



**Eltham
High School**



Community News

TERM 3 / WEEK 2
Tuesday, 21 July 2015

* DATES TO REMEMBER

Wednesday, 29 - Friday, 31 July:

Year 7 City Experience Camp: 7A, 7B, 7C & 7D

Wednesday, 12 - Friday, 14 August:

Year 7 City Experience Camp: 7E, 7F, 7G

Tuesday, 18 August:

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

Wednesday, 19 - Friday, 21 August:

Year 7 City Experience Camp: 7H, 7J, 7K

Sunday, 23 August:

Working Bee

Wednesday, 26 August:

Student Progress Interviews:
4.00pm - 7.00pm

VCE Year 10 - 11 (2016) Information Night

Wednesday, 22 July: 7.00 pm - 9.30 pm

VCAL (2016) Information Night

Thursday, 23 July: 7.00pm - 8.30pm

Year 8 - 9 (2016) Evening Night

Tuesday, 28 July: 7.00pm - 8.30pm

// PRINCIPAL'S REPORT

Cadel Evans challenges Eltham High School students and teachers on electricity generating bikes – surprise visit to promote science and technology

Past Student **Cadel Evans** (class of 1994) made a surprise visit to our school on Monday, 20 July. This is the first time that Cadel has visited his old school since completing his VCE. A world renowned cyclist and winner of the Tour de France in 2011, Cadel is now an ambassador for Siemens, one of the largest technology and engineering companies in the world, and is promoting Siemens' FutuRide national competition for secondary schools to engage in Science, Technology, Engineering, and Maths (STEM) study and skill development.

We were honoured to welcome Cadel back to the school that educated him and nurtured his love for his sport.

During his short visit Cadel challenged some of his old teachers and a number of students on power generating stationary bikes to see who could generate the most electricity. I can tell you that the students were well placed for the challenge with Year 10 student **Indigo McKinnon (Stewart House)** managing to generate more power than Cadel in the 2 minute trial. The teachers gave of their best.



Cadel is passionate about the initiative and commends the Siemens FutureRide competition to all secondary students across the nation.

During his time with us Cadel was able to reminisce of his time at Eltham High School and to reflect on the importance that a good education played in his chosen pathway.

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Eltham High School
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SCHOOL CALENDAR

JULY 2015

Wed 22

- Concert Band: Healesville (Wed 22 - Thurs 23)
- VCE Year 10 - 11 Information Night 2016
- Year 12 OES - Queenscliff Canoe
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)
- School Council Meeting: 7.30pm - 9.30pm

Thurs 23

- 'Fit to Drive' Road Safety Incursion
- VCAL 2016 Information Night

Fri 24

- Melbourne Career Expo
- Senior Strings Rehearsal Day
- Skate Park Excursion - Susan St

Mon 27

- Senior Drama Performance: 7.30pm - 10.00pm
- Year 11 OES - Cross Country Skiing

Tues 28

- Intermediate Band - Extra Rehearsal for VSMF
- Senior Drama Performance: 7.30pm - 10.00pm
- Year 8 - Year 9 2016 Information Evening: 7.00pm - 8.30pm

Wed 29

- Intermediate Band Performance at VSMF
- Principal's Advisory Group Meeting
- Year 7 City Experience Camp: 7A, 7B, 7C, 7D (Wed 29 - Fri 31)
- Senior Drama Performance: 7.30pm - 10.00pm
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Thurs 30

- Australian Mathematics Competition
- Senior Drama Performance: 7.30pm - 10.00pm

At the Valedictory Evening each year, the School presents the Cadel Evans award to a student who has shown persistence, perseverance, hard work and determination. The recipient of the 2014 Cadel Evans Award was **Lachlan Dalgleish (Andrew House)**. Lachlan also returned to the school last Monday and took part in the student challenge. It was a fantastic opportunity for Lachlan to meet Cadel and vice versa.



We were also very fortunate to have the presence of our Local State Member of Parliament, Ms Vicki Ward during Cadel's visit, who congratulated him on his life and professional achievements and on his connection with this initiative.

Cadel commented that *"Technology will play a very important part in making the world a better place and tackling the big issues like climate change - and Siemens is well placed to do this being the most sustainable industrial company in the world."*

It was great to have Cadel back at the school to show students what can be achieved by Australians. It was an opportunity of a lifetime for students and teachers to challenge Cadel in a cycling contest in the name of science and technology.

