**THS News 8th November 2013**

**REPORTING STUDENT ABSENCES**
Yr 11 & 12 Alexandra Cooke  
9458 6135
Yr 9 & 10 Jan Wason  
9458 6125
Yr 7 & 8 Maria Santas  
9458 6161

**IMPORTANT DATES**

**TERM 4 2013**

11th—14 November  
Year 11 Exams

13th-15th November  
Outdoor Ed Camp

14th November  
6-7 Evening  
Music Trial

18th—21st November  
Year 10 Exams  
11-12 Orientation

20th—22nd November  
Outdoor Ed Camp (Yr9)

21st November  
1:40pm Dismissal

22nd November  
VCE Exams End

25-27th November  
Year 10—11 Orientation  
2nd December  
Course Confirmation 11-12  
Year 9 Party Safe Day  
(Forms E,F,G,H)

2nd– 4th December  
Year 11/12 English SAC  
Oral Presentation Outcome 3

4th December  
Community Book Sale 6-7:30pm

5th December  
Course Confirmation Year 10-11  
Peer Support Training

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**School Captains 2014**

**Congratulations to the above students — Sam, Renee, Anna, Akeyla, Mariam, Michelle, and Dylan on being selected the School Captains for 2014**

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**Parent Survey**

The Education Department surveys a random sample of parents each year in the areas of school climate, student behaviour and student engagement.

Thornbury High parent survey results are excellent. In answer to the question “Are you satisfied with the education your child receives at Thornbury High?”, The school has received a rating of 5.8 out of 7

The categories that have the highest ratings compared to other secondary schools and place us in the top 20% of the state for:

- Student motivation
- Homework
- Transitions
- Behaviour management
- Connectedness to peers and school
- School improvement
- Student safety

The following comments sums up the overall feelings of our parents

“I am extremely happy with all aspects of learning at Thornbury High. The staff are to be congratulated for their commitment to student welfare.”

“Teachers are warm and supportive”

“I am very pleased with the school and what is being provided to my child. The teachers are engaging and genuinely concerned about my child’s learning.”

“We have been very happy with Thornbury for the past 7 years. The teachers are dedicated, hard-working and caring. The school Principal has a clear vision for the school”

Peter Egeberg
Senior School News

Last week we said goodbye to our Year 12s, and celebrated their final day with a BBQ, costume parade and a few little surprises. The overall atmosphere was a positive one with most students celebrating within the school’s expectations.

This week as many of you would be aware we started the official VCAA Exams with English the first of a least four exams for most of our students.

Final results for Unit 3 and 4 VCE subjects will be released on December 16th 2013. VCAA and VTAC offer a range of options for accessing VCE results, VCAL results and ATARS - Internet, SMS and Mail.

Students will need their VCAA student number and PIN which is the first four digits of their birthday. (eg. 17 July = 1707) For detailed information on how to access results, students should read page 19 of the 2013 VCE EXAMS NAVIGATOR.

Invitations to the 2013 Thornbury High Graduation will be posted home to all families.

Year 11 Exams.
Year 11 Exams start on Monday November 11th. All exams will be held in the library. We remind students that they must attend in full school uniform. Students will be required to line up outside the Kay Coghill Centre prior to each exam. Student should arrive at least 15 minutes prior to the start of the exam.

Orientation Programme.
The Orientation Programme is compulsory for all students. Students will receive their timetable in the next week.

Year 11 into 12 (November 18th to November 22nd.)
Year 10 into 11 (November 25th to November 27th.)
Course Confirmation Day – Senior School Centre (9.00am -1.00pm and 2.00pm – 4.00pm.)

1. Year 11 into 12 - Monday December 2nd 2013
2. Year 10 into 11 - Thursday December 5th 2013
3. VCAA Paper work needs to be completed and signed by individual students.
4. Payment of Subject Fees and Compulsory charges need to be paid at the Office. (For Subject costs please refer to the Senior School Booklet.)

Senior School

ICT

ICT Professional Development
As part of our Professional Development program the Elearning team ran a series of sessions to help staff integrate new technologies into their lessons and their classrooms. Staff were able to choose from a variety of workshops run by their colleagues, each catering to different needs and skill levels and designed to improve teachers skills when using technology. Staff took part in workshops including:

• Google Apps (how to use a cloud based service in the classroom)
• Interactive Whiteboards and Learning Objects (how to engage students with technology in the classroom)
• Web Design (how to create websites and teach students how to create them)
• Ipads in the Classroom (exploring potential uses for our trial Ipad program)
• 10 web based tools to use in and outside of the classroom

The sessions were a great success and hopefully you will be seeing the integration of more technology into each of your students’ classes. Thank you to all that helped to facilitate the sessions and to those that took part. Happy Elearning.

