



**Eltham  
High School**



## Community News

TERM 3 / WEEK 5  
Tuesday, 11 August 2015

### \* DATES TO REMEMBER

**Wednesday, 19 - Friday, 21 August:**

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

**Wednesday, 19 August:**

Mt Buller Ski Camp Information Night:  
7.30pm - 8.30pm

**Sunday, 23 August:**

Working Bee

**Wednesday, 26 August:**

Student Progress Interviews:  
4.00pm - 7.00pm

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

**Wednesday, 12 - Friday, 14 August**

## Student Progress Interviews:

**Tuesday, 18 August: 11.00am - 7.00pm  
(Student Free Day)**

**Wednesday, 26 August: 4.00pm - 7.00pm**

### // PRINCIPAL'S REPORT

#### Student Achievement

##### Past Student Achievement:

Congratulations to **Cass Mortimer Eipper (Class of 2002)** who on the 27 July was announced as the recipient of the Helpmann Award 2015 in the category of Best Male Dancer in a Dance or Physical Theatre Work.

The annual Helpmann Awards recognise distinguished artistic achievement and excellence in the many disciplines of Australia's vibrant live performance sectors, including musical theatre, contemporary music, comedy, cabaret, opera, classical music, theatre, dance and physical theatre.

Cass studied at Eltham High School until the end of Year 11 and joined the Australian Ballet School during Year 12.

Cass performed with the West Australian Ballet between 2006-2009 being named Most Outstanding Dancer and Choreographer to Watch in *Dance Australia's* Critic Survey 2009. While Working with the West Australian Ballet, Cass was commissioned to choreograph numerous works including: *It Is*, *Soul Searching*, *Adaptation*, *Ludwig Ravelling* and in 2013, *Yes I'll move for you* which was mentioned in the 2013 *Dance Australia's* Critic Survey for the "Best New Work" and "Most Outstanding Choreographer" categories.



### CONTENTS

- 1 Principal's Report
- 4 Assistant Principal's Report
- 5 Careers
- 6 Cross Country Skiing
- 7 Library
- 8 Musical Notes
- 9 Parent and Carers
- 9 Student Leadership
- 10 Sport
- 11 Student Services News
- 12 Working Bee
- 13 Community Announcements

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## SCHOOL CALENDAR

### AUGUST 2015

#### Wed 12

- NMR Finals - Year 8 Girls Netball
- Year 7 City Experience Camp: 7E, 7F, 7G  
(Wed 12 - Fri 14)
- EHS Community Choir Rehearsal  
(7.30pm - 9.00pm)

#### Thurs 13

- Eisteddfod by the Bay
- Unit 4 Tertiary Information Service  
Session (VTAC)

#### Fri 14

- Active for Life: Ten Pin Bowl

#### Sun 16

- Junior Jazz Band Rehearsal Day
- Stage and Jazz Band Rehearsal  
Day

#### Mon 17

- Hands on HEADSS Workshop

#### Tue 18

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

#### Wed 19

- Mercy Hospital HHDO1
- Mt Buller Ski Camp Information  
Night: 7.30pm - 8.30pm
- Victorian School Music Festival  
(VSMF)
- Year 7 City Experience Camp: 7H,  
7J, 7K,  
(Wed 19 - Fri 21)
- Year 8 Round Robin Futsal
- Year 8 Round Robin Boys & Girls  
Basketball
- Year 8 Round Robin Table Tennis
- EHS Community Choir Rehearsal  
(7.30pm - 9.00pm)
- School Council Meeting: 7.30pm -  
9.30pm

#### Thurs 20

- NMR Finals - Year 7 & 8 Badminton
- Year 12 - Ace Your Exam Seminar

#### Fri 21

- Year 10 OES - Indoor Climbing
- Waverley Music Eisteddfod

Receiving a Helmann Award is recognition of the exceptional achievement of this young artist and as he joins the large number of Eltham High School Alumni who continue to excel in their individual fields I wish him all the very best for his continued success.



