Quick Tips From Joshua Foleti (Year 12 Dux, 2012)

Your final year of High School can be stressful, if you’re doing it right it will be. This will be the year you forge some of your greatest friendships and memories, even when you are at your most stressed remember to have fun. Don’t take yourself too seriously.

Be curious. Don’t hover around a score, but instead knowledge. Learn as much as you can, this is a great opportunity to ask and discuss deeper ideas. Study what interests you, and understand everything about it. You’re cheating yourself by memorizing information without truly understanding it. I still remember the first time I fundamentally understood something in mathematics. Year 10 pre-methods, Mrs. Strantzen at the helm. It’s never too late to start learning, just never stop.

“I learned very early the difference between knowing the name of something and knowing something.”

Richard P. Feynman

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Seek out your shortfalls. This is important, you can never learn if you never fail. Falling into the pit of trap questions is essential in improving your understanding. Don’t look at BOB (back of book) straight away; solutions are for when your brain starts to hurt. You’ll remember those questions that nearly send you into a straight jacket, those are the best ones.

“An expert is he who has made all the mistakes.”

Simon Towley (in another one of his class speeches)

Teach others. If you have the great insight of understanding something deeply, share it. There is nothing quite like being able to clear the mist of misunderstanding of a really hard concept! It is important to talk about your thinking process – we all learn differently - show people your way of thinking so that when you’re confused they may reciprocate. Anyone can be a critic but it takes heart to be a teacher. Stojanovski taught me that one, a valuable lesson.

“Our responsibility is to do what we can, learn what we can, improve the solutions, and pass them on.”

Richard P. Feynman

Humor. Every single teacher that inspires me, from Foster’s wacky physics lessons, to Farmakis and her chemistry inspired dances, Townley and his speeches, Avramidopoulos with her stories and yes even Ioannidis with her unique English classes are funny. Remember that your last year in high school is not only about acquiring new knowledge but having a good time at it.

“The highest forms of understanding we can achieve are laughter and human compassion.”

Richard P. Feynman

Keep it simple, work hard, no regrets and above all love what you do.

• Understand intuitively the subject matter instead of memorising a process.
• Ask as many questions as you can, your teachers are a rich resource of knowledge.
• Study in groups, help each other. If you cannot amply teach a concept you do not understand it.
• Be organised. Manage your time well. Eg. Use separate folders for your subjects.
• Understand the fundamentals. Work hard, tricky concepts take time to sink in.
• Arrogance breeds ignorance, seek out where your weakness lies and get help.
• Trial and error, implement what best works for you.

Joshua Foleti
Community Behaviour

At Thornbury High we pride ourselves on the behaviour of students at school and within the broader community. The broader community includes behaviour on public transport, shopping centres, at local parks and recreation centres and to and from school. Year 11 and 12 students see it as their duty as role models to monitor the behaviour of younger students in order to protect the reputation of the school and the wellbeing of members of the community.

Sometimes when students are with their mates their behaviour can change, they become louder, forget to give way to older people, take risks and sometimes use inappropriate language. The school receives regular reports from senior students and the community and 90% of these reports are very positive as we would expect knowing the quality of our students.

If you have any concerns or questions (both positive and negative) about the community behaviour of our students do not hesitate to contact me.

Peter Egeberg, Principal

From The Assistant Principal

Personal Goods, Bought To School at Owners Risk

The Department of Education and Early Childhood Development does not hold insurance for personal property bought to school and it has no capacity to pay for any loss or damage of such property. We urge parents to talk with their child regarding this issue. From time to time we do have lost phones and iPods and whilst Coordinators work with the student to locate these goods (and often do), ultimately it is the child’s responsibility.

The congestion in Collins Street

Here are some hints that may help with the congestion in Collins Street:
1. Use Matisi Street
2. Do not come all the way down Collins Street but turn left into Jones Street and drop your child there.
3. Do not use Collins Street at all. Come from the top of Jones and go straight down.
4. Make a meeting point with your child for the end of the day.

For those still trying to come into the car park to drop off or pick up their child, please don’t. Yes it is hot and in winter it will be cold but the car park must remain clear. Many thanks to all for your support with this measure.

Student Accident Insurance Arrangements

Parents are reminded that the Department does not provide personal accident insurance for students. Parents and guardians are generally responsible for paying the cost of medical treatment for injured students, including any transport costs.

