



# The Belmont News

Belmont  
High School

Strive For The Highest

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## Issue 4 – 18 March 2022

### KEY DATES

|                    |  |
|--------------------|--|
| <b>Week B</b>      |  |
| Monday 21 March    | House Assemblies<br>VET Music Year 2 Concert, PAC, 3.45-5.00pm<br>VET Sport & Rec SUP/Snorkel Session 2<br>VCAL RYDA Program, Beckley Park<br>Year 7-10 CAT window opens |
| Tuesday 22 March   | TOP Class Music, Melbourne Recital Centre, 8.30am-7.00pm   |
| Wednesday 23 March | Year 7 Green Camp, Tanybryn<br>VET O/Rec Surf instruction, Torquay Surf Academy, 1.00-4.15pm<br>Halogen Student Leadership Conference, 7 Yr 9/10 students                |
| Thursday 24 March  | WMR Golf<br>VCAL – Discover Melbourne, Melb CBD  |
| Friday 25 March    | Year 7 Green return from camp, approx. 2.30pm  |
| <b>Week A</b>      |  |
| Monday 28 March    | General Assembly<br>Year 7 Red Camp, Tanybryn<br>Year 10 Environmental Science, Queenscliff<br>Year 8 Geelong Technical School incursion, 1 class                        |
| Tuesday 29 March   | OUT OF UNIFORM DAY   |
| Wednesday 30 March | Year 7 Blue Camp, Tanybryn   |
| Thursday 31 March  | VCE Media Studies, Top Screen, Capitol Theatre Melbourne, 10am-5pm<br>Beginning Band and Singit Concert, 6pm<br>WMR Swimming   |
| Friday 1 April     | Year 11 Psychology, Alumni – Careers that Care, Newcomb SC   |

**Dates to note: 7 April – Parent/Teacher Interviews (12.00-7.00pm), no classes**  
**8 April – Belmont HS Fun Run**

**24 hr STUDENT ABSENCE LINE**  
**5241 0090**

**Parents only** to call to report student's name, house/form, reason for absence, and date.  
Parents can also report absences on Compass.

# Principal's Report



## Reporting

The first round of the ongoing reports has occurred in the past fortnight. Students and their families have had an opportunity to look at the feedback given by each of the teachers for the assessment tasks along with the progress in their learning and their attitude towards their learning. We are looking forward to having further conversations with parents and students in the Parent Teacher Interviews organised for the last Thursday of term; 7 April. If you require any information related to the reports or the feedback given, please make contact with the classroom teachers.

## Year 7 Camps

The Year 7 Camps have started in Week 5 and will continue for this term. The feedback has been really positive with our students developing respectful relationships with their peers and their teachers.

## Review

Our school review has concluded, and we have a draft Strategic Plan that has been created by the review team after careful analysis of observations and feedback given by all community stakeholders. One common feedback from each of the review team was that our greatest asset was our students and staff. I am confident that the new plan will help us continue to be a highly regarded school that focuses on students' learning and wellbeing. The plan will be presented to the community once it is finalised at the end of the term.

## Interschool Sporting Competitions

It is wonderful to have the interschool sporting program return this year, after two years of interruptions. There have been several interschool sporting competitions organised this term.

Our students have done very well and some have moved to the next round of Western Metropolitan Region competitions. Congratulations to the Senior Boys Cricket team and the swimming team.

### *Senior Boys Cricket*

The Senior Boys Cricket Team has had continued success this year. The boys, led by supercoach Andrew Dowling, won at the Barwon Region competition earlier in the year and were again successful on Tuesday, winning the Western Zone Country Final. The team has been brilliantly captained by Will Breuer. Outstanding batsman, Tom Kiddle, has top scored each game, while Ed Leishman has been the top wicket-taker. The boys will compete in the Western Zone Final on Monday.



### *Swimming*

Belmont HS won the Geelong inter-school swimming championships this year. The following students have won events at the Geelong Interschool Swimming Championships and have therefore qualified for the Western Metropolitan Region Championships, to be held at Kardinia Pool on Thursday 31<sup>st</sup> March. The students will compete against swimmers from the seven divisions in Western Metropolitan Melbourne. If they are successful, they will swim in the State Championships early in Term 2.



