

### PRINCIPAL'S MESSAGE

#### Lanyon High has had much to celebrate!

Last week we held a fabulous Athletics Carnival! The day was great with many students and staff dressed up in our retro theme. We were blessed with the weather and an enjoyable day was had by all. A big thank you for the coordination from the HPE team and all the staff who ran events and supervised on the day.

On Friday we held our 'Wear It Purple Day' event. Wear It Purple Day strives to foster supportive, safe, empowering and inclusive environments for rainbow young people. Wear It Purple was established to show young people across the globe that there was hope, that there were people who did support and accept them, and that they have the right to be proud of who they are. Minister Yvette Berry joined us for part of the celebration and was impressed with what our students had organised and discussed with her why the day was important to them. A big thank you to Jess Haythorpe, Maddie Clayden and all the students in our Rainbow group for putting together a wonderful event.



Principal  
Rebecca Cusick



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**A/g Principal:** Rebecca Cusick

**A/g Deputy Principal:**

Joh Davies

Jess Klein

**School Board Chair:**

Neshia Traise

**P&C President:** Vacant

#### Upcoming Events

##### Week 8

**5<sup>th</sup> September:** Southside Girls

Netball Carnival

**9<sup>th</sup> September:** Pupil Free Day

##### Week 9

**14<sup>th</sup> September:** Girls Oz-Tag

**16<sup>th</sup> September:** Book Week Dress

Up Day

##### Week 10

**21<sup>st</sup> – 22<sup>nd</sup> September:** Year 10

camp

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

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.

## MOBILE PHONE POLICY

To support student learning and minimise distractions, students are unavailable to be contacted on personal devices during class time. In the case of an emergency please contact the front office on PH 6142 1800, and a message will be delivered to the student. Alternately students may access their personal devices at break times (Monday to Thursday 11:00 – 11:30am, 1:30 – 2:00pm or 10:20-11:00, 12:00 - 12:30, 1:30 – 2pm on Fridays).

## BOOK WEEK 2022



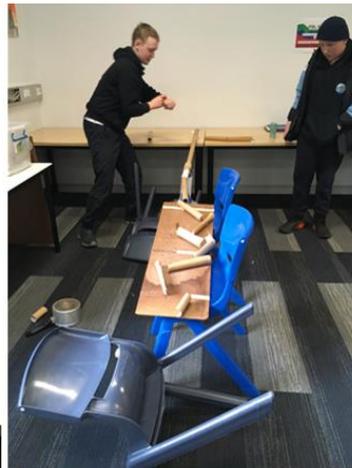
Book Week is rapidly approaching! While Book Week is technically in Week 6, we are moving our celebration to Week 9 to not double up with the Athletics Carnival and Wear it Purple Day.

The theme for this year is 'Dreaming with eyes open'. We will do a dress up competition on the **Friday in Week 9 (16<sup>th</sup> of September)** at lunch and there will be prizes! If you have any questions, please see Mrs Wells in Green staffroom.

## LANYON HIGH P&C MEETING

The Lanyon High P&C meets again on 7 September and is looking for new members. The role of the P&C is to raise funds for activities of the school and provide parental/carer input into the workings of the school. The roles are not onerous. The P&C meets generally three times a year for about an hour with the occasional fundraising activity. If you are interested in being a part of the P&C and having an influence, please contact the Front Office on 6142 1800.

## NATIONAL SCIENCE WEEK ROUND-UP



In week 4 Lanyon High School hosted National Science Week 2022. The theme for the week was 'Glass – More Than Meets The Eye' and the school ran experiments each day relating to the topic. Lanyon High School was fortunate enough to win a grant that allowed the acquisition of optical fibre kits to help demonstrate some of the applications of glass in commercial industries. Using hot glue as a model material, students were able to get hands on and make the longest optical fibre possible, with students stretching their fibre more than 10m! Students were also able to see the effects of light reflection through jelly and how the transmission of light can be scattered by imperfections in manufacturing. Finally, students participated in a marble run challenge creating tracks using recycled materials.

