Rolls

Thurs: Nachos

Fri: Hamburgers

Mon: Homemade Wedges

Tues: Quiche & Salad

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. **Please contact the school at pot@elthamhs.vic.edu.au by Friday 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.

DARREN SQUIRES, 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

Manga & Anime Club

When: Thursday
Location: Room 156
Time: Lunchtime

Ute Leiner
Art

PRISIM

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

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

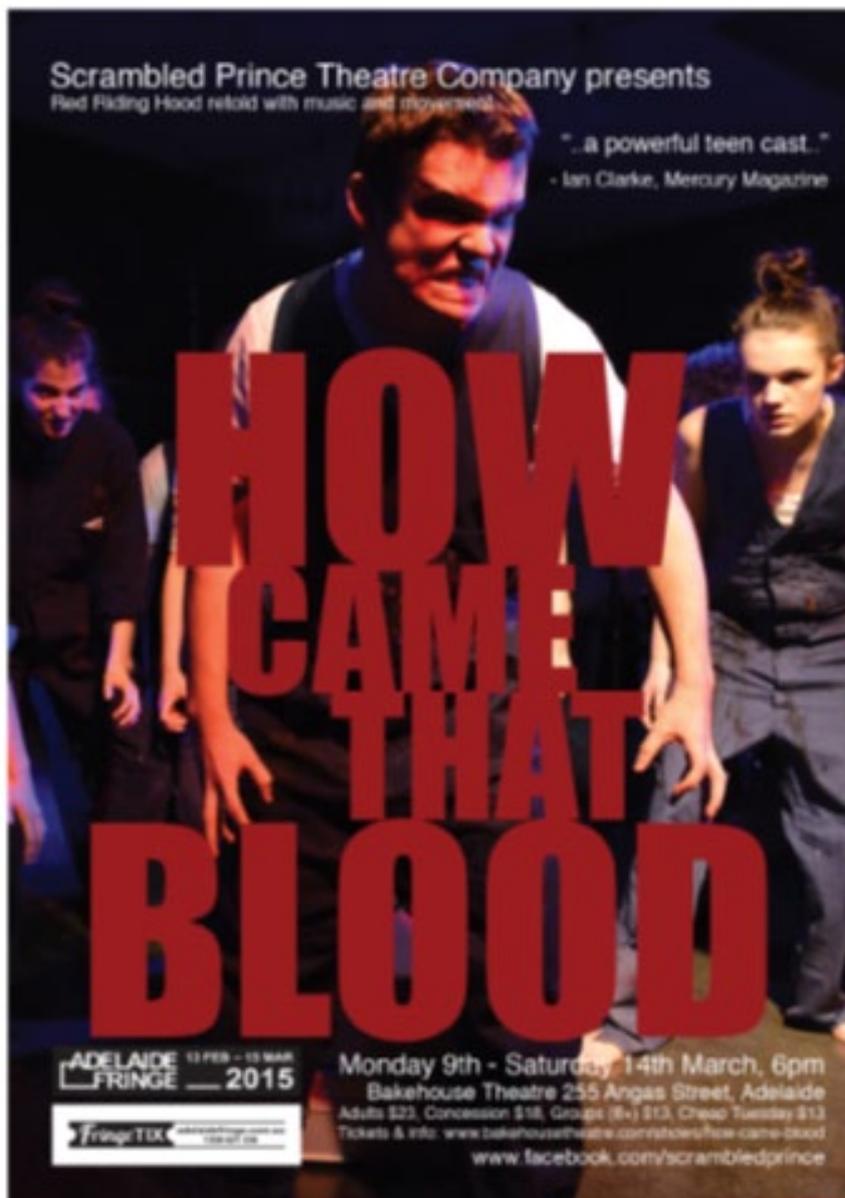
Louise Heathcote
Student Services Leader

// **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: Eltham High School Drama Space

Time: 7.30pm

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

// WORKING BEE

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

Watermarc Fun Day



// JUNIOR SCHOOL

Year 7 "Meet the Teachers" Evening: Tuesday, 24 February 2015

The Junior School team would like to invite all Year 7 parents/guardians to a "Meet the Teachers" evening on Tuesday, 24 February 2015.

The evening will run from 7.00pm to 8.30pm and will provide you with an opportunity to meet with some of your child's teachers and to meet parents of other Year 7 students in your child's class.

The informal evening will commence at 7.00pm in the Performance Centre and light refreshments will be provided at the conclusion.

We look forward to seeing you on the night, and to sharing with you some of the exciting things that are happening in the Year 7 area.