Siemens CEO Jeff Connolly said the concept of the competition came from the idea that teachers were continually looking for new ways to provide experiential learning opportunities. As he stated:

"These electricity generating bikes help stimulate the imagination of students and make STEM subjects interesting. With globalisation and digitalisation, Australia can participate in the global supply chains and some of the most exciting projects and jobs in the world - as long as we have the right skills. The most powerful industrial tool in the future will be the human brain - and that is where Australia can excel and can show the world that we are an important participant - as long as we have more people with STEM skills,"

The school received four power generating bikes as a donation from Siemens. We will put these to good use.

More information about the FutureRide initiative can be found at the following link www.futuride.com.au.

Experiential learning is one of the most powerful forms of learning and can create an interest in many subjects. The development of STEM aligns very closely with the work that we have already embarked on around the teaching of 21st Century Skills.

We look forward to Cadel attending a future Valedictory Evening to present the Cadel Evans Award.

Student Achievement

Eltham Debaters:

The last round of the interschool debating competition took place on Monday evening, 20 July. The debating sequence

Our D grade teams debated the following topic against worthy opponents.

That all students should learn about a variety of religions in school.

Affirmative team

Parade College 5

Eltham High School 2

vs.

vs.

Negative team

Eltham High School 1

Loyola College 3

Both D Grade Teams won their debates! Congratulations to the team: **Maya Pradhan** (Year 7, **Rutter House**), **Persephone Tooley** (Year 7, **Everard House**), **Nicholas Anderson** (Year 9, **Rutter House**), and usually **Jessarne Palmer** (Year 9, **Everard House**). Thanks to researchers **Katie Thompson** (Year 9, **Andrew House**), **Kimberley Anderson** (Year 8, **Rutter House**) and parent advisors and chauffeurs.

Best Speaker: Persephone Tooley.

AUGUST 2015

Mon 3

- Mercy Hospital Visit HHDO4

Wed 5

- Critical Thinking Test
- Mercy Hospital Visit HHDO2
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Sun 9

- Choir Performance

Mon 10

- Year 12 - Feed Your Brain Seminar

Tues 11

- Alliance Francaise - 2015 Senior Berthe Mouchette Competition

Wed 12

- Year 7 City Experience Camp: 7E, 7F, 7G (Wed 12 - Fri 14)
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

Mon 17

- Hands on HEADSS Workshop

Tues Aug 18

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

Wed 19

- Year 7 City Experience Camp: 7H, 7J, 7K,
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)
- School Council Meeting: 7.30pm - 9.30pm

Thurs 20 Aug

- Year 12 - Ace Your Exam Seminar

Fri 21 Aug

- Waverley Music Eisteddfod

Mon 24 Aug

- Mercy Hospital Visit HHDO3
- Student Progress Interviews: 4.00pm - 7.00pm

Wed 26 Aug

- Summit to Sea - Training Trip

Our B Grade Team of **Rosie Watts** (Year 10, **Rutter House**), **Lauren Edwards** (Year 11, **Rutter House**) and **Indigo McKinnon** (Year 10, **Stewart House**) had a Secret topic:

That Commercial Advertising does more harm than good.

They prepared brilliantly in an hour with no technology or teachers to help and although the teachers felt Eltham had won, to our surprise the adjudicator disagreed. Such is life!

Best Speaker: Lauren Edwards.

Disappointingly we forfeited our A Grade debate due to work and family commitments. Thanks again to **Francesca Reid**, **Kate Dance**, **Will Healy** and **Antares Car** for offering to fill in when required.

I congratulate all the students in each of these teams and of course a big congratulations to Ms Leanne Ipsen for her ongoing commitment to our students and the Debating Program.

Deaflympics 2017:

Congratulations to **Stephen David** (Year 12, **Everard House**) who as a member of the Eltham Redbacks Football Club has been selected to represent Australia at the 2017 Deaflympics qualifiers in Taipei later this year. Stephen is a young man with moderate hearing loss who has not allowed his disability to get in the way of achieving his dream. Stephen's resilience, hard work, commitment and passion for his sport need to be commended and I take this opportunity to wish him all the best with the upcoming competition as well as with his future in the sport. A great effort and an outstanding achievement!

