NORTHCOTE HIGH SCHOOL
Text only Newsletter
Vol 8, No 11, June 14, 2005

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School Diary this month

TERM TWO

June 15. English Competition
June 16. Yr 7 Sports day
June 17. Report Writing Day (No school for students)
June 24. Last day of school
VCE Reports distributed

TERM THREE

July 11 First day Term 3
July 18. Yrs 7-11 Reports distributed

July 11. First day Term 3
July 14 2pm Performance for Yr 11s
July 18. Yrs 7-11 Reports distributed

July 20. VCE Info evening for Yr 10 students & parents—Hall
July 22. Yr s10, 11 7&12 subject selection sheets returned
SRC Out of Uniform Day
July 24. Honjo High School visit commences (to Aug 1)
Main headline story: **NHS students join an Amazing Race**

On Friday June 3, a group of 12 Northcote students took part in the Metlink Public Transport Challenge. We were broken up into teams of four and had five hours to reach landmarks within 12 km of the CBD. The groups all took different routes, travelling to locations including Spotswood, Reservoir, Alphington and Brunswick, only using trams, trains, ferries and buses. At each location we had to answer questions to collect points. Isabella Morand

*Being a day to celebrate and promote public transport, one would have thought it would be there to help us get through the day. However, our team was let down when we decided to take a different form of transport to Spotswood—a ferry. Scheduled to leave at 10.30, we were confident we would arrive at Scienceworks on time and would be back in the city by 11.45ish. But the ferry didn’t leave until 11.00 and our strategy was ruined. Courtney Zlatic*

*One of the problems for our team was that we had a rival school from (no name) Secondary College going to the same checkpoints on the same form of transport, at the same time as us. However because they were a more casual group they arrived late and had points deducted. Georgia Dunn*

*When we finally got back to the meeting place at Flinders Street Station at 3.30, we were surprised by mountains of free food—muffins, cakes, scones, jam and cream. It was so good! We ate for ages. It was great to see Metlink had arranged for the Melbourne Tigers to come along at the end and run drills and competitions for the competitors. A great day, with a lot of running. Georgia Madden*

Northcote’s three teams performed very well, winning 3rd, 4th and 7th places in a pool of 40 groups. Thanks to the many other students who volunteered, unfortunately too late to be included this year’s competition.

**Principal’s Letter**

Within the complex world we live in, we want to remain clearly focused and committed to Student Learning, Teaching Excellence and creating a Supportive Environment. As we draw to the end of our first semester, I would like to reflect on some of our work, progress and growth in these three areas:

**Student Learning** – This semester we have joined other educators in Victoria working to validate the new state VELS, Victorian Essential Learning Standards. In auditing our curriculum to these standards, we have found that they complement our programs and the long held beliefs at Northcote High School that our students need to learn and value the knowledge and skills within discipline areas and also need to develop the physical, personal and social skills and the critical interdisciplinary skills that allow a person to be an active responsible and informed person and citizen. Students have been challenged academically and personally this semester through a variety of learning experiences within the classroom and also in programs such as Student Conferences (with primary school partners), community projects, academic and sporting competitions (with 2 gold medals in Greece), music performances (over 200 students performed at our most recent concert!) and 800+ students taking exams the past few weeks. Exams are assessments of learning, but our teachers have also been applying assessment for learning as part of their teaching.

