



**Eltham  
High School**



## Community News

TERM 3 / WEEK 8  
Tuesday, 01 September 2015

### \* DATES TO REMEMBER

**Monday, 14 September:**  
End of Year Celebration Concert

**Tuesday, 13 October:**  
Whole School Assembly

**End of Term 3:  
Friday, 18 September: 2.30pm**

**Start of Term 4:  
Monday, 5 October**

**School Based Immunisation Program  
HPV Vaccine (Year 7) - Dose 3:  
Wednesday, 14 October**

## // PRINCIPAL'S REPORT

### Student Achievement

#### Tournament of the Minds:

Congratulations to all the students that participated in the Tournament of the Minds. Three teams represented our school this year and once again they did so in an admirable way. Our teams competed in the Social Science and Maths Engineering divisions of the Regional Final at LaTrobe University. The three teams received commendations for their creative solutions to a range of problems. In congratulating the students, I add my congratulations to all the staff that worked closely with the students and provided the level of support and encouragement that was needed at various stages of the process. A great effort and well done!

#### Royal South Street Ballarat:

Congratulations to both the Junior and Senior Strings Ensembles who Last Saturday participated in their division of the Royal South Street Competitions, with both ensembles coming second. This shows the level of improvement that has taken place throughout this year by these talented musicians under the guidance and leadership of Miss Amberley Bremner and supporting staff. A wonderful achievement which places our Strings program alongside the best in the State.

Similarly, I congratulate all members of the Intermediate Band who last night (Monday, 31 August) were awarded first place in their division of the Royal South Street Competition. Once again a great effort and outstanding achievement for a number of young musicians! I congratulate Monty MacKenzie for his ongoing support of this group of students and for his guidance and sharing of his talent and expertise with them throughout this year.

We are most certainly proud of these achievements.

#### Forthcoming Drama Performance:

The very successful student production "How Came That Blood" will be performed at the Melbourne Fringe Festival. You may recall that this production received outstanding reviews and accolades when it was performed at the Adelaide Fringe Festival. The production has undergone a number of changes, and what will be presented to the Melbourne audience is somewhat different to the Adelaide production. Of course we are hoping that this new version will also be well received in our home town. I congratulate all the students who will be taking their work out into

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## SCHOOL CALENDAR

### SEPTEMBER 2015

#### Wed 2

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

#### Mon 7

- Senior and Junior Drama Plays (Mon 7 - Thurs 10)

#### Wed 9

- NAB Inspiration Program
- EHS Community Choir Rehearsal (7.30pm - 9.00pm)

#### Thurs 10

- Training Band Extended Rehearsal
- Year 12 Police Seminar

#### Fri 11

- Active for Life: Boxcercise
- Year 12 OES - Mitchell River Rafting (Fri 11 - Sun 13)

#### Sat 12

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

#### Mon 14

- End of Year 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

#### Thurs 17

- Year 10 OES - Mt Kooyoora (Thurs 17 - Fri 18)

#### Fri 18

- How Came That Blood Melbourne Fringe (Fri 18 - Mon 28)
- End of Term 3: 2.30pm

#### Mon 21

- Indonesian Immersion Trip 2015 (Mon 21 Sept - Sat 3 Oct)

#### Sat 26

- Summit to Sea Expedition (Sat 26 Sept - Fri 16 Oct)

the wider Melbourne community. I acknowledge their creativity, persistence, talent and most of all their courage. I also wish to commend the outstanding commitment, passion and level of support provided to the students by George Franklin and past student Jesse Rasmussen, who during her short return from the United States, found some time to work with our students. I am certain that the performance will be magical and of high quality.

The show will run from the Saturday, 19 to Saturday, 26 September, at 8.00 pm from the New Ballroom, Trades Hall, 2 Lygon Street Carlton. Tickets can be purchased through the Melbourne Fringe Festival.

### School Building Report

We are well on the way to beginning work for the fit out of the Performance Centre. The documents and cost plans are sitting with the Department and we are simply waiting for the sign off for the project to go out to tender. At the same time the design phase of the redevelopment of "F-Block" (Maths wing) has been completed and this is also sitting with the Department.

It is envisaged that the work on the Performance Centre will begin as soon as the tender process is complete and we are aiming for a completion date of end of November. The initial stage of the redevelopment project will begin once the Year 12 students have finished classes. We are hoping that this stage of the work will be completed by the start of the new school year.

We are very excited about these further developments to our facilities, which will also bring about new locker pavilions and covered/shaded areas for our students.

I will keep you informed as the work progresses.

