



# Lanyon High School

## Newsletter June 2018

### Dates to Remember

<b>Wednesday 13 June</b>	ACT Cross Country
<b>Friday 22 June</b>	Bridge Challenge Final
<b>Thursday 28 June</b>	Dance Nation
<b>Wednesday 4 July</b>	Semester 1 Reports emailed to Parents/Carers
<b>Friday 6 July</b>	Last day of Term 2
<b>Monday 23 July</b>	First day of Term 3
<b>Wednesday 8 August</b>	Southside Netball
<b>Wednesday 15 August</b>	Careers Expo
<b>Thursday 30 August</b>	Year 10 Road Trauma - Sydney Excursion
<b>Tuesday 11 September</b>	Southside Athletics
<b>Wednesday 12 September</b>	Year 10 Rotary Interviews
<b>Wednesday 19 September</b>	Parent/Carer/Teacher Interviews
<b>Thursday 20 &amp; Friday 21 September</b>	Dance Fest
<b>Sunday 23 - Friday 28 September</b>	Year 10 Melbourne Camp
<b>Tuesday 25 September</b>	ACT Athletics
<b>Wednesday 26 September</b>	Year 9 Giving Expo

### From the principal

#### Events and successes

The highlight for me over the last few weeks has been the Athletics Carnival. It was a chilly day but the students stayed warm by participating in a range of events and showing a friendly, competitive spirit. Well done to Caitlin Taylor, Ali Kirkpatrick and Luke Foran for organising a team of teachers to run such a fantastic day. Our new canteen manager has been doing a great job of keeping staff and students well fed – the honey chicken is a particular favourite. A number of students have engaged with different learning experiences at the Lions Youth Haven Farm Skills Program including; collecting honey (pictured), feeding lambs and raking manure. Feedback from the facilitators of this program is that our students have continued to impress with their enthusiasm and willingness to learn new skills.



At school students continue to work hard in classes, particularly over these couple of weeks in the lead up to the conclusion of formal assessment and reporting writing time for teachers. I encourage students and staff to eat well and get plenty of rest during a time that can be stressful. I've enjoyed showing a few

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prospective parents and students around the school and they consider choices for 2019 enrolment. I'm particularly proud of how hard are students working to engage with their learning and do their best.

A number of students have experienced individual successes in Australian Gymnastics Championships last month. Congratulations to David Kidd who won Gold on Vault Under 17 and Toby Windsor who won Team Silver under 13 and Silver on High Bar. Also Jay Hill qualified as a Reserve for Level 7 Open. Well done to these students who have obviously worked very hard.



***Toby Windsor with his silver medals***



***David Kidd with his gold medal***

Please also congratulate Zoe Williams on her excellent portrait. It has been accepted into the Tuggeranong Arts Competition. She is vying for the My Human Condition - Youth Art Award. Good luck Zoe!

Farewell to Julie Collins

As I emailed you all last week, it is with mixed emotions that we farewell Julie Collins, our steadfast deputy principal. Julie has contributed in so many ways to the overall success of our school. She is completely committed to public education and constantly worked with students, staff and families to encourage and support each and every member of our community. She will be sorely missed and we wish her all the very best in her new position.



Prue Gill will act in the position of Deputy Principal for the remainder of the term as I complete the recruitment process. Matthew Sandeman will act as the executive teacher in the Green Curriculum Bank (English/HaSS/Japanese).

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### Student behaviour at Lanyon Woolworths

In recent weeks the school has been contacted by the manager of Woolworths at Lanyon Marketplace expressing concerns about the behaviours of a small number of students, usually before school. One of the school values is *Pride in our community* and we are trying to work with the staff at Woolworths and our students to help resolve some of these issues to create a positive connection between our students and the wider community. I have advised their staff that if behaviours escalate that they should contact the police, but I am hoping that parents, students and teachers can work together to prevent this eventuality.

### Student Absences

The school makes a real effort to contact parents and to follow up on any student absences or late arrivals to school. Sometimes we get things wrong but occasionally students are not where they should be. We are constantly trying to streamline our processes and to make sure that we keep parents informed. If you receive information that your child is not at school and you believe them to be, I ask that you contact the school as soon as possible so that we can follow up. If we have made an error, we need to understand why.

It would also be appreciated if you could provide us, if you have not already, with the most up-to-date contact details, including, if possible, an email address, so that we can keep the information flowing. It is very important that we work together to ensure students are at school, in class and working hard.

**Barbara Monsma**  
**Principal**



### 2019 Enrolments

#### Do you have a student starting Year 7 or Year 11 next year?

Enrolments for 2019 **closed on Monday 11 June**. Please ensure you get your enrolments in ASAP so that the schools can start their extensive planning - in particular teaching staff required (which is dependant on enrolment numbers).

Even if you already have a student attending our school you still need to submit an application for other children that will be starting year 7 next year .

Enrolments are online and can be accessed using the following address:

[https://www.education.act.gov.au/school\\_education/enrolling\\_in\\_an\\_act\\_public\\_school](https://www.education.act.gov.au/school_education/enrolling_in_an_act_public_school)

There is free computer access at any public library. Alternatively LHS front office are happy to help you, if you are having difficulty - please contact us on 6142 1800 if this is the case.

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## School Tours

Tours of Lanyon High School are being offered to prospective enrolments every Thursday at 10am throughout term 2. Please contact the front office for bookings.

**Do you need another  
Student ID Card?**  
**They are available  
from the Front Office  
for \$7.**



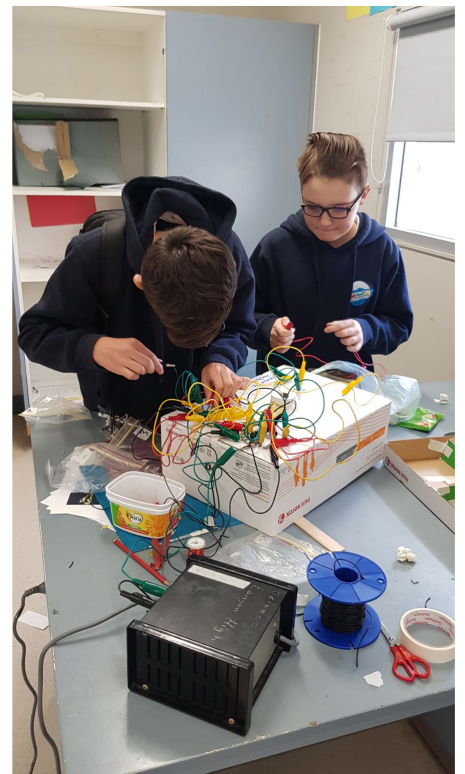
## Year 7

Year 7 had their first Term 2 assembly in Week 5. In the assembly students were reminded of that as it gets colder it is important to have the correct cold weather school uniform items. If a student does not have the correct item on a given day they can check in at Student Services before school and loan the item they need. All items are washed after each use.