Adam Cribbes
Elearning Manager

Computers in Schools for Students – future direction
The current year 9 notebook program was funded by the NSSCF (National Secondary School Computer Fund, aka ‘Rudd Money’). This was a program to provide access to a notebook (SLD=Student Learning Device) on the basis of one device per student from years 9 to 12. That money has now run out and it is not anticipated that any other national level funding will be provided again. Therefore DEECD is talking about BYOD (Bring Your Own Device), that is, put the funding back on to parents.

How would the program work? The school suggests a range of suitable devices and the parents buy one from the school’s on-line store or buy it themselves from elsewhere. At this stage, THS is looking at rolling out this option to year 7 and year 9 students in 2015. There will be a small trial with BYOD SLD next year with the year 7 Concept program.

A few weeks ago a group of teachers attended a workshop on BYOD run by St Helena College. They jumped into a BYOD program last year and went whole school this year. The AP in charge was willing to share the experience of St Helena College with the hundred or so attendees. We can learn from their experience and avoid some of the obvious pitfalls. Some interesting and challenging times are arriving.

David Hysen, on behalf of the ICT TEAM
Music Concert

Right from the first bounce, the End-Of-Year Music Concert was full of pressure and excitement. Captain Fionn O’Sullivan, Vice-Captain Sean Nihill and first-year rookie Renee Meadows were left with the arduous task of setting up the instruments, chairs, tables and everything in between before the students and parents arrived for the second half.

Right on 6:00pm teachers, parents and students were met head-on with a plethora of food provided by Thornbury’s Food Technology students. As well as this, over near the Punt Road end, was the Music Parent’s silent auction and plenty of refreshments as we intended to play hard until the final siren.

The premiership quarter began, and so did the music. Each band, from Year Seven to the Senior Concert Band performed with gusto and intensity approaching each note and chord front on!

It would be very difficult to choose one highlight from the night, however the Senior Stage Band lead by Sean Nihill was definitely a crowd favourite.

Throughout the night, we had to say hooroo to several special people that have shaped Thornbury High in various ways. The Year Twelve students were bid farewell and thanked for their loyal services over their six years at Thornbury High. Namely, Dean Iovenitti, Owen Jones and Damien Bryan. The Music Parent’s President Carol Tramontana was cheered on and off stage for her tireless efforts in raising money for the Music department for over nine years. And last of all was Dianna Reardon. She was thanked for her teaching services at Thornbury High since 2004 and again we wish her all the best for the future.

A huge thank you to Nick Dean, Sean Nihill, Craig Harrison, Dianna Reardon, Lance Cross, Kyle Schultz and Renee Meadows for making the evening run as smooth as possible. All gathered plenty of hard-ball gets with a solid amount of contested ball.

Also, another massive thank you to all the parents and teachers who came and supported each band.

Kind regards,
Fionn O’Sullivan

Arts Week

Creative Careers night was a great success. We invited speakers from the Creative Industries to present to students about their experiences of a Creative Career and the value of Arts and Technology subjects to their career path. It was a great night of learning with students hearing first hand about where the Arts and Technology can take them!

A big thanks to our speakers for donating their time to be part of our first Creative Careers night!

Student Voice

Thanks to all the students and staff at Thornbury High School for their fundraising efforts. The money raised from Thornbury’s Got Talent and our Halloween free dress day was enough to pay for Cha Cha our sponsor child in Tanzania to go to school for another year. We also raised enough to donate to State Schools’ relief for students in need of uniform supplies and to the Alannah and Madeline Foundation which supports anti-bullying campaigns. A big well done and thank you to all involved!

Preeti Maharaj
Futsal Champions

Middle school girls blitzed their opposition and won the day in our local Futsal Competition. They beat Northcote A and B, Preston Girls and Reservoir in a convincing display of individual brilliance and amazing teamwork. Eleni Fakos was the driving force behind the team with forwards Kate Ryan, Kaitlin Boddy and Sharlene Martinez contributing with great goals. Warsan Tubea and Stavroula Koulos were solid in defence and Kate Pantelidis was able to play all over the court. Special mention to Gemma Karahountris who made some incredibly brave saves. The team played brilliantly together, supported each other and respected their opponents – GREAT WORK!

