

*** DATES TO REMEMBER****Monday, 13 April:**

Start of Term 2

Friday, 24 April:

Anzac Day Ceremony: 10.30am

Thursday, 30 April:

Whole School Assembly

**End of Term 1
Friday, 27 March: 2.30pm****Immunisation Program: 1st Visit
Wednesday, 15 April
(Years 7, 8 and 10)**// **PRINCIPAL'S REPORT****National Day of Action against Bullying and Violence**

Friday, 20 March was the National Day of Action against Bullying and Violence. Eltham High School joined a number of other schools across the nation to say NO to bullying and violence with the hope of raising awareness of the devastation that this sort of behaviour can bring on a person, a family or a whole community. I was very honoured to be able to address our students on the day. The following is the content of my address which asks students to take on the banner of leadership and say no to bullying and violence within our community and to take appropriate bystander action as required. I take this opportunity to thank all the members of the Principal's Advisory Group (PAG) and the Peer Helpers for their leadership of this initiative and for taking charge of the program for the day. However, this is not just a one day program and we need to work together to ensure that this message is consistent, loud and clear.

"Today is the National Day of Action against Bullying and Violence.

As a learning community we work hard to ensure that our school values are clearly understood by everyone. The Eltham High School Values guide everything we do each day. It is important that we all behave in a way that embraces these values and this is why we have zero tolerance to bullying and violence.

We value individuality, respect for diversity and integrity because we believe that it is individual differences that bring a rich culture to our learning environment. These values are embedded in what we believe we are about and in what we hope to achieve with all of you, our young people. At Eltham High School, first of all, each person feels safe to be themselves. Each person is challenged to think for themselves and to think critically, to work individually and in teams, to show leadership and to achieve success along many pathways.

Today these values and our purpose come even more to life as we say NO to Bullying and Violence; as we all make a pledge as members of the Eltham High School Community to say that it is NOT OK to Bully or to express feelings and emotions through violence; and as we all take responsibility to stamp out such behaviours.

It is NOT OK to Bully or to be violent, but it is equally NOT OK to do nothing when you see this occurring. Being a bystander comes with a high level of responsibility. It is NOT OK to say it doesn't involve me so I'm staying out of it. It is NOT OK to just walk away and pretend that you saw nothing.

Today a number of students will be visiting your class to talk to you about the National Day of Action against Bullying and Violence. They will be leaving a poster in every class and I ask every teacher to ensure that this is placed in the classroom and that every student is given the opportunity to look at the poster.

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SCHOOL CALENDAR

MARCH 2015

Wed 25

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

Thurs 26

- Melbourne Symphony Orchestra Concert
- Year 8 Surf Camp: 8J & 8K (Thurs 26 - Fri 27))

Fri 27

- End Term 1

APRIL 2015

Sun 12

- Stage, Jazz & Junior Band Rehearsal Day

Mon 13

- Start of Term 2

Wed 15

- Immunisation Program - 1st Visit (Years 7,8, & 10)
- SSV Swimming
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Thurs 16

- Symphonic Band Performance (6.15pm - 7.30pm)

Fri 17

- Indonesian Film Festival
- PDT Year 12 Woodwork Top Designs Excursion

Mon 20

- PDT 11/12 Fashion & 11 Woodwork Top Designs Excursion

Tues 21

- 2014 Anthology Launch & Workshops

Wed 22

- Concert Band Tour (Wed 22 - Fri 24)
- VCE VET IDM Top Designs Excursion
- Year 11 & 12 Top Arts Excursion
- Year 12 Business Management: Carlton & United Breweries
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

The poster outlines what you can do as a bystander and how you should behave. We all have a responsibility to act appropriately in situations where we see Bullying or Violent behaviour taking place.

Today I ask you to join me and more importantly join each other and show leadership by taking action to ensure that our school environment is a place that is safe and where everyone can be themselves without fear.

Thank you for your attention."

Student achievement

2015 - SSV Regional and State Diving Championships:

Congratulations to **Tess Hider** (Year 8, **Stewart House**) who on Thursday, 19 March attended the SSV Regional and State Diving Championships, held at MSAC.