### School for Student Leadership – Gnurad - Gundidj:

I congratulate the following three students who have been selected to take part in the School for Student Leadership Program 2015: **Renae Coffey** (Year 9, **Rutter House**), **Jessarne Palmer** (Year 9, **Everard House**) and **Francis Bourke** (Year 9, **Rutter House**) who in Term 4 will attend the Gnurad – Gundidj campus of the School For Student Leadership located in the Western District close to Terang. I am certain that our students will represent us admirably and that they will benefit greatly from their experience and be able to share their learning with the rest of Year 9 on their return. Additional information on this initiative appears in a further section of this Newsletter.

### Achieving Personal Best:

Congratulations to **Tyrian Fratta** (Year 10, **Andrew House**) who recently recorded her EP album and launched it at the Eira Café Lounge in Eltham. Tyrian is part of the Master School at the David Jaanz School of singing.

Tyrian is a talented musician. She is excelling as a singer/songwriter and guitar player and I wish her all the very best as she focuses on a career in the music industry; Tyrian is another talented member of the Eltham High School Community who even at such a young age provides an amazing story for us to follow.

Here is a short synopsis written by Tyrian which explains, her love of music and her aspirations for the future.

*"My name is Tyrian and I am 16 years old. I live in Hurstbridge and I attend Eltham High School. I am part of The David Jaanz school of singing and I am part of the Master school there. I attend JETS in bundoorra and am part of the JETS crew there where we use the recording facilities, learn about ableton and lighting and all things music as well as working with the disabled about music and beat boxing.*

*I am a solo singer/songwriter and I play guitar. I do a variety of covers such as Cold Play, Sticky Fingers, Kodaline, Tracey Chapman, Jessie J, Dixie Chicks, The Neighbourhood for examples. I have recently recorded my EP album and I had an album launch and gig on 12th July at Eira cafe lounge in Eltham.*

*My chosen career path is to write and play music as a full time musician and teach.*

*I have only been singing "in front" of people since 2015 and I have performed at varies cafes in the area and regularly attend the open mic at St Andrews, The Windy Mile and The David Jaanz which I have been chosen to perform at the special feature night at the end of the year. I have played at The Windy Mile, The Post Office Cafe, Bridge to Eden, the youth festival and Eira Cafe Eltham as paid gigs and have some more bookings coming up.*



### Sun 23

- Working Bee

### Mon 24

- Mercy Hospital Visit HHD03
- 11VKO01 & 11VKO02 Excursion to MCEC

### Wed 26

- Student Progress Interviews: 4.00pm - 7.00pm
- Summit to Sea - Training Trip
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

### Thurs 27

- Docklands and Victoria Harbour
- Salvos School Tour

### Fri 28

- Active for Life: Roller-Skates

### Sun 30

- Year 9 & 10 Ski Camp (Sun 30 Aug - Fri 4 Sept)

## SEPTEMBER 2015

### Tues 1

- Active for Life: Roller-Skate

### Wed 2

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

### Wed 9

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

### Thurs 10

- NMR Athletics
- Year 12 Police Seminar

### Fri 11

- Year 12 OES - Mitchell River Rafting (Fri 11 - Sun 13)

*I have been invited to perform and be interviewed by Scott Podmore for the up and coming Warrandyte Diary radio station. They have offered to podcast my music and do write ups on my music in the local paper there and the Herald Sun.*

*I am opening for The Battle of the Bands at the Wattle Festival, performing at The Eltham Town Fair and YouthFest as well as a Youth event to encourage employment for young people.*

*So I am very serious about my music and I feel I'm where I am meant to be when I am singing.*

*I have just finished filming my music video clip which is a song I wrote about a personal journey I had with bullying and I am hoping this will help others deal with this horrible situation.*

You can follow me on my Facebook page: [TyrianMusic](#)

Tyrian Fratta"

