

IMPORTANT DATES TERM 2 2007

24 th May	CURRICULUM DAY [NO SCHOOL]
25 th May	Year 7 LOTE Commedia Del' Arte
28 th May - 1 st June	Year 9 City School [Quest 2 & 4]
31 st May	Circus Performance – Years 7 & 8
31 st May-1 st June	Year 10 Exams
4 th - 8 th June	Year 9 City School [Quest 1 & 3]
4 th - 8 th June	Year 10 Work Experience
8 th , 12 th & 13 th June	Year 11 Exams
11 th June	QUEEN'S BIRTHDAY [NO SCHOOL]
13 th June	Year 12 Exams 14 th June GAT
15 th June	CORRECTION DAY [NO SCHOOL]
19 th June	Midyear Music Concert

29th June

Last day of term 2 [**Dismissal 1.09pm**]
Reports distributed

REPORTING STUDENT ABSENCES:

Please notify the relevant coordinator as soon as possible if your child is absent:

Year 12	David Hysen	9458 6141
Year 11	Mary Anagnostopoulos	9458 6138
VCAL	Barbara Carydis	9458 6103
Year 10	Mark Gillies	9458 6112
Year 9	Lyndal Roper	9458 6113
Year 8	Caroline McLachlan	9458 6171
Year 7	Robert Basso	9458 6170

PAUL VAN EEDEN: VICTORIAN TEACHER OF THE YEAR 2007

Paul Van Eeden, a Media and English teacher at Thornbury High, has received the Victorian Teacher of the Year Award for 2007. Paul is a teacher who has truly been at the cutting edge of innovative curriculum in Victoria.

In particular, ClassTv is one of the most novel initiatives to come out of schools in the past decade.

A couple of years ago Paul and a team of teachers, staff, students and volunteers created SYN FM which allowed students to make audio documentaries. For the past two years Paul and his team have also been working with students in years 9 & 10 to produce a 30 minute youth program which goes to air every week on Channel 31.



The students use digital video software to make content for the show. The show also hosts content from other schools.

Currently Paul and his team are establishing a website that will allow students to upload digital work made across the curriculum. Any video or animation uploaded can then be aired on ClassTv. Paul and his team are constantly looking at expanding and developing product and influence – from a small radio station to television with an audience of up to 36,000 to a web site with a world wide audience.

From my point of view as Principal, I see students engaged, motivated and enthusiastic about their learning because they are working with their peers and the local community on real life tasks. Paul's outstanding teaching and leadership abilities have been responsible for this outcome.

Peter Egeberg Principal

EMA CHEQUES – PARENTS' 1ST INSTALMENT EMA CHEQUES ARE AVAILABLE TO BE PICKED UP FROM THE GENERAL OFFICE. PLEASE CONTACT VICKI ON 9480 4066 IF YOU HAVE ANY QUERIES.

BULLYING

As Principal I have made it very clear that my two major priorities are to promote outstanding student achievement and ensure a safe, happy and secure learning environment.

During last week all students completed our annual bullying survey. This is the fourth year that the survey has been held. This survey allows students to have a say about issues to do with bullying at the school.

The impact of bullying

Being bullied causes students to feel scared, sad, lonely, confused, embarrassed, sick, stupid, depressed, reluctant to go out, isolated, angry, ashamed, tired and unsafe. Some students wake each morning knowing they have to go to school, knowing that the bullies are there waiting to torment, humiliate and hurt them. This is why schools must deal with this problem and take it seriously.

A quote from a yr 12 student:

Many people do not understand that cyber bullying can have a degrading and emotional impact especially when another girl's 'myspace' is use to post false personal information about you.

How serious is the problem?

The survey results are clearly saying that the level of bullying at Thornbury is very low and the majority of students have answered 'never' to having experienced the different types of bullying described in question 1.

Some quotes from students at various levels:

'Obviously there will always be some bullying in schools but we are all trying really hard to stop it. A school without any bullying or fights would be great.'

'I think this school is very good in dealing with bullying I do not see it very often and I feel safe everywhere in the school.'