We had a very successful Athletics Carnival in Week 5. Although it was windy, the sun was out (in patches) and it was great to see so many Year 7 students attending and getting involved in the various events that were held.

In class, year 7 are completing numerous assessment items as they move toward their first Lanyon High School reports. In Science students are investigating the preferred environment of invertebrates through their testing of the choice chambers that they have built. In English students are providing their opinions on whether zoos should be banned or not through the completion of their essay. Students in textiles are making their own tote bags and honing their sewing skills.

Coming up in week 8, Menslink will be conducting a seminar for boys in years 7 and 8. During this time a session on body image and self-esteem will be presented to the girls. If you would like to know of more options to support your student's mental health please do not hesitate to contact your student's Pastoral Care teacher or myself.



**Kurt Halbauer** | Year 7 Pastoral Care Advisor  
[kurt.halbauer@ed.act.edu.au](mailto:kurt.halbauer@ed.act.edu.au)



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## Year 8

The term is fast disappearing and Year 8 have been busy.

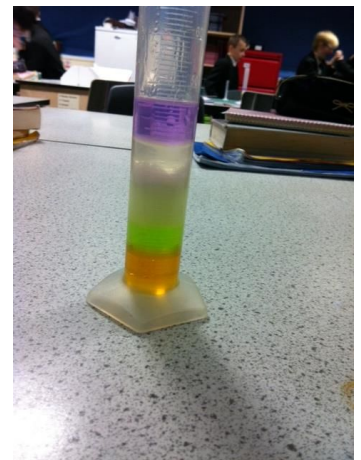
In the Arts and Technology, students have begun work on their pyjama pants design brief where they are combining open and closed seams and extending their learning to include an elastic band casing and in Food Technology students have continued to build on their kitchen skills.



Year 8 HASS have started work on a new unit on the Black Death. In the unit they get to roleplay a person from the middle ages and write a diary on the Black Death from their point of view. They are being nobles, monks and serfs.

In Science the year 8's have been learning about atoms, elements and compounds.

They have been getting familiar with the periodic table and symbols – and students had to work out why the following elements appeared in this particular order: carbon, argon, oxygen, lithium, neon, helium, yttrium, sulphur.



Students have just started their major assessment for Term 2 on physical and chemical reactions which is due Friday 15th June. The students will choose either a physical or chemical reaction to investigate e.g. alka seltzer and water rockets, bread making, vinegar and bicarb etc. The top assessments will be submitted to the ACT science fair where they can win a cash prize!

I would like to congratulate Khyane Morales who was the catcher for the Canberra Cavalry U15's Junior League Baseball team. The team went to the Australian Junior League Championships in Adelaide. Congratulation Khanye.

Southside Netball is coming up and Lanyon will be sending a team to represent the school. The carnival will be in week 3, trials will commence before this. Listen out for the students notices in the morning.

**Kelly-Anne Guy** | Year 8 Pastoral Care Advisor  
[Kelly-Anne.guy@ed.act.edu.au](mailto:Kelly-Anne.guy@ed.act.edu.au)

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## Year 9

At our Year 9 assembly last week there were a few points we reminded students of to keep in mind lately.

Last week we had our Athletics Carnival. I was incredibly pleased to see and hear from other staff that Year 9 were being active and positive members of our school community at this event. We had a great turnout and many Year 9's were not only having fun being there, but participating in a range of the events being run. I'm really proud of them for all the positive feedback, and passed this on to them at our assembly.

As we head into the winter we are reminding students to dress accordingly for the weather as it gets colder. Uniforms can be purchased from <https://lanyonhs.liquidpromotions.com.au/> and students, parents and carers can contact their Pastoral Care teacher or myself if there are concerns about access to a uniform or establishing a payment plan. We also have uniforms available for students to borrow in Student Services for days when students don't have pants or a jumper.

Year 9 should continue completing Graduation Point Claim Forms for any events, groups, activities they are participating in that can earn them graduation points.

Each year Year 10 students go on a camp trip to Melbourne. This year's camp cost students approximately \$800, so I've been reminding students that if they think they would be interested in attending the 2019 Year 10 camp then they should start thinking about saving money now. Please talk with your child this year about if this is something they'd like to attend so that you can plan financially around organising this for late 2019. If finances are a concern for your child or family please don't hesitate to contact me.

**Matthew Sandeman** | Year 9 Pastoral Care Advisor  
[matthew.sandeman@ed.act.edu.au](mailto:matthew.sandeman@ed.act.edu.au)

## Year 10

Year 10 are pushing hard through a busy assessment period and preparing themselves for the next round of Work Experience and Road Ready in Week 10. On top of this a few of our students have been taking on extracurricular activities.

Tobin Carlton Van Buizen who is currently representing the ACT at the Bendigo Bank Australian Baseball Championship. So far he has played in two close games and hit a home run. We wish Tobin all the best for the remainder of the competition!

Four of our students also got the opportunity to experience what a career in the justice system would be like. The girls reported "We did a tour of the court where they told us what happens in each room, we met the people who run the rooms, told us what their jobs were. Told us what having a career in law would be like and we acted out a court case at the end so we could see what it is like to play a role as each of the job people." Thank you to Jess Haythorpe for facilitating the day.



### Camp Reminder

Payment for this excursion can be made easily using 'Quickweb'. Quickweb can be found on the Lanyon High School website: <http://www.lanyonhs.act.edu.au/payment>.

The cost of camp has been finalised at \$775 and is due at the start of term 3. I have amended the payment schedule slightly to reflect the new lower cost:

- 6th of July - \$715
- 27th of July – Payments finalised \$775

### Formal Reminder

The year 10 formal will be held on Wednesday the 5th of December at The Deck at Regatta Point. The cost of the ticket is \$115 per person pending final numbers and fundraising.

A non-refundable payment of \$30 is required to the Front Office by Monday the 2nd July 2018 to secure your child's place. In our year assembly I stressed to students that it is not about who can buy the most expensive outfit or come in the flashiest car. It is about celebrating four years of school with your friends. Students should wear something age appropriate that they feel comfortable in (and can dance in!). If you have any concerns about payment, let me know. We want all of our students to come and celebrate!

