

PRINCIPAL'S MESSAGE

Heaps of successful events in term 1

The highlight of this term was the **fantastic swimming carnival**. Once again students and staff fully embraced their house colours and the theme of Hawaiian shirts. There was high levels of engagement and participation across all year levels and for all events, which was fantastic to see.



Thanks to Ms Caity Taylor and a range of staff for organising this event. Thanks also to the **year 10 Leadership Students** for taking on a range of jobs and doing such a great job helping out for the day. I would also like to express my gratitude to a number of Year 10 Leadership Students who gave up some of the evening time to assist with the year 7 parent/carer welcome evening. A number of parents commented to me about how helpful the students were – a great showing of the school value of **Pride in the Community**. I understand that a number of parents were not able to attend. So I would encourage you to make contact with your child's Pastoral Care teacher at any time if you have any concerns.

There have been a range of sporting teams and events that have occurred in the last few weeks. It's great to see students and staff working together to participate in these inter-school opportunities. During this past week the Year 10 students participated in a presentation from the Young Workers Centre of Unions ACT. The presentation focussed on their rights in the



workplace to ensure they understood how to keep themselves safe and what they should expect from their employers in the lead up to work experience.

Young Workers Centre Presentation to year 10s on workplace rights

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](mailto:lanyonHSstudentabsences@ed.act.edu.au)

@ed.act.edu.au

Principal: Barbara Monsma

Deputy Principal: Rebecca Cusick

School Board Chair:

Andrew Windsor

P&C President: Cath Windsor

Coming Events

23 & 24 March:

Year 7 Camp

25 March 2021:

Girls Basketball

31 March 2021:

Parent Teacher Interviews &

P&C Meeting

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



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.

Congratulation to Alyssa Radecic in year 10 for winning an Education Foundation Scholarship for the next 3 years to support her in her education. Year 10 PCA, Cattlin Hubbard, and I joined Alyssa and her family to witness her receive this scholarship – Well done Alyssa.



NAPLAN and the school value of Resilience

NAPLAN (National Assessment Program for Literacy and Numeracy) will take place next term in May. Along with this newsletter is a letter with more information about NAPLAN including links to how to get more details if you wish. I realise that for some students, taking a test like this can cause a bit of stress or worry. Learning how to cope with challenges is a way of building resilience. **Resilience is an important skill that can be developed through practice.** Another way to build resilience is to take the time to think about our own thought processes – the ways in which we talk to ourselves when things get difficult. We need to think about how to put challenges ‘into perspective’. In other words: ‘How big of a deal do I need to make of this?’ NAPLAN is important to the school because it gives us information about where to focus our teaching and learning for groups of students. It lets us know if some students are perhaps underperforming in class and need more of a challenge. It also gives the student and parents/carers an idea of where they are at with their literacy and numeracy. It can help with goal setting and measuring growth over time. It’s a ‘piece of the puzzle’ that helps a student learn about themselves. So, I hope that parents will encourage students to try their best and to talk positively about working through a challenging situation like sitting some tests. Please make sure that your child gets a good night’s sleep, have a good breakfast on the days of testing and bring their Chromebook/device fully charged along with other equipment required. For more information, please email our NAPLAN coordinator, Renee Broadbent (Renee.Broadbent@ed.act.edu.au).

Mid semester reports & parent-teacher night

Mid semester reports will be emailed to parents by the end of the day on Wednesday 24rd March and **parent teacher night is on Wednesday 31st March 4pm – 7pm.** Please contact the front office if you haven’t received it by the Thursday morning. The report includes information on how to book for parent teacher night. I hope that you will take the opportunity to discuss your child’s progress at parent teacher night and also to check in with your child if they need encouragement in particular areas of their learning. If you have concerns and are unable to attend parent teacher night, then please contact your child’s teacher. Email is the easiest way in which to do this. All visitors will be required to use the Check In Canberra App upon arrival, so please give yourself enough time to do this.

**Parent Teacher Night
Wednesday 31th March
4–7pm in the Learning Space
Entry via the Student
Reception courtyard**

Barbara Monsma
Principal

Barbara Monsma
Principal



**STAY SAFE WITH THE
CHECK IN CBR APP**

Download the APP from
Google Play | App Store

Open the app and scan the QR Code
to register your visit

Lanyon
High School

Can't scan? Enter the code **977224** manually to check in.