### Year 10 into Year 11 Course election Interviews

The Year 10 to year 11 Course interviews took place with great success last week. Over 200 Year 10 students presented for their interview with a member of staff to discuss their potential course selection for next year. Students arrived well prepared, having gone through the handbook and having had discussions at home with their parents. I take this opportunity to thank all the parents for the support they provided our students in arriving at a preliminary/draft course prior to the interviews. This was extremely helpful and it meant that the staff could spend the time to clarify things for the students, question the students about their proposed course and check through this with greater care. I wish to thank all the staff that were involved in the process, and in particular, the Senior School team under the leadership of Mrs Anna Panas, as well as our Careers/Pathways Coordinator, Mr Ross Pringle for their organization and support of this initiative. There is now a great deal of work to occur behind the scene before draft courses can be published to students.

### 2015 Lynne Kosky Memorial VCAL Scholarships

#### Who is Lynne Kosky?

Lynne Kosky was a Government Minister from 1999 until 2010 and the Victorian Minister for Education and Training from 2002-2006. In these roles Lynne Kosky made a significant contribution to the State of Victoria.

With the passing of Lynne Kosky on 4 December 2014, the Department remembers her passion for education, and the opportunities it provides.

This passion was outlined in a speech she made in February 2006: 'Of all the factors that have the potential to increase an individual's opportunities, education and training is the most enabling. It allows individuals to equip themselves to live fulfilling, productive and satisfying lives. It provides the opportunity for them to consider their place in our democratic Australian communities and to acknowledge their cultural and linguistic heritage. Not only does education provide the grounding for the development of skills and judgment, it supports people to be innovative and creative. It is a private good that has immense public value.'



This belief was reflected through her implementation of what she considered as one of her greatest achievements: the introduction of the Victorian Certificate of Applied Learning (VCAL) in 2002, as an alternative to the Victorian Certificate of Education.

Students in Year 10 considering a VCAL Pathway are invited to apply for the Lynne Kosky Memorial VCAL Scholarships. The scholarships recognise the outstanding contribution that Lynne Kosky made to education and training in Victoria.

Two scholarships are available for students in Year 10 who plan to study VCAL in Years 11 and 12 as a pathway to further study, employment or training.

The scholarships are valued at \$5,000 per annum and are available for the duration of the student's study, traineeship or apprenticeship for up to 5 years.

## CANTEEN ROSTER & MENU

### ROSTER FOR AUGUST 2015

#### Wed 12

- Louise Gunn
- Volunteer Needed

#### Thurs 13

- Sarah Harrison
- Rita Jeannot

#### Fri 14

- Kellie Clarke
- Volunteer Needed

#### Mon 17

- Dianne Milankovic
- Denise Dipetta

#### Tues 18

- Student Free Day

### UPCOMING MENU

Wed: Vegetable Lasagne/Soup

Thurs: Hokkien Noodles/Soup

Fri: Hamburgers/Soup

Mon: Nachos/Soup

Tues: Student Free

Financial need is one of the eligibility criteria. Students receiving the Youth Allowance or the student's parents/guardians holding a Health Care Card, a Low Income Health Care Card or a Pensioner Concession Card meet this criterion.

#### Important Dates

- Applications opened on Monday 3 August, 2015 and close on Friday 18 September, 2015.

#### Further Information

- For more information about the scholarships and how to apply, please see: <https://www.eduweb.vic.gov.au/scholarships/LynneKoskyVCALScholarships.aspx>

### Term 3 Working Bee: Sunday, 23 August

If so far you have not had the opportunity to participate in one of the Eltham High School Working Bees, there is no need to panic, there is one coming up this term (and there is only one this term) on Sunday, 23 August from 9.00am to 12.30pm. Put this very important date in your diary now so that you will not be disappointed. I look forward to seeing each of you there. I once again wish to thank the Grounds Committee for its hard work in the organisation of the various Working Bees and for the fantastic planning that takes place behind the scene and prior to the day. A great effort, which is highly valued and appreciated.

