THS NEWS 10th February 2012
REPORTING STUDENT ABSENCES
Yr12 Christine Farmakis
9458 6141
Yr11 Anne Herschell
9458 6138
Yr 9 & 10 Jan Wason
9458 6125
Yr 8 A,C,F,H Tim Polwarth
9458 6133
Yr 8 B,D,E,G Sarah Brain
9458 6150
Yr 7 Grant Wason/Helen Herouvim
9458 6170/9458 6168

IMPORTANT DATES TERM 1 2012
16th February
School Photos
PD Arvo 1.40pm Dismissal
24th February
THS Swimming Carnival
28th February—2nd March
Year 9 Camp - 9D,E,F,G
1st March
PD Arvo 1.40pm Dismissal
Yr 12 Info Night
6th—9th March
Yr 9 Camp 9 - 9A,B,C
7th —9th March
Year 7 Camp
12th March
Labour Day
15th March
6-7 Evening
Yr 7 & 10 injections
16th March
School Athletics Day
22nd March
PD Arvo 1.40pm Dismissal
26th—30th March
Yr 11 Camp
30th March
Last Day Term 1
24th April
PARANT TEACHER INTERVIEWS
THORNBY HIGH SCHOOL

Citizenship Award 2011

This is the fifth year that this award has been given and it is chosen by the Principal and carries a reward of $1500.
Students who are nominated demonstrate the following:
• Showing concern for the success and safety of others.
• Doing the right thing, especially when it is difficult.
• Doing the right thing, even when no one is looking.
• Taking responsibility for their actions and reflecting on how their actions affect the welfare of others.
The winner of the 2011 citizenship award is Bridget Radford.
Bridget has been the driving force behind three of the most successful Fundraising activities at THS over the past three years.
As a result of this success, she received the World Vision High Achievement Award which acknowledges young people who through hard work and dedication raise significant amounts of money to fight poverty and hunger.

One of Bridget’s outstanding qualities is her ability to inspire other students to participate and this year’s group was the largest since Bridget has coordinated the fundraising.
This year her goal was to raise $2500 but instead managed to raise over $3000.
The funds raised went to projects to help fight hunger in Nepal, Cambodia, Laos Tanzania and Kenya.

Bridget clearly demonstrates the qualities we encourage and nurture at THS.

Congratulations Bridget on your outstanding achievements, you are truly a worthy winner of the this year’s citizenship award.

Peter Egeberg, Principal

MS 24 hour Mega Swim

On February 24th I will be participating in the 24 hour
Mega Swim for MS at Fitzroy pool. This is a 24 relay swim race to raise money for Go for Gold Foundation.
Our team NORTHCOTE is aiming to swim over 105 km in 24 hours and your financial support is most welcomed.
Funds raised from the 24 Hour Mega Swim supports the Go For Gold Foundation which provides scholarships to people living with Multiple Sclerosis to aspire and achieve to the best of their ability and also contributes to Financial Assistance Programs to provide direct and immediate support for people living with MS.

To donate: Visit www.megaswim.com, click on “DONATE”, Search for “NORTHCOTE”, Click on “DONATE” again, you will receive a Tax receipt immediately via email.

With thanks
Sarah King Yr 8
Assistant Principal’s Report

Welcome back.

**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 closing of the car parks**
Firstly, thank you for all the wonderful support we have received in undertaking this huge change of culture. 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 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. Some of the questions that have been asked over the closing:
   - Why? We have approx 930 students and 104 staff. We need to ensure that we have order in the car park areas around the children and it was just not happening.
   - What happens if it rains? ask your child to use an umbrella and they can then leave it in their coordinator’s office If I have a disabled sticker may I come in – if your child is disabled then yes, but if the sticker is for you and you are just dropping your child off, then no. Of course, if you need to come in to see a teacher that is a different matter
   - How long will this last? We are trialling it for a term but the results so far have been really positive, so this may become permanent.
1. If I have other questions, who can I ring? Meredith Stephenson 94586105

**Buses**
The students catching the 552 will leave the school via the Dunstas Street gates, walk up Dundas Street, cross with the lights and catch the 552 at the Dunstas Street bus stop. We have our own school bus waiting there. It terminates at Reservoir Station. The students catching the 567 will walk up Collins Street cross with the lights and catch the bus at the Station Street stop. Crossing supervisors are at the pedestrian crossing in Station Street and on the intersection of Dunstas and Station Street. We also have staff members on duty each afternoon Students travelling towards Fairfield still have the school bus available – pick up on Dundas Street or the option of walking up Collins Street.

