Dates for your Diary

September

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>Friday</td>
<td>20 September</td>
<td>Last day of Term 3-early finish at 2:30pm</td>
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<tr>
<td>Sunday</td>
<td>29 September</td>
<td>Italy Trip Returns</td>
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<tr>
<td>Monday</td>
<td>7 October</td>
<td>First day of Term 4</td>
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<tr>
<td>Tuesday</td>
<td>8 October</td>
<td>SRC Talent Quest-Junior</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9 October</td>
<td>SRC Talent Quest-Senior</td>
</tr>
<tr>
<td>Thursday</td>
<td>10 October</td>
<td>SRC Teachers Got Talent</td>
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<tr>
<td>Friday</td>
<td>11 October</td>
<td>SRC Band Talent Quest</td>
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<tr>
<td>Tuesday</td>
<td>15 October</td>
<td>Music Support Group-7:30 Staffroom</td>
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From the Principal

As I write this report, Dr Stephen Parkin, Helene Butterworth and Antonella Bitta along with 20 students are braving the heat of Rome. They have visited the Vatican and the Colosseum and are taking in the sights of Rome before continuing their trip. Their next stop is Siena for a farm stay and then on to Florence and Venice.

On Monday Parent Teacher Interviews were conducted. This is always a valuable opportunity for parents to meet their child’s teachers and to receive feedback on their progress. It is commendable that so many families braved the heavy rain to attend.

A recent highlight for me was the overnight stay in the city with the Year 9 students. After dinner we caught a tram to the Eureka Tower and many students braved ‘The Edge’. Not to be outdone, staff accompanied by one very game student decided that we could also go ‘out on the Edge’. It is an amazing experience to view the city from such a vantage point. As usual Warrandyte High Students conducted themselves beautifully and were a credit to themselves and the school.

Term three is drawing to a close with preparations and planning underway for next year. Students have received course counselling and students in Years 9, 10, 11 & 12 have indicated their course selections for next year. The term ends on Friday with the students being dismissed at 2.30.

I wish all students and families a safe and happy holiday and look forward to seeing the students back refreshed next term.

Kathy Hooke
Acting Principal
Year 8 English Guest Speaker

With all that has been happening in the world and recent times in Afghanistan, the Year 8s were fortunate enough to have a guest speaker come out to the school and talk to them. Amal is from Afghanistan and shared with us the most interesting and at times startling information about a country that we have very little knowledge of. We were introduced to the people of Afghanistan, their hopes, aspirations and dreams for the future. This was particularly pertinent as the students have been studying the novel Parvana in English. The novel is about a young girl growing up in Afghanistan and her struggle to make a life for herself and her family under the harsh rule of the Taliban. It is hoped that by reading the text, and listening to Amal’s journey, our students will have gained more insight into the culture of Afghanistan. A big thank you to Ms Bitta for organising the presenter.

Ms K McCrory
English Leader

Taking the Challenge Overnight Stay.

We met at our accommodation on Collins Street - all present and accounted for. Everyone was excited and wanted to move into their rooms, but they would not be ready until the afternoon.

The next stage of the day was for our students to move off to their appointed projects and meeting places. Some would meet in bowling alleys or picture theatres, depending on what their group had planned.

By the afternoon we were tired and ready for our accommodation. By 6:00 we were starving. Pizza, salad and a cheesecake for dessert certainly filled the spot.

Next was Operation Eureka. We made our way along the streets of Melbourne city by tram and walking. What an amazing city of lights. Even the Yarra River was beautiful. The city sights from the top of Eureka were amazing, especially at night. All the staff got to go on the Edge and of course Mr Kahukiwa was fearless, whilst the rest weren’t so brave. Even the St Kilda fan Jacob was screaming. The night walk back was interesting, with the life of Melbourne coming out of their shells. We were of course safely tucked into our luxury rooms.

Operation Breakfast was successful, with the assault on the cereals over in minutes. We also demolished all the bacon, scrambled eggs and toast. We finished off our visit with a tour of the Old Melbourne Gaol. We visited the ghostly prisons cells, with the masks of death, played parts in an
old court case and visited the place where some of the black sheep in our families may have ended up after a night out.

Overall the Year 9’s were great and well behaved. We were tired afterwards, but it was a very successful operation. A big thank you to the Taking the Challenge Team – Ms McCrory, Ms Davies and Ms MacDonald. Thank you to the overnight crew – Ms Hooke, Ms Manser, Ms Crees and Mr Steed, as well as the integration crew – Fiona and Amanda.

Careers News

Course Counselling is complete, by now all Year 9, 10 and 11 students have had a counselling session and their subject selections should be completed, signed by parents and handed in to the senior school or careers office. If these forms have not been handed in then subject selection may not be guaranteed.

Year 12 student counselling is also coming to an end. Every Year 12 student has been given an appointment time with either Ms Miller or Ms Lamb. Students will be counselled on their 2014 pathways into University, TAFE, or employment.

I encourage all Year 12 students to register with VTAC prior to the end of Term 3. Registrations close on Sept 27. If you do not register by this date the cost is substantially higher and another factor to consider is that you will not be offered a place at University or TAFE if you are not registered with VTAC.

