



# LANYON HIGH SCHOOL

## NEWSLETTER

Week 4 Term 1 2023



**ACT**  
Government  
Education

### PRINCIPAL'S MESSAGE

#### Welcome to 2023!

It was wonderful to meet many parents & carers of at our **Year 7 parent welcome** evening last week. Those parents & carers got plenty of exercise walking from class to class and meeting with the teachers of those students. It was also great to have a number of community organisations present to share their services such as Young Carers, Vinnies and Gordon Community Centre. Thanks to Penny Vanzwol for organising this event. The year 7s have settled into high school life very smoothly and they got their first taste of a whole school assembly where we were able to announce the **house captains** for each year group. Check out the [Lanyon HS Facebook page](#) to see some great photos. The staff were all sporting their house colours in the Hawaiian shirts to stir up excitement about the upcoming **swimming carnival**. This will no doubt be an excellent day we look forward to students continuing to embrace the house system with the range of house colours on display. Thanks to the Health and PE staff for organising this event.

#### Curriculum Documents on School Website

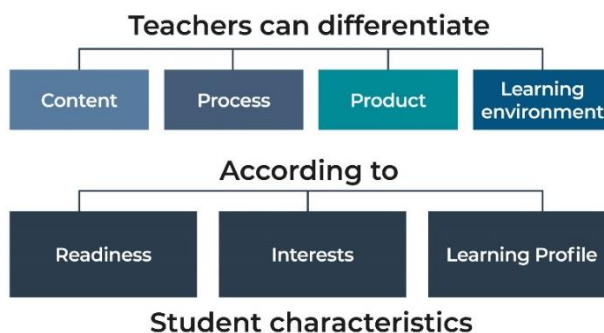
Staff have now updated the curriculum documents for this semester 1. Within these you will find a broad overview of the topics the students will study, along with the relevant Achievement Stands against which students are assessed for academic reports. Major assessment tasks are listed, and it is important to keep in mind that all teachers will be continually assessing student learning and providing feedback. If you have any questions about these documents, please contact the relevant classroom teacher for your child.

[https://www.lanyonhs.act.edu.au/Curriculum/curriculum\\_documents](https://www.lanyonhs.act.edu.au/Curriculum/curriculum_documents)

#### School Improvement Plan 2022 – 2026

The school is now in its second year of its [School Improvement Plan](#) (click on the text to be taken to the full plan). We have two key priorities for improvement which are to; Improve academic growth for students and equip students with the capabilities to learn and live successfully.

#### Tomlinson Model of Differentiation



In order to improve academic growth teachers are learning how to take a more targeted approach to meeting the needs of students through the [Tomlinson Model of Differentiation](#). This is where teachers choose different content (what is taught), process (how it's taught), product (how students are assessed) and learning environments, based on what we know about our learners. Teachers are working together to analyse information when designing tasks that will maximise learning growth for students. They will then document what works best, and for whom, so that the most successful strategies can be used in future.

20 Heidelberg Street  
CONDER ACT 2906

#### Webpage:

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

#### Email:

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

**General Enquiries:** (02) 6142 1800

**Absences:** (02) 6142 1815 or

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

**Principal:** Barbara Monsma

**Deputy Principal:**

Rebecca Cusick

**School Board Chair:**

Neshia Traise

**P&C President:** Vacant

#### Upcoming Events

##### Week 4

Friday 24<sup>th</sup> – Swimming Carnival  
permission notes due

##### Week 5

Wednesday 1<sup>st</sup> March - Touch  
Football

3<sup>rd</sup> March – Swimming Carnival

##### Week 6

Monday 6<sup>th</sup> – Year 7 Immunisations

##### Week 7

Tuesday 14<sup>th</sup> – White Card Course

Please note, services and events advertised on the Lanyon High School website or newsletter are not endorsed or associated with Lanyon High School. For more information regarding upcoming school and community events please visit our Facebook and Instagram accounts.

[Lanyon High School](#)  
[@LanyonHighSchool](#)

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.

## **NAPLAN and the school value of Resilience**

NAPLAN (National Assessment Program for Literacy and Numeracy) will take place from 15 March onwards over a period of a few school days. All staff 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.

