

PRINCIPAL'S MESSAGE

Welcome to Term 4

I hope that you all were able to have an enjoyable holiday with some of the restrictions in Canberra relaxing a little in recent days. We still have a few weeks of remote learning to go before students return to the school. Year 7 and 8 students would have commenced a new arts or technology subject at the start of this term. Year 8s and 9s have been provided information about elective selections for 2022. Year 10 are continuing to work through their last term of high school, making plans for next year – very exciting and a little nerve racking. We will continue to work with students and families to support you in learning so that the transition back to school is as smooth as possible. Staff are also continuing to conduct meetings and other school activities online, but we are really excited about being able to see our students, and each other, face to face.



Along with this newsletter is a letter from myself and the Education Directorate with some additional information about **assessment and reporting for this semester**. We are committed to working with you and your child to ensure that their learning continues. We also acknowledge that remote learning has had impacts on the continuity and access to learning for all students, and that this varies quite a lot across our community. Please read the letter for more information about how we will be making adjustments to assessment and reporting strategies and approaches.

In **staffing news**, we bid farewell to Mr Scott Ridd and Ms Ebony White who have left us to seek other opportunities. We welcome Ms Nicolette Kavanagh and Ms Melissa McKee to Green Faculty who will be taking over most of their classes. There have been some re-arrangement to teacher programs to adjust for this, so if you have any questions or concerns, please contact the executive teacher of Green, Ms Jessica Klein.

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Principal: Barbara Monsma

Deputy Principal: Rebecca Cusick

School Board Chair:

Andrew Windsor

P&C President: Cath Windsor

Upcoming Events

Week 4, 25 October:

Yrs 9 & 10 return to school

Week 5, 1 November:

Yrs 7 & 8 return to school

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)

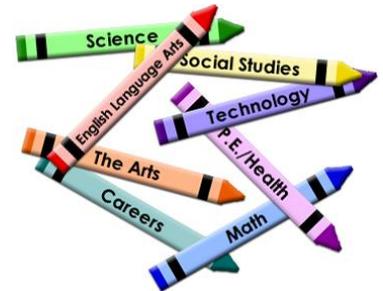
Lanyon High School acknowledges the Ngunnawal people, the traditional custodians of this land. We would also like to pay respects to the United Ngunnawal Elders Council and to the Elders, both past and present of the Ngunnawal nation. We would also like to extend that respect to other Aboriginal and Torres Strait Islander people in our community.

Return to school plans

Over the next two weeks the school will be working through a range of factors in order to ensure a smooth transition back to school, and an environment that is as safe as possible for all staff and students. **You will receive an email at the end of week 2** with more detail about the following; mask wearing, hygiene, ventilation, wellbeing supports, potential changes to break times and the timetable and a number of other issues. Please read this carefully and discuss this with your children to help them understand what will be happening when we return to school.

Year 8 and 9 – Elective choices and course information

In week 2, the current year 8 and 9 students will make their selections for their electives for 2022. A video and the Course Information booklet have been provided to students and can be found in the link below on the school's website. Once we have the student's elective choices we can then 'build' the timetable. Please take some time to have a look at the subjects on offer, as there have been some changes. Also have a look at the Year 10 Certificate Policy and Graduation Points system.



https://www.lanyonhs.act.edu.au/Curriculum/senior_course_selection

https://www.lanyonhs.act.edu.au/data/assets/pdf_file/0008/488357/Year_10_Certificate_Policy.pdf

NAPLAN

During this last week you should have received your child's NAPLAN report (for year 7 and 9 students). I hope that you will find that this report gives you some information about your child's literacy and numeracy progress. It is one piece of information that gives us some indication of how individuals and groups of students are progressing. We analyse this progress data along side a range of other information to help inform teaching and learning as well as identify students who might need additional support or extension. Click on the link below for more information on how to interpret the NAPLAN results. **If you have any concerns about the report or your child's results, please contact their English and/or Mathematics teacher in the first instance.**

<https://www.nap.edu.au/results-and-reports/how-to-interpret>

Over the last four years the school's strategic plan has included the goal; To improve reading, writing and numeracy. NAPLAN results are one tool that we use to measure the **growth of students from year 7 to year 9**. Below is a graph that shows how our students have grown over the last 2 years of schooling. The average score for **writing** year 7 in 2019 was 472. The same cohort of students, now in year 9, achieved an average score of 526 – **an increase of 54 points**. This is a great achievement for our students and the teachers who have worked hard to increase their skills and support student learning. From this graph, we can also see that Grammar and Punctuation is an area for future focus.

