

### PRINCIPAL'S MESSAGE

#### Wishing you a restful and safe April break

Last night's **parent-teacher night** was well attended and had a productive and positive vibe. I had an interesting conversation with one parent who asked if they were supposed to bring their child along. I explained that bringing your child to parent-teacher night is optional and at the discretion of the parent. It can depend on what you want to discuss with the teacher. But I think it's also helpful to involve students in discussion about how they are progressing through school. It's part of increasing student voice and agency. For our year 9 and 10 students, as they look towards college and other post-high-school options, it can also be a valuable experience to see a productive conversation modelled to them. In this way they can see and hear how to ask for and receive feedback. **If you were unable to attend but wish to discuss your child's progress** then please contact the front office or your child's teachers directly via email, and they will be in touch next term. Thanks to Penny Vanzwol for organising this event.



In recent weeks students have been able to participate in a couple of very exciting camps. Around 45 students went to Jervis Bay for two days to participate in surf and water-based activities as part of the **year 9/10 Outdoor Education** class. The students and staff had a great time. Along with this, **Year 7 camp** was another fabulous event. Students got to participate in a number of fun outdoor activities. Reports from students and staff was that this was a great team-building activity for the students.

20 Heidelberg Street  
CONDER ACT 2906

#### Webpage:

[www.lanyonhs.act.edu.au](http://www.lanyonhs.act.edu.au)

#### Email:

[lanyonHSinfo@ed.act.edu.au](mailto:lanyonHSinfo@ed.act.edu.au)

**General Enquiries:** (02) 6142 1800

**Absences:** (02) 6142 1815 or  
[lanyonHSstudentabsences@ed.act.edu.au](mailto:lanyonHSstudentabsences@ed.act.edu.au)

**Principal:** Barbara Monsma

**Deputy Principal:**

Rebecca Cusick

**School Board Chair:**

Neshia Traise

**P&C President:** Vacant

#### Upcoming Events

##### Week 10

Mon 3<sup>rd</sup> April – 7<sup>th</sup> April - Road Ready, WEX (Work Experience)

April 7<sup>th</sup> – 23<sup>rd</sup> – School Holidays

##### Week 1

Monday April 24<sup>th</sup> – Term 2 begins

Tuesday April 25<sup>th</sup> – ANZAC Day public holiday

##### Week 2

1<sup>st</sup> May – 9/10 First Aid Training face-to-face learning

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.



### **For families of year 6 and 10 students - Opening soon: 2024 school year enrolments**

*Enrolments for the 2024 school year for students transitioning schools or starting at a school open 6am on Wednesday 26 April. Families can [apply online](#). Information about the school in your child's Priority Enrolment Area can be found on the Education Directorate website. During the school holidays a list of [school information sessions](#) for prospective students will be published. Alternately you can visit school websites to find out more about your child's new school.*

***Lanyon High School  
Information night  
Tuesday 11<sup>th</sup> May***

***Lake Tuggeranong College's Information evening is scheduled for Wednesday 10<sup>th</sup> May.  
Erindale College's Information evening is schedule for Thursday 18<sup>th</sup> May.***

### **Student attendance is a shared responsibility**

The Directorate recognises the strong link between attendance and student outcomes, and the instrumental role school staff play in ensuring students are safe and engaged in their learning. Attendance is a shared responsibility of parents/carers, students, school staff and the wider community. Information to support parents/carers can be found here [Be You: School Refusal](#) and the **attached Frequently Asked Question page on attendance** and absence notification requirements. If you have attendance concerns about your child, then please talk to your child's Pastoral Care Teacher or Pastoral Care Advisor in the first instance.

I'd like to thank students, parents/carers and all staff for a great term 1. Wishing everyone a safe and restful break.

Barbara Monsma  
Principal



### School Board Nominations

The newly appointed staff members to the School Board are Belinda Faulkner and Martha Guillen. The student representative to the board is Jeremiah Hill of 9D.

### LHS Canteen Term 2

As of term 2 the Healthy Kids Association will no longer be operating Lanyon High School's canteen due to staff shortages. School staff are in the process of finding a new provider, and we ask for your patience while this is organised. In the meantime, the school will be providing a 'mini canteen' with basic food options for students at both recess and lunch breaks, Monday to Friday.

