State Athletics Carnival

On the 23rd of October Thornbury High School was proudly represented by six students at the State Athletics Track in Albert Park for the 2012 State Athletics Carnival. All the athletes put in a great effort and finished up with some outstanding results. Congratulations to the following students:

Stella 1st 2000m Steeplechase, 1st 800m, Jake 3rd Discus Adam 1st 1500m Walk, Harrison 3rd 1500m (Above: Jake, Yr 11 Stella Yr 11, Shawn Yr 10, Helen Yr 9, Harrison Yr 9, Adam Yr 9)

Achievements 2012

Each year the school achieves outstanding results across the board in maths, science music, sport, drama and media and the feedback from parents and students remains very positive. The following is a snapshot of our success.

- Music department wins a gold shield at the Melbourne Bands Festival.
- Nine students make it through to the state finals in Athletics with two becoming state champions.
- Excellent parent and student survey results.
- Production of musical 'Back to the 80's' an outstanding success
- Thornbury High celebrates its 50th Golden Jubilee anniversary.
- The My School web site shows that between year 7 (2009) and year 9 (2011), students have maintained achievement levels in Numeracy and improved in Reading, Writing, Grammar and Spelling.
- Thornbury High School achieves outstanding VCE results. One third of students with an ATAR above 80, 15 students with study scores above 40, and, median study score of 29.

Student Report
Due to the union bans the majority of schools (including Thornbury) will be providing only a very abbreviated report consisting of VELS levels for all subjects. This will tell parents whether their child is at the expected standard for their year level.

Details of CAT results and effort and behaviour will be collected and made available to Coordinators for awards and promotion purposes. If Coordinators have serious concerns about your child’s progress they will notify you before the end of the year.

While this situation is less than satisfactory, all parents will still have a good idea of how their child is performing.

Peter Egeberg, Principal
From The Assistant Principal

Vietnam Tour
There had been talk regarding a tour for 2013, however at this stage this tour is not going ahead. Sorry for any inconvenience.

Second hand book sales 2012
Whilst we create opportunities for students to sell their books and purchase second hand books, the school takes no responsibility for sales, money, vouchers or anything else concerned with this process.

This year there will be two ways of selling/buying second hand books:

Student Exchange - Wednesday 5th December
We will give students the opportunity to sell their books between themselves at the following times:
Lunchtime – 1:15 – 2:00
Afterschool – 3:15 – 4:00

Venue – Kaye Coghlan
We will have lists around the school indicating all books that can be sold with the original cost price [new] beside them. These lists can be found at the:
General office
Year 9/10 noticeboard
Year 8 Noticeboard
Year 7 noticeboard
We suggest that if books are in good condition they sell for ½ price and fair condition ¼ of the original cost. However, this is only a guide.

Please note student exchange will be CASH only.

Atlas Education – Sell - Thursday 6th December 9.30am-12.30pm VCE Centre
Our book suppliers for 2013 – Atlas Educational Pty Ltd – will take students’ books on consignment [ie, textbooks are left for sale and if not sold are returned to the owner]. Books will only be accepted for sale if they are in good condition. Books that include a CD must have the original CD attached to the book. A voucher will be supplied, once books are sold, which can be used to purchase second hand or new books..

Buy: Tuesday 11th December 9.30am-12.30pm VCE Centre
Please note only credit vouchers, cash or EMA may be used to purchase second hand books through Atlas. Parents must apply for EMA 2013 before the Atlas book sales if they intend to use EMA to pay for their books.

The Atlas Secondhand book sale/purchase form will be distributed to students on Thursday 29th November.

Meredith Stephenson, Assistant Principal

From the Welfare Office

The wellbeing team are here at school to talk to if you are having a tough time or need some support or advice but the holidays are soon approaching.