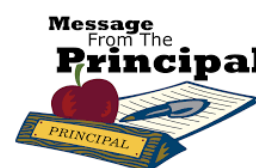
**Resilience is an important skilled that can be developed through practice.** Another way to build resilience is to take the time to think about our own thought processes – the ways in which we talk to ourselves when things get difficult. We need to think about how to put challenges ‘into perspective’. 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 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, Helen Nolan ([Helen.Nolan@ed.act.edu.au](mailto:Helen.Nolan@ed.act.edu.au)).

## **Please note the following about Insurance and Ambulance Transport**

The ACT Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease or illness was sustained. As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion you should therefore consider whether taking out personal insurance cover for your child is warranted. This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage. The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity within the ACT.

Barbara Monsma  
Principal



## CANTEEN OPENING HOURS

Please note that **for the next 3 weeks the canteen will be closed completely on Mondays and Tuesdays.** On these days there will be Subway available for students to purchase at lunch time in the Marketplace:

Vegetable	\$5.95
Ham	\$5.95
Chicken	\$7.95

The school canteen will re-open on Wednesdays, Thursdays and Fridays.

We are also looking for parent volunteers to help run the canteen. If you would like further information, please contact the business manager at [Ashley.Howes@ed.act.edu.au](mailto:Ashley.Howes@ed.act.edu.au)

## FACULTY FOCUS

### Humanities and Social Science – Year 7 and 9

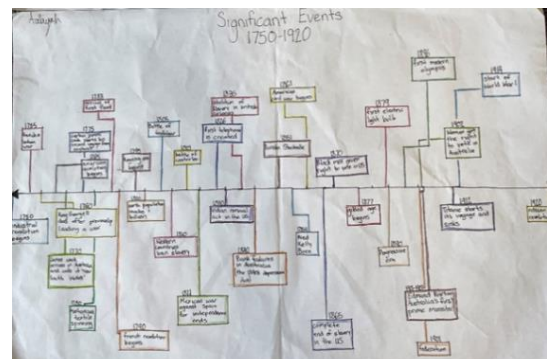
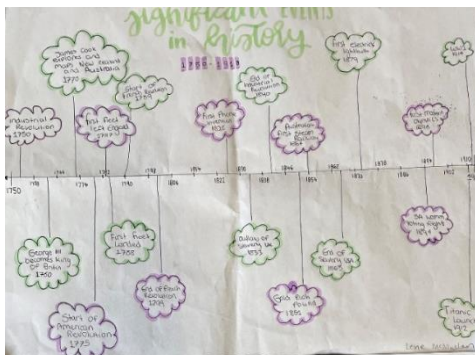
Year 7 History is learning about migration patterns. We began by mapping the patterns of our own class across the world, Australia and the ACT. After that we explored the migration patterns of early humans.



This semester year 9 students are studying the period from 1750 – 1918. To understand the key events during this period, they researched and created timelines.

This is the creative work of students Alexis McMullen and Aaliyah Priest in Mrs McKee's class. They were able to sequence the events in chronological order and include important details about the events.

This week we are beginning our study of the Industrial Revolution which should continue for most of the term.



### Japanese – Year 9 and 10

Our year 9/10 Elective Japanese class started the year by beginning to take a deeper look at kanji. As part of their study, they practiced different types of strokes and their chosen focus kanji on some awesome paper that changes colour when you add water to it!



Each lesson they have been practicing these kanji at the start of each lesson. In the next few weeks, they will use the proper Japanese calligraphy paper and ink to write their characters again.



## COMMUNITY ENGAGEMENT

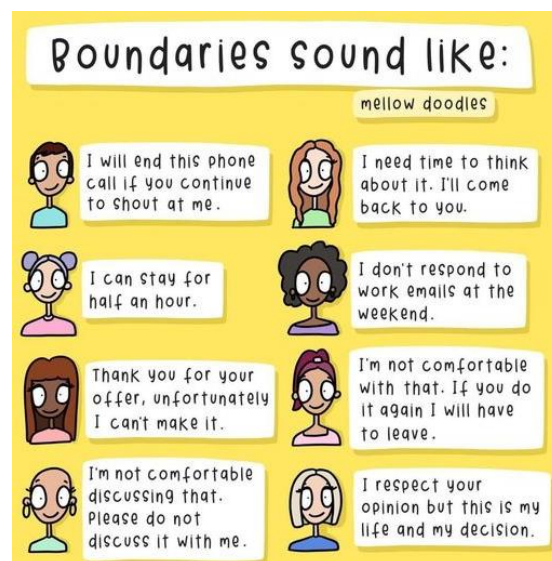
Our Year 7 Information Night last Tuesday was a lovely return to the strong community engagement we value at Lanyon High School. The many families in attendance were able to connect with a range of Community Services, chat with members of staff and meet other families. We look forward to continuing to support strong family engagement in events across the year.