Thank you for supporting COVID-19 contact tracing efforts
and doing your bit to keep Canberra safe.

NOTICES

SCHOOL FINANCES

We have upgraded to a new finance system that will now automatically split educational costs across responsible billing households – if you have split billing arrangements for your child, please contact the front office to confirm that invoices will be made out for the correct amount for each responsible party. If you have a split household, but only one party is responsible for finances, please contact the front office to let us know.

SECOND HAND UNIFORM

The Health and Physical Education team are taking donations of second hand sports uniforms. If your child has grown out of their sports polo shirts, please bring them to the front office.

P&C MEETING

The first P&C Meeting for the year will be held on Wednesday 31st March 2021 at 7:15pm in the Phoenix room at Lanyon High School.

2021 Medical Information and Consent Forms

All parents/carers are asked to complete and return the **Medical Information and Consent Form** annually. Please let the front office staff know if you need a hard copy provided and this will be sent home with your child.

If your child has a medical condition, please ensure that you have completed and returned a **Medical Condition Response Plan** as soon as possible. Along with this, please ensure that the school has your **up-to-date contact information** such as email address, phone number and an alternative emergency contact person, just in case we can't get in touch with you.

MATHSPACE AT LANYON HIGH

Students at Lanyon High School have the opportunity to access a great website called Mathspace to assist in further developing their mathematical skills. It works as an interactive textbook and online assessment platform which checks answers as they are put in, giving students greater independence with their learning.

Teachers create a class, invite students to join and then provide practise materials and assessment tasks. Students can also choose their own topics to complete and try problems at any stage from any year level. Teachers have access to student results in set tasks and independent study to monitor progress and provide feedback. There is also a parent email function similar to Google Classroom.

For further information and support, please head to our new Mathspace website <http://bit.ly/mathspace-LHS> or follow the link on the school website.

We will periodically update the site to include more information, FAQs and examples to help everyone get the most out of our subscription. If you have any ideas for improvement or questions that are not answered on the site yet, please email them to renee.broadbent@ed.act.edu.au or contact your child's maths teacher if it relates to problems in a specific task.

JAPANESE AT LANYON HIGH SCHOOL

It has been a busy start to the year for Japanese at Lanyon High School. We have been excited to welcome Ms Christie Abel to our Japanese teaching team this year. Christie has a wide range of experience across the ACT Education Directorate and joins us from Dickson College for semester one of 2020.

The senior Japanese class has been busy learning Kanji (Japanese characters) with Mrs Harris. They have been using playdough to get 'hands on' in their learning of new Kanji. These characters say 'benkyo' meaning 'study'.



Throughout March, Year 7 classes will be learning about 'Girls Day' (Hinamatsuri), a traditional Japanese celebration. Students have looked at a traditional Hina Doll display, which depicts the Emperor and Empress in traditional court dress of the Heian Period. Thanks to Ms Abel for sharing this beautiful artifact of Japanese culture with our students.



SCHOOL SUPPORT FOR STUDENTS

As we head towards the end of term one, it is timely to remind you that our school is focused on supporting the wellbeing of our students, staff and school community.

If you believe your young person requires some support, we have a range of services available at school, including a school psychologist and other members of the student wellbeing/support team. Our staff are available to assist your young person in accessing these services.

There are also a range of helpful online resources available for families and carers that provide information and practical advice and support around wellbeing, relationships, mental health, grief and trauma. We recommend those developed by Beyond Blue. You can access them via their website at: <https://beyou.edu.au/fact-sheets>. You might also find useful Beyond Blue resources on mental health and young people and how to talk about mental health.

Other resources in the community you can access include the following:

- o Kids Helpline 1800 55 1800 - phone support all day every day and online support from 8am-midnight every day (AEST).
- o Headspace 1800 650 890 - open 9am-1am daily (AEST).
- o Lifeline 13 11 14 - phone support all day, every day and online support 7pm-4am daily (AEST).
- o Beyondblue 1300 22 4636 - phone support all day, every day and online support 3pm-midnight every day.
- o Suicide Call-back Service 1300 659 467 - phone support all day, every day, and follow-up calls.