**Teaching Excellence** – Northcote HS teachers are leaders in their profession and are constantly pushing to improve professionally. This semester 9 teachers were involved in Professional Learning Projects and will contribute to the new teaching Knowledge Bank, Leonie McNicol was a speaker for the Learning Federation, our technology teachers hosted and presented at the recent state technology conference held at NHS, two of our teachers have been trained as Master Trainers for the Intel Teach to the Future program, two teachers are part of our Cluster leadership group working with Melbourne University to implement the Principles of Learning and Teaching and our Science teachers are planning the state “ICT in Science” conference to be hosted at NHS. I am currently on the panel selecting the Teacher of the Year as part of the Herald Sun program and after reviewing the nominations across the state, I have reflected on the number of excellent teachers we have at Northcote High School. I am sure you would agree there are several who could receive such awards.
Supportive Environment – We are continuing to improve our learning and teaching environment. We have just set up a new Digital Photography Lab and have increased the access to digital still and moving image editing and presentation devices across the school. We have begun to plan for a future reconfiguration of our portable area to improve the learning spaces within them. As we know, creating a supportive environment is more than facilities; it is also the communication tools we use such as this newsletter and our newly designed website. It is also creating new ways to partner with parents. Next term, we will be holding our VCE information evenings for students and parents during weeks 2 and 3 and later in the term I would like create some Parent Partnership Discussion Groups – These will be informal groups where I can meet with parents, update you on educational topics and get parental input and feedback. In term 3, the topic will be the Victorian Essential Learning Standards and how we can best report to parents. If you are interested in participating in a Parent Partnership Discussion Group, please contact Robyn Sinclair on 9488-2332. We want to remember that we all make up the Supportive Environment for Student Learning and Teaching Excellence and it is that supportive environment that makes such a difference in student learning and student lives.

Gail Davidson
Principal

Beyondblue classroom program for Yr 10 students

This year, being the third and final year of the Beyondblue Schools Research Initiative Project, sees our Year 10 Students undertake the 10-week classroom program. This is designed to build on similar programs they completed when in Years 8 and 9. The program is to be delivered during Term 3 and will be included in the Year 10 Personal Development curriculum.

On Wednesday 8th June, a team from the school participated in a Training Day to familiarize the teachers with the content and activities included in the programme. It is a very interesting program, based on a reality TV competition. The theme is “Getting on in your world and getting on with your future”.

The program has been developed around ‘Strongbox’, a series of 10 episodes following the lives of 6 contestants who have been selected to face a series of challenges while living together, isolated from their friends and families. In the final episode, the winning contestant receives the contents of the Strongbox, which are not known until that time. The contestants are judged on the way they deal with the various challenges, and are also rated on the following six senses:

Sense of self-worth
Sense of belonging
Sense of control
Sense of purpose or meaning
Sense of future
Sense of humour

Research has shown that these senses and the skills associated with them play an important role as protective factors against mental health problems.

Ken Coleman (SWC)

On behalf of the Beyondblue Project Team.

Information evenings for Yr 9 & 10

Northcote prides itself on the level of support and guidance it offers students to help develop career pathways and showcase course options. Two very important dates in the school calendar for our Year 9 and 10 students are coming up. We look forward to seeing all our students and their parents at the relevant evening meetings.

Year 10, 2006, Information Evening, July 27

The Year 10 Information Evening will be held on Wednesday July 27th, in the school hall at 7 pm for all current Year 9 students and their parents.
Letters will be sent home with students in week 1 of Term 3. Please complete the reply slip and return it to the school.

The general structure of our Year 10 program, the course selection process, career advice and pathway options will be outlined at the evening and students will receive their Course Selection Information packs.

*Jocelyn Hill, Senior School Coordinator, Mahe Casles and Adele Fattore, Year 9 Coordinators.*

**VCE 2006, Information Evening, July 20**

Parents are reminded that the VCE Information Evening will be held on **Wednesday July 20th**, in the school hall at 7 pm for all current Year 10 students and their parents.

Letters will be sent home with students in week 1 of Term 3. Please complete the reply slip and return it to the school.

The general structure of the Victorian Certificate of Education (VCE), the course selection process, career advice and pathway options will be outlined at the evening and students will receive their Course Selection Information packs.

*Jocelyn Hill, Senior School Coordinator, Adam Bell and Angela Odorisio, Year 10 Coordinators*

**Music Program Wine Sales**

The Parents Music Committee has organised a wine drive to raise funds to assist the Music department to purchase new instruments. Order forms will be sent to parents of all music students. However, other families are encouraged to purchase wine also. Order forms are available from the General Office now. Completed, sealed, order forms are to be delivered to the school office by Thursday 23rd June. The wine will be available for collection from 15th - 17th July.

Take advantage of this great opportunity to stock up on excellent wines at fantastic prices and to help our young musicians at the same time!

