

### PRINCIPAL'S MESSAGE

## The end of the year is approaching fast...

With the last few weeks of the school year ahead of us, students and staff are focussed on completing assessment tasks and preparing for reports.

I want to say a big thank you to students, families and staff for their adaptability and support over the last few weeks. It was great to receive the messages of support from families; staff were pleased when they could return to school and see the students again.

### Congratulations

We would like to congratulate Lisa Musitano for being selected as the ACT's 2021 Australian Teacher Aide of the year finalist! Lisa's nomination highlighted her expertise in working with students with complex learning needs and her tireless efforts in collaborating with teachers to provide targeted support to students in classroom settings and small group programs. Congratulations Lisa!



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CONDER ACT 2906

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

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

**Principal:** Barbara Monsma

**Deputy Principal:** Rebecca Cusick

**School Board Chair:**

Andrew Windsor

**P&C President:** Cath Windsor

#### Upcoming Events

**Week 9, 30 November:**

Year 10 Formal

**Week 9, 3 December:**

Year 10 Final Day of School

**Week 10, 8 December:**

Graduation Rehearsal

**Week 10, 10 December:**

Year 10 Graduation

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.

## End of year events

Due to COVID restrictions, we need to make some changes to the structure and procedures for Formal, Presentation Night (which will be replaced with a day-time event) and Year 10 Graduation, as follows:

- **Only year 10 students attending formal (30<sup>th</sup> November), and school staff can attend any part of formal. The traditional 'arrivals' will not be able to go ahead (this is a requirement of the venue),** as it is not possible to have groups of people at the venue in a way that allows us to remain physically distance or keep track of those in attendance. We appreciate your cooperation with these measures.
- **Presentation Awards Ceremony. Thursday 9<sup>th</sup> December** – the usual evening event will be replaced with three day-time ceremonies for the presentation of faculty and major year level awards. The families of students receiving awards will be emailed an invitation and required to RSVP. All students will attend the relevant ceremony. The Year 7 awards ceremony will take place at **9:30am**, Year 8 awards ceremony will take place at **11:30am** and the Year 9 awards ceremony at **2.00pm**. Once each ceremony is concluded, students will return to classes and guests will be asked to leave immediately.
- **Year 10 Graduation. 10am Friday 10<sup>th</sup> December** – Awards that have usually be given out at Presentation Night, such as faculty awards, and major awards, will be presented to students as part of the graduation ceremony. At the end of the event, students and their guests will be asked to leave immediately.
- Attendance at **Presentation Awards Ceremony** and **Year 10 Graduation** will be limited to 2 guests for each family. **Guests will need to RSVP beforehand and register as they arrive.** There will be a strict limit on the numbers of people in the hall at the time, and there will be marking on the seats for where guests are able to sit in order to maintain physical distancing. Due to the current health guidelines, we cannot have family/friends remain on-site for things such as photos or mingling.

We hope and trust that you understand the need for these changes and appreciate your cooperation.



## A reminder about safety

As we approach the last weeks of term, many of our students are involved in fun lunch time and end of year activities. More bikes and scooters are being ridden to school. We need to be careful about injuries at this time of the year as it often happens that more injuries, usually minor, occur towards the end of term 4.

I ask parents/carers to speak to your child about being safe and encourage them to wear safety gear when appropriate – particularly helmets. It is also very important that students are careful when riding across roads, including on pedestrian crossings.

## 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**.

Principal  
Rebecca Cusick



## YEAR 7 HPE

In PE, Year 7 have just finished their dance unit and are currently engaging in invasion games. The purpose of these games is to improve students' knowledge of offensive and defensive strategies. During this unit, students will also get the opportunity to learn and play European Handball and Tchoukball. In Health, students are completing 3 assignments that were set during online learning. The focus of these assignments was 'Communication', 'Covid-19 Safety' and 'Own, Others and Community Health.' Finally, students have continued to work on their 'Fitness Choice Boards' that they started during online learning.