If you need to talk to someone over the holidays, listed below are some contacts:
• Collingwood Headspace which provides free, confidential support in a safe environment. Open from Monday to Friday, 9.00 am to 5.00 pm all year round, except public holidays. Collingwood headspace is located at Victoria Park, Lulie Street, Ab- botsford, opposite Victoria Park Station. Call 9417 0150 for more information or you can also look them up online at www.headspace.org.au/ Collingwood.
• Kids Helpline is a free, 24 hour counselling service for young people aged 5-25 years. Counselling is offered by phone, email and over the web. If you need to speak to a counsellor, call 1800 55 1800, 24 hours a day, 7 days a week. If you can’t get to a phone, try email counsel- lor@kidshelp.com.au or try web counselling http://www.kidshelp.com.au/te
• Lifeline provides all Australians experiencing a personal crisis with access to online, phone and face-to-face crisis support and suicide prevention services. If you need to speak to someone call 13 11 14 for 24hr Telephone Crisis Support or look lifeline up online http://www.lifeline.org.au/Get-Help

If you have immediate concerns for your own or someone else’s life or safety please contact Emergency services (000).

Amy Jess, Welfare Office

Tips for a healthy happy holiday season provided by Headspace Collingwood:
Be nice to yourself. Make a list of things you like doing, and do them more often.
Get involved with family and friends.
Be conscious of things that make you feel strong and good.

Work on what you can control, forget the rest and let it go.
Be active, eat well & sleep well.
Every day find at least one thing that makes you laugh.
Remember its ok to ask for help!
Fat Talk Free Week

3rd - 9th December 2012

‘I’m so fat, I need to lose weight’ ‘Diet’ ‘Perfect’
‘If only I was thin’ ‘He is so Fat’
‘You look great! Have you lost weight?’
‘If I lost some weight, I’d be happier’
‘I really shouldn’t have eaten that’ ‘She is so lucky’.

This is Fat talk and Fat Talk is language and dialogue that reinforces the ‘thin ideal’ and increases body dissatisfaction.

Fat Talk has become normalised within our society, and many people of all ages aren’t aware of the damaging effects it can have on our body confidence. Negative body image continues to be a top concern for young people. Fat Talk is not helping. It is time to change the conversation! Don’t let it become normal!

Be a champion for change. Start a revolution. Shut down Fat Talk!

What is Fat Talk?
Language and comments about appearance, shape, size and weight is ‘Fat Talk’. Fat Talk includes all of the statements, be it positive or negative, made in everyday conversations that reinforce the thin and beauty ideals. Fat Talk is known to contribute to a person’s level of body dissatisfaction.

Why do people engage in fat talk?
-Fat Talk enables people to share and normalise negative feelings they have about their body.
-It can be used as a way to help another person feel better about their own body – they do this by highlighting all the ‘terrible’ and ‘ugly’ things about their own shape, size or appearance.
-
-Fat Talk enables people to discuss and express insecurities they have about their appearance in a seemingly ‘safe’ way.
- With there being such a strong emphasis and focus on ‘how we look’ within our society, Fat Talk has now unfortunately become an accepted means of communication to ourselves and amongst our friendship and peer groups.

Unfortunately what people don’t realise is that by engaging in Fat Talk they are actively damaging the body confidence and self-esteem of themselves and others.

How can fat talk impact body image?
Fat Talk impacts negatively on the way a person might feel about themselves or their body.
-There is zero benefit to a person’s self-esteem and body confidence when they use Fat Talk.
- As body image is about how a person feels about the way they look, it is normal for people to at times experience feelings of body dissatisfaction. Using ‘Fat Talk’ as a means to improve feelings is not a solution and only works to increase negative feelings.
- Using Fat Talk about your own body or appearance, with the aim of helping someone feel better about their body does not help anyone
- Fat Talk reinforces to ourselves, others and our wider community that appearance and how we look is the most important thing.

How we look and what size or shape we are does not determine how special, unique or worthwhile we are a person. Shutting down and disengaging from Fat Talk we are actively supporting this message and boosting our body confidence.

Tips to shut down Fat Talk:
- Be mindful of the language you use to describe your own body and appearance – and the body shapes and appearance of others.
- Change your tune! Make a pact with yourself to start using positive self and body talk more often. If you’ve always used Fat Talk, it might take some time to get the hang of it but it can be done and your body confidence will thank you for it.
- If a friend starts ‘Fat Talk’, highlight to them something positive about ‘who’ they are and help them to see that giving their body a hard time won’t help them to feel better. Remember, if a friend starts Fat Talk, it’s not your cue to join in and bully your own body too. If that doesn’t work try changing the subject!