Tess came first in the 13/14 year old Northern Metro Regional competition and advanced through to the State Finals which were held in the afternoon where she competed against eight other 13/14 year old girls. Tess performed four dives and improved on her Regional scores from the morning event. Overall, a fabulous experience and an outstanding outcome for Tess' first diving competition representing Eltham High School. We are all very proud of you!



Eltham Music

This week we will be saying goodbye to one of our longstanding Music staff members, Mary Glen-Norman. Mary started teaching Oboe to our students approximately 28 years ago and she has inspired a number of very talented musicians. I take this opportunity to thank Mary for her outstanding support of our Music program and for her dedication over the many years of her teaching. All of this has been greatly appreciated by students, parents and staff both past and present. I wish Mary all the very best for her future and for any new ventures she wishes to take on.

Furthermore, I wish to acknowledge the talent of one of our other Music staff. Natalie Bartsch who teaches piano in our after school music program is the composer of a piece of music titled 'Into The Light' that had its world premiere recently at The Salon, Melbourne Recital Centre.

The piece was performed by the ensemble 'Plexus'. Natalie's piece along with the works of four other female composers was dedicated to women in war.

Congratulations Natalie on a wonderful, thoughtful and inspiring piece of music and we all look forward to hearing many more of your compositions in the future!

Home Harvest Festival

Eltham High School was once again privileged to host the Home Harvest Festival this year. The event took place on Sunday, 15 March but I can tell you that the aromas of homegrown produce began spreading throughout the school from very early on the Friday before when preparations for the big event were well on the way.

This is an amazing collaboration between local growers, the Shire of Nillumbik, Nillumbik Health, local chefs, the school and the community and it culminated in a celebration consisting of the sharing of a variety of well-inspired, delicious food prepared on site at the school.



- School Council Meeting
(7.30pm - 9.30pm)

Thurs 23

- VCE Extended Investigation Ethics
Panel Presentation 2015

Fri 24

- ANZAC Day Ceremony: 10.30am
- VCE Drama Playlist Performance - 'I
Call My Brothers'

Sat 25

- Eltham Dawn Service Performance

Tues 28

- Holocaust Museum Excursion &
NGV Year 11 History

Wed 29

- Jazz Night
(7.00pm - 10.00pm)
- EHS Community Choir Rehearsal
(7.30pm - 9.00pm)

Thurs 30

- Whole School Assembly

I am extremely proud of our hospitality students who, under the supervision of our VET Hospitality teacher, Mrs Helen McKenzie once again worked extremely hard and engaged wholeheartedly with the challenge of having to feed close to four hundred people.

I take this opportunity to congratulate Darren Squires (Assistant Principal) for his representation of our school at all the planning meetings and for working hard to ensure that this event came to fruition again this year at our school. I also thank all the other members of the organizing committee for their hard work and for making the day a truly memorable one. I am sure that everyone is already looking forward to the 2016 event with great anticipation.

School Council 2015

It is with pleasure that I introduce to you the 2015-2016 School Council. There are 15 Voting Members in the School Council Constitution (the two students under the Community Category, constitute one vote).

Member	Category	Office Held
Nicki Hauser	Parent	
Glenn Eaton	Parent	
Deanne Jones	Parent	
Andrew Evans	Parent	
Linda Lee	Parent	
Sybille Bouzanquet	Parent	
Hilary Cantwell	Parent	
Ron Wilson	Community	Vice President
Ian Temby	Community	
Nathan Jetson	Community (Student)	
Danielle Di Petta	Community (Student)	
Vincent Sicari	Department of Education and Training (DET)	
Darren Squires	DET	Treasurer
Katie Reed	DET	
Kathleen Hannan	DET	
Fran Mullins	DET	

I take this opportunity to acknowledge all of our retiring Councillors for their hard work and dedication to the work of the School Council. First of all I wish to acknowledge Roger Carter (Parent) who has been a School Councillor over many years and has taken on the role of School Council President over recent years. Roger has also been a valued member of the Finance Team and the Planning and Policy Review Team of Council. Roger has always worked with the best interests of the school in mind. I wish Roger all the very best with 2015 and beyond.

