



**Eltham
High School**



Community News

TERM 3 / WEEK 6
Tuesday, 18 August 2015

* DATES TO REMEMBER

Wednesday, 19 August:

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

Wednesday, 26 August:

Student Progress Interviews:
4.00pm - 7.00pm

Monday, 14 September:

Celebration Concert:
7.00pm - 10.30pm

Monday, 18 September:

End of Term 3: 2.30pm

Monday, 5 October:

Start of Term 4

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

Wednesday, 19 - Friday, 21 August

Working Bee:

Sunday, 23 August

Student Progress Interviews:

Wednesday, 26 August: 4.00pm - 7.00pm

// PRINCIPAL'S REPORT

Student Achievement

Congratulations to **Hugh Heys** (Year 12, **Stewart House**) on his nomination for an award at the Victorian Volleyball League (VVL) Awards dinner last week. This is well deserved recognition and an acknowledgement of outstanding achievement for a young person his age.

Congratulations also to the following students who were also recognized for their skill and passion at the Victorian Volleyball School's Cup:

Alec Danelutti (Year 9, **Everard House**): U/16 Boys Honours

Mav Saille-Dilnot (Year 9, **Stewart House**): U/16 Girls Honours

Zac Broeren (Year 8 **Everard House**): U/15 Boys Honours

Further to this, a number of our students have been selected to be part of the U/16 School Sport Victoria Volleyball Team which heads off to Canberra next week for the U/16 National Volleyball competition. Good luck to **Dana Edwards** (Year 9, **Rutter House**), **Mav Saille-Dilnot**, **Alec Danelutti** and **Harrison McBean** (Year 9, **Rutter House**).

In congratulating all of these students, I do also wish to acknowledge the tireless effort of their coaches and team managers and of course the leadership provided to them all by Greg Thomas. A more detailed report appears in a further section of this newsletter.

Technical School Initiative

Darren Squires (Assistant Principal) and I attended the Technical School Initiative Workshop on Wednesday, 12 August. A number of stake holders participated in the workshop that was conducted by the Department of Education, including schools, TAFE, Local Learning and Employment Network, and Local Government. Unfortunately Industry was poorly represented if at all and this was considered a bad oversight of the organisers considering the important role that Industry has to play in this initiative.

It is now clear that the Greensborough Campus of Melbourne Polytechnic (previously NMIT) will be reopened and with this the government will take the opportunity of locating the Technical School (originally designated for the Banyule area) on the same site.

It is unfortunate that the State Government has chosen to name this initiative as a "Technical School" since within the local and broader community this conjures up images of the past that this initiative definitely is not. In fact this initiative is not actually a school in the traditional sense of schools. It will not be able to enrol its own students for example but rely on students from a range of schools in the area. This initiative will in

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SCHOOL CALENDAR

AUGUST 2015

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

- Skate Park Excursion
- Tournament of Minds Training
- Year 10 OES - Indoor Climbing
- Waverley Music Eisteddfod

Sun 23

- Tournament of Minds Regional Competition
- Working Bee

Mon 24

- Mercy Hospital Visit HHDO3
- 11VKO01 & 11VKO02 Excursion to MCEC
- Royal South Street Competition, Ballarat (Mon, 24 Aug - Sat, 5 Sept)
- Symphonic Band Performance at VSMF

Wed 26

- Concert Band Extended Rehearsal
- 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
- Pre-South Street Concert
- Salvos School Tour

fact be a Centre of Innovation, Excellence and Technology that local students will be able to access to supplement their learning and their pathway to support a career direction of their choice.

It is still early days and what this "technical School" will be able to offer students has not yet been mapped out. It is envisaged that students will benefit from the range of programs and the level of technology which no one individual school can offer. Up to \$10M has been allocated to this initiative and the Government has also guaranteed it operational costs for the first four years of operation. It is unclear as to how this will be sustained post these four years; perhaps there will be additional funding allocated to it post these first four years.

Irrespective of all of the unknowns; as this initiative comes to fruition, it will provide a fantastic opportunity for all students in the area and for all schools. Schools can plan their curriculum in such a way as to incorporate a link to this centre of innovation so that the students learning can be extended well beyond the perimeter of any school.

We are very keen to be part of the planning stage as well as to take up this challenge so that our students can benefit from the opportunities that this initiative offers.

I will most certain keep our community informed as the project moves forward.

2015 Lynne Kosky Memorial VCAL Scholarships

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.

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

Just a reminder to all members of our community that the Term 3 Working Bee will take place this coming Sunday, 23 August, starting at around 9.00am to 12.30pm. Plans for the work are already in place with the Grounds Committee having met last week to strategically organize our work.

I look forward to seeing you all there.