Be a champion for change and help your community become a Fat Talk Free zone – making it a positive body image environment for everyone!

BUTTERFLY FOUNDATION

Support Line: 1800 ED HOPE / 1800 33 4673 Monday - Friday - 9am to 5pm or email support@thebutterflyfoundation.org.au
I have quite a bit to report back on since my last article in the newsletter. This time of year is always so busy for us in the music department, but always so fulfilling seeing the hard work for the year come together in several exams, concerts and performances.

**50th Anniversary Celebrations**

On Sunday 21 October we held the 50th Anniversary Celebrations at Thornbury High School. All the visitors were greeted with a fantastic selection of musical talent from students at our school. Lots of comments were made regarding the diversity, musicality and quality of the performances. Well done and thank you to all who performed. Thanks to Music Parents for running the BBQ and a big thank you to our two chefs for the day, Vaughan and Brandon who cooked up a storm and danced the day away in their matching pink and blue aprons.

**End of Year Concert**

The End of Year Music Concert was held at the Thornbury Theatre on Tuesday 30 October. Every ensemble did a marvellous job, with special mention to the Year 7 Concert Band who performed one of the Year 8 Band Pieces. What an achievement. Congratulations to the winners of the raffle and thank you to those who donated items for the silent auction. Leonardo (7I) sold the most raffle tickets and is now the proud owner of a ukulele.

**New Zealand Tour 2013**

Due to a lack of numbers, our Senior Music Tour to New Zealand is unfortunately cancelled for next year. Deposits paid can be refunded or rolled over on to the replacement tour for 2013. Suggestions have been Central Australia and Perth. Do you have suggestions? See Mr. Schutz if you do.

**AMEB and ANZCA Results**

Congratulations to Laura Pollock for achieving an A+ in her 4th Grade Violin Exam. Hugh Heller is also to be congratulated for his outstanding 93% result on the 3rd grade electric bass. Yang Yang Wang received a credit and Jake Sullivan an honours for their First Grade Clarinet exam, Torbien Barningham and Alister Roe a credit for their Second Grade clarinet exam. Both Natalie Voermans (third grade) and Meg Burns (fourth grade) successfully completed their tenor saxophone exams. Eva Kourtes passed her ANZCA 3rd Grade guitar exam with Honours.

Well done to all!

**Freeza**

I had the pleasure of attending the graduation ceremony for Riah Stanley, Sam Barlow and Alisha Pavlovski who recently completed a music business course run by Freeza and the City of Darebin. The three have all learnt a great deal about event management and have put on several concerts and a “Battle of the Bands” competition. Students interested in applying to be part of this course for next year should speak to me.

**Music Parents**

Thank you to those who helped at the BBQ at Masters. Unfortunately the day did not go as planned, however, the generosity of the Music Parents is much appreciated. Our next meeting will not be until next year, however I would encourage as many music parents as possible to join us next year as we continue to support the growth of this fantastic music department.

Kyle Schutz, Instrumental Music Coordinator

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**HOPE PROJECT CAMBODIA**

**NIGHTWEAR MARKET**

December 8th, 12.30 - 4pm

Station Street Fairfield (Community Room, next to Fairfield Library)

Women ($30) and children’s ($20/$10) nightwear made by poor women in rural Cambodia using 100% cotton and made in Fair Trade conditions will be on sale. All money from the sale of nightwear returns to the project.

www.hopeprojectcambodia.com

*Shop ethically this Christmas*
Cervical Cancer Vaccine

Limited Time Left for Year 7 & 8’s to Access HPV Vaccine for Free

There are only a few weeks left for girls in Year 7 to start their HPV immunisation course free of charge. Once the school year is over, these girls will no longer be able to join the free school-based immunisation program, and the three-dose vaccine will need to be purchased from Darebin Council or the GP at a cost of approximately $465 altogether.

The HPV - or human papillomavirus - vaccine has been provided to girls in Year 7 since 2007 as part of the National Immunisation Program. To get free immunisation in Victoria, girls must commence the course in Year 7 and complete all doses by the end of Year 8. After that time, any missed dose must be paid for at approximately $155 each.

