



LYNEHAM HIGH SCHOOL

Care • Quality • Creativity

PRINCIPAL
ROB EMANUEL

Friday 23 November

#18 Newsletter



ACT
Government
Education



Lyneham High School is built on the traditional lands of the Ngunnawal people. We acknowledge the traditional owners of this land and pay our respects to their elders, past, present and future.



What's on at Lyneham

WEEK 7, 26-30 November

Thursday 29 November

- ⇒ Year 7 Beginner Band Batemans Bay Tour

Friday 30 November

- ⇒ Year 7 Beginner Band Batemans Bay Tour

WEEK 8, 3-7 December

Tuesday 4 December

- ⇒ P&C Meeting

Friday 7 December

- ⇒ Year 10 Final Day—Big Splash



Have your contact details changed?

If so, please let the school know by sending your new phone, email or address details to lynehamhs@ed.act.edu.au.

This will ensure we are using the correct contact for any important correspondence regarding your child (e.g. injury or illness, reports, elective selections, absences, newsletters, etc.)

Principal's Report

It is wonderful to be back at work after almost two months off due to surgery to repair my arm and a significant recovery period. I reflected during assembly that when something like this happens out of the blue it can be very frustrating – my patience and resilience were certainly tested during the period of enforced inactivity. I would like to thank Julie Collins, Leanne Claridge and Rebecca Duncan who undertook Higher Duties during my absence and did a terrific job in their respective leadership positions within the school.

Unfortunately, I have missed several significant events on the school calendar but would like to add my voice in thanking the many students, parents and staff members involved for their hard work and effort in leading, organising and delivering them with outstanding success. The Northside Spectacular brought together our cluster community for two nights of celebration, the P&C Trivia Night and the Theatre Restaurant were fun nights by all accounts and the Aboriginal and Torres Strait Islander Inner North Celebration was a great success. Well done to all involved!

Arts and Technology Exhibition

This week we enjoyed our annual Arts and Technology Exhibition. The variety and quality of works on display were sensational and a testament to the talent of our students and the expertise of our staff who teach, guide and challenge them. It was wonderful to talk to many proud students and parents last night and enjoy a community celebration that showcases creativity and the learning that has occurred throughout the year. Thank you also to our hospitality students who provided catering during the evening. Finally, a very big thank you to the Arts and Technology staff who worked so hard to organise all aspects of the event and curate the displays in the hall.

2019 School Captains

Over recent weeks we have had many year 9 students putting themselves forward as candidates for school captaincy. They have presented to their peers and explained their passion for projects and ideas and why they wanted to be student leaders at Lyneham High School. Congratulations to Rosie Brady, Jack Lane, Emma Stannard and Saul Thomson on being elected. I'm confident that they will be wonderful ambassadors for our school in 2019.

2018 Australian Night of Mathematics

Last week, Julie Collins attended the 2018 Australian Night of Mathematics held by the Australian Mathematics Trust. At this event Lyneham High School received a 2018 AMT Champion School Award and five of our students were recognised as AMC High Achievers. Congratulations to Taewan Kim (year 7), Hanyang Li (year 7), Saranjot Melli (year 9), Khubaib Qureshi (year 9) and Stanley Li (year 10) - this is a wonderful recognition of your achievements. More broadly this is also a significant recognition of our Mathematics Faculty. Our Mathematics teachers work hard to provide opportunities for our students to take part in competitions and enrichment activities and I want to thank them for their dedication and efforts.

Year 10

I would like to remind parents of year 10 students to look carefully at the important year 10 dates that are included in this newsletter. Particularly, I want to emphasise that the **last day for year 10 is Friday 7 December**. Students must attend school right up to the very last day and we have reminded them that our normal high expectations around behaviour and engagement in classes remain in place.

I am looking forward to all the celebrations that mark the end of high school for our year 10 students and it is important that these are happy and memorable events for all, particularly for our year 10 students, their parents/carers and our hard working year 10 team.

The Weeks Ahead ...

Currently, students are working hard to complete remaining assessment and staff are focussed on completing their marking and reports in preparation for end of semester communication, particularly certification of year 10. At the same time, we are also well into preparing timetables, staffing and plans for 2019.

A very busy time indeed.

Regards,

Rob Emanuel



LEAP TESTING 2019



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

Who: All enrolled LHS students who have not sat the test in the past two years.

