Dear parents and friends,

This term Ms Julie Collins has taken on the position of principal of Wanniassa K-10 School. I’m sure the Lanyon community joins me in wishing her well in what is a very demanding and high profile position to take on at such short notice. I’m confident Julie will do a fantastic job. She is due to return to Lanyon in term 4. Her position as deputy principal will continue to be filled by Mr Ed Cuthbertson while Ms Bec O’Brien will continue as head of the Gold curriculum bank.

Three of our staff were nominated for the recently announced ACT Public Education Excellence Awards. They were: Ms Julie Collins for School Leader of the Year, Ms Laura Hicks for Classroom Teacher of the year and Mr Matt Sandeman for New Educator of the year. While none took out the major awards on the night, it was an honour for them just to be nominated, while Ms Hicks was one of three finalists in the running. I congratulate these staff and hope that you will also when you see them next.

I have received a letter from Joy Burch, Minister for Education and Training in the ACT commending four of our students for their actions after a fellow student had a skateboarding accident at the Lanyon Marketplace. These students were Alex Coggan, Jack and James Monaghan and Jordan Costa. Minister Burch praised them for the initiative they showed in helping their injured school friend and how they put their recently completed first aid training to good use. I will present these letters to these students at an upcoming assembly.

Please refer to a separate article in this newsletter for important information on the not-to-be-missed seminar with Justin Coulson on 17 September.

Principal
Bill Thompson
Principal
Bill.Thompson@ed.act.edu.au

Assessment Alert App

In semester 2 we will be trialling the Assessment Alert App. Students and parents can download the (free) app for Apple and Android phones (links below).

After downloading, search for Lanyon High School in the app. You then get to pick the classes your child studies. Due dates for homework, assignments and any important dates will be placed in here.

Assignment tasks have been added. Please let us know if you like or dislike this app.

Assessment Alert Apps

Apple -
Android -

Assessment Alert FAQ

http://assessmentalert.com/faqs/

Parenting Seminar

Lanyon High School is very lucky to have engaged one of Australia’s most respected speakers on parenting. Dr Justin Coulson, Psychologist, columnist with Sydney’s Daily Telegraph, guest speaker on The Project and Studio 10 is a parent of 6 children and an expert on positive parenting.

He will be speaking at Lanyon High School on Thursday 17th September from 6-7pm.

Free childcare will be available at this presentation.

If you wish to attend the seminar please make a booking through the following link:
http://lanyonhs.schoolzinenevels.com/bookings.htm

Year 7

Year 7 students are hard at work studying topics such as area, perimeter, volume, ancient China, renewable and non-renewable resources and are reading a novel in English. While there is lots of learning happening in the classroom, Year 7 students are also involving themselves in the wider community. Things students are involved in include:
• Science extension program
• Lanyon Bop
• Junior girls netball team
• Junior boys soccer team
• School snow trip
• Book week
• Athletics carnival
• Trip to the zoo (week 10)

All of these activities earn students JET points. If students earn 10 points, they will be invited to the end of year excursion to Wet and Wild in Sydney.

Year 7’s also had a year group assembly where awards were given for effort and achievement in each subject. Doctor Mong was also given a citizenship award for demonstrating the school values.

Finally, well done to Sam Azzopardi who went to Darwin to represent the ACT in Rugby League.

**Teegan Williamson, Year 7 Coordinator**
Teegan.Williamson@ed.act.edu.au

**Year 8**

Welcome back to all year 8 students for term 3. So far we have had a busy start to the semester with all of year 8 participating in 2 different workshops. On Wednesday the 29th July the boys participated in a one hour presentation from Menslink who were promoting the message ‘Silence is Deadly’. Within this presentation they had the opportunity to ask some great questions about supporting each other, where they can go to for help and also heard from Jordan who has used the service and is now sharing his story with schools. The girls also participated in a workshop from MIEACT called ‘Any Body’s Cool’. Within the workshop the girls viewed a number of stories on how body image is perceived within society and how society can impact on our view of ourselves. They also worked together to identify messages that advertisements may give out to viewers. The girls walked away from the presentation with a different perspective on how everyone views not only themselves but also other people.