**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 is available from the private insurance market. JUA underwriting agency is one such private insurer. Parents/guardians are encouraged to see website www.studenthealth.com.au for more information.

**Book Sales**
Apologies to all who waited or are still waiting for their books. I am working with the sellers to try and fix this problem for next year. Please do not hesitate to ring me with any issues you may be having.

**Uniform**
Overall, we are extremely happy with the majority of our students. They wear the uniform with pride and it shows. However, we are focusing on 2 areas. Firstly, the length of the girls skirts/dresses. These are to be no more than 5 cm above the knee. Secondly, that summer uniform is worn in Terms 1 and 4 and winter uniform in Terms 2 and 3. Please refer to your child’s planner for these uniform requirements. Whilst referring to the planner, please have a good look at the front cover designed by our very own Leon Huybregts – now in Year 12. Thanks Leon and the Art Department.

**Photos**
Whilst the children look so lovely, fresh and clean we will take their school photos. By the time that you receive this newsletter, you should have already received the photo envelope. Please complete and return to your child’s form teacher ASAP and then there will be no reason for your child to forget their envelope of photo day – Thursday 16th Feb.

Thank you to all the parents for ensuring such a smooth start to the year. If you have any concerns please do not hesitate to ring your child’s coordinator or manager. Their names can be found in the front of your child’s planner.

Meredith Stephenson, Assistant Principal
Assistant Principal’s Report

Homework

Attached to this newsletter is the homework timetable for Years 7 to 9 for this semester. Last year we developed a homework policy, with advice for parents about assisting with the homework process. As teachers, we rely on the support of parents in this valuable part of school life. We particularly emphasise the routine that homework provides as it supports students in working independently when they reach the senior years.

Our policy provides the following guidelines:

- Ensure that a quiet area is available in the home for your child to complete homework.
- Assist your child in forming a routine for completing homework, including using the school’s computers and homework club if necessary.
- A regular reading routine is also to be encouraged for all students as well as a practice routine for instrumental music students.
- Check your child’s planner every week for a list of homework tasks.
- Help your child with their homework appropriately, recognising that in general it is better to discuss the work or direct them to helpful resources rather than complete tasks for them. If extensive help has been given, communicate this to the teacher via your child’s planner.
- Specific questions about a particular homework task should be directed to the classroom teacher via the planner, but if you have a general question or issue with homework please contact me.

Simon Townley,
Assistant Principal

Relay For Life

Relay For Life is a 24 hour walkathon to raise money for cancer research. Donations can be given to the front office or you can make an online donation at www.relayforlife.org.au to Moonee valley relay team “Pam’s Pacemakers”.

Dates of relay are Friday 17th February 6.00pm through to Saturday 18th February at 6.00pm.

Come and join in the festivities at Moonee Valley Athletics Centre Aberfeldie Park Moonee Ponds.

Year 7 Parents: School Start Bonus 2012

The School Start Bonus [SSB] is a one-off payment of $300 provided by Victorian Government to eligible families to help ease the financial strain for families whose children are entering Prep or year 7. The SSB helps meet the costs of purchasing school and sporting uniforms, school bags and other school items so that students get the best possible start to school.