Alan Williams

Basketball Region Finals

On Wednesday 23rd October the Year 8 girls and boys represented Thornbury High School in the Northern Metropolitan Region finals. The girls played three pool matches winning one against Pasco Vale Girls and losing the other two to Mill Park and eventual overall winner, Viewbank. The boys won all three of their pool matches against Mill Park, AIA and Viewbank, narrowly going down to Eltham in the final. All players are to be congratulated on making it to the finals and for representing Thornbury High School in an outstanding manner.

Paul Mameghan

Italian News

Year 8 Pen Pal Project:
As part of the Year 8 languages program at Thornbury High School, the Year 8 Italian classes will have the opportunity to participate in a penfriend exchange of e-mails with the students of ‘Torri di Quartesolo’ school (lower secondary) in Vicenza (Veneto Region) in Italy. Students will have the opportunity to put into practice their learning of Italian language in a real context, be in contact with Italian pupils of the same age and learn different aspects of Italian culture.

This is a unique and exciting opportunity for our students and it is free of charge!!! Furthermore, students will have the opportunity to carry over their pal into Year 9 Italian in 2014 as part of the laptop program. -Anna Fattori

Year 9 Mathematics

Now that Term 4 has begun, I take this opportunity to remind both parents and students of Year 9 that there will be an end of year exam in the subject of Mathematics this semester. The exam is scheduled for Tuesday 12th November and will be held during period 3. The exam will cover all topics that have been taught in semester two only.

Students will receive more detailed information from their classroom teacher. Mrs Marina Avramopoulos

Head of Mathematics
Humanities KLA

At this stage of the year students are preparing for the challenge of final assessments. The Yr. 8 Humanities students shown here (as are indeed Yr.7 Humanities) are busy working on the Asia-Pacific Unit that is the focus for Term 4, concentrating on building on their geographical knowledge and geospatial skills. History and Geography are an obvious inclusion in the HUMANITIES KEY LEARNING AREA. It might surprise you to learn that, from Year 9 and 10 through to VCE, Crime and Law, Business and Civics, Legal Studies, Environmental Studies, Accounting and Business Management are also part of Humanities here at this School. In 2014, Geography Units 1&2 will be introduced, adding further breadth to this Key Learning Area, and thus ensuring a higher profile for Geography in the Junior and Middle Schools. This development, and the impending implementation of the Australian Curriculum through 2014 and 2015, has provided the impetus for significant course restructuring and planning and development of teaching and learning strategies.

KLA HUMANITIES
R. Basso

Education Maintenance Allowance 2014 (EMA)

The Education Maintenance Allowance (EMA) is provided by the Victorian Government to lower-income families to help with education-related costs. If you have a child under 16, and you hold a valid Health Care Card, Pension Card, or are a temporary foster parent, you may be eligible to receive the EMA. The allowance is paid in two instalments, one in March and one in August.

The payment is intended to assist with education-related costs such as uniforms, excursions, textbooks, stationery and school fees. You can elect to have your EMA paid in one of the following ways:

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

In 2014, the annual EMA amount per student is:
- $300 for year 7 students
- $250 for students in year 8 – until age 16*.
* A pro-rata amount is payable for students turning 16 in 2014.

To be eligible for the EMA in 2014, 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 (TPJ) 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 28 January 2014 (Instalment One) and 14 July 2014 (Instalment Two).

Contact: School Office for an EMA form and to lodge your application. The closing date for EMA application forms to be submitted to the school is 28 February 2014.


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<thead>
<tr>
<th>EMA 2014</th>
<th>Year 7</th>
<th>Year 8 – Age 16</th>
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<tbody>
<tr>
<td>Instalment One</td>
<td>$210</td>
<td>$175</td>
</tr>
<tr>
<td>Instalment Two</td>
<td>$90</td>
<td>$75</td>
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<tr>
<td>Annual Total</td>
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<td>$250</td>
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Indonesian Day

The Year 9 Indonesian class had a great day out participating in Indonesian cultural workshops at CERES and finishing with a tasty lunch at Uleg, an Indonesian restaurant in Brunswick. On our day out, we met Indonesians from several different cultural groups across the Indonesian archipelago. Lily from western Sumatra taught us a “Tarian Indang” a traditional dance from her region. It took us a while to get our claps, clicks and sweeps in the right order not to mention the challenge of moving from a kneeling to cross-legged position with elegance and poise but we got there in the end.

