

# Lanyon High School

## Newsletter Issue 1 2019



### Dates to Remember

Tuesday 12 February	School Photo Day
Monday 18 February	Swimming Carnival
Monday 25 to Tuesday 26 February	Year 7 camp
Tuesday 26 February	P.A.R.T.Y. Program
Friday 7 March	Year 7 and 10 immunisations
Monday 11 March	Canberra Day public holiday

### Welcome to the 2019 School Year!

It's been a great start to the school year with around 95 year 7s starting high school on Monday and the rest of the students returning on Tuesday. Welcome back to the parents and carers who are returning to us and a very warm welcome to parents and carers who are joining the Lanyon High School Community for the first time. I can imagine that if this is the first time you have a child coming to high school that you are possibly feeling as nervous as they are. It can be difficult to know who to talk to if you have concerns or questions.



*First day of year 7*

The best people to start with for administrative questions such as uniform, immunisations and payments are the front office staff. If you have questions about wellbeing, general learning or activities relating to your child's year group, then your child's Pastoral Care Teacher is the best person to start with. The students' timetable will be emailed home within the next couple of days, and that will include your child's timetable as well as the teacher of each subject.

### Communication and contact details.

If you wish to meet with a staff member then it is important to make an appointment beforehand, rather than coming to the front office to request to see someone immediately. Teachers and executive staff can make themselves available in emergency situations, however the best way to avoid disappointment is to call or email to make an appointment first, as we often have meetings, classes or other duties that are scheduled throughout the day. Email is an ideal way to communicate with teachers, as they spend most of their day in the classroom. Ideally teachers will respond within 48 hours to an email, however during busy periods it may take a little longer. If the matter is urgent then please call the front office. Teachers' email addresses are [firstname.surname@ed.act.edu.au](mailto:firstname.surname@ed.act.edu.au) in most cases, but if you are unsure then please call the front office. In order to maintain teacher wellbeing, and have balance between their work and home life, I do not expect teachers to respond to emails over the weekend or late in

the evenings. So please be patient and respectful of the need for teachers to spend time away from their work. For general information about communicating with your school please the attached *Talking with your school* brochure.

### **New staff**

We have quite a lot of new staff who have joined the school this year. Some are very experienced and others are new to teaching and schools. I've explained to them that one of the strength of Lanyon high School is the commitment of our staff to our students and the community. I hope that you will join me in welcoming them.

#### **In Green Staff room;**

Jess Klein - Executive teacher  
Amy Lambert - Executive teacher  
Katherine Harris - Japanese  
Lisa Johnston - HaSS and Careers  
Niki Fraser - English

#### **In Gold Staff room;**

Mac Fryz - Mathematics  
Ian Williams - Science and HaSS  
Lucas Hayden - Health and PE  
Julie Clothier - Science

#### **In Red Staffroom**

Katrina Vesala - Music

#### **Support Staff**

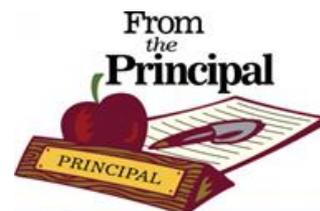
Jackie Hall - temporary Business Manager  
Adrienne Buckeridge - front officer  
Allan Hartcher - Building Services officer  
Learning Support - Laz Vaalepu  
Learning Support - Mitchell Bennett