To be eligible for receipt of the School Start Bonus (SSB):
1. The student must be enrolled in Prep (Year 0) or Year 7 in a Victorian registered school in 2012, and;
2. The student must be enrolled and attending the school by census day (29 February 2012), and;
3. The student must not have already been paid the SSB for that year level, and;
4. The claimant must on the SSB Eligibility Day (16 January 2012):
   - be a parent or legal guardian of the student; and
   - be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, the holder of Veterans Affairs Gold Card or be an eligible Health care card (HCC) or Pensioner Concession Card (PCC) holder or be a temporary foster parent.

Most applicants should have received their SSB in their nominated bank account. If you have any queries about SSB or have not yet applied, please contact the General Office on 9480 4066.

Note: Closing date for late SSB applications is 29 February 2012.
Middle School News

We welcome all students into the Middle school and extend a special welcome to all the new students and families. We hope you all have a safe, memorable and academically productive year. It is a very exciting time for our new Year 9s as they begin their journey in the Middle School and also for our Year 10s as they continue to set the foundations for their future.

The 2012 school started with Year Level assemblies where all students were addressed by Mr Egeberg and the Middle school Team. Students were given their timetables and their planners and should now be ready to focus improving their skills and ensuring they achieve the best they can in a happy and safe environment.

It is important that all students start forming good habits by focussing on some important basics including punctuality, uniform and treating fellow class mates and teachers with respect. All students should ensure that they report to Form Assembly by 8.50am every morning in correct summer school uniform. Also, it is very important that all students meet and form positive relationships with their new classmates and teachers as soon as possible. Research shows that positive relationships with classmates and teachers are crucial to effective learning. Getting these basics in place will help ensure that students can settle and focus on learning as quickly as possible.

A reminder to all parents, if your child is absent please ensure you contact the school on the ABSENT LINE 94586125 by 9.00am. (Messages taken 24hours) Late arrivals can also be notified via the absence line. Please leave student name, form and reason for absence and if late, time of estimated arrival.

Good luck to all our Year 9 and 10 students for 2012. As they begin an exciting phase of their education. The Middle School management team looks forward to working closely with all students and families to ensure a successful 2012 for all students.

Year 9 Students

All Year 9 students are off to Camp.

**CAMP 1** Year 9E, F, G & H Tuesday 28th February until Friday 2nd of March 2012.

**CAMP 2** Year 9A, B, C & D Tuesday 6th March until Friday 9th March 2012

This camp is an adventure camp with a pastoral and curriculum focus related to the 1 term learning program. All Year 9 students are encouraged to attend and parents are reminded to fill in Consent Forms, Medical Forms and make final payments. All information about what students need to bring has also been given to students. Please contact Ms Vassos with any queries on 9458 6112.

All Year 9 Parents are reminded to finalise payments for the Year 9 Laptop program as soon as possible.

Families that have elected to take the Laptop home for the year and have paid will get their laptops on the 13th February 2012.

**Year 10 Students**

Thank You to the Year 10 Peer Support students who came to school a day early and assisted the Year 7 students with their transition into secondary school. The day was full of fun activities and their assistance and leadership was appreciated and acknowledged.

We encourage all our Year 10 students to start finalising their WORK EXPERIENCE placements for 2012 by the end of Term 1. Work experience dates are Monday 18th June until Friday 22nd June 2012. Parents are invited to assist their children in finding a suitable placement. Forms that need to be signed by employers will be given to students in the next few weeks.

Middle School Team
Ann Vassos 9/10 Manager: 9458 6112
Barbara Carydis (Yr.10): 9458 6113
Alan William (Yr.9A-E): 94586176
Ryan Millar (Yr.9E-H): 9458 6167
Jan Wason Attendance Officer: 9458 6125
Ann Vassos, Middle School Manager

2nd Hand Uniform

**Second-hand Uniform Shop**

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

Depending on condition, items for sale are priced from 25% to 60% of the new price. These are bargain prices!

Don’t forget to go through your wardrobes and bring in anything that’s in good or excellent condition for sale. You get 50% of the selling price – but only for items in good or excellent condition. See THS website for further details and Seller’s Forms.

