



LYNEHAM HIGH SCHOOL

Care • Quality • Creativity

PRINCIPAL
ROB EMANUEL

Friday 08 November 2019

#16 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 5, 11 November - 15 November

Thursday 14 November

- ⇒ Y7 Concert Band Merimbula Tour
- ⇒ Y9 GRIP Leadership AIS
- ⇒ Art Show Exhibition

Friday 15 November

- ⇒ Y7 Concert Band Merimbula Tour

WEEK 6, 18 November - 22 November



Care Quality Creativity

From the Principal

Over the last fortnight I have been so impressed by the community spirit shown both within our school and across the schools in our inner north cluster. Last week we held the annual Massed Band concerts which showcased the talent of over 500 students – seeing them all play together was a truly stunning experience. Our community of parents and friends came out in similar numbers to support and celebrate the Band Program with LPAC full to capacity and more than 100 people watching a live telecast of the performance on the big screen in the school hall.

Across the inner north cluster, we have come together to enjoy a number of community celebrations. Last week at the 10th anniversary of the **Inner North Indigenous Cluster Celebration** at Corroboree Park, we celebrated with our Aboriginal and Torres Strait Islander students, families and community and enjoyed the many fantastic cultural activities. Over the last two nights we clapped and cheered along with students from Kindergarten to Year 12 as they performed in the **Northside Spectacular**. The theme of spectacular this year was “*Celebration*” and the event certainly lived up to its title. A very big thank you to the many staff members who have organised and led these amazing events and bring so many in our community together.

And the events keep coming ...

- P&C Trivia Night (Halloween theme) on Friday 8 November
- LHS Arts and Technology Exhibition on Thursday 14 November 6:00pm – 8:00pm

2020 Subject Selections for Years 7, 8 and 9

Please take time to read the article in this newsletter that provides detailed information and outlines the timetable for the year 7, 8 & 9 elective selection process. We use *Subject Selection Online (SSO)* to collect the selections of each student for their two electives and a HPE class ion both semester one and two. SSO will open during an extended Home Group next Monday morning (11 November) and selections must be completed by Monday 25 November. While we will not be able to give all students their first choices, following the instructions carefully will help everyone to get the best possible subject selections.

2019 ACT Public Education Awards: Celebrating Excellence

Last Thursday the ACT Public Education Awards ceremony was held. These awards recognise and celebrate the contribution that school leaders, teachers, support staff and volunteers make to the lives of young people across public schools and the broader ACT community.

This year Lyneham High School nominated three of our colleagues:

- Rose Nicholls (Category: Education Support Person of the Year)
- Rebecca Duncan (Category: Secondary Teacher of the Year)
- Margie McMahon (Category: School Leader of the Year)

Rose, Bec and Margie have different roles within our school but each of them put the care and wellbeing of students at the centre of their work. I would like to recognise and thank them for the outstanding contributions they make to our school community.



Light Rail: Safe and Respectful behaviour

We recently met with representatives from Canberra Metro to review CCTV footage relating to two incidents at the Dickson Interchange light rail stop. The CCTV footage (at the stop, along the tracks and inside the vehicles) was very clear and we were able to easily identify the Lyneham High students behaving irresponsibly while using the light rail. One incident related to fare evasion and rudeness to a Transport Officer. The second involved students “mucking around” by pushing one another onto the tracks and reaching out to touch the light rail vehicle as it arrived at the stop. These behaviours have the potential to cause serious injury. It is timely to remind our students that we have high expectations of their behaviour not just at school but also in the community. We would appreciate your support to discuss and reiterate this message at home.

Transportable Building Works

As I indicated to our community earlier this year, the ACT government have allocated funding in the 2019-2020 budget to provide a transportable building at Lyneham High School. Last term several meetings were held to discuss the logistics of deploying and positioning the transportable building and final signoff occurred during the holidays. As part of this project we will also receive a new purpose built (covered and enclosed) bike compound and the relocation of one of our long jump pits. I have included a site plan map in this newsletter for your information. A big thank you to Jane Herring, our Business and Facilities Manager, for all her hard work to complete this initial planning process.