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**VINCENT SICARI, Principal**

## // ASSISTANT PRINCIPAL'S REPORT

### School Based Immunisation Program - 3rd Visit: Wednesday, 14 October

The following Year 7 vaccination will be taking place at school on Wednesday, 14 October:

#### HPV Vaccine – Dose 3: Year 7

#### Bike Stolen

Please note that the image of the bike shown is that of a bike stolen from the bike shed last week.



Any information leading to its whereabouts would be greatly appreciated by the owner.

Please forward any information to Darren Squires, by emailing [squ@elthamhs.vic.edu.au](mailto:squ@elthamhs.vic.edu.au), or phoning 94305111.

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**DARREN SQUIRES, Assistant Principal**

**Mon 28**

- Blood Bank

**OCTOBER 2015**

**Mon 5**

- Start of Term 4

**Wed 7**

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

**Fri 9**

- Active for Life: Lawn Bowls

**Sun 11**

- School for Student Leadership  
Gnurad Gundidj  
(Sun 11 Oct - Sat 12 Dec)

**Mon 12**

- Business Management Revision Lecture
- 11VKO02 Excursion to Langham Hotel

**Tues 13**

- Whole School Assembly
- 11VKO01 Excursion to Langham

**Wed 14**

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

**Thurs 15**

- Romeo & Juliet Performance 2015
- Swim Squad Lap-a-thon

**Fri 16**

- Active for Life: Golf

// JUNIOR SCHOOL

**Year 7 City Experience Camp**

Our Year 7 students recently went on the City Experience Camp which is geared towards fostering a deeper understanding of how Eltham High School values are reflected in the Melbourne CBD. Some of the highlights of the camp included a guided tour of the MCG, a "graffiti tour" of the CBD run by Urban Seed, and the Kaleidoscope Tour at the NGV. The Old Melbourne Gaol proved to be a thrilling experience for all, and a few camp groups were fortunate enough to experience Parliament in session, with politicians debating some key issues. Students also developed some key life skills such as navigating public transport, group work in a crowded area, and map-reading.



The camp is an intense undertaking for any Year 7, and a big "thank you" goes out to all parents whose support has been invaluable in making the camp happen. Finally, we would like to extend our tremendous gratitude to the teachers who accompanied the students on the camp. Their enthusiasm and vigilance enabled the camp to run smoothly and be an enjoyable experience for all.



The following are quotes from students who attended the camp:

*"On camp we did lots of interesting and fun things. My favourite was the Eureka Skydeck, it was really fun. It was also a really nice view."* **Minka, Year 7**

*"The splendour of the city can only be matched by the power of an individual".* **Bonnie, Year 7**

*"The Year 7 camp was amazing, it was the best camp I've ever been on. The independence we were given was great. Thank-you to all the teachers that planned and attended camp."* **Tyalla, Year 7**

ANAM JAVAD, Junior School Coordinator

## CANTEEN ROSTER & MENU

### ROSTER FOR SEPTEMBER 2015

#### Wed 2

- Gail Parsons
- Debbie Wood

#### Thurs 3

- Kirsten McCallum
- Sharon Mitchell

#### Fri 4

- Suzie Gerrard
- Maureen Orders

#### Mon 7

- Christine Day
- Michelle/Paul Spotswood

#### Tues 8

- Kristine Wallace
- Marion Johnstone

### UPCOMING MENU

Wed: Homemade Wedges/Soup

Thurs: Chicken Schnitzel & Coleslaw  
Rolls/Soup

Fri: Hamburgers/Soup

Mon: Spaghetti Bolognaise/Soup

Tues: Nachos/Soup

## // CAREERS

### 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

#### 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.

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### 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*

// DRAMA

**"How Came That Blood": Melbourne Fringe Festival**



## 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.

### **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 are now 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/>

### **End of Year Celebration Concert: Monday, 14 September**

The Eltham High School end of year Celebration Concert is being held on Monday, 14 September at 7.30pm at Yarra Valley Grammar. To book tickets please go to <http://www.trybooking.com/IMRB>

Bookings are now open and will close at 9.00pm on Sunday, 13 September.

### **Singing Lessons**

If any student is interested in singing lessons on a Tuesday after school, 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**

## ELTHAM SPORTS TIMETABLE

### September 2015

#### Mon 7

- Year 7 Sport Prize Term 3

#### Tues 8

- Year 7 Round Robin:

Boys and Girls Basketball  
Futsal  
Table Tennis

#### Thurs 10

- NMR Athletics

### October 2015

#### Tues 13

Year 8 Volleyball Round Robin

## // SPORT

### Eltham High School Volleyball

#### Australian Volleyball Schools' Cup:

Details of this year's event are now available. Teams and details have been posted on the Volleyball notice board in the Stadium foyer and on the Volleyball web page. Team lists can be viewed if you select "Teams for Australian Volleyball Schools' Cup" and details for parents are also available under downloads on the Volleyball page.

