

Newsletter Week 7, Term 1 2024

'We wish to acknowledge the Ngunnawal people as traditional custodians of the land we are meeting on and recognise any other people or families with connection to the lands of the ACT and region. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region'.

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.



Principal: Barbara Monsma

Deputy Principal (Staff): Rebecca Cusick

Deputy Principal (Students): Shannon Carnovale

School Board Chair: Neshia Traise

P&C President: Katrina Reynolds

Principal's Address

A fun start to the term.

We've had a couple of really positive events in recent weeks. For the first time we invited all parents and carers to come to a Meet the Teacher event, expanding upon previous years where we typically only have year 7s. It was a lovely informal event with the opportunity for families and staff to chat and get to know each other, and the school, a little better. Another highlight 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, which was fantastic to see. Thanks to the Health and Physical Education staff for organising this event. Thanks also to the year 10 Leadership Student for taking on a range of jobs and doing such a great job helping out for the day – they clearly demonstrated the value of Pride in the Community.



NAPLAN – great work!

NAPLAN is now well underway and will conclude on Tuesday for most students. There will also be several catch up session for students who might have been absent for some reason. The students have taken a mature approach to completing the test, even if they've been a little nervous. They've certainly showed the **Lanyon High School value of Resilience** in spades. Thanks to Ms Klein, Ms Nolan and Ms Broadbent for doing all of the organisation for these tests to occur so smoothly. Parents will receive their child's result in a few months time. I'll provide more information in the newsletter once I have more detail about the timing and also how to make sense of the report, as there will be some changes this year.

Mid semester reports & parent-teacher night

Mid semester reports will be emailed to parents by the end of the day on **Wednesday 27th March**. 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. 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.

Finally, be aware that it's an 11-week term this term and that we finish on Friday 11th April. Also, the first day of term 2 is a **PUPIL FREE DAY** – 29th April.

Barbara Monsma

Principal

**Term 2 Day 1 is
pupil free**

Parent Teacher Night

Wednesday 3rd April

HPE & Swimming Carnival

Year 7

It has been a busy and rewarding term so far. We have been getting to know each other and our teachers, working together to learn warmup games and activities, skills that can be used in our focus sports this term and the games themselves. We measured our fitness and endurance levels and will revisit this at the end of the term to see how much progression we make. We have played Basketball and European Handball and will shortly begin Touch Football to develop our control and accuracy to perform throwing, catching and dribbling skills.

In Health we have been learning about maintaining the safety of ourselves and others. Activities have focused on safety, fair play, collaboration and inclusion in physical education and game play and we are now moving into cyber safety.

Year 8

In HPE year 8 have been exploring the sports of Volleyball, T-ball & Cricket. We are focusing on refining the skills required for these sports before heading into a game play round robin. In health we have learnt about smoking, vaping and alcohol and the affects it has on our body, including the influences we may have to partake in these situations. The photo above demonstrates our latest health lesson which gave us the opportunity to try giving CPR in a safe environment.

Year 9/10

In Year 9/10 PE we have been working hard on developing our skills in striking linked to racquet sports. We have been enjoying taking part in drills and games in tennis, pickle ball, table tennis and badminton. Comparing and contrasting the similarities and differences between the various racquet sports has been an interesting challenge. This has helped us when we transition from one sport to the next and need to make the necessary adjustments to our technique. Serving in tennis has proven to be a particularly challenging concept but we have all improved.

Outdoor Ed

Science of Sport

In our Science of Sport elective class, we have been learning all about the scientific language associated with anatomy and physiology. We have been enjoying learning about the Skeletal System using Skelly the Skeleton to learn the names of all of the major bones in our body and how we can classify them. Last week, we looked at the structure of a long bone and had the chance to look at the inside of a real bovine bone.

Leadership in Our Community

On Wednesday the 13th of March, our year 10 leadership class had the responsibility and honour of being able to run the 2024 Charles Conder Primary School swimming carnival. They all gathered at the front of the primary school with the equipment, ready to set off to Lakeside Leisure Centre swimming pool on the buses with the students. Throughout the day we were in charge of timing, marshalling, judging and novelties. Our novelty events were a big hit, filled with lots of fun-filled teamwork building activities. The leaders ran into some issues with some of the races but were able to adapt and become flexible, overcoming and resolving the issues. It was a very exciting, energetic day, the primary kids were always encouraging their peers with loud, enthusiastic cheers. It was a big day for everyone there, especially the year two's as it was their very first swimming carnival. The atmosphere was filled with joy and teamwork, with laughter echoing throughout the building. A day hopefully all the kids will remember, and a day all the leadership kids are all very proud of. The dedication and commitment was very visible from all the leaders and the teachers from Charles Conder Primary School were very happy with the work that was shown.