Please do not hesitate to contact the school if you have any concerns regarding the wellbeing of your young person.

KULTURE BREAK

Congratulations to Zen Luff and Damon Pfitzner who have been offered scholarships with Kulture Break's Xcel program in 2021. We look forward to some amazing performances and thank Kulture Break for this fantastic opportunity!





Did you know you could receive up to \$500 in matched savings for your child's extracurricular activity costs?

Here's a list of the most common activities our participants use their funds for:

- Swimming or dancing lessons
- Instrument lessons like guitar or piano to name a few
- Sports club fees like netball or football registration
- School camps
- Tutoring classes
- Foreign language lessons
- Scout membership fees

Check if you're eligible to join by visiting www.saverplus.org.au



Bikelinc connects you, your bike, ACT Policing & cycling community.

Connect to protect your bike.

In just a few easy steps, you can create and manage a free Bikelinc profile and know that ACT policing and the Bikelinc community will do their best to keep you and your bike/s together.

Learn more at bikelinc.com.au



WHAT IS RACISM?

"Why do people think that something as permanent as race, something we have no choice in, can make us better than another person?"

— Sarah, 16

There are no reasons or excuses for racism. It's just wrong.

Racism is ugly. It divides people into "us" and "them", based on where we come from or the colour of our skin. And it happens when people feel that it's okay to treat others badly as they go about their daily lives.

Racism is never okay. But it still happens in Australia. Every day.

Racism happens in lots of different ways. You hear it when people:

- make "jokes" or negative comments about a particular ethnic group
- call others racist names or verbally abuse them
- bully, hassle or intimidate others because of their race.

You see it when people:

- write racist graffiti in public places
- make offensive comments online
- are excluded from groups because they're "different" or "don't belong"
- are physically abused because of their race.

Around one in five Australians say they have experienced verbal abuse or name-calling.

More than one in 20 Australians say they have been physically attacked because of their race.

And sometimes, you don't see it at all.

"INVISIBLE" RACISM

"I think the hardest thing about being discriminated (against) is when you are really not sure that you are being discriminated against. I go through this talk in my head that says I should stand up against it, but then I start to feel unsure — maybe it's me and then I just get angry that I even have to go through this."

— Peter, 18

Not all racism is obvious. An employer might look through a list of job applicants and decide not to interview people with Arabic sounding surnames. Or a young guy from an African background might be followed around by security guards who assume he's going to steal something.

These kinds of racism can be much harder to address, because they involve the prejudices that we often don't talk or think about.



For more information about What You Say Matters and the Racism, It Stops With Me campaign go to itstopswithme.humanrights.gov.au

**RACISM
IT STOPS
WITH ME**



Australian
Human Rights
Commission



Australian Government
Department of Families,
Housing, Community Services
and Indigenous Affairs

WHAT IS RACISM?



SYSTEMIC RACISM



Sometimes groups and organisations can have rules that seem to be fair to everyone — but they actually make things more difficult for people from particular cultural or ethnic backgrounds.

This is also known as structural or systemic racism.

For example, a bank might ask everyone to fill out a lot of forms in English before you can open an account. That makes it hard for people who don't speak English as their first language.

It might also happen when an employer has a policy of not hiring people who have been educated at an overseas school or university.

Racism is more than just words or actions. It also includes the invisible barriers, big and small, that can prevent people from doing as well in life as others simply because of their cultural background.

In many cases, racism is against the law. For more information, see the "What does the law say" factsheet.

If racism happens to you, find out what you can do in the "What can you do?" factsheet.

If you see racism happening at school, in public or online, stand up to it. There's lots of safe ways that you can help. Find out more in the "What you can do?" factsheet.

You can also get support or advice to deal with a difficult situation from organisations like Kids Helpline (www.kidshelp.com.au) and ReachOut.com (au.reachout.com).

The quotes above were obtained through the Commission's consultations with the Australian community. Some names and ages have been changed to protect the privacy of the people involved.

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