Please place clean uniform items in a plastic bag with your Seller’s Form and drop into front reception. Donated items are appreciated.

We are only able to accept CASH, EMA or SCHOLARSHIP payments.

Contact the school, on 9480 4066 with any queries.
Thornbury High’s China Trip

On the 20th of November 2011 the group Thornbury High School students and their teachers left Melbourne for China. The plane ride was long and Beijing was cold, but it was worth it to go to Tiananmen Square and see the Forbidden City. That night we stayed in a really nice hotel.

The next day we travelled to the Great Wall of China and the Ming Tomb. On our way back, we saw the Birds Nest Olympic Stadium. That night we caught the overnight train to Xian. It was small and there wasn’t much room to move around. In the morning we went straight from the train station to the Terracotta Warriors. There were so many, it was incredible. Afterwards we went to the City Wall, and caught a flight to Hangzhou.

When we arrived in Hangzhou we were met by our home stay families with whom we were staying for the next two nights. The next morning we attended a welcome ceremony at our sister school. We did activities like brush painting and tai chi and attended some classes. When we left we went to visit a tea museum where we learnt how to make traditional tea. That night we stayed at our home stay again.

In the morning we went to another school and learnt how to make Chinese dumplings. When we left we got on a bus to go to Shanghai. On arrival in Shanghai we went to our hotel and had dinner. After dinner we walked to the river and there were lights everywhere. The next day in Shanghai we went to the 88th floor of a Tower and also went up a pink TV Tower that had different sized balls. It had three and they got smaller as it got higher.

The last day in China we walked around and did some shopping. Then it was on to the airport to fly to Kuala Lumpur in Malaysia. We stayed two nights in Malaysia. Everyone really wanted to go shopping and we walked up and down the streets and went swimming in the hotel’s pool. Late at night we caught an overnight flight back home to Melbourne.

Everything was so amazing and the people were really nice.

Stephanie Fidler

An article about our trip to China appeared in the “China Daily” on December 2nd, 2011. Any parent or student who is interested can access the article on www.edu.sina.com.cn

Although the article is in Mandarin, there are several photos of our students. If you would like an English translation of the article please contact Carmel Ryan.

Carmel Ryan, International Student Coordinator

EMA 2012

The Education Maintenance Allowance (EMA) is provided to assist eligible families with the costs associated with the education of their children.

To be eligible for receipt of the EMA you must:
- be either a parent or 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 foster parent.

Consequently parents/guardians are able to access the EMA if they have a valid Health Care Card or valid Pension Card.

The eligibility criteria must be met as at the first day of Term 1 (1 February 2012) which is the first day for teaching staff) and Term 3 (16 July 2012). The EMA application must be submitted to the school by 29 February 2012 for the first instalment and 3 August 2012 for the second instalment.

The EMA 2012 provides an annual amount of $470 for secondary students and is paid in two instalments. This amount is split evenly between the parents/guardians and the school. Students turning 16 years in 2012 will be paid on a pro rata basis.

Parents with continuing eligibility who are paid the first instalment of 2012 through this school will not be required to complete a new application for the second instalment. Parents who transfer children to another school after 29 February 2012 and prior to or on 3 August 2011, must reapply at the new school for the second instalment.

Application forms are available via the School office or on the school website www.thornburyhs.vic.edu.au. Applicants must provide a copy of their Healthcare card.
Senior School News

Welcome back to THS in 2012.

We begin the Year with a new member of staff joining the Senior School Team. Anne Herschell will coordinate the Year 11 students in 2012. She is an experienced coordinator and coordinated this particular group of students in Year 7 and 8. We look forward to working with her in the Senior School.

We wish all our Year 11 and 12s the best of luck as they complete their VCE /VCAL programme. We welcome our new enrolments to Year 11 including Susie Quin, Zoe Jellie, Muktar Kaarsehe and Fatamasoura Mohammad and hope their studies at THS are rewarding.