Earlier in this term the Year 9 and Year 10 students were involved in a Shape Your Density presentation. The students were very involved and enjoyed the Speaker Darren Perera.
Students were encouraged to think about their options and choose an area of employment that they would enjoy, be good at and build a career out of. They were taught helpful tools to assist them in this task.

Some quotes below were written by the students after the event.

“I now have a better understanding & outlook on my future goals and my strengths and passions.” – Taylor Padfield

“I really considered what I want to do in the future. It made me realise what is required to achieve real goals.” – Sarah Nassour

“Good to hear from someone with experience. This helped me understand what I want to do and gave me great websites.” – Brett Watkinson

“I have learned to anchor myself and how to set smart goals. Plus if I am a Ford don’t dream to be a Holden.” – Isaac

“This seminar has given me many ideas. I feel motivated and I want to make a difference. Thank you!” – Hayley Wilson-Rowell

“I gained many things: being confident, do what you love & love what you do – it will make your life happier.” – Sam Henkes

Jo Miller
Careers Leader

Year 8 Drug Education

On Thursday 12 September the Year 8 students were involved in a fabulous Drug and Alcohol Education conference organised and co-facilitated by the Year 8 drug education leaders. The twenty leaders worked throughout Term 3 to learn about the impact of Drugs and Alcohol on the body and in the community. They informed themselves about the risks of binge drinking and the hazards of long-term alcohol use. The leaders then developed their own workshops about alcohol for their peers and delivered the workshops with great enthusiasm and maturity. It has been a pleasure to work with them and they should be proud of their efforts.

The REACH Foundation Youth workers Ryder and Adam presented their workshops on Peer Dynamics at the conference and it was a highly emotional and very powerful experience for our students to be involved with. The feedback from the students has been very positive and the evaluations are included below with a few of the student comments about the program.

Year 8 Drug Education Leaders

8.1
Tom Downie
Sadegh Hediayah Zadeh
Lachlan Pinder
Elli Sones
Georgia Siddall
Megan Wiltshire

8.2
Tamara Johnstone
Yasemin Bekirofski
Keegan Scheller
Nathan Rhodes
Julian Prouse
Elaine Burdett

8.3
Camren Jones
Ellie Sharpe
Lucy Dykes
Zoe Bishop

8.4
Holleigh Mann
Mija Richardson
Oscar Vernon
Luan Phillip Owen
Trevor Edwards
Tim Hogan

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<thead>
<tr>
<th>Activity</th>
<th>☹ Not Happy</th>
<th>☺ Okay</th>
<th>☺☺ Happy</th>
<th>☺☺☺ Very Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Cannabis Workshop-Kate Wilde Theatre</td>
<td>1%</td>
<td>6%</td>
<td>50%</td>
<td>43%</td>
</tr>
<tr>
<td>2. Smoking Workshop-Chloe YMCA C44</td>
<td>3%</td>
<td>20%</td>
<td>44%</td>
<td>24%</td>
</tr>
<tr>
<td>3. Year 8 Drug Ed Leaders DLC</td>
<td></td>
<td></td>
<td>61%</td>
<td>35%</td>
</tr>
<tr>
<td>4. REACH Program</td>
<td></td>
<td>3%</td>
<td>30%</td>
<td>67%</td>
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<tr>
<td>Overall Level of Satisfaction With the Program</td>
<td></td>
<td></td>
<td>43%</td>
<td>57%</td>
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‘The REACH program was fantastic and inspiring.’
‘The Year 8 Leaders made it fun and interactive.’
‘I enjoyed it all it was a really good day.’
‘I learnt so much about drugs and myself.’
‘I learnt to have confidence in myself and respectful of others.’
‘I enjoyed the cannabis workshops as it was fun and I was made aware of the dangers at the same time.’
‘Don’t judge a book by its cover and give people a chance. Make an effort to get to know people.’
‘I learnt about the long-term effects of drug and alcohol use.’
‘It was a very good program for young students.’
Congratulations Chelsea!

Chelsea Angelo of Year 11 has had a fantastic opportunity to be involved in the television program Shannon’s Supercar Showdown. Chelsea has had a successful junior career in motocross and karting, Chelsea made the move to Formula Ford aged 15. She already holds the Formula Ford lap record at Phillip Island and was recently involved in a V8 test day at Winton. The program is a reality TV competition where the contestants perform different tasks and challenges in V8 Supercars. The show airs on 7Mate so if you get a chance have a look. If you missed the first episode here is a link http://www.youtube.com/watch?v=kXEmcOhXsnA

There is also a website about the show as well which is www.shannons.com.au/supercarshowdown/

Best of Luck Chelsea!

Past and present Relay for Life team

On the weekend a group of past and current students, together with friends and family, participated in the Manningham Relay for Life under the team name "Chooks Chickens". The team was led by Emma Geary and included 2011 Year 12's, Nikki Pertile, Peter Viney, Raimon Barragans, Simona Husarova, Stephanie Michael, Georgina Topp, and Johannes Abandowitz Lee as well as Year 11's, Sarah Geary, Jarrod Stewart, Max Mavros, Connie North, Luca Orkibi and Year 10 Helena North.

