



*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.*



Principal's Message

Over the last two weeks since I last wrote to you, we have seen the pace and business of our large school lift with many activities happening including excursions to the Australian War Memorial, auditions for "Mary Poppins", this year's musical production, and several camps traveling interstate.

In classrooms, it has been great to see that our students have settled quickly into learning routines. As we approach the halfway point of term 1 (can you believe it?) we know that students will experience an increase in assessment tasks across their classes. It is therefore a timely reminder to be monitoring how organised students are (they know what tasks are current and the due dates) and supporting them to prioritise work and allocate time to ensure they can produce their best work. We always encourage our parents and carers to be actively involved in these discussions at home and invite you to contact individual teachers or the appropriate year group team for support.

Positive Behaviours for Learning

This year Lyneham High School will begin the first stages of implementing the Positive Behaviour for Learning (PBL) framework. The implementation of PBL will involve significant consultation with all members of our learning community over several years. To start this work, a staff implementation team has been identified from across the school and they have undertaken two days of training earlier this week. Our implementation team will collaborate with PBL officers from the Education Support Office to work through a design process to improve wellbeing and learning outcomes for all students. We look forward to working closely with our community and ask you to consider being involved throughout the year. Please read the article later in this newsletter for more details and links to further information.

Bike Compound

From Tuesday this week, students have been able to start using our new covered, enclosed and secure bike compound! It is fantastic with capacity for the hundreds of bikes that students ride to school each day. We do ask that all students now use the compound and do not lock their bike to the school perimeter fencing.

Year 7 Mini Timetable Evening

Last week we held our annual Year 7 Mini Timetable Evening and it was wonderful to see so many of our parents come along. Hopefully you enjoyed the challenge of navigating around the building, putting a face to the name of teachers, learning more about the learning programs and gaining a greater appreciation of how the school operates. We were also delighted to see so many Year 7 students attend and excitedly show off their school to their parents. Many thanks to all staff who attended to support this after-hours event.

Camps and Excursions

Last week our STAR girls headed to the far south coast, in and around Pambula, for their term 1 camp while this week the DARE boys are currently on the south coast near Lake Tabourie and Mollymook. On both camps the organising teachers have planned challenging activities and experiences designed to build and demonstrate their leadership and teamwork skills. The students also have great fun and build strong relationships that are so important to the success of the two programs. We also had the Year 8 LEAP camp head out to Mount Stromlo Observatory before travelling to Warrambui for a great two-day program. I would like to thank the dedicated teachers who have organised these camps and given their time away from families to provide these amazing opportunities.



Week 5: 02 – 06 March

Tuesday 3rd:

- Project Rock It

Wednesday 4th:

- Year 7 Camp Meeting

Week 6: 09– 13 March

Monday 9th:

- Canberra Day Public Holiday

Friday 13th:

- Group Photos

Preparations are well under way for the two Year 7 Camps, the Musical Production Camp and SEEK Camp – all of which will happen between now and the start of the Easter holidays. I would like to thank the staff organisers and our amazing front office team who have been working tirelessly to ensure that excursions are approved, paperwork has been completed and that the logistical demands of taking so many students out of the school to access these valuable opportunities have been met.

Student Support Funds

A reminder to all parents that the school operates a Student Support Fund. This provides limited funds to parents who are experiencing financial difficulty. Funds can be used to help any student access activities that the school would normally anticipate a whole year group, class or specific group of students would attend. If you are experiencing financial difficulties, please contact me so that we can discuss accessing this support fund. Information is kept confidential.

Warm Regards

Rob Emanuel



Music Notes



The Year 10 Concert Band performed at the school assembly this week, kicking off the year of performances with a bang. The band played two pieces, *The Devil Went Down to Georgia* and *September*. They performed very well and certainly showed the school what can be accomplished with four years of hard work in the Band Program.



Our extracurricular groups have also started with lots of enthusiastic participants. It is great to see so many students involved, particularly when you consider that in order to take part the musicians need to be up and out of bed even earlier in the morning and at school for 8am rehearsals once a week.

Band Performance Tours



Reminder that tour commitment forms are due shortly, particularly for our Year 8, 9 and 10 Concert Bands. We appreciate your effort to return these notes as soon as possible. The importance of letting us know if your child will or will not be attending cannot be stressed enough as this significantly affects the budget and planning process and the final cost to individuals. Should you have any concerns about this, please contact the music staff as soon as possible.

