The Great Rose’s Gap Camp 2009

Roses Gap Rocks!!

162 Year 9 students and 17 staff spent the week (18th to 22nd May) at Roses Gap in the Grampians. Both students and staff experienced an exhilarating week undertaking activities ranging from abseiling and the giant swing to bushwalking and canoeing. Personal challenges, developing positive relationships and working together were the goals of the camp. Fear of heights was one of the many challenges faced by students and staff alike, along with trying to get mobile reception. All agreed that the destination, activities, food and accommodation were fantastic. All returned from camp weary but with wonderful memories of a great time.

Ms Saillard

“Camp was a wonderful experience. It was the best thing I’ve done so far at NHS. I faced fears and had many memorable laughs. I made friends and spent time with many different people. I’m glad I went!” (Olivia 9C)

“Camp was an awesome experience. I wish I could go back. I loved abseiling” (Oscar 9C)

“I liked camp because the activities that we did I would like to experience again in life” (Joshua 9C)

“Camp was a great way to interact and bond with the Year 9 students outside the class. I would go back in a heartbeat” (Ms Wyatt)

“Watching the Sugar Gliders work as a team during hut building was an extremely positive experience” (Mr Sullivan).

School Diary
June 2: Yr 10 Exams commence (to 5 June)
June 8: Queens Birthday holiday
June 9, 10: VCAA Exams for some Unit 3 subjects
June 11: GAT (no Yr 11 or 12 classes)
June 12: Report Writing Day (No school for students)
June 16: Yr 8A-C High Resolves
June 17: Immunizations for Yr 7 Girls Yr 8D-F High Resolves
June 18: Yr 8 G-I High Resolves
June 19: Yr 8 District Sport Day
June 21: Yr 10 Work Experience begins
7.00 pm Classical Music Concert Melba Hall
June 23: 7G Boho Camp (to 26 May)
Yr 7 District Sports Day
June 26: Last day of Term 2
July 13: First day of Term 3

Exams at a glance:
June 1-5: Yr 11 Exams
June 2-5: Yr 10 Exams
June 9-10: VCAA Exams
June 11: GAT Exam

Exams at a glance:
June 1-5: Yr 11 Exams
June 2-5: Yr 10 Exams
June 9-10: VCAA Exams
June 11: GAT Exam

School Contacts
General Office
9488 2300
NHS HISTORY PROJECT
nhshistory@nhs.vic.edu.au
Student Absence line
9488 2330
Student Absence email
absence@nhs.vic.edu.au
School Website
www.nhs.vic.edu.au
School Email
info@nhs.vic.edu.au
Postal Address
St. Georges Road, Northcote, 3070

To receive the newsletter electronically, send an email with your name to info@nhs.vic.edu.au
Swine Flu—an update

As parents would be aware there are currently a number of confirmed cases of H1N1 Influenza (Human Swine Flu) in Victorian schools. There is now one confirmed case of H1N1 Influenza in the school student community. This student and his family are in quarantine and have been provided with Tamiflu...

At this stage (Tuesday June 2, 9.00 am), after fully appraising the circumstances, the Education Department and medical authorities have asked us not to close the school. We will continue to monitor the situation and advise parents immediately in the event of any new advice.

Specific concerns from parents about H1N1 Influenza can be referred to any of the numbers listed in the article below

FAQs about H1N1 Influenza 09 (Human Swine Flu)

1. What is seasonal flu?
The influenza virus circulates every year and causes an infectious disease known as influenza (flu). Symptoms of flu include: sudden fever, headache, muscle aches and pains, fatigue, cough, sore throat, stuffy or runny nose. The virus can cause a mild or severe illness depending on the type of influenza virus and the age and general health of the affected person. Older people, young children and people with certain illnesses or chronic medical conditions are at higher risk for serious flu complications.

2. What is Human Swine Flu?
H1N1 Influenza – Human Swine Flu – is a respiratory disease caused by a new influenza virus. Swine flu viruses are contagious respiratory diseases usually found in pigs. Various flu viruses can infect pigs but the most common is the H1N1 subtype. A new strain of H1N1 swine flu that affects humans was recently identified.

3. Will the seasonal flu vaccination protect against H1N1 Influenza (Human Swine Flu)?
The Department of Human Services has advised it is not expected the normal seasonal influenza vaccine will reduce the risk of contracting H1N1 Influenza. However, vaccination is still recommended, particularly for people over 65 and those in vulnerable groups, as this will provide protection against seasonal influenza.

4. How can I protect myself and my family against catching either seasonal or H1N1 Influenza (Human Swine Flu)?
Good health hygiene practices can greatly reduce the chance you will get the flu or pass it on to others.