## Year 7 Science

Term 3 in Year 7 Science is all about the Earth and Space. Students have been learning about how the alignment of the Earth, Sun and Moon can affect Earth phenomena such as tides, seasons and daylight. They have learnt about the different phases of the moon and how long a lunar cycle lasts. They learned about the effects of gravity and did an experiment to test how high they would be able to jump on the different planets within our solar system. To finish off the term our focus has shifted closer to the Earth, learning about Earth's resources and the difference between renewable and non-renewable resources. This part of the term will also see the students complete the Solar Oven Challenge. They will work in groups to design and build a solar oven to cook some delicious s'mores and exploring how we can use renewable resources as alternate sources of energy.



*Year 8 students using the Particle Model*

## Year 9 Science



As part of the "Body Systems" unit, the year 9 students have been learning about homeostasis, which is how the body maintains balance to function and stay alive. To understand homeostasis, students are studying the structures and functions of various body systems including the circulatory, respiratory, nervous and endocrine systems. The highlight for most students was when they dissected a sheep's heart, lung, and brain. Later, students will also examine neurons and investigate how the brain communicates with the rest of the body to complete everyday activities.

Hands on activities like these provide students with opportunities to develop their science inquiry skills which is important in the study of Biology. It also increases their anatomical knowledge and is important for practicing other skills such as teamwork, respect for the specimen they are dissecting, and to consolidate their theory knowledge.



*Year 9 students dissecting a sheep heart*

## Year 10 Science

In Year 10, students have been learning about motion. Starting with distance and displacement, they then moved on to speed and velocity. They produced their own data when some of them volunteered to run 50 metres, while others recorded the times every ten metres. The speed of the runners was then calculated and plotted. In the lab, students have been using a device called 'ticker timer' to measure the speed of a small test vehicle. They will use this information to find the relationship between force, mass and acceleration, for their unit on Newton's Laws.



*Year 10s exploring Hooke's Law*

## LSU Science

This term, both Junior and Senior LSU Science classes have been learning about all things chemistry! Students have been conducting a wide range of scientific investigations with a focus on the particles that make up matter. Experiments include rapid and slow physical changes, chemical changes, comparing densities of liquids and solids as well as planning and conducting individual experiments. Here is Hunter with an amazing density column, demonstrating the different density of various liquids!



Hunter demonstrating liquid densities

## YEAR 9 ECONOMICS

By Meya Sanchez and Mrs McKee

In Economics, the Year 9s have been learning about businesses and a part of our learning is to make our own small business in groups. For the past few weeks each group has come up with their own separate food product that they produced and sold at their stall. Our group has been working towards our idea of selling both chocolate and rainbow cookies.

The groups started with an idea and mission and looked at the skills in their groups on how people can contribute best for their skills. They then made marketing materials, assessed the risks and made and sold the food. This is a hands-on approach to learning about Economics. Students were able to demonstrate leadership and management skills as well as learning to be business savvy. Photos from some of the groups are at the end of the newsletter as there were too many good ones to fit here!

## CAREER NEWS

### TUGGERANONG COLLEGE SUBJECT selections

Lake Tuggeranong College (LTC) visited Lanyon High on Monday the 22<sup>nd</sup> of August to conduct subject selections for some of our students that are enrolled with LTC for 2023. Any students that have not enrolled into college for 2023 will need to enrol using the online form link at <https://www.education.act.gov.au/public-school-life/enrolling-in-a-public-school>, or you can contact the college directly. Those students who have missed their subject selection during the LTC visit, will need to go to the college. To go on site, you will have to call the reception at Lake Tuggeranong College and make a booking time. Lake Tuggeranong College onsite subject selection will be on week 7 and 8, time: 4 to 5:30 pm

### 2022 ACT CAREERS EXPO



After a two-year absence, it was great to have the Careers Xpo back! Rotary went to considerable effort to ensure the event was as COVID safe as possible, creating a great opportunity for students to gather up-to-date career information and study pathways. There were over 120 local and national exhibitors including universities, colleges, VET and career placement organisations, providing a wide range of information sources. All students that attended the event please complete a short survey [Click Here](#). Photos of this wonderful day are at the end

of the newsletter.

### ROTARY MOCK INTERVIEWS

Lanyon High school have booked Rotary to do mock interviews on Thursday the 8<sup>th</sup> September (week 8), 4:30pm- 7:30pm. Lanyon High School is committed to providing opportunities for students to develop pathways for success. As part of this commitment, we are working on job-readiness skills with Year 10 students through writing resumes and cover letters and participating in Rotary mock interviews. As well as providing valuable life experience, this forms part of their formal Pastoral Care assessment.