Band	Dates	Destination	Approx. cost	Deposit	Deposit and notes due by
7 Beginner Concert Band	26 - 27 November	Bateman's Bay	\$220	\$100	3 April (Week 9)
7 Concert Band	12 -13 November	Merimbula	\$240	\$100	3 April (week 9)
8 Concert Band	16-18 September	Sydney	\$400	\$200	13 March (week 6)
9 Concert Band	16 - 21 August	Melbourne	\$880	\$350	20 March (week 7)
10 Concert Band	18 -24 October	Brisbane	\$750	\$350	20 March (week7)

Instrument Hire

Instrument hire payment reminder notices will be sent out by email in the coming weeks. We would appreciate your prompt payment. If you believe the notice was sent in error, please contact the finance office. If your child does not require a school instrument and you receive a payment reminder, please contact me: heather.coulson@ed.act.edu.au.



Home Instruments

Second 'H' or home instruments have been handed out to students over the last two weeks. These students should have planned to transport their second instruments home; however, we still seem to have some remaining instruments in the LPAC auditorium.

Unfortunately, there were not enough for everybody who requested one, however should instruments become available through the year we will consult the list of applicants. Should your child still want a second instrument and did not complete the form, please complete this [link](#).

We offer these instruments free of charge to families that have already hired and paid for their band instrument. There are unfortunately not enough to go around for everybody and we apologise in advance if your child misses out. Please do keep in mind that these are instruments that the school owns that still play, but we would not hire out as a regular instrument as the instruments are often dinged or tarnished or don't play as well as a better instrument. Some instruments will come complete, others may not have a mouthpiece, in which case students would need to take the mouthpiece from their main instrument between school and home. The school will not be repairing these instruments, so if it is not of a quality that is useful for your child then please return it with the knowledge that it is unlikely that there will be another spare available.



Runners: Did you know?

Along with other schools, Lyneham High has a long history of having student "runners".

Runners are an important part of the school's operational fabric: taking "pink" notes around the school and performing other ad-hoc tasks. If you ring and ask for your child to be sent a message or released from class early, you will often hear our front office staff say, "No worries, I'll send the runner out."

Most year 8 students are generally asked to be a runner once during the year.

While most students enjoy the opportunity to help the school out, we know that it's not for everyone. We do not choose a student if:

- there are conflicting academic/schooling reasons (eg a test or excursion),
- there are wellbeing or similar concerns that have been expressed to us,
- a parent/carer has advised that they do not wish for their child to participate.

If you do not wish for your child to participate, please advise their home group teacher (refer to the [Teaching staff contact list](#)). Your child can also express this directly to the home group teacher.



Positive Behaviours for Learning at LHS

Information for parents and carers about keeping children safe on-line

The e-safety commissioner has a valuable website for parents and carers to access up to date information to assist with keeping children safe on-line.

We encourage all parents and carers to have a look at [this site](#) and start conversations with your children around safe use of technology.

Also check out our Google site [Lenni](#) for a wealth of information for students, parents and carers.

Academic Competitions

The note for 2020 Academic Competitions is now available.

Please refer to the [Notes Home](#) page of our website.

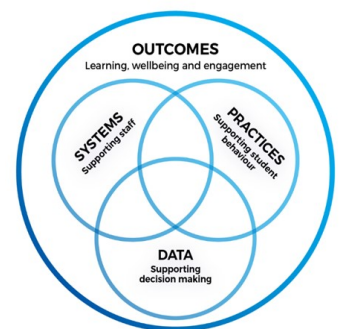
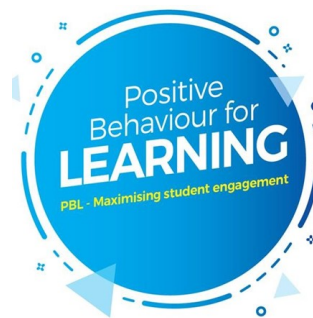
Paper copies are also from the front office and staffrooms.