.....
VINCENT SICARI, Principal

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)

Sat 12

- NASA Space Camp 2015
(Sat 12 - Tues 29)

Mon 14

- Celebration Concert

Wed 16

- Year 11 OES - Otways
(Wed 16 - Thurs 17)
- EHS Community Choir Rehearsal
(7.30pm - 9.00pm)
- School Council Meeting: 7.30pm -
9.30pm

Fri 18

- End of Term 3

OCTOBER 2015

Mon 5

- Start of Term 4

// 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.

FRAN MULLINS, Assistant Principal

CANTEEN ROSTER & MENU

ROSTER FOR AUGUST 2015

Wed 19

- Kim Hider
- Robyn Meikle

Thurs 20

- Alison Jones
- Christine Muscat

Fri 21

- Wendy Dixon
- Petra Leaford

Mon 24

- Desiree Smith
- Carol Stewart

Tues 25

- Lisa Pepper
- Volunteer Needed

UPCOMING MENU

Wed: Vegetable Lasagne/Soup

Thurs: Warm Chicken Salad/Soup

Fri: Hamburgers/Soup

Mon: Spaghetti Bolognese/Soup

Tues: Chicken Schnitzel & Coleslaw
Rolls/Soup

// 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. Forms need to be returned by **Friday, 27 November**.

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

Victoria Police Work Experience Program 2016 (Year 9, 10 and 11):

Interested students should submit a statement by email and outline their interest in the Police Force, what they hope to take from the placement and any other relevant information. Only one candidate can be selected to apply for a position in 2016, and upon selection, an appointment with Mr Pringle will be organised. Statements must be submitted to Mr Pringle at pri@elthamhs.vic.edu.au no later than **Friday, 4 September**.

School Based Apprenticeship and Traineeship Taster Program (Year 9, 10 and 11) - Thursday, 17 September:

Students participate in four pre-selected Workshops (30 minutes duration each):

Automotive, Business Administration, Child Care, Aged Care, Civil Construction, Electro-technology, Hair & Beauty, IT, Bakery, Sports & Fitness, Horticulture, Plumbing and Engineering.

Workshops provide:

- An introduction to organisations;
- Hands-on experience of the selected vocations;
- Practical information including pre-requisites, how to apply, length of training and pathway options.

Interested students need to confirm their interest by **Friday, 4 September**, by contacting Mr Pringle on pri@elthamhs.vic.edu.au

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

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

// **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

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

// MUSICAL NOTES

A reminder that more detailed information regarding our upcoming concerts can be found on Compass. This is a very important period for the Music Department, so please ensure you have all the details for the upcoming performances in your diaries.

Concert Band at Victorian School Music Festival (VSMF): Wednesday, 19 August

The Concert Band will compete at the Victoria School Music Festival on Wednesday, 19 August. Students will meet in the Music Department at 12.00pm and will be returning to EHS at approximately 6.00pm.

Symphonic Band at Victorian School Music Festival (VSMF): Monday, 24 August

The Symphonic Band will compete at the Victoria School Music Festival on Monday, 24 August. Students will travel by bus, departing from EHS at 6.00pm and returning to EHS at approximately 10.45pm.

There will be a rehearsal after school from 3.30pm – 5.30pm. Students will then have a break to get changed and have dinner before we leave. Students are to bring their own dinner and are not permitted to leave the school grounds during the break.

Royal South Street Ballarat: Monday, 24 August to Saturday, 5 September

Music students will be attending the annual Royal South Street competitions in Ballarat again this year. Confirmation of dates, times and bus departure/return times will be advised shortly and will be on compass. Parents are most welcome to attend the competitions. There is a nominal entry fee, which can be paid at the door; there is no need to book tickets beforehand. Further information can be found on the web site: <http://royalsouthstreet.com.au/tickets/>

Concert Band Extended Rehearsal - Wednesday, 26 August: 3.30pm to 6.30pm

Concert Band students will have an extended rehearsal on Wednesday, 26 August. The rehearsal will run from 3.30pm to 6.30pm. A pizza break will be organised. Those students who wish to have pizza are requested to bring \$5.00 to the Music Office by Monday, 24 August.

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

RICK PLUMMER, Music Director

**PARENT
INFORMATION**

Compass Parent Portal

Log into for Information on:

- Interim Reports - Online
- Tuning in to Teens: Emotionally Intelligent Parenting
- Upcoming Student Progress Interviews: Bookings Now Open
- Year 9, 10, 11 & 12 - 2016 - Subject Selections
- Year 12, 2015 End of Year Events & VTAC Advice

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

ELTHAM SPORTS TIMETABLE

August 2015

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:

We are still discussing arrangements for this year's event. We will announce teams next week.

Congratulations:

Hugh Heys (Year 12, **Stewart House**) was nominated for an award at the Victorian Volleyball League (VVL) Awards Dinner last week. He walked away with the Runner-up 'Most Valuable Player' for the Reserve Division/Division One of the VVL 2015; a young recipient for this award.

