Principals 5 Year Contract Renewal

Dear Peter Egeberg,

It is with pleasure that I inform you I have recommended to the Deputy Secretary, Regional Services Group, Department of Education and Early Childhood Development, that your principal class contract be renewed for a period of five years, commencing on October 5, 2013.

During your principalship of Thornbury High School, you have led the cultural change that has occurred, resulting in improvements in the connection and pride students feel in relation to their school. This has resulted in significant increases in enrolment, improvements in student achievement particularly VCE and literacy results, and strong Student Attitudes to School Survey Data. You have maintained a strong focus on student safety and implementation of anti-bullying programs to provide a safe and orderly learning environment. You have identified key challenges ahead in managing the increased student population, embedding literacy intervention programs and improving VCE results and student pathways.

Jeanette Nagorcka
Regional Director
North-Western Victoria Region

Thornbury High's Got Talent

There is no doubt about it—Thornbury High is exploding with awesome talent! On Friday the 11th of October, the gym filled with eager competitors, excited students and talent hungry judges (a big hand to Kahra, Hamish, Ms Vassos & Ms Herouvim) who couldn't wait to watch our future stars show us what they’ve got….they didn't disappoint! After a tough audition process, it came down to 8 final acts, consisting of singers, bands, dancers, and a comedian who made his debut. A great way to kick-off the final term! After being captivated, amazed, impressed, rocked out of our socks and sent into side splitting laughter, our winners were crowned: Timmy Commerford (year 12) in 1st place, Amber & Clarice (year 9) taking 2nd place and Stefan and Jakob (year 10) who danced their way to 3rd. A big thank you to the students and teachers who came to watch, especially the SRC members and teachers who made it all happen! All money raised went to Cha-Cha, prizes and the Allanah and Madeleine Foundation. Congratulations to the winners! See you again next year.

Lily 10F

Aerobics - Aeroskools National Champions

Congratulations to Kaitlin 10F, Joshlyn 11C, and Lily 10F, on your achievement!
From the Assistant Principal

New to the website
The planner for 2013 term 4 and 2014 is now up on the website.
This will give you term dates, exam periods, immunization dates, photo day as well as other information.

Nak’s Back

In 2004, both staff and students of our school vigorously campaigned to rectify what we saw as an unfair decision made by Australian immigration officials to have one of our students sent back to his birth country, Thailand.

Nak, a year 10 student at Thornbury, and his father, were not able to gain residency visas following the failure of his father’s marriage. Nak was caught by a technicality in Australia’s immigration laws that meant while his adult brother and sister could stay, due to his age, Nak fell under his father’s visa status.

Nak was forced to leave Australia after living here since he was seven years old. Nak could not read or write Thai nor was he fluent in speaking his native language. He was therefore at a great disadvantage in terms of his future educational and work opportunities when he was forced to return to Thailand.

After Nak’s departure there was a sense of having lost the battle but students quickly focused on fundraising – their commitment, loyalty, determination and patience was outstanding.

Nak was able to obtain a student visa and return to Australia in 2006 and successfully completed his VCE studies at Thornbury High School.

Almost 10 years since Nak’s deportation I can report that he is happy and thriving, living in Reservoir with his brother, sister and niece. He has been on a work visa for the past three years but is confident of becoming an Australian citizen before the end of the year. He is a qualified hairdresser as well as a dance teacher.

As a result of the campaign, our students learnt about organising petitions, a rally, speaking to the media, and writing to politicians. Most of all they realised that by working together they could make a difference.

Peter Egeberg, Principal

Safe Way to Walk to School

“Nak was able to obtain a student visa and return to Australia in 2006 and successfully completed his VCE studies at Thornbury High School.”

With seventy per cent of kids travelling to school by car, compared to 25 per cent in the 1970s, traffic congestion around schools has increased, raising concerns about safety.

In an effort to encourage parents and kids to walk or bike to school, Researchers at the Monash University Accident Research Centre (MUARC), in partnership with population health professionals at Alfred Health, have developed Walk this Way, an app which can advise parents of the safest way for their child to walk to school, in the hope that parents will encourage their children to do so. In 2008, the MUARC researchers developed a star-rating system that highlights the safest pedestrian route available. The Walk this Way app –which uses Google maps to record crossing locations – has recently been trialled across four Victorian primary schools. Users are provided with an immediate star rating for a crossing location based on information they submit regarding speed limit, crossing facilities, number of traffic directions, traffic volume and the number of lanes. MUARC researcher Dr David Logan, who was part of the team that developed the app, said Walk this Way was designed for parents to identify the best walking routes to school.

