

Newsletter Week 4, 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

All welcome at Meet the Teacher next week

We're excited to invite **ALL parents/carers and their children along to 'Meet the Teacher' next Tuesday from 5pm till 6.30pm**. It's a very informal event with tea/coffee and the opportunity to mingle with staff and have a chat. The purpose of the evening is to get general information about the subjects your child/ren is studying and to put a 'face to the name' in terms of your child's teachers. If you need to have a more in-depth conversation about your child's progress then parent-teacher night occurs in about 5 weeks (week 10). If your concerns are more urgent then talk to the relevant teacher in order to make a time for a phone call to discuss this. You should have been emailed a copy of your child/rens timetables which should help you to find the correct teachers when you arrive. There will also be plenty of signage with staff photos.

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

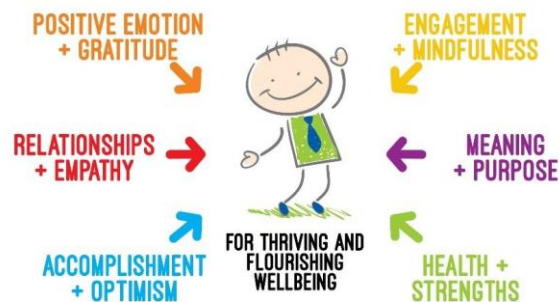
Staff have now updated the curriculum documents for this semester 1. Within these you will find a broad overview of the topics the students will study, along with the relevant Achievement Stands against which students are assessed for academic reports. Major assessment tasks are listed and it's important 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

School Improvement Plan 2022 – 2026

The school is now in its third year of its [School Improvement 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.

In order to develop the skills necessary to live and learn successfully we've been implementing a student wellbeing diary for Year 7 and 8 students with a focus on positive psychology using the PERMAH framework. The PERMAH framework is based on the psychological model of **positive psychology**. This is where students develop skills and understandings to foster good mental health and wellbeing, a positive outlook and optimism for the future. Staff have received training and will continue to do so to ensure that we have the skills necessary to develop our year 9s and 10s in their understanding and application of the elements of PERMAH shown below. We measure the impact of this through in-class surveys, feedback during Pastoral Care lessons and the ACT Education Directorate's Climate and Satisfaction Survey that occurs in August of each year. Last year around half of the year 7s provided feedback about the diary, which was important as it was the first time the school had used it. Their feedback was that it was helping them be organised and to identify areas for improvement for themselves in the future. They also let us know that it would be beneficial to use the diary across all subject areas. Click on the link for more information about the PERMAH model and the diary; <https://learningcurve.com.au/wellbeing-program/>



P	POSITIVE EMOTION + gratitude -	creating positive emotions in yourself, contesting negative emotions with self-talk and being grateful for the people and what you have in your life.
E	ENGAGEMENT + mindfulness -	connecting with yourself to be curious to learn more, noticing something different about every day and involving yourself fully in what you love doing.
R	RELATIONSHIPS + empathy -	creating and maintaining respectful relationships, showing that other people matter to you and having empathy for their needs and feelings.
M	MEANING + purpose -	finding meaning in something which is your reason for getting out of bed, and starting every day with a sense of purpose to make a positive difference to the lives of others.
A	ACCOMPLISHMENT + optimism -	having optimism and hope for your future, writing down goals as your pathways to becoming your best self and deliberately practising to accomplish them.
H	HEALTH + strengths -	looking after your Big Five to be healthy, and using your strengths to be optimistic and hopeful that you are working towards becoming you're your best self.

NAPLAN and the school value of Resilience

NAPLAN (National Assessment Program for Literacy and Numeracy) will take place from 13 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 skill that can be developed through practice.** Another way to build resilience is to take the time to think about our own thought processes – they ways in which was 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).



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



Food Technology



Step into the flavourful world of food education, where our students are stirring up excitement and honing their skills in the kitchen!

In Year 8 Food Technology, budding chefs have embarked on an eye-opening journey into sustainability with the OzHarvest program. They've delved into the issues of food waste while learning essential knife skills. Their first week in the kitchen consisted of their first creation – Vegetable sticks paired with tzatziki dip.

