



Lanyon High School

Newsletter July 2018

Dates to Remember

Wednesday 4 July	Semester 1 Reports emailed to Parents/Carers
Friday 6 July	Last day of Term 2
Monday 23 July	First day of Term 3
Wednesday 8 August	Southside Netball
Wednesday 15 August	Careers Expo
Friday 17 August	Snow Trip
Thursday 30 August	Year 10 Road Trauma - Sydney Excursion
Tuesday 11 September	Southside Athletics
Wednesday 12 September	Year 10 Rotary Interviews
Wednesday 19 September	Parent/Carer/Teacher Interviews
Thursday 20 September	Dance Fest
Sunday 23 - Friday 28 September	Year 10 Melbourne Camp
Tuesday 25 September	ACT Athletics
Wednesday 26 September	Year 9 Giving Expo

From the principal

Events and successes

As we come to the end of another term it is wonderful to reflect on the achievement and efforts of students and staff. I had the privilege of being on the interview panel for our new Breakkie Bar manager along with Jess Haythorpe, our Youth Worker. Congratulations to Xavier Carr who has won this position and is diligently providing this wonderful service to our community each morning. On the evening of Thursday 28th June I had a fantastic evening watching our students perform at Dance Nation at the National Convention Centre as part of a Kulture Break activity. It was my first time attending the event and it was amazing. The theme was "Transformers" and our students did a fantastic job as the opening school act, dancing about how we can transform ourselves by not being controlled by others – that there "are no strings on me". Well done to Kim Rice who has coordinated the Dance Nation rehearsals. Thanks also to Ali Kirkpatrick who has worked tirelessly to organise work experience placements for around 50 students next week. We wish them all the best for the time in the workforce.



Staffing update

Welcome to our new executive teacher of Mathematics and Science, Claire Hirschfeld, who started with us at the beginning of week 9. Other new staff are as follows;

Mark Searle – IT Officer

Amanda Lowe – Science/Art/Technology Assistant

Millie Burton – Rolls and Staffing Officer

Renee Broadbent – English/Hass

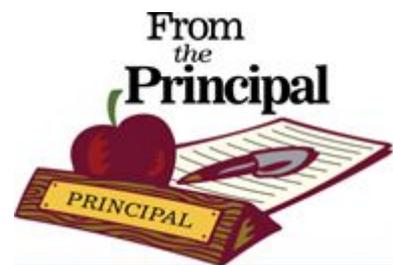
We say farewell to Reece Cheater, Tim Pike and Bonggi Tabi. Thanks to these staff for their commitment to our school community, some for just a few weeks and others for many years. I'm also very pleased to announce the appointment of Rebecca Cusick to the position of Deputy Principal. Rebecca started her teaching career at Lanyon High School and is excited to return to our school in this role. Please make her feel welcome.

Academic reports

Semester 1 academic reports will be emailed to parents/carers this week. Students have worked hard to learn new skills and understandings throughout the first half of the year. Please take the time to review this report and discuss the successes and areas for future development with your child. If you have any specific concerns about their progress in a particular subject then please contact the class teacher. If you have general concerns please contact your child's pastoral care teacher in the first instance.

I hope that everyone has a restful and enjoyable July holiday break.

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

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.

School Tours

Tours of Lanyon High School are being offered to prospective enrolments every Thursday at 10am throughout term 3. Please contact the front office for bookings.

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



Parking patrols near schools

Parking Operations are now using a Licence Plate Recognition vehicle (or electronic chalking), which regularly patrols school environments to increase safety for children. Motorists that commit an offence will receive their infringement notice in the mail (rather than on their windscreen) 5-7 days after the offence.



<https://www.youtube.com/watch?v=H6B6PPgOC8I>

While schools can become congested during the peak times, illegal parking cannot be tolerated as it creates an unsafe environment for children. Parents are welcome to park on side streets around schools, but please remember to park legally. Infringements for parking on nature strips, footpaths, verges, street corners and near children's crossings start from \$114.

If you need to drive, park a little further from the school and walk to meet your child, or arrange a meeting point so they can walk to meet you. It's a great way to avoid congestion and is also one of the most time efficient ways to ensure children receive the recommended 60 minutes of physical activity every day.

More information is available on the Transport Canberra website, including a range of information sheets to promote safe behaviours around schools. Please help to make school environments safe.

Student Stationery Supplies

A reminder that students need to check and restock their own stationery supplies as required.

It is an expectation that students come prepared to learn, with a pencil case, pens, pencils, ruler, glue stick, etc.



**LANYON
HIGH SCHOOL**



Heidelberg Street
CONDOR ACT 2906
school.information@lanyonhs.act.edu.au
(02) 614 21800

2018 School Board Nominations

An exciting opportunity exists for 1 x parent/citizen representative on the Lanyon High School Board.
The school must have 3 representatives on the school board to continue to operate.