### **Safety and student conflict**

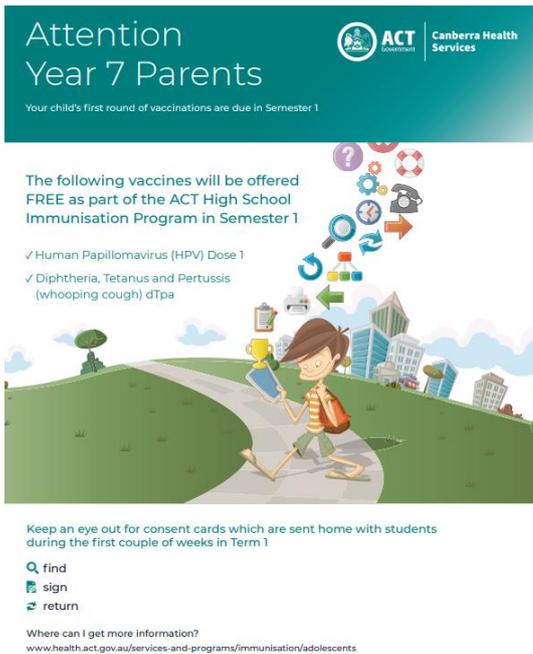
Most students at Lanyon High School work together to create a positive school culture in collaboration with staff. At times students get into conflict with each other and sometimes with teachers. Part of the learning program at Lanyon High School is to assist students to resolve conflict, often with the support of staff. In the past, some students have chosen to use violence to resolve conflict and others have chosen to video these incidents and post them online. When I spoke to students about this they asked about acting in self-defence, however in most instances what has occurred is retaliation, rather than genuine self-defence. They were under the mistaken belief that hitting back at someone because the other person threw the first punch justifies responding with violence. This is not acceptable behaviour and all students should seek assistance from staff and physically remove themselves from an escalating situation. This includes following the directions of teachers to move away. Part of what has made it difficult for students to back down from conflict is other students videoing incidents for their own entertainment. This kind of action causes a situation to become more heightened. It is unacceptable that students video others in these situations. If students are involved with physical conflict, or are videoing others in conflict, then there will be serious consequences and they will most likely be suspended. There will also be consequences for students who do not follow the instructions of teachers in these situations.

Everyone at our school has the right to be safe and to feel safe. If you have any questions or concerns about this approach, then please contact me directly; [Barbara.Monsma@ed.act.edu.au](mailto:Barbara.Monsma@ed.act.edu.au).

**Barbara Monsma**  
Principal



## Year 7



**Attention Year 7 Parents**  
Your child's first round of vaccinations are due in Semester 1

The following vaccines will be offered FREE as part of the ACT High School Immunisation Program in Semester 1

- ✓ Human Papillomavirus (HPV) Dose 1
- ✓ Diphtheria, Tetanus and Pertussis (whooping cough) dTpa

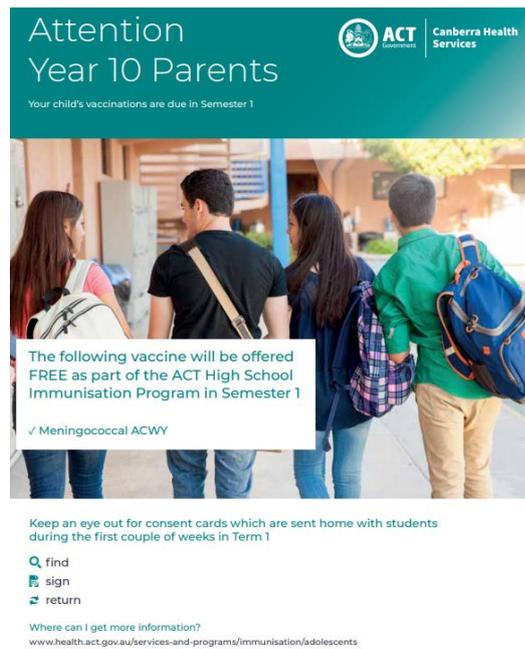
Keep an eye out for consent cards which are sent home with students during the first couple of weeks in Term 1

find sign return

Where can I get more information?  
[www.health.act.gov.au/services-and-programs/immunisation/adolescents](http://www.health.act.gov.au/services-and-programs/immunisation/adolescents)

**Caroline Heys** | Year 7 Pastoral Care Advisor  
[carolyn.heys@ed.act.edu.au](mailto:carolyn.heys@ed.act.edu.au)

## Year 10



**Attention Year 10 Parents**  
Your child's vaccinations are due in Semester 1

The following vaccine will be offered FREE as part of the ACT High School Immunisation Program in Semester 1

- ✓ Meningococcal ACWY

Keep an eye out for consent cards which are sent home with students during the first couple of weeks in Term 1