I also thank Stephen Smyth (Parent) for his contribution and dedication over the last two years to the School Council and the Planning and Policy Review Team of Council. Stephen's insight into a wide range of areas of our work has been much appreciated and valued. I wish Stephen all the best for the future.

I thank Christine Andrews (DET) for her contribution to the School Council over the last couple of years. Christine was able to bring an educational perspective to the work of Council and represent the views of staff on a range of discussions at a governance level. I wish Christine all the best for 2015 as she works hard at embedding the Student Growth and Student Leadership initiatives across the school.

I also thank Tim Natoli (DET) for his contribution to the work of the School Council over a number of years. Whilst Tim's voting role on Council has finished, as one of the Assistant Principals he will continue to contribute in the work of Council through his participation at the meetings and on the Planning and Policy Review Team of Council.

I congratulate Molly Townsend (Community) and thank her for her contribution to the School Council as one of the student representatives. Alongside Nathan Jetson, Molly kept Council informed of a range of students matters and represented her cohort admirably. Molly has shown the importance and value of student voice and I wish her all the very best as she engages with her Year 12 studies throughout 2015.

CANTEEN
ROSTER & MENU

ROSTER FOR MARCH 2015

Wed 25

- Simone Ellul
- Louise Gunn

Thurs 26

- Alison Jones
- Christine Muscat

Fri 27

- Janine Aldred
- Jemima Chianta

ROSTER FOR APRIL 2015

Mon 13

- Denise Di Petta
- Dianne Milankovic

Tues 14

- Debbie McLaine
- Kristine Wallace

UPCOMING MENU

Wed: Nachos

Thurs: Lasagne

Fri: Sausage Sizzle

Mon: Spaghetti Bolognaise

Tues: Warm Chicken Salad

Working Bee

I wish to thank all the students, parents, grandparents and members of staff that attended the last Working Bee on Sunday, 22 March. A great deal of work was achieved and it was great to see all of the collaborative work that took place prior to the term break. I take this opportunity to once again thank all the members of the Grounds Committee for their ongoing hard work in the planning for the day and I look forward to the next occasion when we come together to engage in further work towards the maintenance and beautification of our grounds.

End of Term 1

Whilst Term 1 seems to have been a relatively short Term, a great deal has been achieved. In fact we have managed to get into the usual things that take place during this Term plus more.

I wish to congratulate all the students and the staff who have worked hard toward a smooth transition into the year and of course all of the Year 7 students who have embraced secondary school with great excitement and enthusiasm.

I wish all the students and the staff a very relaxing and safe break and I take this opportunity to wish all of our families a very happy Easter.

I look forward to our work together as we engage with Term 2 on our return.

I do wish to remind all members of our community that during the first week back we will be hosting our Open Day and the Year 7 (2016) Information Evening. We encourage all prospective parents and students to attend on the Open Day on Thursday, 16 April. Tours will run at 9.15am and 11.15am and the Information Evening will start at 7.00pm on the same day. If you know of any families that are interested in our school can I ask you to pass this information on to them.

As is always the case with the end of each term, school will finish at **2.30pm on Friday, 27 March**. I ask parents to ensure that safe travel arrangements have been put in place for all students.

.....
VINCENT SICARI, 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
Drama/Coach Critical & Creative Thinking

EHS Swimming Club

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

// **ASSISTANT PRINCIPAL'S REPORT**

National Day of Action against Bullying and Violence

On Friday, 20 March Eltham High School participated in our first National Day of Action Against Bullying and Violence, with a focus on Bystander Action. Our students took a lead role in sharing the message across our school community.

"Everyone plays a part in ensuring the safety and wellbeing of others – parents, staff, students and community members. It is essential that these members of the school community know how to deal with incidents of bullying effectively and safely. It is important to note, however, that the majority of people are not involved in bullying.

Those who bully others often aim to impress or intimidate bystanders. The reaction of bystanders can either support or discourage bullying from happening. If bystanders do nothing, this can be seen as a form of silent approval.

