Great Northern Swimming Success!

The highlight of the past week in Sport was our great win in the NMR Swimming meet. From this carnival we have 16 students winning through to the State Swimming Carnival on Thursday 7th April. Students who excelled in Individual wins included Tori Rusciano (4 wins), Lauren Gilder (2 wins) and Nick Kenyon (2 wins). Danielle Jumeau, Nick Kreiger, Harry Potocnik and James Dulfer had single Individual wins. Congratulations to Year 12 student Mark Langley who has swum for the school over the past 6 years. This is the first year he has made it to the State finals and he has done it in 3 Individual and 2 relay events!

NMR Swimming Results from 24th March at Northcote Pool with aggregate points;

1 Northcote HS  562
2 Eltham HS  458

Above—the NHS Girls Relay team

High Resolves for Year 9s

On Wednesday and Thursday last week, about 28 Year 9’s participated in High Resolves. High Resolves is a program that we started last year in year 8, and then we could choose whether or not we wanted to continue in year 9. The 2-day course was all about good communication skills and conflict resolution, as part of Global Citizenship. My favourite part of the course was a game called the CO2 game, where each person had to represent a country, and negotiate with other countries about how much we would reduce our carbon emissions by each year. The course taught us a lot about communicating and resolving conflicts, and I was very glad that I did it because it was a lot of fun. We are all looking forward to our High Resolves School Action Project next term.

By Molly Hunt Yr 9
Your child’s digital life –YOU are in control

How would you define your child’s digital life?
Is your child out there, sharing everything with the world?
Or do you set rules for you family about the type of information you make public?
How careful are you in choosing who you let your child speak to online?

Remembering these key tips will help your child keep control online, both now and into the future.

• Keep your personal details private. Don’t post information about yourself that strangers might read, and don’t share your password with anyone at all.
• Think twice about what you say and post. Don’t post anything you don’t want others to see or know about.
• Remember – it’s forever. Posts on the internet can remain there for a long time and might be read by future employers, partners and even your own children!
• Respect your friends. Be a good friend, and treat them as you would like to be treated.

The same rules apply online as in real life about how to treat other people. Unfortunately, people don’t always treat each other well online, and you, or a friend, may find that you are the target of cyberbullying. You might be teased or have false rumours spread about you online, receive nasty messages or even threats. It can happen any hour of the day, from people you know, and sometimes people you don’t know. It can leave you feeling unsafe and alone.

No-one has the right to bully another person. At its most serious, cyberbullying is illegal and can be investigated by the police.

Tips
• Ignore it. Don’t respond to the bully. If they don’t get a response they may get bored and go away.
• Block the person. This will stop you seeing messages or texts from a particular person.
• Tell someone. Tell an adult you can trust. You may want to talk to your mum, dad or a brother or sister. Or you can contact the Cybersmart Online Helpline service, call Kids Helpline on 1800 55 1800, visit their website.
• Keep the evidence. This can be useful in tracking the bully down. Save texts, emails, online conversations or voicemails as evidence.

Report it to:
The website owner and operator
Your ISP and/or phone provider, or the website administrator— there are actions they can take to help.
The police—if there is a threat to your safety the police will help. Call Triple Zero (000) or Crime Stoppers on 1800 333 000.

Help stop cyberbullying
Stand up and speak out! If you see or know about cyberbullying happening to a friend, support them and report the bullying. You’d want them to do the same for you.

Don’t forward on messages or pictures that may be offensive or upsetting to someone. Even though you may not have started it, you will be seen to be part of the cyberbullying cycle.

Remember to treat others as you would like to be treated when communicating online.

Ms Jamieson and Mr Murphy

Maths Competitions 2011

Please note that registration for the Mathematics Challenge competition closes next Friday, April 8th. Students are strongly encouraged to pay for the competition asap.!!

Permission forms are now available from Mr Savini in B Staff room for the Informatics Competition, and the Mathematics Competition.

We encourage all students to participate.