Year 10 Dates to Remember	
Work Experience/Road Ready – Session 2	2 <sup>nd</sup> July –6 <sup>th</sup> July
Camp Payments should total \$715	6 <sup>th</sup> July
Camp Payments Finalised \$775	27 <sup>th</sup> July 2018
Careers Expo	15 <sup>th</sup> August
Road Trauma Excursion - Sydney	30 <sup>th</sup> August 2018
Rotary Interviews	12 <sup>th</sup> September
Camp	23 <sup>rd</sup> – 28 <sup>th</sup> September
Formal	5 <sup>th</sup> December
Leavers Assembly – Final day of Year 10	7 <sup>th</sup> December
Presentation Night	13 <sup>th</sup> December
Graduation	14 <sup>th</sup> December

As always, please let me know of any questions.

**Jessie-Kate Harmey** | Acting Year 10 Pastoral Care Advisor

[jessie-kate.harmey@ed.act.edu.au](mailto:jessie-kate.harmey@ed.act.edu.au)

## Positive Behaviour for Learning (PBL) at Lanyon High School

Positive Behaviour for Learning, known as PBL is an evidence-based whole school systems approach that addresses the diverse academic and social needs of every student to support them to be successful. Using a problem-solving approach (data, systems and practices) that engages students, parents and all school staff. PBL establishes positive social expectations for all in the school community and provides a framework for the school and its community to collectively support the wellbeing of every student.

Over the last few months, staff, the Year 10 Leadership Class and a student focus group representative of the whole school, spent time looking at the agreed positive behaviour expectations for our school. They made suggestions to improve our PBL matrix ready to roll out to the school community. We now invite our community to view our agreed Positive Behaviour for Learning Matrix. If you have any questions or comments about the matrix, please email [Joh.Davies@ed.act.edu.au](mailto:Joh.Davies@ed.act.edu.au).

Values	Expectations	Settings			
		ALL SETTINGS	Front of School	Bike Racks	Front Office
<b>Student Empowerment</b>  <b>Pride in our Community</b>  <b>Respectful Relationships</b>  <b>Resilience Safety</b>	<i>Safe</i>	We make healthy choices  We are respectful of other people's space.		We walk bikes and scooters and wear a helmet when riding them.	We ask to borrow equipment.
	<i>Respectful</i>	We use respectful language/volume  We all keep areas clean and tidy.  We are respectful of everyone's property.	We refrain from physical contact	We ensure bikes are locked before the bell  We report suspicious behaviour  We only touch our own property	We wait quietly to be served  We use the ipad only as needed  Parents should report to the front office
	<i>Learners</i>	We are in the right place at the right time.  We use electronic devices appropriately.	We move to class once the bell goes.		



Values	Expectations	Settings			
		Student Services	Staff Rooms	Marketplace/pond	Moving Around the School
<b>Student Empowerment</b>  <b>Pride in our Community</b>  <b>Respectful Relationships</b>  <b>Resilience Safety</b>	<i>Safe</i>	We respect the safety of staff and students.		We stay within the boundaries of the space.  We walk safely.  We only play ball sports on the courts and oval.	We walk bikes and scooters.
	<i>Respectful</i>	We check in with SS staff when arriving  We ask to borrow equipment  We sit quietly.	We knock first, then wait.  We respect teacher's property	We look after the wildlife.	
	<i>Learners</i>	We work calmly on our class work or with the teacher.	We use inside voices		

## Robotics

The Lanyon Cluster Robotics Club continued working on their VEX robots at the Centre for Innovation and Learning, accompanied by Ms Heys. The robot they have built is designed to pick up and carry objects as well as hang off a high bar in order to compete at upcoming robotics scrimmages. The club are now working on modifications to improve their robot to score maximum points at competition.

Pictured is Liam Bornholm in year 8 testing the robot his team have built.



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## Wee Jasper Caving Camp

Lanyon High Schools Outdoor Education students have spent the last 5 weeks preparing for a cold weather camping trip to Wee Jasper. This trip took place on Thursday and Friday of week 5 and boy what a trip it was. Students were in charge of bringing and cooking their own food, ensuring they had enough warm clothes and setting up their own tents. After an early morning bus ride the first part of day one was spent practising abseiling skills on a natural cliff edge with varying heights to accommodate abilities. The steep descent was enough to leave even our chattiest students speechless. The second part of the day was spent inside Signature Cave where students