Subway will be available in the 1:30pm lunch break to purchase for \$6 - \$8, along with drinks such as flavoured milks and juices. For recess there will be options available such as fruit, popcorn, muesli bars.

There may be occasional days where the school might order special food for lunch, for example Zambreros, sushi or pizza. More information on this will be provided once the school has finalised options.

### Online Information Session – 2024 Enrolments pre-school to year 12

Enrolment in ACT Public Schools for 2024 will be open from the start of next term. To support parents and carers of children with developmental delays, diverse learning needs and disabilities, an online information session on the enrolments process will be held on Wednesday 19 April at 6:00 pm.

The session is relevant for the enrolment of students from preschool through to college, including specialist school environments. The presentation will be shared and made available to any parents and carers unable to attend the information session. Families and carers are asked to forward questions and RSVP to [EDUCommunityPartner@act.gov.au](mailto:EDUCommunityPartner@act.gov.au).

For further information please contact Jean Walker on 02 620 58495

or [Jean.Walker@act.gov.au](mailto:Jean.Walker@act.gov.au) or [EDUCommunityPartner@act.gov.au](mailto:EDUCommunityPartner@act.gov.au)

### Chromebooks

As part of the ACT Education Directorate, every student enrolled at Lanyon High School receives a chromebook. This not only allows them to work on assignments and schoolwork at home, but it is a powerful learning tool that teachers rely on to engage students in their classwork.

Most of our students enjoy using technology at school, however there are some students that are forgetting to charge their chromebooks or bring them to school, or carelessly letting them get damaged in their bags. A broken screen can cost more to repair than the value of the chromebook!

We encourage families to check in and remind their student that they should be taking their device to school. We also recommend a soft case for the devices to protect it from everyday school life. These can be found for relatively low costs from major stationery or department stores. If there are any issues or repairs required, students can bring their chromebooks to Mark in the Red staffroom from Tuesday to Friday.



*Example of a soft case suitable for chromebooks*





# Information Evening 2023

**Lanyon High School**  
*Invites you to...*

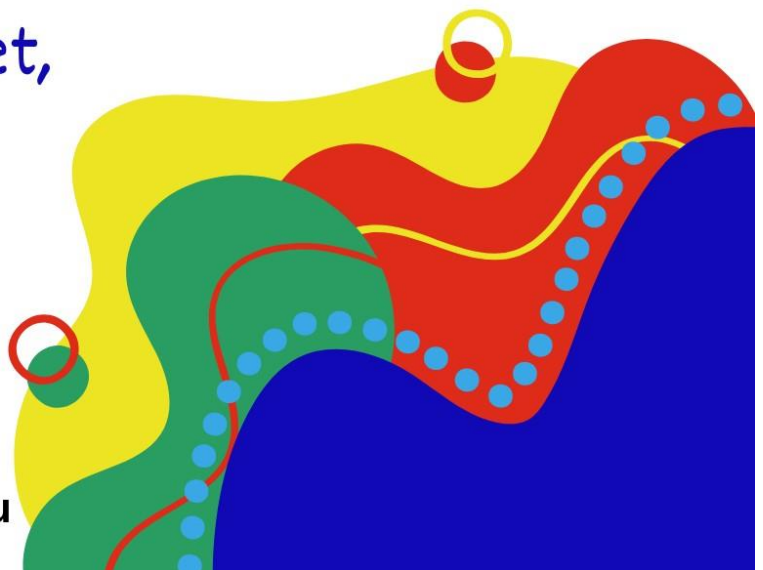
meet the Principal and experience all  
Lanyon High School has to offer!

**Tuesday 9th May 2023**

**6:00pm - 7:30pm**

**20 Heidelberg Street,  
Conder  
6142 1800**

**[lanyonHSinfo@ed.act.edu.au](mailto:lanyonHSinfo@ed.act.edu.au)**



### Health & Physical Education

**Please return all Offsite Activities Permission Notes:** This note will assist us to use a range of local facilities during HPE lessons, including for the upcoming Cross Country Carnival in term 2. This note was emailed home to all parents earlier this year and is also attached to this email.