Throughout this term we have a number of events that will be taking place that year 8 students have the opportunity to participate in.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12th August</td>
<td>Southside Netball Carnival</td>
</tr>
<tr>
<td>13th August</td>
<td>Lanyon Disco (6:00pm-8:30pm)</td>
</tr>
</tbody>
</table>

A reminder as well to all parents that if your child is absent, please provide the school with an explanation either on the day or as soon as possible.

**Cattlin Hubbard, Year 8 Coordinator**
Cattlin.Hubbard@ed.act.edu.au

**Year 9**

Term 3 is going to be a busy term for all year 9 students and teachers. We have several events coming up as well as the Giving Expo in week 10.

Pastoral Care this term is devoted to the Giving Expo. Students will be working closely with their mentor teacher throughout the term to design and implement their giving projects. For updates on the giving projects please check out our Facebook Page: https://www.facebook.com/GivingprojectsLHS2015

Again I’d like to thank all parents and guardians who are contacting the school to explain absences and late arrivals to school. It is important that all absences and ‘lates’ are accounted for so I ask for your continued support with this matter. If your child is away please ring the school on 6205 7676 or email absences@lanyonhs.act.edu.au. Alternatively you can contact your child’s Pastoral Care Teacher:

9A – Adrian Haynes adrian.haynes@ed.act.edu.au 6205 7255
9B – Kurt Halbauer kurt.halbauer@ed.act.edu.au 6205 5937
9C – Rachael Nielsen rachael.nielsen@ed.act.edu.au 6205 5937
9D – Kelly-Anne Guy kelly-anne.guy@ed.act.edu.au 6205 5901

**Term 3 Events for Year 9 students**

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Wednesday 12th August</th>
<th>Senior Girls Netball Carnival</th>
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<tbody>
<tr>
<td></td>
<td>Thursday 13th August 6.00 – 8.30pm</td>
<td>School disco</td>
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<tr>
<td>Week 5</td>
<td>Whole school assembly</td>
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<td></td>
</tr>
<tr>
<td>Friday 21st August</td>
<td>Snow Trip to Thredbo</td>
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<table>
<thead>
<tr>
<th>Week 7</th>
<th>Athletics Carnival</th>
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<tbody>
<tr>
<td>Friday 4th September</td>
<td>Parent Teacher Interviews</td>
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<table>
<thead>
<tr>
<th>Week 8</th>
<th>Whole school assembly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 9th September</td>
<td>Ultimate Frisbee Carnival</td>
</tr>
<tr>
<td>Wednesday 16th September</td>
<td>Dance Festival</td>
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</table>

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Dance Festival</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday 16th September</td>
<td>Dance Festival</td>
</tr>
<tr>
<td>Friday 18th September</td>
<td>Dance Festival</td>
</tr>
</tbody>
</table>

**Save the Date!! Expo: Week 10 — Wednesday 23rd September**

**Beth Bradfield, Year 9 Coordinator**
*Beth.Bradfield@ed.act.edu.au*

**Salvation Army Donation Drive**

Jay Symss, Lachlan Bryce, Taylor Gilchrist and Josh Milczarek are looking for donations of clothing, blankets, toys and household goods in clean and reasonable condition. They are completing their Year 9 Expo giving project and intend to donate these items to the Salvation Army. All donations can be brought to the Green Staff Room by Friday 4th September.

**Year 9 students planning on making Salvation Army donations.**

**Key Dates for Year 10 Students:**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>10th August</td>
<td>Lake Tuggeranong College 1 on 1 career interviews</td>
</tr>
<tr>
<td>27th August</td>
<td>BStreetSmart Road Safety Forum Sydney</td>
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<tr>
<td>2nd September</td>
<td>College course selection visits</td>
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<tr>
<td>4th September</td>
<td>Year 10 Camp final payment due</td>
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<tr>
<td>10th September</td>
<td>Rotary Interviews</td>
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<tr>
<td>20th – 25th September</td>
<td>Year 10 Camp</td>
</tr>
<tr>
<td>3rd December</td>
<td>Year 10 Formal</td>
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<tr>
<td>7th December</td>
<td>Presentation Night</td>
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<tr>
<td>8th December</td>
<td>Year 10 Graduation</td>
</tr>
</tbody>
</table>