When: 9.00am – 3.00pm on Thursday 7 February 2019.

How: Visit the Lyneham High School webpage under 'Special Programs' for the nomination form which is due close of business on 6 February 2019. There will be a test payment (\$25.00) due on the day of testing.



Staff in the Spotlight



Alice Harding is an inspirational teacher with great ideas and endless energy. Alice has only been teaching for three years and in that time she has transformed the area of textiles and fashion design at Lyneham High. Before her arrival very little interest was shown in these technology subjects. Being a passionate fashion design teacher, Alice made it her mission to lift the profile of textiles and create a wonderful working space where innovation and creativity could flourish.

Alice is passionate about learning through practical experience. She explains that in her subject area mistakes are often made but it is through mistakes that learning and growth occur. As a very calm and patient person, Alice creates an environment where students feel comfortable to take risks, make mistakes and learn from them.

In her own words Alice says

The best part of my job is seeing what students can create when they really push themselves. I feel so proud of my students when they tackle a difficult concept and accomplish a goal.

For the past two years Alice has been teaching textiles to the students from the Learning Support Unit. She has taught them to use the sewing machines and they have used these skills to create textiles projects such as pyjama pants, a drawstring backpack and a pencil case. These students with disabilities beam with pride at their achievements, as does Alice.

This year Alice was nominated for an ACT Public Education Award in the New Educator of the Year category. Alice's future goal is to build the textiles and fashion design subjects, so that these subjects can be offered to all year groups at Lyneham High.

Electives Reminder (Year 7, 8 and 9)

An email was sent to all families two weeks ago for students to select their electives for next year. Please ensure that your child has chosen their electives by **Wednesday 28 November**. If you have not received this email, please make contact with the school on Monday 26 November. Students who have not selected their electives by Wednesday 28 November will have limited choices for next year.

Lyneham High School LynehamHS@ed.act.edu.au

Seaact Science Fair – Special Education Category



The awards presentation for the Seaact Science Fair was held at CSIRO on Friday 26 October. There was an impressive list of winners from Lyneham High School.

Zara Mann	Second Place Chemistry	Slime
Faith Byrnes	Second Place Chemistry	Lava Lamps
Jason Stevens	Second Place Engineering	Cat Food Warmer
Dusty Andersson-Nickson	Special Recommendation Physics	Under Water Candle
Oscar Vance	First Place Chemistry	T-Bag rockets
Charleece Bell, Xavier Cajina, Nicky Little, Mia Luckman, Talia Manclark, Ryan O'Rourke	Second Place Chemistry	Which consistency of snot collects the most dust?
Charleece Bell, Xavier Cajina, Nicky Little, Mia Luckman, Talia Manclark, Ryan O'Rourke	Second Place Physics	Which voltage of battery makes a light globe glow the brightest?

It was a great honour to bring the Special Education Shield to Lyneham High School.

Each year the number and quality of the projects grows at the Seaact Science Fair. Congratulations to all the students that entered projects.

Music Notes



The Year 7 Beginner Concert Band performed beautifully at the school assembly this week, impressing the crowd with their very polished performance of Old Time Rock 'n' Roll. The band is clearly well prepared for their performance tour to Batemans Bay next week. We wish them many successful performances, an amazing pink disco and overall an exceptional first of many LHS band tours.

Upcoming Performances

Term 4			
Week 17	26 November	All band students	All band instruments returned for stock take and servicing.
	29-30 November	7BCB	7 Beginner Concert Band Batemans Bay Performance Tour.
Week 18	3 December	8CB	Assembly performance; arrive 8:20am; band uniform tops.
Week 20	17 December	SJB	Year 10 Graduation performance 1:30pm.
	17 December	9CB	Presentation night performance.

Year 7 Concert Band Tour Merimbula

Last week the Year 7 Concert Band attended their very first Lyneham band tour. The group left Lyneham bright and early on Thursday morning and started the journey to Merimbula, first stop at Cooma Primary School. The band was very well received at Cooma Primary, where the school is starting to develop their own band program. After a quick lunch at Nimmitabel the group was on the road again for their second primary school performance of the day before settling into the accommodation. The traditional dinner and 'Green Night' disco then followed where students danced the night away. The following day students performed for one last primary school before heading to Magic Mountain for a few hours of fun.



Thank you to the staff who attended to the tour and to Tim Bowyer for all his work organising and leading the trip.