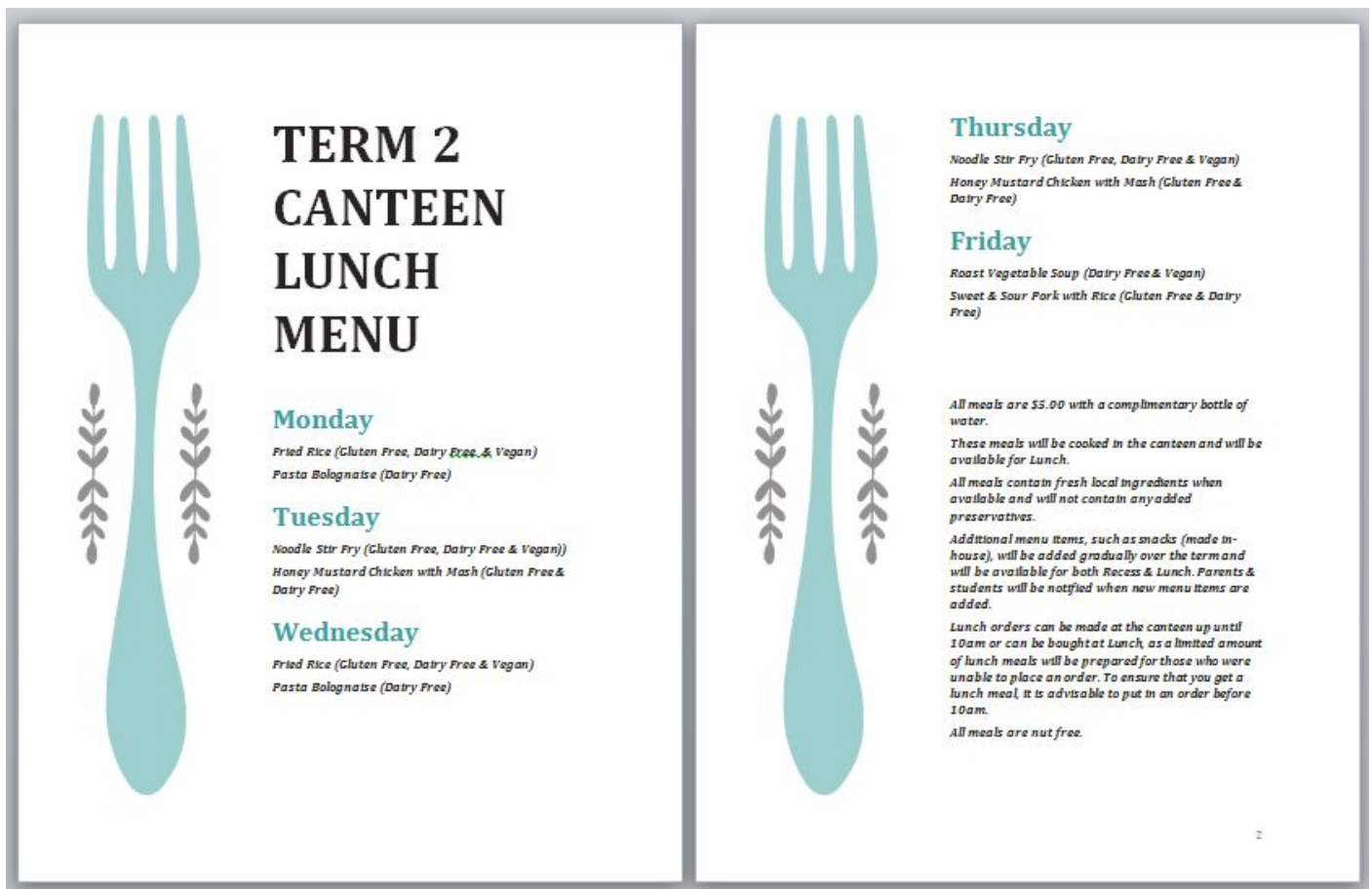


got their first real experience of the underground world. The students explored the caves whilst participating in games of hide and seek and used excellent teamwork skills to get to the upper chambers of the cave. Students showed off their resilience skills with a cold early morning pack up before challenging themselves with a 40 meter abseil into the Daylight Chamber of the Rubbish tip Cave. The majority of the students overcame their fears and challenged their abilities to succeed in abseiling this chamber. Not only is there the height of the abseil but students also have two drop offs on this pitch where they have to ensure that they have the correct feet placement before 'free falling'. Overall it was a fantastic trip and I am proud of the efforts that all the students put in to make it a success.

## Athletics Carnival 2018

The Athletics Carnival was a big success this year with students of all age groups participating in both track and field events. There was some tight competitions with the u15 Boys Javelin having only a few centimetres between all placements and Tyler Lakeland taking first place. The Student vs Teacher relay race proved to be entertaining with three teachers per one student competitor for each 100 meters. The teachers came in first after all other age groups had to be disqualified due to poor running techniques. There were also several novelty events run for students to win points for their house including games of soccer, touch football and Rob the Nest. Students who are through to the Zone Athletics Carnival will be notified in the coming weeks and given a permission note.





## Uniform

**The \$5 fire sale is still on!!!!!!**

**We still have the following \$5 uniform items available from the front office:**

- Old style zip up hoodies (childrens sizes 8 & 10)
- Shorts - with net (childrens sizes 10, 12 and adult sizes Large & X-Large)



Uniform purchases (apart from the fire sale above) are now all online through Liquid Promotions - their web address is: <https://lanyonhs.liquidpromotions.com.au/>.

Once you have ordered and paid for your uniform it will be dispatched to the school front office for the students collection (we will advise them when it has arrived).

The standard delivery time frame to the school is 2 weeks.

Online orders can be collected from Liquid Promotions direct if you would prefer, however this needs to be pre-arranged with them on 02 6162 3331 to ensure your order is ready and that someone is in the office to assist you.

Liquid Promotions: 3 Lithgow Street Fyshwick

If you are having any issues with the website or your delivery please contact them directly - 02 6162 3331.

We thank you for your patience in this change over period.



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## Lost Property

We currently have a significant amount of lost property (mainly uniform).

Students are advised to come to the front office ASAP, otherwise if the items are not collected they will be donated.

## Southside Cross Country

Well done to all the students that represented Lanyon High School at the Southside Cross Country.

Several of these students have made it through to the ACT Cross Country, which is being held on 13 June.

We wish them the best of luck!

## P&C Report

### Coles Sport for Schools

The more vouchers we collect, the more sports gear our students receive. Please bring all your sports for schools vouchers to the front office at Lanyon High School ASAP. We have to post the last satchel of vouchers by COB on the 15th June.

### Rebel Sport - Rebel Active

If you shop at Rebel sport, please sign up for free to join Rebel Active. Support Lanyon High School by linking your membership to Lanyon High School.

<http://www.rebelsport.com.au/rebel-active>

### Athlete's Foot

If you shop at Athlete's Foot, please mention Lanyon High School when purchasing any shoe and \$5 of that sale will go back to our school.

### Canberra Southern Cross Club

We are now participating in their Canberra Southern Cross Club "Community rewards program".

If you are a member, please go to the below website to attach Lanyon High School as the community group you support.

<https://cscckmarketing.wufoo.com/forms/zfv404n1ivpcm3/>

For more information on the "Community rewards program" please read the information provided on the below website.

<https://www.cscck.com.au/rewards>

Cathy Windsor (P&C)

## Mental Health Issues and Young People: FREE Parenting Forum



Carers ACT is hosting a unique opportunity for parents, carers and friends to learn how to recognise the warning signs and better understand depression, suicide, eating disorders, deliberate self-harm and other mental health problems in young people. Mental illness in our youth – often known as the 'invisible disease' – is growing at an alarming rate with many parents at a loss on how to deal with it. The speaker will be Dr Michael Carr-Gregg, one of Australia's leading experts in parenting and child and adolescent mental health and founder of CanTeen for teenagers with cancer. Bookings

*Learning as a community - Striving for excellence*

essential. See below for details.