'I think the school is a safe place to be.'

'I think the teachers are doing a great job as I do not see much bullying around the school.'

'There really isn't much of a bullying problem around the school.'

What should we do with bullies?

All students named as bullies are spoken to by coordinators and monitored closely for the rest of the year and, in some cases, parents are also notified. From the following quotes it is clear that students want bullies dealt with in a way that will change their behaviour.

'I think that the bully should be punished in such a way that they know exactly what they are doing to other students and how much it really affects them.'(year 10)

'I want people who are named as bullies to be talked to and confronted about why their names have been put down' (year 8)

What happens when students report bullying?

If a student reports a bullying incident to a teacher or coordinator they will be asked how they want the problem dealt with. This may initially mean:

1. Discussing strategies to deal with the bully
2. Alerting teachers so that they can monitor the problem
3. Speaking to the bully
4. Organizing a meeting with the bully and victim

The key thing is to resolve the situation not make it worse.

Possible strategies to reduce bullying

Students made the following suggestions:

'Just look out for the Junior students and make sure they do not grow up to be bullies. I know that manners can not be taught but maybe teachers can give students some advice about how to deal with conflict.' (year 12)

'More teachers or older students on yard duty' (year 8)

'The gym should be open more often as well as the computer room and Library' (year 8)

'What I want to see happening at this school is people communicating with others properly' (year 7)

In conclusion

At this school, it is not permissible:

- To muck around at your lockers
- To push in at the canteen queues
- To target others when playing sport
- To bitch about other girls because they are not your friend
- To make fun of other students because they are different to you

At this school we embrace diversity because this is what makes Thornbury High an outstanding school.

Thanks to staff, students and parents for all your efforts in making Thornbury High a safe, happy and secure place to learn.

Peter Egeberg Principal

MUSIC NEWS

Year 7 Incursion

The Year 7 Concert Band had three fantastic music-filled days last week as part of their incursion (school

based music camp). The band rehearsed extremely hard on Wednesday building on their basic skills and increasing their repertoire. Thursday saw them travel to Doncaster Secondary College to perform in their performing arts complex. Our students combined with those of Doncaster to form an amazing 80 piece Concert band which generated a huge sound.

The week's activities culminated in a performance at a full school assembly followed by some fun at the Melbourne Aquatic Centre. It has been great to see the students develop so quickly in such a short period of time and we congratulate all the staff and students involved.

Yr 8 Band Tour

The Year Eight Band visited three primary schools on 15th May and performed very well to enthusiastic, packed audiences. Our students demonstrated their instruments and answered questions from the primary school students as part of the program. They undertook this responsibility very competently and were a credit to the school. Overall their behaviour and performance was excellent. This was a successful tour and involved the following primary schools: Heidelberg, Penders Grove and Bell.

VCE Performance Night

On May 7th students who are studying for instrumental exams at VCE level had the opportunity to perform to an audience of family and friends. Thanks to Kent Fisk and the Parent Support Group for organising and assisting with this event. Students played part of their program and demonstrated how far they have come with their preparations. The program was interesting and varied and a valuable chance for the students to gain public exposure and help overcome those exam nerves! Well done to Rhys, Ben, Tuyen, Lochi, Martin and Hugh.



35 YEARS OF SERVICE TO EDUCATION

This year Carmel Ryan, Charles Lunghinis and Robert Basso complete 35 years of service to State education. All three teachers have worked at Thornbury High for a significant part of this time and have made a tremendous contribution to student achievement and well being at this school. The three teachers have very similar experiences, teaching in the same curriculum

areas of English, SOSE and LOTE as well as having spent a number of years as year level coordinators. All three show no signs of slowing down and I look forward to their continued commitment, passion and enthusiasm for learning and teaching.

Peter Egeberg Principal



ANZAC DAY - COMMEMORATIVE CEREMONY

On the 24th of April all Year 9 students attended a ceremony at the Shrine as part of the Quest program. The ceremony was designed for young people to ensure that they do not forget the horror of war and the central importance of ANZAC day in Australian History. This fitted in well with our current unit of study on Australians at War.