We are currently planning the Year 12 VCE Parent Information Night and look forward to seeing all VCE students with their parent/guardians on Thursday 1st March. A letter will be sent home this week. We would appreciate if all parents could complete and return the reply slip.

In Year 11 we are excited about our Pastoral Camp to Queensland. The camp will take place during the last week of term one, and final details will be provided to the students over the next two weeks. The second instalment of payment $200 is due by February 13th, 2012.

Text Books and Materials. We encourage parents to ensure that their child has the necessary books and other materials to ensure a smooth start to their child’s education programme. Booklists were issued last year and the expectation is that all students in VCE and VCAL purchase the set books. If you have any problems, please ensure you contact the sub-school team.

Uniform. Uniform is compulsory and needs to be correctly worn at all times. We encourage parents to support us in ensuring students are in full school uniform when they leave home. Uniform guidelines can be found in the Student Planner. The boys’ shoes must be black leather lace ups. Girls are reminded that the length of their skirt must be no more than 5cm above their knees. The summer uniform must be worn during Term One.

Any queries relating to the Senior School can be directed to:

Anne Herschell (Yr.11) 9458 6138
Christine Farmakis(Yr.12) 9458 6141
Maria Ioannidis  (Manager) 9458 6137
Maria Ioannidis, Senior School Manager

News From The Year 7 Office

Students have settled in well to High School life. We have a feeling that this year’s group is going to be the best ever!

Reminders:

• Check that your child’s books, uniforms and school bag have all been named. We have daily lost property land in our office.
• Camp money is due. The second payment is due THIS Friday 10th February. Final payment is due the 24th February. Please contact Mark Gillies if you are having difficulty making these deadlines.
• Injection forms are to be returned to Form Teachers by this Friday.
• Swimming and Athletics permission forms are due ASAP.

Saunders House Update:

Saunders students have been in High Altitude Training throughout most of January. We have recruited well during the off season and are relying on a new group of Year 7 students to lift Saunders to greatness in 2012. It is no secret that Saunders has struggled in previous years, finishing last in any form of competition for almost a decade. But I would like to finally make public that most of these poor results have been due to the opposition’s dirty tricks and the incompetence of several track officials. Mr Oosterloo ‘conveniently’ missed a gallant Saunders’ 3rd placing in the 100m final last year. And who could forget Mr Millar pretending to go down with an ankle injury as a Saunders’ student jumped a state record in the Under 14 Girls High Jump. Add these decisive moments to Ms Ruhe and Mr Wason spiking the tomato sauce at the canteen with laxatives, Saunders were always up against it.

This year we have our spies out. We will lie, cheat and manipulate if required to finally achieve our long term goal of 3rd place, and if we don’t ; we can always be comforted by the knowledge that we are nice, caring, smart and very good looking people… even if we are rubbish at sport! GO SAUNDERS!!

Mark Gillies, Year 7 Manager
SAUNDERS TEAM (Paid Up and Proud!)
News From The Wellbeing Office

Another year and yet another move for the Student Wellbeing team! This year the Student Wellbeing Services team will operate from the former Integration Portable, located next to the Music Department.

Whilst we are sad to be leaving our old space, we are looking forward to offering Thornbury High Students a bigger area to enjoy group activities, lunchtime activities and ‘chill out’ space and of course confidential counselling services. As well as a great new space we are also pleased to announce new staff joining our wellbeing team in 2012. Last year we said goodbye to the lovely Bec Grimes (Health Promotion Nurse) and this year we welcome Harriet Robin. Harriet’s passion for her role is evident; already working on exciting Health Promotion projects, Harriet looks forward to working with students and staff to improve the health and wellbeing outcomes of our student community. Over the coming weeks we hope that Harriet will visit classes to introduce herself. Here is some more information from Harriet:

I’m the new Secondary (or Adolescent) School Nurse at Thornbury HS this year, I’ll be here on Tuesdays and Thursdays and I share the Portable with the rest of the Wellbeing Team.

