



LANYON HIGH SCHOOL

NEWSLETTER

Term 3, Week 7 2021



PRINCIPAL'S MESSAGE

Welcome to term 3 – keep calm and stay safe

I hope that you are well and safe during this tumultuous time of lockdown and the challenges of transitioning to remote learning. Teachers are developing some amazing skills in facilitating digital learning and it's exciting to see the creative ways in which students are demonstrating their learning from home. It can be tricky to find the right balance in situations like these. If your child is struggling with the learning program, please encourage them to reach out to their Pastoral Care (PC) Teacher in the first instance, or you can contact them yourself. If your child needs a break from learning to focus on wellbeing it's ok for them to take some time as parent approved leave over the coming days and weeks. Just email the student absences email address, as you normally would when you child needs to take some time.

Follow us 😊



Community supports, including food
pantry
Wellbeing advice
Celebrations of success and fun

Unfortunately, activities such as the week 10 wellbeing excursions, Year 10 Rotary interviews and LanFest will not be able to go ahead. We are working on ways that we can still incorporate some fun activities and celebrations through various digital platforms. Our business manager is organising refunds for any payments that have been received.

Communication, Mid semester reports and Parent-Teacher Phone calls

Communication at this time is essential to ensure that students can proceed with their learning and are engaged with their virtual activities. If students have questions or concerns, they should email or message their teacher as soon as possible. All of the email addresses of teachers, including Pastoral Care (PC) teachers, are on the Lanyon High School Remote Learning site (see below). PC teachers' details can be found by clicking on the Wellbeing Support and PC link, then Contact Us. The front office is staffed from 8.30am to 3.30pm each day, and so parents are encouraged to call or email if you have concerns or questions. The front office staff will then organise for a message to be sent to the most appropriate person.

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

Upcoming Events

17 September: Last day of Term 3

5 October: First day of Term 4

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](https://www.facebook.com/LanyonHighSchool)



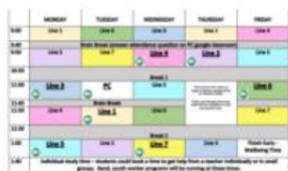
[@LanyonHighSchool](https://www.instagram.com/LanyonHighSchool)

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.

Lanyon High School Remote Learning site

The LHS Remote Learning Site is available to all community members. There are a range of resources, IT support, contact information and guides to assessment tasks available. Please take some time to familiarise yourself with the wealth of information available. Staff will continue to add resources throughout the remote learning period. Congratulations to Rebecca Cusick who constructed this site from scratch within a few days.

Find Information for the following:



[General Information and Timetable](#)



[Wellbeing Support and PC](#)



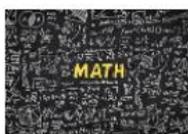
[Tech Support](#)



[English](#)



[HASS](#)



[Math](#)



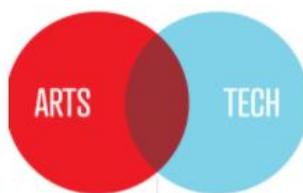
[Science](#)



[HPE](#)



[Japanese](#)



[Arts/Tech](#)



[LSU](#)



[Enrichment Centre](#)

Mid semester reports will be issued as usual on Wednesday 1 September. Parent-teacher night will be replaced with Parent-teacher phone calls. Included with the Mid semester report will be instructions for how to request a phone call from your child's teachers. These phone calls will occur throughout weeks 9 and 10. It's important that these are kept to a strict 10-minute time limit to ensure that teachers have enough time to make all the requested calls.

All of the Lanyon High School staff are sending you encouragement and best wishes. Stay safe.

Barbara Monsma
Principal



SCIENCE

In Year 7 Science, students have been learning about the relative positions of the Earth, Sun and Moon, and how this affects phenomena on Earth. During the first week of online learning, students have been reviewing all content covered for the Earth and Space unit in term three as preparation for an upcoming assessment. This includes creating a class diary observing phases of the Moon during a complete lunar cycle and exploring questions like what causes tides on Earth and why do we only see one face of the Moon.



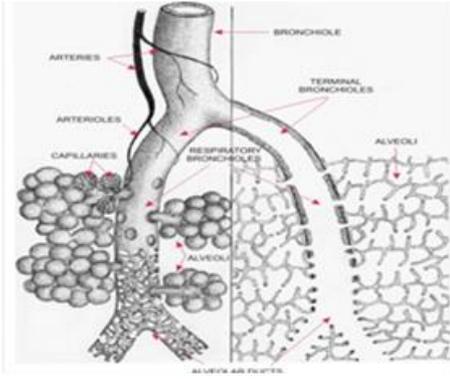
The Chemistry unit for Term 3 in Year 8 Science includes learning about physical and chemical changes, as well as using the Particle Model to explain the properties and behaviours of substances. Students measured the amount of carbon dioxide produced from the chemical reaction of acetic acid and sodium bicarbonate; they also verified experimentally the expansion of brass that occurs when temperature is increased. They determined the density of various materials, and imploded aluminium cans using the change of state of water

Diagram:

Diagram:

from gas to liquid. After a thorough revision, students will complete their first summative assessment, which will be followed by modelling the arrangement of particles in elements and compounds and locating elements in the Periodic Table.