#### **Year 7**

During term 1, year 7 students have been building on basic passing and receiving skills in Basketball, European Handball and Touch Football. During the final week of term students completed a giant round robin competition where they applied the skills they learned and focused on being safe, fair and inclusive. In fitness we have been working to develop cardiovascular endurance in preparation for our School Cross Country in term 2. Fitness sessions involved lots of creative running relay activities, which students have really enjoyed. Our health lessons have centred around health, safety and wellbeing through a number of research-based tasks. Teachers are currently marking some amazing assignments about the effects of Cyberbullying on wellbeing.



*Year 7 basketball during HPE*

#### **Year 8**

In Year 8 HPE, our focus has been on investigating factors that influence long-term health and well-being. Our fitness sessions developed cardiovascular endurance. This involved students participating in baseline fitness testing and running relay activities on a weekly basis.

Within our Physical Education lessons, students have been learning about different striking sports including volleyball, softball, and cricket. Students focused on grip, stance and swing when batting and on digging and setting in volleyball to control the ball and set up for an attacking play.

In our health lessons, students have been learning about drugs and alcohol and the effect they have on their lifestyle. Within these lessons, students have been developing their knowledge of the health risks of smoking and vaping, cannabis, alcohol, and other illicit substances, while also learning about how to make informed decisions to help minimise the risks to health and safety.



### **Years 9 & 10**

9/10 HPE students have been developing and applying their striking skills this term. Students have focussed on the four elements of striking – grip, stance, swing and contact. They have applied this in different contexts through the sports of cricket, golf, and softball. An overall focus on displaying the values of leadership, fair play and inclusion has been consistent in both health and practical class settings. Through participation in a range of competitive and fun relay activities students have also begun to develop their cardiovascular fitness in anticipation of the school's Cross Country event next term.

### **Sports Science**

In the new Science of Sport elective students have been developing their knowledge of human anatomy and physiology. The intention has been on gaining a strong understanding of the main components and functions of the various organ systems that make up the body such as the cardiovascular, musculoskeletal, respiratory, nervous, and endocrine systems. Students have been applying this knowledge through a range of practical lab experiments as well as theoretical lessons with a specific focus on how the body's systems interact and function together to maintain homeostasis and adapt to internal and external stimuli. This knowledge will be essential in setting up students for success in term 2, as they begin to examine the specific adaptations to physical training that occur when following evidence-based training programs.

### **Outdoor Education**

During week 9 Outdoor Education students travelled to Booderee National Park in Jervis Bay to participate in an overnight camp. This camp gave students an opportunity to take the skills they learned in the classroom into the outdoor environment and spend two days exploring some beautiful locations on the south coast. Over two jam-packed days students participated in a range of activities including surfing, kayaking and stand-up paddle boarding to great success.





## Year 7 Camp 2023

Year 7 campers were up bright and early on Wednesday morning to head to their 3 day camp. On arrival at camp there was lots of brewing excitement while the students were told their itinerary for the camp ahead. There were many experiences involving heights where lots of fears were conquered or challenged including ziplining, freefalling, gorge swinging, sky cycling and high roping. Day 2 entailed a steep bushwalk down into the gorge that provided us with an awesome location for raft building and canoeing which have left us with some great memories. Day 3 came along and with an early wake up at 6am, we were starting to feel the tiredness. We kept tracking onto finish our activities and say our final goodbyes, especially to our head chef who kept us very well fed! Overall, it was an experience that challenge every one of us in a different way and we thoroughly look forward to another opportunity like this to grow. (pictures on the following page).