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Where can I get more information?  
[www.health.act.gov.au/services-and-programs/immunisation/adolescents](http://www.health.act.gov.au/services-and-programs/immunisation/adolescents)

**Matt Sandeman** | Year 10 Pastoral Care Advisor  
[matthew.sandeman@ed.act.edu.au](mailto:matthew.sandeman@ed.act.edu.au)

## 5 Tips for back-to-school online safety – information from the Office of the eSafety Commissioner

Tuesday 5 February is Safer Internet Day which is an annual, worldwide event to help encourage a better internet. The beginning of the school year is a good time to review online safety and get ahead of any issues that may arise. A recent blog post published by the Office of the eSafety Commissioner provides parents and carers with [5 tips for back-to-school online safety](#): [Parent](#) responsibility, being mindful of sharing e.g. your child's first day of school and other milestones; [know the signs for cyberbullying](#); [set screen time limits](#); use tools such as [parental controls](#) and [privacy and reporting tools](#); and [stay engaged](#). The [Office of the eSafety Commissioner](#) website is a great place to visit to keep pace with the latest in online safety for children and young people all year round.

## Seeking Community Volunteers for the School Canteen 2019

The year 10 leadership class has been working to redesign and revamp our school canteen. As a result of this, we are looking for members of the community to volunteer their time.

This would involve assisting the canteen manager in food preparation and organisation. This position however does not include serving students. We are asking for anyone that has spare time and commitment to helping our school community to volunteer for a few hours in the morning on any of the school days of the week.

While on this shift, you will be working with the canteen manager and other members of the community, as we will need two volunteers per shift. If you are kindly willing to volunteer your time, please let us know via email at [adrian.haynes@ed.act.edu.au](mailto:adrian.haynes@ed.act.edu.au) or 6142 1800. Please indicate your preferred day or days of the week that you are available, as we would be happy to include you as much as possible in the future of our revamped school canteen. Please keep in mind that the more volunteers we have, the more successful our canteen will become.

**Sincerely,**  
**Year 10 Leadership Class**

*Learning as a community - Striving for excellence*

Breakfast	
Toast and Vegemite – 2 Slices of multigrain bread + GF Bread.	\$3.00
Egg and Bacon Roll (White or Multigrain) with sauce of your choice.	\$5.00
Breakfast Wrap – Egg, Bacon, Tomato and Hash Brown.	\$6.00
Hash Brown – Oven Baked. (GF, V)	\$2.00
Toasted Sandwiches (Multigrain Bread + GF Bread)	
Cheese (GF, V)	\$4.50
Ham (GF, V)	\$4.50
Ham and Cheese (GF, V)	\$4.50
Cheese and Tomato (GF, V)	\$4.50
Light and Healthy Snacks	
Fresh Fruit Salad (GF, V)	\$4.00
Piece of Fruit – Apple, Pear, Banana (GF, V)	\$1.50
Yogurt – Various Flavours (GF)	\$2.50
Cheese and Crackers (V)	\$2.50

Daily Specials	
<b>Monday</b>	
Chicken Curry with Rice	\$6.00
<b>Tuesday</b>	
Beef Bolognese and Pasta	\$6.00
<b>Wednesday</b>	
Chilli Con Carne with Rice	\$6.00
<b>Thursday</b>	
Creamy Garlic Chicken with Pasta	\$6.00
<b>Friday</b>	
Roast Meat Roll with Gravy	\$6.00

## Lanyon High School Canteen Menu

We accept both CASH and EFTPOS and do not have any minimum transaction amount. Orders can also be placed through Flexischools: [www.flexischools.com.au](http://www.flexischools.com.au)

Salads (Made fresh daily)	
Garden Salad Box – Mixed Leaf, Cucumber, Tomato and Carrot with dressing. (GF, V)	\$5.00
Salad Box – Mixed Leaf, Cucumber, Tomato and Feta Cheese. (GF, V)	\$5.00
Chicken Salad – Chicken, Mixed Leaf, Cucumber, Tomato with Caesar Dressing.	\$6.00
Cold Sandwiches (Multigrain Bread + GF Bread)	
Ham (GF)	\$4.00
Cheese (GF, V)	\$4.00
Tuna Mayo (V)	\$4.00
Egg Mayo (V)	\$4.00
Add Salad to your sandwich for (Salad = Lettuce + Tomato + Cucumber)	\$0.50