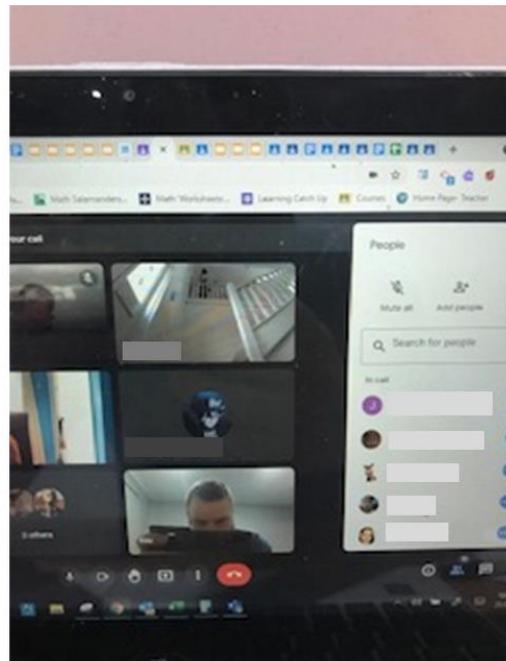
In Year 9 Science, the students have been learning about the overarching topic of biological sciences. We started with looking at what something that could be considered alive would look like and why, before moving onto a few of the different body systems. Students participated in practicals around diffusion with varying degrees of success before moving onto dissecting a heart and observing a dissection of lungs, a heart and a liver to see how the 3 organs are all connected together. Students are currently completing a research task on homeostasis and how our bodies keep us healthy. We will be moving onto looking at ecosystems and starting to delve into how an ecosystem is very similar to a body system.



Year 10 are unable to conduct their motion experiment in the lab at school so alternative methods are required in order to conduct the experiment at home with household products. Mr Woolnough made a short video with his trusted assistant (pictured) showing the students some of the items that they could consider using to complete their assessment task.



Students in the LSU have been investigating flight and parachutes during remote learning. Despite being at home they have showed creativity in conducting experiments on parachutes with household materials.



CHRIS BOND – PARALYMPIC GAMES

This week Chris Bond, who our Year 10 house is named after, is representing Australia in the Wheelchair Rugby at the Tokyo 2020 Paralympic games! Lanyon High wishes him the best of luck and are excited to cheer him on from lockdown in Canberra!

Wheelchair Rugby Game Schedule
Yoyogi National Stadium
25th - 29th August 2021

TRAINING	POOL	FINALS
Monday 23 August 4pm Practice Match - AUS v CAN	Wednesday 25 August 2pm AUS v DEN	Saturday 28 August FINALS DAY 1
		11.30am 7th - 8th Playoff
	Thursday 26 August 5.30pm FRA v AUS	2.15pm Semi Final
		5.30pm Semi Final
	Friday 27 August 2pm AUS v JPN	8pm 5th - 6th Playoff
		Sunday 29 August FINALS DAY 2
		2pm Bronze Playoff
		4pm Gold Playoff
		8pm Medal Ceremony



Chris Bond with Lanyon High students during his visit in July

CHANGES TO GIVING PROJECTS

Each year, our Year 9 Students participate in giving projects, aimed at giving back to our community. Due to the current covid situation these giving projects have been changed to allow student the opportunity to continue these while at home.

The new Individual Giving Projects focus on students being able to give back to their own families or neighbourhoods by doing things like:

- Cooking a meal for the family
- Walking the dog
- Looking after siblings to give their parents a break for a while
- Picking up rubbish along their street
- Or other household tasks that they don't normally complete

We hope that students can see the impact even small scale giving can have on others. For more information, Year 9 students can contact their PC teachers.

STAFF PROFILE: TAYLOR FITZGERALD, INDIGENOUS EDUCATION OFFICER

Taylor Fitzgerald is the Indigenous Education Officer at Lanyon High School and is here to support cultural integrity and spread awareness of First Nations culture and history among the staff and students at the school. Taylor's main role is to support teachers by sharing cultural knowledge and perspectives, and by consulting with teachers on the development of curriculum. She also works with families and the community, and runs a Cultural Integrity Group for any interested students during Enrichment.

During remote learning she is working closely with families to support First Nations students, and will be running regular Google Meets for all First Nations students.