- Maintain good health - keeping yourself healthy helps your body defend itself against viruses that make you ill.
- Try to stay one metre or more from sick people to reduce the spread of illness.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in a plastic-lined rubbish bin after you use it.
- Wash your hands regularly, especially after you cough or sneeze. It is best to wash hands with soap and warm water, scrubbing wrists, palms, fingers and nails for 10-15 seconds. Rinse your hands and dry them well with disposable paper towel or an automatic hand dryer. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

It can be challenging to teach very young children cough etiquette and other hygiene measures. Explaining to children that it is important to keep away germs provides a base to engage them in cough etiquette and hand washing. For younger children, pictures showing what to do can be helpful, as can strategies that make this into a ritual game or fun.

Discourage children from sharing eating utensils, food or drinks, and extra diligent cleaning of toys and services in areas frequented by young children may be appropriate.

5. What should I do if I or my family have the flu?
If you have or suspect you have the flu you should call your doctor (GP). You should avoid public places and close contact with others, especially children.

Don’t visit people who have the flu unless it is absolutely necessary. If a member of your family has the flu, keep their personal items, such as towels, separate from the rest of the family.

Concerns about swine flu should be referred to any of the following:

- The Swine Influenza Hotline Tel. 180 2007 – for the general public and people returning from the Americas with flu-like symptoms
- Nurse-on-Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)
- Your doctor (GP) – if you have an influenza-like illness (fever, cough and fatigue) and have travelled to Mexico or California, Arizona, New...
H1N1 Influenza 09 (Human Swine Flu)

Mexico or Texas in the past seven days.

6. My child has a runny nose, but no fever or cough. Should I take them to a doctor?

If you are concerned and are unsure what to do:

- Contact your doctor (GP)
- Call Nurse-on-Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)

7. Can I send my child to child care, kinder or school?

As with all influenzas, it is appropriate to keep your child at home if they are unwell. If you are concerned and are unsure what to do:

- Contact your doctor (GP)
- Call Nurse-on-Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)

8. My child is not sick. Should I continue to allow my child to attend normal events and activities, such as school camps, sports days, and excursions?

There is no need to change planned activities or avoid going to public places or events, unless

- your child is suffering from flu-like symptoms. In this instance, you should seek medical advice and avoid public places and close contact with others.
- your child has been placed in quarantine.
- your child, while not in quarantine, is at a school that has been closed due to H1N1 Influenza. In this instance, students are requested by the Department of Human Services, as a precautionary measure, to limit their exposure to the community, particularly in close contact environments (for example, school camps, school sports, parties, and cinemas).

Standard good general health practices should continue to be practiced, including coughing and sneezing into a disposable tissue and disposing of it appropriately, washing hands afterwards, avoiding close contact with people who appear unwell, getting adequate sleep, eating nutritious food and keeping physically healthy.

9. My child has just returned from overseas. Can my child return to childcare, kindergarten or school?

On 25 May 2009, the Victorian Government asked that all children returning from the US, Canada, Japan, Mexico and Panama be kept at home for seven (7) days prior to returning to school.

While neither the World Health Organisation nor the Australian Government have recommended against travelling to these countries, the virus is spreading within these countries to an extent that warrants extra precaution to help stop the virus spreading from returned travellers.

At this stage, the exclusion does not affect teachers or childcare workers. This decision is based on information available so far about how this virus spreads. For more information, please contact your school or see DHS Fact Sheet.

10. Who makes the decision to place a person into quarantine or close a school or early childhood service?

The Department of Human Services is responsible for determining the need for quarantine.

The decision to close a school or kindergarten will be made by the Department of Education and Early Childhood Development, under advice from the Department of Human Services. (This is NOT Northcote High School’s decision to make)

11. How will parents be informed of a school or early childhood service closure? What happens if the decision is made out of school hours (say at night or over a weekend)?

At a minimum, the school principal or early childhood service manager (or delegate) will formally advise parents in writing. Wherever possible, they will also hold a face-to-face meeting. If parents need to be advised of decisions made out of school or service hours, parents will be advised by telephone, where possible. It is important that you update your school or early childhood service with any changes in your contact details.

12. If a school is shut for a number of days, will students be able to access schoolwork?

Yes. Teachers at schools affected by H1N1 influenza will be providing students with school learning materials that can be used at home. Please contact your school for details.

13. My child is in Year 12; is there anything that can be done to minimise the potential impact of H1N1 Influenza?

Many schools have separate facilities and study areas for Year 12 students and they are being encouraged to maintain these facilities for the exclusive use by Year 12 students, wherever possible. Where schools do not have exclusive facilities for Year 12 students, they are encouraged to consider further reasonable actions your school could take in this regard. Please contact your school direct for details.