Eligibility for school board positions

The following information relates to general school boards. Governance and Assurance Branch can advise schools in special circumstances and school-related institutions in relation to eligibility for school board positions.

Position vacant: Parents and Citizens Association member

Eligibility: A person is eligible to be elected as a Parents and Citizens (P&C) member if the person is a member of the P&C Association of the school (prescribed in the constitution of the association).

Membership is usually open to all parents and carers of students enrolled at the school (including teachers who are also parents or carers of students enrolled at the school) with the requirement that contact details are recorded on a register e.g. MAZE at the school. Adult persons who want to be appointed to the school board need to seek membership in writing through the schools P&C. Once the P&C has approved their membership they are eligible to be elected to the school board.

You can submit your nomination by:

- hand delivery to the *Lanyon High School* front office
- email to deanne.barnes@ed.act.edu.au
- post to ARO, c/- *Lanyon High School* , 20 Heidelberg Street, Condor 2906

This position is open from 11am 26 June 2018 and will close 11am, Monday 23 July 2018
Deanne Barnes
Assistant Returning Officer (ARO)
Lanyon High School

*We are a community fostering excellence in
learning, inclusivity and active citizenship*

Year 7

Year 7 are finishing up their first semester as Lanyon High School students. One semester down, seven more to go! Students will shortly be receiving their first Lanyon High School report in which they will be assessed against the Achievement Standard of the Australian Curriculum. In the ACT, student achievement will be reported using the letter ratings A-E, where a 'C' rating indicates that a student is performing at the standard expected of students in that year group.

For more information on the ACT Education Directorate's reporting policy please visit https://www.education.act.gov.au/_data/assets/pdf_file/0010/460738/Reporting-Student-Achievement-in-ACT-Public-Schools-A-Guide-for-Parents-and-Carers-2013.pdf

Lanyon Cluster Robotics Club

Samuel Cole, Charlotte Rich and Anastacia Sutton work on programming their robot

This term, five year 7 and two year 8 students have been participating in the Lanyon Cluster Robotics Club. They have been working with students from Conder Primary, Gordon Primary and Bonython Primary to design, construct and program robots. Students successfully completed challenge activities such as moving objects, hanging the robot from a beam, and programming movement sequences. Congratulations to Kane Carmichael, Samuel Cole, Charlotte Hayes, Charlotte Rich, Anastacia Sutton (year 7) and to Liam Bornholm and Paul Smith (year 8) on their achievements.



Cyber Safety

With the school holidays coming up many students will find themselves with plenty of free time to play computer games and communicate with friends via social media. Modern technologies although remarkable, present many risks that parents should be aware of. The types of apps and games used by teenagers change regularly and the features available are all different.

The Office of the eSafety Commissioner provides up to date resources for parents/carers wishing to help guide their children through the online world in a safe and constructive manner. For an up to date list of commonly used games, apps and social media platforms used by young people, please see <https://www.esafety.gov.au/esafety-information/games-apps-and-social-networking>

This website links to important information such as parental controls, privacy policies and ways to report misuse of the relevant platform.

Year 7 Representation at the National Judo Championships

In June 2018 Charlotte Hayes travelled to the National Judo Championships on the Gold Coast. She performed remarkably well and earned herself a bronze medal. This places her 3rd in Australian for her age and weight category. Well done Charlotte!

Wishing you all a fantastic and safe winter break!

Kurt Halbauer | Year 7 Pastoral Care Advisor
kurt.halbauer@ed.act.edu.au



Year 8

The end of Term 2 is upon us and Year 8 have had another fantastic term learning across all curriculum areas.

Year 8 PE are enjoying their Football Codes unit. They have been focusing on the defensive skills of marking and forcing as well as the attacking skills of supporting and using space in both Oz-Tag and AFL.



Year 8 LSU students have really been excited and motivated by the HaSS passion projects that they have been working on. They are doing individual research to plan and make these projects and I can't wait to have a better look at them.

In Pastoral Care lessons students have studied Cyber bullying and how to be safe online. We examined how to be more resilient and how to take a stand against all forms of bullying.

In class we commented on a range of ways that cyberbullying can occur and how to best protect ourselves where possible. By reflecting on case studies and personal experiences we noted the impact that cyberbullying can have on individuals and how as a community we cannot be bystanders but instead make a positive change.

For more information and helpful tips, the following link is attached:

<https://www.generationnext.com.au/2012/01/top-ten-anti-cyberbullying-sites/>



Safe and happy holidays to all. See you all in Term 3!

Kelly-Anne Guy | Year 8 Pastoral Care Advisor
Kelly-Anne.guy@ed.act.edu.au

Year 9

It's been great to see the quality learning and achievements Year 9 have produced in the first semester of their senior years. We've had lots of successes and positive moments, and as their Pastoral Care Advisor it's been amazing hearing the positive feedback from students and staff about how they feel Year 9's progress has been. They've worked hard this semester and deserve a well-earned break. I hope they come back next term refreshed and ready for more learning opportunities and challenges.