This week you may have noticed that preliminary work for this project has started in order to prepare the site ready for the delivery of the transportable in January. Some of the work to be completed before the end of this year includes establishing site access (fencing, gates, etc.), the temporary relocation of the bike racks and ground preparations for the building site. I have informed our students at assembly that, for obvious safety reasons, they must not enter the worksite at any time. As you can imagine, this has resulted in restricted access to various areas of the school and our grounds. This has particularly impacted on the HPE classes and I would like to acknowledge and thank the PE staff for their understanding, flexibility and creativity in finding solutions to issues that have arisen. We expect the project to be completed by the end of January, ready for the start of the 2020 school year.

Regards
Rob Emanuel



PAUL DILLON – Parent Presentation

‘Risk Taking’: Why do teens do the things they do?
What can parents do to keep them as safe as possible?

Thursday 28 November, 5.30pm – 6.30pm
Lyneham High School Hall



Term 4

Week 15	11 November	7BCB and 7CB	7 Beginner Concert Band and 7 Concert Band Farewell Concerts; arrive 4:20pm, doors open 4:50pm for a 5:00pm start.
	14-15 November	7CB	7 Concert Band Merimbula Performance Tour
Week 16	18 November	7BCB	Assembly Performance; arrive 8:20am; band uniform tops
	18 November	Year 7 Band students	Year 7 'H' (Home) instruments returned
	18 November	All Band Students	All band instruments returned for stock take and servicing
Week 17	28-29 November	7BCB	7 Beginner Concert Band Bateman's Bay Performance Tour
Week 18	3 December	8CB	Assembly Performance; arrive 8:20am; band uniform tops
Week 20	16 December	8CB	Presentation Night Performance

Stocktake and Instrument Returns

As we come towards the end of the year the Band Program conducts its annual stocktake to check and prepare all instruments for the following year. As a part of this process, all students in year 8, 9 and 10 who have a 'H' or home instrument have been required to return them this week. If your child is in one of these year groups and you still have a H instrument at home please return it to LPAC as soon as possible. Year 7 students will be asked to return these instruments in week 16.

From week 16 onwards we ask that all school owned instruments remain at school, in LPAC, until otherwise advised. If students need to take their instrument home for any reason, this should be negotiated with their band teacher. Students will still have access to the instruments for classes and performances, but at all other times the instruments should stay in LPAC so that they can be checked over and prepared for the following year.

Please ensure that any borrowed instruments are cleaned before they are returned. There is information about how this should be done, specific to each instrument on the Band Parent Portal.



Instrument Returns

Week 14	4 November	8CB, 9CB, 10CB	Home instruments returned for year 8, 9 and 10 students. Please take these to the hall during your band classes.
Week 16	18 November	7BCB and 7CB	Home instruments returned for year 7 students.
	18 November	All Band Students	All band instruments returned for stock take and servicing
Week 20	TBC	All Band Students	Students may collect their 2020 instruments – collection dates will be published in the daily notices.

Online Chromebook Accessories Purchasing Portal

Datacom have developed an online portal to allow parents and care givers of existing students to purchase replacement accessories for their child.

Details required to access the parent portal:

URL: <https://datashop-act.datacom.com.au/byod>

Username: byod

Password: byod

If your device has been damaged, please see Mr Meldrum in the Library to get repaired.

Please contact philip.meldrum@ed.act.edu.au if you have any questions.

The portal is operated by Datacom and is independent of the TEL Program, the Education Directorate and the ACT Government. Devices purchased through the portal are like any other BYOD device and are covered by existing BYOD policy. Any applicable warranty claims are to be processed by parents directly with Acer, with further information and relevant contact details provided under the Warranty Support option on the portal.



Year 7 Farewell Concert

The year 7 Farewell Concert will be held on Monday 11 November. The Year 7 Beginner Concert Band and the Year 7 Concert Band will perform short sets of music that they are preparing for their upcoming tours to the coast. Following this, a parent information will be held to share the final important information regarding both of these tours.

Students are asked to arrive at 4.20pm in full band uniform. Door to the audience will open at 4.50pm with the concert starting at 5.00pm. We hope to see you there.