Registration for the Informatics Competition closes Friday April 8th. Cost $5 payable at the general office
Registrations for the Mathematics Competition will close Friday May 27th. Cost $5 payable at the general office

Mr Savini and Mr Bouniotis

Keeping Your Child Safe in Cyberspace - TONIGHT April 5, 7.30
Northcote High School presents Susan McLean, Australia’s foremost Cyber-Safety expert in the School Hall. BOOKINGS ESSENTIAL 9488 2300. PLACES STRICTLY LIMITED
Final Tickets available at the office, tonight, 6.30-7.00
Debating and Public Speaking

Lions Club debating Competition

Northcote High School was in the final for the fifth year in a row and were successful in arguing that governments should not build more dams. Charles Cornwallis, Ruby Bell and Luke Dakis Corcoran (all in Year 12) put on a fantastic display for the audience, comprised of members from the Lions Club and members of local school communities. The students had to speak for eight minutes on a topic that required research into the costs of dam building, the costs of desalination, the costs of recycling water, etc. Whilst it might appear that there is a need for more dams to be built our students were able to argue that it is our use of water that we already have that has contributed most to our lack of water during the recent drought. We look forward to defending the title in 2012. Thanks to the Lions Club for the wonderful work they doing in supporting local schools through this fund raising activity. The school received a cheque for $1,2500 as a result of our success.

DAV competition

We have ten teams again representing NHS in the Debaters Association of Victoria competition in 2011. Congratulations to all those students who represented Northcote High School so well in round one. They had done their research and were well prepared for what can be a nerve racking occasion. Students not only develop their research and writing skills but also learn how to present their arguments in a way that makes their case more compelling. All of these skills that students learn while debating have, of course, enormous relevance to their classroom activities. We look forward to round two on May 26th.

Public Speaking

We are again hosting a regional event for the Plain English Speaking Competition. Students who enter this competition get the chance to work their way through regional finals to a state final after which, if they are successful, they can represent Victoria in a national final. Interested students please see Mr Ramsay. Last year NHS was represented by Luke Dakis Corcoran and Jiyan Mimtas who won their regional round.

Constitutional Convention

We are again hosting a regional constitutional convention in 2011. This year the event will be organised by a group of Year 10 leaders in a revamped model of the student leadership program. As well as holding our convention in term three we look forward to participating in a regional convention being organised by Tim Delaney, formerly of Northcote High School, at Taralgon. Students who participate in this convention are entitled to apply for the state convention to be held at state parliament in term four and then to apply for the national convention to be held in Canberra in March, 2012. This year Northcote High School was represented at the 2011 National convention by Charles Cornwallis (Year 12) and Martin Ditmann (Year 11).

Dr. Martin Ramsay and Carlene Wilson
Debating Coordinators

Engineering the future

On Friday March 25th Rod Dunstan from ATSE came and ran a workshop with the Year 10 elective Engineering the future.

Rod who will be running the workshop at this Year’s extreme Science Experience in Brisbane wanted to gain feedback and responses typical for that of a year 10 class.

The Extreme Science Experience is a unique opportunity for Year 10 Science Students to engage with the top Australian science and technology role models in a one-day seminar to stimulate students’ interest in science as a career. Each Year it is hosted by the various state capitals, last year it was Melbourne which was attending by Northcote students. This was an excellent opportunity for our students to be involved who ordinarily wouldn’t be able to attend the workshop this year.

Rod ran the workshop with Jody Neilson which was about reading the genetic code. It was a hands on experience for students and was split into two parts. The first was a chemical puzzle which led into a DNA puzzle. The chemical puzzle allowed students to identify a sequence that they would use to find a peptide sequence. Students were actively involved in modeling DNA replication and using a dipeptide chart to identify DNA codons for amino acids.

This was another stimulating way for students to identify with a complex area of science. The students were engaged and motivated and we wish Rod all the best for the workshop in May.

Ms Melody Gabriel, Science Coordinator
Sports Update by Da Shan

In other Sport news this term we had 3 of our Cricket teams playing off in NMR finals. After making this level in the past 3 years our Year 9/10 Girls had a great 2 run win in the final over Melbourne Girls. Our Year 7 girls displayed great promise only losing in the final by 8 runs to Melbourne Girls. Our Year 7 Boys also played some brilliant Cricket losing with 4 balls to play against Greensborough.