**When:** Tues 19 June 2018, 7-9pm, Hellenic Club, Woden

**More info:** Ph 6296 9900 or email [mhcarers@carersact.org.au](mailto:mhcarers@carersact.org.au)

**Register :** through Eventbrite <http://bit.ly/2HlqSiy>

**Cost:** free



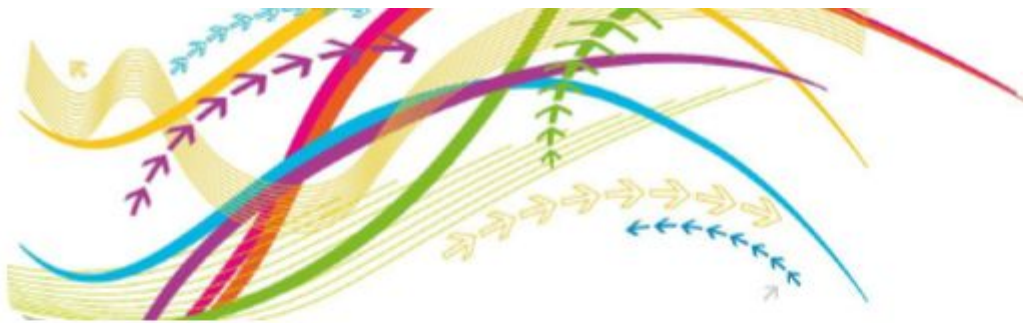
The image is a screenshot of the Kids Helpline website. At the top, there is a dark navigation bar with links: Kids 5-12, Teens 13-18, Young Adults 19-25, Parents, Schools, About, Privacy, and Feedback. Below this is a white header with the Kids Helpline logo (a smiley face in a circle) and the tagline "Anytime. Any Reason.". To the right of the logo are two buttons: "Get Help!" with a speech bubble icon and "1800 55 1800" with a phone icon. A search icon is also present. The main content area has a dark background with a large green phone icon and the text "1800 55 1800" in white, followed by "Anytime. Any Reason." in blue. Below this are five colored boxes representing different user groups: Kids (pink), Teens (blue), Young Adults (green), Parents and Carers (orange), and Schools and Teachers (purple). Each box contains an illustration of people, the group name, the age range, and a large "Enter!" button. Below the website screenshot, there is a large green banner with white text that reads: "Kids Helpline has just gotten even better!". Below this banner, there is more white text on a green background: "The worker bees have been busy at Kids Helpline HQ and we're excited to share with you our new look. We've given kidshelpline.com.au a makeover - with the new site written by counsellors and driven by what young people told us they wanted and needed."

Kids Helpline has just gotten even better!

The worker bees have been busy at Kids Helpline HQ and we're excited to share with you our new look.

We've given [kidshelpline.com.au](http://kidshelpline.com.au) a makeover - with the new site written by counsellors and driven by what young people told us they wanted and needed.





## Next eheadspace group chat sessions:

### For adults supporting young people

Join us **Tuesday 19th June between 7-8pm AEST.**

for

### Helping your young person with those awkward sexual health questions:

Many parents and other adults supporting young people struggle to have the conversation with their young person about their sexual health.

Sexual health issues can have a significant impact on wellbeing and mental health and adults don't always feel equipped to help in this area.

Take this opportunity to speak anonymously online to our **eheadspace** clinicians and to hear from others as well as our Family and Friends Reference group and Youth Reference group members.

See link below to join our session (and before the day to set a reminder for yourself if you want).

<https://www.eheadspace.org.au/get-help/eheadspace-group-chat-session/>





## Next eheadspace group chat sessions:

### For a Young Person

Join us **Tuesday 12 June between 7-8pm AEST.**  
for

#### Looking after yourself if you're using alcohol and/or drugs:

Using alcohol and other drugs can be fun, but sometimes it can get out of hand. If your drug or alcohol use is starting to affect things that matter, like your mental health, wellbeing or your friendships, it can be a good idea to talk to someone about your options, such as different ways to reduce or stop your use. Alcohol and other drugs can have a major effect on your mental health and can cause you harm, as well as the people around you. Take this opportunity to speak anonymously online to our mental health professionals and eheadspace Youth National Reference Group members and hear from others about their concerns and experiences with alcohol and other drugs.

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Join us **Sunday 17 June between 7-8pm AEST.**  
for

#### How to deal with a broken heart:

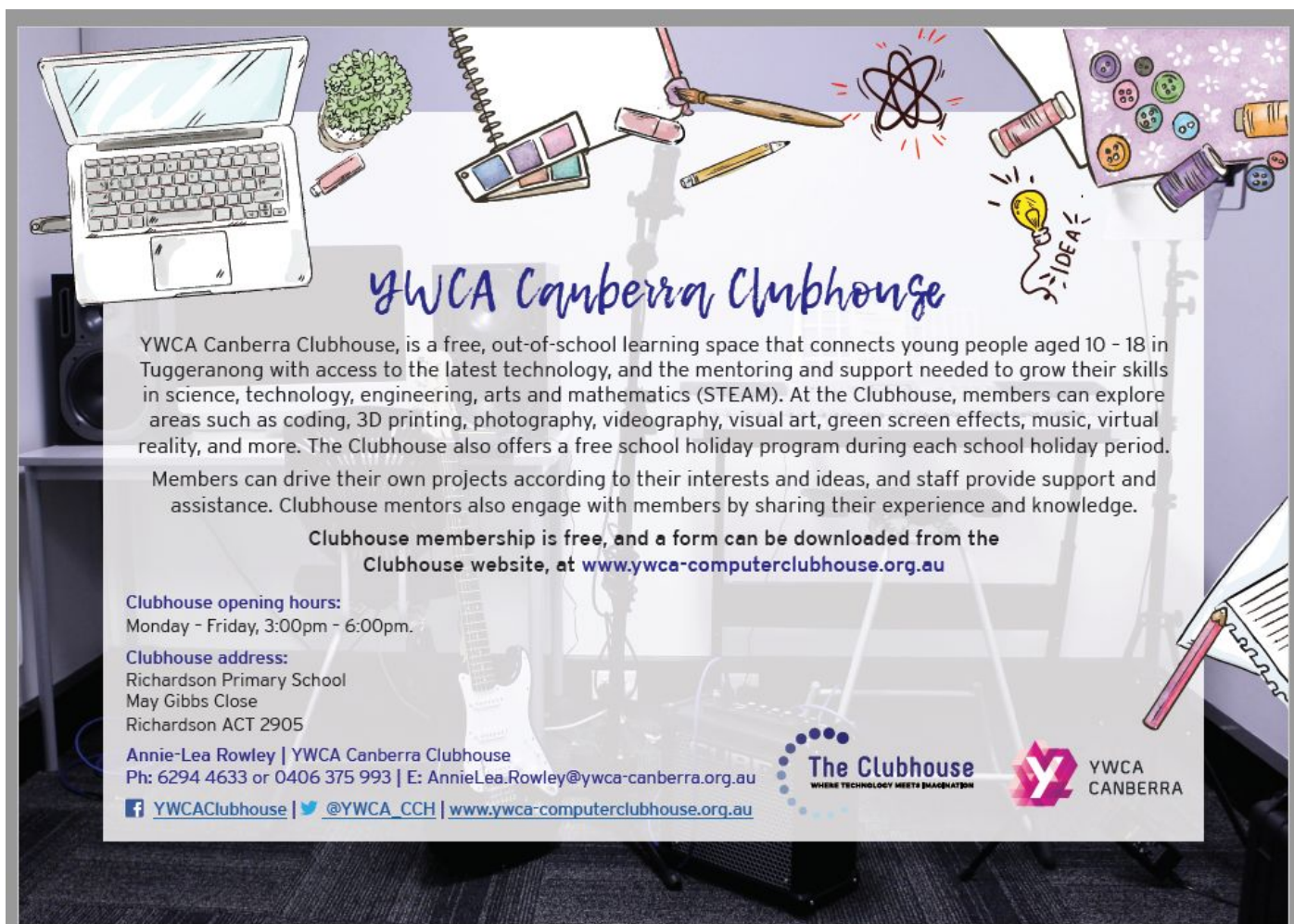
Relationships break up for lots of reasons. Often it's no-one's fault and nobody is to blame – instead, things just aren't working out. Whether you did the breaking up or you're the one who was broken up with, it can bring on a range of difficult feelings such as denial, sadness, guilt, anger or fear. It's normal to experience these feelings and it can take time to get over the loss of a relationship. You might also find yourself in situations where you don't know how to break up with someone, you don't know what to do when your ex moves on or when to start a new relationship. Take this opportunity to speak anonymously online to our mental health professionals and hear from other young people about their experiences and questions around relationship break ups.