Meanwhile, in Year 9 and 10, our aspiring chefs are diving deep into the vibrant realm of hospitality. From mastering various cooking techniques to designing menus and the art of cake decorating. With each dish they create – from Acai bowls to Banh Mi Vietnamese rolls and Charcuterie boards – they're not just refining their skills but also broadening their understanding of the diverse culinary world.

Stay tuned for more savoury updates as our students continue to cook up a storm!



Design and Technology Woodwork

So far this year, students have had the opportunity to try something different by developing their skills using technical drawing. Students have had the opportunity to become familiar with using a Tee Square, drawing boards and clips, along with set squares and a compass. Initially students found drawing by hand using the various tools an alien experience, however, they have begun to understand the principles of technical drawing and been able to advance their skills producing some excellent drawings that meet industry standards.

Students will soon have the chance to complete their safety tests and then progress into the workshop where we will have the opportunity to develop skills working with woodworking hand tools. The enduring learning that is being instilled through this course of study has been attention to detail which many students have begun to embrace. It is this learning that students will be able to apply to all aspects of their life. It has been a pleasure seeing the students embrace this concept.

Mark Rasmussen

Year 7 Textiles



Year 7 has had a fabulous start to the year learning about and applying the principals of design to a range of tasks. The class has begun to learn the skill of hand sewing and is building their knowledge in machine sewing to prepare for their tote bag assignment.

Library News



It's almost halfway through term 1, and we are well and truly back in the swing of things. This newsletter, I thought I would talk about Sora for any new families that have not yet heard about it.

In addition to our physical library, we also have access to the Sora digital library, free for all students. This can be accessed through Soraapp.com and is a great way to get access to a variety of books and even audiobooks. Instructions for setting up an account are in the library, but the most important part to remember is to search for your school manually and select "ACT Education Directorate" rather than the actual school name. This will give students access to a library shared across the whole of the ACT with a wide variety of titles.

Whether you are reading digitally or hard copy, I wish you all wonderful adventures in literature this year.

Year 8 'Runner' - a school community service

During year 8 each student is asked to contribute to the smooth operation of the school by being a 'runner' twice per year. The runner provides a community service to the school by doing tasks that support the work that goes on in Student Services and sometimes in the front office. The runner might do such tasks as; deliver notes around the school, fold pamphlets/folders or organise spare uniforms. All year 8 students are invited to contribute to this service, however they can choose to 'opt out'. They might also choose to do this for part of the day in order to attend a particular lesson. If you do not wish for your child to participate in this activity, please contact the front office.

Meet the Student Support Services Team @ Lanyon High School

The Student Support Services Team consist of Student Services, Pastoral Care and Flexible Learning. All students have access to these services through a referral system that can be accessed by all Lanyon staff. If you feel that your young person would benefit from a connection with us, please reach out to the Pastoral Care Teacher or Advisor in the first instance. I would like to introduce you to the team.

STUDENT SERVICES TEAM

Deputy Principal of Students, Shannon Carnovale

Hello, my name is Shannon, and I am the new Deputy Principal of Students. I started at Lanyon in Term 4, 2023 and I am loving my new role and being a member of the Lanyon community.

Prior to coming to Lanyon, I have worked in ACT Public Schools for nearly 25 years, all over the ACT region. What I love most about working in schools is having the opportunity to focus on student wellbeing and look for ways to engage young people in learning on and off site.

I live in Tuggeranong and attended Tuggeranong schools as a young person, coming to Lanyon kind of feels like coming home.

I am a firm believer of the role students, families and the school play in the success of our young people and I am committed to public education. Please reach out if you would like to chat, I enjoy meeting with families and working collaboratively to improve student wellbeing and academic outcomes.

E: Shannon.Carnovale@ed.act.edu.au



1 - Deputy Principal of Students, Shannon Carnovale

Executive Teachers Student Services, Emma Menzies & Stefan Andonovski

Hi, I'm Emma Menzies and I am one of the executive teachers for student support services at Lanyon High school. I also teach in the Arts and Technology Faculty where I get to indulge my creative side.