Supportive bystander behaviours are actions and/or words that are intended to support someone who is being bullied. The actions of a supportive bystander can stop or diminish a specific bullying incident or help the bullied student to recover from it.

The attitude and reaction of bystanders can affect the culture of the school. Social disapproval of bullying behaviour can prevent bullying from occurring and help to stop it when it is happening."

Student members of the Principal's Advisory group visited classrooms and spoke with students across years 8, 9 and 10. Their message focused on increasing an awareness of the role of students in being 'Active Bystanders'.

Student members of the Peer Helper team held an assembly for students in year 7. They were sharing a similar message. In addition the students introduced the year 7 students to the Peer Helper program, explaining how they are available to support students who would like to chat with an older student.

We continue to be proud of our school's positive school culture, and continue to look for opportunities to enhance the support for young people in our care. We would like to acknowledge the role of our students in sharing these messages and thank them for their engagement in the day.

.....
FRAN MULLINS, Assistant Principal

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

// 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'.

Year 10 Work Experience: Monday, 11 – Friday, 15 May

All Year 10s are required to submit their arrangement form and travel form (if required) to the Careers office by Friday, 1 May. The forms are available from outside the Careers office and all students' have been emailed a copy via Compass.

Responsible Serving of Alcohol (RSA) Certification: Thursday, 21 May

The training session is available to Year 12 students only with a maximum of 24 places available. You do not need to be 18 to complete the course but the certification will only activate on your 18th birthday. Interested students should submit their name to Ross Pringle by email on pri@elthamhs.vic.edu.au. Payment details and cost will be provided at a later date, however, approximate cost is \$65.

ROSS PRINGLE, Careers and Pathways Coordinator

// MUSICAL NOTES

Training Band



Training Band's first rehearsal last Thursday morning produced some very large sounds! Their conductor, Rick Plummer, was very impressed with their level of response to his conducting instructions and is looking forward to a great year of development. Plenty of parents were there to watch and actually listen to the only time the students will be able to play whatever note they wanted LOUDLY!



Now that all ensembles are in rehearsing mode, it is very important to ensure attendance. If your child could not attend a rehearsal OR a scheduled lesson, parents can give approval via Compass, ring the Music Office on 9430 5127, send an email (to the appropriate conductor, teacher or Jill), or send a note to the Music Office.

A Reminder: Can all Music students please check compass carefully for their lesson times!

Symphonic Band and Monash Concert Band Concert

The Symphonic Band and Monash Concert Band Concert on Monday night was very well received by the audience. We look forward to more performance opportunities with this ensemble.

Term Two

Concert Band Tour: Wednesday, 22 – Friday, 24 April:

Touring the Bendigo area.

Annual Mount Gambier Generations in Jazz Festival: Friday, 1 – Sunday, 3 May:

This will be preceded by a rehearsal day for participating ensembles on Sunday, 12 April at the school and a Jazz Night on Wednesday, 29 April, also at the school.

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:

- Friends of Music AGM - Change of Date
- Head Lice Reported

School Term Dates

TERM 1:

Finishes: Friday 27 March: 2.30pm

TERM 2:

Starts: Monday 13 April

Finishes: Friday 26 June: 2.30pm

// **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 were due Friday, 27 February.

VET material course fees were due Monday, 2 February.

The above fees are now past due.

Please contact the Cashier on 9430 5118 or accounts@elthamhs.vic.edu.au to arrange payment.

.....
KATHLEEN HANNAN, Business Manager

Lost Property

We have a large collection of lost property, including lots of jumpers. Please come in to the first aid room for collection. All items left over will be donated to charity at the end of Term 1.

Medication

Please be aware that we do not stock any pain killers at school. If you want your child to have access to any medication, please send it with them. We are happy to store it in the First Aid room.

.....
MARNIE WADSWORTH, First Aid Officer

April 2015

Wed 29

- Intermediate Round Robin

BEACH VOLLEYBALL 2015



**Gold Medal for Year 12 Boys
Fours**



**Silver Medal for Year 11 Boys
Pairs**



**Silver Medal for Year 12 Girls
Pairs**

// SPORT

Senior Boys Cricket

The EHS Senior Boys Cricket Team ventured out to Blake Park for the Northern Zone Final on Tuesday, 17 March. With two strong victories leading into the day the team was looking forward to another good performance with a well balanced team.