See link below to join our session (and before the day to set a reminder for yourself if you want).

<https://www.eheadspace.org.au/get-help/eheadspace-group-chat-session/>







## YWCA Canberra Clubhouse

YWCA Canberra Clubhouse, is a free, out-of-school learning space that connects young people aged 10 - 18 in Tuggeranong with access to the latest technology, and the mentoring and support needed to grow their skills in science, technology, engineering, arts and mathematics (STEAM). At the Clubhouse, members can explore areas such as coding, 3D printing, photography, videography, visual art, green screen effects, music, virtual reality, and more. The Clubhouse also offers a free school holiday program during each school holiday period.

Members can drive their own projects according to their interests and ideas, and staff provide support and assistance. Clubhouse mentors also engage with members by sharing their experience and knowledge.



Clubhouse membership is free, and a form can be downloaded from the Clubhouse website, at [www.ywca-computerclubhouse.org.au](http://www.ywca-computerclubhouse.org.au)

**Clubhouse opening hours:**  
Monday - Friday, 3:00pm - 6:00pm.

**Clubhouse address:**  
Richardson Primary School  
May Gibbs Close  
Richardson ACT 2905

Annie-Lea Rowley | YWCA Canberra Clubhouse  
Ph: 6294 4633 or 0406 375 993 | E: [AnnieLea.Rowley@ywca-canberra.org.au](mailto:AnnieLea.Rowley@ywca-canberra.org.au)

[f YWCAclubhouse](#) | [@YWCA\\_CCH](#) | [www.ywca-computerclubhouse.org.au](http://www.ywca-computerclubhouse.org.au)



Disclaimer: Services advertised in the school's newsletter are not endorsed or associated with Lanyon High School.



## Australian Youth Orchestra 2019 applications open from 12–29 June!

The AYO occupies a special place in the musical culture of Australia, where aspiring musicians get a taste of life as professional musicians, and where like-minded individuals from all over the country gather for intense periods to learn from each other, study and perform.

AYO will be embarking on an exciting international tour next year, visiting Europe and Asia for a month of music-making. 2019 will also involve some sensational collaborations with leading musical organisations, including Musica Viva and Victorian Opera.

Full program details will be released during the coming weeks, so stay tuned and register your interest at **[www.ayo.com.au/applications2019](http://www.ayo.com.au/applications2019)**

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6287 3833

*Being a parent is the hardest job we'll ever have. All parents at some time experience difficulties and stress.*

**Parentline ACT**

is a confidential and free telephone and face-to-face counselling and information service.

Phone Parentline if you would you like:

- To talk with someone about those parenting issues.
- Help with some ideas on raising children.
- Support in the important job you are doing.
- To know what is available for parents, teenagers and children.
- To build better relationships in your family.
- Help to understand your child or teenager's behaviour.
- Make an appointment for a counselling session.

**Parentline ACT.**

**Monday to Friday (except on public holidays), 9am to 5pm.**

**Phone: 6287 3833**

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## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

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

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



**Contact**  
Kathleen Watson  
your local Saver Plus  
Coordinator


**Phone**  
0448 730 305  
02 6283 7606

**Email**  
kathleen.watson@  
thesmithfamily.com.au

**Web**  
[www.saverplus.org.au](http://www.saverplus.org.au)




Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Barry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.




# YOUR **P**LATES

**In the ACT, 15 young drivers (aged 17-24) were killed on our roads between 2006 and 2017.**


Every trip matters so it's important you help shape sensible drivers.




**Supervised driving hours**  
Learner drivers must hold their licence for at least a year and complete a minimum 100 hours including 10 hours at night time.




**P1 and P2 stages**  
Introduce a new P plate to target restrictions so new drivers gain more experience. No change to licence length, it will remain at 3 years.




**Night time driving**  
No driving between midnight and 5am for P1 drivers. The rules will not apply to P2 drivers.




**Passenger restrictions**  
P1 drivers can only have one passenger aged between 16 and 24 in the car. Exemptions may apply.



**Demerit Points**  
A maximum of 4 points for 3 years. Severe penalties to deter high risk driving.



**Mobile phones**  
No mobile phones, including hands-free, for L, P1 and P2 drivers.



**Hazard Perception Test**  
Learner drivers must complete a computer-based test to recognise dangerous situations and react safely before their Ps.

**The facts ...**

Too many new drivers are being killed and injured on our roads. In the ACT, 15 young drivers (aged 17-24) were killed on our roads between 2006 and 2017.

Young drivers are at risk due to:

- > inexperience
- > inability to identify and respond to risks or hazards
- > over-confidence
- > inattention and distractions
- > deliberate risk-taking

**Why we need your views**

How will these changes impact you?


What can we do to help you abide by these new laws?

What exemptions should apply for new restrictions?

**What are we changing:**

We recognise some changes may affect prospective drivers and their families, particularly parents. These are necessary to reduce deaths and injuries for young drivers, their passengers and other road users.

[www.yoursay.act.gov.au](http://www.yoursay.act.gov.au)



**ACT**  
Government  
Justice and Community Safety



## Information notice

### Background

All Education Ministers from Commonwealth, state and territory governments endorsed the implementation of a Nationally Consistent Collection of Data on School Students with Disability (NCCD) in all Australian schools (government, independent and Catholic).