Taylor is an activist, survivor and proud Kamilaroi woman who honours both her Aboriginal and Maltese background. She wants to support all people, including her Aboriginal and Torres Strait Islander mob, in living their best lives. She enjoys painting, going on adventures and travelling the world.



During her time at Lanyon High School, Taylor hopes to increase understanding of First Nations cultures and



support teachers to implement Aboriginal culture and education practices effectively. Taylor hopes to give Koori kids a platform to speak and to see more cultural integrity within the environment. Her commitment to her goals was shown in her acknowledgement as the 2021 NAIDOC Youth of the Year (pictured here with her award and her mother Tammy).

MENTAL HEALTH AND WELLBEING

This is a difficult time for our community, and we understand you and your family may be experiencing anxiety or concern as we move to alternative methods of delivering education. Wellbeing of students is our utmost priority. If you would like to discuss how the school may be able to support your student's emotional or psychological wellbeing please reach out. You can contact your child's Pastoral Care Teacher or Pastoral Care Advisor via email. Alternatively you can contact the Student Services Executive teachers Ms Townsend or Ms Menzies to talk about concerns and supports we can offer, including the Youth workers and the School psychologist who continue to provide support to students during lock down.

Here are some links to resources you may find helpful:

- [Balancing online schooling and working from home](#) for families
- [How to cope with stress related to COVID-19](#) - factsheet for young people affected by stress related to COVID-19
- [Kids Helpline](#) is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25
- [ReachOut](#) is the most accessed online mental health service for young people and their parents in Australia

CHANGES TO TRANSPORT CANBERRA BUS TIMETABLES

In response to the current COVID-19 lockdown in the ACT, Transport Canberra will commence an interim bus timetable from Wednesday 25 August 2021 until further notice.

The COVID-19 situation in the ACT continues to evolve with an increasing number of Transport Canberra bus drivers required to comply with ACT Health directions and unable to attend work.

They are introducing these changes now to ensure regular and reliable services can be delivered for essential workers and their children without putting any further pressure on our workforce.

The interim bus timetable provides a high level of frequency with all local services and the Rapid 10 running at least every 30 minutes and all other Rapids running at least every 15 minutes during the day and around every hour after 8pm during the week.

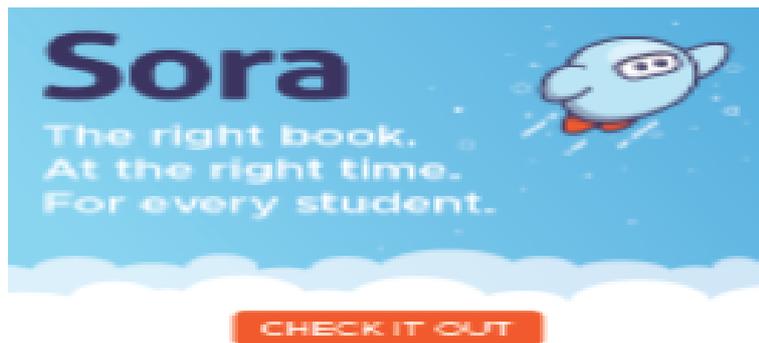
While the timetable sees a reduction in services it still provides enough frequency to get people that rely on public transport where they need to be. Weekend services and light rail frequency will remain the same.

School bus services

Dedicated school bus services will not be running during this time. Many students already travel to school using the regular network which still has good frequency during school travel times. For students that rely on dedicated school buses Transport Canberra is providing a bespoke service that students must be registered for through their school. When you register your child to attend a school site, you will be asked about the need for them to use a dedicated school bus to get to and from school.

Special Needs Transport

Special Needs Transport continues to run for those families that need this service.



Getting started with Sora

With Sora, you can borrow free [e-books](#) and audiobooks from the central **ACT Education Directorate** collection. More than 7,000 e-book titles and 1,000 [audiobooks available](#) for recreational reading. Borrow up to 10 resources at a time! Loan period is two weeks with an early-return option for those quick, enthusiastic readers. Need a bit more time, then use the renewal option if no one has placed a HOLD (reserve).

Step 1

Go online to soraapp.com. or install the free Sora app from the [Apple App Store](#) or [Google Play Store](#)

Step 2

In Sora, in *Find My School* enter the set-up code **ACT Education Directorate (NOT the individual school name)**, then, sign in using your school, individual login credentials, ie. student ID number and password or the staff Schools net account and password.

Step 3



Browse the **Explore** tab and borrow an e-book or audiobook. Your book will open so you can start reading or listening right away.