I’ve been with the Secondary School Nurse Program for 10 years, mostly at Northland SC (now NCAT) but also at Bank-stia SC. I’ve also had my two children in that time. People often think (understandably) that school nurses are there to look after students’ physical needs, ie first aid, but in fact my main role is to do Health Promotion - this is a fancy way of saying that I’m here to try to PREVENT ill-health - by helping young people better understand how to BE and STAY healthy as they go through their lives. That includes not just physical health, but also mental and social (relationships with family, friends etc) health - they are all closely related! I do this by joining other staff in classes or in other health related programs. Like Jo and Kat, I’m also available to talk to individual young people about any issues that are worrying them or affecting their overall health.

Before I came to this role, I worked at the Alfred Hospital, mostly looking after people with cancers like leukaemia. I love the freedom of riding my bike to work and around Melbourne (it’s got a bit trickier having kids!), and I have finally let go of a teenage ambition I had to be a drummer in a band! (with big muscles!), although I would still like to learn to play the piano before I get older(!)? I’m really looking forward to being part of Thornbury HS community in 2012, and by the way, if students need assistance with first aid, or feel unwell, they should go to reception where there are excellent staff trained to help them!

Harriet Robin, School Nurse

Also joining us for 1 day a week is Catherine Mccrann. In 2011 Cat kicked goals in her role as VET Coordinator and assisting in Careers/MIPS department. Having now completed a Counselling Degree, Cat will offer her skills in one-on-one counselling to students across all year levels. Cat is looking forward to supporting students who may need support with things like school related stress, bullying and anger management as well as crisis counselling relating to housing, finance and other mental health issues. Here is some information from Catherine:

My name is Catherine McCrann and I have been working at THS since the beginning of 2011. Currently I am employed full time, four days a week as a Careers Advisor, working with students to discover their aspirations for the future –employment and course related. I also coordinate our Vocational Education and Training program - VET (a more hands on approach to learning) and the Work Experience program.

One day a week, I work in the wellbeing office as a qualified counsellor with a Bachelor in Applied Social Sciences (Counselling). The majority of my counselling experience has been working in High School's however, I have also worked along side a psychology co-facilitating workshops for 'Working With Children With Autism' and I have experience in Art Therapy. I use a person-centred approach to practice, it is a non-directive approach to therapy allowing the student to keep control over the content and pace of the therapy in a non-judgmental environment. I have a passion for travelling and giving back to the community. I have travelled through Australia, UK, Europe, Asia, Scandinavia and the US. In addition, I have volunteered at Sacred Heart Mission (in their health clinic) for close to four years. I look forward to working with THS students in 2012 and providing direction and support throughout the years to come.

Catherine McCrann, Counsellor

Finally, we are in the process of employing another full time Welfare Officer. This person’s role will include one-on-one counselling as well as the facilitation of wellbeing groups tackling issues like self esteem, bullying and anger management. This person will also work closely with Harriet on other Health Promotion activities like year level Health Days and visits to PD classes across years 7-10.

On behalf of the Student Wellbeing Team, we wish students and their families a wonderful start to 2012 and look forward to sharing more exciting Wellbeing updates soon!

Johanna Apostolopoulos
Student Wellbeing Coordinator

“Feeling down? There are people at school that can help.”
**News From The SRC Office**

The 2012 Peer Support Leaders are an outstanding group of students. They accompanied our Year 7s when they came in as Grade 6 students at the end of the year for their Orientation Day in 2011. This year they will be working with their designated Year 7 group throughout the year. Their role is to assist Year 7s orient themselves to the school as well as a friendly face to see out in the yard.

The Peer Support Leaders will also be involved in the process of encouraging our Year 7 students to join the SRC and will also mentor the Year 7 SRC members to help them run activities through the year. Watch this space to hear from our Peer Support Leaders in the next newsletter.

All Peer Support Leaders were part of an intensive training program run by Mr. Millar at the end of 2011 and we have every confidence in their ability to mentor our Year 7 students and make them feel a part of the THS school community.