Volleyball Australia has raised the entry fees again; we unfortunately have to pass these on to students taking part. This year it will cost students \$350 to take part (\$320 if you have a brother or sister playing also).

**If you are intending to take part, please return the \$100 deposit and T-shirt order form to the school cashier by the end of this term (Friday, 18 September).**

**Please note that the compass event shows cost as "0". This is because we can only list one cost (the deposit is due by Friday, 18 September and the balance is due by Friday, 13 November). Due to this parents can't pay on compass. Please pay by credit card, B-pay or at the cashier.**

#### Volleyball T-shirt Competition:

We had nine very good entries in the T-shirt design competition. Many students voted and we have decided to award the win to two entries. Their designs will be combined for this year's T-shirt. Congratulations to **Eliza Stone** (Year 9, **Everard House**) and **Lucas Tilley** (Year 9, **Andrew 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](mailto:tho@elthamhs.vic.edu.au)

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

## PARENT INFORMATION

### Compass Parent Portal

Log into for Information on:

- Tuning in to Teens: Emotionally Intelligent Parenting
- 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

## TOURNAMENT OF MINDS 2015

On Sunday, 23 August the Eltham High School Tournament of Minds Teams competed in the Social Science and Maths Engineering divisions of the Regional Final at LaTrobe University. This year the school fielded 3 teams, including a number of new students who were introduced to Tournament of Minds for the first time.

### Social Sciences:

**Ellie Weale** (Year 7, **Everard House**), **Ben Heath** (Year 7, **Rutter House**), **Rosy Flynn** (Year 7, **Stewart House**), **Anna Swoboda** (Year 8, **Andrew House**), **Daniel Stramandinoli** (Year 8, **Rutter House**), **Jessarne Palmer** (Year 9, **Everard House**) and **Nicholas Perichon** (Year 10, **Andrew House**)

### Maths Engineering 1:

**Sasha Brooke** (Year 7, **Everard House**), **Jack Dickinson** (Year 7, **Stewart House**), **Miro Zelazny** (Year 7, **Stewart House**), **Erik Sundstorm** (Year 7, **Everard House**) and **Aneurin Brown** (Year 7, **Rutter House**)

### Maths Engineering 2:

**Tyalla Kellam** (Year 7, **Rutter House**), **Mac Francis** (Year 7, **Everard House**), **Alysia Makridis** (Year 7, **Stewart House**), **Ellie Hardin** (Year 7, **Andrew House**) and **Indigo McKinnon** (Year 10, **Stewart House**)

Each team have met and practised in earnest since the start of the 6 week Long Term Challenge, working at lunch and after school to ensure they were prepared and confident in their solution.



This year the Maths Engineering challenge required students to build a vehicle that rolled and could be steered along a specific path, using only 'nearly invisible' rods and lines. The teams were also required to create a context and storyline to explain the use of their invisible vehicle.

The Social Science challenge required students to select three historical figures and justify which two were essential to our history and which one would be removed. Their presentation, in the style of a survivor based reality TV show, was designed to explore the ramifications of removing one prominent figure from our society.

Congratulations to all students who took part in the Tournament this year. Although the teams were not successful in reaching the next stage of the competition this year, they were commended for their creative solutions and team work on the day. We look forward to working with students again in 2016.

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**LOREN CLARKE, NAOMI EDREES, IDA SAKKAL, ADALINE TALLARIDA, Tournament of Minds Facilitators**

## ***Community Announcements***

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

**Young people 12-25 yrs**  
**Do you want to have a say in**  
**the new headspace centre to**  
**open in Greensborough?**

**Share your ideas**  
for the design and  
**get involved**  
in the youth reference group.

**INFORMATION SESSION:**

**6:30 PM • 3 SEPTEMBER 2015**  
WaterMarc, 1 Flintoff Street, Greensborough

**RSVP BY 28 AUGUST 2015**

**mary.swift@mindaustralia.org.au**  
**or phone Mary Swift 9455 7900**

# Community Announcements

## Dharik Maman (Stand up Father) Aboriginal Fathers' Forum

*How can you play a more active role in your family and children's future?*

Presentors include Richard Frankland, Muriel Bamblott and Nathan Loitch  
in addition to facilitated workshops and open discussion sessions



**Date:** 7 September 2015

**Time:** 9.00am - 4.30pm

**Venue:** Aborigines Advancement League,  
2 Watt Street, Thornbury

*Morning tea, lunch and afternoon tea provided*

For further information contact Lewis Brown (VAHS Men's Unit) on 8459 0995

Please RSVP to [fathersforum@cps.org.au](mailto:fathersforum@cps.org.au) or call Ron Briggs on 0408 401 775 by 26 August