Also see our website for Wine order forms


**NQR School Incentives Program**

The NHS music program has become part of supermarket chain NQR's School Incentives Program. If you shop at the store on High St (near the corner of Separation St) you will see a box at the front with a NHS label. 2% of receipts placed in this box will be sent to the school for use by the music department. So, if you shop at NQR, please support our program.

*Parents Music Committee*

**VCE End of Semester reports**

Year 12 students’ end of semester reports will be available for collection on **Friday 24th June**.

We have moved the date forward for our Year 12 students (Years 7 to 11 available Monday 18th July) as we feel its important for them to receive early feedback on the semester outcomes and determine what they can do to improve prior to the term holidays. They can then use the 2 week period productively, ensuring the best possible outcomes for themselves.

Reports can be collected at the school by parents or by students (who have a note consenting to collection from their parents). They will be available from the VCE Office between 9 and 1pm.
We would encourage parents to stay for a tea or coffee and chat informally to other parents about how they are coping with the pressures of supporting their sons or daughters through the rigours of their final VCE year.

If you require further information please contact the VCE Team on 94882312.

Reports & PT meeting schedule for 2005

Year 12 Semester One reports will be available for collection on **Friday 24th June** (see above)

Years 7-11 Semester One Reports will be distributed on **Monday July 18th**

The next parent teacher meetings at the school are

- Wednesday August 10 for Years 11 and 12
- Thursday September 15 for Years 7 to 10

Semester Two reports for Years 7-11 are distributed in December.

Snow Camps Update, Aug 22-27

All students who expressed interest in the Snow Camp should have collected their permission form. This is to be returned with the deposit ($200) by Wednesday 22nd June.

After this date positions will be offered to other students and there have been many requests.

The first camp (Mon 22 – Wed 24 August) will be Year 7, 8 and part 9 and the second camp (Thur 25 – Sat 27 August) will be Year 10, 11, 12 and part Year 9. Students need to check the lists and see me if there is an issue.

Clothing/Equipment Hire – students need to see me by Wednesday 22 June.

Students need to check the school bulletin daily for important information. Failure to do so could jeopardise their participation in the camp.

**Mr. Rohan Griffiths**
**Camps Coordinator**

Active Girls’ breakfast – May 27

On Friday the 27th of May, five active NHS students arrived at school at 6:30 am to attend the Annual Active Girls Breakfast held at the Melbourne Convention Centre. The girls who attended were Hannah Brasier, Jessie Andrew-Reiper, Holy Best, Katrina Mullumby and Cecilia Power.

The Breakfast was opened by the Hon. Justin Madden, (Minister for Sport and Recreation). Over 650 female students from across the state and 150 female sportswomen attended the breakfast. The sport role model on the NHS table was Dr Rebecca Foxton, captain of the Victorian Water Polo team. She was extremely interesting to listen to, as she has managed to balance the life of an elite sportswomen, a career in Medicine, as well as being the mother of two young children.

We were entertained all morning with performances from the KLM Cheerleading Troop and the Victorian Dance Sport Group. The motivational speakers included, Kirsty Marshall (World Skiing Champion) and Belinda Clarke (Captain of the Australian Cricket Team). Belinda shared her experiences of winning the Cricket World Cup in April this year. She also spoke of the dedication required to perform at an elite level as well as pursue a professional career. A skill, most Australian elite sportswomen have to acquire in order to succeed.

**Ms. Andrea Grealy**
**Equal Opportunity Coordinator**
An Asthma Friendly School—Part 3

This article concludes our series on Asthma. Parents with concerns about Asthma and their child are strongly urged to contact their GP or the Asthma Foundation of Victoria.

5. Is it Asthma?

Does your child have a wheeze, shortness of breath, cough or a tight chest:

- With a cold or chest infection?
- Early in the morning or late at night?
- During or after exercise?
- During the winter season when it is cold?
- If the temperature suddenly changes?
- Near cats or other animals?
- Around cigarette smoke?
- Around polllens or moulds?
- During the burn-off season?

If your answer is “yes” to any one of these questions it could be a sign that your child may have asthma.

6. What should I do in Asthma First Aid?

If at any time you are concerned about the condition of a person with asthma call an ambulance immediately and proceed with the Asthma 4 Step First Aid plan.