### Note of Condolences

On behalf of our community I wish to extend our condolences to the Hodges Family for their recent loss of their father Michael. Our thoughts are with you all at this difficult time.

.....  
**VINCENT SICARI, Principal**

## // ASSISTANT PRINCIPAL'S REPORT

### Upcoming Student Progress Interviews: Bookings Now Open

Student Progress Interviews will be held on:

- Tuesday, 18 August: 11.00am to 7.00pm

**There are no scheduled classes held on this day (Tuesday, 18 August)**

- Wednesday, 26 August: 4.00pm to 7.00pm

Bookings are now open. Parents are encouraged to make bookings quickly as booking times do fill up quickly. Please ensure that you leave at least a 5 minute gap between your bookings to allow movement between appointments.

Bookings are made through the Compass parent portal. Where there are difficulties with accessing the booking system please contact your child's sub-school office to seek assistance.

### Year 9, 10, 11 and 12 - 2016: Online Subject Selections

A reminder that online selections for Year 9, 10, 11 and 12 are all due by Monday, 17 August. When completed, forms should be printed, signed and returned to the relevant sub-school office. Please see the Middle School and Senior School teams for any queries.

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**FRAN MULLINS, Assistant Principal**

**ELTHAM HS CLUBS  
WHY NOT GET INVOLVED!**

**Drama**

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

*George Franklin  
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*

// CAREERS

**Year 12 - 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.

**Part-Time Work at Tyrepower, Eltham:**

Tyrepower, Eltham are looking for someone 16 years and over to work one day after school, from 3.00pm - 5.30pm and Saturdays, 8.00am - 1.00pm. If interested, please contact Ashley or Russell on 9431 1195, or drop into Tyrepower to discuss.

**ROSS PRINGLE, Careers/Pathways**



**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*

**// CROSS COUNTRY SKIING**

**Cross Country Ski Day Trip: Lake Mountain**

On Monday, August 10 a group of Year 8, 9 and 10 students spent a day learning to ski and exploring the trails at Lake Mountain. Great snow cover and mild weather helped to make a great day for a very enthusiastic group of cross country skiers.



.....  
**ROSS MCKINNON, Middle School Leader**

## // LIBRARY

Students undertaking research need to consult various sources of information. To complement traditional sources such as books, the Library subscribes to a number of quality online resources. Often students go straight to Google and spend many fruitless hours searching the Internet when more reliable information can be found in the Library's databases.

A number of these databases can be accessed from outside the school by logging on to the EHS intranet.

### **Go to:**

- EHS internet homepage <http://www.elthamhs.vic.edu.au/>
- Log on to the EHS Intranet (green page) with username and password
- Select EHS Library from the green bar near the top of the page

### **The databases which can be accessed from home are:**

#### **From EBSCO:**

- Australia/NZ Reference Centre - contains newspaper, magazine and reference articles from Australian and overseas sources. Includes articles from The Age, The Herald Sun and The Australian. Most of the articles are full text.
- Australia/New Zealand Points of View - contains essays and background information on a wide range of topics with an Australian focus
- Literary Reference Centre
- Science Reference Centre
- History Reference Centre

#### **From Gale Virtual Reference Library:**

- Database of encyclopedias and specialized reference sources for multidisciplinary research. It is an E-book collection of approximately 4000 reference and non fiction volumes.

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**RHONDA MALONE, Library Coordinator**

## // MUSICAL NOTES

### **Eisteddfod by the Bay: Thursday, 13 August**

The Choir will compete at the Eisteddfod by the Bay (Mordialloc) competition on Thursday, 13 August. Buses will depart from Eltham High School at 11.00am and return at 4.30pm (**please note this is a time change from last week's Newsletter**).

### **Junior Jazz Band Rehearsal Day: Sunday, 16 August**

There is a rehearsal for the Junior Jazz Band at Eltham High School, in preparation for the Royal South Street competitions, between 10.00am and 1.00pm on Sunday, 16 August.