This week a group of LHS teachers and administration staff attended a training session to begin the process of implementing PBL here at Lyneham High School. There are currently 60 schools in the ACT Education Directorate at various stages of implementing PBL providing us with an array of strategies and ideas about how it can be tailored to work effectively in our school environment.

Positive Behaviours for Learning is an evidence-based whole school process to improve wellbeing and learning outcomes for all students. Over the coming years, through a process of student and community consultation, as well as consistent data collection and analysis, the implementation team will work towards creation of a vision that supports our strong school values, strengthening consistent practices, clarifying and teaching expected behaviours, and developing acknowledgement systems to encourage positive student behaviours.

For more information on how this system has been successfully implemented in other areas, please see www.pbl.schools.nsw.edu.au and www.PBIS.org.

The PBL implementation process requires a strong foundation of collaboration between LHS staff, students and the broader community so keep an eye on future updates as we undertake this journey.



School Nurse

The School Youth Health Nurse is a Canberra Health Service Registered Nurse who works with students to support their health and wellbeing. With a strong focus on health education, prevention, early identification and referral for health concerns, the School Youth Health Nurse can provide:

- Confidential consultations for students.
- Small group work.
- Support for teachers to deliver the health curriculum.
- Support for health promotion activities within the school.

The nurse can provide support around:

- Mental health.
- Personal or family issues.
- Alcohol and other drugs.
- Sleep, diet and exercise.
- Sexual health and relationships.

The School Youth Health Nurse is currently in Lyneham High on Mondays and Tuesdays. Students can be referred by teachers, parents or themselves.

For more information, contact Fiona McDonald at fiona.mcdonald@act.gov.au

Cyberbullying



Cyberbullying is the use of technology to bully a person with the intent to hurt or intimidate them. One in five young people have been bullied online.

Some examples of cyberbullying include:

- hurtful or abusive messages
- creating fake accounts in someone's name to trick or humiliate people
- spreading nasty rumours or lies about someone
- sharing photos of someone to make fun of them or humiliate them

“Remember that bullying behaviour is way more a reflection of that person who is being mean, than it is a reflection of you”

What to do

Resist the urge to respond

Resist the urge to respond to any hate targeted at you online, it usually just makes it worse. Often people will say hurtful things just to get a reaction and you don't want to be associated with that or provide them with any reason to get you in trouble as well. Stick to treating people the way you want to be treated online and offline, and you will definitely feel better about yourself.

Screenshot evidence

Before you block or delete, make sure you screenshot. If you've seen or been the target of mean or nasty stuff online, your immediate reaction might be to make it disappear, but it's really important you keep evidence of it. This might help you out down the track if they continue to be nasty and you need to report it to eSafety. However, if the bullying material involves nudes, be aware that possessing or sharing such images of people under 18 may be a crime, even if the picture is of you or you have just taken a screenshot for evidence purposes. For information about relevant laws in Australia, visit Youth Law Australia You can also read our advice on what to do if your nudes have been shared.

Report and block

Most social media services, games and apps have a function that makes it easy to report and block online bullying. You can find reporting links for social media, apps, games and websites in the eSafety guide. If people continue to post mean stuff about you that you can't see, but your friends tell you about, encourage your friends to report it too.

Talk to someone

Cyberbullying can make you feel isolated and like everyone is out to get you, but that's not the case. Make sure you talk to people you trust and get support from mates or adults that have your back, and you'll realise that you are not alone. There are also many online and phone counselling services with caring people ready to hear you out.

Report it to eSafety

If you have trouble getting the content removed and you are under 18, you can report it to the cyberbullying team at eSafety. We can work with you to get the hurtful content taken down and point you in the right direction to get help and support. If you are 18 and over, read our tips on how to deal with adult cyberabuse.

Helplines

Kids Helpline: 5 to 25 year olds. All issues. Confidential phone counselling available all day, every day. Online chat available 8am to 12am EST daily **1800 55 1800**

Headspace: 12 to 25 year olds. All issues. Phone counselling available all day, every day. Online chat available 9am to 1am EST daily **1800 650 890**

HEADSPACE WEBSITE

PARENTLINE

CYBERBULLYING COMPLAINTS

This information and the associated intellectual property are owned and produced by the eSafety Commissioner - Australian Government, permission to reproduce granted by eSafety Commissioner - Australian Government.