Bridge Building Challenge

This year Lanyon had three students – all Year 9! – participate in a Bridge Building Challenge. Fallon Neil, Rhiannon Ambrose and Oliver Richmond were able to create a small bridge out of wood that was able to withstand a weight of 70kgs. Their efforts were acknowledged in a whole school assembly this week. Well done guys!

Giving Projects

Next term in Pastoral Care Year 9 will be working on their Giving Projects. Students have had some time this term for brainstorming and drafting their ideas. It's been great to see many of the groups being very proactive about these projects and approaching them in a mature and motivated way. Several groups have been collaborating with PC teachers and the PCA to organise their projects, contacting external organisations and businesses to help our projects start up and gain momentum. We had our first official Giving Project action start on Friday of Week 9 this term, with one group of girls selling cupcakes at the school to raise money and awareness for the RSPCA and the work they do. Next term we will see Year 9's efforts multiply as they receive more time to plan and prepare their projects during Pastoral Care.

Graduation Points

Year 9 are encouraged to continue thinking about events they've joined or awards they have received that are eligible for graduation points. As it is their first semester of senior years if any Year 9 students are unsure of how to claim graduation points they should speak to their Pastoral Care teacher and can also find more information on our Year 9 Google Classroom page. I would also encourage Year 9 to proactively think about new and different ways that they could claim graduation points. The school loves to encourage students participating in extracurricular programs and supports, both in the school and in the broader community.

Year 10

Although it seems very early to be talking about anything related to Year 10 as I have told students and parents before I'd like to make sure all of Year 9 are well prepared for the various and important events that happen at that point in their time at high school. The big one is the Melbourne camp at the end of Term 3 each year. This year's camp cost students approximately \$800, which students should consider saving for now. The other big one is obviously the Year 10 Formal at the end of the year. But in addition to these are various other events and programs (some with costs) available to Year 10 across the year – Vocational Learning Options, Road Ready, and the Road Trauma excursion. If you have any concerns about payments please don't hesitate to contact the school early about these.

As always if you have concerns or questions please get in touch with myself or the relevant staff.

Matthew Sandeman | Year 9 Pastoral Care Advisor
matthew.sandeman@ed.act.edu.au

Year 10

Year 10 will be completing their work experience and road ready program in week 10 of this term. This is a very exciting, but nerve wracking time for our students. Work hard and good luck with year 10!

Wishing you all a safe and happy winter break and I hope you all come back refreshed for your last semester of high school!

Camp

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>.

Many students have said that their families are planning to pay the remainder in a lump sum. The cost of camp has been finalised at \$776 and **is due week 1 of Term 3**. If you have issues completing the payments, please contact Barbara Monsma.

Formal

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.

VLOs

VLO (Vocational Learning Options) are an opportunity for students to study at CIT 1 day a week to experience training in a career field they may be interested in. The courses generally run for between 12-15 weeks and cover certain competencies from a Cert III in a variety of career areas. There are a number of amazing VLO's being offered for second semester. Please go to the Year 10 Google classroom page to explore each of the available courses and if you are interested in being considered for one of the courses please see Mr Haynes.

bstreetsmart Road Trauma Forum

As part of the year 10 Pastoral Care program students participated in the Road Ready program. In order to give students a realistic look at the trauma caused by road crashes year 10 students are invited to attend the bstreetsmart Road Trauma Forum. It aims to inform and equip students with strategies to reduce serious injuries on the road through presentations and interactive exhibits. The cost for this excursion is \$30 and places are limited.

Year 10 Dates to Remember	
Work Experience/Road Ready – Session 2	2 nd July –6 th July
Camp Payments should total \$715	6 th July
Camp Payments Finalised \$776	27 th July 2018
Careers Expo	15 th August
Road Trauma Excursion - Sydney	30 th August 2018
Rotary Interviews	12 th September
Camp	23 rd – 28 th September

Formal	5 th December
Leavers Assembly – Final day of Year 10	7 th December
Presentation Night	13 th December
Graduation	14 th December

As always, please let me know of any questions.