The team again won highest fundraiser with another staggering total of over $8000!! This was achieved through many hours planning a trivia night, Mel's and Robyn's head shaves, cooking sausages at the IGA BBQ, and many generous donations. The dedication and enthusiasm of the team is a credit to themselves, their families and Warrandyte High School. Emma, Nikki and Peter are also on the Manningham Relay Committee and were responsible for the activities provided throughout the event. They would like to thank Natalie Manser and Robbie Gedge for their support.

At the closing ceremony Emma won an award for "the person who exemplifies the spirit of the relay" which was a great honour.

From Sandra Geary "A Proud Parent
THANK YOU FOR YOUR INTEREST IN THE BRAVE-ONLINE PROGRAM!

We are a team of researchers from the University of Queensland, Griffith University and the University of Southern Queensland who are interested in investigating anxiety in children and adolescents. Between 5 and 10% of children are affected by severe anxiety, which has extremely debilitating effects on a child's emotional, social and educational functioning. In particular, social anxiety is one of the most common anxiety disorders and is described as a persistent fear of social situations in which the child is exposed to unfamiliar people or to possible scrutiny by others.

The ‘BRAVE Team’ are offering an internet-based program (BRAVE-ONLINE Program) for teenagers aged between 13 and 17 years who are experiencing social anxiety. The aim of this research project is to investigate how treatments for social anxiety can be delivered via the Internet for children and adolescents. Many families are unable to attend face-to-face clinics, and prefer to participate in programs from their own home. The project also aims to determine whether treatment programs that specifically target social anxiety are more effective than treatment programs that focus on treating anxiety disorders as a whole.

The BRAVE-ONLINE Program will be running throughout this year, and parents are welcome to call us any time during the year. This program will incur a registration fee of $120, with parents receiving a $25 gift voucher each time they complete a follow-up questionnaire package.

There are no expected ill effects from participating in this study. This study has ethical clearance from the University of Queensland, Griffith University and the University of Southern Queensland. Taking part in this study is voluntary, and families are free to withdraw at any time. In the event that we identify any children that are experiencing high emotional distress and/or are not responding positively to the treatment program, we will contact their families to assist them in finding an appropriate referral. They will also be provided with contact details for a list of useful support services.

We hope to reach a diverse range of families across Australia and would be extremely grateful if you could assist us in making our program materials available to potential families. We have enclosed a flyer that provides some information about the program and would greatly appreciate it if this poster could be displayed where parents or families may have access to this information. Alternatively, we have also provided some brochures and smaller flyers that you may like to make available or provide to families.

We thank you for your assistance and if you require any further information or additional copies of the materials, please do not hesitate to contact us or access our website www.exp.psy.uq.edu.au/socialanxiety

Yours sincerely,

The BRAVE Team
Professor Sue Spence, Dr Caroline Donovan, Dr Sonja March, Professor Justin Kenardy
Mrs Cate Hearn, Ms Laura Uhlmann, Ms Gemma Bettens
Canteen News

Congratulations to Cheryl, Julie and Peta on achieving the Manningham Council’s Five Star Award once again.
Parents and students can be assured of good food practices in the Canteen.

The Canteen is trying out some delicious new home made recipes which include soup, various pasta bakes and jacket potatoes.

Daily specials are as follows – ordering would be appreciated.

<table>
<thead>
<tr>
<th>Specials @ $5.00</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>Thursday</td>
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<td>Friday</td>
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The Canteen is selling hot toasted sandwiches at recess for $2.50. Ham and cheese, and ham, cheese and tomato are available.
Egg and bacon rolls are periodically available at recess as well.

Roster
Volunteers are always welcome in the canteen. If you are available on a Friday only, Karen is always able to change her day. The canteen staff look forward to seeing you in 2013.

<table>
<thead>
<tr>
<th>Monday 7 October</th>
<th>Laura Hellings</th>
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<tbody>
<tr>
<td>Tuesday 8 October</td>
<td>Help Required</td>
</tr>
<tr>
<td>Wednesday 9 October</td>
<td>Michelle De Zwart</td>
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<tr>
<td>Thursday 10 October</td>
<td>Help Required</td>
</tr>
<tr>
<td>Friday 11 October</td>
<td>Karen Paul</td>
</tr>
<tr>
<td>Monday 14 October</td>
<td>Help Required</td>
</tr>
<tr>
<td>Tuesday 15 October</td>
<td>Help Required</td>
</tr>
<tr>
<td>Wednesday 16 October</td>
<td>Tracey Cooper</td>
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Cheryl Hart
Canteen Leader
School Zones

The Doncaster Police have received feedback from schools within Manningham regarding traffic related issue zones during drop-off and pick-up times.

In order to address the concerns raised Police will be conducting and focusing on school zones at the commencement of fourth term.

Police will be targeting speeding, compliance with traffic signs, mobile phones and seatbelt offences. Attention will also be paid to the behaviour of pedestrians and cyclists.

In working with the community to provide safe School Zones, this will be a high visibility zero tolerance operation.