### Respectful Relationships

Respectful Relationships is a core value at Lanyon High School. All staff are committed to assisting young people to build, maintain and value respectful relationships. This includes relationships with family, friends, community members and work colleagues as well as romantic relationships. But our most important relationship is the relationship we have with ourselves. Having a healthy, compassionate relationship with ourselves builds resilience, strength of character and positively influences all other relationships.

Relationships can be the cause of significant stress within families and supporting our young people as they navigate the highs and lows that occur in all relationships can be challenging.

There are many online resources and community organisations that can support families. Online resources are easy to access and allow young people to access information at their own pace. It is important, however, to ensure that the sites accessed are giving research based, sound assistance. The following website gives practical, helpful information about boundaries, healthy relationships and respecting yourself.



Creating a strong network of support is an important protective factor for young people. In addition to Pastoral Care Teachers, Student Services and classroom teachers, our Youth Workers are available to support students at Lanyon High. Please reach out if we can help support your family.

Resources: <https://teentalk.ca/learn-about/relationships/>



## Wellbeing Tips & Tricks

This section of the newsletter is going to focus on wellbeing tips and tricks you can use that relate directly to your child's pastoral care lessons. This week's focus is **positive communication**.

The greatest single influence to living a meaningful and fulfilling life is high quality personal relationships. Nearly everything that we will achieve in life will be through people, with people and by people, so we need to develop our students' interpersonal skills to communicate including:

- using and reading friendly and welcoming body language messages to show positive intentions.
- recognising inference, bias and emphasis in conversations
- developing relationships through making eye contact when having face to face conversations
- learning to listen with their eyes, their ears and their hearts to show that the value other people.
- valuing and considering other peoples' opinions and ideas because they matter
- not being on autopilot and being present and mindful in each and every moment

Our students are digital natives, who in many situations prefer communicating with their devices rather than having face to face personal conversations with others. And because of this lack of in person interaction, many students are not learning how to read or send appropriate body language messages. They are also missing out on the magnificent feelings which come from serotonin and oxytocin, the brain chemicals released during in person communication. We all possess mirror neurons, which copy the expressions, moods, and intentions of those around us, but not so from electronic communication. As such, we need to create opportunities for them to experience the beauty of in-person connection to share positive intentions


### Parent & Carer Online Safety Webinars - 2023

Help your family be more confident and safe online

All parents and carers of an ACT public school student are invited to attend an online safety (eSafety) information session designed to develop their knowledge and skills in supporting their child with digital technologies. This webinar will look at understanding the current eSafety issues children and young people are experiencing, how to support your child to be safe online, resources for preventing and responding to online issues, and where to go for further support.


Families are invited to attend one or more of the following sessions held online from 6.00-7.00pm:

	Primary	Secondary
Term 1	21/2 or 23/3	23/2 or 21/3
Term 2	9/5 or 8/6	11/5 or 6/6
Term 3	1/8 or 31/8	3/8 or 29/8
Term 4	17/10, 14/11 or 16/11	19/10, 14/11 or 16/11



[bit.ly/3TyRaZx](https://bit.ly/3TyRaZx)

Scan the QR Code or type in the address for more information and to register for one or more parent and carer eSafety webinars.





## PPEP TALK® COMMUNITY

The Periods, Pain and Endometriosis Program (PPEP Talk®) is an initiative of the Pelvic Pain Foundation of Australia (PPFA), jointly funded by the Federal, State and Territory Governments.

Understanding and managing period pain can be tricky for everyone. **PPEP Talk® is committed to ensuring all young people have a safe, welcoming and inclusive environment, especially as period pain and endometriosis can be uncomfortable topics for some.**

PPEP Talk® is here to better equip communities to understand period and pelvic pain. This session provides people with key knowledge to manage their pain, support others and stay involved in important activities.

This March 9th, YWCA is hosting PPEP Talk® to ensure that all young people have access to this medically-informed and evidence-based program in a supportive, empowering and inclusive environment.