## Lanyon High School Canteen Menu

Opening Times
Breakfast menu available from 8:30am
Flexi-schools closes 9:30am
Recess – 11:00am – 11:30am
Lunch – 1:30pm – 2:00pm

Meals	
Cheese Burger – Beef Patty served with sliced tasty cheese, fresh salad (Mixed Leaf and Tomato) with Tomato Sauce.	\$6.00
Chicken Burger – Fresh Chicken Schnitzel served with Mixed Leaf and mayo.	\$6.00
Pizza Slab – Made Fresh with various toppings.	\$5.00
Potato Wedges oven baked and served with Sweet Chilli Sauce. (V)	\$4.50
Sweet Chilli Chicken Wrap with Mixed Leaf, Tomato, Cheese and Aioli.	\$6.00
Pies – Various, please ask for today's availability and served with sauce*.	\$4.50
Sausage Rolls	\$4.00
Vegetarian Spring Rolls with Sweet Chilli Sauce. (V)	\$4.50
Vegetarian Quiche. (V)	\$4.50

Ice Cream (available)	
Paddle Pops	\$2.50
Frozen Yogurt Twist	\$2.50
Fruit Zooper Doopers	\$0.80
Drinks	
Water 600ml	\$2.00
Mount Franklin Sparkling Water	\$3.50
Fruit Slushie – Fruit Juice Base 200ml	\$2.50
Juice Popper	\$2.00
Glee Sparkling Fruit Drink 250ml	\$3.00
Plain Milk	\$2.00
Flavoured Milk 300ml – Straw & Choc	\$3.00
Flavoured Milk 500ml – Straw & Choc	\$4.50
Please see our drinks fridge for selection	

Our food is freshly prepared on the premises, with Hot and Cold food available at both Recess and Lunch. In order to guarantee your selection, timely service and avoid disappointment orders can be placed either at the canteen or by Flexischools before the school day commences.

GF = Gluten Free  
V = Vegetarian

## Uniform

Please continue to donate good quality second hand uniform to student services for other students to purchase. Students can earn up to 5 grad points for donating.

**The \$5 fire sale is still on!** We still have limited stock of the following \$5 uniform items available from the front office:

- Old style zip up hoodies (children sizes 6, 8 & 10)
- Shorts - with net (children size 10 and adult size X-Large)

Apart from the above, uniforms can now be purchased from Liquid Promotions <https://lanyonhs.liquidpromotions.com.au/> Your order will then be dispatched to the school front office for collection. The standard delivery time frame to the school is 2 weeks. Prior arrangement on 6162 3331 is required if you would prefer to collect your order from Liquid Promotions at 3 Lithgow Street Fyshwick. If you have any enquiries regarding your order, please contact them directly on 6162 3331.

### School Contact Information

Principal: Barbara Monsma

Deputy Principal: Rebecca Cusick

General Enquiries: 6142 1800

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

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

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



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

For more details about community events and services please see

[http://www.lanyonhs.act.edu.au/news\\_and\\_events](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.

- Basketball championships
- Youth scholarships
- Student exchange program
- Bellchambers Music School
- Lifeline Bookfair
- Nice To Meet Me Program
- Tennis Carnivale
- Tennis coaching
- Woden Valley Youth Choir
- Bursary Scheme 2019
- Dwarfism Awareness
- Smith Family help with school costs
- Parentline ACT
- Kids Helpline

For programs and assistance  
for parents please see  
[http://www.lanyonhs.act.edu.au/programs/parent\\_link](http://www.lanyonhs.act.edu.au/programs/parent_link)

#### **Chromebooks**

Please remember that students are required to bring their Chromebooks to school every day fully charged. If you have a warranty issue, please take your Chromebook to the red staffroom to report it.