Victorian Schools Cycling Championships:

Congratulations to Elise Hepworth (Year 9, Andrew House), Adele Hepworth (Year 9, Andrew House) and Sienna Gibson (Year 8, Everard House) who raced in the VSCC mountain bike round at Dromana Secondary Collage on Sunday last and admirably represented our school. The race is a multi-lap course on a purpose built off road track that laps the school. The girls took on 5 laps of the technical course with Elise coming 2nd in the U17 novice class. Adele had a crash on lap 3 and was unable to finish. She ended up with 4 stitches in her leg. She did try and get back on the bike but was advised to get the cut attended to. Sienna raced in the girls U15.



This a great effort and I hope that Adele's injury will heal rapidly.

The next round of competition is on Sunday, 16 August at the You Yangs.

For more information on getting involved in cycling school sports please go to the following link:

<http://vic.cycling.org.au/Get-Involved/Victorian-Schools-Cycling-Championships/Important-Information>

Past Student Achievement

Allison Wright (Class of 2010, **Stewart House**) was one of our very talented music students playing trumpet in a range of Ensembles including the Eltham High School Symphonic Band and the ever popular Stage Band. Allison pursued her music talent post Eltham High School and was selected as one of the eight Australians to compete in the Aeolus International Competition for Winds in Germany two years ago and who in the past two years received The Standish Robert Trumpet scholarship. She is a member of the Australian Youth Orchestra and has completed a Professional Performance Program at the Australian National Academy of Music. I congratulate Allison on continuing to fuel the flame that was ignited during her time at Eltham High School; her love for music and music performance. I wish Allison all the very best as she embarks on the various aspects of her career as a notable musician.

CANTEEN
ROSTER & MENU

ROSTER FOR JULY 2015

Wed 22

- Angela Brajkovic
- Fiona Cogdell

Thurs 23

- Tina Douglas
- Jo Hoskins

Fri 24

- Serena Bellotti
- Kylie Davies

Mon 27

- Mara Dale
- Shirley Diaz

Tues 28

- Cathy Collins
- Wendy Kemp

UPCOMING MENU

Wed: Vegetarian Lasagne/Soup

Thurs: Nachos/Soup

Fri: Hamburgers/Soup

Mon: Meatball Subs/Soup

Tues: Vegetarian Hokkien Noodles/
Soup

Nationally Consistent Collection of Data on School Students with Disability 'Collection Notice'

All schools in Australia, including Independent and Catholic schools, will participate in the Nationally Consistent Collection of Data on School Students with Disability this year.

The Data Collection is an annual count of the number of students with disability receiving educational adjustments to support their participation in education on the same basis as students without disability.

All education agencies are now required under the Australian Education Regulation 2013 to provide information on a student's level of education, disability and level of adjustment to the Australian Government Department of Education and Training.* Data will continue to be de-identified prior to its transfer to the Australian Government Department of Education and Training. No student's identity will be provided to the Australian Government Department of Education and Training.

The collection of this information from states and territories will inform future policy and program planning in relation to students with disability.

If you have any questions, please do not hesitate to contact John Gioskos (Curriculum and Data Leader) on 9430 5111 or the Victorian Department of Education and Training Data Collection Hotline on (03) 9651 3621. For questions after 7 August, 2015, please call the Australian Government Department of Education and Training on 1300 566 046.

* For more information on Schedule 3—Amendments for the collection of data on students who are persons with a disability Australian Education Regulation 2013 see: http://www.comlaw.gov.au/Details/F2014L01723/Html/Text#_Toc404934419

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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
EHS Swimming Club 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

Photography, Visual Design & Creativity Club

When: Thursday
Location: Room 601
Time: Lunchtime

Artek Halpern-Laurence
Year 12, Andrew House

PRISIM

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

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

Louise Heathcote
Student Services Leader

Tournament of Minds

When: Tuesday (Year 7 - 10)
Location: Room 154
Time: Lunchtime

Loren Clarke
Tournament of Minds Coordinator

// **ASSISTANT PRINCIPAL'S REPORT**

Aerosol deodorant at school

Many students and staff at Eltham High School suffer from asthma, and a number suffer from severe allergies and anaphylaxis. Aerosols and sprays can act as triggers for people who suffer from these conditions, resulting in symptoms such as asthma attacks, headaches, including migraines, and in extreme cases, anaphylactic shock. In addition, aerosols can be dangerous as they contain flammable liquids and can also cause harm if inhaled.