Stocktake and return of instruments

Each year in term 4 the band program commences their annual stocktake process where all school owned instruments are returned, cleaned and checked ready to be allocated and handed out for the following year.



From Monday 26 November (week 17), all school owned instruments will need to remain at school. This includes both 'H' or home instruments and the regular instruments students use for performances and lessons. Students will still be able to access their instruments for band lessons and performances/tours, however no school owned instruments will be able to be taken home after Monday 26 November.

Please make sure instruments have been checked and cleaned before they are returned to the school. For further detail and instructions around this please refer to the Band Newsletter and information communicated through Google Classroom.

Instrument returns			
Week 14	5 November	8CB, 9CB, 10CB	Home instruments returned for year 8, 9 and 10 students.
Week 16	19 November	7BCB and 7CB	Home instruments returned for year 7 students.
Week 17	26 November	All band students	All band instruments returned for stock take and servicing.
Week 20	TBC	All band students	Students may collect their 2019 instrument - collection dates will be published in the daily notices.

Spectacular

During week 14, the Senior Jazz Band was involved in the Cluster Spectacular performances. The band did a beautiful job opening the show each night with their performance of Caravan, where they wowed the audience with impressive drum solos and smooth melodic lines. The band also provided the backing music for the finale dance number that all the participating school danced along to. Congratulations to the Senior Jazz Band for their great effort in preparing for Spectacular and their outstanding performances.



Australian Women and the Local Community STAR Projects



This semester, the year 10 STAR girls were tasked with identifying and researching an issue facing women in our world today. This cross-curricular assignment (HaSS and PE/Health), asked students to research the issue and bring awareness to an issue through creating an event or product. The students were to: 'think global; act local'. They had to engage with the local community to organise different speakers and events while simultaneously taking on leadership roles to successfully support each other in creating an event or product. The outcome for students was authentic learning that is connected to their lives outside of the classroom.

Contraception

On 7 November, seven STAR girls held the first annual contraceptive information night for parents in years 9 and 10. The purpose of the assignment was to educate parents about contraception and sexual health, which in turn would provide them with the adequate resources necessary to spark the contraceptive conversation with their child/children. On the night Jen Lewis from SHFPACT kindly volunteered her time and provided parents with strong and credible information regarding the best ways to approach their children to talk about sex/contraception. The information night was held in order to destigmatize this social health



topic and ensure that parents feel comfortable and confident to talk to their child about sexual health and other related issues. From this project-based learning assignment, as a group, we learned more about modern contraceptive devices and the fact that it is okay to talk to our parents about sex. Whilst organising this project we formed stronger friendships, refined our leadership, communication and teamwork skills.

Domestic Violence

Our women's issue was Domestic Violence. For our project we wanted something that was long lasting and that stuck in people's minds every time they saw it. The purpose of our domestic violence project was to spread awareness to others about the effects of domestic violence and the impact it has on others. We decided to create a mural wall of the domestic violence purple ribbon and got students and staff within the school to sign it. Our project aimed to target 12-16 year old students within the school community. Our wall has created the long lasting impact that we wanted and is now a permanent feature at Lyneham High School. We also had someone from the Tara Costigan Foundation come to Lyneham High and talk at the assembly. She informed the whole school on the effects of domestic violence and helped everyone recognise how much of an issue domestic violence is today.



Through our mural wall and the talk at assembly we aimed to inform and spread awareness on how much domestic violence has a toll on not just the victims but their family, friends and community. Upon completion of our project based learning assignment not only did we spread awareness on the issue but also gave us a massive insight into domestic violence itself.

Women in Sport

Our group focused on the issue of gender in sports. We looked at how gender contributes to discrimination in sports, for both elite athletes and amateur participants. This issue was pertinent with the rise of professional female sporting leagues in Australia (Woman's AFL) and conversations surrounding female athletes, such as the media storm concerning Serena Williams, and personal experiences as all the girls in this group engage in sports and sporting communities. We saw gender as an exclusionary construct which permeates sports, one that possibly discourages young girls or boys from participating in physical activity.



Our project set out to remove or educate about the existence of gender in sports through holding a seminar for two primary school classes. We presented a PowerPoint featuring prominent athletes analysing how gender affects athlete's public notoriety, played games with unfair rules to highlight gender discrimination and for one class, held a craft project aimed to create a new vision of sports. The kids were highly engaged in our ideas and the feedback we received was that many had internalized our message of inclusion. We learnt both about how discrimination permeates sports and how these concepts can be dismantled. We learnt about working as a team and creating change. We learnt that however large this issue is, the world is changing and, in the most part, for the better.