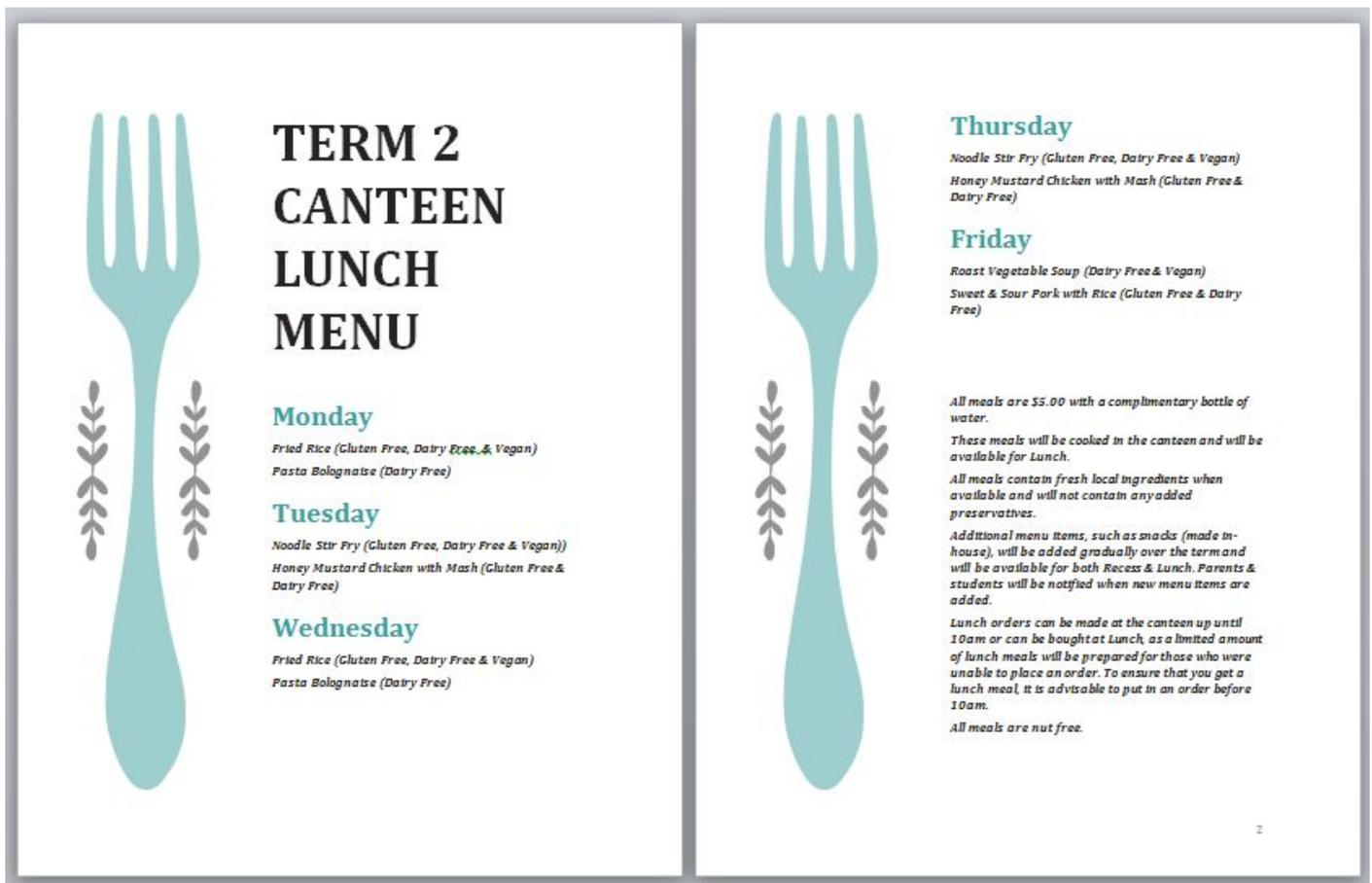
Jessie-Kate Harmey | Acting Year 10 Pastoral Care Advisor

jessie-kate.harmey@ed.act.edu.au

Bridge Building Challenge

On Friday 22 June, three of our students were involved in the final of the Bridge Building Competition held At the Bruce CIT campus. Fallon Neill, Oliver Richmond and Rhiannon Ambrose designed and built their bridge under the direction of Miss Heys. Their bridge held 70 kg before structural failure. The students were one of fourteen teams from high schools and colleges within the ACT to make it to the final. Well done to all three for their excellent effort.





Uniform

Second Hand Uniform

Please continue to donate good quality second hand uniform to the Front Office for other students to purchase.

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 size 10 and adult sizes Large & X-Large)



Uniform purchases (apart from the fire sale and second hand uniform 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.

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.

P&C Report

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.