### **Stage Band and Jazz Band Rehearsal Day: Sunday, 16 August**

There is a rehearsal for the Stage Band and Jazz Band at Eltham High School, in preparation for the Royal South Street competitions, between 1.00pm and 5.00pm on Sunday, 16 August.

Please note there is a slight change in times for the rehearsal days from those that were published in the recent music calendar that was sent home.

### **Victorian School Music Festival (VSMF): Wednesday, 19 August**

Concert Band students will be attending the Victorian School Music Festival being held on Wednesday, 19 August. Students will depart by bus from Eltham High School at 12.00pm and will return at approximately 6.00pm from the Hawthorn Arts Centre, 360 Burwood Road, Hawthorn. Approval for the event will be required through Compass.

### **Music Program Levy: Final Payment Due Dates**

**All ensembles (except Year 7 students): FINAL payment (25%) was due Friday, 19 June**

**All Year 7 students: FINAL payment (25%) was due Friday, 24 July**

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

### **Singing Lessons**

If any student is interested in signing lessons on a Tuesday afterschool, our new voice teacher has places available. Please contact the Music Office for more details.

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](mailto:nio@elthamhs.vic.edu.au)

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**RICK PLUMMER, Music Director**



## PARENT INFORMATION

### Compass Parent Portal

Log into for Information on:

- Maigan Brookby's Survey on Immunisation and Herd Immunity - Request for Respondents
- Ski Camp - Final Instalment Due
- Tuning in to Teens: Emotionally Intelligent Parenting
- Upcoming Student Progress Interviews: Bookings Now Open
- VET Application Form
- Year 9, 2016 Course Planning Sheet - Updated Version
- Year 12, 2015 End of Year Events & VTAC

### School Term Dates

TERM 3:

Finishes: Friday 18 September:  
2.30pm

TERM 4:

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

## // PARENT AND CARERS

### First Aid

#### Notification of Illness:

Please be advised that we have a number of students across all year levels with a compromised immune system. As such, we request 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 the school. This information will remain confidential.

.....  
**MARNIE WADSWORTH, First Aid Officer**

## // STUDENT LEADERSHIP

### School for Student Leadership – Gnurad - Gundidj

The School for Student Leadership has 3 locations in Victoria where each term a small number of students from around the state are selected to attend. Last year 6 Year 9 students from Eltham High School attended the Snowy River campus – just out of Marlo in Term 2. This year 3 students have been successful in gaining a place in Term 4 at Gnurad – Gundidj campus which is in the Western District just out of Terang.



Congratulations to **Renae Coffey** (Year 9, **Rutter House**), **Jessarne Palmer** (Year 9, **Everard House**) and **Francis Bourke** (Year 9, **Rutter House**) who will be attending the school for 9 weeks in Term 4. This is a full time live-in program. They will develop a Community Project to initiate in 2016 back at school, and will also be involved in a range of outdoor activities which include surfing, canoeing, cycling and two 3 day hikes.

This is a wonderful opportunity for the students to develop their leadership skills. We wish them well and look forward to hearing of their achievements in Term 4.

.....  
**CHRISTINE ANDREWS, Student Growth and Student Leadership**

**August 2015**

**Wed 12**

- NMR Finals - Year 8 Girls Netball

**Wed 19**

- Year 8 Round Robin Boys & Girls Basketball
- Year 8 Round Robin Futsal
- Year 8 Round Robin Table Tennis

**Thurs 20**

- NMR Finals - Year 7 & 8 Badminton

**September 2015**

**Thurs 10**

- NMR Athletics

// **SPORT**

**Eltham High School Volleyball**

**Australian Volleyball Schools' Cup:**

I would like to give advance notice to parents concerning the price structure for Aus schools volleyball cup. Teams are being selected at present and it seems we could be entering 15 teams this year. Volleyball Australia have sent a letter outlining the entry fees for this years event. I copy it here for you to read.