Roxburgh Park batted first and after 20 overs were 3 for 136. **Jordan Gough** (Year 12, **Everard House**), **Charlie Smythe** (Year 11, **Andrew House**), **Luke Anderson** (Year 11, **Andrew House**) (3 wickets) and **Ciaran Anderson** (Year 11, **Andrews House**) were all good performers with the ball.

Bailey Eustance (Year 11, **Andrew House**) and **Trent Grindal** (Year 12, **Andrew House**) opened the batting and started the innings off well (Eustance 34/Grindall 30). Luke Anderson (39) at number 3 continued at a fast run rate, with support from Charlie Mmyhte (10) and **Sean Richards** (Year 11, **Andrew House**) (11).

With 9 balls to go we needed 6 runs but some good fielding from Roxburgh with a run out and a one handed catch saw us also finish on 136 runs. Roxburgh Park were declared the winners as they took more wickets. The boys were a little unlucky to tie the game but lose on wickets taken.

.....
PETER NICHOLSON, Coach

Eltham High School Volleyball

Eltham Team Uniforms:

Can the Year 7 students who recently took part in the Year 7 Round Robin and were invited to join the Volleyball Program please return their uniform order ASAP. Please see Mr Thomas for an order form.

Join a Club:

Any students interested in further developing their Volleyball skills should consider joining a Volleyball Club. Details of clubs are available from Volleyballvictoria.com.au

2015 Volleyball Dates:

- | | |
|--------------------|---|
| 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

HOUSE ATHLETICS CARNIVAL 2015



Diamond Valley Athletic Club

The Diamond Valley Athletic Club invites students - & their parents - interested in a season of Cross Country running with Athletics Victoria, to attend a TRIALS & REGISTRATION DAY at Willinda Park, Greensborough (Melways 21 A4) at 9.00am on Saturday 11 April, 2015.

Competition age groups for girls and boys are Under 14, Under 16, Under 18 and Under 20. As well, the competition is available to Open age, 40+ & 50+ age categories. Training sessions are conducted on Tuesday and Thursday afternoons at Willinda Park from 5.00pm as well as on Saturday mornings.

The season of Cross Country running with AV commences on Saturday, 18 April with Cross Country relays at Jells Park, Wheelers Hill.

Come along to the DVAC Trials & Registration Day to:

- * Find out more about the season of Cross Country running with AV and training sessions.
- * Take part in the 3km (Juniors) or 6km (Seniors) Trail run.
- * Register for a season of Cross Country running

For further information, check the website valleyaths.org

MAX BALCHIN, Secretary, Diamond Valley Athletic Club

// STUDENT SERVICES

Want to be Appier? 7 Apps to Boost Wellbeing

Young People and their phones are almost inseparable. Most parents and teachers are troubled by this – and rightly so. Excessive or inappropriate device usage is shown to interfere with SLEEP, RELATIONSHIPS, ACADEMIC DIFFICULTIES, and PHYSICAL ACTIVITY AND HEALTH.

In recent years there has been a surge in the development of apps designed to bolster mental health and wellbeing. Some of these apps are best used in consultation with a psychologist to monitor wellbeing and inform therapeutic delivery. Others are fun and clever ways to monitor happiness, mood, or other variables related to wellbeing (like fitness).

There is limited evidence that these kinds of apps work to significantly improve psychological wellbeing. However, if the young people are on the phone, they may as well be focused on good things rather than Snapchat, Kik, itube, or other apps less associated with bolstering wellbeing.