Capree Jackman  
Max Adam  
Bella Wright  
David March

Grace Emond  
Scarlett Knight  
Jack Cattigan  
Cameron Ricchini

Lachlan Ricchini  
Charlie Wegman  
Charlise Stanley

Cont...

The following relay teams also qualified:

Girls 14yr medley relay  
Boys 13yr freestyle relay  
Girls 15yr freestyle relay

Girls 13yr freestyle relay  
Boys 20yr medley relay  
Boys 15yr freestyle relay

Boys 14yr medley relay  
Boys 14yr freestyle relay  
Boys 20yr freestyle relay

Congratulations to all swimmers on their efforts.

### Top Arts

I had the privilege of attending the opening of the Top Arts Exhibition in Melbourne at the National Gallery of Victoria. One of our School Captains, Arty Foulkes was one of only a select group of students chosen to display their Artwork from the 2021 VCE portfolios. Arty's work is the first one seen as you walk into the Gallery. NGV staff and patrons complimented him on his large-scale triptych painting 'A Party in the Closet'.



Arty Foulkes and Kirsty Zahra

Congratulations to Arty for his work that will inspire many Year 12 students who view the exhibition over this year. Congratulations also to Ms Kirsty Zahra and to the Art Faculty for their continuous support and expertise that has helped our school achieve three consecutive Top Art entries from our students.

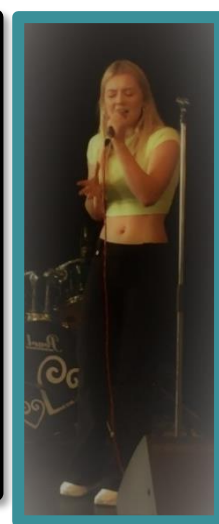
**Sandra Eglezos**  
Principal

## Music News

This week, we showcased our music department to prospective students and families at the BHS open evening. Students took the lead in this showcase, presenting information to parents in the band room, performing for passers-by in the PAC, and contributing to a video showcasing our music program. Many thanks to PJ Pitman Jones, Heechan Hwang, Ben Leak, Kaitlyn Biro, and all the members of Jazz Syndicate, who gave up so much of their time to promote and share our program with prospective families. Many thanks also to Ashleigh Hunter and Amanda Linton for their contributions to Open Night. Between music presentations, performing, editing the latest promo video, and coordinating the many groups who toured the music rooms, they didn't stop all evening!



Last Sunday, Year 1 and 2 VET music students attended Sweetfest, with Eli, Liv, Holly, Charlie, Blair, Kiki, Levi and Lucy representing BHS on the performer's stages throughout the afternoon. This was a fabulous opportunity to perform in an industry setting, and all performers did an outstanding job.



Tunes on

Tuesday

morphed into Mid-week Music due to school photos last week, and many thanks to Ben Leak, who stepped in at the last minute to perform a stellar set with style and skill. The next Tunes on Tuesday will be in the P wing BBQ area, so keep your ears open for some music one Tuesday lunchtime towards the end of term!



On Thursday March 31<sup>st</sup> year 7 music students will participate in a concert in the PAC, with a BBQ provided for families to enjoy after the concert. Beginning Band, Singit!, and the Ensemble Program String Ensemble will share their progress with an audience for the first time, and we warmly welcome all families to this showcase. Doors open at 6.00pm, with the BBQ to follow at approximately 6.30pm. Year 7 parents, if you are able to assist us with the BBQ at the concert, we'd be very grateful for your assistance!! Please contact Rose Humphrey via email [Rosemary.Humphrey@education.vic.gov.au](mailto:Rosemary.Humphrey@education.vic.gov.au) if you can help out.

Band Support group will be holding their Term 1 meeting on Thursday 24<sup>th</sup> March at 7.30pm in the BHS band room. All welcome! Our Band Support group is a great place to meet other music families, have your questions answered, hear about upcoming performances and events, and to have a voice in the direction of our music programs.