10 Concert Band Tour

The year 10 Concert Band had a wonderful time away during week 2 as they toured Queensland and the Gold Coast. The group performed at a number of local primary schools, the Hunter Region Botanic Gardens, Broadbeach Mall, Dreamworld and at the Prestige Music Festival. The band were outstanding, both in their performing and their behaviour, and had a great time while away. A special thanks goes to Debbie Masling for all her organisation and work through out the year, culminating in this fantastic tour.



Visual and Performing Arts News

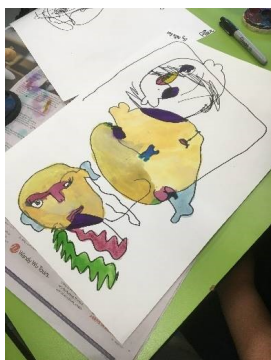
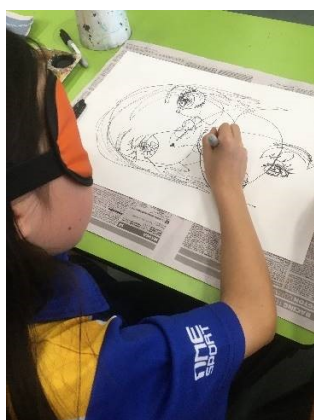
LHS Arts and Technology Exhibition

On Thursday 14 November 6.00pm—8.00pm, the school hall will be once again transformed into a large gallery space for this year's Arts and Technology Exhibition. This is a time to celebrate the success of all student works that have been created in our Arts and Technology classes throughout the year. Please come along with your family and friends to show your support to our students and teachers. Voting will take place for the People's Choice Awards where winning students will be awarded prizes for a range of categories. Cost is \$2 for entry with a night full of fun and interactive activities, tempting food delights made and served by our year 9 students, an art sale table where you just might pick up a bargain for Christmas and this is a perfect chance for you to come along and vote for your favourite works. We hope to see everyone there and appreciate the support of our community!



Year 6 Orientation Day

We were visited on Thursday 24 October by year 6 students from our cluster Primary Schools who came over to familiarise themselves with the school and find out a little bit about what high school might be like for them in 2020. We had a wonderful time in Visual Art learning about drawing on the right side of the brain with a series of blindfold and continuous contour line drawing tasks. We hope that the squeals of laughter as they took off their blindfolds to reveal their drawings meant that they were having a good time.



French at Lyneham

Carrousel Theatre visited line 1 classes recently and performed 'Belle et la Bête' or 'Beauty and the Beast', in French and English. Students were able to participate and say words in French and we had a pleasant afternoon. Here are some photos of year 7 and 8 students enjoying the show.



Hongkai Chen and Primod Govender



French classes also benefitted from a cheese tasting lesson and sampled different varieties of Camembert, Brie and Swiss cheese. Brie was a clear favourite among the year 9 and 10 students!

We continue to enjoy our French teaching and encourage our students to **choose French as an Elective in 2020.**



Nate Griffin and Alex Powell



SEAACT Science and Engineering Awards

Throughout Semester 1 this year, the students in the year 9 LEAP class, the two year 9 Projects classes and those in the Learning Support Unit worked on individual science projects. Mrs Plush, Mrs Morrell, Mrs Collins and Ms Claridge picked quite a few of these projects for submission into the SEAACT Science and Engineering Fair. The presentation night was on Friday 25 October.

The Fair had over 400 entries and Lyneham High School students received many awards.

First Place

- ♦ Biological Sciences
Cassia Cunningham – Climate change threatens local marine algae: when will sea surface temperatures surpass tipping points?
- ♦ Chemical Sciences
Kai Conroy – Which Soft Drink, Pepsi or Mountain Dew, Boils the Fastest and at what Temperature
- ♦ Earth and Space Sciences
Edward Renner – Reducing Soil Erosion in the Backyard and the Environment
- ♦ Engineering
Jason Stevens – Electronic Windsock (Special Education)

Second Place

- ♦ Chemical Sciences
Luke Palmer – The Effect of Fabric Softener on Flammability of Children's Nightwear
- Zara Mann* – Choosing the Longest Lasting Nail Polish Colour for Formal (Special Education)

Highly Commended

- ♦ Biological Sciences
Mickey Aderajew
Sophie North
- ♦ Chemical Sciences
Lisa Wang

Encouragement Awards

- ♦ Biological Sciences
Gauri Arora
Yumi Callaway
Georgie Hannan
Katarina Trajkovic
Pepper White
- ♦ Chemical Sciences
Bilal Mobin
Tim Nguyen
Steffi Sunil
Leapheng Nuth (Special Education)
Liam Sankey (Special Education)
- ♦ Earth and Space Sciences
Raymond Burn
- ♦ Physical Sciences
Duong Nguyen





Congratulations goes to the Learning Support Unit for winning the Special Education shield!