For these reasons, aerosol deodorants are banned from school premises and all excursions, after school activities and sporting events. This information is communicated to students through the school diary, and we are seeking family support in enforcing this message through the school community. For students wishing to bring deodorant to school and school camps, it is requested that roll-on deodorant be available for school use.

The Office of the Children's eSafety Commissioner

The Office of the Children's eSafety Commissioner provides Australians a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying online. With the aim to help guide children and young people toward safe, enjoyable experiences online, the Office of the Children's eSafety Commissioner hopes to encourage behavioural change—where Australian children and young people act responsibly online—just as they would offline.

I encourage you to take a look at the website at <https://www.esafety.gov.au/complaints-and-reporting/cyberbullying-complaints/i-want-to-report-cyberbullying>, where a range of resources are available to support families who have concerns about;

- Cyberbullying complaints
- Offensive and Illegal Content
- eSafety issues
- Games, Apps and Social Networking

Important Message from Public Transport Victoria: Valid MYKI

During July and August 2015 Public Transport Victoria (PTV) Authorised Officers will be performing revenue protection duties at important bus interchanges in the northern suburbs, including Eltham.

Students, please be aware of your statutory obligation to touch on with a valid MYKI when boarding any local bus; this will save you the inconvenience and a possible fine if found not to be in possession of a valid MYKI.

Woolworths Earn and Learn is back for 2015

Eltham High School will be participating to raise points for sporting equipment for Junior School.

It is simple to participate. From Wednesday, 15 July to Tuesday 8 September, 2015, when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers from the checkout operator, or through an online order, and place them on a Woolworths Earn & Learn Sticker Sheet; one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards).

Once completed, simply place the Sticker Sheet in the Collection Box, either at the Front Office or at your local Woolworths. The school will then redeem the Woolworths Earn & Learn Stickers for valuable sporting equipment for the Year 7 students to access at recess and lunchtime.

Thanking you in anticipation of your support.

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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

Homework Club - Year 7

When: Wednesday
Location: Room 142
Time: Lunchtime

Ashlea Oates
English/Integration Studies Teacher

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

// SENIOR SCHOOL

Senior School Information Nights 2016: Course Selection and Pathways Planning

VCE Year 10 - 11 Information Night 2016:

The VCE Year 10 to 11 Information Night 2016 is scheduled for **Wednesday 22 July, 2015** between 7.00pm and 9.30pm in the Performance Centre. Course selection options, information and processes will be discussed at this time and Key Learning area displays will also be set-up by staff with an opportunity for students/families to ask questions in relation to specific subject areas.

All Year 10 students and parents/guardians are required to attend this evening.

Victorian Certificate of Applied Learning (VCAL) Information Night 2016:

The VCAL 2016 Information Night is scheduled for **Thursday 23 July, 2015** between 7.00pm and 8.30pm in Room 134. Course information and the application process will be discussed.

Students considering undertaking this certificate option are required to attend this session.

ANNA PANAS, Senior School Team Leader

// MIDDLE SCHOOL

Year 9 2016 - Information Evening: Tuesday, 28 July 7.00pm - 8.30pm

All current Year 8 students are requested to attend this event, along with their parents / guardians. The session will outline the structure of the course at Year 9 and how the elective program works. Most importantly, the evening will give students an opportunity to explore the huge range of electives which will be open to them in Year 9, and a chance to ask questions of teachers who teach the subjects. Further information regarding subject selection and course planning will be delivered through Involve classes over the next few weeks.

Should you have any queries please contact the Middle School Team.

ROSS MCKINNON, Middle School Leader

// CAREERS

Year 12 - Open Days 2015:

Following the recent VCE Careers Expo, it is now the job of year 12's to get the Open Days at <http://www.vtac.edu.au/opendays.html> into their diaries and access the VTAC at <http://www.vtac.edu.au/> to look at the archived courses from 2015 **which will be replaced in Term 3 with 2016 offerings.**

La Trobe Vice Chancellors Excellence Scholarship for 2016:

This will be awarded to a high-achieving student who is expected to be in the top 10 per cent of their Year 12 student cohort, based on Year 11 results and Semester 1 results in Year 12.

Applicants are to register their interest in the scholarship with their Careers teacher. The application process opens up in early term 3 and more information will be provided at that time.