I have worked at Lanyon High School for over 10 years in a variety of roles and have a strong sense of connection to this school and community. I believe in creating flexible pathways for all students to achieve success that have incorporated high expectations with high levels of support.

E: emma.menzies@ed.act.edu.au

Hi, I'm Stefan Andonovski and I am the other executive teacher for student support services at Lanyon High school. I am an Arts and Technologies based teacher and currently teach Digital Technologies.

I moved up to the ACT from Victoria in 2023 and have been at Lanyon High School since. I strive to provide and engage students with all possible opportunities in recognising that the world is an ever-changing place.

E:Stefan.Andonovski@ed.act.edu.au



2 - Emma Menzies



3 - Stefan Andonovski



4 - Mel Gordon

School Youth Health Nurse: Mel Gordon

Hi, I'm Mel - the School Youth Health Nurse at Lanyon this year. I'm based in Student Services on Mondays, Tuesdays and some Wednesdays. I am available for anyone in all grades to come and see me voluntarily. Some specific things I can chat to students about include:

- Concerns or information around relationships
- Alcohol & other drugs
- Sexual and reproductive health/menstruation
- Body image/eating concerns
- General health
- Mental health/wellbeing information

Please feel free to come past my office and book in to see me, otherwise you can speak to your teacher, PC advisor or Student Services who can let me know. You can also find me in the Enrichment Centre on Monday and Tuesday first break for *SnackChat Vibes*. I look forward to meeting you.

E: melaniea.gordon@act.gov.au

School Psychologist, Barbara Roche

Hi, I'm Barbara - this is my second year as the School Psychologist at Lanyon High School. I am very excited to be back working alongside the Student Services Team to assist students to thrive in the school environment.

I'm based in Student Services 3 days a week, Tuesday, Wednesday and Thursday. Referral to the School Psychologist is most often made through the Student Services Support Team.



5 - Barbara Roche

Pastoral Care Team

Executive Teacher Pastoral Care, Johanna Davies

Hi, my name is Johanna Davies and I am the Executive Teacher for Pastoral Care and HPE. I have been teaching at Lanyon High for 24 years and love being a part of this community, even teaching children of students I taught previously. I am located in the Gold staffroom.

I work closely with the Pastoral Care Advisors of each year group to develop the Pastoral Care Curriculum, which is aimed at developing the positive wellbeing of our students.

E: Joh.Davies@ed.act.edu.au

Pastoral Care Advisors, Year 7 Sophie Bark, Year 8 Maddie Clayden, Year 9 Paige Wells & Year 10 Mark Rasmussen.

Hi, my name is Sophie Bark and I am the year 7 Pastoral Care Advisor. I am really looking forward to getting to know all of our new year 7s at Lanyon High School. I can't wait to see what this year holds and to see the year 7s adapting and thriving at high school!

Hi, my name is Maddie Clayden and I am the Year 8 Pastoral Care Advisor. I was the year 7 PCA last year and am looking forward to guiding & supporting the year 8s this year. I can't wait to see what the year 8's can achieve this year at Lanyon High School.

E: Madeleine.Clayden@ed.act.edu.au

Hi, my name is Paige Wells and I am the Year 9 Pastoral Care Advisor. While I have only taken on the role this year, I have taught a lot of these students in previous years. I am looking forward to guiding this awesome year group through their senior years at Lanyon High School!

E: Paige.Wells@ed.act.edu.au

Hi, my name is Mark Rasmussen, I am the year 10 Pastoral Care Advisor (PCA). I have been the PCA for this cohort of students for the past 3 years and have enjoyed watching them grow and develop into young adults ready to chase their dreams.

I am very much looking forward to seeing our year 10's graduate at the end of this year and will see their success as testimony to the amazing team of Pastoral Care teachers that have helped to guide this cohort through the highs and lows of their time at Lanyon High School.

E: Mark.Rasmussen@ed.act.edu.au



6 - Joh Davies



7 - Sophie Bark



8 - Maddie Clayden



9 - Paige Wells



10 - Mark Rasmussen

Flexible Learning Team

Executive Teacher, Flexible Learning, Lyndsey Houghton

Hi, my name is Lyndsey and I am the executive teacher who looks after the flexible education areas at Lanyon High School. I am originally from the UK and I have taught in many different countries and cities but have been settled in Canberra for the last 6 years.