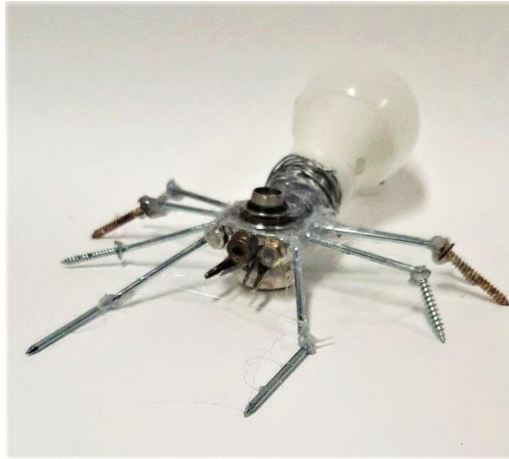




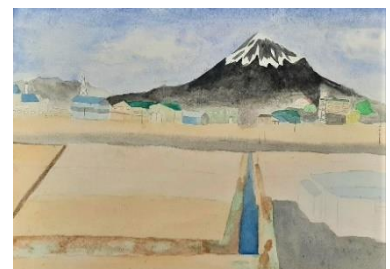
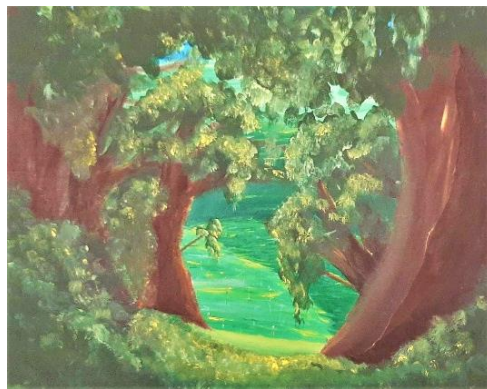
## Art

The art rooms have been busy this term from creating pinch pot creatures to landscapes painting and creating animals out of recycled materials. Here is a selection of some of best creations:

### Year 9/10: Sustainable Art- Recycled Animals



### Year 9 & 10- Landscape



## Year 7: Fantasy and Fairy Tales- pinch pot creatures



### Wellbeing Tips and Tricks

This section of the newsletter is going to focus on wellbeing tips and tricks you can use that relate directly to your child's pastoral care lessons.

This week's focus is **Accomplishment & Optimism**

Many students believe they 'have their acts together' and don't need to organise their time in a structured way using a timetable. The reality for many of them is the exact opposite. Making the choice to create a timetable of their commitments and responsibilities will actually provide them with more time to do what they want to do and sticking to it will also build their resilience to distractions to enable personal and academic growth. Prioritising is a self-regulation skill which enables them to use their time more effectively by organising what needs to be done in order of importance under Musts and Options\*. Doing this broadens their attention and engagement with what they need to do and ensure that they complete tasks on time.

\*Musts and Options, Time Understandings and Urgency versus Importance are effective thinking tools which provide students with valuable perspectives on the activities they participate in which may include:

- Sport and other activities practice and part-time jobs
- Study, reading and deliberate practice to shine up skills
- Home chores and commitments
- Social media and gaming
- Watching TV and playing games
- Quality time enjoying family and friends
- Daily exercise and leisure activities

Learning to prioritise and creating a learning/study timetable provides students with the tools to develop growth mindsets to develop their brains' abilities to overcome setbacks and challenges which inevitably crop up.

### COMMUNITY ENGAGEMENT

It is amazing to think that we are already at the end of term 1! It has been a busy ten weeks, and the Community Engagement team has planned and facilitated several new initiatives focussed on meeting the needs of a range of students. Breakfast club continues to be a popular way to start the day and our team members have engaged students in games and creative activities during break times.

This week we farewell our Careers Practitioner Glenda Johnson. Glenda has been instrumental in supporting students in their career planning and has had significant success in guiding students in the attainment of Australian Schools Based Apprenticeships (ASBAs) and Vocational Learning Experiences (VLOs). We wish Glenda every success in her future role at Erindale College.



Holidays can be a wonderful opportunity to recharge and have some quality time together. There are many opportunities in the community for young people to engage with. This year, Youth Week falls within the holidays and there are many free activities running for young people. These can be found here <https://www.communityservices.act.gov.au/youth/youth-week/youth-week-events>. At Lanyon High School, we will celebrate Youth Week in Week 2, Term 2 and we look forward to celebrating our young people through some engaging and creative activities.

### **Got Your Back Program**

Got Your Back is a program for young people aged 12 to 25 who have been impacted by family and domestic violence. Family and domestic violence is when someone hurts, frightens, controls, bullies and intimidates someone else in their family. The Got Your Back group is an opportunity for these young people to find support and connection.

Got Your Back belongs to the young people who take part. It is a safe space. It is your group; you choose what we do and what we speak about. It is your chance to have your say and to hear from other young people in a similar situation.