Students were addressed by the Governor of Victoria, Professor David de Kretser, AC, who discussed the emotional impact of war and the contributions of all Australian.

Students reflected that:

'It made me realize that young people and students should know and learn about the war'. **Rebecca**

'I learnt that we should remember the soldiers who fought for their lives and for Australia'. **Pravena**

'We should be grateful to be living in Australia. We are a lucky country, with great people from all multicultural backgrounds'. **Genna**

This was a valuable day for all students and staff and gave special meaning to our studies back at school. It will now become apart of our program in future.

Quest Team

STUDENT WELFARE

The Bullying survey has now been completed and the results will be presented in the coming weeks to

individual year levels at Year Level assemblies, to staff and to School Council.

Year 10 students will be doing their CPR training later this term.

E. D'Amore SWC

SENIOR SCHOOL NEWS

Exams – (Unit 3 and 4)

VCE Exams Navigator – 2007, Student Information and Timetable. This booklet will be distributed in form meetings over the next week. It is the official booklet from VCAA and contains information on the GAT, Special Provision, Examination timetables (for the whole year), examination rules and approved materials and equipment. All students attempting a unit 3 subject will receive this booklet.

A copy of the unit 3 mid-year exam timetable appears below.

All year 11 students undertaking a unit 3/4 subject are required to sit the GAT on Wednesday 14th June. All exams will run according to VCAA guidelines.

Tuesday June 12 th	Wednesday June 13 th	Wednesday June 14 th
Biology (9.00am-10.45am)	Psychology (9.00am-10.45am)	GAT 10.00am- 1.15pm
Physics (11.45am-1.30pm)	Chemistry (11.45am-1.30pm)	
Accounting (2.45pm-4.30pm)		

Tertiary Talk

All Year 12 VCE students are required to attend The Tertiary Institution Talk at LaTrobe University from period 3 on Wednesday 30th May. The session provides an opportunity for students to get a head start on thinking about their options after completing their VCE, and to collect course information from all the major Victorian universities, local TAFE institutes and Independent Tertiary Colleges.

VCAA Web Site

The Victorian Curriculum and Assessment Authority website [vcaa.vic.edu.au] has everything you need to know about the VCE. Study Designs, past exams and examiners reports all appear on this site.

Year 11 Pastoral Camp – Great Keppel Island and Surfers Paradise

A reminder to year 11 students and parents:-

Payment 4 - \$180 due by Friday 22nd June

Payment 5 - \$170 due by Friday 4th August

Students are requested to see Ms Bartsh if they are having difficulty in meeting payment deadlines.

VCE TEAM (Mary Anagnostopoulos, David Hysen and Christine Bartsh)

OVERSEAS (MEDITERRANEAN) TOUR November 24th 2007

In order to secure your place in this tour you will need to make a deposit which is payable at the office.

For further information and enquiries, contact E. D'Amore 9458 6152



MARTIN LUTHER KING AT T.H.S.

In Year 10 English we study “Of Mice and Men” and one of the issues covered is racism. Part of the exploration of this issue involved learning about the American Civil Rights Movement headed by Martin Luther King. Shazin, one of our class members, dressed up as the great leader and delivered his world famous speech “..I had a Dream...” He did such a wonderful job, we were all struck dumb by the power of it. Well done Shazin.

Areti Louzis

The speech was eye opening. It made me cry. It made me appreciate our world today. It made me reflect on what our world was like back in the 1960's. The Bible says that we are all equal before the Lord, yet discrimination still happens in our societies. We have come a long way. We have a long way to go. We should all step forward as one and whip away the pain caused in the past and make a better future for our children yet to come.

Rose Kanjou

Martin Luther King delivered his famous speech in Washington DC on August 28th, 1963. In it he dreamed that one day, everyone, white and black, can hold hands and be a family. He dreamed of a nation where coloured human beings like himself would be judged by their character not by the colour of their skin. The speech demonstrated how much faith he had in people. It left me speechless.