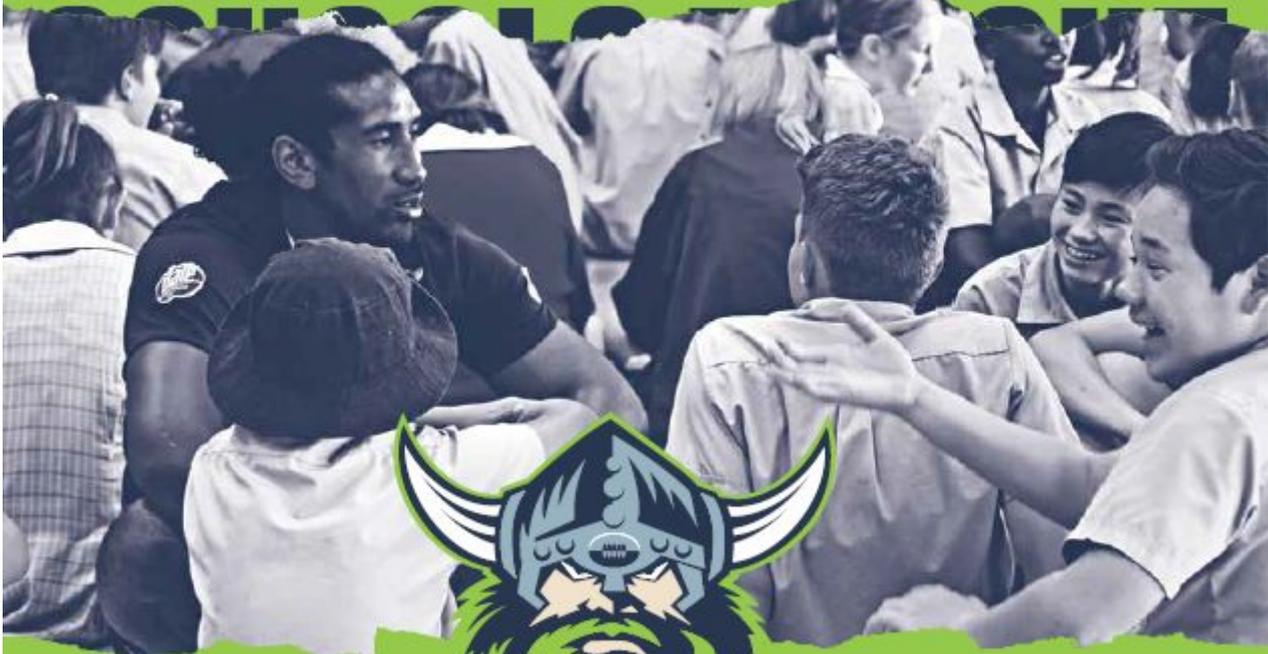
<https://cscckmarketing.wufoo.com/forms/zfv404n1ivpcm3/>

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)

SCHOOLS DAY OUT



vs TIGERS
12TH AUGUST
2PM KICKOFF

AND/OR

vs ROOSTERS
19TH AUGUST
4.10PM KICKOFF

**GET YOUR
SCHOOL TOGETHER.
HART SPORT
PRIZES TO BE WON.**

**TICKET PRICES START
FROM \$14.00 FOR JUNIORS*
AND \$21.50 FOR ADULTS***

**REGISTER YOUR
SCHOOLS INTEREST
HERE TO GET INVOLVED:**

<https://bit.ly/2qZWKZT>

   **#WeAreRaiders**

***DOES NOT INCLUDE TICKET FEES**

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



VALID UNTIL 31ST AUGUST 2018

YOUR VOUCHER

1	2	3	4	5
6	7	8	9	10

**FREE 10 CLASS PASS AT
FERNWOOD FITNESS**

Girls MAKE YOUR MOVE

FITNESS
fernwood

FREE 10 CLASS PASS AT FERNWOOD FITNESS VALID UNTIL THE 31ST AUGUST 2018

This voucher entitles young women aged between 14 – 21 years to 10 free classes at participating Fernwood clubs.

Simply bring this voucher along to your local Fernwood club to get started.

#GIRLSMOVE #GIRLSMAKEYOURMOVE

Terms and Condition

1. Offer ends 31 August 2018.
2. Valid for women aged 14-21 in partnership with the Girls Make Your Move initiative.
3. Must be permanent residents and live or study within the gym's local area.
4. Valid for first time users of Fernwood only and can only be activated once.
5. At participating clubs only. Not valid at the following Fernwood clubs: Blacktown, Green Square, Liverpool, North Rocks.
6. Not valid in conjunction with any other offer.
7. The 10 classes must be completed within one month of the date of activation. All members must complete a Health Screen Questionnaire before undertaking classes.
8. Girls aged 14-17 will need consent from a parent/guardian to participate in the program.
9. Fernwood Teen Policy applies, see local club for details.

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VR Canberra

vrcanberra.com.au

Unit 5, 83-101
Lysaght Street
Mitchell ACT
02 6262 2160
0451 771 071



School Holiday Program

Come and enjoy Unlimited games, rides ,
board games and competitions.

When : 2nd - 6th July, 6th - 12th July, 16th - 20th July

Price: \$60/ per child Age: 8+ years Time: 8.30am til 12.00pm

BOOKINGS ARE ESSENTIAL (Only 20 kids per session)

Friends can book the same day and have fun together!!

Secure your booking - let the kids enjoy the latest VR technology

vrcanberra@gmail.com

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



Take the Bake Challenge and raise some dough for newborn babies fighting for life in intensive care

All money raised for Bake for Babies supports the Newborn Intensive Care Foundation (NICF). The Foundation helps fund medical equipment, research and nurse education to help sick and premature newborn babies admitted into the Neonatal Intensive Care Unit (NICU) at the Canberra Centenary Hospital for Women & Children.