Persistence, effort and Melbourne Girls best player transferring to NHS finally paid off! Emily Whitfield is our new weapon

At Divisional level we had wins in Year 9/10 Baseball and Boys Tennis and Year 8 Baseball and Softball. Going to print our Year 7 and 8 teams were going out to compete in Baseball, Tennis, Softball and Volleyball. On the second Friday of Term 2 (6th May) we will hold our Annual school Athletics at Collingwood Track (Clifton Hill).

Students should start running and doing strength work in preparation for this event. Some of our Senior students including Jean Katrina Delos Reyes of Year 11 (Year 8 Softball), Billie Trovato and James Aslanis of Year 9 (Year 7 Baseball) and Eleanor Hayes and Annabelle Stray also of Year 9 (Year 7 Softball) have made invaluable contributions to school sport by training and coaching these teams

After losing to Melbourne Girls in Years 7 and 8 Girls Cricket we finally had a win last week.

These girls now progress to the state final in term 4.

Hi! My name is Sophie and I’m in year 11 at Northcote High. On the 5th May I’m shaving my hair to raise funds for neuroblastoma in memory of my friend Ruby.

All the money I raise will go to the You Are My Sunshine Foundation, set up in Melbourne, which supports research into neuroblastoma to improve cure rates. I am trying to raise $5000 and I would love it if you could sponsor me!

Here is my link: www.everydayhero.com.au/sophie_rose_1 Thanks for your support :)
Constitutional Convention, with scones!

This March, Charles Cornwallis and I were lucky enough to have a free three-day, all-expenses paid (pencil included) trip to Canberra to discuss the Republic.

Despite a three hour delayed plane experience (and the PM pulling out of speaking at the last minute), I managed to really enjoy the National Convention. After wandering around Canberra in Day 1, on Day 2 we heard from both the ARM and ACM, the main pro-republic and pro-monarchy lobby groups, respectively (the style of the ACM speaker would have been of particular interest to debaters). After some morning tea, which involved scones (why do Constitutional Conventions always involve scones?) we got into the working groups, discussed different republican models, got our first “soapbox” session (where we could express our thoughts about whatever we wanted to the over 100 delegates) and then went to Government House to meet the Governor-General (unfortunately, neither I nor Charles got to meet her). The highlight of this day, for me, was hearing from the different embassy officials about their (to us unusual) systems of government (France, for instance, has a system where it is nearly impossible to get rid of the President). The day also featured a moderately nice dinner at the High Court and a rather active speech by musician-turned Education Minister Peter Garrett.

A rather interesting part of Day 2 was that we were located in Old Parliament House, right opposite Parliament House, where the now infamous anti-Carbon Tax protest was then taking place (one Victorian delegate wandering over there managed to have the experience of getting his back slapped by Barnaby Joyce). A large amount of conservative Victorian delegates wandered over there and returned with anti-Carbon Tax stickers.

Finally, on Day 3, we got more discussion and soapbox time, and got to vote on the issue (and our preferred model). Victoria was the only state to fully vote against the republic due to the rampant conservatism of our delegates. I personally thought the models were too minimalist and just ended up replacing one figurehead with another. We also heard an interesting presentation from a rather passionate Australian Electoral Commission officer.

Finally, a sneak move by Tim Delany (Northcote High School Humanities Coordinator up to 2008) meant that a handful of people (including Charles and I) got to see Question Time, and also pass by the parliamentary canteen (where I had my former Member of Parliament Michael Danby pass by me and where I saw Rob Oakeshott and Tony Windsor talking at a table). We then presented our communiqué to a rather entertaining John Hogg, President of the Senate.

The day was topped off by seeing Joe Hockey pass through the airport right in front of our delegation.

Ultimately, the National Convention has furthered my interest in politics and given me additional insight into the role of the constitution. Group discussion, I felt, was the weakest part of an otherwise-great National Convention; the groups were too large and unwieldy. However, the information about referendums and voting was an area that I specifically benefitted from; the National Convention made me more perceptive to the importance of referendums and systems of government.

I would like to encourage everyone interested in politics, Public Affairs, law and the constitution to take part in Conventions through our Regional Convention (open to everyone) and State and National Conventions (open to Y10-12 students). Think about it: there could be a pencil, a soapbox, a glimpse of Joe Hockey, opportunity for discussion and a scone in it for you!