Here are 7 apps that can be helpful for youth to check in, see how they're going, and find motivation to achieve greater wellbeing, health, or other goals:

- **Mood Meter:** Developed in association with the Yale Centre for Emotional Intelligence and their RULER program, this app requires the user to check in as often as they want in order to record the emotions they are feeling, and what they are doing. The app is designed to expand the user's emotional vocabulary (great for building emotional intelligence), spot behaviours that are precursors to different emotions, consider strategies for improving their emotional regulation, and even see reports linking emotions with outcomes.
- **Mindshift:** A tremendous app for teens and young adults to deal with anxiety in effective ways. The app is designed to help teens develop more helpful ways of thinking, and become proactive in dealing with anxiety-inducing situations.
- **Optimism:** along the same lines as other mood-tracking apps. I found it particularly interesting that reviews for this app all referenced the way the program helped users share data with their doctors. A mood-charting app that helps users monitor their moods, develop and monitor strategies for dealing with difficulties, and identify when things start to go pear-shaped.
- **My Mood Tracker:** rated as the best health app a few years ago, similar to the Mood Meter, but provides more information, and it can collect information on additional things like sleep, menstrual cycles, and so on. A lite version is available for free, but the paid version is superior because it gives a full history.
- **Deep Sleep:** You will have to pay for this app, but it's great. Sometimes it can be hard for our teens to get to sleep. They're wired, buzzing, and want to keep going. This app works through a progressive muscle relaxation session, helping listeners get to sleep fast (Also, check iSleepEasy as an alternative.)
- **Smiling Mind:** This app is free to sign in to age appropriate Mindfulness workshops, with an aspect that allows you to track mood improvement.
- **Strava:** one of dozens of fitness apps that teens who want to exercise more should get hold of. The Strava app is switched on when exercise begins. It measures distance and time. Kms and time are tracked over weeks and months so cumulative totals can be reviewed. The user can also create 'segments' and compare yourself to track improvement over time.

With minimal effort and by using the technology at our fingertips, we can guide youth to greater emotional intelligence, increased motivation, and potentially greater wellbeing – all while using their smartphone.

LOUISE HEATHCOTE, Student Services Leader



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

// WORKING BEE

Working Bee: Sunday, 22 March

The Working Bee held on Sunday, 22 March was attended by 50 enthusiastic parents, students, teachers and past parents in almost perfect autumn conditions. All tasks were attended to and the school looks in great condition after the onslaught of all the weekend attention.

The new plantings from late last year are growing profusely and the central courtyard complex is now looking a whole lot greener and more environmentally friendly.

Our thanks go out to all those who attended on the day, especially the Grounds Committee personnel who take responsibility for planned tasks as well as those who provision for food and drinks at morning tea and lunch. Thanks also to Bruce Martyn, Ben Dawes and Frank Capozza who ensure the school is open for business on the day for those in attendance.

Summarised below is a list of achieved tasks on the day:

- Eighteen sleepers were cut and slotted on the western end of the 400s block for 2 short retaining walls as part of the construction of the new food garden.
- Thirteen metal retaining wall sleeper uprights were positioned and concreted into place adjacent to rooms 601 and 602.
- Several hundred stakes and tree guards were removed from plants that were planted in 2014. All of these plants were subsequently watered.
- Two cypress pine posts were removed and replaced in a section of post and pipe fence adjacent to room 301. They were then stained to match the existing fence line.
- One hundred new plants were planted on the south side of the new Performance Centre. These plants were then staked, bagged, watered and mulched.
- A significant amount of pruning and weeding was completed on the south side of the 400s block as well as the Memorial garden.
- Brush cutting and mowing was completed in a range of locations across the campus precinct.
- Mulching was also completed on the north side of the 400s block.

Thanks again to all our volunteers on the day; again a very successful event. Listed below are all those volunteers who signed our registration book:

R. Ackland, Leo Adamson, Mick Byrne, Frank Capozza, Cogdell family, David and James Cox, John Coates, Ben Dawes, Dimech family, Dave Eales, Eaton family, Michael Evans, Christine Farrugia, Philip Green, Stuart Hearity, Kate Hindell, Huber family, Phil Jones, Tim Kervin, Kirkright family, Katrina Marlo-Monten, Bruce Martyn, Tim Natoli, David Norden, Perry family, Rhys Powell, Vincent Sicari, Nigel Simpson, Bill Taylor, Jeremy Taylor, J. Thomas, Sue Washington, Victoria Weale, Sharon Wells, Tess Williver, and the Zuzic family.

