Principal’s Report

This week we are highlighting the importance of healthy eating. We had a nutrition trivia challenge which was followed by some exciting Cooking Master classes. Here our children watched Box Hill High School’s finest staff chefs cook up mouth watering snacks. During this week the students are also able to participate in the “Feed the World Rice Competition” to help those who are less fortunate than ourselves.

These activities end our “Eat, Move, Sleep” theme for this term. I would like to thank our vibrant, energetic and creative staff for their great ideas and organisation of this wonderful initiative. We hope that our children have had fun and learned some useful strategies which will help to enhance their overall health and wellbeing.

Assemblies this week highlighted and recognised our great student performances in music, the science competition, the interschool sports competition and the Robocup competition. Congratulations to all students who participated in these events. In the senior assembly 38 students were nominated for the position of prefect for 2013. Each nominee was asked to give a short speech about being a prefect at BHHS. Presentations were very lively and all students showed great confidence speaking in front of their peers. Students in Years 10 and 11 are eligible to vote in the election and the results will be published next week.

Last week I had the privilege of listening to Professor John Hattie speak at the VASSP conference. He made some interesting comments that I believe are worth reflecting on. He claimed that rather than criticising teachers and Australian education, we should be celebrating success. Australia is ranked in the top 10 in the world in terms of educational results. Indeed Australia is placed 9th in terms of PISA results. It is interesting to contrast this ranking with that of the top performing Australian company, BHP Billiton. BHP Billiton is only ranked 108 in the world – a far cry from where education sits! I am certainly not suggesting that we should rest on our educational laurels, as we should always look to improve, but this is what we always try to do at Box Hill High School. Hattie claims that the game changer for education rests not solely on test scores but rather it lies with diversity, not being inhibited by the past, being open to new ideas and collaboration.

This weekend our students leave for their trip to Germany. This is a wonderful opportunity for our students. I would like to extend my sincere thanks to Ms Nathan, Ms Dreher and Mr Whittaker for taking our students on this trip. We wish everyone well and we hope that they have a wonderful time and that they really improve their German language skills!

Mrs Kate Mitchell, Principal

Robocup Victorian State Finals

On Friday 23 August, 23 students from years 7 to 12 represented Box Hill High School at the Robocup Junior Victorian State Finals held annually at ScienceWorks.

After months of designing, building, testing and programming their robots on Thursdays after school we had teams compete in Novice Soccer, Premiere Soccer, Rescue and Senior Dance competitions.

Congratulations to our Senior Dance team of Jessica Booth, Kaela Gibson, Daphne Ferrer, Jue Wen Lim & Franchesca Cantillo all from 7A for placing second in their division.

Mr Steve Perry – Faculty of Engineering
2012 National Year of Reading and the Reading Hour Saturday 25 August

By now you will either have had a wonderful family experience of quietness for a whole hour whilst your family joined in the National Reading Hour or you will be lamenting that you missed it. All is not lost: you can still agree to gather together to read and share reading interests at a set time each month with your family. In fact this is the true spirit of the National Year of Reading.

Perhaps you could make it your very own family bookclub date. Research confirms a direct correlation between the number of books in a home with levels of tertiary education. This is something we have always known. It takes that extra effort to reap the untold rewards of establishing say, Sunday afternoons as reading time for your family.

Mrs Tehan - Research Centre Co-ordinator

Eat Sleep Move

These are some of the activities we had this week during Eat Week.

Monday: Nutrition Trivia Challenge at 12.30pm in SATERN. If you’re someone that likes a challenge; the Nutrition Trivia Challenge is not to be missed. All welcome. There will be great prizes and house points up for grabs.

Thursday: Cooking Master Class at lunchtime in the Quadrangle. Get to the quad to learn from Box Hill High School’s finest staff chefs take you on a healthy snack Master Class journey. Mouth watering snacks will be available to sample.

Feed the World Rice Competition. All week in the Resource Centre. Log into the Resource Centre and ask Mrs McQueen how you can help feed the world! Every question you answer correctly will contribute to feeding those less fortunate.

Water Bottle Competition. Get yourself a water bottle and start drinking water; random classroom checks will be conducted all of this week. Students with water bottles in class will get House points and a nutritious prize.

Eat Week at Box Hill High School

As part of ‘Eat’ week students had the opportunity to be involved in various lunch time activities. The idea is to encourage healthy eating and to provide some opportunities to learn more. The article below from Nutrition Australia encourages the wider consumption of dairy foods in our diets.

Study highlights significant dairy shortfall

Dairy Australia, 6 June 2012

Australian researchers have called for a focus on public health interventions that increase dairy food consumption following a new study published this week.

Researchers from the University of South Australia developed a new method to assess dietary patterns and found that most Australians are falling short of the recommended consumption of dairy foods.