## 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:

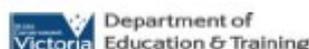
- Recognising worries and anxiety in 8-15 year olds
- Support for young people and their parents
- Inform about the SAFEMinds at Home program
- Provide strategies to support positive mental health in young people
- Local agency's panel discussion

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](mailto:Rachel.Birrell@nillumbik.vic.gov.au) or phone 9433 3190



SAFEMINDS is a partnership between:



**Community Announcements**

**BANYULE CITY COUNCIL AND FREEZA PRESENT**

# **YOUTHFEST 2015**



**SUN 13<sup>TH</sup> SEPT · 12PM-5PM**  
**BIRDWOOD AVE, MACLEOD PARK**

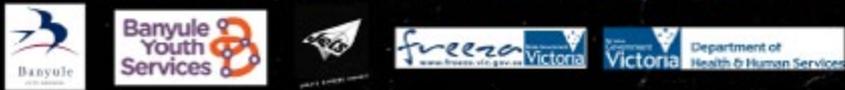
**[BANYULEYOUTH.COM/FESTIVAL](http://BANYULEYOUTH.COM/FESTIVAL)**

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**30 BANDS & DJs ACROSS 3 STAGES · RIDES · STALLS**  
**INCLUDING HENNA · BODY ART · TEMPORARY TATTOOS**  
**SPORT & ART ACTIVITIES · STREET ART · PHOTOBOOTH**  
**SKATE PARK AND MUCH MORE ALL FOR FREE!**

.....

ALL AGES, INCLUSIVE, FULLY SUPERVISED, ALCOHOL, DRUG AND SMOKE FREE EVENT.  
FREEZA IS A VICTORIAN STATE GOVERNMENT INITIATIVE. ORIGINAL ARTWORK BY AMELIA BEST.



# Community Announcements



**When:** Tuesdays, 6:00pm – 8:00pm  
**Dates:** October 6th, 13th, 20th, 27th, November 10th & 17th, 2015  
Follow up session: December 15th, 2015

**Location:**  
BETRS, 104 Studley Park Road, Kew, Vic 3010

**Facilitators:**  
Rachelle Allen, EDV Education Manager

Philippa Harrison, Senior Clinician, Body Image Eating Disorder Treatment and Recovery Service (BETRS)

**Cost:** \$150 per person  
\$225 per couple

**To register your interest:**  
Phone: 1300 550 236  
Email: [reception@eatingdisorders.org.au](mailto:reception@eatingdisorders.org.au)

Registrations close: Tuesday September 22<sup>nd</sup>, 2015.  
Places are limited.

## Registration:

To register your interest call or email. Please note, participants are required to complete a short screening process prior to attendance to ensure this is the best workshop to meet your needs.

Phone: 1300 550 236

Email: [edv@eatingdisorders.org.au](mailto:edv@eatingdisorders.org.au)

Tea, coffee, and biscuits provided



## Building Hope CCSW Program

### What is it?

The Collaborative Care Skills Training workshop (CCSW) has been developed by Professor Janet Treasure and her colleagues at the King's College London Maudsley Hospital.

The workshop comprises 7 two-hour sessions for carers (parents, partners) of a loved one with an eating disorder.

Ultimately, the workshop will give you hope that you can make a difference and help your loved one.

This program aims to:

- provide skills to assist you in supporting your loved one.
- identify & explore areas where you may be able to modify your interactions with them
- assist you to learn about your own way of responding to conflict, stress and change
- highlight and identify self-care opportunities for you
- provides information about what happens in the brain of someone with an ED
- teach you motivational interviewing techniques that will help you to confidently support and guide your loved one towards recovery.

Participants can expect:

- a better understanding of the impacts of eating disorders on your loved one daily life and their ability to process information and interact with you and others.
- an increased awareness of your styles of interaction and how you can promote change in your loved one
- increased confidence that you can support your loved one through recovery
- new and useful communication skills

**Required pre-reading:**

Treasure, J., Smith, G. & Crane, A. (2007). Skills based learning in caring for a loved one with an eating disorder: The new Maudsley model. Routledge, London. This book can be purchased from <http://www.eatingdisorders.org.au/books> or borrowed from the EDV Library.

## Community Announcements



**BACK TO THE FUTURE**  
LIVE IN CONCERT

6 November at 8pm SOLD OUT  
7 November at 2pm  
7 November at 8pm SOLD OUT  
Fenary, Melbourne Exhibition and Convention Centre

BOOK NOW  
MSO.COM.AU | (03) 9929 9600

CREATIVE TECHNOLOGY  
SOL  
Emirates  
Principal Partner