Working Bee dates for the remainder of 2015 are as follows:

Sunday, 24 May

Sunday, 21 June

Sunday, 23 August

Sunday, 25 October

Sunday, 15 November

We look forward to your anticipated support at our next Work Bee on Sunday, 24 May. We still have lots of planting to do on the east side of the Performance Centre and the area adjacent to the cricket nets.

JOHN COATES, for the Grounds Committee



Eltham
High School

**We invite the
community to
come and see our
school in action.**

Thursday 16 April 2015

Year 7 Open Day & Information Presentation for 2016

- Tours commencing at 9.15am
- Information Presentation & Curriculum Display 7pm

*Eltham High School also runs weekly
tours on Monday, Wednesday & Fridays
commencing at 9.30am.*

BOOKINGS ESSENTIAL



Withers Way, Eltham | T 9430 5111 | eltham.hs@edumail.vic.edu.au | www.elthamhs.vic.edu.au

Community Announcements

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

Q&A forum for young women

Thursday March 26 * 6:30 - 8:30

At Watermarc (upstairs meeting rooms) * Flintoff Street, Greensborough

Join us for a unique opportunity to hear from a panel of experts in the areas of gender equality, respectful relationships, body image and more...

Catherine Manning

CEO of SEED workshops & Director of Say No 4 Kids

Van Badham

Writer and social commentator - columnist with the Guardian

Amy Gray

Political and feminist freelance writer

Jess Barlow

Creative genius behind The Brainwash and Dear Holly Projects

Kate James

Youth worker with a passion for female body image

Suitable for ages 14 and up.

Free Entry - donation of toiletries gratefully accepted and passed on to women escaping domestic violence

Light refreshments provided

RSVP via Facebook or email banyuleyouth@banyule.vic.gov.au to help us with seating and catering.

For more info

p: 9457 9855

e: banyuleyouth@banyule.vic.gov.au

www.banyuleyouth.com

Banyule
Youth
Services

BANYULE YOUTH
SUMMIT

International Women's Day



Community Announcements

LIVE DJ

UNLIMITED

\$3 SLIDE NIGHT

PHOTO BOOTH

27 MAR
6 - 9PM

\$3 ENTRY FOR 12 - 17 YEAR OLDS*

• UNLIMITED SLIDE USE • SWIMMING • FREE PHOTO BOOTH • DJ

#unlimitedslidenight
Watermarc - 1 Flintoff Street, Greensborough 3088
* Other ages welcome at normal prices

WaterMarc

Banyule
CITY COUNCIL

Remade Youth Services

SOLAR SOUNDS

BIG SAMMY & THE FELLAS

NEVER FEAR REVENGE

ALL DAY BREAKFAST

SELLING TIME

THE CRUNCH

WINTERLESS

LIPSTUCK

HARBOURS

Sunday 29th March | 4:00pm – 8:30pm

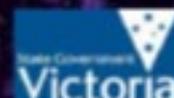
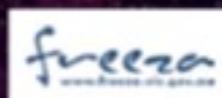
Tickets \$8 at the door

Whatmough Park Clubrooms, Kalparrin Ave.

Greensborough, Melway 20 J1

f [Facebook.com/JetsFreeZA](https://www.facebook.com/JetsFreeZA)

An all ages, fully supervised, drug, alcohol and smoke free event.
No passouts. Presented by FReeZA, a State Government of Victoria Initiative.



Community Announcements

9 Things

A BACK-TO-BASICS GUIDE TO CALM,
COMMON-SENSE, CONNECTED
PARENTING BIRTH-8

with Maggie Dent



A seminar for parents from Australia's "queen of common sense", parenting author and educator Maggie Dent. More children than ever are arriving in our schools with one or more developmental delays and this creates a "gap" that is almost impossible to overcome throughout the school journey. In this seminar based on her popular new book of the same name, Maggie explores the role of healthy parenting with a back-to-basics, common-sense guide to what is essential for babies and toddlers that allows children to be able to thrive and be ready for school and life. The motif of Aunty Wilma the wallaby is Maggie's guide for parents of children birth to 8 as she explores the 9 Things that really matter when making decisions in children's lives.

