



LANYON HIGH SCHOOL

NEWSLETTER

Term 1, Week 10 2020



ACTING PRINCIPAL'S MESSAGE

Well, what a big few weeks it has been. I want to start by saying how immensely proud I am of the staff, students and the Lanyon High School community!

The entire community has adapted to the change of online learning and are all giving it their best. I want to thank the staff for taking on the challenge to continue to provide learning opportunities to students whilst also engaging in professional learning to develop their skills and knowledge of online education.

I want to thank the students for engaging in the online learning that has been provided by the teachers. It was great to see so many of you jumping on from the first day, keen to continue your learning and engage with teachers in the virtual world.

It has also been great to see parents engaging with their children around this new way of learning, and staff at the school have appreciated your messages of thanks and positive support.

We know this is an interesting time in the home with parents trying to work from home and support their children to access education online. As many of the staff are parents, we also understand what a juggling task this is. We want to say a massive THANK YOU for supporting us and your children during this time. I want to reassure you that we as educators remain the ones coordinating and leading learning. Be kind to yourselves and recognise that the school community are all learning many things at this time, including how to regulate our emotions and how to stay connected.

Over the past few weeks, staff have been working hard to ensure that students will continue to experience most of the opportunities that they would if they were in the building. We have some creative ideas that we will be rolling out to ensure that students stay connected to their house/year groups and the whole school community. I know many of the year 10 students are keen to find out about Road Ready and we have been working with the Education Directorate to still be able to offer this opportunity to students. We will be able to provide the course next term, and more information will be provided in the coming weeks.

We have created a section on the school website called Online Learning. You will find this in the Digital Learning section. We will be posting important information here and it is a good place to start if you have questions or are seeking clarification.

20 Heidelberg Street
CONDER ACT 2906

Webpage:

www.lanyonhs.act.edu.au

Email: lanyonHSinfo@ed.act.edu.au

General Enquiries: (02) 6142 1800

Absences: (02) 6142 1815 or
lanyonHSstudentabsences@ed.act.edu.au

Principal: Barbara Monsma

Deputy Principal: Rebecca Cusick

School Board Chair: Peter Henry

P&C President: Cath Windsor

Coming Events

10 April: Good Friday Public Holiday

13 – 24 April: School Holidays

27 April: Anzac Day Public Holiday

For more details about community events and services please see http://www.lanyonhs.act.edu.au/news_and_events

Please note: services and events advertised on the Lanyon High School website are not endorsed or associated with Lanyon High School.

- Dwarfism Awareness
- Smith Family help with school costs
- Parentline ACT and Kids Helpline
- Headspace Canberra Youth Ambassadors
- Tutoring before/after school



The screenshot shows the Lanyon High School website header with the school logo and motto. A navigation menu includes links for Welcome, About Us, Curriculum, Programs, Community, Payment, Contact Us, and Digital Learning. The Digital Learning section is active, displaying links for Online Learning, Initial Online Learning Information, 2020 Parents' Guide to Google Classroom, and Supplementary Online Learning Activities.

Lanyon High School acknowledges the Ngunnawal people, the traditional custodians of this land. We would also like to pay respects to the United Ngunnawal Elders Council and to the Elders, both past and present of the Ngunnawal nation. We would also like to extend that respect to other Aboriginal and Torres Strait Islander people in our community.

Lanyon High School Online Education Timetable Term 2, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00	Line 1	Line 6	Line 3	Line 1	Line 4
9:40	Brain Break				
9:50	Line 2	Line 7	Line 4	Line 2	Line 5
10:30	Break 1				
11:00	Line 3	PC	Line 5	This block is for work on larger projects, assignments or research tasks. PCAs and Student Services staff will be available to chat during this time.	Line 6
11:40	Brain Break				
11:50	Line 4	Line 1	Line 6		Line 7
12:30	Break 2				
1:00	Line 5	Line 2	Line 7	Line 3	Finish Early - Wellbeing Time
1:40	Individual study time – students could book a time to get help from a teacher individually or in small groups. Band, engineering club could be scheduled at this time of day.				

We have prepared an Online Education timetable for next term. Teachers will be posting work for students to complete and will be booking in certain lessons in which they will be having a google meet/hangout session with students. Teachers will ensure they are active in the google classroom and on email during their scheduled lessons, so students know they can contact at that time. I have sent an email out to parents and students that explains the process in more detail. PC teachers will continue to be the first contact if students are experiencing any difficulties or if parents are concerned.

Rebecca Cusick
Acting Principal



Lanyon High teachers embracing online meetings.

SCHOOL BOARD 2020

Congratulations to Andrew Windsor and Neisha Traise who were recently elected as the Parent Citizen members and Peter Henry who was re-elected as the community board member for the School board for 2020.

PARENT TEACHER INTERVIEWS

Thank you to everyone who has made a booking for a parent teacher interview.

Due to the obvious restrictions, we are unable to have a physical parent teacher night, however we have still used the booking system so staff are aware of your request for contact.