Then Maria from Solo in central Java taught us batik, the art of making designs on cloth by using hot wax and dyes. As well as making some great looking pieces of batik we got to chat with Maria and Lily about what it was like growing up in their areas of Indonesia compared to Australia.

At Uleg, we met Eva who grew up in the Batak region of northern Sumatra. By this time we were all very hungry so were relieved when Eva was able to bring us so quickly plates of lumpia, Indonesian spring rolls. Then came the main course: individual plates of steamed rice moulded into hill shapes and garnished with fried shallots, these were accompanied with shared dishes of “tahu dan sayuran” tofu and vegetables, “bakmi goreng” vegetarian fried egg noodles in a spicy sauce and “ayam goreng” fried chicken fragment with popular Indonesian spices such as turmeric and lemongrass. As popular as the chicken was, the noodle dish was the clear favourite.

Everyone did a great job using Indonesian table manners: speaking in soft voices, using a spoon and fork correctly, waiting to be invited to eat before eating etc.. and using phrases such as “selamat makan” and “selamat minum”. Eva was delighted when, at the end of the meal, every student individually walked up to her to say goodbye and thank her in Indonesian for a delicious lunch.

Eva was delighted when at the end of the meal every student individually walked up to her to say goodbye and thank her in Indonesian for a delicious lunch.

Second Hand Book Sale

SECOND-HAND BOOK SALE - WEDNESDAY 4TH DECEMBER 6 - 7:30PM KCC

We are hosting the second-hand book sale on Wednesday 4th December in the KCC from 6 - 7:30pm. All transactions are between the book seller and purchaser - the school is only providing the venue and details of the required books (price when new, correct edition). If you would like to sell books please arrive at 5.45pm to set up. If you are purchasing books, it is suggested that you bring enough cash to cover costs. If you have any questions please contact Paul Mameghan.
Keeping the Lid on Stress.... Right Now and Beyond!

At the Well-being centre, we see quite a few young people coming in because they are finding the demands of schoolwork increasing and are feeling under pressure from other commitments outside of school also... not just VCE students, we get people from younger year levels too.

Stress is when we feel we are not coping or are overwhelmed by demands on us.

The good news is there are lots of ways to deal with it and strategies we can learn to cope better in future!

Possible causes of stress include: schoolwork, employment, family, friends, relationships, sporting commitments, exams, multiple demands and less downtime.

Possible signs of stress: racing heart, butterflies in the stomach, difficulty sleeping, upset stomach, headaches, muscle tension, poor concentration, forgetfulness, indecision, anger or sadness.

What we CAN do to deal with stress:

1. Start by looking after yourself, the healthier you are, the better you cope with stress!
   • Get enough sleep (yep, sorry, that means about 9 hours sleep for teenagers – so put your phone on silent, and don’t fill your friends’ in-boxes at 1am!)
   • Get regular (daily) exercise (walking even part way to school is a good start)
   • Eat well (yep, some fruit and vegies are critical for good health and cut right back on energy/soft drinks and fast food!)
   • Connect with family and friends
   • Take time out to relax each day

2. Become aware of your self-talk, the feedback you give to yourself in your head. If you criticise yourself a lot or think unhelpfully about situations it can add to stress.

3. Develop coping strategies.
   These are different for everyone, make a note of what helps, and be open to trying new ones, ie. Walk, talk to someone, have a bath, listen to music, draw, cook, play with your pet, meditate, workout, do yoga, write, play soccer in the park with friends.

3. Seek help: this may be your family members, friends, teachers, Amy, Jo, Catherine or Harriet at the Wellbeing Centre.

Students and parents are always welcome to contact the Wellbeing team at school (above), and some great websites for information on stress are below. Good luck!

http://www.headroom.net.au/
http://moodgym.anu.edu.au/welcome

Harriet Robin – Adolescent School Nurse

Year 9 Party Safe 2013

‘Party Safe’ is an annual event for year 9 students at Thornbury High School. This whole day program will provide information and support to help our young people make healthy and safe decisions when ‘out and about’ with their mates.