Ideally all three doses will be given within a 6 month period - 0, 2 and 6 months – however research shows if the second and third doses are given later than planned, the body still responds to the vaccine and makes antibodies which protect against HPV infection. This means it is still beneficial to complete the full three-dose course of the vaccine, even if doses aren’t received at the correct intervals.

The HPV vaccine protects against four types of HPV which cause around 70 per cent of cervical cancers. It is important for all girls to complete the full course to ensure the best possible protection against the disease and other HPV-related illnesses.

If your daughter has still not started or completed the HPV vaccine course, please contact Darebin Council on 8470 8562 or the National HPV Vaccination Program Register on 1800 478 734.

If you are unsure if your daughter is fully immunised, contact Darebin Council on 8470 8562 or the National HPV Vaccination Program Register on 1800 478 734.

If you need more information, visit www.hpvvaccine.org.au or call the Cancer Council Helpline on 13 11 20.

Tess’s Goodbye

I can’t believe I have now been here for 18 weeks. How time flies when you are enjoying yourself! I have learned a lot during my time here. Some things that I hadn’t expected to learn, like the names of the One Direction boys and how to do the Gagnam Style dance, and other things that I had thought of, like how to organise my day into 70 minute periods.

I have loved my time here at THS for a number of reasons. I love working with people at the beginning of their transition into adulthood, others who are in the middle of their transformation and then those who have their license and can vote. I love the diverse range of experiences that being placed in a school has given me.

I have visited the Northland Youth Centre, and met with the police youth liaison officer to discuss diversion options for young offenders. I have celebrated Eid al Fitr and drank the most delicious Somali tea. I have seen the beginnings of the Rainbow Lounge, something I hope continues next year and beyond. I have attended educational sessions about how to talk about suicide with young people and the importance of a whole school approach to mental health. I have learned all about eating disorders at an education session run by The Butterfly Foundation and I have attended the YAK group for young same sex attracted people in the city.

During my time here at THS I have been involved in running the ‘Pridency’ program with year 10, cyber safety sessions with year 7, RUOK? Day, Mental Health Week activities, lunchtime art activities, and counselling sessions with individual students. My time here at THS has been absolutely fantastic! The students have been so much fun, providing me with endless laughs and the staff have been so welcoming and willing to assist me in all that I need for my learning.

A big thank you has to go out to the Wellbeing team: Amy, Jo, Harriet and Cat who have all been patiently answering my questions and listening to my rants over the past 4 ½ months and who have made me feel like a real part of their team. Thank you all very much and good luck for the future!

Tess Kelsey, Wellbeing Placement Student
Ex Student Nak Comes back to teach a lunchtime dance class

2nd Hand Uniform

Open: Mondays (during term), 3.00 – 4.00pm
Location: First Aid Room 1 (near Reception)
Turn outgrown/unwanted uniform items into THS account credit

Over the past 3 years, the Second-hand Uniform Shop has been able to help out hundreds of THS families with a low cost alternative to new uniforms. All funds raised have gone back into student activities so that all students have benefited.

The incoming Year 7s for 2013 will soon be attending the school’s information night and orientation day. These are two of the shop’s busiest days of the year.

As we are currently low on stock, we would appreciate you going through your wardrobes and drawers and bringing in any uniform items that you no longer need so that we can get prepared for the upcoming busy season. Please be careful to make sure that the items are in saleable condition, i.e. good, very good or excellent condition. You get 50% of the selling price – but only for items in good to excellent condition. We need all items of uniform.

Year 12s: We would love your jumpers, skirts, dresses and polo shirts.
Year 10s: Your jumpers and polo shirts are highly sought after items.

Please complete the attached form to sell second-hand uniforms and drop it along with your uniform items into the front office. As soon as your items are sold, you’ll receive credit to your THS account. Please refer to the conditions on the form for further information.

Thank you in advance,
Donna & Deb.
Parent volunteers

EMA 2013

EMA is designed to help families on lower incomes by giving financial assistance to cover the cost of educational expenses for their child until the age of 16.

From 2013, the Victorian Government is restructuring EMA. In 2013, families with children in secondary school (Year 8 up until the age of 16) will receive an annual payment of $250.

The School Start Bonus which was previously received by EMA families has been discontinued as a separate payment from 2013. However, parents of children in Year 7 will receive an additional $50 in their EMA payments [$300]. Please note from 2013, EMA will no longer be paid 50/50 between the parent and the school. The 50% school portion of the EMA will no longer be paid to schools on behalf of parents.