In Physical Education, Year 8 are completing a unit in gymnastics. The students are working on balance moves and putting a sequence of movement into a floor routine. They are also using the newly purchased apparatus including the mini tramps, beam, beat board and vault. In Health, the students are studying nutrition and focusing on the importance of a balance diet. They participated in a cooking challenge during lockdown. Students planned, cooked, analysed, and reflected on a healthy meal cooked for their family.



Lachlan cooking a BBQ

Creamy Tomato and salami fettuccine

### INGREDIENTS

- 100g Parmesan Cheese
- ½ Brown onion
- 1 Garlic clove
- ½ red capsicum
- 100g Zucchini
- 50g Olive oil
- 400g Roma tomatoes
- 300g Water
- 200g Pouring Cream
- 1 tablespoon Vegetable stock paste (homemade)
- 300g Fettucini
- 100g salami or chorizo



Jack cooked Italian



Hannah cooked Hungarian Goulash



Ella, Hannah & Deshay

### YEAR 9/10 HPE

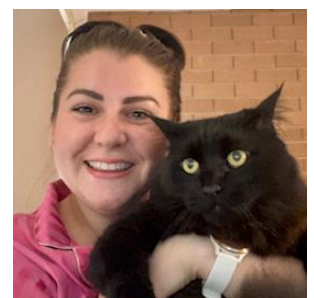
In Health and Physical Education, year 9/10 students have been completing a unit focussing on Pressure, Power and Sexuality. In particular they have been discussing the topic of consent and the important role this plays in developing respectful relationships with others. Students have been encouraged to take part in changing the social norms of their peers by calling mates out when making inappropriate comments, refraining from judgement, and steering towards curiosity.

While in lockdown, students have also been setting fitness and wellbeing goals and reflecting on both their struggles and success. Since returning to in-person learning they have explored a variety of sports and collaborated with their peers in a variety of modified games.

### SCHOOL YOUTH HEALTH NURSE

Hi, I'm Mel – the new School Youth Health Nurse – I'm in Student Services on Mondays and Thursdays. I am available for anyone in all grades to come and see. Some specific things I can chat to students about include sexual health, menstruation, drugs and alcohol, school/home concerns and general health and wellbeing. Please feel free to get in contact with me if you have any questions or concerns by scanning the QR code and sending me a text, email or giving me a call. Students can also book in to see me the same way.

Thanks  
Mel Gordon  
melania.gordon@act.gov.au



## SAFE ONLINE TOGETHER

Local families are invited to attend a free workshop at the Mura Lanyon Youth and Community Centre on Sunday 28th November between 2-4pm. Please note due to covid restrictions places are limited.

The FREE workshop is designed for families with at least one child aged between approximately 10 - 15 years old (but if you have children a bit younger or older, they are welcome too). While the entire family does not need to attend, workshops are designed for parent/s or carers and their children together. The 2-hour workshop will be presented University of Canberra's News & Media Research Centre researchers.

Safe online together is an integrated approach to navigating the risks and opportunities of digital media for families and young people.

You can read more about the project and reserve your family's spot at the workshop

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

## YWCA CANBERRA YOUTH PROGRAMS

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# SUMMER SCHOOL HOLIDAY PROGRAM



The YWCA Canberra Youth Programs Team provides a free school holiday program to young people age 10-25 in Tuggeranong.

Excursions require a signed permission form, which are available on the website. For excursions, the bus will pick up and drop off at these locations:

- Mura Lanyon Youth and Community Centre, 22 Sidney Nolan Street, Conder
- The Clubhouse, May Gibbs Close, Richardson

All drop in activities will be run from the Mura Lanyon Youth and Community Centre.

Get in contact for more information:

[www.ywca-canberra.org.au](http://www.ywca-canberra.org.au)  
[youth.ywca-canberra.org.au](http://youth.ywca-canberra.org.au)  
(02) 6185 2090





# Vacation Care

**Bonython Primary School**

Vacation Care 4/1/2022 – 28/1/2022

IF YOU HAVE ANY QUESTIONS REGARDING  
YOUR PROGRAM/SERVICE PLEASE GIVE US A  
CALL ON **02 6232 9440**