*"Dear Schools,*

*In 2015, Volleyball Australia has under taken on a whole of sport review on how it conducts its business, including the events portfolio. For the Australian Volleyball Schools Cup, Volleyball Australia aims to provide a World Class experience to all students and participating schools and therefore the pricing structure has been reviewed to appropriately resource the event to that effect.*

*The review has highlighted a number of points:*

- *Costs have dramatically increased in the last three years. (For example the venue cost have increase by 30"% between 2012 and 2014);*
- *The administration of the School Cup is cumbersome, and not adequate for the size of the event; it is time for a complete overhaul of the technologies associated with the event;*
- *The service provided to the parents and the students' needs to be improved;*
- *Pricing is not consistent with events of similar size;*
- *The fee structure needs to be simplified;*
- *The resourcing of the event needs to be increased to cope with the growing size of the event.*
- *For these reasons, Volleyball Australia will reset the entry fees.*
- *The new fees will enable Volleyball Australia to:*
  - *Contribute to employment of new and additional staff members;*
  - *Implement new technologies across all venues;*
  - *Review and improve the risk management capabilities of Volleyball Australia.*

*The fees for 2015 have now been set as follow: Local teams (Eltham) = \$1500 per team*

*In addition, Volleyball Australia recognises the economies of scales provided by the schools that bring multiple teams to this event. The following discounts will apply to the schools bringing multiple teams:*

*5 teams or more: 10% Discount*

*10 teams or more: 20% Discount*

*15 teams or more: 30% Discount*

*20 teams or more: 40% Discount*

*We appreciate the fees are significantly higher than 2014, however in the light of the information above, we take our responsibility to provide a world Class experience very seriously.*

*Best Regards, Mathieu Meriaux, CEO Volleyball Australia"*

This means that players will have to pay approximately \$320 to play (includes a 30% discount, if you enter over 15 teams). We will work to keep the entry price as affordable as possible but we have to fit into their fee structure if we are to take part. I welcome any feedback from parents.

## 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](mailto:mail@geniuswellbeing.com.au)  
or 0425 860 170

### 2015 Volleyball Dates:

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](mailto:tho@elthamhs.vic.edu.au)

.....  
**GREG THOMAS, Volleyball/Elite Sports Coordinator**

## // STUDENT SERVICES NEWS

### Holistic Counselling Student on Placement at Eltham High School

Starting next Week Stephanie Francese will be working with the Student Services team as a 'Counselling Student on Placement' every Tuesday. Students will be able to consult with Stephanie on a Tuesday, with parental permission, and under the guidance of myself and a supervisor from the Phoenix institute. Stephanie has provided us with some background information in the paragraph below. Please contact me if you require further information or if your Young Person would like to see Stephanie for support.

*"Hello, my name is Stephanie and I specialize in Art Therapy which promotes growth, self-discovery, well-being and empowerment. Art Therapy is psychotherapy that uses art as a way of expressing specific emotions to gain personal insights and bring about change for students. I am an approachable and a friendly individual with a passion to support students on their journey. I am looking forward to meeting and working with the students at Eltham High School."*

.....  
**LOUISE HEATHCOTE, Student Services Leader**



## Tennis at Eltham High Term 3

- 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

For more information please call 9432 3706

Web: <http://www.toplinetennis.com/>

Email: [info@toplinetennis.com](mailto:info@toplinetennis.com)

## // WORKING BEE

### Working Bee: Sunday, 23 August

The Grounds Committee has scheduled only one Working Bee for Term 3 on Sunday, 23 August commencing at 9.00am and concluding at 12.30pm. Both morning tea and barbeque lunch will be provided for volunteers attending. If you have volunteered your time for this Working Bee on the last years parent form you will be contacted by me by phone so that job allocation and the provision of food and drink can be organised in advance of the event.