New EMA payment option. From 2013, on the EMA application form you can choose to have your EMA payment:

• Paid by direct deposit (Electronic Funds Transfer) into your nominated bank account or
• Paid by cheque which will be posted to the school for collection or
• Paid to the school to be held as credit which you can use towards education expenses

Eligibility:
To be eligible for the EMA in 2013, you must:

• Be a parent/guardian of a primary or secondary school student up to the age of sixteen; AND
• be an eligible beneficiary of a Centrelink pension, allowance or benefit within the meaning of the State Concessions. Act 2004*, or be a Veterans Affairs (TPI) pensioner, or be a temporary foster parent.

* i.e – The parent/guardian must be the holder of a valid Health Care Card or Pension Card. The eligibility criteria must be met as at 29 January 2013 (Instalment One) and 15 July 2013 (Instalment Two).

Application forms are available via the school website www.thornburyhs.vic.edu.au or from the School Office.

Please submit at the School Office by the closing date 28 February 2013.

LUNA PARK

As part of our End of Year Program, all year 7, 8 & 9 students will be attending Luna Park on Friday 14th December 2012. Notices for this excursion have been hand-ed out and students need to return forms and money $30 to the general office as soon as possible.
Senior School News

Senior School
It has been a busy few weeks in the Senior School with the completion of Year 11 and 12 exams and the start of the 2013 Orientation Program. Year 11 students started the Unit 3 & 4 program last week, completing their five day Orientation Program and now need to finalise their course by attending Course Confirmation Day:

Course Confirmation Day – Senior School Centre (9.00am - 1.00pm and 2.00pm – 4.00pm.)

1. Year 11s into 12 – Thursday November 29th 2012.
2. Year 10s into 11 s – Thursday 6th December 2012.
3. VCAA Paper work needs to be completed and signed by individual students.
4. Payment of Subject Fees / Compulsory charges needs to be paid at the Office.

Year 11 Queensland Camp
It is great to see such enthusiasm for the 2013 Queensland Camp. Next year we hope to run the camp at the end of Term II. More information about the camp will be provided early next year.

Year 12 results
Student will be able to access their results on line from Monday 17th December 2012. We look forward to seeing all students and their families at the Award Ceremony on Wednesday 19th, December 2012. Invitations to the evening will be posted over the next few weeks.

Senior School

The Careers Office welcomes post secondary students to return this year and in 2013 to assist with possible pathway advice/options. Also, the Careers Office will be opened for one day during the school holidays, January 18th.

Catherine McCrann, Careers Advisor

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Students showing their newly learnt dance moves as taught by Nak (Ex Student)
**To Sell Secondhand Uniforms**
Thornbury High School, Ph: 9480 4066

* = *Required Fields*

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We cannot accept: Anything with the old logo or not part of the uniform (e.g. windcheaters). (They will be discarded if submitted).

Process to Sell:
Repair, wash, iron and fold the clothes you wish to sell. A little effort here may make the difference between you being paid for the item or not.

Fill in this form, listing one item per line. Use the bottom of the page if you have more than one of an item.

No receipts are issued but this form can be consulted at the shop. You should make a photocopy of this form for your records.

Shop volunteers will grade items:
- **Excellent** = as good as new, sell for 60% of new price.
- **Very Good** = very good condition, sell for 50% of new price.
- **Good** = the broadest category, sell for 40% of new price.

You will receive a credit for 50% of the selling price of **good, very good and excellent quality** items after they sell. Credits will be issued against the family of the student and allocated to any outstanding charges. The balance is retained by the committee for school fundraising.

Poor = Stains, holes, broken zips, missing buttons, worn thin, poor quality repairs, hems undone, etc. sell for 25% of new price.

Poor quality goods are regarded as donations – you will not be paid for them.

N.B.: Poor quality items require washing, soaking, mending, etc. by the volunteers. Any item submitted in poor condition that cannot be brought up to a minimum acceptable standard for Thornbury High School, will need to be disposed of at our discretion, without notification to the seller.

Signature of Seller: ___________________________ Date: ___________________________