If you are looking for something to do next Friday evening, and want to hear some great music in a beautiful setting, come along to St Mary's Basilica for the fourth concert in the Annual Windfire Music Festival. Many of Geelong's music teachers, including our own Amanda Linton, Ashleigh Hunter and Rose Humphrey are performing in the concert, which *"explores the unique acoustics of the Basilica with a program that highlights the lyrical and versatile sounds of this unique ensemble in the space. It will include the world premiere of local composer Kym Dillon's latest inspiring work, 'Veni, Creator Spiritus', which explores the importance and necessity of human creative expression inspired by a hymn from the 9th Century"*.

Friday 18th March, 7.30pm at the Basilica of St Mary of the Angels (136 Yarra Street, Geelong).

#### SAVE THE DATES:



On April 1<sup>st</sup>, Jazz Syndicate will be performing with Year 2 VET students, at the Chilwell Fair.



On Saturday May 14<sup>th</sup>, Jazz Syndicate will travel to St Leonard's College in Brighton to participate in the All-State Jazz Festival. Further details to follow!

The Belmont High School music community was saddened to hear of the recent death of Nancy Waddington, an inspirational music educator who taught at Belmont High School for 14 years. Nancy was instrumental in building the culture of excellence and inclusivity that Belmont High School's music program is known for. She gave so much to students and staff during her time at Belmont High School, and she will be greatly missed by all who were taught by her, or with her.



**Ms Rose Humphrey**  
Director of Music

## Canteen News

If anyone would like to volunteer a little of their time in the canteen, we would love to hear from you. You can contact me, Julie Picklum, on 52435355.

Also just a reminder you can do all recess and lunch orders online by downloading the QKR! app. All orders to be in by 9am on day of delivery. This is our preferred method of purchasing from the canteen.

Save the date:

The canteen will be doing a special Easter lunch on Thursday 31st March, you can order on the QKR app.

## Parents Association

The Parents Association would like to remind all families that secondhand books are able to be purchased through the **Qkr! app**. (the app you currently use for Canteen purchases). Any books purchased can be collected by your child/student from the Secondhand Bookshop (next to the Library) on Friday mornings 8.30 - 9.30am. Any queries, please don't hesitate to contact our Parents Association volunteers at [belmonthighpa@gmail.com](mailto:belmonthighpa@gmail.com).



### VCE/VCAL STUDENT OF THE MONTH

FEBRUARY:

We would like to congratulate the below students who have been named "Student of the Month" for their respective courses. They were nominated by their teachers for this award as a result of their endeavor, academic excellence or growth and display of our school values.

## VCE



### **Year 11 – Ella Howard**

Ella has exceeded her teacher's expectations in regard to her effort and academic excellence this month. She seeks and completes extension tasks and showcases what it really means to Strive for the Highest in each of her classes. She continues to show resilience in the way she conducts herself and acts as a positive role model for those around her.



### **Year 12 - Charley Russell**

Charley was nominated by her teachers for her dedication, motivation, and hard-working attitude. She asks lots of questions and is excited to learn something new each lesson. She is a role model and set an example for all students with her participation and kindness shown towards others at the swimming sports.

### **Other Nominations:**

Summer Feldman    Neeraj Ramanathan    Angelina Cicero    Arty Foulkes  
Charlotte Hole    Rose Robertson    Tom Peirce

## VCAL



### **Year 11 - Alfie Yeo**

Alfie has applied excellent effort levels in all areas of the VCAL program. He has sourced his own community service placement at Highton Primary School and is making a significant contribution during this placement. Alfie displays good leadership skills in class and works well with other students. Alfie's actions have also been praised by the manager of his VET facility. Recently, on the bus on the way to VET another student had a medical incident. Alfie responded quickly by calling the parent and an ambulance to support the student. Alfie acted quickly and in a calm manner to support his fellow student. Well done Alfie.