Average Scaled Growth - School Compared to SSSG and State



*SSSG = Statistically Similar Schools Group

We look forward to having our staff and students back onsite in the coming weeks. Stay safe.

Barbara Monsma
Principal



JUNIOR TEXTILES

Students used the design process to design and construct a textiles item. They got creative with the resources they had available and completed a design folio to support their project.



By Ella B



By Miranda H



Paiton



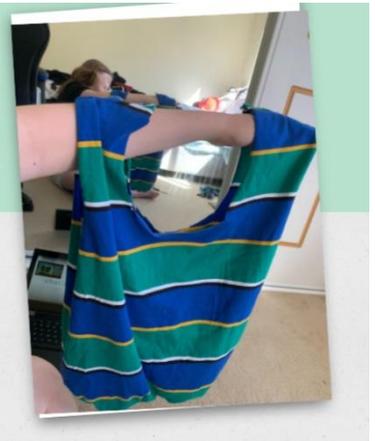
Cady



Mischa

SENIOR TEXTILES

In senior Textiles we have been looking at the impact of “fast fashion” and how as a society we can be more sustainable by reusing, recycling and repurposing Textiles instead of sending them to landfill. Below are some “Odd sock” creations and Repurposed T-shirt bags



SENIOR FOOD

In Food technology students have been researching dietary diseases and creating recipes and meals that are suitable for a person suffering from their researched condition. Students were tasked with creating an informative pamphlet or website to show their findings and share their recipes and food images.



being diabetic limits what you can and cannot eat such a wholemeal bread, lots of carbohydrates, lots of sweeteners, and many more so for a balanced diet and healthy alternative I have chosen Green pea paratha it is a healthy and delicious bread that originated from Asia but the recipe was not diabetic-friendly. I have done some research and have modified the original recipe for the diabetics out there that can't have this dish cause of health reasons this dish includes seed, peas, chilies (optional), and low fats. this dish has many benefits such as being good for your heart and good for diabetics. (wouldn't eat it every day).

[For the recipe click this link](#)

<https://www.vegparatha.com/>

Heart Disease

what is heart disease?
Heart disease is also known as cardiovascular disease. Heart disease is a broad term for problems that affect the heart. It can be fatal.

Symptoms include:
Shortness of breath, chest pain and or tightness, irregular or heartbeat palpitation and lightheadedness.

How to reduce the risk of heart disease.
reducing your risk of heart disease doesn't have to be hard. Easy ways in reducing the risk for heart disease include:
healthy eating
exercise
stop smoking and weight loss are ways that are effective and scientific proven to reduce the risk of heart disease, quality of life and increase your life span.

What should I eat?
A study from Harvard T.H. Chan school found that diets that contained high fruit and vegetable content with low sugar and saturated fats had a much lower risk of developing heart disease. saturated fats are not good for your body as they raise your cholesterol level which is a primary factor in heart disease.

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Did you know
more than 200 million people
are suffering from
osteoporosis

AND ONE OF THE MAIN REASONS IS THAT THEY HAVE A LOW CALCIUM INTAKE LEADING TO SYMPTOMS LIKE BONES THAT BREAK EASIER AND SEVERE BACK PAIN

BUT WE CAN HELP BY MEETING THEIR DIETARY REQUIREMENTS WHICH ARE FOOD THAT IS LOW IN SALT, RICH IN FRESH AND MINIMALLY PROCESSED WHOLEGRAINS, FRUITS AND VEGETABLES AND HIGH AMOUNTS OF VITAMIN D AND CALCIUM WITH LOW CAFFEINE

JUNIOR WOOD

The junior wood completed a design challenge called float your boat. Here are some of the solutions that the students came up with.



Eli



Ashley



Anastasia



Meisha



Kyle

SENIOR WOOD/FURNISHING

Our furnishing students began the first semester well, embracing the skills required to cut timber joints of varying complexity, accurately and efficiently as they worked their way towards undertaking their project. Online learning has then allowed us to redirect our energies towards a project of a different nature, but one that allows us to meet many of our learning outcomes without being face to face. The students have been tasked with the construction of a bridge. Within the design brief, the students must adhere to the limited materials listed, and the constraints of the design to mimic real world budget and design restrictions. The students then document their processes in a written report detailing how and why they have arrived at their design solution. This is a fantastic opportunity for students to test and then retest their design and then to reflect on the decisions that they have made along the way. I look forward to the return of face to face learning for our furnishing students as the bridges will then be tested until destruction and we will be able to crown our inaugural bridge building champion.

DESIGN AND CONSTRUCTION

Our design and construction students were given a task to design and make a prototype of a coin sorting money box. Here are some of the solutions that students came up with.



Joseph



Alannah



April