Martin Ditmann, Year 11

Northcote High School family, one adult, two teenagers, need a house to rent or a house to sit during renovations of their home.

We can be flexible with the dates but would be looking at about 6 weeks from 23rd May to 30th June. Happy to mind animals and look after gardens if house sitting. If you can help, please contact Helen Ross on 0413-340392
What happens when you don’t love your body?  
How families and friends can help.

Thursday 26th May 2011  
7.00 – 8.30pm  
Includes tea and coffee and light refreshments

Presenter:  
Dr Naomi Craft BA(Hons), DipFndk (Counselling), MAPS

This presentation covers:  
- What is body image and what are the risks of negative body image  
- Contributors to negative body image  
- The dangers of obsessive perfectionism  
- Bullying and weightism  
- Healthy ways of coping with stress & anxiety  
- Tips to reduce the risks of developing eating disorders  
- How EDV can help

Where:  
Preston Shire Hall,  
286 Gower St,  
Preston.  
(near cnr of Gower & High Sts)

Bookings are essential.  
To book go to -  
www.eatingdisorders.org.au/events  
Or phone 9885 6563

Cutting through the confusion.....

Eating Disorders Victoria and Darebin City Council Youth Services present  
a community awareness evening on,  
‘What happens when you don’t love your body’. How families and friends can help.

This event is supported by the Lord Mayor’s Charitable Foundation.
Several Yr 7s were concerned the number of annual deaths caused by coconuts falling on people's heads. The matter is incredibly important considering that people are more scared of sharks that cause far less deaths. When a shark is in the water people run away screaming, but if a coconut is falling they just watch it until it lands on their head and kills them. To help raise awareness, for the 150 people who die each year from coconuts falling on their heads, the coconut awareness day was organized for the 16th of March.

Although not very big at the moment, support for this issue and the awareness day is growing. During the free lunchtime seminar, a coconut ceremonially drained, then smashed. You should have seen the flock of coconut hungry kids! The organizers of the seminar then went on to explain the danger of sharp coconut shells being stuck in your brain.

Each year only 10 people die from shark attacks, 15 times less than the deadly coconut. After crunching some numbers this shows that someone is killed by a coconut every 2,433 days and someone is killed by an unprovoked shark attack every 35.5 days. Many of these deaths are in The Philippines and Indonesia. These two countries produce 69.6% of the world’s coconuts. Together they pump out 34,819,500 tons of coconut a year. If that fell on your head you’d know about it. An average coconut weighs two kilos, but that is not necessarily your greatest fear. Broken coconut shells can be incredibly sharp and can have some nasty results. In many parts of the world people just go about their business with loose coconuts hanging above their heads. Sadly in many developing countries coconut palms provide food, water and timber and are so easy to grow that coconut plantation is encouraged.

It is not necessary to stop farming coconuts, put a tax on them, ban them, destroy them or take away a productive industry from developing countries. But it is important to be aware of the dangers of coconuts and the dangers of them falling. So everyone on the 16th of March be aware of coconuts, remember the people that weren’t so lucky and enjoy the benefits of coconuts.

Thomas Bell  and Dylan Vogel Yr 7

Happy coconut awareness day!!!

Further information will appear in the next newsletter.

Please see Ms. Schapper (staffroom 16) and Mr. Manousopoulos (staffroom 1a) for more details.

L’ aventure continue ......................

2012 Language tour to France

March 24 – April 6 2012

Fancy walking along the Champs Elysées, cruising along the river Seine, climbing La Tour Eiffel, marvelling at the Mona Lisa, viewing the sunset atop L’Arc de Triomphe eating mouth watering crépes and making new friends in Normandy? If the answer is ‘oui’, then this is the trip for you!

French language students will spend a week in Paris, attending language lessons on some mornings and exploring the icons of Paris in the afternoons and evenings. The full program covers contemporary as well as historical culture, including visits to the Eiffel Tower, the Louvre, Notre Dame, Montmartre and the Latin Quarter.

While in Normandy, students will be based in the town of Yvetot. They will be welcomed by French families and a secondary school. At night, they will be immersed in the French language and culture. They will have two ‘half days’ at the school, experiencing the classes as well as the famous 3-course ‘cantine’ meal that is still traditional in France.