Please note, the application process is now open and students should register their interest with Mr. Pringle, at which time application information will be provided.

YEAR 9 - Year 9 Work Experience 2015 - Monday, 7 - Friday, 11 December:

Students are required to complete one week of placement from Monday, 7 – Friday, 11 December. Students have been provided with forms electronically, but can also obtain copies from outside the Careers office. There is the standard Placement Form along with a Transport/Accommodation Form, if necessary. They have also been provided with a list in PDF form of previous employers (by occupation) to assist in finding a placement.

Please note, students who are not 15 years old will be restricted to placements at a kindergarten, pre-school or primary school. Alternatively, private arrangements can be made by the family in seeking a placement.

For students competing in the Australian Volleyball Schools' Cup, they are able to complete their placement prior to the scheduled week.

General

Austin Health Placements 2016 (Year 10 - 12):

Applications are now open for 2016 and the form can be accessed at <http://www.austin.org.au/HR/Workexperience/>.

The completed form needs to be returned to the Careers Office for processing. You will then go into the pool of applicants and the Banyule /Nillumbik Learning Network will coordinate allocation of places.

ROSS PRINGLE, Careers/Pathways

// MUSICAL NOTES

Music Camps: July 2015

The Music Band Camps will be in Healesville with an overnight stay at Ferngully Lodge, Healesville, Victoria. The Symphonic and Training Bands camps have already taken place, and the remaining camps will run on the following dates:

Intermediate Band: Tuesday, 21 - Wednesday, 22 July

Concert Band: Wednesday, 22 – Thursday, 23 July

Students attending the Concert Band Camp, please arrive at school by 7.30am on Wednesday, 22 July.

The Music camps are a very important aspect of the Music Program and the development of your children. It gives the students valuable rehearsal time, sectionals and access to guest conductors. It is also an important part of building strong collegial and artistic relationships within the ensemble. This year we are very privileged to have an international Guest Conductor work with our musicians, Jeff Ball, from the Brooklyn Wind Symphony. The cost of the camp has been included in your Music fees.



Training Band Camp



Symphonic Band singing Australian Up Country Tune by Percy Grainger



Symphonic Band first rehearsal of camp with Guest Conductor Jeff Ball from the Brooklyn Wind Symphony

PARENT INFORMATION

Compass Parent Portal

Log into for Information on:

- Reminder to ALL Music Families
- Tuning in to Teens: Emotionally Intelligent Parenting
- VCAL 2016 Information Night
- VCE Year 10 - 11 2016 Information Night
- Year 7 City Camp

School Term Dates

TERM 3:

Finishes: Friday 18 September:
2.30pm

TERM 4:

Starts: Monday 5 October
Finishes: Thursday 17 December:
2.30pm

Victorian School Music Festival (VSMF)

Intermediate Band students will be attending the Victorian School Music Festival being held on Wednesday, 29 July. Students will depart by bus from Eltham High School at 8.45am and will return at approximately 2.00pm from the Hawthorn Arts Centre, 360 Burwood Road, Hawthorn. Approval for the event will be required through Compass.

Music Calendar

An updated Music calendar will be sent home this week.

Music Program Levy Due Dates

Music program levy due dates are as follows:

All ensembles (except Year 7 students):

1st payment (50%) was due 27 February

2nd payment (25%) was due 17 April

FINAL payment (25%) is due Friday, 19 June

All Year 7 students:

1st payment (50%) was due 27 March

2nd Payment (25%) was due 22 May

FINAL payment (25%) is due Friday, 24 July

If you have any problems with the above dates, please contact Paula Hogan, Revenue Administrator, on 9430 5118.

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

RICK PLUMMER, Music Director

// PARENTS AND CARERS

2015 Student Information Details

If you have not already returned your yellow 2015 Student Information Details Form, which was recently posted out with family statements, can you please check, sign and return to the school office as soon as possible. Please note, even if there are no changes to make, could you still please return the form signed.

KATHLEEN HANNAN, Business Manager

ELTHAM SPORTS TIMETABLE

July 2015

Fri 24

- Volleyball Victoria Schools' Cup (Fri 24 - Sun 26)

August 2015

Mon 3

- Intermediate Round Robin

Wed 19

- Year 8 Round Robin

// SPORT

Eltham High School Volleyball

Victorian Volleyball Schools' Cup, Friday, 24 - Sunday, 26 July:

The Victorian Schools' Cup for all students in the Volleyball Program is being held on a Friday, Saturday and Sunday (24th – 26th of July).