Please disregard the time that has been assigned to your booking. Teachers that you have booked in with will contact you via phone between Tuesday of week 1 and Friday of week 2 for the 10 minute interview. This will likely be between 9am and 4pm. If you would like to request a specific date/time, please contact that teacher directly via email.

Year 7

To begin the year, we have been focusing on assessing and developing fundamental movement skills (FMS) for all Year 7 students. They have been exploring an array of different sports, building on the pre-existing foundations set in primary school. Our fitness focus for the term has been to improve our Beep Test scores, strengthening the aerobic thresholds of students through interval and running circuits. The health topics have been promoting safety, covering sun safety, water safety, first aid and cyber safety. Congratulations to our Fitness Superstars from Term 1.

Mr De Sousa's Fitness Superstars				
Term 1				
	FEMALE LINE 3	MALE LINE 3	FEMALE LINE 5	MALE LINE 5
FITNESS SCORE	Kyla P	Nate P	Jordan B	Lachlan D
BEEP TEST	Jean W	Nate P	Anastasia P, Ella R	Lachlan D
SIT UP	Kyla P	Nate P	Ella R, Annika P	Denis Z, Alex Y, Lachlan D
PUSH UP	Kyla P, Kyla O	Kalob P	Ella R	Denis Z
20M SPRINT	Kyla P	Nate P	Jordan B	Lachlan D
VERTICAL JUMP	Lily O	Lachlan D	Jordan B, Tianna P	Denis Z

Mrs Davies' Fitness Superstars				
Term 1				
	FEMALE LINE 3	MALE LINE 3	FEMALE LINE 5	MALE LINE 5
FITNESS SCORE	Ashley M	James P	Ashlee B	Ben W
BEEP TEST	Ashley M	Logan B-M	Ruby I	Ben W
SIT UP	Ashley M	Bailey	Ruby I, Ashlee B	Shiye L
PUSH UP	Tayla P	Charlie L	Ruby I	Ben W
20M SPRINT	Niki B-M	James P	Ruby I	Joel J
VERTICAL JUMP	Liley B	James P	Zevannah M	Shiye L



Year 8

During Term 1 in HPE, students have participated in array of health, fitness and sporting activities. Our focus for health has been on Drug and Alcohol education with emphasis on making good decisions and staying safe as they get older. Fitness was also a priority this term, with endurance running (in the lead up to cross country) being the primary goal. For our sporting component, Year 8 actively engaged in several striking sports with the aim of improving control and accuracy and to apply skills into a game context. The sports for this term were volleyball, hockey, tee-ball and cricket.



Year 9/10

Students have been engaging in health, fitness and game/skill specific units. In health our students have been learning how to respond to potentially dangerous situations. This includes gaining a basic understanding of First Aid principles, head injury and blood policy as well as cyber safety. In their focus on fitness students have undergone fitness testing on a range of different fitness qualities such as cardiovascular endurance, muscular strength, power and speed. These have been accompanied by weekly sessions to help all participants improve upon their own individual fitness levels. The game/skill specific unit that 9/10 classes have been focusing on is racquets sports and striking skills. Students have been immersed in skills, minor games and tournaments for sports including tennis, table tennis, badminton and volleyball.



9/10 Outdoor Ed

To begin the year students have been exploring ways that they can make a difference to the earth by investigating sustainable measures in correlation with the natural disasters that have occurred in recent times. The focus was then turned to preparing for our ocean skills camp, where students learnt about water safety and ways to respond in emergency situations. The students successfully completed a swim test that consisted of a 200m swim and five minutes treading water. Transitioning into the camping activities, the students learnt how to use outdoor cooking stoves (Trangia's) over several lessons and how-to setup three person tents.



HPE

General/Online Content

We hope you have been enjoying some of the content that has been uploaded in your google classrooms. The HPE team have been providing practical, fitness and health lessons to be completed during the week. We encourage you to keep coming up with creative ways to stay active within the confines of your home. If you have any ideas and activities that you would like to share, we would love to hear about it.



BASKETBALL

Basketball Enrichment has provided the students with a great opportunity to enhance their skills, regardless of their prior level of experience. Students have been learning and refining their ball handling and fitness skills; by completing drills such as eggbeaters, court sprints and curl fade cuts. The teachers' have seen a dramatic improvement in the students' skills in the short five weeks of enrichment, with many students also practicing the new drills and skills at recess and lunch. We look forward to seeing the students use their new skills in a class match, and the teacher vs student match at the end of the year.

Lachlan Manuel and Cameron Steer

ORIGAMI

Before we went to online learning, we had created a number of cool origami critters, including a jumping frog, a budgie and a chameleon. There was also a butterfly demonstrated by a member of the class and we started folding a dragon with a few challenging steps.

Origami is an activity that can be done at home using regular A4 paper that has been cut to make a square and there are various levels of difficulty. For beginners, start by searching for easy origami or origami for kids.

If your child would like to participate in folding Origami and wants some ideas or to share Origami they've made, they can join the Google Classroom page (which also has lots of links from last year).

The code is: **obbn2nn**

Renee Broadbent