### Details

**What: PPEP Talk® for all Gender Identities**

**When: Thursday March 9th 4-5pm**

**Where: Mura Lanyon Youth & Community Centre,  
22 Sidney Nolan Street Conder ACT 2906**

**Cost: FREE**

**Register: [ppeptalkact@pelvicpain.org.au](mailto:ppeptalkact@pelvicpain.org.au)**

PPEP Talk® is for everyone. It helps those who experience pelvic pain better understand their pain and find tools to deal with it. It helps those who support them better understand what they go through and how to best support them.

PPFA is committed to supporting people of all gender identities who suffer severe period pain, pelvic pain and endometriosis to allow them to fulfill their potential and live their best life possible.

If you have any further queries or to RSVP please email us at [ppeptalkact@pelvicpain.org](mailto:ppeptalkact@pelvicpain.org) or call Clinical Educator Liz Lush on 0411 892 772.

### Young Workers UnionsACT Presentation

On Monday the 6<sup>th</sup> of February, Year 9 and 10 Students were invited to attend the Young Workers Unions ACT Work Health Safety (WHS) Information presentation. Guest speakers were from UnionsACT. The Presentation Included health and safety, rights, and responsibilities, leave and agreements in the workplace. This activity was compulsory for any student that wishes to participate in a Structured workplace learning, Work Experience (WEX), Vocational Learning Options (VLO) or Australian School Based Apprenticeship placement (ASBA) this year at Lanyon High School.



### Upcoming Careers Programs and Events

#### **White Card and Asbestos Awareness Training Tuesday 14<sup>th</sup> March Wednesday 15<sup>th</sup> March 2023**

Students in Year 9 & 10 who are interested in completing the General Construction Induction (White Card) and Asbestos Awareness Training this term will need to complete the permission note and payment slip and return to the front office no later than the 6<sup>th</sup> of March 2023.

Students will need to see Glenda Johnson to receive their permission note and provide personal details and identification to enrol in the course.

Students need to have a USI number (Unique Student Identifier) -please log onto [www.usi.gov.au](http://www.usi.gov.au) or see me for help. **Please do not submit your form without it!**

Submit 3 forms of ID Required- ID is Medicare card, passport/birth certificate and proof of age or school ID (copy needs to be provided).

CIT requires 100 points of identification, our school administration will be verifying both the identity and citizenship of your child for CIT.

CIT Staff will admit the students into their chosen course of study. Each student will then be sent a confirmation of their application which will include their CIT Number, Class Reference Numbers (CRNs) and a step-by-step process of how to **complete** their enrolment online through CIT Self Service.

These qualifications are mandatory requirements for students to gain any work experience or employment in the construction and building industry. Lanyon High School has secured a trainer from the Canberra Institute of Technology to run both courses at LHS. They have limited places on offer so it will be those who return their permission notes along with payment to secure a place.

#### Year 10 WEX week 10 term 1

Year 10 students received their pre WEX packs in their PC classes this week.

Students are to research 3 possible businesses/occupations on Inplace (digital backpack) and record their information on their personal WEX record forms. Once they have chosen their first preference, they are to use the provided phone script to call the Host and secure their placement dates and times. Students need to add the host information to the form and return the form to me (Glenda Johnson.) I will then generate the appropriate insurance documents. Students will then contact the host to have the forms signed and approved. All students will receive a WH&S briefing with me before they go out on placement and receive a safety and emergency card to have with them while on placement.

If students have found an alternate host employer who is not registered on Inplace, they are to see me, and I can arrange to have the Host registered to the database.

As part of career development at Lanyon High school, students need to take the responsibility for finding their placement as most employers want to recruit young people who have employability skills such as communication skills, problem solving, creativity, honesty, and integrity, being punctual, taking responsibility, team working, being self-motivated and having a good work attitude.

Employability skills/soft skills refer to a set of transferable skills and key personal attributes which are highly valued by employers and essential for effective performance in the workplace. Students need to arrange their own transport to and from their work placements.