Help us raise \$90,000 to purchase special monitors that help prevent blindness, lung damage and brain damage in sick and premature newborn babies.

When: Anytime between June 1 – July 31

Where: Host a bake sale at your school or anywhere that bakes your fancy!

What: Anything you like! Cupcakes, cake pops, biscuits, muffins, brownies, cakes, scones, pizzas. It's totally up to you!

How: Register, bake, sell, deposit – it's a piece of cake!

Host a bake sale and help raise funds for the Newborn Intensive Care Foundation!

ENTER YOUR EVENT DETAILS HERE

DATE:

TIME:

LOCATION:

Visit newborn.org.au to register and for more information

Proudly sponsored by:



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

 **1800 55 1800**
Anytime. Any Reason.



Kids
aged 5 to 12

Enter!



Teens
aged 13 to 18

Enter!



Young Adults
aged 19 to 25

Enter!



Parents
and Carers

Enter!



Schools
and Teachers

Enter!

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 a makeover - with the new site written by counsellors and driven by what young people told us they wanted and needed.

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

FREE event for students, teaching staff and LGBTIQ + community groups.
Come along to collect Wear It Purple materials for your school event
and meet others running similar events in schools across the region.
Stay for a free game of ten pin bowling or grab a bite to eat.



WEAR IT PURPLE BOWLING

ZONE BOWLING BELCONNEN
MONDAY 27 AUGUST, 3:00PM – 5:30PM

ZONE BOWLING TUGGERANONG
WEDNESDAY 29 AUGUST, 3:00PM – 5:30PM

RSVP PREFERRED BUT NOT REQUIRED
saisact@shfpact.org.au or via the FB event page.

MORE DEETS
SAIS: 02 6247 3077 saisact.info
WEAR IT PURPLE: wearitpurple.org



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What's Your Reality - a Journey Through Virtual Worlds

Tuesdays, 3:00pm - 6:00pm during Term 3,
see our website for more info: ywca-computerclubhouse.org.au



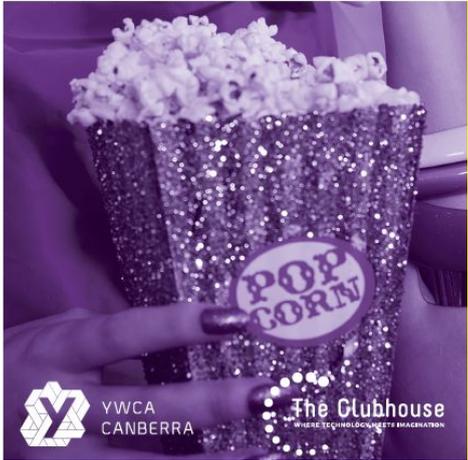
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Winter School Holiday Program

The YWCA Canberra Youth Engagement Team provides a free school holiday program to young people aged 12-25 in the Tuggeranong area. The YWCA Canberra Youth Engagement Team is a funded program through the ACT Government.

For more information about the school holiday program and to receive permission forms, please contact Youth Engagement Officer, Tim Clement: tim.clement@ywca-canberra.org.au. You can also pop in for a visit at 22 Sidney Nolan St, Conder, or give us a call on 02 6294 4633.





Winter School Holiday Program

- NAIDOC WEEK -

MONDAY 09/07/18	TUESDAY 10/07/18	WEDNESDAY 11/07/18	THURSDAY 12/07/18	FRIDAY 13/07/18
CLOSED	Dodge Ball - BCS 11:00am - 4:00pm	Tour of National Botanic Gardens with sketching activity* 1:00pm - 5:00pm	First Australians Indigenous Australia tour at the National Museum of Australia* 1:00pm - 5:00pm	Movies - Limelight 1:00pm - 5:00pm
MONDAY 16/07/18	TUESDAY 17/07/18	WEDNESDAY 18/07/18	THURSDAY 19/07/18	FRIDAY 20/07/18
AMF Bowling 1:00pm - 5:00pm	LGBTQIA+ & Allies Prom planning day at YWCA Canberra* 1:00pm - 5:00pm	Maker workshop (Clubhouse excursion) 1:00pm - 5:00pm	First AID Training at MLYCC 9:00am - 5:00pm	Drop In Make Over Open Drop In 1:00pm - 5:00pm

*Excursions require a signed permission note, please email tim.clement@ywca-canberra.org.au

www.ywca-canberra.org.au

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YWCA Canberra Clubhouse Winter 2018 School Holidays