Date: Wednesday 25th March

Time: 10am-noon

Venue: Darebin North East Community Hub,
35 Copernicus Crescent, Bundoora

Cost: Free

TICKETS: Bookings by 18th March via
www.commonsenseconnectedparenting.eventbrite.com.au

INQUIRIES: Margaret Phillips at earlyyears.training@darebin.vic.gov.au
or phone 8470 8119



Maggie Dent
quality inspiration lives

www.maggiedent.com

Community Announcements



Fostering Realistic Hope Week-end Workshop

For Carer Families Supporting a Family Member
with Borderline Personality Disorder

A supportive group process with a therapeutic focus

The workshops will aim to:

- Invite participants to share and respond to stories of living with BPD and the effects it has on their lives & relationships
- Explore-evaluate participants' and professional knowledge and practices that foster realistic ways to support relationships and promote initiatives that work with the effects of BPD on families.

What we hope you will take away

Through the experience of practices such as *Relational Mindfulness, Outsider Witnessing, Restarting Reflection/Re-Storying the Conversation, Acknowledgment & Validation and Relational Limit Setting*, we develop skilful means to:

- Better understand the effects of BPD on families' lives through the sharing of experiences and knowledge
- Identify and resource our own coping initiatives that have made a difference
- Mindfully notice habitual and unhelpful relational-interactional patterns that we often become stuck in
- Foster a mindful space for reflection and realistic action

Facilitator

Peter McKenzie (PhD, MA ClinFamTher) is the Carer Academic, a Clinical Family Therapist and Family Practice Consultant at the Bouverie Centre. He has been working in the area of families and BPD for many years, both clinically and as a trainer and advocate.

18th & 19th April 2015

@ The Bouverie Centre 8 Gardiner St, Brunswick [Melways: Map 29, R6 F7]

To register interest or referral contact Peter McKenzie (03) 9385 5100



No To
Violence
Male Family Violence
Prevention Association



Fathering in the Context of Domestic Violence

28 April 2015, Melbourne

Register Now

http://www.cvent.com/d/OnNW_oclcUubvxhNVrMuEw/8nj6/P1/1Q

The University of Melbourne, No to Violence and the Berry Street Childhood Institute invite you to join us for a special one day seminar *Fathering in the context of domestic violence*.

The morning session of this seminar will focus on *Fathering Challenges: Responsible, Responsive and Reparative* Fathering in the context of family violence with preliminary research findings presented by the research team from the Universities of Melbourne, South Australia and Curtin.

The afternoon session features a keynote address by Professor Daniel G. Saunders (USA), School of Social Work University of Michigan on *Fathering Challenges/Fathering Opportunities: Engaging Intimate Partner Abusers Through Their Roles as Fathers*.

This is followed by a rich panel discussion, facilitated by Rodney Vlasis of No To Violence. Professor Daniel G. Saunders will be joined by further panel members Fiona McCormack CEO of Domestic Violence Victoria, researcher and senior policy advisor Katie Lamb and child psychotherapist and Senior Clinician Emma Toone of Berry Street.

Date: Tuesday 28 April, 2015

Time: 10:00am - 4:30pm (Registrations will open at 9:30am)

Location: The Sidney Myer Asia Centre, Yasuko Hiraoka Meyer Room (Level 1 room 106)
761 Swanston Street Parkville, Victoria (Building 158 University of Melbourne)

Cost: \$30 (inc GST)

Closing date: Friday 24 April, 2015

We would appreciate if you could please forward this email onto anyone who might be interested.

For additional queries contact the Events Team on events@childhoodinstitute.org.au or 03 9421 9362.

Kind Regards,

Berry Street Childhood Institute Events Team

www.childhoodinstitute.org.au

All children should have a good childhood, growing up feeling safe, nurtured and with hope for the future.
1 Salisbury Street, Richmond, VIC 3121 | E: events@childhoodinstitute.org.au | T: (03) 9421 9362 | F: (03) 9421 9362

A Berry Street Initiative

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: Thursdays 30 April - 11 June 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