Swimming Carnival

On the 8th of March, Lanyon High School held their swimming carnival at Queanbeyan Swimming Pool. We started off with races and ran different novelties throughout the day.

Many people participated in the races. Some people were competitive and others just wanted to have a good time with their friends. Sarah Dawes did an amazing job at the swimming Carnival. She has improved so much from last year and in particular demonstrated a phenomenal butterfly stroke.

Novelties were held throughout the day and we had several people from all year groups join in the fun. One of the novelty events we held was the sponge relay which was quite popular among people. Students had to soak up as much water as they could and race their peers to fill up an empty bucket with that soaked-up water. Water guns were also a very popular event and even teachers came to join in the fun. Although most events were water-based, we did have some non-water activities for those students who wanted to avoid joining in the water fun. These events included a spike ball. Spikeball was a lot of fun, and many students enjoyed playing with their friends. The youth workers also held a chill out area throughout the whole day including jenga and colouring in. Overall, novelties were a huge success among the students of Lanyon High School.

The Lanyon Swimming Carnival was a great success. Competitive and non-competitive races were fun for everyone involved, novelty events received great feedback from students and teachers. Overall the swimming carnival was an amazing day filled with school spirit.

Outdoor Ed Canoe day

On Monday of week 6 the year 9/10 Outdoor Education classes went on an excursion to lake Tuggeranong to go canoeing for the day. We were able to put the lessons we learnt in class, about paddling techniques and entering and exiting the canoe, along with focusing on not capsizing the canoes. It was a lot of fun to be out with our friends and most of us managed to not fall in which was great. I think it was a well planned out session and it was fun to go and do an activity like canoeing during school. Overall it was a great trip and everyone is really excited to go on our next one! - Kailee Cris





Camp Quality BBQ

On Tuesday 27th of February a group of students ran a sausage sizzle in the marketplace to raise money for Camp Quality. Lanyon high school youth workers and teachers have put together a group called life skills to help students understand and learn the importance of being part of a community. During this program we learn things about building life skills, building relationships and communication skills, helping others, feeling good about yourself for helping others. Camp Quality is an Australian organisation that was founded in 1983, it was made to help families and kids impacted by cancer. On the day we proudly represented camp quality by raising \$100.

Written by Polly Bell and Emily Moriarty Year 9.



Southside Touch Football Gala Day

On Wednesday the 28th of February, Lanyon High school sent 4 teams to the ACT Southside Touch Football carnival. The day was filled with lots of games with a mixture of wins and losses.

The Year 7/8 boys team played well together, achieving more cohesiveness as the day went on. The year 9/10 boys demonstrated fantastic sportsmanship throughout the day and enjoyed themselves immensely.

The senior girls played well and came in 3rd place.

Our shining stars for the day were the junior girls. They played hard all day long and dipped out in the semifinals to Melrose HS.





Medical note



An updated medical form must be updated yearly for students to participate in excursions. If you have not completed one for 2024 forms are available at the front office and the school's website.

Library News Week 4

Great news for fans of graphic novels! We have our latest batch of additions to the library, and this time we've focussed on expanding one of the most requested sections in the library: The Manga and Graphic Novels section! A big thank you to everyone who has already donated old or unused books to the library this year (the Alex Rider set above is an example of one such donation). We are always keen to widen our selection of available books for students, so any contribution is appreciated. Who

knows, a book you haven't read in years might become another student's new favourite, or even the first book to get them interested in reading!

If you would like to contribute but don't want to part with any of your own books, there is another option available. Lanyon High School has a donation drive running with Harry Hartog in Woden. Ask to see the list of student and teacher requested books, and you can buy any of the available options to go straight to our library.



Updating of details

Just a reminder for all parents and carers that if you have changed any details for example, email address, residential address etc.. Please let us know via email so we can ensure all details are correct and up to date.

Support services



Parents or carers who are struggling with any element of parenting can reach out to Parentline ACT.

This is a free telephone counselling service who can offer support and advice for on any parenting concerns.

Contact them on the number below or at this website.

<http://parentlineact.org.au/>

Contact Us

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Visit us on the web at [Home - Lanyon High School \(lanyonhs.act.edu.au\)](http://lanyonhs.act.edu.au)

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