DUBBO ZOO

Last term the LSU went to Dubbo Zoo, we had a really good time. We loved the giraffes, turtles and Happy the hippo. We also visited the Dubbo Goal.
From the Principal

I do hope everyone had some time to relax and enjoy themselves over the spring break. Now that we have begun term 4, it is very important that all students, and particularly year 10 students, focus on their work and on doing their very best to end the year on a positive note. The year is certainly going by quickly, but, as I said to students at assembly, there is still time to work hard and improve. Success comes from effort.

In the first week of term we held a very successful Orientation Day for year 6 students who will be joining Lyneham High School as year 7, 2015. As I write, many of our year 10 students are participating in the year 10 Band Tour of Queensland. I have heard from Debbie Masling that the students have been outstanding in representing the school and that she is very proud of them. Year 7 are currently looking forward to a Maths day at Luna Park which left this morning. Let’s hope the weather is good! We are also gearing up for the election of our school captains for 2015 and campaign posters are appearing around the school. It is great to see so many candidates interested in running for these important positions.

I am also looking forward to our School Spectacular, *Shake it*, (3 and 4 November) when our students will have the opportunity to perform alongside students from kindergarten to college level across our cluster of schools.

School Priority: Building a culture of continuous teacher improvement through giving, receiving and acting on feedback from colleagues.

This year, some of the strategies we have used to continue to build this culture have included:

- all staff attending after school workshops on quality teaching, observing each other’s classes and giving feedback to each other
- all teachers writing reflections on the feedback they have received from their colleagues
- the development of small professional learning teams which have investigated areas of practice and provided feedback to the whole staff (more on this in a future newsletter)
- the appointment of an Executive Teacher Professional Practice (Lara Croucher) who has worked to mentor and coach staff, particularly in implementing Individual Learning Plans for students.

The development of a stronger literacy and numeracy team that can scaffold, coach and model good practice to improve teacher capacity and outcomes for students.

I think that to be a great teacher you must also be a keen learner – always prepared to admit that you can do things better and always prepared to listen to and investigate ways to improve practice. Giving each other feedback is one way to ensure that our focus is always on improvement.
Some reminders

Appropriate Dress and Footwear

As the warmer weather approaches, I would be very grateful if parents would support our staff by encouraging all students to dress appropriately for school. We encourage all students to wear dress code and do not allow students who are not wearing the code to use the ovals and outer playground areas during breaks. Already some girls are wearing very short shorts to school and we ask that shorts be mid thigh. We also ask that students not wear leisure wear such as multi-coloured shorts or skirts, or tank tops etc to school. Parents also need to be aware that for safety reasons we cannot allow students to be in classes, particularly practical classes, without appropriate footwear, ie footwear covering and protecting the feet.

Bringing Valuables to School

The Education and Training Directorate regularly asks me to remind all parents that students are to avoid bringing valuable property to school. It is recommended that parents take steps to ensure valuable items for off-site loss or damage and purchase a good quality chain or bar to secure bicycles when left at school. Any items brought to school are brought at the personal risk of the owner and the school declines any responsibility for the damage, loss or theft of students’ personal property. Having said that, considering the size of the school, theft at Lyneham High is uncommon. We all need, however, to keep an eye on our possessions and report any losses, or any suspicious activity, as soon as possible.

Congratulations

- Tristan Miller who competed in the National Schools Orienteering Championships in Perth over the holidays. His team came second in the individual event and second in the relay.
- Michael Souter who is currently representing the ACT in Touch football in Morwell, Victoria.
- Kendall Elliott who will be travelling to Toowoomba, Queensland next month to compete in the National Softball Competition.
- Those students who competed so successfully in the recent table tennis competitions here in Canberra.

Well done!!

Regards
Colleen Matheson
SEA*ACT Science Fair Results

In September Year 9 students once again entered their Semester 1 Science investigations into the SEA*ACT Science Fair. The Science Fair is open to students in both primary and secondary schools, and also has a category to recognise the scientific work of special needs students.

The caliber of our budding scientists was again on show, with Lyneham students winning awards in all categories. The students in the Learning Support Unit, took out first prize in the Special Needs category for their work on documenting the life cycle of chickens.