The group will run weekly at Mura Lanyon Youth Centre during Term 2. Further information can be found <https://racr.org.au/courses/got-your-back>. Alternately, please email [Penelope.vanzwol@ed.act.edu.au](mailto:Penelope.vanzwol@ed.act.edu.au) for further information.

### **Harry Hartog Gift Registry Now Open!**



*Harry Hartog Bookstore Tuggeranong*

The Lanyon High School Library is now working with Harry Hartog to operate a gift registry! Parents or guardians can donate to provide books to our library from a list of student and teacher suggestions. If you wish to donate, see Harry Hartog in Tuggeranong and ask to select a book from the Lanyon High Gift Registry.

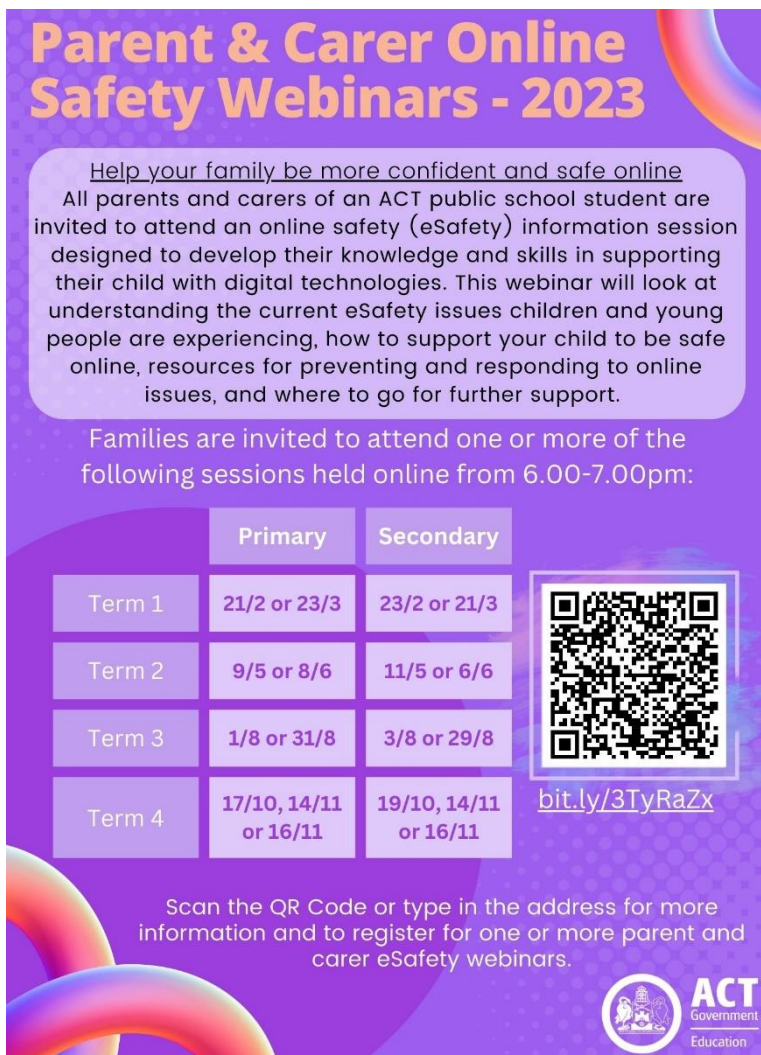
Once you have purchased the book it will be put aside and a member of Lanyon High staff will drop by to pick it up. You can even opt to have your name put on a donation slip on the inside of the book cover!



## Free Parent and Carer Online Safety (E-safety) Information Webinars – Preschool - Year 12

The Directorate's eSafety Education team offer free parent and carer information webinars about supporting children with online safety throughout the year.

These webinars include understanding the current eSafety issues experienced by our young people, supporting children to be safe online, resources for handling online issues, and where to go for further support.



**Parent & Carer Online Safety Webinars - 2023**

Help your family be more confident and safe online  
All parents and carers of an ACT public school student are invited to attend an online safety (eSafety) information session designed to develop their knowledge and skills in supporting their child with digital technologies. This webinar will look at understanding the current eSafety issues children and young people are experiencing, how to support your child to be safe online, resources for preventing and responding to online issues, and where to go for further support.