**Year 7-11 SRC**

Students will be given the chance to nominate themselves for SRC in the next few weeks. They will then have to attend an interview before a final decision is made. Being a member of the SRC is an opportunity to make a difference to the school community e.g. helping run Thornbury’s Got Talent as well as the wider community e.g. helping raise enough money to sponsor a child’s education for a year in Tanzania, which are some of last year’s activities. Please encourage your child to join the SRC and make a difference.

Preeti Maharaj,
Student Voice Coordinator

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**Instrumental Music News**

Welcome back to another year with the ever-vibrant Music Department. This year is looking to be even busier than previous years, with lots of community performances and parent-organised busking happening throughout the year.

**Uniform**

All Instrumental Music students will need to purchase a Music Uniform by mid-term Two. Quick reminder on details: Music shirt with music logo, black trousers (or plain black ankle length skirt), school tie, black socks, plain black school shoes/t-bar. All items are available from the Uniform Shop.

**Practical Habits**

Practice shouldn’t be a chore, nor should it feel like homework. Listen to what your teachers are telling you and do it slightly differently each time to mix things up a bit. Year 7 students should try to fit in 10-15 minutes every day. Every year the amount of time should increase slightly. The most important part of practicing is the consistency – every day, even for 5 minutes. Don’t wait until Monday night then do an hour – it doesn’t work the same way. I really appreciate parents being supportive of this process also.

**Band rehearsals**

Rehearsals this year: Year 8 Tuesday 8am, Senior Concert Tuesday 3:15; Senior Stage Wednesday 7:45; Junior Stage Wednesday 3:15;

Year 7 Concert Band starts in Term 2 and is on Wednesday mornings from 8:15am.

**Fundraising**

We still have a ridiculous number of healthy snack packs that need to be sold in the next few weeks before they ‘expire’. Whatever profits are made are taken off your music fees. See me for a bag of them.

**Music Parents**

Our next meeting is on Tuesday March 1 at 7pm in the Music room. Last year we had such a fantastic group of hard working people; it would be great to see even more this year. We only meet approximately 7 times per year and it is a great way to meet other parents. Hope to see you there.

Kyle Schutz,
Head of Music Department
News From The Careers Office

The careers office is proud to announce the unveiling of ‘MIPS and Careers - Thornbury High School’ Facebook page.

The page has been created to provide students with up to date information relating to course and career pathways including Work Experience and VET information. All students are welcome to select the ‘LIKE’ icon on this page however it is mainly directed at year 10-12 students.

Links to motivational clips, job websites and other resources will all be accessible via this page. Students have the opportunity to ask the careers office questions and read other students’ comments. Also, from time to time there will be informative messages/links from our well being co-ordinator Jo Apostolopoulos. This provides awareness of other resources the school has to offer.

With everyday, new technology becomes available and we have decided to keep up with the times by creating THS’s very own FB page. The site will be monitored regularly and we expect students to use the page effectively.

Simply go to www.facebook.com/THScareers or search MIPS and Careers - Thornbury High School.

Catherine McCrann, Careers Advisor

News From The Year 8 Office

The year 8 students have had a good start to the year. Our aim in 2012 is to provide a safe and happy environment where all students are able to achieve their full potential. At the first year level assembly last Thursday, students were asked to come up with their own list of ways of achieving the above aim.

Absences: All absences should be rung through to the co-ordinators on the morning of your child’s absence (messages taken 24hours)
Ms Sarah Brain – 8B, 8D, 8F, 8G – 94586150
Mr Tim Polwarth – 8A, 8C, 8E, 8H – 94586133
Please do not hesitate to ring either of the co-ordinators or myself (Christine Bartsh, Year 8 Manager, 94586120) with any concerns.
We look forward to working with you this year.

Christine Bartsh, Year 8 Manager

News From The Library

The Premiers’ Reading Challenge is on again! Students from year 7 to 10 are invited to take part by reading at least 10 books from the PRC reading list as well as 5 books of their own choice.