Congratulations also to the following EHS students who received 'Most Valuable Player' Awards at the Victorian Volleyball School's Cup:

Alec Danelutti (Year 9, **Everard House**): U/16 Boys Honours

Mav Saill-Dilnot (Year 9, **Stewart House**): U/16 Girls Honours

Zac Broeren (Year 8 **Everard House**): U/15 Boys Honours

A number of our students have been selected to be part of the U/16 School Sport Victoria Volleyball Team which heads off to Canberra next week for the U/16 National Volleyball competition. Good luck to **Dana Edwards** (Year 9, **Rutter House**), **Mav Saill-Dilnot**, **Alec Danelutti** and **Harrison McBean** (Year 9, **Rutter House**).

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

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

Holistic Counselling Student on Placement at Eltham High School

Starting this 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

// 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 15m³ 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.

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 20th 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

Community Announcements



BASEBALL

COME & TRY DAY

Sunday August 30

10am - 1pm

Boys & Girls from 6-17 years

- Free hot dog and drink • Lots of giveaways
- Special Guests Melbourne Aces ABL players
- Major League scouts • Heaps of activities
- Test your arm against the radar gun

La Trobe University Sports Ground
Car Park 2a, off Kingsbury Drive Bundoora

PRESTON BASEBALL CLUB

For more info call:

Alex - 0411 701 122

Nicole - 0403 285 734

preston.baseball.com.au

Parent Seminar

Are you are parent of an 8-15 year old?

Are you concerned about any of these issues?

Peer pressure

Sleeping

Drugs and alcohol

Body image



Family conflict

Social media

Eating

School performance

If so, this parent information session is for you

How can you support your child through this crucial stage of their life?

How can parents stay connected to their children?

Guest speaker Barb Collard a Mental Health Promotion Officer from Austin Child and Adolescent Mental Health Service will speak to parents about:

- Recognising worries and anxiety in 8-15 year olds
- Support for young people and their parents
- Inform about the SAFEMinds at Home program
- Provide strategies to support positive mental health in young people
- Local agency's panel discussion

When: **Monday 7 September**

Time: **7.30pm SHARP until 9pm**

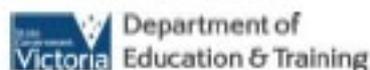
Where: **Nillumbik Shire Offices - Civic Drive Greensborough**

Limited Numbers Bookings Essential:

Rachel.Birrell@nillumbik.vic.gov.au or phone 9433 3190



SAFEMINDS is a partnership between:



Community Announcements



**GIRLS AND BOYS BORN
2001-2002-2003
COME & TRY WATERPOLO
& THEN JOIN US FOR
AN AFTER PARTY**

Date:- FRIDAY 11th September

Time:- 5.30pm until 7.30pm

Where: Watermarc Main Street GREENSBOROUGH

Cost :- \$2 to register your spot

Includes:-

- 1 hour of water polo skills & practice
- 1 hour party food & drink provided .
- Door Prizes

Register:- <http://www.trybooking.com/147460>

**Contact: Andrew Gilchrist
waterpolo@dveaquatic.org.au**



Community Announcements



The Gender Diverse School Holiday Program is a place for us, young people to have fun, make friends and explore the world in a safe and friendly environment.

Held over three days, we will get to pick the activities we do & the places we explore in a group of peers that welcomes the diversity of our community. ^_^

Time: Term 3/4 break September 2015

Location: Carlton based

FOR: Young people aged 12-17

If you want to register or have any questions, please contact:

Anoushka Wootton on 9663 6733 or Anoushka.Wootton@ds.org.au

Chantelle Higgs on 9663 6733 or Chantelle.Higgs@ds.org.au

Erik Ly on Erik.Ly@ds.org.au



...SLEEP WELL... HELPING YOUNG PEOPLE IMPROVE THEIR SLEEP

with *KATE WILDE*

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

WHEN?

Tuesday 15th September, 9.30-1.00

Parent session 9.30 – 11.00

Friday 2nd October 10.00 – 1.30

Holiday session at 'Bounce'

Tuesday 20th October 9.30 – 12.30

360 @ Boroondara Youth services

Level 1, 360 Burwood Road Hawthorn

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 26th

To register:

werdy.ross@manningham.vic.gov.au Ph: 9840 9452

shaun.obrien@boroondara.vic.gov.au Ph: 9835 7826



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

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 23rd October, 6:30 pm for a 7 pm start (thru to 8:30 pm finish)

RSVP: email 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
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



ARE YOU EX NAVY, ARMY, OR AIR FORCE ?

Then Carry On (Victoria) may be able to help you with education costs if you meet our eligibility criteria.

If you have served in the Australian Defence Forces or Allied Forces and you wish to apply for a Secondary Education Grant for 2016, **please telephone Carry On (Victoria) on (03) 9629 2648 to establish eligibility and request an application form.**

Carry On (Victoria) assists Secondary School students in Years 7-12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available.

Children whose Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and **applications should be submitted by 29 October 2015.**