### EOI WEX Programs

For students with an interest in the 2023 Australian Federal Police Forensic Work Experience Program, applications for the program are now open. Please see Glenda Johnson to apply via the online application. Please note:

- Applications will be open until **midnight, Friday, 10<sup>th</sup> of March 2023**.
- If your application is submitted *after* the 10<sup>th</sup> of March, it will **not** be considered, and you will **not** be notified of the status of your application.
- All applicants who submit on time will be notified if they are successful or not by **Friday, 24<sup>th</sup> of March 2023**.

### Canberra Institute of Technology

The Hospitality, Culinary and Tourism Department at the Canberra Institute of Technology have some wonderful opportunities for students in years 10-12 for 2023.

TASTE OF HOSPITALITY – WORK EXPERIENCE CIT RESTAURANT AND CAFÉ, CIT REID

Please see Glenda Johnson for more information

**Please note:** the above opportunities are not part of, or an alternative to our week 10 WEX placements program.

### Positions Vacant

AVC roof plumbing are looking for apprentices. They are roof plumbing specialists, so this is different to regular plumbing. It differs in the sense that they do gutter cleaning, roof leaks and colourbond roofing etc. This is a 4-year apprenticeship accompanied by 18 months at CIT to become a fully qualified roof plumber. Everyone is open to apply, all abilities and genders are welcome.

Any further questions or concerns you can contact us on [avcroofplumbing@gmail.com](mailto:avcroofplumbing@gmail.com) or give Miah a call on 0491733324.

### Career Resources

<https://pathways.act.edu.au/> Remember to use your school email address and Birthdate.

[myfuture](https://myfuture.edu.au/) provides resources to explore career pathways and tools to develop self-knowledge to help with career decision-making. <https://myfuture.edu.au/>

[Job Jumpstart](https://www.jobjumpstart.gov.au) offers resources and activities to help you work out what jobs might suit you.

<https://www.jobjumpstart.gov.au>

Please make an appointment with Glenda for a career interview or career information:

[Glenda.johnson@ed.act.edu.au](mailto:Glenda.johnson@ed.act.edu.au)

If you are a business Owner and would like to Host a student for a WEX placement, please contact me

[Glenda.johnson@ed.act.edu.au](mailto:Glenda.johnson@ed.act.edu.au) Lanyon High Career Practitioner



## COMMUNITY NOTICES

Looking for girls in Year 7-10 interested in playing with the Hurricanes Netball Club, one of the newest clubs within the Tuggeranong Netball Association.

At Hurricanes we offer the opportunity for girls/boys and women of all ages to participate in a safe, friendly, and competitive sporting environment. Hurricanes Netball Club aims to provide your child with the best opportunity to develop the required skills and knowledge for delivery of success both on and off the court. We have a team of wonderful coaches who bring a wealth of knowledge at both club and representative levels. Our coaches will foster individual needs through the development of individualised programs to assist with the skill development of each child.

Our aim is to offer individual, team and social skill improvements to all players no matter what their skill level. We encourage families to be involved and we at Hurricanes see ourselves as a family orientated club.

If you are looking for a friendly, competitive netball club in the Tuggeranong area, drop us a line - we would love to hear from you. We have great sponsors, lots of social functions (BBQ's, parties etc) and encourage everyone to join in. Email us at [hurricanesnetball@yahoo.com](mailto:hurricanesnetball@yahoo.com) or call on 0431 545 691





# ***BURNS FOOTBALL CLUB***



## ***COME AND JOIN US IN 2023!***

<i><b>2023 SEASON RECRUITMENT</b></i> <b>JUNIORS - U14 BOYS</b>	<i><b>SEASON KICKS OFF ON 15 APRIL</b></i> <i><b>2023 FEES: \$220</b></i>
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**KETT STREET, KAMBAH | CONTACT [ADMIN@BURNSFC.COM](mailto:ADMIN@BURNSFC.COM)**

## CALENDAR

### Permission Notes Due

Swimming Carnival Note DUE – 24<sup>TH</sup> FEBRUARY

White Card and Asbestos Training Application notes DUE – 6<sup>th</sup> MARCH

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20	21	22	23	24	25	26
WEEK 4					Swimming Carnival note due		
	27	28	1 <sup>st</sup> March	2	3	4	5
WEEK 5			Touch Football		Swimming Carnival		
	6	7	8	9	10	11	12
WEEK 6	Year 7 Immunisations						
	13	14	15	16	17	18	29
WEEK 7		White Card Course	Asbestos Training (9am)		Outdoor Ed Swimming (2pm)		