Student accident insurance policies are available from some commercial insurers. These cover a range of medical expenses not covered by Medicare or private health insurance.

Secondary School Immunisation – Information for Parents

The Department of Health immunisation website has a new fact sheet titled “Secondary school immunisation information for parents” at:


Meredith Stephenson, Assistant Principal

School Kids Bonus

Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefited from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR). You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. You can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkidsbonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

Library Staff
Senior School News

Upgrade to the VCE Centre
With an increase of nearly 100 students this year we are fortunate enough to have some new facilities built in order to accommodate student needs. The VCE centre now has more work stations for students to study and includes a silent work area. The most exciting addition is the Alfresco kitchen area which will allow students to prepare their lunch quickly and easily. Additional seating areas will be available around the centre to accommodate larger numbers. We hope our students realise how fortunate they are and take care to look after and maintain the facilities.

Year 11 Camp
We know that many students have been eagerly waiting to hear about the Year 11 Pastoral Care Camp to Queensland. Due to the short first term and AEU bans, this year’s the Year 11 Pastoral care Camp to the Gold Coast has been postponed until the last week of term 2. Shortly, expression of interest forms will be distributed and detailed information will be provided to students and their families last week.

Curriculum Matters
I would like to draw attention to the letter that was posted to all Senior School parents/guardians. The letter explains students are expected to complete their best in English and maintain a grade of 50% or higher in all coursework and assessment tasks in order to continue with their programme in Semester Two. Students must take each task seriously, complete the work to the best of their ability and submit work by the due date.

Elevate Study Skills Programme
On March 25th Year 11 students will participate in a study skills programme organised by Elevate. The sessions will focus on how to develop successful study skills and prepare for exams. This will be presented over two sessions – the second occurring during Term 2. There will be a small cost involved and more information will be posted home to parents soon.

Maria Ioannidis,
Senior School Manager

The Same Sex Formal 2013

The Same Sex Formal is a night of incredible entertainment, food and a place to be yourself. This event is organised and run by young people for young people.

The Same Sex Formal is a 3 stage event, all happening in the one awesome venue:
5-6PM - Pre-Dinner mocktails and mingle.
6-8PM - Sit Down Dinner & incredible shows.
8-10PM - The Dance Party.
You can come with your partner, your friends (gay or straight) or even come by yourself!
When: Saturday, 06 April 2013
Time: 5:00PM-10:00PM
Where: 156 Wellington St, Collingwood
How much: $25 Presale $35 full cost
Tickets will be on sale the first week of March - so check the MINUS18 website to make sure you don’t miss out on this sell out event.

Year 8 Sea Country Excursion February 21st 2013

Thank you ocean, thank you sea. Aunty Carolyn Briggs – Boonwurrung Elder and story teller impressed upon the 18 students the importance of giving thanks to the sea for the great gifts it has to offer.

Both Indigenous and non-indigenous students took part in a day excursion on the catamaran Pelican 1. Marine scientist Harry Breidhal introduced the students to the bay’s marine ecology. Aunty Carolyn shared her stories of the Aboriginal heritage of Port Phillip Bay. Student’s, under the guidance of Youthworx digital media centre, took footage capturing the day’s experience. Students assisted in the sailing of the catamaran from Williamstown to Beaumaris return. Students had the opportunity to swim off the boat and a few had a chance to snorkel at Ricketts Point, marine sanctuary.

Follow up session over the next few weeks will guide students in creating and editing digital stories. Hopefully these movies will be launched in NAIDOC week.

Ali Burns, Programs Co-coordinator for Indigenous Students
Swimming Carnival 2013

Having A Good Year At School...

...starts with looking after your general health!

Three things that impact significantly on young people’s abilities at school are diet, exercise and sleep. It’s not coincidental that some students presenting to the Wellbeing team in 2012 complaining of tiredness, poor concentration and stress were often not getting enough sleep, had poor eating habits and/or lacked sufficient exercise in their lives. Here’s some information and links:

Diet: Everyone needs a healthy diet to help them function physically and mentally, to heal and to concentrate in class. Tips for a healthy diet include:

• Eat breakfast! Breakfast is a significant meal. Research shows skipping breakfast can cause poorer concentration and memory, and people who skip breakfast tend to choose less healthy foods as the day goes on (ie. hungry at recess so they have chips).