Should you have any queries about the evening please do not hesitate to contact any of the Junior School Team: Jodie Sutton (sut@elthamhs.vic.edu.au), Kimberley Ames (ame@elthamhs.vic.edu.au) or Anam Javed (jav@elthamhs.vic.edu.au).

JODIE SUTTON, Junior School Leader

Watermarc Fun Day



"On Wednesday, the 4th of February, all of the year 7 classes from 'A' to 'K' attended a Watermarc fun day, courteously arranged by the Junior School, where a range of activities were hosted for the classes' enjoyment; a friendly match of Water Polo, an inflatable obstacle course and the well-known slides; Tantrum Alley and The Pipeline. If any of the students were

feeling nervous or apprehensive about one of the specified activities, they were allowed to withdraw their participation in that certain activity, but were still encouraged to have a go. There was a fair amount of time allocated to each activity, therefore resulting in an engaging and successful day.

Supervised by amicable, Life Guards, it is assured that the participants were occupied and safe. The whole Watermarc experience has concluded that all of the year 7 students had a fantastic experience at WaterMarc that day.

On the behalf of the Year 7 students, we would like to thank the Junior School coordinators for organising this great event."

BONNIE and PAGAN BRADLEY (Year 7, Andrew House)

Cyber-Safety Incursion

"On Tuesday the 10th of February the Year 7's attended a Cyber-Safety incursion by Brainstorm Productions. All the Year 7 students filed into the Performance Centre to watch the show called 'Cyberia'. The Brainstorm Production group are visiting schools to educate students in the different ways that they need to be careful online. I thought the production was a very fun and entertaining way of communicating the message, instead of a lecture it was a play with scenarios we could relate to. The performance was based on a true story about two teenagers and their different struggles after their Mum and Dad separate. Both teens are sad and uncertain during this period and make some big mistakes online.

The boy tries to purchase a graphics card online for a computer game he has made. But one month later he realises that he has been scammed \$900 because the graphics card never arrived. The girl on the other hand hacked into an email account and found rude comments about herself. Without checking the date received, and without really thinking she sends rude messages back, and ends up getting bullied even more. In the end she tells her Principal everything.

I thought it was a fantastic way to tell people about cyber-bullying. I really enjoyed this incursion. Thanks to all the staff that organised this incursion, and thanks to the Brainstorm Production group for coming in and showing us your performance."

ANEURIN BROWN (Year 7, Rutter House)

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

// MIDDLE SCHOOL

Year 8 Surf Camp: March 2015

Year 8 Surf Camps are rapidly approaching. This overnight camp has become a highlight for our Year 8 students. The camp runs for 2 days, with an overnight stay in tents at the Torquay Caravan Park. During their time at Torquay students participate in a surf lesson and an introduction to mountain biking. Both of these activities are organised through Go Ride a Wave, one of the most recognized and reputable companies working in the sector. This year we are privileged to have the Year 12 VET Hospitality students organizing the catering for the camp, so the camp will be a culinary adventure as well! Two classes at a time attend the camp, as shown in the schedule below.

8A & 8B March 19-20

8C & 8D March 23-24

8E & 8F March 24-25

8G & 8H March 25-26

8J & 8K March 26-27

This camp provides a great opportunity to develop new friendships both within a student's new class as well as with the accompanying class. If you have any questions about the camp please do not hesitate to contact Ross McKinnon (mki@elthamhs.vic.edu.au) or Jon Baly (bay@elthamhs.vic.edu.au) in the Middle School, on 94305172.

Everybody's going surfing!



// 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) by searching for 'QC22604'.

ROSS PRINGLE, Careers and Pathways Coordinator

// 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 commenced on Thursday, 12 February and will run each Thursday for the term, finishing on Thursday, 26 March and 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

PARENT INFORMATION

Compass Parent Portal

Log into for Information on:

- Email sent to Families with Google Link
- Information Regarding Your Child's Health Needs
- Notification of Infectious Diseases
- Space Camp Instalment Due
- Tuning in to Teens - Emotional Intelligent Parenting
- VCE Private Study Sessions
- Year 7 Compass Parent Portal - Attendance Data
- Year 7 'Meet the Teachers' Evening
- 2015 School Vaccination Program

School Term Dates

TERM 1:

Finishes: Friday 27 March

TERM 2:

Starts: Monday 13 April

// MUSICAL NOTES

Year 7 Music Information Evening: Wednesday, 11 February

Our Year 7 Music Information Evening went very well, with many students enjoying the opportunity to try the instruments, overseen by Music staff.