I love working with our young people and offering support and solutions to help them overcome boundaries and engage in their learning in a way that is meaningful and relevant.

E: Lyndsey.Houghton@ed.act.edu.au

Youth Support Workers, Marcus Baker-Stewart, Jess Haythorpe & Zach Carew

Hi everyone, I'm Marcus, and I've been part of the Lanyon High team for almost a year now. Before that, I've spent five years working with and supporting young people.

My passion lies in unlocking the potential of our youth. I firmly believe that with the right support and encouragement, they can achieve great things. Creating a safe and supportive environment for all students is my priority.

Looking forward to continuing this journey together!

Hello, my name is Jessica and I've been a Lanyon lover for 15 years now! Meaning, I have been a Youth Support Worker here at Lanyon High School since 2009... which is officially before half of the students here now were born!

I'm passionate about working with young people to support their mental health and wellbeing. I love group work and spreading joy!

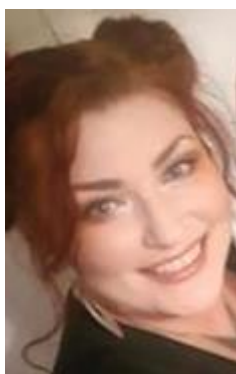
Hello, my name is Zach, I am privileged to be a Youth Worker at Lanyon High School for my third year.

My commitment is rooted in a profound passion for supporting and advocating for our students. I am devoted to understanding their unique challenges, aspirations, and striving to create an environment where they feel empowered to flourish.

My goal is to foster a sense of belonging, providing the necessary guidance and encouragement for each student to confidently pursue their dreams.



11 - Lyndsey Houghton



12 - Jess Haythorpe



13 - Zach Carew

Breakfast @ Lanyon High School

Lanyon High School would like to thank the Lions Club for generously financing our *Breakfast Club*. This is available on Monday, Wednesday and Friday before school for students to get some food before the day starts.

Lunch time timetable for the EC

The Enrichment Centre is a safe supportive space that is open during break times Monday-Thursday for students to connect with our Youth Support Workers and their peers. We encourage students to come along and have a chat! Junior sessions are for Year 7 and 8 students and Senior Sessions are for Year 9 and 10 students.

Enrichment Centre Break Time program					
Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	All Welcome		All Welcome		All Welcome
Break 1	Juniors	Seniors	Juniors	Seniors	
Break 2	Seniors	Juniors	Seniors	Juniors	

Need some support?

Students can fill out one of these forms and drop into Student Services. They are available at Student Services and the Front Office. Once received, the Flexible Learning Team will find a time and chat and see if we can help.

Need a chat?

Who: Lyndsey/Jess/Marcus/Zach: This is a preference and may not be possible.

Need to talk today/this week

The Future of Education Equity Fund

From 17 January 2024 families can apply for the Future of Education Equity Fund for the 2024 school year. Eligible low-income ACT families can receive one-off payments for financial assistance to help cover the costs of their children's educational expenses such as sport equipment and activities, music lessons, school uniforms and excursions.

The Fund is open to eligible students enrolled in preschools (attached to a school) through to Year 12 in the ACT. Further information is available at <https://www.education.act.gov.au/support-for-our-students/financial-and-resource-assistance-for-families>.

The following payments are available to those who meet the eligibility criteria:

- \$400 for preschool students
- \$500 for primary school students
- \$750 for high-school and college students.

Here is the link to the form that families will need to complete <https://educationact.smartygrants.com.au/studentequityfund2024>

Medical Forms

Please remember to bring in your child's medical forms. Even if you gave one last year, an updated one is required every year.

Contact Us

Lanyon High

20 Heidelberg Street

Conder, A.C.T, 2906

Phone: [6142 1800](tel:61421800)

Absences: [6142 1800](tel:61421800) or lanyonHSstudentabsences@ed.act.edu.au

Email: lanyonHSinfo@ed.act.edu.au

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

Find us on Facebook <https://www.facebook.com/LanyonHS.OfficialPage>.

Find us on Instagram <https://www.instagram.com/lanyonhighschool/>.