1:00pm - 5:00pm daily

- NAIDOC WEEK -

MONDAY 09/07/18	TUESDAY 10/07/18	WEDNESDAY 11/07/18	THURSDAY 12/07/18	FRIDAY 13/07/18
CLOSED	Bowl making and decorating with air drying clay	Tour of National Botanic Gardens with sketching activity*	First Australians Indigenous Australia tour at the National Museum of Australia*	Make your own colouring booklet
MONDAY 16/07/18	TUESDAY 17/07/18	WEDNESDAY 18/07/18	THURSDAY 19/07/18	FRIDAY 20/07/18
Resume and cover letter workshop	LGBTQIA+ & Allies Prom planning day at YWCA Canberra*	Maker platforms workshop	Coding workshop	Design and make your own puzzles

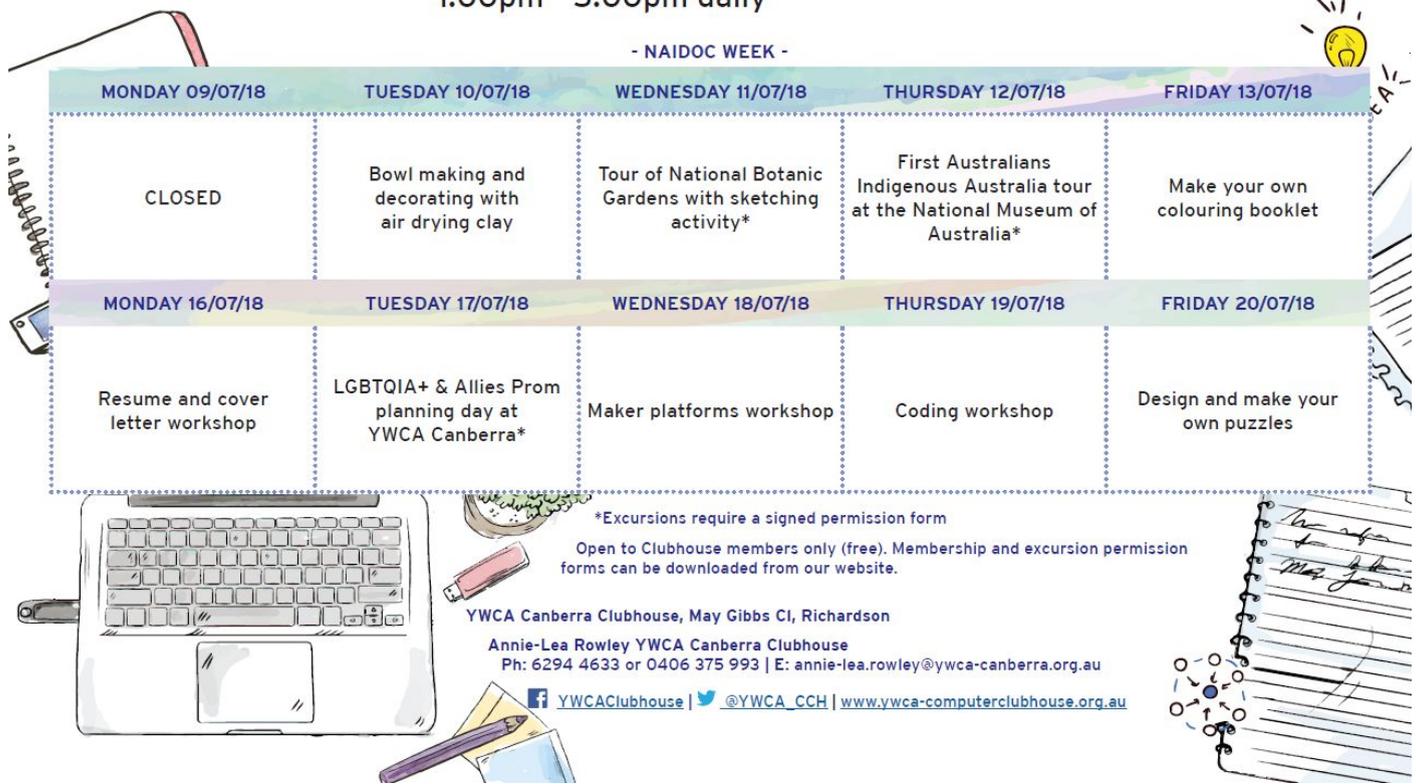
*Excursions require a signed permission form

Open to Clubhouse members only (free). Membership and excursion permission forms can be downloaded from our website.