And a special congratulations goes to Mrs Robin Morrell for winning the SEAACT Science Educator of the Year. Robin will head to Melbourne in February next year to be a part of the BHP Science and Engineering Teacher Awards.



Congratulations to all students and teachers involved. What an amazing achievement!

Chicken Pox

The school has been exposed to a case of chicken pox. ACT health have provided an information sheet, published later in this newsletter. Here are some key points:

- Chickenpox is very easily spread from one person to another when an infected person coughs or sneezes. It can also be spread by direct contact with fluid from the nose and throat or contact with the liquid in the blisters. A person can be infectious from two days before the rash develops.
- Anyone with chickenpox should be excluded from school, childcare or work for at least 5 days from when the blisters first appeared, and should not return until all the blisters have formed dry scabs.
- Vaccinated children may still develop chickenpox but the symptoms are often milder, with fewer blisters. Even if the symptoms are mild, the person is still able to pass the infection onto others and should be excluded.
- The chickenpox vaccine can be given from 12 months of age and is offered free to all children at 18 months of age under the National Immunisation Program.
- Vaccination is recommended (but not government-funded) for non-immune adults, particularly those in high risk occupations, such as health care workers, teachers and child care workers.
- You should talk to your doctor if you are concerned that you or your child are not immune to chickenpox. Someone may be non-immune if they haven't had the infection before or haven't had the chickenpox vaccine.
- The chickenpox vaccine may prevent infection in people who do not have immunity to chickenpox if given within 5 days (preferably within 3 days) after first exposure to an infectious person.
- Another therapy, called Zoster Immunoglobulin, may be recommended for people at high risk of complications from chickenpox including **non-immune pregnant women; newborn babies born to non-immune mothers; and people with weakened immune systems**. These people should see their doctor for advice **as soon as possible** after being exposed to chickenpox
- Please contact ACT Health on 5124 9213 if you require any further information about chickenpox.

2020 Bursary Applications – Now Open

Families wishing to apply for financial support in 2020 through the Secondary Bursary Scheme are encouraged to apply as soon as possible.

For details about this scheme, including the application form, head to <https://www.education.act.gov.au/support-for-our-students/financial-assistance>. Application forms are also available through the Lyneham High front office.

Applications are due by 30 November for payment in February or March 2020.

Special Presentation: Drug Use and Young People

Lyneham High School have engaged the services of Paul Dillon to speak with our year 10 students and parents.

Paul Dillon has been working in the area of drug education for more than 25 years. Through his own business, Drug and Alcohol Research and Training Australia (DARTA) he has been contracted by many agencies and organisations across the country to give regular updates on current drug trends within the community. He continues to work with many school communities across the country to ensure that they have access to good quality information and best practice drug education.

He has worked extensively with a range of sporting organisations including the Australian Cricketers Association, the Rugby Union Players Association and the Football Federation of Australia to provide training workshops to elite athletes on a range of alcohol and other drug issues. In 2009 his best-selling book for parents was published titled '[Teenagers, Alcohol and Drugs](#)' and has since been released internationally, being translated into a number of languages. With a broad knowledge of a range of content areas, Paul regularly provides media comment and is regarded as a key social commentator in Australia, appearing on a wide range of television programs including Sunrise, TODAY and The Project discussing topical issues. Paul also had a regular spot on a national radio program on Triple J for seven years where he dealt with current youth drug issues. Paul also has a [blog](#) where he discusses topical issues of the day, as well as addressing some of the questions and queries he is regularly asked by those attending his presentations. You can access more information about Paul at <http://darta.net.au/>

Paul will speak with our year 10 students on Friday 29 November.