The study published in the Australian and New Zealand Journal of Public Health indicated under consumption of milk, cheese and yogurt is a significant health issue in Australia with 73 per cent of women and 58 per cent of men failing to get their minimum recommended intake.

The situation is worse for teenagers with 62 per cent of boys and 83 per cent of girls failing to have the recommended three serves of these dairy foods daily.

Co-author Professor Leonie Segal said this widespread under consumption was likely to be having a significant detrimental impact on the nation’s health.

“There is growing evidence linking recommended dairy food intake to better health outcomes and our study results highlight the need to promote increased dairy consumption in public health campaigns,” she said.

According to evidence statements in the NHMRC draft Dietary Guidelines consumption of milk and dairy foods is linked to a reduced risk of heart disease, stroke, hypertension, type 2 diabetes, metabolic syndrome and colorectal cancer – some of the main causes of death in Australia.
The evidence statements also show milk, cheese and yogurt are not linked to increased risk of overweight or obesity. Interestingly the evidence for these health benefits relates to both regular-fat and reduced-fat varieties of dairy.

“There is a tendency to focus on low consumption of fruit and vegetables and the over consumption of junk food, but there is a justification for considering the whole diet including intake of dairy foods in seeking to address diet-related disease,” Professor Segal said.

Dairy Australia Dietitian Glenys Zucco said dairy’s health benefits are well established and this new information highlighted an urgent need to promote the recommended daily intake of dairy foods in Australia.

“It’s a concern so many Australians are missing out on the health and nutritional benefits dairy provide,” Ms Zucco said.

The research also highlights the need for on-going collection of information on food intake in order to monitor the effect of public health campaigns to enhance diet.

Note: This study formed part of a larger analysis that was funded by a grant from Dairy Australia. Dairy Australia provided industry estimates for per capita consumption of milk, cheese and yogurt, but otherwise had no role in the development, analysis, or drafting of the research article, or in the decision to publish.

References:
2. National Health and Medical Research Council, A review of the evidence to address targeted questions to inform the revision of the Australian dietary guidelines, 2011b, Commonwealth of Australia: Canberra.

Mr Johnson, Ms Glynn and Mr Hamley

Mali the Elephant Design

Natalie, Zoe and and Belgium exchange student Liese working hard to complete our Mali sculpture.

Year 7 Pop Art

Celeste 7E working on her Pop Art painting.

Christine 7D

Mawi 7D

Mrs Nevard and Ms Lambrianidis
VCE Music Performance Recitals

The Unit Four VCE Music Performance Recitals will be held on Wednesday 10 October in P09 from 3.30pm until 6.00pm. Members of the school community are warmly encouraged to come and hear the programs of our wonderful musicians. This year we have these instruments represented - Oboe, Clarinet, Classical Guitar, Trombone and Classical Voice.

Mrs Elizabeth Cohen - VCE Music Teacher

Congratulations to students performing at the State Schools Spectacular

Congratulations to Masha Roitman (Year 12), Claire Ferguson (Year 11) and Jeremy Hargreaves (S1Y) who will be performing at the State Schools Spectacular this weekend. Claire and Masha are featured vocal soloists and Jeremy is playing Violin in the orchestra.

Mrs Elizabeth Cohen – VCE Music Teacher

Box Hill Little Athletics Centre

Box Hill Little Athletics Centre will hold their 2012/13 Registration Days on September 1st and 9th between 2pm and 4pm at Hagenauers Reserve, Barwon St, Box Hill North. Enquiries: Alan 0414 366 827, boxhill@lavic.com.au or www.bhlac.org.au. The season commences October 6, 2012.

Sell previous years unwanted Second-hand Textbooks?

$1.00/book to advertise - Now is the time to advertise all those unwanted textbooks via the Sustainable School Shop’s Second-hand Textbook Trading System. List your books for sale now, and they will be the first to sell at the busy end of year trading (Ads last 12 months). Simply register at www.susttainableschoolshop.com.au and follow the prompts. Calculators, Sporting items, Musical items and many more items can all be advertised and traded. Excellent Help Lines are provided by the Sustainable School Shop, please call 1300 683 337.

Student Exchange

From Taylor, a WEP exchange student currently in the USA:

"Student exchange is a once in a lifetime opportunity and I appreciate WEP and my family for making it happen. It has definitely been worth the blood, sweat and tears and I'm so glad I made this decision to experience such a new and exciting thing from my world. This truly is a once in a lifetime thing and if someone is wanting to do this, I definitely think they should."

If you have any questions about our programs or would like to request program information for your school, please do not hesitate to contact us.

Contact Judith Ortmann:
Email: judithortmann@wep.org.au
www.wep.org.au
www.volunteerabroad.com.au