14. What happens if a VCE student is affected by H1N1 Influenza during exam periods?

If a VCE student is affected during exam periods then normal processes for special provision will apply and the school should contact the Victorian Curriculum and Assessment Authority (VCAA).

15. Who can I talk to if my family or my child needs counselling support?

If you or your family needs counselling support, you can call Parentline on 132289 (the telephone counselling service provided by the Department of Education and Early Childhood Development), or contact your maternal child health service, kindergarten or school.

16. Where can I get up-to-date information?

Visit the Victorian Government Health Information Web site (www.health.vic.gov.au) for up-to-date information for schools, children, parents and the community:

Concerns about swine flu should be referred to any of the following:

- The Swine Influenza Hotline Tel. 1800 200 766 – for the general public and people returning from the Americas with flu-like symptoms
- Nurse-on-Call Tel. 1300 606 024 – for expert health information and advice (24 hours, 7 days)
- Your doctor (GP) – if you have an influenza-like illness (fever, cough and fatigue) and have travelled to Mexico or California, Arizona, New Mexico or Texas in the past seven days.
- Your local hospital – if you have pneumonia and have travelled to Mexico or California, Arizona, New Mexico or Texas in the past seven days.
In three action packed games the Senior Boys won the District Football on Tuesday the 19th May. The team showed fantastic endeavour and discipline to win all three games.

**Game 1 vs Northlands SC**
NHS 13.4.81 vs NSC 1.0.6
A dominant display with most of the leadership group sitting on the bench. A good warm up game with quite a few players getting a run in different positions.

**Goal Scorers:** Dimitri Kynigopoulos 4, Harry Free 3, David Newell 1, Julian Turner 1, Mitch McWhinney 1, Jack Dalton 1, Nick Katsiroubas 1 and George Dellaportas 1.

**Best Players:** Cheyne Evans, David Newell, Anthony Chiodo, Andrew Timos, Harry Free and Dimitri Kynigopoulos.

**Game 2 vs Reservoir DSC**
NHS 8.5.53 vs RDSC 6.5.41
A poor and sluggish start against the highly rated Reservoir team put the team under pressure. Reservoir kicked 5 goals in the first half and looked the better side at half time. After a massive rev up at half time, the Northcote team dominated the second half, led by a scintillating midfield of Jack Simcoe, Jack Dalton and Dimitri Kynigopoulos.

**Goal Scorers:** George Dellaportas 3, Jack Dalton 2, Jack Simcoe 2 and Dimitri Kynigopoulos 1

**Best Players:** Jack Dalton, Dimitri Kynigopoulos, Jack Simcoe, Louis Siciliano, Adrit Sherifi, George Dellaportas and Matthew Cowell.

**Game 3 vs Mill Park SC**
NHS 10.3.63 vs MPSC 5.3.33
A flying start saw Northcote kick the first 3 goals before Mill Park responded with 4 in a row. A lack lustre 10 minute period that gave Mill Park the lead at half time by a goal. Northcote were willed at half time to lift their effort and increase intensity. The second half was fantastic to watch, Mitch McWhinney came out of his shell and James McGee showed his amazing ability, Alexei Roberts scored what would have been goal of the day with brilliant roving and goal awareness.

**Goal Scorers:** Jack Dalton 2, Dimitri Kynigopoulos 2, James McGee 2, George Dellaportas 2, Alexei Roberts 1 and Josh Anagnostakis 1.


Well done to the team and they now move on the Northern Zone Semi Final in the last week of term. Mr Martin
Senior strings: professional gigs, festival

Professional gig
The Senior String Ensemble was invited to perform at the Free Radical Research Centre at Melbourne University on 22nd of April. It was not only an honour to be chosen to provide the music for 200 guests from around the world, but this was the ensemble’s first paid gig! The ensemble performed two 30 minute sets of music and the feedback was very complimentary and appreciative with the indication that possibly more gigs could follow in the future.

Congratulations to the ensemble on their hard work preparing for this last minute performance and thanks to Soula Bennett and Bianca Le for making the connections between NHS and the FRRC. Extra thanks to Martin DeMarte and Peter Lewis for their team work!

AUSTA String Orchestra Festival 2009
Sunday the 17th of May began to a slow start at 8am as the senior string students rolled up to the bus to take them to Wesley College, Glen Waverley, for the Annual String Orchestra Festival. NHS were teamed up with Collingwood College’s senior string ensemble and shared a morning of workshops, sight reading and preparing for the combined grand finale performance with the other eleven ensembles. Combined, there were over 150 students performing—truly spectacular for the eyes and ears!

Again the Senior strings performed at a high standard and Martin and I received very flattering feedback from the AUSTA committee members and other schools. Comments ranged from how lucky we were to have such a well-balanced group to how smart the students looked in their performance uniforms!