Visit original article at <https://www.esafety.gov.au/young-people/cyberbullying>



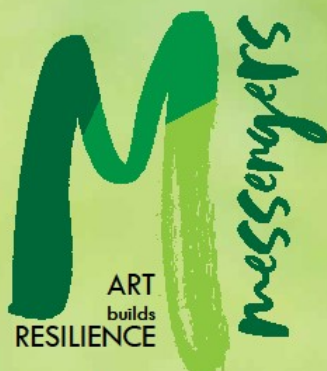
REGISTRATIONS FOR THE 2020 WINTER SEASON ARE NOW OPEN

Looking for a fun, friendly and safe winter sport for your child?

Come play football (soccer) at Canberra's friendliest club, conveniently located at Dickson Playing Fields on Antill Street.

We welcome all players born in 2015 or later, and cater for all skill levels. Children are free to play with their friends and school mates.

Visit www.majurafc.org.au for more information, and to register.



PARENTING HELP

TWO **FREE**
WORKSHOPS

for challenged parents
of adolescents

4 + 11 MAY, 2020

Two sessions

5.30pm – 7.45pm

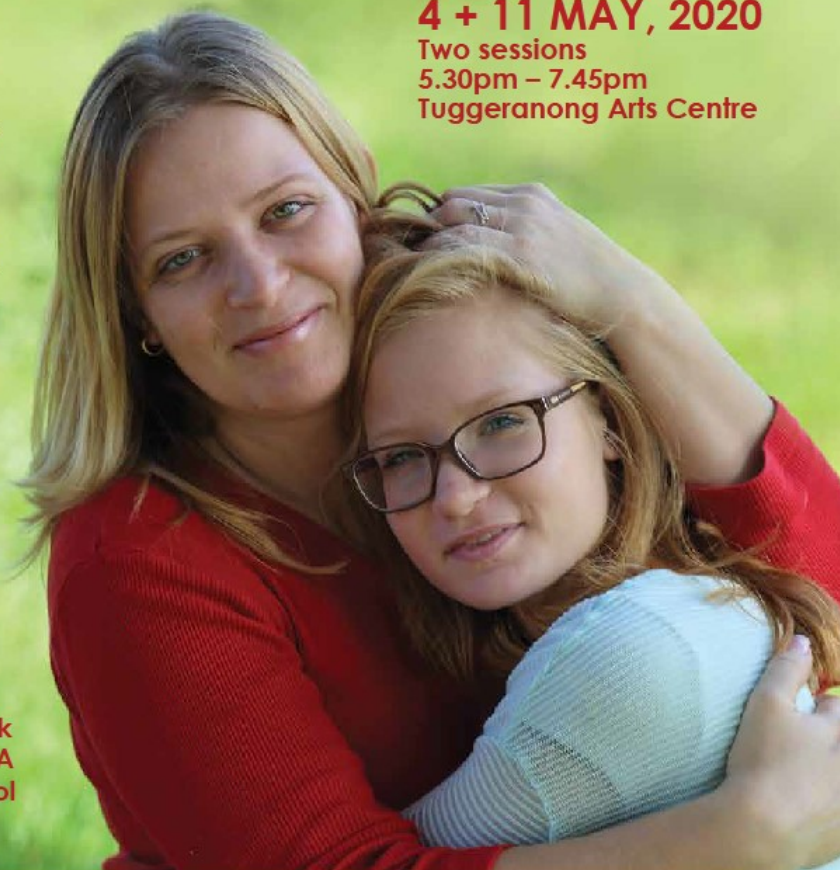
Tuggeranong Arts Centre

Is your teenager showing
symptoms of depression
or anxiety?

Has your teenager used
self-harm to regulate the
pressures of life?

How can you support
your teenager and
yourself?

Facilitated by Gretel
Burgess, MA Social Work
and Sarah O'Sullivan, BA
Social Work, High School
Counsellor



THE MESSENGERS PROGRAM IS HOSTING TWO INTERACTIVE PARENTING SEMINARS COVERING:

- Understanding adolescence and gaining coping strategies
- Pointers to positive communication
- How to cope with mental health concerns in teenagers

TO REGISTER: PHONE (02) 6293 2212

OR EMAIL MESSENGERS@TUGGERANONGARTS.COM



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