*Dates subject to change*

**Jennifer Nott, Year 10 Coordinator**
*Jennifer.Nott@ed.act.edu.au*

In week 2 year 10 students were given the opportunity to attend the Canberra Careers’ Expo which is an annual event that specialises in the provision of valuable career opportunities to secondary students throughout the ACT and surrounding NSW schools network. There were over 80 local and national exhibitors, including universities, colleges, and career placement organisations providing a wide range of information sources. This was a valuable opportunity for students to discuss career pathways and consider subject selection for their college placements in 2016. This excursion coincided with Lake Tuggeranong and Erindale Colleges visiting the year 10 students last week and running small group talks to demystify the College experience. Today students who will be attending Lake Tuggeranong College have met with careers advisors to discuss their packages for next year. Students will be asked to select their courses in early September.

To follow up on our road safety education program we will be participating in the “BStreetSmart Road Safety Forum” at Homebush on the 27th August. Students have received notes for this. Permission slips and payments are due to the front office ASAP. The cost for entry to the forum is free and we have subsidised the cost of the bus to make this valuable experience open to as many students as possible.

Students are reminded to continue to contribute to the cost of the year 10 camp throughout Term 3. Several students have not yet returned their medical forms with their notes and payments. Please make sure that they are also returned. Also, notes and deposits for the Year 10 Formal were due to the front office by Friday 3rd July. If students have not secured their place at formal and would still like to attend please contact myself or Mrs Emma Menzies to let us know. Spare notes for both the camp and formal are available on the students’ Year 10 Google Classroom page and the Lanyon High School website.
Audrey Fagan Young Women’s Enrichment Grant

Congratulations to Amy Van Van Lohuizen who has recently been named a recipient of the Audrey Fagan Young Women’s Enrichment Grant. This grant was awarded as a result of a rigorous application process in which Amy demonstrated her potential to develop her leadership skills and enhance her knowledge of Karate. Amy has been a dedicated student of Go-Kan-Ryu Karate for the past six years. She trains in excess of 13 hours a week and has achieved her black belt. She is also a NSW/ACT State title holder and instructs three different karate classes. Amy is working towards completing her second level black belt. The grant will support her to access specialised training in Japan which will help her improve her technique, strength and overall confidence in her karate. We wish Amy well in her travels.

Amy with the Principal. Amy’s Award.

High Achievement Award Recipients

Each semester, the Principal recognises outstanding achievement by our students through the Excellence and High Achievement Awards. The following students received awards in recognition of their achievements in semester one 2015. These students will be formally acknowledged in the whole school assembly which will be held during week 5.

High Achievement Awards: these students received only A and B grades.

<table>
<thead>
<tr>
<th>Name</th>
<th>Grade</th>
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</thead>
<tbody>
<tr>
<td>ABBOTT</td>
<td>Holley</td>
</tr>
<tr>
<td>ADHIKARI</td>
<td>Niraj</td>
</tr>
<tr>
<td>CARNALL</td>
<td>Natasha</td>
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</tbody>
</table>

2015 School Satisfaction Surveys

The 2015 School Satisfaction Surveys will be conducted later this term. Parents and carers, school staff and students (in years 5 to 12) will be asked to participate in these important surveys. The survey results will contribute to the school improvement process, which aims to achieve high standards in student learning, innovation and best practice in ACT public schools. Although the survey is voluntary, we hope you will want to participate. It won’t take much of your time and it will help us understand areas where we are doing a good job and areas for further development. A letter or email about the parent survey will be sent to you in August. The key ACT results from the 2014 School Satisfaction Surveys have been published on the Education and Training Directorate website (www.det.act.gov.au) and a summary of our school results is provided in our 2014 School Board Report.

Book Week 2015

Next week is book week!

A range of special activities will be held at lunch and recess throughout the week.

We are all very excited because Lanyon High School will be holding its first ever book week costume parade on Wednesday 19th August. Students are encouraged to come in costume ready for the special “Simply the Best” costume parade at the whole school assembly.

Making payments using your mobile devices.