YWCA Canberra Clubhouse, May Gibbs CI, Richardson

Annie-Lea Rowley YWCA Canberra Clubhouse
Ph: 6294 4633 or 0406 375 993 | E: annie-lea.rowley@ywca-canberra.org.au

[f YWCAclubhouse](#) | [@YWCA_CCH](#) | www.ywca-computerclubhouse.org.au



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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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Sri Lanka – Wild Life & Sustainable Tourism: Focus on Elephants

A presentation at the
Sri Lanka High Commission Canberra (61 Hampton Circuit, Yarralumla, ACT 2600)

by *Srilal Miththapala*

on 10th JULY 2018 at 5.30pm



Sri Lanka is blessed with a rich bio-diversity, being designated as one of the 31 Bio Diversity 'Hot Spots' in the world. It perhaps is the only place in the world where one can sight both the largest mammal that ever lived on earth, the Blue Whale, and the largest land animal in the world, the elephant, in one and the same place. In spite of it being a small island, not more than 65,600 sq. km in area, it has diverse ecosystems, with more than 2,700 species of plants, 480 species of birds, 80 species of mammals 66 species of amphibians and 280 species of reptiles.

In the post conflict period, tourism in Sri Lanka has grown exponentially and today is the 3rd largest foreign exchange earner for the country.

Srilal Miththapala, is a graduate from the **University of Moratuwa** with a BSc. in Electrical Engineering and has had wide experience in 2 diverse fields of Engineering and Hospitality. After an initial career in Engineering, he subsequently went into hospitality, where he held senior positions with several hotel management companies. He was also President of the **Tourist Hoteliers Association of Sri Lanka**.

Subsequently he was appointed as the **Project Director of the EU SWITCH Asia Greening Sri Lanka Hotel programme**, initiated by the **Ceylon Chamber of Commerce**, which was in operation for 4 years.

He currently holds board positions in several private companies and some state institutions.

He is a serious environmentalist and wildlife enthusiast, having undertaken formal research on **Sri Lankan Elephants** under the sponsorship of **US Fish and Wildlife Services**. He has written a book on Sri Lankan Elephants entitled 'Tranquil Footsteps' and still spends most of his free time observing and studying Sri Lankan wild life and elephants in particular.

In his Presentation Srilal Miththapala will share his experiences in the tourism sector, wild life and sustainability with special focus on elephants in an illustrated slide presentation, exploring Sri Lanka's rich bio-diversity, and how it could be developed in an environmentally sustainable manner.

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COMING SOON

Are you an eligible young carer?

- Do you provide care and support to a family member or friend with an illness, disability, mental health illness, is frail aged or has an alcohol or other drug problem?
- Will you be aged 12 - 25 in 2019?
- Are you currently studying or training, or will be in 2019?
- Not in receipt of another bursary or scholarship
- An Australian citizen or permanent resident?
- You may be eligible to apply for a young carer bursary!

About the Bursaries

- › 333 Bursaries will be granted in 2019
- › Each Bursary is \$3,000
- › It can be spent on whatever helps you with your education or training

How do you apply for a 2019 Bursary?

- › Applications open on 25 July and close on 5 September 2018
- › Go to youngcarers.net.au/young-carer-bursary-program/ to find out more and apply online

Funded by the Australian Government
Department of Social Services.



For further information email
ycbursaries@carersaustralia.com.au
or call 1800 756 238.

<http://youngcarers.net.au/young-carer-bursary-program/>

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Larissa Dann



PARENT EFFECTIVENESS TRAINING (P.E.T)

Supported by Parentline ACT

Learn respectful communication skills for a peaceful, gentle approach to parenting, without the use of punishment or reward. P.E.T helps children and parents develop resilience, emotional intelligence, confidence and consideration. The course is powerful, proven and practical. Yell less, enjoy your children more, and build relationships that last a lifetime.

For more information: visit www.parentskills.com.au; join the [Parent Skills Facebook](#) community; and read [P.E.T. on a Page](#).

The 24 hour course consists of three-hour sessions, once per week, for eight weeks. Booking is essential. Investment includes a workbook and textbook.

Course begins: Wednesday, 1st August 2018 (minimum number of participants required); **Time:** 6.30 pm to 9.45 pm;
Place: Weston, ACT.

Enjoy P.E.T. with Larissa, accredited P.E.T. instructor.
Resource blogs: www.parentskills.com.au/blogs/larissa; Contact:
info@parentskills.com.au

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School Holiday Tennis Camps by Tennis Canberra

- Where: Old Parliament House Tennis Club
- When: July 9th - 11th (Week 1) & July 16th -18th (Week 2)
- Options: Morning, Half-Day & Full-Day
- Sign up: www.tenniscanberra.com.au/holiday-program

Winter & Autumn Tennis Coaching Season

- Book a Free Trial: www.tenniscanberra.com.au/try-tennis
- Free Racquet & Players Shirt when signing up for the season
- Session Start Times: 4pm or 5pm (Weekday) & Saturday Mornings
- Choice of 8 ACT Tennis Clubs
- School Pick Up Options For Selected Schools
- Canberra's Best Coaches

For more information visit www.tenniscanberra.com.au/junior-tennis, email play@tenniscanberra.com.au or call 0416 186 121.

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School Contact Information

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Acting Deputy Principal: Prue Gill

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<https://www.facebook.com/LanyonHS.OfficialPage/>