Women in STEM

Our project aimed to encourage and inspire females to uptake a career in STEM. We wanted to show the students who attended that females are vital for a diverse and successful workplace - especially in STEM - and that they can influence the world in many ways. This project was passion lead for us, as most of us are surrounded by women in STEM, or want to uptake a career path in STEM. It is very important that we share our knowledge with as many other people as we can to show them how important STEM is and what role women play in that picture.

Overall the workshop was a success, hosting guest speakers, interactive activities and Questacon and Robogal workshops. In a survey conducted by the girls at the end of the day, a number of the girls said that they wanted to pursue a career in STEM. Some of the main skills we learned throughout the project included organisational skills, communication skills and having to think on our feet.

How the project went

- Overall, the day ran smoothly
- A number of girls said that after the event they would pursue careers in STEM

Main points that we learned

- Organisational skills
 - ◊ Contacting people inside and outside of our school
 - ◊ Creating Schedules
- Communication skills (having to contact everyone ie, workshops, guest speakers)
 - ◊ Talking on phone and emails
- On the spot decision making



Luna Park Excursion

On Friday 26 October, the majority of year 7 got the chance to go up to Luna Park in Sydney for the day as a Maths excursion. We arrived at school really early on the day. We were all pumped and ready for the 3 to 4 hour drive to Sydney. It was a long drive, but luckily we had a stop at McDonalds on the way. We finally got to Luna Park and were ready to head in. We got our Maths worksheet and our ride wristbands and went in. At 2:30 pm we headed out and went to the buses. It was a long drive home and we eventually got there at 7:30 pm. It was a really hot day but a great experience. I'm so glad we got to go.

Written by Emily Murray



At the end of week 2, most of year 7 went on a day trip to Luna Park in Sydney. In order to spend a decent time in Luna Park, we had to leave at seven in the morning. After spending a while on the bus, we stopped at McDonalds to have breakfast/morning tea. We spent a few hours at Luna Park, going on the rides and playing some of the games, but eventually had to come back. The buses stopped at Maccas on the way back, and those of us who still had money left bought ourselves some snacks. We arrived back at school at about 7:30pm, and were all tired.

Written by Hamish Applegate

Maths News

This year we had many students from all of the year groups who took up the challenge and enthusiastically participated in different competitions and achieved great results.

Australian Mathematics Competition

Overall 129 students participated in the Australian Mathematics Competition and were awarded the following certificates: 2 Prizes, 13 High Distinctions, 44 Distinctions, 51 Credits, 16 Proficiency and 3 Participations.

On Tuesday 13 November, the Australian Mathematics Trust (AMT) celebrated the achievements of our students for 2018 at Mulford Junior School, Radford College. Based on their outstanding AMC results, the following students from Lyneham High were invited to attend the 2018 AMT Australian Night of Mathematics in Canberra.

- Stanley Li - Year 10
- Saranjot Melli - Year 9
- Khubaib Qureshi - Year 9
- Taewan Kim - Year 7
- Hangyang Li - Year 7

Lyneham High School also received the new AMC Champion School award.



Australian Intermediate Mathematics Olympiad

On Thursday 17 September, 20 students participated in a 4-hour Australian Intermediate Mathematics Olympiad Exam and were awarded the following certificates: 5 Distinctions, 12 Credits and 3 Participations .

Burgmann Year 10 Maths Day

Two teams from the year 10 LEAP class participated in the Annual Burgmann Year 10 Maths Day held on 18 October at Burgmann High School. It consisted of a group contest, swiss contest, cross number contest and a relay contest. Both the teams from Lyneham High made the top eight teams out of eighteen teams and one of the teams came third. It was a great learning experience for all the students who competed on that day.

Congratulations to all the participants!



Lyneham High P&C Heroes and Villains Trivia Night 2018

The Lyneham High P&C Heroes and Villains Trivia Night was a huge success. Due to a draw, a highly technical game of heads and tails was needed to determine a winner – *Yesterdays Heroes* came out as winners for the evening. The evening would not have been possible without the amazing support of Lyneham High Staff in particular:

Quiz master extraordinaire - Mr Josh Ross

Harry Potter MC - Mr Luke Coleman

Jane Herring and Sandra Gibb in the front office

Anthony Burgess for being one step ahead of the organisers

Mick for ensuring we have everything we need every year!