“In its current form, the model can be used to assign star ratings to each of the road crossing points along a proposed or existing walking route in order to identify crossing points with a low star rating that should receive priority attention,” Dr Logan said.

The majority of parents reported the availability of safety information calculated by the star-rating tool would have an influence on their decision regarding their child walking to school.

The Walk this Way can be used on an iPhone, iPad or iPod touch and is free to download from the Apple app store.

For more information or to request interviews, contact Shana Stewart, Monash Media & Communications, on +61 3 9903 4840 or sha-na.stewart@monash.edu
News From Technology

It may seem strange to think of “cooking” and “woodwork” as being under the one roof, so to speak, however we’re both part of Design, Creativity & Technology. The tools and “ingredients” we use may differ but we all design and create products of a sort.

Our junior students have received an introduction to the design process life cycle and are currently in the final stages of designing their peg projects. It’s great to see so many plastic tags on bags and pencil cases as this was their first attempt at developing a tangible product from an idea in their mind.

We have a hugely popular food technology program and the number of dishes being prepared each week is astounding. The popularity of our year 9 Patisserie elective has lead to an advanced course being offered at year 10 in 2014. As always our VET Hospitality students have stepped up to provide catering for all manner of school functions.

There is some excellent work coming from our year 9 and 10 students. The folding deck chairs being produced by year 9 Woodwork students have created quite a bit of interest as well as a few “requests” for any spare chairs we may have lying around the place. It’s been great to be able to offer.

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From Senior Sub School Office

Year 12 Students
As we welcome back all students from the term break we also begin our celebration activities for the current Year 12 students who are finalising coursework material and preparing for the end of year exams.

We encourage students to establish a revision program to ensure best study habits leading up to their final exams. Students can come into the Senior School Centre and study here, use computers and make appointments to see their subject teachers. (Students are not required to be in uniform during Swot Vac.) All students have been issued with their exam timetables and should keep this in a safe place. For most of our students, English /ESL will be their first written exam on Thursday November 1st, 2012. We wish all students well for their exam preparation and look forward to seeing some very pleasing results in December.

Important Dates:
- Wednesday October 23th, we officially say goodbye and good luck with a whole school assembly.
- Thursday 24th October students are encouraged to dress up as they participate in their official last classes at THS.
- Friday 25th October – Tuesday 29th October - SWOT VAC. (Study without teaching Vacation) A reminder that all Year 12 students must clear out their lockers, return any library books to the library and return their padlock to the Senior School Office. We ask students to clearly label their padlock with their name and combination lock.
- Wednesday 30th October – English/EAL Exam. (Written Examinations begins)

Key Examination Rules to be aware Of:
Venue - Library. Smaller Exams in Room 305.
- Students must be in full school uniform.
- Come prepared – dictionaries, pens, calculators.
- Water Bottles – no labels.
- No food in the exam.
- No phones or other electronic devices in the exam.
- No talking in the exam room.
- Students who arrive after the 15 minutes reading time may not be permitted into the examination.

Students must remain in the exam room until the end of the exam.

Year 11 Students
On Tuesday 15th October our Year 11 students will take part in the second session of ‘Make Study Work’ Programme, organised and delivered through Elevate Education. The session will focus on strategies, skills and resources aimed at improving exam preparation and performance.

A reminder that Year 11 students enrolled in a Year 12 subject this year will finalise their course by October 24th. Following this, students will have study blocks in place of their Unit 3 and 4 subject. Students should use this time to revise for their exams.

Subjects/Programmes 2014
Students will be informed of their subject choices for 2014 shortly. Please be aware that these are based on student selection and 2013 results. Students must meet the promotion policy in order to continue with their studies. Courses will be finalised during Confirmation Day where students will be expected to sign VCAA paper work and pay for any Subject Fees.

Maria Ioannidis, Senior School Manager

Student Immunisations

Has your Year 7, 9 (male), or 10, child received their free immunisations?

