**Instrumental Music Evenings**

In August we are holding Instrumental Music evenings at which students will have an opportunity to perform for family and friends. This is an exciting chance to see students performing as soloists and in ensembles. The three evenings will be held on the following dates:

- **Wednesday 7th August** - Voice
- **Thursday 22nd August** - Woodwind, Drums, Brass and Piano
- **Thursday 29th August** - Guitar and Strings

The evenings will be held in the music room which is located next to the school gymnasium. Performances will start at 6.00 pm and should finish between 7.30 and 8.00 pm. If your child is unable to participate in the performance please contact the relevant instrumental teacher.

We hope you can join us!

**Staff Profile**

Kathryn's passions include education, health and wellbeing. Having worked as a Pilates instructor and personal trainer, she has decided to further her career in secondary education. She has a double degree from The University of Melbourne in Science and Languages, specialising in Genetics and Italian. Having lived in Italy exploring her Italian heritage and completing her degrees, she is deeply passionate about Italy and all things Italian. Kathryn brings endless enthusiasm and energy to the Fitzroy High School team.

**Pride Week**

This coming week August 5th till August 9th we celebrate PRIDE week at Fitzroy High. Students across the school from years 7-12 will be taking part in a range of activities designed to both encourage and challenge students to take part in self-reflection. The hope is to develop both a positive and substantial understanding about how and why discrimination happens. This is a lead up to the PRIDE festivities being held on Friday with Pancakes and Milkshakes for sale and every student encouraged to dress brightly in support of PRIDE, our anti-homophobic group that runs every Friday recess.
The purpose of the week and the PRIDE organizing team is about celebrating and supporting gender diverse and same-sex attracted students. It is also for students who have family members who fall under this (very wide) umbrella and/or want to show their support for the group.

We are looking forward to a colourful week ahead!

VCE 3-way conferences will be held on Thursday August 15 – all teachers at Fitzroy HS from 9.30am - 7.00pm (last appt 6.50).

Collingwood teachers will be available, also at Fitzroy, from 1.30pm onwards.

Booking instructions for parents:


Enter the event code YG3BM and click “Go”

Enter your details (please enter your email address in case we need to contact you)

Choose your child’s subjects and teachers

Choose times

You can return to the site at any time to change or print your bookings.

School Netbook Program

Procedures for students:

What to do when your netbook is damaged or isn't working properly.

1. Take it to IT staff for assessment.

2. If your netbook cannot be easily repaired and needs to be left with IT staff, complete the Netbook Service Request online form. This form is available from the school website under "Main Menu"

3. If your netbook needs to be repaired under insurance download the insurance form from the Netbook Service Request page. IT staff will let you know if your netbook will be repaired under insurance.

4. If you are unsure of downloading the insurance form ask Tung or Jarrod in the IT department to give you a hard copy when you hand in your netbook to be repaired.

5. Complete the insurance form, take it home for your parent/guardian to sign, and return it to the IT department so your netbook can be repaired.

6. Your netbook cannot be repaired until the form is completed and given to IT staff.

7. When notified your netbook is fixed you will also be notified by IT staff if you have to bring in an additional $50 to cover future insurance excess.

8. If you do have to pay an additional $50 take the money to the office and keep the receipt to show IT staff.

9. Collect your netbook from IT department.
Year 7's experience a range of six diverse Specialist classes throughout the year to discover what subject suits them best for their future years at Fitzroy High School. Attached are photos from 7W in Drama class when they performed their energetic and hilarious Melodrama scenes for the Melodrama unit. Both 7X and 7W are currently completing a unit on Mime to extend their dramatic and communication skills. Well done, 7X and 7W!

Bronwyn Lewis
Work Place Health – At FHS

Early last year staff were invited and encouraged to take part in Work Place Health Checks – a Work Safe initiative. Due to the overwhelming response (over 80% staff took up the offer) we were lucky enough to be eligible for a $5000 Work Place Health Grant.

So when the new school year started we had a plan on how our grant would be executed and were ready to go. Quite a number of staff returned to work in 2013 with very clear and determined visions of achieving a healthier lifestyle, so the timing could not have been more perfect.

The Work Place Health Grant has facilitated many staff members in cementing their new healthy lifestyle choices, start new ones, or improve on their current fitness levels. Some of the incentives on offer have been:

**Sponsorship of Fun Run/Ride/Walks:**
- NZ Ironman
- Melbourne Fun Run - a 5km and ½ marathon!
- Around The Bay Bike ride later in 2013
- Sri Chinmoy Fun Run ½ Marathon
- Timor East Fun Run

**Subsidising staff to “Try Something New” including:**
- Michelle Bridges 12wbt
- Pilates courses
- Gym Memberships
- Flying Through the Otway Treetops
- Swimming

**Funding of:**
- Weekly Fruit Box Delivery
- Weekly Group Training Program
- Staff Lockers for staff who Ride/Run to work

The overall response has been wonderful. The initiative has been an excellent way for staff across the school to bond, alleviate stress levels, try new fitness activities and in many cases lose significant amounts of weight! The best result is that in seeing the benefits of all these initiatives, FHS has decided to continue with as much as possible, including ongoing weekly fruit deliveries and Group Fitness sessions.

“This new program has encouraged me to join my local gym, which has been wonderful for my daily stress and energy levels”

“The health check was great just to reassure everything was going okay and the personal training sessions have been a great way to socially hang out with staff members whilst improving fitness”

“The fruit box was awesome!!!!”

“I have really enjoyed the Thursday afternoon sessions. They are a different type of fitness for me and focus on some much needed areas for improvement”

“The workload in a school environment is often immense, and the opportunity to incorporate fitness and wellbeing into my work day has assisted me to maintain a healthy body, and a healthy 'head'”

On behalf of the staff, I would like to take this opportunity to thank Pauline, Linda and School Council who have wholeheartedly supported this initiative and their encouragement to keep the program going!

Doris Pearse
The Butterfly Foundation presents

Body confident children & teens

Information and tips for parents

We are pleased to offer our parents this session to equip you with knowledge, information and tips to help you better understand body image and eating issues in children and teens. This presentation aims to help you feel empowered to support your child and their body confidence as they move through puberty and adolescence.

DATE: Tuesday 3rd September – 7.30 sharp-8.45pm
VENUE: Spensley Street Primary School
193 Spensley Street, Clifton Hill
(Multi-Purpose Room)
COST: $15 pp or $20 per couple
This session is open to the community

Topics covered include:
- Background on body image and importance of prevention
- Overview of eating disorders and warning signs
- Key influences on body satisfaction (what to expect during puberty)
- Understanding obesity
- Importance of role modeling and fostering a positive body image home
- Understanding and managing ‘Fat Talk’
- What boosts body confidence
- Importance of building a healthy relationship with food and exercise
- Referral information

TO REGISTER TO ATTEND THIS SESSION PLEASE VISIT:
The Butterfly Foundation www.thebutterflyfoundation.org.au
‘Education Programs’ → ‘For Parents’ → ‘Parent Workshop (VIC)’
Or contact Jane: jane@thebutterflyfoundation.org.au or 02 8456-3908
All proceeds go to The Butterfly Foundation

Butterfly National Support Line, 8am-9pm, Mon-Fri
1800 38 4673 (18001ED HOPE) or support@thebutterflyfoundation.org.au

thebutterflyfoundation.org.au