During the day we made a positive connection with Collingwood College and hope to share some combined Strings, cheese and wine performance evenings in the future – stay tuned...

Gold Coast Tour
The Senior Strings are actively preparing for their first interstate tour to the Gold Coast Eisteddfod August 24th – 28th. There will be a number for performances, including one at Dreamworld, alongside exciting recreational and sightseeing activities. After the strings have conquered Melbourne Uni and the Gold Coast – where to next?!

Ms Neesh Wray

On 22 June, Starting at 7.00 pm
our Music Department will present a wonderful evening of classical music. It will be held at Melbourne University's Melba Hall.

Tickets can be booked on line—follow the link from www.nhs.vic.edu.au
GENERATION NEXT

A public seminar aimed at understanding the unique health and wellbeing challenges facing generations Y & Z — and how these challenges can be met.

Bullying | Internet & Cybersafety | Depression & Mental Health | Sex, the Media & Young People | Parenting Information & Advice

SATURDAY, JUNE 13, 6-10pm, JOHN BATMAN THEATRE, MELBOURNE CONVENTION CENTRE

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Susan McLean
Cybersecurity Expert

Paul Dillon
Drug and Alcohol Research and Training Australia

Dr. Renuka Manocha
GP, Convener

Julie Gale
Founder of Kids Free 2 B Kids, Writer and Performer

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www.genextseminars.com
Darbin Women’s Football
AGES 12 – 17 year old.
Training – Wednesdays 5.30pm – 6.30pm
Where: AH CAPP Reserve, Halwyn Rd, Preston
Games: - FORD PARK, ORIEL RD, IVANHOE
When: Saturday Mornings.
IF YOU ARE INTERESTED IN PLAYING PLEASE CONTACT
ZACHY ON 0413 604 998.

Recently three Year 9 Commerce/Legal Studies classes visited the Old Melbourne Gaol to re-enact a real life court case on Culpable Driving. With the play set in the old Magistrate’s Court, Year 9s played all the major court personnel such as the judge, the prosecuting and defence counsels, the tipstaff and members of the public gallery. They read their lines from a moving and dramatic script written by a professional script writer. A courtroom facilitator pointed out that in the very dock the students were using in the role play, many notorious Melbourne criminals from Squizzy Taylor, Mark Brandon ‘Chopper’ Read and Julian Knight had once appeared for their committal hearings. At the end of session, students discussed the appropriateness of the sentence with the facilitator.
Short School Notices

2010 Northcote High School Study Tour de France

Late March next year 16 students and 2 teachers head to France for a jam-packed two weeks to experience language lessons and icons of Paris including the Eiffel Tower, Notre Dame, the Louvre, the Arc de Triomphe, Montmartre, the river Seine; home and school life in regional Normandy where the students will be welcomed into a homestay and visit Rouen, Honfleur, Etretat, Mont St Michel, Bayeux and Villers-Bretonneux.

For those students interested in being part of the study tour, a reminder that deposits of $1000 need to be in by Friday 12 June. For more information, contact Mink Schapper or Chris Manousopoulos. mink.schapper@nhs.vic.edu.au chris.manousopoulos@nhs.vic.edu.au

Northcote Nilharmonic Orchestra

Would you like to play a musical instrument as part of a group of adults and meet some other Northcote High parents and friends? Maybe you are a proficient player or learning, or you learnt an instrument when you were at high school yourself and would like to start playing again; this would be for people with any level of experience. We would meet in early second term. If you are interested contact Brenda Walker for details brenda@shorewalker.com or 0438 196 522.

Changes to staff emails

Please note that all staff email addresses have now changed. This is because of the amount of spam being received through the old email accounts. These have served us well for more than 10 years, but are now clearly out of date!

You will find a full updated list of staff emails on the Contact us option of our webpage.
(The key to all the new emails is firstname.surname@nhs.vic.edu.au)

Northcote High Girls join new soccer club

Year 9 girls Zoe, Sofia, Erin and Kara have recently joined a new local soccer club. The Yarra Jets were formed this year, previously being a part of the Clifton Hill Soccer Club. The girls are in the Under 15 team, which is made up of students from local schools including Fitzroy HS, Northcote HS and Ivanhoe GGS. The girls are really enjoying the game and their new team and have won 2, lost 2 and drawn 1.

All the Northcote Jets girls are also playing in the Year 9/10 school team and have recently advanced to the zone playoffs.
Photo at right courtesy Fitzroy high School.

10th Anniversary visit by our sister school

In August, our Chinese sister school, Huaibei Number One High School will visit us for 6 days of school and cultural activities.

We need families willing to home-stay a student from the sister school. This is such a wonderful opportunity to develop an international friendship, as many of our students will attest.

The students English is good to very good. Contact Mr Murphy if you are interested 9488 2342.