Step 4



Close the book and go to **Shelf** & see all your books (up to 10!). From there you can:

1. Select **Open book** or **Open audiobook** to read or listen to the book.
2. Select **Options** to renew or return the book.



let's talk

headspace Tuggeranong

Find out more about headspace
Tuggeranong and how we can help

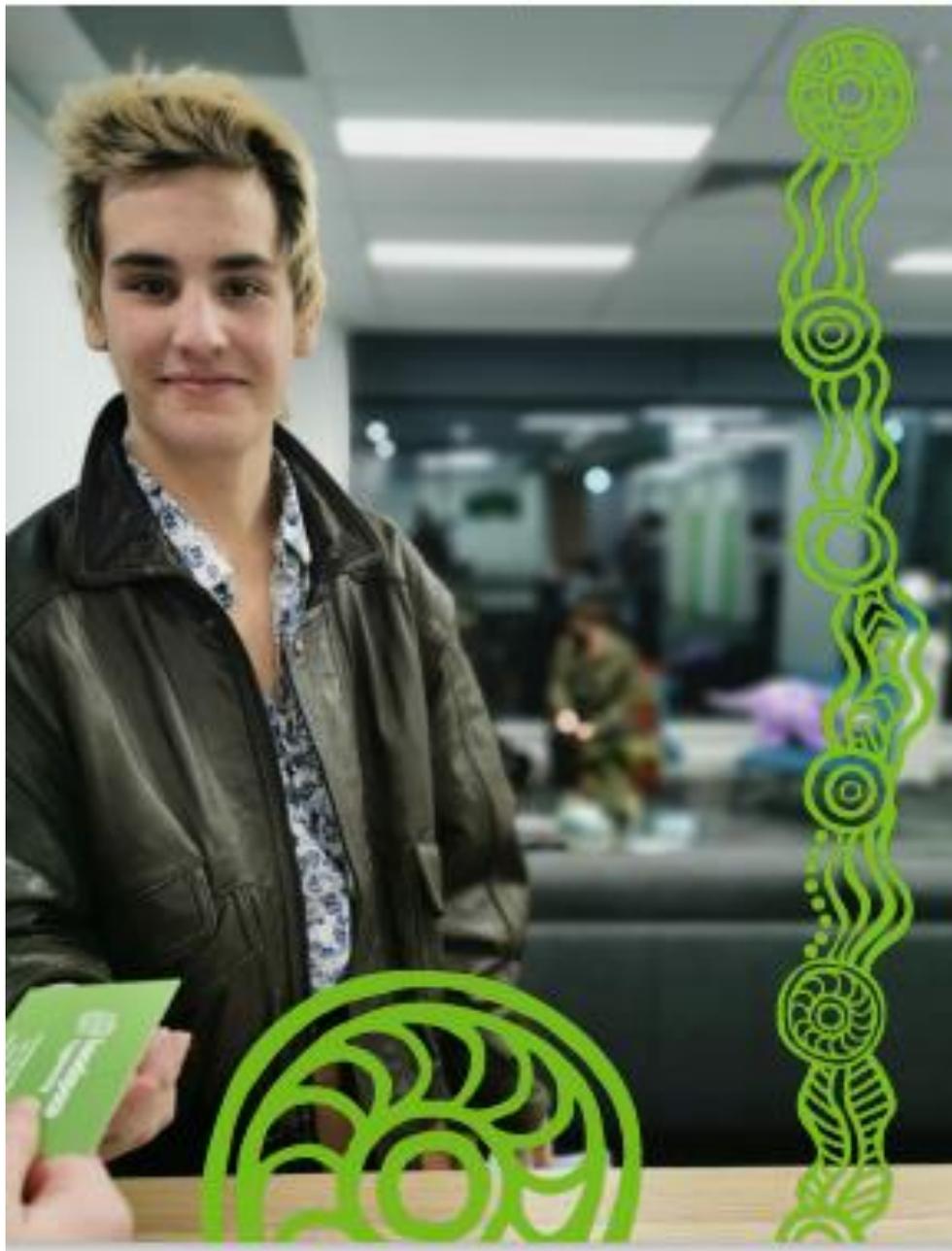
Level 1

167 Soward Way

Greenway, ACT, 2900

PH 02 6298 2900

headspace.org.au/tuggeranong





frequently asked questions

What does headspace Tuggeranong help with?

- mental health and wellbeing
- work, school and study challenges
- alcohol and other drugs
- physical and sexual wellbeing



How much does it cost?

headspace Tuggeranong is a free service for young people aged 12 - 25.

How long will I have to wait?

You can attend our Wellbeing Group, and book in as soon as you are connected with us.

Waiting times for individual appointments can vary. We will let you know when you call.

How do I make an appointment?

All, you, a friend, family member or support worker need to do is call up, email or walk in to arrange a time.

Who will my appointment be with?

You will meet with a youth focused worker who will help connect you to the supports you are looking for.