Again, the main focus of this event will be a substantial planting exercise on the cleared area adjacent to the cricket nets. The following tasks have been prioritised for the Working Bee on Sunday, 23 August:

- An 8 metre section of post and pipe fence needs to be assembled inside the main courtyard to provide protection for a newly constructed garden completed in 2014.
- Approximately 430 new plants will be provided with new homes in the area adjacent to the cricket nets. These plants will need to be staked and guarded.
- Approximately 15m<sup>3</sup> of mulch needs to be barrowed around the new plants above.
- Plants that were the focus at recent plantings in 2014 and early 2015 need to be checked for weed invasion, as well as securing any staking that may have since come adrift.
- Weeding and pruning of plants on the south side of the 400's as well as weeding between the 800's and 900's.
- Pressure cleaning of the pavers and concrete in the area adjacent to the cricket nets.
- Moving and brush cutting in a large range of locations across the campus precinct.
- Paving around the remaining boxed garden adjacent to the Stadium.

If you are intending to support this event on Sunday, 23 August please park your vehicle on the hard courts adjacent to the Stadium and then follow the directional signage to the Canteen area where you will be signed in by a member of the Grounds Committee and directed to appropriate task. Please remember to bring protective clothing, gloves and substantial footwear.

We look forward to your anticipated support.

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**John Coates for the Grounds Committee**

## Community Announcements

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

# Springboard Diving

**Heated  
Indoor  
Pool**

**dve**  
aquatic



**Presents an introduction to diving**

All Ages Welcome

## Free Entry

**7 – 8pm Thursday 20<sup>th</sup> August 2015**

Carey Grammar Sporting Complex  
Bulleen Rd Bulleen

**DIVING DEMONSTRATIONS** by DVE divers

Diving coaches will run through basic dives  
and answer any queries.



Enquiries phone: Greg McGregor 0409 333 374

Ken Houghton 0404 480 511

Tiffany Lands 0400 665 631



## ...SLEEP WELL...

### HELPING YOUNG PEOPLE IMPROVE THEIR SLEEP

with KATE WILDE

For Students in Years 6, 7, 8, & 9

**WHEN?**

**Tuesday 15<sup>th</sup> September, 9.30-1.00**

Parent session 9.30 – 11.00

**Friday 2<sup>nd</sup> October 10.00 – 1.30**

Holiday session at 'Bounce'

**Tuesday 20<sup>th</sup> October 9.30 – 12.30**

360 @ Boroondara Youth services  
Level 1, 360 Burwood Road Hawtham

\*\*Students will be returned to school on school days\*\*

A three session program, with between-session follow up, for adolescents who experience sleep difficulties. This program will help young people understand factors that affect sleep, develop a sleep routine, improve their sleep hygiene and manage stress.

3 x Student Sessions

1 x Parent session

**Free Program | Places are limited | Registration is essential!**

Registrations close August 26<sup>th</sup>

To register:

[werdy.ross@manningham.vic.gov.au](mailto:werdy.ross@manningham.vic.gov.au) Ph: 9840 9452

[shaun.obrien@boroondara.vic.gov.au](mailto:shaun.obrien@boroondara.vic.gov.au) Ph: 9835 7826





## Community Announcements



### It's time for the 9th ANNUAL UR Retreat for Young Women!

Bridge Builders **UR Retreat for Young Women**, is coming into its ninth year. With the term three kicking off, we will begin our annual campaign to find 50 young women to fill these spots on camp in the start of term three school holidays.

The 'UR Retreat' is a four day camp that assists young women to start their journey of self-discovery into young womanhood. The four day program is all about how young women can **Create; Immerse; Empower; Celebrate themselves and others. We offer this program for any girls aged 13 to 15 years or fall into the Year levels 7, 8 or 9.**

The 'UR Retreat' offer young women a variety of educational and fun workshops, inspirational guest speakers and exciting activities that engage, challenge, motivate and empower young women. It also provides opportunity for them to explore, discover and celebrate their skills, talents and assets as young women of our future. We are very excited to confirm Sharon Witt – local author and speaker – chatting about Photoshop and loving the skin you are in and Beck Mitchell – local young woman sharing her journey from young person to Executive Officer of an organisation and locking in more women over the coming weeks.