This week the letters of offer will be given to students; please reply by next Monday, 23 February.

If your child was unable to make the evening and would like to join the Program, please contact the Music Office for more information.

Stage Band - Eltham Jazz, Food and Wine Festival: Saturday, 21 February

This Saturday the Stage Band will be performing at the Eltham Jazz, Food and Wine Festival, on the Terrace Stage between 2.15pm and 3.00pm. Please come along to hear some great music and support the band!

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

// 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.

Changes to the Education Maintenance Allowance for 2015

A note to families who formally received 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 here at school. This information will remain confidential.

.....
MARNIE WADSWORTH, First Aid Officer

March 2015

Tues 17

Year 7 Round Robin

// SPORT

Eltham High School Volleyball

Trials for the Volleyball Program:

Trials have now been completed and students have been selected into squads for this year's Victorian Schools' Cup. Lists will be placed on the Volleyball noticeboard soon.

Beach Volleyball:

Students (Year 8 – Year 12) selected into the Volleyball Program have the option to play in the Victorian Schools' Beach Volleyball Cup. This will be held :

Year 8 students: Wednesday, 11 March

Year 9 and Year 10 students: Thursday, 12 March

Year 11 and Year 12 students: Friday, 13 March

Students selected into the Volleyball Program have been given details of this optional activity and should email their team to Mr Thomas, and pay the cashier ASAP.

Competitions:

A number of Volleyball competitions will be running to provide games for students:

Monday each week: Year 7 competition begins at 3.25pm in the Stadium (open to all)

Thursday each week: Year 8 – Year 12 competition begins at 3.25pm in the Stadium

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

State Team Trials:

Trials for the U/16 School Sport Victoria Volleyball Teams will be held on Sunday, 15 and Sunday, 22 March at the State Volleyball Centre, 270 Stud Road Dandenong.

This event is for students born in 2000 or later. The trial will cost \$15 and nominations close on Thursday, 12 March. Details can be found on the Volleyballvictoria.com.au site or the School Sport Victoria site.

This year, because the Junior Nationals is not being held until Term 3 holidays (October), the trials for U/17, U/19 and U/21 teams will be held on Sunday, 17 May.

2015 Volleyball Dates:

11th-13th 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). Email: tho@elthamhs.vic.edu.au

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

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
30-60 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



How to reduce your Teenage child's risk of depression and clinical anxiety

Strategies for parents of secondary school aged children

How to reduce your child's risk of depression and clinical anxiety: Strategies for parents is a general set of recommendations that may also be useful for parents whose child is already experiencing some symptoms of depression or anxiety. The University of Melbourne and *beyondblue* recognise that each family is unique, and so parents may need to adapt these strategies to their specific situation.

To view the guidelines, please visit -

www.parentingstrategies.net/depression

Talk it through with us

beyondblue Support Service

☎ 1300 22 4636

✉ Email or 💬 Chat to us online at

www.beyondblue.org.au/getsupport

🌐 www.beyondblue.org.au

📘 facebook.com/beyondblue

📱 @beyondblue

📺 @beyondblueofficial

LOUISE HEATHCOTE, Student Services Leader

Community Announcements

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

Family Volunteering Fiji - Applications open for 2015 Project



Have you ever thought about spending a few days volunteering while on an overseas holidays with the kids? Imagine how it feels to see 200 children swarm over a playground they never even dreamed of, knowing that your family helped create it!

Here is an opportunity to have a brief taste of international volunteering with like-minded families working together to construct a playground in a disadvantaged school in Fiji.

Team size is strictly limited and applications close 25 February 2015.

Outcomes for your family include: -

- A unique travel experience – 5 days immersed in rural school and village culture;
- A tangible contribution to a disadvantaged community - sturdy play equipment at the village school;
- An opportunity to demonstrate social responsibility and teamwork to your children; and
- A fantastic family adventure to reflect on into the future.

When: Sunday 31 May - Friday 5th June, 2015 inclusive.

Where: Comfortable self-contained accommodation in Nadi – with a pool, bar, restaurant and air-con to come home to each day. The project site will be a rural school within easy commute from Nadi.

Cost: The project contribution of approximately \$A1000 per family covers materials, tools, safe local transport to/from project site, traditional morning tea and lunch (provided by the local community) and some project management.