### **Year 12 – Charlie Grimes**

Charlie has used his initiative and maturity this year to obtain a community placement at Montpellier Primary School. The communication and effort he has shown throughout this placement and during the VCAL Pancake Day fundraiser were noticed by multiple teachers. Charlie is taking opportunities to develop his work ready skills every chance he gets. Congratulations Charlie.

**Ms Jess Scannell**  
VCE Leader

## BLUE HOUSE BANTER

Well done to all the Blue House Swimmers who competed in the Regional Swimming Carnival recently. We had a number of students compete and good luck to those who won through to the next level!



Thanks to all the volunteers who supported the Open Night last week. It was great to see Joel McKiernan 12B helping with Music faculty and also Tara Logan, Charlotte Otway and Phoenix Palmer 9B acting as Tour Guides. Ms McAlpine done a wonderful job organising the evening and will be getting certificates out to all the helpers. Looks good on your resume!



Well done to George Thorpe 11B who competed at the inter-school bowls competition in Werribee with the Senior boys team.

It has been great speaking to the Year 8B boys Cooper Hocking and Harry Emerson about their cricket games. Good luck in the coming weeks with finals!

Lachlan Morton and Jordan Bentley 9B (pictured) demonstrate working on the BHS recycling program. A great initiative led by Laura Spencer along with the students, committing to looking after our environment.



Lastly, Congratulations to Mr Masters who completed in the brutal Geelong Half Ironman. What a feat!

Opportunities to Be Seen, Be True coming up:

- Week 8/9 : CAT's (Put your revision and preparation in to perform the best you can) (ask questions)
- Week 9 : Tuesday 29<sup>th</sup> March Out of Uniform Day
- Week 9 : 7Blue Camp
- Week 9/10 : Blue House Athletics Sign Ups (Athletics first Thursday after Holidays)
- Week 10 : Thursday 7<sup>th</sup> April (Parent/Teacher/Student Interviews) Book through Compass
- Week 10 : Friday 8<sup>th</sup> April (Fun Run)

Go Blue !



**Mr Rowan O'Callaghan – Blue House Leader**

**Ms Jayne Soden – Assistant Blue House Leader**

## TOP ARTS 2022



Arty Foulkes Studio Art final artwork 'A Party in the Closet, 2021' is currently exhibited at the Ian Potter Centre in Federation Square, as part of the VCE Season of Excellence. It is an outstanding exhibition and a perfect day out over the Easter holidays. You can view online at:

<https://www.ngv.vic.gov.au/exhibition/top-arts-2022/>

Free entry

The Ian Potter Centre: NGV Australia, Fed Square  
Ground Level, NGV Studio

16 Mar 22 – 24 Jul 22  
Open 10am–5pm daily

Kirsty Zahra



## BHS Careers News

The Victoria Police Applicant Attraction Team are hosting an information session on the police officer role in Geelong on Wednesday 6 April 2022. There will be a focus on how students and younger applicants can improve their chances of a successful application and some of the attributes Victoria Police are looking for.

### EVENT DETAILS:

**When: Wednesday 6 April 2022**

**Where: Rydges Hotel – Cnr Gheringhap & Myers Street Geelong**

**Time: 6pm - 7.30pm**

Please join us on Wednesday 6 April in an information session to learn about the Police, PSO & PCO roles, the recruitment process, training at the Academy and a Q and A session with some local members. To register click: <https://www.eventbrite.com.au/e/police-pco-information-session-geelong-tickets-284099728937>

To find out more about the role of a Police Officer, visit [www.police.vic.gov.au/police](http://www.police.vic.gov.au/police)

### Nick Masters

Careers and Pathways Coordinator

## Languages



### Indonesian News

In Indonesian class we made *canang sari*, Balinese offerings. If you have been to Bali, you will have seen them on every footpath, temple and shop entrance. *Canang Sari* are made as an act of gratitude. They are given to the gods every morning by the Hindu Balinese as a form of thanking for balance and peace in our world that is renewed each day. They are also a daily reminder of the impermanence of our world. They

are carefully made by hand and last only one day.



We wove banana leaves into a basket shape and filled each one with:

- Flowers- different colours represent different gods
- Incense- carries the message/ gratitude to the gods.