As part of the National Immunisation Program your secondary school child is eligible to receive free immunisations. The normal cost for these vaccines, when outside of Government funding, can be up to $460.

This year Darebin Immunisation Service visited your school in March, May and October to conduct immunisations. If your child is in Year 7, 9 (male), or 10, they received an information and consent card for you to return to the school.

If you did not receive a consent card, are new to the school, or are not sure if your child received their full immunisation course, please contact Darebin Immunisation Service on 8470 8562.

<table>
<thead>
<tr>
<th>Free Vaccines</th>
<th>School Yr</th>
<th>Details</th>
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<tbody>
<tr>
<td>Chickenpox</td>
<td>Year 7</td>
<td>Recommended for all students</td>
</tr>
<tr>
<td>Human Papillomavirus (HPV)</td>
<td>Year 7</td>
<td>All students</td>
</tr>
<tr>
<td>- Three injections over a six month period</td>
<td>Year 9</td>
<td>Boys only catch up program. Limited time - only available 2013 and 2014. Boys must be less than 16 years of age to access free Gardasil vaccine.</td>
</tr>
<tr>
<td>Adolescent Diphtheria, tetanus and whooping cough (DTP)</td>
<td>Year 10</td>
<td>Recommended for all students</td>
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The student Wellbeing team welcome you all back to Term 4!

What a great and busy start we have had so far!

The first week back was Mental Health week and lots of different events and activities took place.

We had a hip hop class, craft activities, skipping, belly dancing, soccer, staff vs. students basketball and year 8 head space workshops. It was a great week, thanks to all involved.

Remember that looking after your mental health is vital and the student wellbeing team are here to help!

Youth Summit

Earlier in Term 3, in August, Myself, Bethan, Oscar, Bridget, Amal, and Mariam and Vini had the absolute privilege of attending this year’s Darebin Youth Summit. This year’s hot topic of discussion was “The impact of drug and alcohol use in the lives of Darebin young people”.

As a group we made up some information cards, “what you can do to help a friend” which turned out better than anyone could have expected. We also put on a little skit about how to help a friend who is under the influence of drugs or alcohol or both. And, lastly, we made some delicious ‘hash brownies’ and some “smart” cookies. Over the course of planning for the Summit, and the Summit itself, we learnt a great deal about drugs and alcohol, and how it can affect one’s life.

We all had an absolutely fantastic time and found this to be an amazing experience, and I think that all of us would jump at the chance to do it again.

Meg, 10G

Top Tips For Good Mental Health

1. Make Time For Fun by doing things that you enjoy! Participating in activities that make you happy will boost your mood. Physical activities like walking the dog, going for a run or playing kick to kick with a mate will help release the happy-chemicals in your brain.

2. Recognise Important Signs that may indicate you are feeling down. It is normal to experience a range of emotions feeling happy, sad, angry or glad can all be healthy emotions. But if you are starting to notice big changes to your normal routine like losing your appetite or sleeping too much/too little and you are finding everything to be a drag, consider seeking help from a family member, friend or one of the wellbeing staff at school. If you notice that you are feeling down for more than two weeks this may be a sign that you need mental health support to start feeling back-on-track!

3. Seek and Offer Support if you or someone you know is showing signs of low mood. There are many options for young people seeking mental health support - you shouldn't feel ashamed about asking for help. Sometimes we ALL need a little help to feel back-on-track...even adults!

-Kids Helpline 1800 55 1800 is a FREE 24hr counselling phone line for young people aged 5-18yrs

-Lifeline 13 11 14 offers FREE 24hr phone counseling

-Headspace is a one-stop-shop for young people seeking support for a range of issues including counselling for mental health, sexuality and drug and alcohol issues. You can call them to make an appointment (Collingwood) 03 9417 0150 or you can live chat a qualified counsellor on E-Headspace www.eheadspace.org.au/

Are you interested in doing some fun activities after school?

Then register your interest in Darebin’s After School Adventure Program (A.S.A.P) for young people aged 12-16 years who live in the city of Darebin. The 8 week program, commencing on Tuesday 22nd October, includes activities such as Water Marc super slides, African Drumming, Skateboarding and more! The cost is only $5, including food, activities and transport home.

