AP Off to USA

Last weekend I had some amazing news – I had been accepted to study at Harvard University in the United States. In recent years I have become increasingly interested in how the brain works and what happens inside it during the learning process. There is a huge amount of new research into the brain but as a teacher I have no way of accessing this. It has been said that teaching without knowledge of the brain is like designing a glove without knowing what a hand looks like.

Almost exactly a year ago I sat down and Googled ‘educational neuroscience’ to find out any courses to study incredibly, there was only one and it was called ‘Mind, Brain and Education’ at Harvard University. It turns out that this field of study is brand new and Harvard was its birthplace. The course combines neuroscience, psychology and education and aims to revolutionise our understanding about how we learn.

Of course, there were two problems with this: the course is in a different country and Harvard is notoriously difficult to get into. However, it was something I was particularly interested in and I do like a challenge so I put an application together. This was a significant task, but after sitting a barrage of tests, writing two long essays and digging out my university exam scores from over twenty years ago I finally received an email saying that I was accepted.

The course starts as a one year Master’s degree starting in August that I intend to continue into a PhD. After that, who knows? Many who have completed the course have gone on to many diverse careers using their newfound expertise. Personally, after twenty years of teaching maths I’m really interested in how the brain learns maths because this is almost completely unknown.

I’ll be honest, not knowing what lies ahead is a little scary but at the same time very exciting. I’ll also have to learn yet another football code.

Simon Townley, Assistant Principal
School Council 2013

Membership
Parents: Angelique Sourtzis, Jane Spracklan, Christine Hatzianestis, Bill McCaskill, Alison Maclonald, Ariane Delessert
Teachers: Peter Egeberg, Meredith Stephenson, Maria Ioannidis, Kyle Schutz, Greg Parker
Community members: Murray Gillin, Merryn Roe, Stuart Hackett

The first meeting was held on Wednesday with the main task being the appointment of office bearers.

The Council has three subcommittees (meeting on the second Wednesday of each month) which non council members are welcome to attend.

The subcommittees currently are:
• Policy

Reminders From The Assistant Principal

1. When students have Medical Appointments (Or other) please pick them up from school at Recess (11.30am—12.00pm) Or Lunchtime (1.10pm-1.55pm). The office is NOT allowed to page students during class time.

2. Girls need to wear the Winter Uniform from the beginning of term 3. All students are expected to wear black leather lace up school shoes (girls can wear Harrison style T-bars) with black stockings OR white socks. A reminder that year 7 girls dresses/skirts are to touch the knee, with year 8-12 girls dresses/skirts to touch the knee where possible but to be no shorter than 5cm above the knee. Students can only wear the school jacket. The policy regarding the wearing of uniform applies both at school and to and from school. See page x in planner.

3. Parents are requested not to enter the carpark at the beginning or end of the day. Parking is available in Jones Street or Matisi Street.

4. Parents Deb and Donna in the second hand uniform shop have plenty of “near new” uniform stock at the moment for parents interested in purchasing uniform second hand at the school.

A huge thank you again to Deb and Donna for all their help in volunteering another year.

5. On the last day of term Thursday 28th students will be dismissed at 1.40pm. Meredith Stephenson, Assistant Principal

Thornbury High Celebrates World Pi Day

Thursday March 14th was World Pi Day and the Thornbury High Mathematics faculty celebrated in style with one of our Year 12 students baking a Pi-themed apple pie. As students in Year 8 and above know, pi is the amount of times the diameter of any circle fits around its circumference. The number is irrational which means the decimals go on forever, but it is approximately 3.14 which is why March 14th (3/14) is World Pi Day. Well done to Nathan Hawkeswood for baking the pie. Maths has never tasted so good!

By the way, for the real geeks out there, the next maths day to celebrate is July 22nd, Approximate Pi Day. Before the use of calculators in school, we used the fraction 22/7 as pi as it is 3.143 (3d.p.) which is fairly close to the actual value. Get baking!

Mathematics Faculty
Before I came to France I knew only a few words in French. Now, after just over a month here, I can put some words together and make a few sentences. I don’t think that they are very good, but it is an improvement from what I came here with. I have trouble with some words and even though I try really hard I just can’t say them. My host sister says that in France, they talk with their throats and in English we talk with our mouths. My host family has helped me a lot. When I first arrived here they were very kind and welcoming. They made me feel like part of the family. I now have four host sisters, three of whom live at home, so it is very different to just having one brother. Whatever the differences are I am having a really good time.