### HEAD START ASBA OPPORTUNITY

The expression of interest (EOI) process is now closed. Good luck to those students that have applied.

## COMMUNITY EVENTS

### LITTLE LANYON ATHLETICS



Saturday Mornings from 8 October 2022 9am

Kids into Sport



Venue: Banks Oval, Betty Maloney Crescent, Banks  
 Facebook: Lanyon Little Athletics ('Like' us)  
 E-mail: lanyonlittleathletics@outlook.com.au  
 Register at: www.lanyonlittleathletics.org.au

**Come and Try 8 October 2022**

Registration has opened and our season kicks off on Saturday 8<sup>th</sup> October, which is also a 'come and try' day.

Lanyon Little Athletics is an affiliated club for the 'Kids Into Sports' program, which caters to kids between the ages of 4 and 18 living in Tuggeranong who are wanting to participate in sport. The 'Kids Into Sports' program will cover the cost of the registration fee and uniform for kids in families who would usually not be able to afford to register their kids into a sport.

If your child is interested in trying a sport, or you have any questions, you can contact Renee via email at [lanyonlittleathletics@outlook.com](mailto:lanyonlittleathletics@outlook.com).

### ABILITIES UNLIMITED AUSTRALIA

**ABILITIES UNLIMITED AUSTRALIA**

*Building capability, capacity and confidence of children with diverse abilities to safely, actively and meaningfully participate in sport and physical recreation.*

*"MY CHILD'S SMILE SAYS IT ALL SHE IS SO HAPPY! SHE IS SO ENERGETIC, FUN, PATIENT, EFFICIENT, KNOWLEDGEABLE, KIND, TALENTED AND WONDERFUL WITH THE CHILDREN. EVERY PARENT LOVES THEM. YOU GUYS GET AN A++++."*

**EACH CHILD'S ABILITIES ARE EMBRACED AND NURTURED TO FOSTER AN ENVIRONMENT WHERE EVERYONE CAN LEARN, GROW, DEVELOP AND SHINE.**

- EMPOWERING
- INCLUSIVE
- WELCOMING
- EVIDENCE BASED
- TARGETED
- TRANSFORMATIVE
- WHOLE FAMILY FRIENDLY
- POSITIVE, FUN
- LIFE CHANGING

**SOCIAL INCLUSION AND CAPACITY BUILDING PROGRAMS**

**DEVELOP CONFIDENCE, SOCIAL AND EMOTIONAL SKILLS, BALANCE, STRENGTH, COORDINATION ENDURANCE AND SO MUCH MORE....**

**CYCLABILITIES**

**Step 1:** At Cyclabilities Balance and Glide build spatial-awareness, dynamic balance skills, and learn to cycle program through individualised 1:1 support.

**Step 2:** Cyclabilities On the Pedals is the gateway to starting your cycling adventure independently, ensuring strong road safety skills and knowledge.

**Step 3:** Cyclabilities Out the gates builds freedom, independence and endurance leading riders onto different terrains, up and down hills, along bike paths to experience 'real' cycling.

**SHREDABILITIES**

Shredabilities skateboarding program combines life skills, fun, freedom and creativity through skateboarding.

Builds resilience, self assurance and self esteem. Friendships are made and confidence soars.

Beginners and intermediate options available.

All 1:1 support in a small inclusive group setting.

**MOVEABILITIES**

Moveabilities is a peer group physical health and wellbeing program, creating pathways for inclusion for children with disabilities so they can develop strength, balance and fitness, confidence, positive wellbeing, make friends and connect meaningfully with the community.

**WATERABILITIES**

Waterabilities is an individualised, targeted and intensive drowning prevention and swim skill program, providing opportunities for children to develop social and communication skills whilst building swim biomechanics, swim movement patterns, balance, coordination, water safety and drowning prevention skills. In water components are 1:1.

[www.abilitiesunlimited.com.au](http://www.abilitiesunlimited.com.au)  
[info@abilitiesunlimited.com.au](mailto:info@abilitiesunlimited.com.au)

PHOTOS

CAREERS EXPO DAY PHOTOS



# YEAR 9 ECONOMICS FOOD STALLS