Lilly Tran

Martin Luther King's powerful “I had a dream..” speech, as presented by Shazin, was an intensely emotional experience for all of us in class. It really

made you think. One thing was for sure that I had really intense shivers running down my spine to think that so many African American people suffered from verbal and physical violence because of racism.
Tolga Kurtoglu



SPORTS REPORT

It's been another busy term with many teams hitting the training track. The highlight of this term so far was the awesome house athletics carnival held at Willinda Park in Greensborough. The winning house for the second year in a row was the legendary Nicholls team. Congratulations and well done to all involved.

District athletics in Section A saw 108 competitors take to the field and proudly come close second to Mill Park, a school four times our size. Congratulations to all involved on such a great day.

Fifty competitors head out this Thursday to compete in Zone finals with winners going through to State level. Good luck to all involved.

Keep your eyes on the bulletin for future training sessions in this term's sports.

Sharon Bonnici Sports Coordinator



HOSTING-WORLD EDUCATION PROGRAM-WEP

World Education Program (WEP) Australia is *currently seeking* caring volunteer families who are interested in hosting international students. Our students come from countries such as **Italy, France, Belgium, Germany and Brazil** and are arriving in July 2007 for semester and year-long programs.

Contact WEP Australia 1300 884 733 03 9598 4733
info@wep.org.au www.wep.org.au

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Sizes available are: Girls – 6,10,12,14,16,18 and 20
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 Boys sizes – 16 and 18 only

Please contact the school office.

**PROUD SPONSORS OF YEAR 7 [2007]
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CREATING RESILIENT FAMILIES

08

DEPRESSION & THE TEENAGE BLUES

How Can Someone Who is Wearing So Much Black be Feeling So Goddam Blue?



What are we doing wrong? Rates of depression have doubled in industrialised countries every ten years last century.

Depression is becoming more common and is affecting people at a younger age than ever before. Some explanations for this include the increasing demands of modern life being at odds with our biology, others point to our society and say that we are less trustful of other people and more isolated from each other. Other people say television allows young people to compare themselves negatively with a wide range of others.

Whatever the explanation, depression is one of the greatest plagues of modern times.

One in every four young people will experience depression by their 18th birthday.

About 20% of those suffer for more than two years. Early maturing girls and late maturing boys may be most at risk.

There are certain factors that increase the risk that someone will get depressed: having a depressed or alcoholic parent; having a chronic physical illness; experiencing stressful/adverse life events; and abuse and neglect.

My Child or Teenager Doesn't Want Help!

Many depressed young people get cranky and argumentative when caring and well-meaning parents suggest seeing someone regarding their depression. This is a time that parents may need to be insistent and be prepared to 'drag' their children. It is always worth over-reacting rather than under-reacting, especially if a young person is speaking about death. One way of getting help is to say to your child that even though they may feel they don't need help, you need help to work out how to cope and that is why you are going to ask them to come with you to see someone.

CHECKLIST OF SIGNS: WHEN SHOULD I WORRY?

- Loss of interest in usual activities (their get up and go has got up and gone)
- Increased use of drugs and alcohol
- Sleep problems
- Less energy than usual or the young person is agitated and restless
- Eating patterns change - either disinterested in food or over-eating
- Speaking about death and hopelessness
- Increased and inexplicable irritability.

If your teenager has any of these signs it is likely that they are experiencing depression and it is worth getting help.

WHEN IS IT TEENAGE BLUES AND WHEN IS IT SOMETHING MORE?

It is worth getting some help if your child or adolescent appears to be depressed. One way to do this is to say, 'I'm worried about you and I want you to come with me to see someone so that I can work out whether I should be worried or not.' Try to find a good local psychologist, psychiatrist or doctor who can relate to young people.

How is it Treated?

Depression is usually treated using a process of therapy in which the young person and sometimes their parents are helped to work out what leads to times of depression, and to change the way they think about events so that they can develop a more optimistic outlook. Some young people will be assisted to develop more positive friendship groups. Others may need medication for short periods, although this is not usually the first form of treatment that should be tried. Ensuring that young people eat well, exercise, sleep sufficient hours and mix with others are also helpful starting points to getting over depression.