The day after I arrived at my new family’s house I went to school. I went with the youngest of my sisters. We took the bus, which took a while. I have never taken the bus to school in my life, and I like it. My first ever class at my new school was German, I barely knew any French and I went into a class that spoke two different languages that I have never learned before.

With the passing of time since I have been here, I am starting to understand a little bit more of what everyone is saying. However, sometimes I answer a question that I think they asked and it is not what anyone has asked at all. I just have laugh with everyone else when that happens.

In French class here, the other students were reading and learning about *Of Mice and Men*. It was really strange because that is the book I am meant to learn about for English class in Australia. I read the book and did some work that the French teacher gave me (she can speak some English, so she explained what I had to do) and when my class watched the movie they were kind enough to put subtitles at the bottom for me.

I am coming to notice that French is a hard language and it will take a while to learn it. I am learning more every day.

Just before the school holidays started, I went on a school trip with my school. We travelled to the north of France. The place was called Caen, and there I learnt about World War II. We went to museums and cemeteries.

During the school holidays, I went with my family and stayed with my host father’s parents in Normandie. It was very beautiful there and we visited some beautiful places. There are some beautiful, old churches here that you would find in Australia. We went to see Mont Saint Michel, which is an Abbey on top of a hill. At high tide it is surrounded by water.

Unfortunately, it was while I was there I learnt that my grandfather had passed away. It was very sad for me but everyone here was very comforting and caring.

I am enjoying my time here and learning lots of new things and meeting lots of new people, who are all very nice. Even though I am missing my family and my friends I think that coming here was the right thing to do. Speaking another language is really exciting, even if I am not very good at it yet.

Stephanie.F 10D

### Careers News

The 2013 Herald Sun Melbourne Career Expo:

is the largest and most comprehensive careers event in Australia.

It encompasses all career opportunities from employment to education & training in the trades, corporate and professional sectors.

With so much career information under one roof, this expo is a must for all Victorians seeking a successful future!

**Year 10 Work Experience:**

runs from June 17 – 21

All forms were due back last week. If you have any questions please contact Catherine in Careers.

**Instructor Internship Opportunity**

EA have partnered with the world’s top resorts to bring you the ultimate full season ski/snowboarding course that combines ski instructor training and a guaranteed ski instructor job offer. Step straight into a Ski School and start living and experiencing the dream! The program is located in Canada and begins late 2013. For further information please see Catherine, Careers Advisor.

<table>
<thead>
<tr>
<th>Dates and Times</th>
<th>Venue</th>
<th>Entry Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 16 August 2013</td>
<td>Melbourne Exhibition Centre</td>
<td>free children under 13</td>
</tr>
<tr>
<td>10am - 3pm</td>
<td>Clarendon St</td>
<td>$6.00 Concessions (Photo ID Required)</td>
</tr>
<tr>
<td>Saturday 17 August 2013</td>
<td>Southbank, Victoria</td>
<td>$12.00 General Admission</td>
</tr>
<tr>
<td>10am - 4pm</td>
<td></td>
<td>$26.00 Families - 2 adults and up to 3 children</td>
</tr>
</tbody>
</table>
Sports Report

Swimming

Thornbury’s Annual Swimming Carnival was held in beautiful sunny conditions at the Coburg Olympic Pool on Friday 22nd February.

As usual there were some outstanding individual performances, Joslyn Tan 11C was winning points for Onus while Dylan Edwards 9H & Maxwell Anthonsen 8A were doing Nicholls proud. Sarah King and Tom Sullivan were doing their bit to keep Saunders in the race, but James Glare 10C along with Daisy and Levi Rattray-Wood were proving once again that Blair are a force to be reckoned with.

Final Tally of House Points:
1st BLAIR 433 points
2nd NICHOLLS 229 points
3rd SAUNDERS 195 points

4th – ONUS 168 points

Congratulations to all students involved, it was a fantastic day and a big thank you to the House Captains who were a great support both in and out of the pool.

Northern Zone Finals Swimming

On Friday 15th March Maxwell 8A, Sarah 9G, James 10C, Daisy 10C, Celik 10F and Levi 12B represented Thornbury across 19 events at the Northern Zone Swimming Carnival held at Watermarc in Greensborough. These students put in an amazing effort and even though we only had 6 competitors; Thornbury finished in 9th place out of 21 schools.