The P & C is hosting a parent presentation on Thursday 28 Nov from 5.30pm till 6.30pm in our school hall. Parking is available in our northern carpark and the school quadrangle.

Year 10 Presentation

“Young people, alcohol and risk taking: Looking after your mates”

Focussing primarily on alcohol, this introductory session attempts to debunk some of the myths in this area, particularly around how to look after friends. To help ensure young people make healthier choices, accurate, up-to-date and credible information is provided, including the latest prevalence rates of alcohol and other drug use by secondary school students, with a focus on ‘positive norms’, i.e., how many young people choose not to drink alcohol or use other drugs. Basic life skills will also be discussed around alcohol-related emergencies, including knowing when to call an ambulance.

Parent Presentation

“Risk taking: Why do teens do the things they do? What can parents do to keep them as safe as possible?”

Adolescence is a risky time. As a teen matures and becomes more independent, they experience dramatic hormonal changes, increasing social and peer pressure and have greater access to alcohol and other drugs. This presentation will briefly examine the history of ‘teenagers’, rebellion and the different ‘temptations’ that have existed over time. Using the latest research on the developing brain, it will also discuss why adolescence is a period of ‘risk-taking’ and the reasons why young people make the decisions they do during this time. Sleepovers, parties and gatherings provide teens with valuable opportunities to develop important socializing skills but are not ‘risk-free’. The presentation will also provide some practical strategies and tips for parents considering allowing their teen to attend such an event to help ensure they are as safe as possible.



DUNGEONS AND DRAGONS AFTER SCHOOL AT LYNEHAM HIGH

D&D group has been very strong in 2019 with over 55 members, and at least 5 D&D games operating at any one time. We welcome new members at any time of the year and can find a game group for you to fit into.

So when is it? After school from 3.05pm until 4.45pm in the Youth Workers office. All students are welcome. Students play Dungeons and Dragons (D&D) but are also welcome to play other tabletop role playing games. The group is supervised by myself at all times. Students are welcome to bring snacks. Students are required to sign in and out so I have a record of who is here, and when they leave.

What is D&D anyway? For those who are completely unfamiliar with D&D, it is a tabletop game that involves roleplaying, storytelling, and imagination. Studies have shown participation in D&D and other roleplaying games to increase social skills, encourage teamwork and cooperation, and teach problem solving skills. The stories told in the groups are very varied, one group is currently exploring a jungle, one is escaping slavery from underground captors, and one is solving a seaside mystery.

No materials are needed; however it is easier for students if they have their own pencil, dice and players handbook. D&D products can be purchased at Games Capital in Civic, Jolt Games in Mitchell, and Zing stores (there's one in Belconnen mall.)

To read more about the benefits of role playing games follow this link: <https://www.lifehacker.com.au/2015/02/the-surprising-benefits-of-role-playing-games-and-how-to-get-started/>

For more about what D&D is, follow this link: <https://hobbylark.com/tabletop-gaming/What-Do-You-Need-To-Start-Playing-Dungeons-and-Dragons>

If you have any questions please contact me via phone or email.
Trevor.preston@ed.act.edu.au

Don't calm down! 4 Ways to Harness Exam Anxiety

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Don't calm down! 4 ways to harness exam anxiety

Two-thirds of young people **experience levels of exam stress** that mental health organisation ReachOut describes as “worrying”.

Research shows high levels of exam stress can interfere with attention and reduce **working memory**, leading to lower performance. Early experiences of anxiety and stress can also set a precedent for **mental-health problems** in adulthood.

But how we see stress can actually make a difference to the way it affects us. Research shows if we believe stress is a helpful response that will increase our performance in a challenging event, it can be a tool that works to our advantage.

From good stress to bad stress

Stress is a normal experience when we have a challenging event. We can experience stress when learning something new, starting a new job or being in a race.

Our experience of “stress” is actually our body getting us ready to take on the challenge. A stress response is helpful as it can increase **oxygen to the brain** and improve attention, focus, energy and determination.

The runner in a race needs to be “stressed” to compete successfully. The young person sitting in an exam room needs it too.

Studies show people who are clear about their feelings are **more likely to thrive** on anxiety and stress and possibly use these to achieve their goals and find satisfaction at work.