Contact Leah, Youth Program Officer, at Darebin City Council for further details – 8470 8922, or email leah.sumich@darebin.vic.gov.au

Come along to Northland Youth Centre’s ‘Girls Drop In’ program after school to try some fun and exciting activities!

‘Girls Drop In’ is aimed at 12-21 year olds and is held every Thursday in term 4, from 3:30 – 5:30pm and best of all its FREE!

Activities include cake decorating, dancing, carnival masks, scrapbooking, cyber safety workshop and more...

Northland Youth Centre is based at Shop J63A at the Northland Shopping Centre (next door to the Commonwealth Bank and Bus Terminal).

For further information contact Leah on 8470 8922, or email leah.sumich@darebin.vic.gov.au

Wellbeing Team
End of Year Music Concert 2013

Preston Town Hall – 284 Gower Street, Preston  
Date – Thursday 24 October 2013  
Doors open at 6:00pm for a 7:00pm start  
There will be a raffle and silent auction run by Music Parents.  
Donations are welcomed by Tuesday 22 October.  
Food is available at the venue provided by Thornbury’s VET Food Technology students. There’s not much parking around the venue, so please check the signs carefully!  
There is also wheelchair access upstairs for audience and performers.  
Tickets are available on the night at the door, or from the music office before the day (correct change please). Seating is available but they will not be allocated.  
Adults - $15; Concession and non-performing students - $8; Families $35; Performing students and assisting staff - Free. Students performing must be in FULL BAND UNIFORM.  
If you don’t own a full band uniform please visit the uniform shop between 1pm and 2pm on Wednesdays at Thornbury High School.

Any questions, please call or email Fionn O’Sullivan (Head of Music) and/or Renee Meadows:  
E: osullivan.fionn.f@edumail.vic.gov.au  P: 9458 6128 E: meadows.renee.r@edumail.vic.gov.au

Grade 4 and 5 ‘Girls Night Out’

Whilst Girls and Boys successfully integrate in the quality co-educational environment of Thornbury High, we do recognise that they have different learning styles and emotional and curriculum needs.

I would like to invite you and your daughter to attend a ‘Girls Night Out’. The evening is an opportunity to hear first hand from a panel of current Year 7 and Senior Girls, about their experiences at Thornbury High.

Your Daughter will be invited to participate in a variety of activities which showcase some of our innovative and exciting curriculum options.

What better way to make a decision about your daughter’s secondary education than by meeting and chatting with the girls who experience it every day.

We look forward to welcoming you and your daughter to this fun and informative evening.

Kind regards,

Peter Egeberg  
Principal

Making Sense of Adolescence

FREE Info Night for Parents of students in Years 7 & 8

Turning Point Alcohol and Drug Centre in conjunction with Monash University, the University of Melbourne and the University of Newcastle is offering a one-off, free 1 hour workshop followed by an informal discussion session with parents of students in years 5, 6, 7 and 8 who are interested in learning about evidence based strategies to help prevent mental health problems and alcohol and drug issues in their children.

What? A free, 1 hour workshop followed by an informal discussion about evidence based strategies to prevent mental health, alcohol and drug issues in their children

Where? Thornbury High School

When? 6.30-7.30pm, Monday 11th November (you have the option to stay on for a second hour if you would like to have a further discussion about some of these issues)

Why? Parents can have a big influence on their adolescent child’s behaviour. It’s never too early or too late to learn some strategies to help.

If you would like to attend please contact student wellbeing coordinator Johanna Apostolopoulos on 9458-61
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 wardrobe 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 located 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

ARE YOU EX NAVY, ARMY OR AIR FORCE?
Then Carry On [Victoria] may be able to help you with education costs if you meet our eligibility criteria.
If you have served in the Australian Defence Forces or Allied Force and you wish to apply for a Secondary Education Grant for 2014, please telephone Carry On on [03] 9629 2648 to establish eligibility and request an application form.
Carry On [Victoria] assists Secondary School students in Years 7-12 with grants for expenses such as fees, books, uniforms, excursions etc. For those students going on to Tertiary Education a grant may also be available.
Children whose Parent/s or Legal Guardian/s have a need for financial assistance and comply with our eligibility criteria may apply. All grants are income tested and applications should be submitted by 7 November 2013.