Daisy 1st 50m Breastroke
1st 200m Individual Medley
3rd 50m Freestyle
3rd 50m Backstroke

Sarah
1st 50m Butterfly
3rd 100m Freestyle
2nd 200m Freestyle
3rd 50m Backstroke

James
3rd 50m Breastroke

Levi
1st 50m Breastroke
1st 50m Butterfly
2nd 50m Freestyle
2nd 50m Backstroke

Maxwell
2nd 400m Freestyle

Swimming Carnival 2013

Sports & Volleyball

In other sports news, congratulations and good luck to the Yr 7 Boys Cricket and VCE Boys Volleyball team who have both made it through to the Northern Zone Finals.

Carla Ruhe,
Sport Coordinator

English Department News

All students and teachers have been busy as they complete units of work, CATS and SACs. Year 7 students are working on the ‘All About Me’ unit and some classes have displayed posters while others are writing their autobiographies. Film as text has been the focus for Year 8 and students are writing an essay based on one of the films they have viewed in class. This year in Year 10 we are focusing on the essay styles needed in VCE. Term One has been productive as persuasive language and issues have been studied culminating in a persuasive essay. In the latter part of the term ‘The Black Balloon’ was viewed and the use of film techniques analysed.

This will help prepare our Year 10 students for Year 11 and 12 when they are required to write an essay in the exam in response to their understanding of a film and its use of sound and images to convey a story. The context titled ‘The Idea of Justice’ has been introduced to the Year 11 English students who have read and viewed a variety of texts pertaining to this theme. They are working on two SACs one an oral and the other a written piece. Year 12 classes have completed their Oral SAC based on an issue and the Year 12 teachers visited each other’s class to grade these presentations. Year 12 students are currently preparing for a written SAC in which they are required to write a language analysis essay based on two media articles and a visual image relating to the issue of internet trolling.

Reading widely during the holidays is a wonderful way to improve our vocabulary and knowledge of grammar as well as being relaxing. Year 10 students should be reading the novel ‘Of Mice and Men’ ready for Term Two, while Year 11 students should read ‘Animal Farm’. In the case of Year 12 students, reading ‘Cosi’ and ‘Spies’ for a second time is highly recommended.

Ms Conrick,
KLA Manager English
Media Department News

Class TV’s 300th Episode
Congratulations to all past and present Class TV students. We have now reached a massive milestone – 300 Episodes! The episode aired on Channel 31 on Thursday the 7th March, and featured our newest group of Class TV superstars.

Don’t forget to tune in to Channel 31 (44 on Digital) at 4.30pm on Thursday’s for more Class TV!

Spiegeltent Improvisation Extravaganza
The year 9 Drama class were a handful of lucky students who participated in one of only two improvisation workshops held at Spiegeltent at The Arts Centre, Melbourne. They had the opportunity to see a professional improvisation team perform at the venue, before tackling some challenging Improv Drama skills.

ABC Filming Opportunity
A few lucky THS students were recently selected to be in a very well known and ‘hush-hush’ TV show, known for its parodies of school-life. Students spent an entire day on-set, and relished the opportunity to be part of such an exceptional show. Well done to the boys involved, and we can’t wait to tune in!

Request From The Department
If you have any second-hand clothes that could double as costumes, or any fabulously retro and funky ‘props’, the Media/Drama Dept. would LOVE to take them off your hands! Please help us out!

Emma McCulloch & Matt Lowe, Media Department

IN 2 GEAR DRIVING SCHOOL
Lesson - Beginners To Refresher
Cheryl Davies
Fully Qualified Instructor
Phone: 9462 0630
Mobile: 0421 735 523

Wales Street Primary Fete
Saturdays 23rd March 11am – 4pm
Corner Wales & Speight Streets, Thornbury

KEY ATTRACTIONS
The Mad Hatter Show (Magic)
Sword Fighters Australia
Wild Action Australian Animals Show
Haunted House

Rides & Activities:
Pony Rides, Bungee Tramps, Chair-a-Plane, Farm Animals, Jumping Castle, Climbing Wall, Mingolf

Giant Slide – Thank you to the residents of Clyde Street for accommodating a street closure on Fete Day.