The dates for this year's camp are **Monday 21st September to Thursday 24th September 2015**. We limit the places available for the 'UR Retreat' to 50 as we want to give the young women the best experience on the retreat and the best opportunity for any one on one support they may need during the camp experience. All places are on a **'First In, First Confirm'** policy with forms, with accepting the last forms no later than **Friday 4th September 2015**.

We do also look at no more than 4 or 5 young women per school, to ensure the best opportunity for young women from all over the Eastern region of Melbourne has an opportunity to attend.

The 50 places for the young women at the 'UR Retreat' is predominantly funded by local businesses and community members, this allows a minimum cost of **\$99.00** to be passed on to the young women and their families for the four days. We have payment plan options available.

Here is a video link of the retreat <https://vimeo.com/129528934> for your viewing.

If you have any questions or would like to know more information please do not hesitate to contact me on 0421 177 570 or [nat@bridgebuilders.com.au](mailto:nat@bridgebuilders.com.au).

**Nat Haraida, UR Retreat Manager**  
**Bridge Builders Youth Organisation**

### LEARNING MORE ABOUT BORDERLINE PERSONALITY DISORDER: A WORKSHOP FOR FAMILIES

**Date:** Wednesday 23 September

**Time:** 9.30am-4.30pm

**Presenter:** Debbie Dick

This workshop has been developed specifically for families with a family member affected by Borderline Personality Disorder. It will provide a space where families can hear and think more about BPD and explore common questions. We will provide an overview of BPD including the presentation of BPD, treatment, and practical ways a family may navigate their lives while still supporting the person with BPD.

There will be a maximum of 25 attendees.

**Learning objectives: -**

By the completion of the workshop it is hoped that family members will:

- have a more comprehensive understanding of BPD which may help guide effective responses to the person with BPD
- have a better understanding of the Victorian mental health system and its approach to BPD
- feel more supported, understood and less alone

**Venue:** Treacy Centre, Parkville ([click here for map and directions](#))

**Cost:** \$55 for family members to cover catering

**Catering:** Morning tea, Lunch & afternoon tea provided

**Parking:** On streets nearby

**Enquiries:** To training co-ordinator at Spectrum, ph (03) 8413 8425.

Click here for registration form: [www.spectrumbpd.com.au](http://www.spectrumbpd.com.au)

# Community Announcements

## INVITATION

You're invited to the launch of



The Diamond Valley Autism Support Group (DVASG) has been set up to provide support information for carers and parents, and those working with individuals with Autism Spectrum Disorder (ASD), as well as activities and social skills development for teens and adults with ASD, and guest speakers. We are a new group for the north east of Melbourne.

We're launching this exciting new project in Greensborough, so come along, have some fun and find out more:

- Hear from our guest speaker Murray Dawson-Smith (Consultant and former CEO of Amaze) about the best ways he has found to support people with Autism
- Hear from others who are on the spectrum, as well as parents, carers, and others who work in the area
- Find out where regular meetings will be held and pick up a calendar
- Enjoy a friendly welcome, a cup of tea, coffee or chocolate and some nibbles
- Find out more about what you can gain from participating in the meetings and how to join in

**WHERE:** Diamond Valley Learning Centre (DVLC) Greensborough  
Cnr Diamond Green & St Helena Road)

**WHEN:** Friday 23<sup>rd</sup> October, 6:30 pm for a 7 pm start (thru to 8:30 pm finish)

**RSVP:** email [info@dvasg.net.au](mailto:info@dvasg.net.au) for further details & to register with your name, suburb, email & phone number. Or register via our website [www.dvasg.net.au](http://www.dvasg.net.au)  
There is no charge to attend. A gold coin donation would be appreciated.

Can't make it on the night but want to know more?  
Send us an email or call us - Katherine - 0439 652 680, Kerryn - 0409 077 777  
or Sheryl - 0400 237 688