Families are invited to attend one or more of the following sessions held online from 6.00-7.00pm:

	Primary	Secondary
Term 1	21/2 or 23/3	23/2 or 21/3
Term 2	9/5 or 8/6	11/5 or 6/6
Term 3	1/8 or 31/8	3/8 or 29/8
Term 4	17/10, 14/11 or 16/11	19/10, 14/11 or 16/11

Scan the QR Code or type in the address for more information and to register for one or more parent and carer eSafety webinars.

[bit.ly/3TyRaZx](https://bit.ly/3TyRaZx)

ACT Government Education

## **CAREERS NOTICES**

### ACT Space Industry Work Exploration Program – Years 10-12

We are seeking students in years 10 to 12 from ACT public schools who have a passion for space and would like to join in the first ACT Space Industry Work Exploration Program from 19 – 23 June. Students will meet industry leaders, experts in their fields, skilled workers, researchers, and graduate students who are all contributing to this growing sector here in the ACT. Throughout the week, students will be challenged to participate in a 'work exploration' project, guided by field experts, to solve a problem that can only be resolved by using data that has been collected by satellites. **Applications close on Friday, 12 May.**

Students can find out more and apply by visiting [ACT Space Industry Work Exploration Program](#). For more information please contact Academy of Future Skills staff on 02 620 75364 or [mungga-iri\\_jingee@act.gov.au](mailto:mungga-iri_jingee@act.gov.au)



### Expressions of Interest and WEX Programs

Course: HLTAID011 Provide First Aid Training

Year 9 &10 students will be offered the opportunity to obtain a First Aid Qualification in Week 2, Term 2.

Interested students will be required to complete a pre-course learning package online, as well as the face-to-



**face learning component.** Students must obtain a Unique Student Identification number (USI) to receive the Vocational Education and Training (VET) Qualification prior to completing the pre-course learning. A USI can be obtained free of charge at: [www.usi.gov.au](http://www.usi.gov.au) (ensure students record their USI) Permission notes were emailed home on Monday.

### Canberra Institute of Technology (CIT)

The Hospitality, Culinary and Tourism Department at the Canberra Institute of Technology have some wonderful opportunities for students in years 10-12 for 2023:

#### Course: CIT Fee-Free Education Support Statement of Attainment Information

This short course is being taught online over a 9-week period and would be ideal for Education Support Workers or Casual LSAs who would like to extend their knowledge and would like to try study without the committing to the full qualification. These units are a part of the Certificate IV in School Based Education Support.

Please email **Clare Smith** at: [clare.smith@cit.edu.au](mailto:clare.smith@cit.edu.au) or call 02 6205 4152 for more information.



Lanyon High School offers a new Career resource for Students and families. Career Tools is now active and linked to our school website: <https://www.lanyonhs.act.edu.au/>. Students will need to return their consent form to use this new platform.

- Career Tools is an all-in-one platform for career planning and post-school options.
- All students in ACT public high schools and colleges have access to this platform.
- Student data is kept safe with security infrastructure and privacy policies of the highest Australian standard.
- Teachers, students and parents access Career Tools via their school website.

### Career Resources

- **Career Tools** <https://lanyonhighcareers.com/login>
- <https://pathways.act.edu.au/> Remember to use your school email address and birthdate.
- **Myfuture** provides resources to explore career pathways and tools to develop self-knowledge to help with career decision-making. <https://myfuture.edu.au/>
- **Job Jumpstart** offers resources and activities to help you work out what jobs might suit you. <https://www.jobjumpstart.gov.au>

## CALENDAR

### Permission Notes Due

Year 9/10 First Aid Certificate Training permission note and payment – **DUE 24<sup>th</sup> April**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	April 10	11	12	13	14	15	16
School Holidays							
	17	18	19	20	21	22	23
School Holidays							
	24	25	26	27	28	29	30
WEEK 1 Term 2 Begins	Term 2 Begins First Aid Training payment due	ANZAC Day Public Holiday					
	May 1	2	3	4	5	6	7
WEEK 2	Year 9/10 First Aid Certificate Training Face-to-face						

Term 2 begins on Monday 24<sup>th</sup> April 2023