The nationally consistent approach to data collection provides all Australian schools, education authorities and the community with a clear picture of the number of students receiving adjustments because of disability in schools, and the adjustments they are provided to enable them to participate in education on the same basis as other students.

### Authority for the national data collection

The Australian Education Regulation 2013 requires the operators of all government and non-government schools that receive Australian Government funding (approved authorities) to provide information to the Australian Government Department of Education and Training (the Department) for the purposes of the national data collection.

The [Australian Education Regulation 2013](http://www.legislation.gov.au/Details/F2016C00958) ([www.legislation.gov.au/Details/F2016C00958](http://www.legislation.gov.au/Details/F2016C00958)) is on the Federal Register of Legislation website.

The information that approved authorities must give to the Department is set out at section 58A of the Australian Education Regulation. This includes, in relation to each student with a disability at a school operated by the approved authority:

- the student's year of schooling
- the student's category of disability (physical, cognitive, sensory or social/emotional)
- the student's level of adjustment (support provided within quality differentiated teaching practice, supplementary, substantial or extensive adjustment).





Other details about the information to be collected, and the format in which the information is to be provided to the Department, are contained in guidelines approved by the Education Council (the committee of the Council of Australian Governments comprising the Commonwealth and state and territory Ministers responsible for education). [Guidelines for the national data collection](http://www.education.gov.au/node/50091) (www.education.gov.au/node/50091) are available on the Department's website.

The information will not explicitly identify individual students (subsection 58A(3) of the Regulation); no information that could reasonably enable the Department to identify individual students will be provided by approved authorities to the Department<sup>1</sup>.

### **Collection, use and disclosure of information from the national data collection**

The information collected by schools for the purposes of the 2018 national data collection will ultimately be provided to the Department. In some cases, this will involve the school passing the information directly to the Department, and in other cases the school will provide the information to its state or territory government agency (or other relevant body) in the first instance, depending on the school's particular arrangements. In such circumstances, that state or territory government agency, or other relevant body, will then provide the information to the Department.

The Department, on behalf of the Joint Working Group<sup>2</sup>, will use information from the national data collection for the purposes of preparing reports for and briefing the Australian Education Senior Officials Committee<sup>3</sup> and the Education Council in relation to the national data collection.

When providing these reports or briefing material, the Department will ensure that the information remains de-identified.

In December 2016, the Education Council released the report *Improving educational outcomes: Emergent data on students with disability in Australian schools*. The report provides high-level

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<sup>1</sup> In the event that NCOD information provided by an approved authority to the Department does inadvertently and indirectly enable the Department to reasonably identify an individual, the disclosure of that information by the approved authority, and the collection of that information by the Department, are both authorised by law for the purposes of the *Privacy Act 1988* (Cth). Nevertheless, the Department will seek to further de-identify such NCOD information.

[Further information on the Department's Privacy Policy](http://www.education.gov.au/privacy-policy) (www.education.gov.au/privacy-policy) is available on the website.

<sup>2</sup> The Joint Working Group to Provide Advice on Reform for Students with Disability comprises representative members from all state and territory government educational authorities, Independent Schools Council of Australia, the National Catholic Education Commission, the Australian Curriculum, Assessment and Reporting Authority, and the Australian Government.

<sup>3</sup> The Education Council is primarily supported by a group of senior officials with responsibility for school education, early childhood and higher education who meet as the Australian Education Senior Officials Committee. The Committee is directly responsible to Council for the execution of Education Council decisions. For more information about the [Australian Education Senior Officials Committee](http://www.educationcouncil.edu.au/EC-AESOC.aspx) visit [www.educationcouncil.edu.au/EC-AESOC.aspx](http://www.educationcouncil.edu.au/EC-AESOC.aspx).

data from the 2015 national data collection and was the first public release of data from the national collection.

This report was followed in May 2017 by the release of the report *2016 emergent data on students in Australian schools receiving adjustments for disability*, which contains data from the 2016 national data collection.

These reports are published on the [Reports and Publications page of the Education Council website](http://www.educationcouncil.edu.au/EC-Reports-and-Publications.aspx) (www.educationcouncil.edu.au/EC-Reports-and-Publications.aspx).

Information from the national data collection will also be used for policy development undertaken by the Department, including informing funding considerations relating to students with disability, and other policy development as agreed by the Education Council.

From 2018, the Commonwealth's student with disability funding loading for schools is based on the national data collection.

The document [Fairer funding for students with disability](http://www.docs.education.gov.au/node/43566) (www.docs.education.gov.au/node/43566), on the Department's website, provides more information.

## Contact

For further information about the collection, use or disclosure of information for the national data collection, please contact: [SWDPolicyTeam@education.gov.au](mailto:SWDPolicyTeam@education.gov.au).

Any questions parents/carers or schools have about the completion of the 2018 national data collection may be directed to:

- the relevant education authority contact listed in the [Contacts page of the Guidelines](http://docs.education.gov.au/node/50091) (docs.education.gov.au/node/50091) on the Department's website or
- the [Contacts page of the national professional learning website](http://www.schooldisabilitydatapl.edu.au/other-pages/contact-us) (www.schooldisabilitydatapl.edu.au/other-pages/contact-us) developed by Education Services Australia.





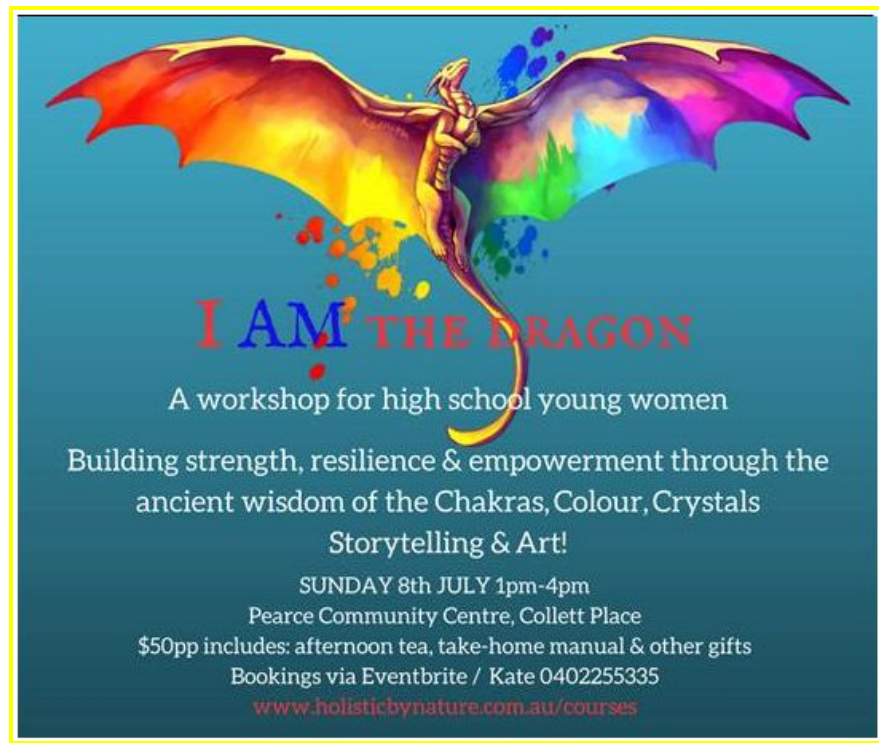
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([www.creativecommons.org/licenses/by/4.0/legalcode](https://creativecommons.org/licenses/by/4.0/legalcode)).