Stress and anxiety can work for you. But they become bad when we evaluate events as a **threat rather than a challenge** and when we believe we don't have enough resources to cope.

Exams are often treated as a threat because there is potential harm or loss related to our **self-worth, identity, and commitments, goals and dreams**. If we fail, we think we are a failure and we may never get the future we had hoped for. Our whole life is at stake.

How do we make stress good?

To put it simply, stress can be good if we believe it's good. It'll work for us if we develop a mindset that stress helps our **performance, health and well-being** (rather than seeing it as debilitating).

In a **study from the United States**, one group of young people were given information about stress before sitting an exam. The reading material explained stress was not harmful, but that it had evolved to help us cope and perform better. Another group were told to just ignore stress and suppress their emotions.

Researchers found the first group performed significantly better in the exam (average five marks improvement) than the group who used the ignore-and-relax approach.

In another **study of exam stress**, students who saw stress as an opportunity and used it for self-growth had increased performance and decreased emotional exhaustion. But students who saw stress as a threat showed decreased **effort and performance**.

These studies didn't examine how to eliminate exam stress. Instead they examined a change in the way students responded to it. Here are some tips for you use stress to your advantage.

Four ways to make stress work for you

1 Read your body differently

Start to read your stress response as being there to help you prepare for the challenge. Instead of seeing it as a threat, try to see it **as a coping tool**. When you are experiencing stress, you can say to yourself:

I am feeling a little uncomfortable; my heart is beating faster, but my body is getting me ready to compete.

2 Reframe the meaning of the event

Rather than framing exams as a threat, try to frame them as a challenge. Part of the reason they are seen as a threat is because your whole future, identity and worth appear to be at stake. This is not true. Exams are one very small part of your life that does not decide your whole future.

There are always other options, different pathways and opportunities. Vera Wang failed to get into the Olympic ice-skating team and became a world famous dress designer. Sometimes the path we imagine looks a little different.

Not all journeys are straight, and the best ones can have diversions.

3 Accept stress and negative emotions

Some common ways people approach stress is to try to relax, ignore stress and try to reduce it. These **approaches actually reinforce that stress is “bad”** rather than accepting it as a natural and helpful response. These approaches also lead **to poorer performance and emotional exhaustion**.

Rather than ignoring the emotions, it's better to feel them, accept them, and then try to use them to your advantage. You can say to yourself:

I feel this way because this goal is important to me, and my body is responding this way because it is getting me ready to perform.

4 Add to your resources

Clearly, changing your mindset is only helpful if you have the resources to cope. It would be like an athlete who is about to compete but has not trained. Put time into study, study in different ways (read, write ideas in your own words, talk about the ideas, draw them) and give yourself time to practise these ideas.

When you have done this, your stress response then draws on these resources.

Stress will always be present in our lives as we take on new challenges and grow as a person. When we see low-level stress as a threat it becomes one. It becomes a red flag that we are not coping, that these feelings are wrong and we should retreat. This is not true.

However, if you are feeling severe stress and anxiety in different settings and for an extended period of time you should see your GP and get support.

Mandie Shean, Lecturer, School of Education, *Edith Cowan University*

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Feature image Source: Pixabay

Link to article at Generation next: <https://www.generationnext.com.au/2019/10/dont-calm-down-4-ways-to-harness-exam-anxiety/>

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Student Support Groups at Lyneham High School

Lyneham High School Student Support runs several support groups at school and facilitates groups and services from other agencies. Some of the groups are self-nominated and some are by invite based on identified need. If you have any questions about any of these groups, please email Trevor Preston, Youth Support Officer on trevor.preston@ed.act.edu.au, or call 6142 1167, or students interested in these groups can speak to Trevor in the Youth Worker's Rooms. Additionally, Trevor is available personally for support, as well as our School Nurse Julia on Mondays and Tuesdays, our Indigenous Education Officer Jenny on Thursdays, and two school psychologists.

LGBTI Groups

Lyneham High now has two LGBTI support groups, The first is afterschool on Thursdays and requires parental permission to attend, and the other is open to all LGBTI students and their allies and is on at lunchtimes on Tuesdays in room 67.

Muslim Group

We now have our own Wednesday lunchtime support group for Muslim girls, run in the Youth Worker's rooms. We also support our Muslim community by providing a prayer room.