During the school holidays Westpac have deployed the ability for families to make payments from their mobile devices (phones, tablets and pc’s) through the payment tab on the school’s website

http://www.lanyonhs.act.edu.au/payment

The new change now makes the page easy to read and input information and credit card card details.
Excursion Notes

All excursion notes will now be placed on the school website. If you are looking for a note please go to the website first.

Valuables At School

The school advises students not to bring valuable items or large sums of money to school. The school does not take responsibility for them. However valuables can be stored in the front office or with teachers. These valuables will be secured in a safe place until the student wishes to collect them.

Replenishing Pencil Cases for Semester 2

The commencement of term 3 is a good time to do a check and restock of pencil case equipment. All students need access to the following supplies in their pencil cases: blue and black pens, lead pencils, pencil sharpener, glue, scissors, eraser, ruler and colour pencils. Please check your child’s stock of these items and replenish if necessary.

2015 Athletics Carnival

This year’s Athletics carnival will be held on Friday 4th September at the Kambah Oval. It is a normal school day and all students are expected to attend. These events are an important part of school culture and provide students with the opportunity to interact with each other and staff in a more informal setting. This year’s theme is ‘Footy Colours’ and students are encouraged to come dressed in their favourite football team colours and make a donation to support the fight against cancer. All football code colours are welcome. Year 10 students will also be running a sausage sizzle fundraiser for lunch.

Cyberbullying

Cyberbullying: the new Children’s eSafety Commissioner

The Office of the Children’s eSafety Commissioner (the Office) was established on 1 July 2015 to handle complaints about cyberbullying material targeted at Australian children.

The Office can investigate complaints about material considered likely to have a seriously threatening, intimidating, harassing or humiliating effect on the child. Where possible, the material should be reported to the social media service first, before it is complained about to the Office. To consider a complaint the Office will need evidence of the cyberbullying material.

Parents, along with schools and the government have a role in ensuring children are protected online. The Office will work with social media services, parents and schools to ensure serious cyberbullying material is removed.

What to do if your child is being cyberbullied

If your child is being cyberbullied advise them to:

- avoid retaliating or responding
- collect the evidence—keep mobile phone messages and print emails or social networking conversations
- block the bully and change their privacy settings
- report the abuse to the social media service

If your child continues to be cyberbullied and you believe it is having a seriously threatening, intimidating, harassing or humiliating effect, we encourage you to assist your child in making a complaint on the Commissioner’s website.

More information on the role of the Office, how to deal with cyberbullying and how to lodge a complaint is available on the website.

The Kids Helpline provides a private and confidential, telephone and online counselling service for young people. Encourage your child to speak to them if they are in need of counselling support. The Kids Helpline also manages Parentline, a confidential telephone counselling service providing counselling and support for parents and care-givers.

If you believe your child is in immediate danger, call 000.

Host Families Needed for visiting Japanese Students

We are still looking for two more families to host students visiting from Nara University High School 21 – 24 October 2015. The students are part of a larger group visiting Canberra to perform at the Canberra Nara Candle Festival. They will arrive in Canberra on the Wednesday evening on 21 October at around 6:15 – 6:30pm and will attend school on the Thursday and Friday with their host buddy. Saturday morning is spent with the host family before being taken to Novotel Canberra at 2pm ready for the Candle Festival Performance. This is a cultural exchange and is not reliant on your children studying Japanese language.

It is a fantastic opportunity for your family to meet and share experiences with someone from a different cultural background.

If you are interested please contact either Sensei Kanehira or Mrs Radvanyi in the Green Home School. For more please see the flyers below.

Taiko Drumming cancelled

Unfortunately the Taiko Drumming excursion which was called earlier this term has not been rescheduled. We are really disappointed about this as we had lots of students who were looking forward to this event.
The excursion fees will be refunded in full if you wish or you can choose to use this money towards another excursion or school expense.

Please contact Sarah Morris on 62057676 or at sarah.morris@ed.act.edu.au to let her what you would like to do.

Again, we really apologise for this inconvenience, this was completely out of the school’s control.

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**Parenting Boot Camp**

3 Weeks, and 3 easy ways to make positive changes in your family starting now

### Week 1

**Attention is the currency of relationships**

Parents consistently assure me that they want ‘the best’ for their children. They invest time and money in education, enrichment, and extra-curricular activities to give their children every advantage they possibly can. These opportunities are important. They help our children grow and develop in valuable ways.