The document must be attributed as the *Frequently Asked Questions for Schools* on Nationally Consistent Collection of Data – Students with Disability.

Disclaimer: Services advertised in the school's newsletter are not endorsed or associated with Lanyon High School.



**I AM the dragon** is a workshop for young women of high school age. *I AM the dragon* brings together fun, insightful and powerful elements that create a foundation for resilience, strength and empowerment. The workshop aims to enable each participant to better understand themselves and hold their own, unique space in the world.

**I AM the dragon** will inspire confidence and a sense of self through the wisdom and tools of the ancient chakra system, colours, crystals, storytelling and art.

My name is Kate Pamphilon, a kinesiologist and complementary medicine practitioner in Canberra. I have extensive experience working with children of all ages and their families. As a teen, I used the tools I teach in this workshop to help me not only 'get through' high school but to thrive. They became my tool-box for life.

High school is well known as one of the most challenging stages of growing up. Whether in Year 7 or Year 10, we're still exploring and developing our sense of self. Indeed, this continues even beyond high school! Memories can be full of happy times of friendship, learning and growth. For many, high school can also be a time of confusion, wanting to be accepted and liked or having difficulties with learning.

**I AM the dragon** applies the insights and tools from the Chakra System, colours, crystals, storytelling and art to help young women:

- Build confidence within who they are, their skills and abilities
- Learn how to be guided by their own wisdom and instincts
- Understand their feelings and how to let go of them
- Find their voice and use it well
- Tap into their connection with love— for themselves and others
- Deal with and recover from the challenges life brings— this is resilience.

The Chakra System gives us a framework for understanding various aspects of ourselves and from this we can learn how to enhance the power within each layer. Sometimes, we don't know what's really going on inside ourselves and other times we just don't know what to do. This is where I find the tools I teach in this workshop to be so incredibly

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beneficial. As we journey through the chakras, we journey through the development of 'self'. We are all unique with shared experiences and these elements are explored through the Chakras.

In a safe and inclusive space, we will explore:

- The concept of growing up with:
  - fairytales of damsels, knights and dragons
  - media images of girls and women, and
  - how language can influence our thinking.
- Each of the 7 major chakra centres and how they can be applied to understand yourself better
- The physical, emotional and mental insights of the chakras
- How to strengthen the energy within each chakra using colour, crystals, affirmations, visualisations and your hands.

In an age of social media, smart phones and media saturation never has there been a more challenging time for young women in our community. Mental health challenges are on the rise as is the age of materialism; self worth guided by what you have or what you look like.

Furthermore, time is of the essence. With movements such as #metoo and #timesup gaining momentum, we must harness the energy of change and transform the story that young women hear. As women, we are not damsels in distress. We may be a warrior but we're even more than that. Each participant who attends this workshop will leave knowing their mantra **"I AM the dragon"**.

I would love to see you there! Please help me spread the word of **I AM the dragon** and send this page to anyone you feel would benefit from coming along— and do bring your friends or come along. All high school young women welcome xp

If you would like to read more about how I came to develop **I AM the dragon** then visit my website, Holistic by Nature (<http://www.holisticbynature.com.au/2018/05/story-behind-dragon-workshop/>)....!

**When:** Sunday 8th July 2018

**Time:** 1pm to 4pm

**Where:** Pearce Community Centre, Collett Place

**Price:** \$50pp which includes afternoon tea, all resources for activities, take-home manual & other gifts

**Tickets:** Eventbrite

(<https://www.eventbrite.com.au/e/i-am-the-dragon-a-workshop-for-high-school-young-women-tickets-45638732678>)

**More information:** Holistic by nature (<http://www.holisticbynature.com.au/courses>)

Please arrive 10 minutes early to get settled so we can start on time. Bring a pillow to sit on— let's hang out on the floor! And finally, please email [kate@holisticbynature.com.au](mailto:kate@holisticbynature.com.au) if you have any allergies or intolerances.

Kindly,

Kate Pamphilon

Kinesiologist / Published Author / Complementary Medicine Practitioner

Holistic by Nature / w: [holisticbynature.com.au](http://www.holisticbynature.com.au)



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## Junior Tennis Coaching - Tennis Canberra Clubs - FREE Racquet, Player Shirt & Trial Lessons Available

### 2018 Autumn/Winter Junior Timetable

- Monday - Old Parliament House Tennis Club
- Tuesday - Turner Tennis Club
- Wednesday - Barton Tennis Club or Reid Tennis Club
- Thursday - Majura Tennis Club (Dickson)
- Friday - Erindale Active Leisure Centre (Tuggeranong)
- Saturday - Majura Tennis Club (Dickson) & Old Parliament House Tennis Club

**Sign Up\*:** [www.tenniscanberra.com.au/junior-tennis/](http://www.tenniscanberra.com.au/junior-tennis/)

**Free Trial:** [www.tenniscanberra.com.au/try-tennis/](http://www.tenniscanberra.com.au/try-tennis/)

**For more information:** Email [play@tenniscanberra.com.au](mailto:play@tenniscanberra.com.au) or call 0416 186 121

*\*Free Racquet & Shirt for New Tennis Canberra Players*



### School Contact Information

**Principal:** Barbara Monsma

**Acting Deputy Principal:** Prue Gill

**General Enquiries:** 6142 1800

**Absences:** 6142 1815 or  
[lanyonHSstudentabsences@ed.act.edu.au](mailto:lanyonHSstudentabsences@ed.act.edu.au)

**Email:** [lanyonHSinfo@ed.act.edu.au](mailto:lanyonHSinfo@ed.act.edu.au)

**Webpage:** [www.lanyonhs.act.edu.au](http://www.lanyonhs.act.edu.au)

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