Christians In Schools Group

This is a student led group that welcome all Christian students into their Thursday lunchtime discussions and games, held in the Youth Worker's rooms.

Menslink Counselling service

Menslink are a support service for young men in Canberra and are available at Lyneham High School on Fridays. Any young man at Lyneham High can utilise this service. We just need students to book in to have a chat to them about anything that is bothering them, and an email from parents giving permission for this to happen.

Sibling Support Group

Studies have shown that siblings of high needs students often have extra pressures, but do not feel like they can seek help when a sibling has a greater need. This group is to help ensure that these students are supported. Run by Trevor Preston and Jo Burke our school psychologist

Morning Chill Group

Operating on Tuesdays and Wednesdays first lesson, this group gives students who struggle in the mornings a calm and creative way to start their day. We go for short walks to local areas and start the day in a relaxed mindset.

Where's Your Head At

This group is made up of self-nominated year 9 or 10 students that are passionate about mental health awareness, de-stigmatisation, education and encouraging help seeking within our school. They volunteer their time to make this happen through promotion and events. WYHA meets Monday lunchtimes in the Youth Worker's Rooms.

Junction Group

This group is run by staff from The Junction, and focuses on self-care, body image, healthy relationships, sexual health, sexually transmitted diseases and contraception. We are hoping to run this group every term in 2019. It is available to year 9 and 10 students

2020

We anticipate all or most of these groups will still be available in 2020, with some new and exciting additions. Watch this space in term one for more opportunities.

Its time! 2020 Subject Selections - Monday 11 November 2019

On Monday 11 November there will be extended Home Group at 9:03am-9:15am where students in years 7-9 will choose their electives for the 2020 school year. All Parents and Students of these year groups should have received an email from the Electives Team with a User Guide and instructions to set up their account in preparation. Electives are filled on a 'first in best dressed' basis so it is important that student accounts are ready to go. Students requiring technical support setting up their SSO account must attend the Sentral Office during break times with their device.

Each Semester has three elective classes to be selected, one for each 'line' of the timetable. The other lines will be populated with compulsory core classes (English, Maths, Science and HaSS). Health & PE is a compulsory core subject, however, HPE supports elective classes by being available on all lines, thus allowing further flexibility and variety of choices for students.

Within the online form, there is a list of what classes that will be offered students at Lyneham High School in 2020. These choices have been organised and offered based on the data collected from the Expression of Interest form and other factors such as resourcing and school-based considerations.

Please see the timeline below.

Week 14: Communication issued to Students, Parents & Carers and Staff

LENI Electives page update

Year Group Google Classroom posts with Elective Handbooks links

Week 15: Monday 11 November extended HG until 9:15am – Subject Selection Online Open.

Week 17: Monday 25 November Subject Selection Online closes, 9:00 pm

Week 18: Friday 6 December students receive a printout confirming their 2020 electives during HG

Please note this important change: The change of elective process is built into this timeframe and will happen simultaneously. If a student wishes to change their elective they are to log back in and make their selection. If there is no option to select their choice this means the subject is full and the elective change request has been declined. Students with extenuating circumstances who require consideration for elective changes in 2020 must apply in writing to the Executive Teacher of the subject area. For Wellbeing and Welfare considerations, please apply in writing to the Executive Teacher of the Year Group.

Thank you for your support as your student undertakes this process. We appreciate your patience as we approach this busy time in finalising student timetables for 2020. Please allow 48 hours to any email enquiries made during this timeline.

Kind Regards,

Electives Team.

LYNHElectives@ed.act.edu.au

Disclaimer

Information provided by outside entities is not endorsed or recommended and is not guaranteed