Day trips to Rouen and the beautiful and ‘chic’ coastal town Deauville will be included.

A parent information evening will take place during Term 2.

2010 tour avec Mme Schapper et Mr Manousopoulos

L’aventure continue ......................
Message for all Year 12 students

We are at the end of Term 1 and you are approximately one third of the way through the classroom learning associated with VCE Units 3 & 4 studies.

The end of Term One gives us a good opportunity to reflect on our achievements in this first part of the year. It is important to reflect on the Interim Report feedback provided by class teachers. We have had a very positive start to 2011 and now look forward to a relaxing break with family and friends balanced with an appropriate amount of study.

We have enjoyed meeting each of you to personalise your aspirations and goals for 2011. In Week 3 our motivational speaker Lisa McGinness-Smith spoke to you at our assembly offering some invaluable advice on how to maximise your performance and have absolute belief in yourself.

It’s been pleasing to note that many of you have made effective use of the VCE Centre as well as the library. These areas of the school are valuable resources that can assist you with your studies.

Classes are progressing well and all of you will have already experienced the preparations and expectations centred on the completion of SACs. Making the most of your study time at school and home will continue to be an important element in achieving success this year.

We encourage you to make full use of all the resources our school offers. Last week marked the beginning of a series of VCE lunchtime talks organised by Ms Carol Martin our Careers Coordinator. This first one from the Department Of Health Services at La Trobe University proved popular. Coming up next term on April 28th will be information talks from La Trobe University’s Law and Business departments. On the 5th of May Helen Booker from RMIT will address students on the SNAP program. Ms Martin is also currently organising talks by The University of Melbourne’s Arts and Engineering Departments. If you are interested in being a part of these lunchtime talks, please see Ms Martin and also watch the Yr 12 noticeboard for further information. As well after school tutorials will continue to run and you are encouraged to utilise these.

Our student leadership group is working hard, developing ideas and implementing plans to ensure your Year 12 is one that you will look back on with much pleasure. There’s been much excitement about our VCE ‘hoodies’ and Yr 12 Formal. Congratulations to our student leaders who have kept you informed and coordinated these ‘events’ so efficiently. There are plans underway for a Year 12 Yearbook to provide great memories for all to keep.

Adele Fattore Megan Rolls (Year 12 Program Leaders)

Ruby’s great Cycling success!

From the 29th to the 31st of March I raced in the Australasian Schools Cycling Cup, Shepparton. It is run by Cycling Australia and includes Track Cycling, Road Cycling, Hill Climb, Individual Time Trial, Team Time Trial, Mountain Biking and BMX events for age groups U13WM to U18WM in both expert (students with an Australian cycling licence) and novice (those who don’t have a licence). It was a great, encouraging and positive event, with people from all over the country and was very professionally run with a world-class commentator, David McKenzie (stage winner Giro d’Italia) also helping out along with sponsors of the event, such as, SRAM, Sukkie, and many others. I had a fantastic time and won all four events I entered in for U14W expert which resulted in Northcote High School coming 2nd in Junior Female, but I also made many new friends from different states. Although you can race as an individual, there is also a school team aspect where by placing up to 30th you can win your school points, which can help your school win overall and take the Australasian Schools Cycling Cup. This year I was the only representative from Northcote High School and I hope to encourage the school and students to participate in this fantastic event next year, as it is a great opportunity to experience racing and cycling at a higher level!

For more information and results on this event you can go to: http://www.schoolscyclingcup.com.au/

Ruby Roseman-Gannon Yr 7
Believe in the Beat!

Girls only fully supervised, drug, alcohol and smoke free event featuring live performances by MZRIZK and believe in the beat DJ's. No pass outs. Tickets $5- Friday 8th April 7 pm to 11 pm Reservoir Civic Centre, 23 Edwardes Street Reservoir Event presented by Darebin City Council, Arts Victoria and Decibels Youth Music Centre

Do you play in a Band? Are you a Solo Artist? Want a record Deal?