Monday 25th November 9A, 9B, 9C, 9D

Monday 2nd December 9E, 9F, 9G, 9H

This year’s Party Safe program will include the following workshops:

YEAH Red Aware: This fun and interactive workshop will empower young people to make healthy decisions in their relationships and in matters regarding their sexual health. This is a government funded initiative facilitated by highly trained youth health educators

Save A Mate (Australian Red Cross): To promote the health and wellbeing of young people by providing education, service and support on key current and emerging health issues, particularly those related to alcohol and other drug use

Party Safe: This workshop will cover important Drug & Alcohol issues and challenge students to consider how they will stay safe when out and about with their friends

Step. Back. Think: to encourage young people to step back and think of the consequences of street violence
What is Democracy?

This is the full speech delivered by Hugh Heller on behalf of Mariam Haliem, Renee Fostiropoulos, and Andrew Tang at the State Schools’ Constitutional Convention at Parliament House in October this year.

Written by Hugh Heller

Research by: Mariam Haliem, Renee Fostiropoulos, Hugh Heller, and Andrew Tang

Democracy is an extraordinarily subjective concept, and one whose definition has shifted and changed over the last two-and-a-half thousand years, along with our global political landscape. Nevertheless, I will attempt to provide some parameters within with I can explain my group’s point of view.

The meaning of the word ‘democracy’ is well known: ‘people power’, or ‘government of the people, by the people, for the people’, as Abraham Lincoln said. However, the identity of these ‘people’ is a little ambiguous: in Ancient Athens, it meant, rather undemocratically, only adult male citizens who had both an Athenian mother and Athenian father. In modern Australian society, ‘people’ refers to all Australian citizens aged 18 and over, of course.

Democracy as a concept, on the other hand, is not as easily explained.

‘Democracy means simply the bludgeoning of the people, by the people, for the people’ proclaimed Oscar Wilde, a twist on Lincoln’s famous quote. American journalist H.L. Mencken stated ‘Democracy is the theory that the common people know what they want and deserve to get it good and hard.’ More seriously, the Museum of Australian Democracy outlines four elements of a liberal democracy which we believe can be used as makeshift criteria to assess our system of politics:

1. Legitimacy - whether or not the government has appropriate mandate/authority to rule, shown by high degree of popular support as demonstrated by a free electorate and frequent elections.
2. Justice - which is achieved when citizens live in an environment where they are treated equally and rewarded on merit, and also where demands made by groups with vested interests seeking special privileges are questioned.
3. Freedom - which requires; self-determination, the capacity to choose and respect for political and civil liberties. The last point requires regulation upon government involvement in matters affecting the citizenry, and no limits on religious, political or intellectual freedom.
4. Power - or the definition and limitation of power - ensuring that civil liberties are defended against the encroachment of powerful forces in society.

Another important criterion that should be added to this list is the commitment to recognizing and respecting human rights. As set out by the United Nations in their Universal Declaration of Human Rights.

These abstract-sounding elements are the criteria with which we used and will use to assess Australian democracy: legitimacy, justice, freedom, regulation of power, and respect of human rights.

In short, we believe that Australian democracy is definitely flawed, especially considering the lack of diversification in the media, and the narrowing in ideology between the two major parties. However, Australia’s commitment to freedom of speech and the fact that political power is strictly regulated ensures that Australian democracy is definitely healthier than that of most other nations.

Preeti Maharaj

2nd Hand Uniform Shop

“...The money raised from THS Halloween free dress day was enough to pay for Cha Cha our sponsor child in Tanzania to go to school for another year”

2nd Hand Uniform Shop

JUST A REMINDER THAT WE HAVE MOVED! The shop is now located in Room 47 (opposite the Food room)

Open: Mondays (during term), 3.00 – 4.00pm

Turn outgrown/unwanted uniform items into THS account

credit

We need: VCE white polos and jumpers, dresses and skirts. All other items are always needed too so please go through your wardrobes and drawers and see what you can find to sell! We need to stock up now for the busiest time of our year – we will have next year’s Year 7s beginning their transition/orientation in November, and we’ll have current students who are going into VCE wanting to buy VCE polos and jumpers.

To sell uniform items that you no longer need, download and complete the required form on the school’s website, and drop it along with your uniform items into the front office. Remember to make sure your 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. Make sure your items are official school supplier items, i.e. not Kmart, Target or other. We cannot accept and sell non school supplier items.

As your items are sold, you’ll receive credit to your THS account. (Please refer to the conditions on the form for further information).

When buying at our shop you will save at least 40% off the cost of the price of a new uniform!

Thanks and see you in the shop.

Donna & Deb

Parent volunteers