Students are required to be registered with Volleyball Victoria. To register with Volleyball Victoria, please go to the website www.volleyballvictoria.com.au and follow the membership prompts. Students pay the \$50 Under 19 Player fee. A list of students who are registered can be found on the Volleyboard notice board in the Stadium foyer.

Teams for the Victorian Schools' Cup will appear soon on the Volleyball notice board in the Stadium foyer and on the Volleyball page of the Eltham High web page.

Students will be transported by bus to and from Dandenong on Friday, 24 July. **Please note, students are required to provide their own transport on the Saturday and Sunday of the Victorian Schools' Cup.**

A draw should be published by Volleyball Victoria soon. Following this I will confirm bus times for teams travelling to and from Dandenong on the Friday. **A final meeting to confirm arrangements is planned for Thursday, 23 July in the Stadium at recess.**

Students will be given a copy of their team draw this week, along with bus arrangements. These will also be displayed on the Volleyball notice board in the Stadium foyer. Not sure what team you are in? Go to the Eltham Volleyball web page – Teams for Australian Schools' Cup.

The draw for the Victorian Volleyball Schools' Cup can be viewed by going to <http://pjmsports.com.au/vvsc/draw.htm>

Volleyball Jackets:

The Volleyball jackets have now been ordered. I will let you know when they arrive; hopefully this week.

2015 Volleyball Dates:

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 Term 3



WEDNESDAYS 4.45pm - 5.45pm
Starts Wednesday, 22 July
Room 408 (next to the Library)

Boost energy - reduce stress - feel good!

These classes will enhance your strength and flexibility, increase your stamina, core stability and balance. Relaxation and breathing practices release tension and allow you to feel grounded and calm. We teach a dynamic style of Hatha Yoga. Precise instructions emphasis postural alignment. Stillness in each posture allows the mind time to reflect.

Teachers, students, parents and friends welcome.

No experience required. Start anytime during term.

Wear stretchy comfy clothing, bare feet. Mats and other props provided.

Casual \$15 (students \$12)

9 week Course: \$112 - \$12.50/week (students \$90)

More info:

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

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

// STUDENT SERVICES NEWS

School and Beyond Program

Dear Parents/Gardians

The School & Beyond program will provide funds for young people aged 12-24 years in 2009 fire affected communities to support their engagement and retention in education, vocational training and employment pathways. Whilst the program aims to benefit individuals, funding will be provided to services rather than directly to individuals, ensuring support can be directed to those most in need as identified by those working closely with them and in a timely way.

Eltham High School is able to submit an Expression of Interest to be a School & Beyond Program partner. Organisations approved as Program Partners will be able to submit requests for funds to support young people, as needed, and requests will be considered monthly.

Examples of eligible items include: books, uniforms, travel costs (where this is the primary barrier to participation); Funding for tutors to support students; Course or program fees (where not subsidised); Travel; A program or activity which aims to engage a group of young people in education, training, or employment pathways and which builds their vocational and personal skills, such as a Barista training course or job interview skills.

Further information including the Program Guidelines, Frequently Asked Questions, and the Expression of Interest form can be found at <http://www.frrr.org.au/grants/School-Beyond.php>.

If you would like us to submit an application for your family please make contact with Louise Heathcote via email at hea@elthamhs.vic.edu.au as soon as possible.

Expressions of Interest need to be submitted by 5.00pm on Thursday 6 August, 2015 by email to school&beyond@frrr.org.au

LOUISE HEATHCOTE, Student Services Leader

Community Announcements

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



topline tennis
COACHING

**ENROL NOW FOR TERM 3
LESSONS**

Topline Tennis has been setting the standard for tennis coaching in Eltham & Research for over 20 years.