More Information: Check out the blog and Facebook page (you don't need to be a Facebook member to view the page) or contact us: **Emma Bennett & John Yalden (EHS Parents)**
P: 0400 495 495 E: FamilyVolunteerFiji@gmail.com
<http://familyvolunteeringfiji.blogspot.com>
<http://www.facebook.com/familyvolunteeringfiji>

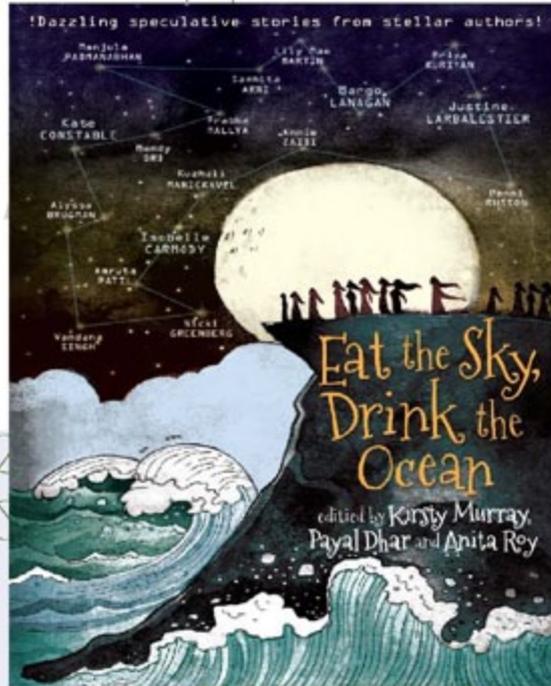


Testimonial:

"The whole experience was absolutely brilliant. Yes, we built a playground and watching the children enjoy it on the last day was the ultimate reward, but every day we spent at the school was rewarding in so many different ways - meeting the students & the community, learning from them, introducing them to Australian songs & games, reading with them, enjoying their food & culture and so much more! It was amazing to watch children from two such different ways of life just fit and get along together. It's called a volunteering project - you are doing a good deed for others, but in fact it is the opposite. We are the ones that benefitted. What our family learnt and experienced from the project was unbelievable. Listening to our children six months on still telling others about their interactions and experiences is remarkable."
Megan, Tim & kids (2014)

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



FORUM: 'Methamphetamine (ICE) and Mental Health:
What do we know and how do we respond'

Who should attend?

Consumers, Families and Carers, Clinicians and anyone wanting to know more

Chair: Assoc Professor Richard Newton
Medical Director,
Austin Mental Health CSU

Details

When: Wednesday, 18 March 2015

Where: Lecture Theatre

Level 4 Education Centre

Austin Health

Studley Road, Heidelberg

Time: 6.00 – 9.00 pm

(Nibbles: 6.00–6.30pm)

RSVP

By: Friday, 13th March 2015

To: Lynne on 9496 6315
or email:

lynne.ruggiero@austin.org.au

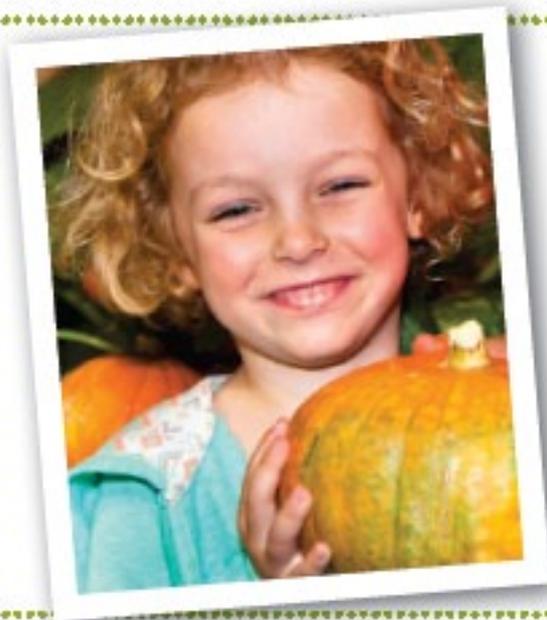
Speakers:

- **Dr Shalini Arunogiri**
Addiction Psychiatrist, Turning Point Drug & Alcohol Service
What is 'ICE' and how does it affect the brain?
- **Dr Lanny Bochsler**
Acting Clinical Director, North East Mental Health Service &
Consultant Psychiatrist, Austin Drug Dependency Clinic
Managing Substance use and mental health conditions.
How do mental health services work with dual diagnosis?
- **Dr Zeff Koutsogiannis**
Clinical Toxicologist and Emergency Medicine Physician,
Austin Health Emergency Department
Drug intoxication and how to respond.
- **Trevor King**
ReGen Drug & Alcohol Service
Recovery: How can AOD services help?

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