The P&C would especially like to extend their gratitude to all the businesses and individuals who donated prizes. Please remember to thank them for their support when shopping there!

Body Mind Empowerment Centre	
Zone 3 Laser Tag Belconnen	Alliance Francais
Canberra winery tours	Yowani Country Club
Jet Flight Simulator	Bec Taylor School of Music
Physio Connection	Ainslie Group (Ainslie Football club/Gungahlin lakes)
Big River Distilling	Tilleys at Lyneham
Next Gen	Pho Phu Quoc
The Dickson Tradies	Team Fitness @ Northside gym
Canberra Indoor Rock Climbing	High Road Café Dickson
Sfoglia Café and Patisserie	Astral Float
Watson Supa Express	Two Sisters Thai
The RUC, Turner	Lost River Produce
Dickson Aquatic Centre	Lyneham Hair fashions
Barber at Dickson	Discount Chemist Dickson
Hellenic Club of Canberra	Canberra Southern Cross Club
Cheese Cake Shop - Dickson	Polo Restaurant at the Polish White Eagle Club, Turner
True Balance Massage Therapy, Belconnen	Anytime fitness
Lyneham Meat Centre	Turkish Pide House
Questacon	National Film and Sound Archive
Good brother café dickson	Tune Bikeworks
Le's Tailoring	Dickson Healthfoods
The Garden	The Source Bulk Foods
Yoga Mandir	Woolworths
LHS Family Businesses: Big River Distilling	
LHS Family Donations: Lendon, Phillips, Morton/Helyars, Trewin/Vardons, Coleman/Gibbons, Houston.	



P&C News

New Bus Network in 2019

Currently Lyneham High School has 10 Transport Canberra school bus services that stop at the school. When the new bus network arrives at the start of next year there will be no school buses stopping at the school.



Instead there will be normal public buses available for students to catch at the new Dickson Bus Interchange on the other side of Northbourne Avenue and from the North (Stop 4549) and South (Stop 4550) bus stops on Mouat Street. The Light Rail will also be available for students travelling up or down Northbourne Avenue.

A map of the new arrangements is at the following link:

<https://www.transport.act.gov.au/getting-around/new-network/schools/lyneham-high-school>

Transport Canberra say they are not able to make any changes to this situation now but will review it later next year when they have seen how students are using the new network.

One issue of possible concern is that students catching buses from Stop 4549 may be tempted to directly cross Mouat Street rather than use the pedestrian crossing to the West.

Can parents who have concerns about the bus changes please advise exactly what their concerns are to the following address: lynehamhighpc@gmail.com

Dedicated school bus services

The P&C have been working hard behind the scenes to gather information from Transport Canberra on how the changes in 2019 bus services will impact on students and families within our community. Currently LHS has four dedicated morning bus services (servicing approximately 50 students) and six afternoon services (servicing approximately 190 students). Our understanding is that from 2019, there will no longer be dedicated bus services to Lyneham High School. **The P&C are inviting parents to join a discussion with Transport Canberra representatives on 4 December at 6.30pm in the school library.** If your child will be affected by these changes in 2019, I urge you to attend this meeting so that you are fully informed.



Reminder - Uniform Shop Hours

Dates	Hours
Monday, 17 December	8.30 am - 11.00 am
Tuesday, 18 December	8.30 am - 11.00 am
Wednesday, 19 December	8.30 am - 11.00 am
Thursday, 20 December	8.30 am - 11.00 am

Bike Compound

The school does provide a bicycle compound and we encourage all students to secure their bike there prior to the start of the school day. We ask that students do not lock their bike to the perimeter fencing in other parts of the school.

It is important to know that bicycles are placed in the compound at the owner's personal risk. Usually the compound is locked at 9:00am and opened at 3:00pm. The compound is not theft proof and there may be times when it is left unlocked for a variety of reasons.

Parents are encouraged to supply a good quality chain or bar to secure any bicycles left at school. It is never advisable to leave bikes at school over the weekend. Incidents of theft are not common, but as in any community, theft does occur from time to time. We seek the assistance of all members of our community to report any theft or suspicious activity to staff or to police.