In the secondary students’ category the work of nine students was recognized. Nick East was awarded first place in the Chemical Sciences category for his work on investigating possible uses for honeybee silk in biomedical science. Claire Yung took out the Physical Sciences category with her investigation about posture and long jump distances. Rachel Cass was awarded second place in the Physical Sciences category with an investigation looking at the absorption of radiant heat by grey objects.
In the Earth Sciences category Emily Xu was awarded second place for her project looking at the absorption of different plant oils. In the Engineering category students from Lyneham took out the major gongs – Sayalee Surve for her work looking at algorithm efficiency of artificial intelligence and Adi Menon for his work looking at heat and sound proofing.

In the Biological Science category three Lyneham students were awarded highly commended – James Gardner, Michael Connelly and Elise Kellet. James looked at human facial recognition, Michael the effects of electrical fields on bacteria and Elise, how nicotine effects plant cells.

As a result of the students’ great work Lyneham was again awarded the SEA*ACT school award shield.
MEET THE MINISTER

ACT Minister for Education Ms Joy Burch
Tuesday 28 October 2014 at 6.30pm
in the Lyneham High School Library
All welcome

A special LHS P&C Assoc. forum
Call Deb for more info: 0409 030128

LHS TRIVIA NIGHT 2014
FRIDAY 7 NOVEMBER 2014
Doors open 6.30pm for a 7.30pm start

Theme: EXTRAVAGANT!
Prize for best dressed table!
Heaps of Amazing Prizes!

Tickets $15.00 head, tables of 8 (maximum of 10)
Email: LHS front office: samantha.chapman@ed.act.edu.au, call 6205 0212 or buy online at: www.lynehamhs.act.edu.au/payment (Ref: trivia tix).

Numbers are limited to 24 tables so get in early. Singles, smaller groups - we will find you a table.
Tickets must be presented at the door.

BYO food and drink (18+ event)
Prize donations welcome. Please contact Cindy Trewin at lhstrivianight@gmail.com or 0402 371 549

A Lyneham High School P&C Association fundraising event.
**LEAP TESTING 2015**

**What:** The Lyneham Enriched Academic Program (LEAP) is a program for students who are academically gifted. Students are placed in all four core LEAP classes—English, maths, science and SoSE—for their time at Lyneham High School.

**Why:** LEAP classes offer a differentiated curriculum and staff provide enrichment opportunities for gifted students to explore subject matter and ideas in depth.

**Who:** All enrolled Lyneham High School students who have not sat the tests in the previous two years.

**When:** 9.00am—1.00pm on Thursday 5 February 2015.

**How:** Email luke.williams@ed.act.edu.au to register your child’s name and to get further information. There will be an application and test payment ($25.00) due on the day of testing.

The 2014 LEAP Handbook is still available [here](#) and will be updated later this term.

---

**Anxiety/Depression Group for Girls Starting Soon**

Does your daughter experience symptoms of anxiety or depression? If so, she may benefit from participating in a group treatment program to be run at Lyneham High School during term 4.

Based on the principles of Acceptance and Commitment Therapy (ACT), the program will run for seven weeks during class time and will be facilitated by the school psychologists. The group will be for girls currently in Years 7, 8 or 9 who are experiencing mild to moderate anxiety or depressive symptoms, and are currently not engaged in psychological treatment. It is anticipated the group treatment program will become part of a Master of Clinical Psychology research study.
Northside Performing Arts Spectacular
Mon 3rd + Tue 4th November
6pm @ Lyneham Performing Arts Centre

Tickets:$20
Bookings: TryBooking.com Or Your School Website
In the spotlight this week is year 8 student athlete **Guy Richardson**. Guy is in his second year of the Giants AFL Academy where he receives specialised coaching and support from GWS. Guy recently competed in the State Zone Trials held in Albury over the holidays and excelled in all of his six games.

Earlier this year Guy represented the ACT in the under 15’s Schoolboys competition held in Sydney and was part of the 2014 Ainslie under 15 premiership winning team.

**Who is your favourite sportsperson?**
Dyson Heppell of the Essendon Bombers.

**What is your favourite home cooked meal?**
Spaghetti Bolognese.

**Name the 5 people you would love to have over for dinner –**
Mr Morris, Dyson Heppell, Jobe Watson, Gary Ablett Jr and Andrew Luck.

**What is the best thing about being a SEAL student athlete?**
Getting access to high performance coaching and training and gaining an extra edge over people who don’t do SEAL.