However, the most valuable investment we can make for our children’s development (socially, cognitively, psychologically, and even physically) is one that we often overlook because of its simplicity. That one thing is taking the time to be emotionally available for our children.

This idea seems so simple that most of us simply nod your head in agreement, shrug our shoulders, and move on to the next big ‘fad’ in parenting. But if we do that, we will miss offering our children the most valuable advantage they can possibly receive.

Here’s a simple summary of the amazing life outcomes kids are more likely to experience when their parents are emotionally available (when compared with children whose parents are unavailable emotionally):

- Better academic performance
- Better social skills
- More liked by peers, teachers, and other adults
- Less likely to engage in delinquent behaviour, early sexual promiscuity, and drug/alcohol consumption and abuse
- Less likely to experience ‘internalising’ issues such as depression, anxiety, etc.
- More engaged living in adolescence (characterised by absorption in tasks and social integration)

Being emotionally available requires us to pay attention – close attention – to the emotional world of our children, and to respond compassionately.

*Just as dollars are the currency of our economy, attention is the currency of our relationships.*

### Being emotionally available

My eight year old daughter drove this point home to my wife and I during a recent conversation. We were conducting a parenting performance appraisal (which you can read more about on my blog). My wife asked Ella,

“Do mummy and daddy make you feel important?”

Her response:

“When you are busy you don’t listen to me properly. Like when Dad’s on the computer or you (mum) are doing craft you’re not available to me. It feels like those things are more important than me.”

Ouch. Those were her words, not mine. Our kids notice when we are not available.

A father told me he was having daily battles with his teenage daughter. I suggested he go for regular walks with her each morning or evening and be emotionally available, even if was just 15 or 20 minutes.

The first few walks were awkward. She felt like he had an agenda. She refused to talk. But within a week they were looking forward to their time together and talking more freely and pleasantly than they had for months. He complained to me (in jest) that he was thinking of making the walks less regular just so she would stop chewing his ear off!

### Invite Your Children Into Your Space

Whether your child is two or twenty two, being emotionally available will improve your relationships with your children. Here’s how to do it:

Go out, turn off your phone, ipad or tablet, and simply be together. Then listen to your child. Don’t interrupt. Don’t tell them what you think. Don’t judge. Just listen.

It may be in a park, at the beach or on a mountain trail. It might simply be wandering around your neighbourhood, or it could be at the local cafe with an iced chocolate. Just make sure there are no distractions. Then ask questions, listen carefully and suspend judgement.

Your children will love being in your space and will feel special. Invite them to allow you into their space. It may take more than one date. But if you put your attention into your relationships, they’ll become enriching sources of happiness and meaning for you.

Mums and dads who make themselves available for their children have happier families and better functioning children. Kids do best with both parents being there emotionally, regardless of your family structure. Having happy kids and strong family relationships... it’s about time.

### Activities for this week:

1. Identify the barriers to your being emotionally available to your children. Is it other siblings, too much to do, failing to understand your child’s unique temperament, or something even simpler like having the radio, tv, or computer on?
2. Think of at least two things you can do, starting now, to be more available to your children.
3. Set aside some time (about 30 minutes) where each of your children can be with you or their other parent, one-on-one, this week. (If you have too many children, perhaps you might space it over a fortnight).
4. Choose one night this week (minimum) where EVERYONE commits to switch off ALL devices, screens, and other distractions from 5.30 until bed time. Spend that night as a family, talking, playing, being together.

Dr Justin Coulson is a parenting researcher, speaker, and author of the forthcoming book, 21 Days to a Happier Family (Harper Collins). He blogs at www.happyfamilies.com.au. Justin and his wife Kylie are the parents of 6 children. He will be speaking at Lanyon High School on Thursday 17th September and all parents and community members are welcome.