WE SPECIALISE IN LESSONS FOR BEGINNERS

- Lessons available from Monday to Friday
- We focus on our students learning in a fun, social environment and at the same time developing their tennis and hand eye co-ordination skills.
- We have highly trained and qualified coaches
- Have lessons straight after school at the school

BOUNCE INTO OUR TERM 3 SUPER SPECIAL :

FOR FIRST 10 NEW BEGINNER STUDENTS

Enrol Now & RECEIVE 30% OFF

YOUR FEES

and also receive a FREE Racquet Valued at \$40.00

For more information please call Topline Tennis on 9432 - 3706

Web: www.toplinetennis.com Email: info@toplinetennis.com

LOCATION: Eltham High School Tennis Courts



'What's On'

“FLIPPING THE LID” On the Adolescence Brain



A short session designed to assist parents and carers to:

- Understand and manage adolescent changes, development and emotional responses
- Help your young person deal with negative emotions
- Understand why adolescents think differently to adults
- Develop strategies for talking with your teenager
- Manage conflict, stress and anxiety

When: Monday 27TH July, 6.00 pm – 7.30 pm
Where: Nillumbik Health, 917 Main Rd, Eltham. 3095
RSVP: Thursday 23rd July PH: 9430 9100 (Numbers are limited)
Cost: \$30.00 Per Person \$15.00 for Health Care Card holders

Facilitated by Rosalyn Sandwell with over 20 years' experience in education, counselling, youth work, case management and group facilitation.

 www.nillumbikhealth.org.au  (03) 9430 9100

Community Announcements



For Future Reference

Exploring emotion and memory through photography.



Nova Paul *This is not Dying* 2010 (film still)

How can emotions shift or influence memory?
Can we trust our memory?
Can we trust a photograph to tell the truth?

headspace Collingwood, the ARC Centre of Excellence for the History of Emotions and the Centre for Contemporary Photography have teamed up! Get involved with this six week program where you will be able to experiment with photography and reflect on your creative responses to the complex topics of emotion and memory. You will have access to cameras, lighting and skilled expertise.

This program is FREE.

Call Jess at headspace Collingwood for more information or to book yourself in!

Who:

Anyone 16+ can join

When:

Tuesdays from the 11th August—16th September, from 10am-12pm (six weeks)

We would love for you to attend all six weeks if possible, but chat to us if you think this might be a problem.

Where:

headspace Collingwood, Level 1
Victoria Park (Social Club Building)
Onr Lulle & Abbott Streets
Abbotsford Vic 3067

Contact:

Jess at headspace on 94170160



headspace National Youth Mental Health Foundation is funded by the Australian



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 13 Oct - 24 Nov 2015
7.00 - 9.00pm

Cost: \$140 / \$220 couples for 6 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

Community Announcements



**Montsalvat
Arts Festival**

Be Inspired

13 September 2015 10am—4pm

Live music | Theatre | Artist Open Studios
Tours of Montsalvat | Children's Art Workshops
Art Demonstrations | Specialty food stalls | & more...

Family \$25.00

Adult \$10.00

Concession / Children 5-12 \$5.00

Children under 5 FREE

Limited tickets available, purchase online at
www.montsalvat.com.au
Book now to avoid disappointment

Montsalvat
7 Hillcrest Avenue, Eltham VIC 3095
(03) 9439 7712 | montsalvat@montsalvat.com.au

Image: Jemimah Ali Reidy, Autumn Art Play (detail)

Community Announcements

WHY PLAY WATER POLO?

SAMUEL
Club - Pool Pirates Water Polo
14/15 Boys

"Water polo is fun and different and I like it because not many athletes play it. It's great because it includes swimming, ball skills and is a fantastic team sport."



LILY
Clubs - Bendigo & Essendon 14/15, 16/17, SL2, SL3
Team Captain 2016 14/15 Victorian State Team
Tier 2 Athlete Development Program

"Water polo isn't just a sport for me, when I play, nothing else matters but the game, and the great people I get to play it with, the rest of the world just melts away."



LEO
Club - Melbourne Collegians
Victorian NMP1, SEAL
AUS Junior Men's team
NMP1, Mens All Stars Team 2016
Transferred from swimming and football