A small amount of money is often placed atop the arrangement to demonstrate selflessness. It gave us an appreciation of the difficulty of weaving and a new perspective on Indonesian customs. Bagus sekali!

### Bu Maddy

# Talking about vaping with young people.

Are you concerned about a young person who may be vaping?

Having a conversation about it might feel tricky, but it's always a good idea!



## Start with information

Get the key facts, learn the **basics about vaping products**, and think through what you want to say. Consider some questions you might be asked, and how you want to respond.



## Approach it calmly

You might want to start the conversation when you're doing an activity together, such as driving or preparing a meal. Keep things casual and relaxed. You might want to use something you saw in a TV show or on the news as a chance to bring up the issue.



## Don't make assumptions

If you think they may have tried vaping, avoid making accusations. Going through someone's space looking for evidence isn't recommended, because it can undermine trust.



## Avoid judging or lecturing

Listen to their point of view and keep it a two-way conversation. Being mindful to keep your body language and tone respectful can go a long way. If they have tried vaping, try asking questions like: 'what made you want to try?' and 'how did it make you feel?'



## Don't exaggerate

Make sure you are honest with them about potential harms and avoid exaggerated statements.



## Focus on health and explain your concerns

Focus on how you care about them and want them to be healthy. For example, if they are vaping nicotine you can say that you are concerned about the **evidence** that this can affect adolescent brain development.

# Vaping and *your health*



## What are e-cigarettes?

E-cigarettes, also known as 'vapes', are **electronic devices** that heat a liquid (or 'juice') to create an aerosol that users **inhale**. Using an e-cigarette is commonly called '**vaping**'. E-cigarettes come in **all shapes and sizes** and can look like a highlighter, a pen or USB.

Some people mistakenly believe the 'cloud' from vaping is a vapour, like steam. It is really **an aerosol**, a fine spray of **chemicals** that enter the body via the lungs and small particles that can **lodge in the lungs**.

## What's inside an e-cigarette?

The short answer is '**no-one knows**', and that's a problem. An e-cigarette can contain **many different chemicals** – very few are identified and none have been tested to show they are safe to inhale. Some of the chemicals found in aerosols can **cause cancer**, others can **cause swelling** and **irritation in the throat** and **lungs** and can impact the **heart**.

Even though the packaging on an e-cigarette might say it doesn't contain nicotine, **most e-cigarettes in Australia are labelled wrongly and do actually contain nicotine**.



## How vaping affects your body

Vaping can cause significant harm to your body in the short and long term - even if you use non-nicotine e-cigarettes.

### Short-term:

- Vomiting
- Nausea
- Coughing
- Shortness of breath
- Mouth irritation

### Long-term:

- Lung damage
- Heart disease



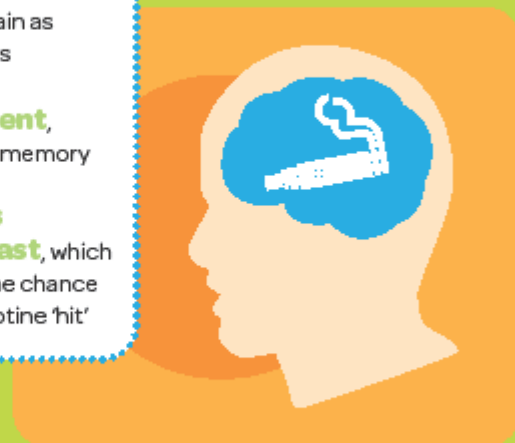
E-cigarettes haven't been around long enough to know if they cause other diseases, but most experts think it is likely they will cause **lung** and **mouth cancers**.

**Other risks:** Nicotine is a **poison** and can make you really sick if it is swallowed accidentally. There have also been cases of e-cigarettes **exploding** and **catching fire**.