Other Attractions:
Lucky Jars, Jaffa Smash, Shimmer Tribe, Oracle Tent, Bosking Circle, Lob-a-Choc, Fairy Floss, Popcorn, Lolly Bags, Ice Poles, Ice Cream, Preserves, Books, Clothing, Magazines, Etc-a-Drac, DVD’s, CDs, Plants, Flowers, Toys, Handcrafts, Badge Making, Face Painting, Kids Craft Cave, Raffle, Auction

Food, Food & More Food:
Chicken Souvlaki, BBQ Snags, Vegetarian Wraps & Burritos, Spanakopita, Pancakes, Cakes, Biscuits, Slices, Soft Drinks, Spiders and Fresh Lemonade, Cappuccinos, Latte, Espressos, Iced Coffee, Chai, Beer & Wine

Music and Live Performances:
The Silsbys, Shivering Timbers, One House Town, AYA - Japanese flute and taiko drums band, Mandy and Jeff, Darebin School of Dance, WSPS music and dance students and more.

Swimming Carnival 2013
Better Start to 2013

Having a good year at school in 2013…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 Well-being 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 daily 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 in Australia 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 hrs 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! Children learn to be physically active by doing this with their family: go for a bike ride, play a ball-game or do the gardening together

• Walk or cycle to school or shops instead of being driven

Take up: playing sport, walking, dancing, bike riding, walking the dog, taking the stairs, swimming, martial arts, yoga, rock-climbing, bush-walking etc.

Sleep:

Adolescents need between 9 and 10 hours sleep per night. If they don’t get enough sleep they can find it harder to concentrate at school, which can affect their overall learning and grades. Some of the factors that can reduce the amount of sleep they get include watching TV or using other screen activities like social media until late, and increasing social activities with friends. Some tips to help young people get enough sleep are:

• Limit use of TV/computer/smart phones late at night

• Take the TV/Computer/Mobile/smart phone out of their bedroom

• 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


Harriet Robin, Adolescent School Nurse
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

• stock 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

Osteopath

A holistic, gentle approach for the healthcare of your whole family.
Dr. Shane Ricketts - BSc(ClincSc) MHSc(Osteo)
Providing healthcare for people of all ages
Colic, Reflux, Poor Sleep, Ear Infections, Asthma, Learning Difficulties, Neck & Back Pain, Headache, Migraine, Sports Injuries, Pre/Post Natal Care, Whiplash
129 Miller St. Thornbury. Ph: 9416 9872

4 Personal Training Sessions $20.00
FitStrong Group Training
info@fitstrongtraining.com.au

Studio
Unit 3 53-55 McClure Street
Thornbury 3071
03 9497 5490

Simon Bordonaro
0433 445 945

Ryan Parsons
0408 031 510

P.A.T.S is a peer support group for 13-18 year olds who have a parent or sibling with a mental illness. The peer support group will meet every Tuesday from 5:00 – 7:00pm starting May 7th 2013 and is an 8 week program held at the Northland Youth Centre. If you are interested please contact Michael Pollock or Caitlin Docherty.

Applications close 23rd April 2013
110 Chifley Drive, Preston VIC 3072
Phone: 1800 052 222 or (03) 9495 2500 (if calling from a mobile phone or out of region)
Email: michaelp@mchs.org.au | CaitlinD@mchs.org.au

Oakgrove Community Centre
Living and Working with a child on the Autism Spectrum
This workshop is specifically provided for families that have children or teenagers on the Autism Spectrum as well as those who integrate with children in a school or early inter-vention environment.
When: 18th April 2013
Time: 6:30 pm—8:30 pm
Address: 89-101 Oakgrove Drive Narre Warren South
Cost: $20 per person, payment required at time of booking
Phone: 9704 2781 to register. Places are limited
Email: oakgrovenws@optusnet.com.au
To Sell Secondhand Uniforms
Thornbury High School, Ph: 9480 4066

* = Required Fields

<table>
<thead>
<tr>
<th>Item Code</th>
<th>ITEMS (1 item per line)</th>
<th>Tick to sell</th>
<th>Size</th>
<th>OFFICE USE ONLY</th>
</tr>
</thead>
<tbody>
<tr>
<td>001</td>
<td>Pullover</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>002</td>
<td>Summer Dress</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>003</td>
<td>Winter Skirt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>004</td>
<td>Girls Slacks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>005</td>
<td>Boys Trousers</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>006</td>
<td>Boys Shorts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>007</td>
<td>White Shirt</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>008</td>
<td>Tie</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>009</td>
<td>Polo Top (White)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>010</td>
<td>Polo Top (Gold)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>011</td>
<td>Sports Shorts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>012</td>
<td>Track Pants</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>013</td>
<td>Track Top</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>014</td>
<td>Rain Jacket</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>015</td>
<td>Cap</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*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: ________________________

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.