The Asthma 4 Step First Aid Plan

- Sit the person upright. Stay calm and reassure him/her.
- Without delay give 4 separate puffs of a blue reliever puffer (Airomir, Asmol, Epaq or Ventolin). This medication is best given using a puffer and spacer. Ask the person to take 4 normal breaths in and out of the spacer.
- Wait 4 minutes.
- If there is little or no improvement repeat steps 2 and 3.

If no improvement – call an ambulance immediately (Dial 000) and state that someone is having an asthma attack. Continuously repeat steps 2 and 3 whilst waiting for the ambulance.

Call The Asthma Foundation of Victoria for more information on 1800 645 130 or visit www.asthma.org.au

DOBSON’S UNIFORM SHOP

OPENING HOURS TUESDAY: 12:30 - 4 PM
FRIDAY: 8:30 - 11 AM
With winter approaching we are reminding parents that we offer a selection of secondhand uniform items. Currently we are in need of used Spray Jackets, winter skirts, and Rugby Jumpers. If you would like to make some cash out of unwanted uniform items please drop them off during opening hours.

Ties and winter beanies are available for purchase.

All sales strictly cash, credit card or account only.

NO CHEQUES OR EFTPOS FACILITIES.

SYN FM - Parent Guardians needed to escort students

In order to continue with student radio broadcasts on SYN FM 90.7, the school desperately needs a parent or group of parents to accompany a group of three students to and from the city for a number of weeks in term 3. This could be a one off or fortnightly commitment.

During term 1 & 2, student participation has been facilitated by Brenda Gilmartin, a parent, who has generously given of her time to escort students to and from the SYN FM radio studio located within the RMIT City campus in Melbourne. New arrangements need to be put in place for Term 3.

The school has a broadcast slot on Tuesdays from 12.00 midday to 1.00pm. To accommodate travel time interested parents/guardians would need to have an additional hour available either side of these times, and ideally be prepared to start from the 10th of May.

In line with government requirements, volunteers interacting with children would need to undergo a criminal records check.

If any interested parents or guardians could contact Kevin Hoole at the school as soon as possible on 4488 2316 it would be much appreciated.

In recent weeks students from 8D, 8E and 8F have enjoyed the opportunity to broadcast on SYN FM, 90.7. SYN FM provides access, participation, education and training to all students and youth that are into radio, providing practical experience in the medium.

Student presenters have included Shelley Burns, Rebecca Johnston, Yen Thu Nguyen, Harriet Green, Nicholas Rickard, Adam Wall, Sarah, Wongstein, Josie Smart, Morgan Wall, Tarot Krockenberger – Black, Kathleen Politis and Rosie Wositzky-Jones. The students have enjoyed the experience enormously and it is hoped that we can continue with this opportunity.

Mr Kevin Hoole

Sporting Round up – Winter Sport

Non Physical Education staff step forward

Our Senior students in Years 11 and 12 and our Intermediate students in Years 9 and 10 have been busy playing a range of interschool sports. Competing against 8 neighbouring schools the competition has been very high. We have had to call on the services of over 15 staff members to coach and supervise our teams. It is great for our Physical Education staff to have over 10 other staff members stepping in to coach teams. The cross over from class room to sporting arena gives us all a better appreciation of each other. It is great to report that the the 6 District winning teams below were all coached by non Physical Education staff members

Winning teams from these competitions included our Senior Boys Soccer (Mr Georgiadis), Senior Boys Hockey (Mr. Mitchell), Intermediate Boys and Girls Netball (Ms. Grealy), Intermediate Girls Soccer (Mr Georgiadis), Intermediate Boys Hockey (Mr. Mitchell).
Other staff who coached or who are coaching teams over the next 2 weeks include; Mr. Manosopoulo, Ms. Bennett, Mr. Coleman, Ms. Butera, Mr. Lamb and Mr. Woodward.

Our Year 7 Winter teams plus our Year 7-9 girls football team – Thursday 16th June and our Year 8 Winter teams – Tuesday 21st are busy training and preparing for their big days out. Due to the demand and fierce competition in Badminton we have managed to increase our entries to 2 boys and 2 girls teams at each level. This was only possible because several other schools failed to field teams. We are also fielding all possible teams in Football, Soccer and Netball.