Dr Justin Coulson, Parenting Expert

Advice from the Police on Responsible Use of Social Media

During a visit from the Australian Federal Police earlier this year, the following information and advice regarding Social Media was given to all Year 8 students:

Using Social Media:
- **Ask.fm**: this is an anonymous site; lots of cyber bullying occurs on this site. AFP strongly recommends deleting this.
- **KIK**: You must be 17 years or older to join KIK. When using KIK ignore random requests on as they can lead to viruses.
- **Snapchat**: You must be 13 years or older to join Snapchat. Images are not deleted; they are kept and can be used in marketing- without your permission.
- **Facebook**: When using Facebook turn off location access – as you can be tracked. Get permission to tag friends, keep your settings on private and avoid sharing personal information.

On line grooming:
- Only talk to people you know and trust online.
- Alarm bells should ring if you are asked certain questions. For example: Where are you now? Who is with you? Send me a photo.

Sending pictures/child pornography:
- Sexually explicit photographs or “selfies” can be considered to be child pornography.
- Production and distribution of child pornography is illegal.
- Minimum 7 years gaol term.
- If you receive such a photograph: delete it immediately. If it is not deleted, you are in possession of child pornography.
- Showing someone the photo is considered to be distribution of child pornography.

• If someone keeps asking you to send a photo: say no. This is harassment and must be reported to the police.

**Cyberbullying:**
- Cyberbullying is worse than other bullying as the victim can never escape.
- If you see bullying on line, **don’t be a bystander**. Check out Bystander revolution website for more information: http://www.bystanderrevolution.org/.
- Ask the bullies to stop and support the victim by asking if they are OK?

It is an offence to use a carriage service to threaten, harass or intimidate.

Check out the THINK YOU KNOW website

http://www.thinkuknow.org.au/

ANU Extension For year 11 students in 2016

The ANU extension program offers Year 11 & 12 students with the opportunity to enrol in an academic award program to enhance their learning. Subjects offered are: Chemistry, Physics, Conservation Biology, Japanese, Indonesian, Chinese, Astrophysics, Specialist Mathematics, Engineering and Advanced Music. If you are interested in your child participating in this program please look at the flyer to find out about the information session.

Careers News

Flexible Learning Options (FLO) programs offer students the opportunity to complete recognised competencies from various tertiary education courses. Entry into these programs is through an application process and 18 year 9 and 10 students to date have been successful in gaining a place. The FLO opportunities allow students to gain valuable work experience and education that can set them up for their future career pathway.

Congratulations to the following students for completing their chosen course and to the 3 students who were recognised for their work ethic with offers of Australian Schools Based Apprenticeships (ASBA’s) from their work experience hosts.

Tuggeranong Cert III Fitness Pathways - Corey Vrins, Connor Perry, Tristan Eldridge and Jack Lavaki
Chart Hairdressing - Maya Johnson, Christina Millard, Lara Mendonca and Heather Layton
Imagineering Cert II Community Services - Ben Takenberg, Zharina Severn and Georgia Brightman
Jumpstart into Construction - Blade Player-Payne and Gary Bailey
Year 10 College Transitions and Careers Expo

The last 3 weeks have been very busy for year 10 students contemplating their Career Pathways. During week 2 this term year 10 and some year 9 students had the opportunity to go to the Canberra Careers Xpo at EPIC. Students were able to talk to people from tertiary education providers including most major universities, CIT and Registered Training Organisations (RTO’s) as well as various industry representatives. Students in year 10 then had the “Demystifying College” talks in their Pastoral Care classes before having one on one interviews this week with the college careers staff from Lake Tuggeranong and Erindale Colleges.

Year 10 Life skills

Last semester Year 10 students had the opportunity to participate in the Work Experience program and the Road Ready course.

A total of 90 students participated in work experience. Students selected exciting placements in a range of industries from green keeping, construction to retail and hair and beauty. Many students chose a career that they were interested in for the future and as a result, gained a wealth of skills and knowledge for the future. Others selected retail and beauty jobs and have now secured part time employment in those fields.

Students participated with enthusiasm in the Road Ready course and 85 students have now successfully attained their learners licence. The students should be commended for their outstanding behaviour during their Road Ready training.

If you have any questions about WEX, College Transitions, ASBA’s, Road Ready or FLO’s please contact:

Careers and ASBA’s - Tim Pike
College Transitions and FLO’s - Andrew Heher
WEX and Road Ready - Alison Kirkpatrick