• Drink water instead of sweet or energy drinks because it doesn’t harm teeth, it quenches thirst, has no caffeine, and keeps your bowels regular!

• Eat a varied diet that consists of: Lots of bread, cereals, rice and pasta. Lots of fruit, vegetables and legumes (beans, lentils etc), Moderate amounts of lean meat, fish, eggs, nuts and milk, yoghurt and cheese, and Sometimes small amounts of high fat and sugar foods such as cakes, lollies, chocolate, biscuits, pies, chips, ice-cream, soft drinks, butter.

Exercise: Part of the problem with increasing rates of obesity is that people do less physical activity than they used to. Reduced activity levels amongst children and adolescents especially are related to more time spent sitting watching screens: TV/DVD, computers, games, smart phones etc. The average Australian child watches 2.5 hours of TV daily (that’s not including time spent doing other screen activities). Children and young people need to be active, which means MOVING YOUR BODY (!) for at least a total period of 60 minutes most days of the week (the 60 minutes doesn’t have to be all at once but could be in 15 or 20 minute blocks).

The benefits of physical activity include: having fun, improving sleep, making friends, building self-confidence, reducing stress, increasing energy, regulating appetite, improving digestion and bowel function and protecting against heart disease!

Some tips for improving young people’s activity levels are:

• Limit use of TV/DVD and Computer/screen time to maximum of 1 hour/day

• Parents be a role model!

• Encourage a regular bedtime

• Limit late social activities to the weekend

Use of smart phones and social media has greatly increased young people’s ability to socially connect. This is fantastic, but not when it competes with crucial sleep time! A thought-provoking article on how one parent managed her son’s smart phone use can be found at: http://www.theage.com.au/digital-life-mobiles/i-will-always-know-the-password-mother-gives-son-an-iphone-for-christmas-along-with-18point-contract-20130103-2c68e.html

More information is available on these topics at www.betterhealth.vic.gov.au, www.cyh.com

Harriet Robin,
Adolescent School Nurse

The Annual Lion’s Club School’s Debate Competition

It was another close debate this year between Thornbury High and Our Lady of Mercy College. The topic was ‘That the rise in juvenile violence is linked to video games’ and our team were arguing the negative. Beaten by just 4 points our team comprised veteran public speaker Natalie (yr 11) and first timers Linas (yr 11) and Meg (yr 10).

A big thank you to Natalie, Linas and Meg for their efforts - and the $500 in winnings they scored for our school! This money will be used to support public speaking and debating activities for students in years 7-11.

Jo Apostolopoulos,
Youth Worker
2nd Hand Uniform Shop

Open: Mondays (during term), 3.00 – 4.00pm
Location: First Aid Room 1 (near Reception)

Turn outgrown/unwanted uniform items into THS account credit

withstanding available, so drop in for great prices.
• To sell uniform items that you no longer need, complete the attached form and drop it along with your uniform items into the front office. (The form can also be found on the THS website).
• Remember 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.
• As soon as all of your items are sold, you’ll receive credit to your THS account. (Please refer to the conditions on the form for further information).

Thanks and see you in the shop.
Donna & Deb,
Parent volunteers

French, Maths, English and Music Tutoring

- For all year levels, from year 7 to VCE
- From a Melbourne university student who received excellent VCE scores including 45 in French, 46 in Maths Methods, 44 in Specialist Maths, 45 in English, 50 in Music and an overall ATAR of 99.90.
- I am friendly, relaxed and supportive and have a thorough knowledge of the VCE syllabuses.
- Local and close-by

For more information, please contact Magdalena on 0411 746 025 or at mskr@student.unimelb.edu.au

Self-development through drama!

Boost your child’s creativity, confidence and communication skills.

Enrolling Now – Ages 5 to 17

Contact 1300OGRADY

Swimming Carnival 2013
To Sell Secondhand Uniforms
Thornbury High School, Ph: 9480 4066

* = Required Fields

*Date deposited for sale:  | *Current Year Level:  | *STUDENT ID:

*Student name:

Address:

*Email:  |  Postcode:

*Ph: (business hours)  | *Ph: (after hours)  | Mobile:

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: _______________________

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