Lockers

Students will be given regular reminders via daily notices in weeks 7, 8 and 9 to have their lockers cleaned out by the end of week 9, and to return their lock to the front office. Anything left in lockers after week 10 will be disposed of. Parents and carers are encouraged to reinforce this message with their children.

Chromebook Update

This is a reminder that all students in years 7 to year 11 in ACT Public Schools are entitled to a free Chromebook. This applies even if the original offer was not taken up earlier this year or last year. If you and your child have changed your mind about accepting the device on offer then you can still receive one now. To collect the device a completed Chromebook acceptance form needs to be returned to the school. The form is available on the school website or from the front office. When completed get your child to bring the signed form to the school library and present it our Information Technology Officer, Phil Meldrum. He will then give the student a new boxed Chromebook, with charger and stylus. It is that simple!

If an existing Chromebook is playing up or not working for whatever reason then students should take the device to Mr Meldrum in the library to get it looked at. If the issue is not easily fixed and covered under warranty then a new device is issued to the student. If the issue is one that is well known and fixable, Mr Meldrum will take the device for a short time and fix it. Short term loans of other devices can be arranged if a working device is needed in the interim by the student.

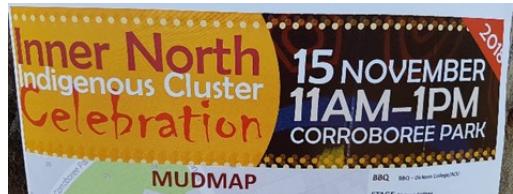
If a student's Chromebook or own device is lost, broken or stolen then a long-term loan of a device can be arranged until the family organises a replacement device at their own expense. Whatever the circumstances the school will provide a Chromebook for those requiring using one when their own device is unavailable.

Those not wishing to use a Chromebook are reminded that they are expected to bring their own suitable device to school to enhance and assist their learning.

See the school website for more information and details including replacement charging cords. Questions or issues not covered there should be directed to the school's ICT coordinator (Simon Spinetti) or ITO (Phil Meldrum).

Inner North Indigenous Cluster Celebration

On 15 November a group of our Aboriginal and Torres Strait Islander students and friends attended the annual Inner North Cluster Celebration.



We were fortunate to have beautiful weather and the students had an amazing day participating in the various activities organised by the schools in our cluster. Our contribution included bush tucker inspired lemon myrtle biscuits and wattle seed truffles made by students Jayida Gilbert, Jorgie Robb, and Georgie Jaques, which went down a treat.



We also had two students perform in the opening line up, including Grace Obst singing an original song about the stolen generation and Jye Hopkins performing *The A Team* by Ed Sheeran.





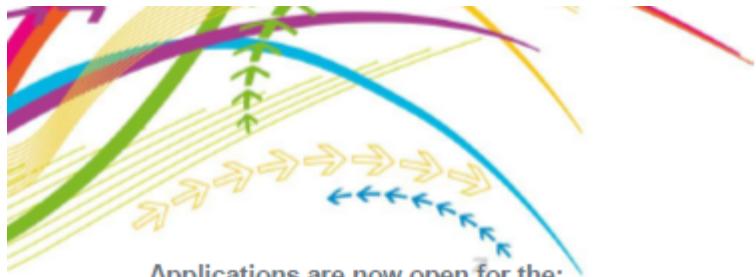
Bush Blitz

is coming to the ACT!

Discover what lives at the
AUSTRALIAN NATIONAL BOTANIC GARDENS
10am–3pm Sunday 2 December

Join Bush Blitz scientists (including spider expert Dr Robert Raven) on their search for species, learn how to identify the amazing plants and animals that call the Australian Capital Territory home... and SO MUCH MORE!

Visit **bushblitz.org.au** for details



Applications are now open for the:



headspace

Canberra

Street Level 8, Building 18, University of Canberra,

170 Hayden Drive, Bruce ACT 2617

Mail Level B, Building 18, University of Canberra,

Bruce ACT 2601

Tel 02 6201 5343 Fax 02 6201 2345

headspace.org.au

headspace Canberra Youth Reference Group (YRG)

Are you aged between 16 and 25 and live in the ACT or surrounds? Do you have something to say about health, mental health and drug and alcohol issues?