The 2011 Premiers’ Reading Challenge broke all previous records, with 220,000 students across Victoria taking part, and we are looking forward to an even bigger year in 2012.

For year 7 and 8 students, details and forms will be provided in wide reading classes. Everything you read during these classes can be included in your tally. All other students should watch the daily bulletin for more information. Happy reading!

The library has new opening times:
Before school - 8:00-8:30am
Lunchtimes - 1:30-1:53pm (Closed Fridays)
After School - until 4:00pm (Closed Fridays)

Class TV News

Once again the school year is off to a flying start! The Media department is excited to begin a new season of Class TV, airing our first episode of the year on Thursday March 8th at 4.30pm, and repeating on Saturday the 10th at 1.30pm.

We would like to welcome our new team of Class TV students, who will be the cheery faces hosting episodes every week!

Other new additions to our team include Lauren Bok, who will be a permanent member of staff working on Class TV and other media projects, and Matt Lowe who will be teaching Media and Drama from Term 2. We wish them the best of luck for this coming year.

Class TV Airs Thursday @ 4.30pm and Saturday @ 1.30pm
Yoga For Teenagers

4pm – 5pm Thursdays during school terms from Feb 9. **Teenagers Yoga** a class catering specifically for teens aged 13 – 17. Both active and relaxation components encourage an increase in self-confidence and focus. Yoga may also assist with injury prevention, balance and increased performance in sport. Yoga for teenagers is specifically aimed at this age group and can also assist with stress and increased focus in study. $15 casual or $105 for full 8 week course. Yogaville, 21 Gilbert Rd, Preston 3071 M: 0407811348 or www.yogaville.com.au

Homework Club

Thornbury High will run a Homework Club every MONDAY and WEDNESDAY between 3.20pm - 4.00pm. The first session will be on Monday 13th February. The two Homework Club coordinators are Mr Baird and Ms Gill who will be present to supervise and offer assistance with Maths/Science and English/Humanities. Students will work in the LIBRARY and are expected to bring the appropriate and necessary **books and equipment** to complete the work.

Please note that this is a home-work club…free time on computers, games, chat sessions etc. will not be allowed and normal school rules will apply.

A permission form is available from the Homework Club coordinators or from your sub school office.

Study Tips

My time at Thornbury High was both enjoyable and challenging and was overall a memorable experience. Over the six years, I had many incredible experiences and opportunities while being tested on numerous occasions. The greatest challenges for me came during my final year at Thornbury High. There were certain strategies I used to overcome these challenges. In year 12, I tried to keep a good school-life balance. I played soccer throughout the year which helped to clear my mind of the concerns and worries of year 12. Time management skills were key in successfully maintaining this balance.

I tried to take a more relaxed approach to year 12 and believe I enjoyed the year more than any other because of it. I did most of my homework and study at home and tried to take it a little easier at school during spares (some teachers disapproved of this approach but I think it worked for me).

In saying this, I certainly worked hard to keep on top of things. I always did my homework as soon as I arrived home which was a good habit that I developed from year 7. This allowed me to be up to date and not get bogged down with overdue work. Organisation was key to my success, I would plan what work I needed to do and prioritise the subjects due earliest or that were most important.

The exam period is what scares most students and I was certainly in the same position. I went into exams not wanting to have any excuses. I did not want to look back and think I could have done more study here or there. This motivated me to study hard and leave nothing to chance. Most importantly, I remained calm and never became overwhelmed by the situation. I knew that I had done all that I could to prepare myself and would have no regrets.

All the best to the class of 2012.

- Be organised. Manage your time well
- Do homework as soon as you get it. It will accumulate quickly if you don't stay on top of things
- Enjoy it (year 12) as much as you can, it will be over before you know it so make the most of it. Don't put too much pressure on yourself
- Have an escape, eg. sport, music
- Use class time effectively
- For VCE, work harder during the year so exam time is not as stressful
- Seek help from teachers when you need it, don't hesitate to ask questions
- Everyone works differently. Try to find what study habits work best for you

Jack Dalla Via