## How vaping can lead to addiction

- **Nicotine is a highly addictive** drug that can be found in e-cigarettes even when they're labelled 'nicotine-free'
- Some e-cigarettes have been shown to contain as much nicotine as a whole packet of cigarettes
- Your brain is still developing until you're 25
- Nicotine use **affects brain development**, especially the part responsible for attention, memory and learning
- Nicotine use can lead to **life-long issues**
- Nicotine **addiction happens really fast**, which makes it hard to stop vaping and increases the chance you'll start smoking cigarettes to get that nicotine 'hit'



For more information visit [quit.org.au/teenvaping](http://quit.org.au/teenvaping)

quit



It's **Chilwell Fair** time at Chilwell Primary School -

**Friday 1<sup>st</sup> April**

Lots of food stalls, Community Stalls, Music, Wine, Rides for the kids and fun!

Come for dinner from 4 pm. till 9 pm. and bring all the family.



APPLY ONLINE

The Air Force Cadets  
are now RECRUITING!

FROM 01 OCTOBER TO 31 MARCH

[airforcecadets.gov.au](http://airforcecadets.gov.au)  
*#airforcecadets*

Age 13 to 15  
Information Session for 427 and 428 SQNs Geelong  
Date: 16<sup>th</sup> March 2022  
Time: 7pm-8:30pm  
Location: 48 Sherbourne Terrace, Newtown VIC 3215  
Contact: [co.428sqn@airforcecadets.gov.au](mailto:co.428sqn@airforcecadets.gov.au) or 0475 457 114

## “Type 1 Trivia Night”

Last year we sadly lost one of our own. Tom Marney devastatingly passed away from a DKA episode at age 17. As you are aware, Tom was a past student and also lived with Type1 Diabetes. It’s with the permission of his family and friends. That our Geelong based, National Charity create this event. And support the Marney family now and in the future.

We are hoping the BHS community can get behind this Trivia night event. As you can only imagine, this kind of loss brings with it huge financial stress on a family.

We are hosting a very special tribute Type1 Trivia night to raise funds to support Tom’s family through these tough times and also to create a legacy called the Tom Marney Legacy to support youth / teenage programs for this age group. With more education and information for families around the dangers of DKA and Type 1. A dangerous complication of Type 1 Diabetes that needs more awareness.

We would love it if staff or students could attend to show the family support.

Tickets are now available online or can be purchased by contacting myself

[Ange@type1foundation.com.au](mailto:Ange@type1foundation.com.au) ✓

<https://aus01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.trybooking.com%2FBXYND&data=04%7C01%7CJennifer.Foot%40education.vic.gov.au%7Ce61fce0577704a2819ef08d9ffc56464%7Cd96cb3371a8744cfb69b3cec334a4c1f%7C0%7C0%7C637822045720837469%7CUnkno wn%7CTWFpbGZsb3d8eyJWljoimc4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6Ik1haWwiLCJXVCi6Mn0%3D%7C3000&sdata=cAJ0%2F%2F4HohfNp%2Fra0ciwo0W%2F4PFAZXHh3tCc6RRqa6Y%3D&reserved=0>

**\*If** you would like to donate funds, or a prize for a raffle, silent auction or sponsor this event. Please contact [ange@type1foundation.com.au](mailto:ange@type1foundation.com.au) for a sponsorship pack.



**Want \$500 to help you with school costs?**

saverplus

Saver Plus is a financial education program for families and individuals on a tight budget to develop life-long savings habits.

**To join Saver Plus, you must:**

- ✓ Have a current Health Care or Pensioner Concession Card **AND** an eligible Centrelink payment\*
- ✓ Be studying yourself **OR** have a child in school (can be starting school next year)
- ✓ Have regular income from work (either yourself or your partner)\*
- ✓ Be 18+ years old

\*Many types of income and Centrelink payments are eligible

**Here are some of the school costs the \$500 can be used for:**

- laptops & tablets
- uniforms & shoes
- books & supplies
- sports fees & gear
- lessons & activities
- camps & excursion

For more information, please contact your local Saver Plus coordinator:

DELIVERED BY

**bethany**  
community support

Find out more at [saverplus.org.au](http://saverplus.org.au)

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ and delivered in partnership with local community organisations. The program is funded by ANZ and the Australian Government Department of Social Services.