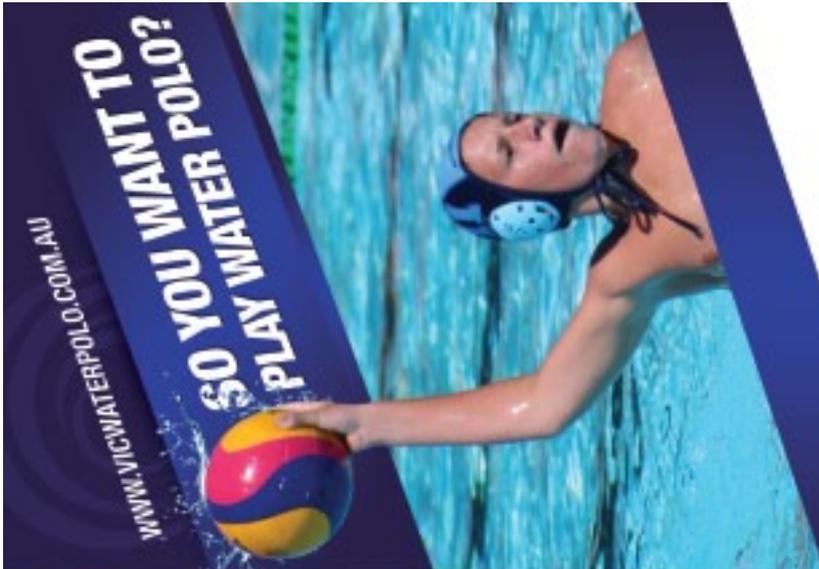
"I liked playing for my school & discovered that the combination of physicality and skill really suited me. It is such a unique team sport."



ROWIE
Club - Richmond SLJ team, Victorian NMP1, SEAL
Australian Olympic Team (London 2012)

"I had five when I play water polo, there's something in me that just lets go of everything. It incorporates skills that we would utilise in other sports, however when thrown in a deep pool, they become so much more challenging to execute."





For more information on how to begin your water polo journey, please contact the Water Polo Victoria office.



Box 11, MSAC - Augustie Drive
Albert Park Vic. 3206
03 9926 1551
info@vicwaterpolo.com.au
www.vicwaterpolo.com.au



CALL
03 9926 1551

Proud Supporter of





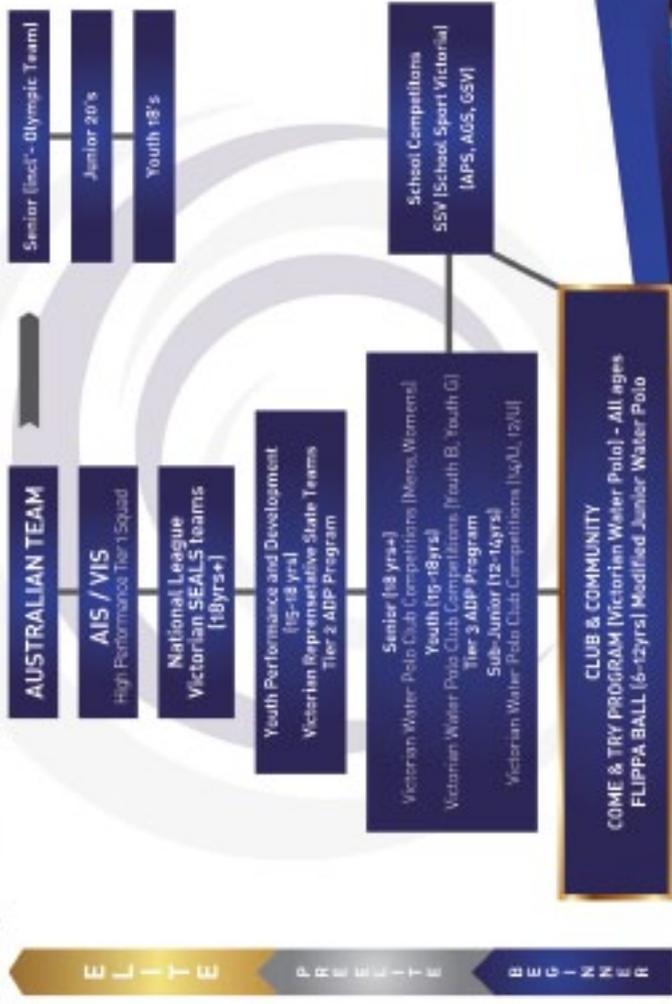

Water Polo Victoria is proudly supported by

Community Announcements

ATHLETE DEVELOPMENT PATHWAY



Waterpolo Victoria is pleased to present the Victorian Athlete and Development Pathway which underpins Waterpolo Australia and the Victorian Institute of Sport (VIS) to provide an integrated pathway for athlete development for success within the State.



Water polo is a fun and fast paced aquatic team sport for all ages and stages; social through to elite. It's a sport for life! Become a part of it today!



www.vicwaterpolo.com.au