**When you’re not training for AFL, what do you most like doing?**
Being with ‘The Boys’.
Highlights

- **Hannah Klep** competed at the Young Rider National Dressage Championships on 25 and 26 September 2014.
- Hannah achieved some fantastic results placing 2nd in both her Dressage tests (losing to first place by less than 1%). Hannah then went on to win reserve champion.
- **Flinders Cameron** of year 7 was selected in the ACT U13s cricket side.

Important SEAL information

- All current student athletes in years 7, 8 & 9 have their continuation forms these must be completed prior to handing in at the PE staffroom. Students are expected to complete the new section which requires them to fill in a table with their semester 1 final grades and get all of their current teachers to sign their form.
- **2015 application forms** are available from Mr Morris in the PE staffroom for any interested students wishing to increase their skills in their chosen sport.
- Both the continuation forms and application forms are due by **Friday, week 3 (31 October 2014)**.
- Student athletes are expected to inform Mr Morris the day before their training sessions if they are unable to attend their session and provide a note from home.
- SEAL training t-shirts are expected to be worn at all training sessions and a reminder that they are not to be worn during school time.

If you have a SEAL student athlete currently attending Lyneham High or have previously attended Lyneham High and are achieving some success in their sporting life, I would like to hear from you. Please email me or contact me on the number below so I can include them into future Lyneham High newsletters.

---

**Eric Morris**

Health & PE | SEAL Coordinator
W: 6205 6394 | F: 6205 6411 | E: eric.morris@ed.act.edu.au
Lyneham High School | 61 Goodwin Street, Lyneham, ACT, 2602
Education and Training Directorate | ACT Government

S.E.A.L.
Sporting Excellence @ Lyneham
Year 10 STAR Camp 2014

At the end of term 3, the year 10 STAR girls went on a three day camp to Manly, Sydney. The first stop was the Eco-Garden and the Kimbriki Recycling Centre. The Eco-Garden was an excellent learning experience. Whilst we were there, we planted rosemary and a rose bush, in memory of Miss Parker. The visit ended melodiously with Pete, the founding member of the Kimbriki Recycling Centre, playing the exotic Hang Drum, which was amazing. All the girls were greatly inspired by the tour on how they can contribute to the environment in a positive and sustainable way. From here, we headed to our accommodation and dropped our stuff off, before going for a walk along the beaches, enjoying the sunset. We then walked up to the headland where we had small ceremony and bade our personal farewells to the admired Miss Angie Parker, former founder of the STAR Program.

We started day two with some fitness on the beach, before heading into the Sydney CBD. We took the ferry across and enjoyed taking in the great views of the Sydney Harbour Bridge and the Opera House. From there, we went on a tour of the Jewish Holocaust Museum. It was an emotionally hard experience, however we were privileged to meet and hear from a survivor of the Holocaust.

After the Holocaust Museum, we completed our shopping sustainability challenge. This was followed by high tea at the renowned tea rooms in the Queen Victoria Building. We all had a great time, the food was delicious and there were plenty of stories shared! On completion of the high tea, we slowly made our way back to our accommodation to debrief and reflect on what we had learnt and experienced over the past days. We spent our last night in Manly, sitting by the beach eating a light dinner of fish and chips as we were all still full from the high tea.

The next morning, we were all very excited! We went sea kayaking along the ocean shores of Manly. We paddled around the shores to a small beach. On this beach we participated in some more gruelling beach fitness, before returning to the Manly wharf. It was such a lovely morning and all the girls thoroughly enjoyed themselves.

The Year 10 STAR camp of 2014 was a great experience! We all had a lot of fun and learnt a lot! We would all like to thank our STAR teachers Ms Bailey, Ms Davies and Ms Cecere for putting together and organising such a wonderful trip! The last two years we have spent with you has been a memorable and extremely enjoyable time and we are so thankful to have the chance to be able to come together and enjoy ourselves as a group for the last time.
Dear Parent or Guardian:

As you may already know our school is now recycling mobile phones with Australian Mobile Recycling.

For every mobile phone our school collects we will receive $3.00 cash.

We are asking all students, families and friends to dig out any working or non-working mobile phones you have and send them in to school with your child.