What is the headspace Canberra YRG?

headspace Canberra is providing young people with the opportunity to be heard and be active around youth mental health and alcohol and other drug issues. There are a number of roles you can play in a headspace Canberra YRG, including:

- Chairing monthly meetings, agenda and minute taking
- Leading a project in your local area
- Social media consultation and development
- Review and development of headspace Canberra services
- Participation in Community Awareness Events
- Young People participation in media
- Peer support and mentoring

By getting involved you will:

- Develop new skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health by having your say

headspace Canberra will provide some training to support you to participate in the above group and/or activities.

How do I get involved?

Application packs available by contacting headspace by email on info@headspacecanberra.org.au or pick one up at headspace Canberra

Complete the application form and email it with your CV to info@headspacecanberra.org.au

Or you can post it to Level B, Building 18, University of Canberra, 170 Hayden Drive, Bruce, ACT 2601.

Applications close 7th January 2019

Interviews will run in late January 2019

Who can apply?

We are looking for anyone aged between 16 and 25 to be involved with their local headspace centre. We are looking for about 10 local young people to join the group.

We want you to apply if:

you have had your own experiences of feeling depressed, anxious or other mental health issues

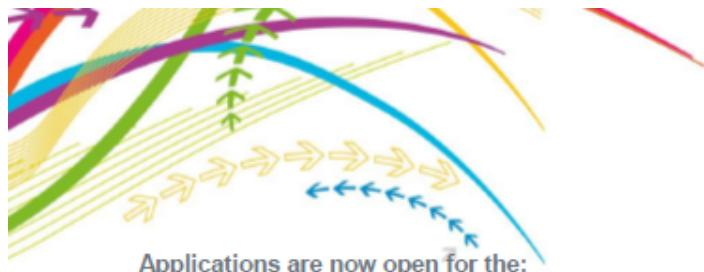
or

you have a friend or family member who has/or had a mental illness or drug misuse concerns

or

you feel passionate about and are interested in mental health issues

The group is also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, gay, lesbian, bisexual and transgender young people and young people who have been or who are homeless.



Applications are now open for the:



headspace

Canberra

Street Level 8, Building 18, University of Canberra,
170 Hayden Drive, Bruce ACT 2617

Mail Level B, Building 18, University of Canberra,
Bruce ACT 2601

Tel 02 6201 5343 Fax 02 6201 2345

headspace.org.au

headspace Canberra Youth Ambassadors

Are you aged between 18 and 28 and live in the ACT or surrounds? Do you want to reduce the stigma surrounding Mental Health?

What are the headspace Canberra Youth Ambassadors?

headspace Canberra is seeking a diverse team of young people to present workshops about mental health and headspace in schools and sports clubs and other venues. You must currently be enrolled in university, CIT/TAFE, and/or a sports club.

The Youth Ambassadors program provides young people with the opportunity to be heard and be active around youth mental health. There are two key roles you can play as a headspace Canberra Youth Ambassador:

- Presenting workshops to young people and the community about mental health issues or;
- Coordination and management of headspace Canberra Youth Ambassadors Program and workshops

By getting involved you will:

- Develop and foster leadership, communication and advocacy skills
- Meet and work with other young people who are passionate about youth mental health
- Make a difference to youth mental health by providing relevant information and workshops.

headspace Canberra will provide training to support you to participate in the above role.

How do I get involved?

Application packs available by contacting headspace by email on info@headspacecanberra.org.au or pick one up at headspace Canberra

Complete the application form and email it with your CV to info@headspacecanberra.org.au

Or you can post it to Level B, Building 18, University of Canberra, 170 Hayden Drive, Bruce, ACT 2601.

If you require any further information, you can call us on 6201 5343

**APPLICATIONS CLOSE 14 January 2019
INTERVIEWS WILL RUN MID JANUARY 2019
INITIAL MEETING WILL BE HELD MID FEBRUARY 2019**

ABN 61 633 873 422
headspace National Youth Mental Health Foundation Ltd is funded by the Australian Government Department of Health and Ageing under the Youth Mental Health Initiative Program.

Who can apply?

We are looking for anyone aged between 18 and 28 to be involved with their local headspace centre. We are looking for about 10 - 15 local young people to join the group.

We want you to apply if:

you have had your own experiences of feeling depressed, anxious or experienced other mental health issues or

you have a friend or family member who has/or had a mental illness or drug misuse concerns or

you feel passionate about and are interested in mental health issues

We are also keen to hear the voices of Indigenous young people, young people from different cultural backgrounds, gay, lesbian, bisexual and transgender young people and young people who have been or are homeless.