These Year 7 and 8 teams are made up of 235 individual students - giving interschool match play opportunities to over 50% of our students.

Cross country – Tuesday 14th June Banyule Flats – we are sending a team of 12 junior runners this year. (Mr. Price / Mr Martin / Ms. Tayton / Mr Mameghan / Mr Brzozowski / Ms. Lester – our hard working PE staff members)

Community Sport and Recreation

Part of our Physical Education program includes exploring, visiting and using community facilities. To extend this philosophy our PE staff have been busy bussing all of our Year 7-9 classes to Tennis, Ten Pin Bowling and the Golf/Mini Golf range. This will continue in semester 2 with 3 other facilities used. In Sport Education we have used local Tennis and Squash courts, NorthcoteYMCA and Hockey fields.

Mr Craig Price
Sports Coordinator

Senior Girls’ Soccer

The senior girls soccer team put on a great performance during their three matches on at the end of May, easily dominating local schools, and only finally being defeated by the powerful Mill Park side, a team that includes a number of state players.

The results were:
NHS defeated Thornbury High School:
2—0
NHS defeated Lakeside High School:
2—1
Mill Park SC defeated NHS:
3—0

All the girls played well as a team and should be commended for their effort. Goal scorers were: Christine Demetriou (penalty goal), Bianca Schopf (2 goals), Effy Navrozidis (1 goal).

Ms Soula Bennett
Coach

ESL students experience the countryside

For the past three years, a small number Northcote High School ESL students have participated in an exchange of ideas and information with students from Leongatha Secondary College in South Gippsland. The Leongatha VCE students visited Northcote on the 20th May as part of their study of Contemporary Australian Society in order to briefly experience life at a diverse and multicultural school. Northcote ESL students toured the country visitors around the school and explained what it was like being a Northcote student. In return, Year 11 ESL students spent time at Leongatha Secondary College on the 1st of June and after a BBQ lunch, the Northcote students joined the Leongatha students for class discussions about multiculturalism and the differences between Australia and our Asian neighbours. As in the past, both groups of students gained valuable insights into the lives of each other and it was a great opportunity for the Northcote ESL students to use English widely and see a little bit more of Victoria outside of Melbourne.

Mr Paul Gilby, ESL Co-coordinator
**Your School Council**

PARENTS:
- John Butera (President)
  Email: John.Butera@dpc.vic.gov.au
- Charles Caddy
- Con Dinopoulos (Co-opted)
- James Galea
- Brenda Gilmartin (Vice-president)
- Zora Marko
- Wayne Moncur
- Graham Moore (Treasurer)
- Paul Wiseman (Co-opted)

STAFF:
- Gail Davidson (Executive Officer)
- Dianne Frost
- Pam Mancell
- Craig Price
- Wayne Roberts

SRC:
- Melenska Kar

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**Community Mail Bag**

**SONIC BOOM 3 DANCE PARTY**

**Saturday 18th June** at Fitzroy High School, cnr Falconer and Michael Sts, North Fitzroy. For 12 – 15 year olds. DJ and live performers. **7.30 – 10.30pm.** Tickets $10 on the night.

A fully supervised smoke, drug and alcohol free event. For further information call Megan Rouse 9419 3439.

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**CLEANING**

For house or office cleaning, call ASTRID. 9471-3812

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**AN INVITATION TO HEAR DR. ANDREW FULLER**

The Northcote Network B Parent Forum presents: “Survival Skills for Parents” Guest speaker ANDREW FULLER. Adolescent development, Getting them out of bed, Family arguments, Sibling rivalry, Promoting self esteem

Venue: Thornbury High School Date: Tuesday 26 July, 2005 (7-9pm)

RSVP by July 21 9480 4066 or thornbury.hs@edumail.vic.gov.au entry—Gold Coin donation

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**FAIRFIELD PRIMARY SCHOOL COMMUNITY ART SHOW**

Artists are invited to exhibit at the Fairfield Primary School Community Art Show 2005

July 30 – Opening
July 31 – Family Day

For Application Forms please phone Fairfield Primary School on 9489 2966
Or email: plank.susan.m@edumail.vic.gov.au