Decibels Youth music centre are starting up a record label and we want to sign you! Decibels Records are looking for tree upcoming, local artists aged 12 – 25 to work with throughout 2011. Signed with Decibels Records, you will get the opportunity to work with our label committee and industry professionals to produce, record, release and promote your CD, plus launch it at a special industry night as part of the 2011 Darebin Music Feast Applications close Wednesday 20th April Send your demo and artist bio to Decibels Records Decibels Youth Music Centre, Level One, 23 Edwardes Street Reservoir 3073 For more information please contact Decibels Youth Music Centre 8470 8001

Do You play in a Band? Are you Awesome?

Bands wanted for the Freeza Push Start Battle of the Bands Darebin Northern Metro Heat. If you want to apply download an application form from www.thepush.com.au Send your demo and application form to ACCESS ALL AREAS PRODUCTIONS, DECIBELS YOUTH MUSIC CENTRE, 23 EDWARDES STREET, RESERVOIR, 3073 Applications close Wednesday 4th May. For more information contact Decibels Youth Music Centre on 8470 8001
School Notices

NHS Parents Music Committee 2011
Parent help for concert on 2 May. We need some parents are needed to help with the concert on 2 May at the Ivanhoe Centre - ushering, selling programmes, possibly selling snacks and helping to pack up instruments at the end of the night. Please contact Jane Miller: miller.jane387@gmail.com if you are able to help out.

The Parents Music Committee is a parent group whose goal is to assist the Music Department at Northcote High School with non-teaching activities. Please contact Jane Miller: miller.jane387@gmail.com or Mr Lewis at the school if you would like to help out – peter.lewis@nhs.vic.edu.au or 9488 2336.

Limited use of Merri Primary School synthetic Oval after hours
Merri PS have asked us to remind all students that use of their synthetic court/oval is restricted by hours of use—labelled on site. Out of hours use causes neighbours distress. The hours are between 6.00 and 7.00pm on weekdays and between 10.00am and 2.00pm on weekends. Thank you for your support on this.

French Club
“Salut les Francophiles et les Francophones de Northcote High School”
Monday 4 April sees the beginning of “Le French Club”, lunchtimes, Room 17.
There is ONE rule: When you enter the door, ‘il faut parler français’. French only. If you speak English (or another language!) ‘dehors’ – out!!!!

Extras needed for feature film on Cyberbullying—Last call!!!
So far, 10 students have signed up as extras on the Federally funded short Cyber-bullying film. We need about another 10-15 students!
This is the final call—collect a form from Mr Murphy and RETURN it to him (even in a scrumpled—been at the bottom of the bag state) this week!
Otherwise—forever hold your piece about the missed shot at stardom!

Workshop & masterclass series—Term 2, 2011
Flag Youth Theatre works with young people to develop a range of performing skills, from acting to creating characters, comedy routines, singing and more. Our focus is on the imaginative process, providing theatre-making tools and developing skills that support individual journeys. With creativity at the forefront of what we do, we believe that the most original and exciting theatre comes from the students themselves. Our purpose is to inspire, empower and equip young people to engage with contemporary theatre practice and to develop their creative goals. Working with professional drama tutors, in small classes, with students of similar age and ability, Flag nurtures a culture of creativity and friendship.

Term 2 – Tues 26th April to Friday 1st July

| LITTLE ACTORS: Age 4 – 9 years | Tuesdays, 4.30 – 5.30pm, commencing 26th April
| LIVE AT STUDIO III | Age 12 – 17 years | Tuesdays, 4.30 – 6.30pm, commencing 31st April
| SEE & BE SEEN | Age 13 – 18 years | Wednesdays, 4.30 – 6.30pm, commencing 27th April

Each term 9-12 and 13-16 age groups receive a masterclass, conducted by a professional with a high level of expertise in our area of study. All classes run at Northcote Town Hall.

For more details and enrolments please see our website:
www.flagyouththeatre.com
or contact us at:
flag.lite@live.com.au
0420339199

*Master Class and Workshop

An intensive, script based workshop for young people wanting to delve into the nuts and bolts of text and character. Learn how actors craft real and convincing people from fictional characters. Whether you want to perform a scene or a monologue, we’ll look at a variety of approaches to script work, from the first read through working on character, blocking, improvising and performance. Using scripts from a number of genres, this is the workshop for those who want to experience hands-on the actor’s responsibility of taking a script from page to stage.