Australian Mobile Recycling recommends to all persons sending in phones to restore your phone to factory settings and remove any sim cards or memory cards. If you do not know how to do this or simply forget do not panic as all phones will be wiped of all data and any sim-cards or memory cards that have been left in phones will be destroyed.
You can now order your child’s book packs for next year by following the below link to OfficeMax. All students were given the order forms in their homegroup to bring home.

The direct link to your online school lists: www.officemaxschools.com.au

Is your family leaving the area in 2015?

To help with planning and with the ongoing requests for places at the school we would really appreciate learning about any student who will not be returning to Lyneham High School in 2015. Please drop us a letter or email if this is the case.

info@lynehamhs.act.edu.au or  
61 Goodwin Street  
Lyneham 2602

Thanks for your help.

Barbara Monsma  
Deputy Principal (Students)
Parents, carers and students are reminded that with the warmer weather students are still expected to adhere to the colour code and dress code of the school. Tops should have sleeves to cover the shoulders and be long enough to cover the mid riff. Shorts and skirts should come to mid thigh. Students are encouraged to wear hats and sunscreen when they are outside.

The Youth Worker, Anne Flynn, runs a second hand uniform and so school tops are available for $5 to $15.

**ACCEPTABLE CLOTHING**

**SUNSAFE & RECOGNISABLE AS L.H.S**

Clothes must follow the colour code of LHS, an item purchased from the school uniform shop or plain BLUE or plain MAROON

- Tops must be long enough to cover the midriff and have sleeves. Tank tops, singlets, muscle tops are not to be worn.
- Make-up and jewellery must be kept to minimum. Spike/stud jewellery or any other item that could be used as a weapon are not to be worn.
- Logos/pictures should be no larger than a 10cm circle. Pants, shorts & skirts should be dark coloured.
- Closed in shoes must be worn. Moccasins, Ugg boots, thongs or sandals are not to be worn.
- Hats should be worn outside, but not in class.
- Ideally students should where a school top or jumper.
- Skirts & shorts should come to mid-thigh. Multi-coloured clothes wear including short skirts/shorts, low-cut tops and pants are not to be worn.

**Physical Education** – white PE t-shirt, blue or black sport shorts/track pants & joggers

**Science & Technology** – long hair must be tied back

Peer group competition with clothing is not welcome. Clothing with racist, sexist or anti-social slogans are not to be worn at any time.

Students who are on the oval or basketball courts must wear the above colour code or they will be required to move to the quad or indoor areas. This policy is to make it easier for staff and students to identify intruders.
Yearbook 2014

Are you in Year 7, 8 or 9? Would you like a copy of the Yearbook for 2014?

Great collector’s item, have all four copies, one for each year you attended Lyneham High School.

If you would like a copy of this year’s yearbook, please put in an order with the front office. Pre-payment of $25.00 needs to be paid when you put in your order.

LYNEHAM HIGH SCHOOL SECOND HAND UNIFORM SHOP

Short sleeved tops, hooded jumpers, SEAL and Band t-shirts are available for sale

Prices from $5.00 to $15.00

For all orders, please email info@lynehamhs.act.edu.au

Education Forum: Supporting Education for Migrant and Refugee Families

The Education Forum is on:
Wednesday, 12 November 2014
6.00 pm - 8.30 pm
Community Hall, Cook Community Hub, 41 Templeton St, Cook

A light dinner, including vegetarian food, will be provided. Parents and teachers are invited to attend the annual information exchange between schools, parent groups, teachers and newly emerging communities in Canberra. We ask you to promote this event in your community.

For information please contact Hongsar Channaibanya on 6251 4550 or hongsar.channaibanya@companionhouse.org.au

Please register by Monday 3 November 2014. Contact: Libby Glasgow Ph: 620 59346
Real Life Stories: a discussion panel

headspace Canberra wants to provide a space for friends, family members, carers, and partners to get together and learn more about how to assist young people, in an interactive and supportive environment.

This October, we would like to invite family and friends of young people with mental health issues to attend a ‘Q&A’ style panel evening. The panel will comprise a young person, a parent, and a psychologist with real life experience. We invite you to come and ask them any questions you might have!

When
Refreshments from 5:30
6pm - 7pm, 28 October 2014

Where
headspace Canberra
Level B, Building 18
170 Haydon Drive Bruce, ACT

RSVP Contact
headspace@canberra.edu.au
or 02 6201 5343