LYNEHAM HIGH SCHOOL – TRANSPORTABLE SITE PLAN



LEGEND

M

Gates



Temporary Fence



Access to Site



Bike Storage Structure – Stage 2

AW

Area of Works
- Demountable Stage 1

SA

Site Accommodation



Temporary Bike Storage Area



Modify Fence Line



New Double Gate Entry

FW

Future Long Jump Pit – Stage 3



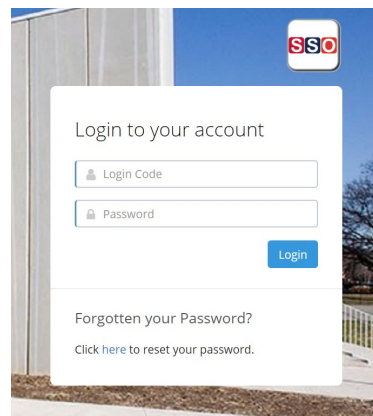
Contractor Parking

Timeline for year 10 Term 4 2019

Date	Time	Location	Event	Who should attend?
Friday 22 Nov	Close of business	School	Big Splash permission notes and payment are due	Students wanting to attend Big Splash after the farewell assembly in Week 8
Thursday 28 Nov	5.30pm	School Hall	Paul Dillon - Parent Information night 'Risk taking': Why do teens do the things they do? What can parents do to keep them as safe as possible?	All parents - particularly focused around year 9 and 10
Friday 29 Nov	9:00am	School Hall	Paul Dillon - Year 10 student session Young people, alcohol and risk taking: Looking after your mates	All year 10 students
Friday 6 Dec	8:55am	School as normal, finish at Big Splash	Last Day Year 10 <ul style="list-style-type: none"> Farewell Assembly Big Splash 	All year 10 students to attend the assembly Year 10 students who have submitted notes and payments may attend Big Splash - all other students either remain at school, or can be signed out by a parent
Thursday 12 Dec	6:00pm	National Arboretum	Year 10 Formal	Invited year 10 students who have paid
Monday 16 Dec	6.30pm	School Hall	Year 10 Graduation and Presentation Evening	Year 10 students and their families; Students MUST be in school uniform if they wish to walk across the stage.

Go to the SSO Website <https://client.subjectselectiononline.com.au/?school=ff57r>

Enter your Login Code and Password



You will be directed to the “Subject Selections 2020”.
Read the **Subject Specific Notes** relevant to programs and Languages

Select your Year level for 2020. Students going into Year 8 2020 will not have this question.

Select your electives for Semester 1 and 2.

Take notice of the yellow band at the bottom of the screen reminding you about the rules.

Health & PE is a compulsory core subject, please select one class for Semester 1.

Health & PE is a compulsory core subject, please select one class for Semester 2.

If an elective is full the option will be disabled. You **MUST** choose a preference for each line, both semesters.

As you make your selections, a summary will appear on the right hand side in ‘Your Selections’ table.

If you have made all your selections and you have a yellow banner at the bottom of your screen you have not met the rules. You must follow the instructions in the banner(s). Any student who ignores a yellow banner message will have their timetable finalised by staff into electives that have space at the end of the process.

Health & PE is a compulsory core subject, please select one class for Semester 1.

Health & PE is a compulsory core subject, please select one class for Semester 2.

Finalising Selections

Generate a Selection Report

To download a report with your selections - you can use the 'Generate Selection Report' button on the 'Your Selection' window to the right of the screen. If you are unable to generate a report, it means there may be a yellow banner or a red exclamation point (!) indicating where corrections need to be made to fully complete your selections.

Your selections will be saved in our system and will be the classes you are placed in for 2020.



Once you have made your selections and there are no yellow banners click '**Generate Selection Report**'

Click on send email (for your record only).

You can now close the window. Thankyou for participating in Subject Selections for 2020.

Your Selections [X]

Please Select

Year 10

► **Year 10 Semester 1**

Line 3

10 Art

Line 5

10 Food Technology

Line 7

10 Health and PE

► **Year 10 Semester 2**

Line 3

10 Art

Line 5

10 Dance

✉ Send email

📄 Download

Generate Selection Report ^

Generate Payment Report ^



BE A TRANS ALLY!

From the 12th - 19th November, individuals, schools, organisations and workplaces honour the trans and gender diverse community – and raise awareness for the issues that trans and gender diverse people still face.

It's a week for the whole community to learn about gender diversity, celebrate identity and take action against discrimination.

NOVEMBER 2019						
S	M	T	W	T	F	S
10	11	12	13	14	15	16
17	18	19	20	21	22	23

SUPPORTING TRANS YOUTH

It might seem like it's getting better for trans and gender diverse young people in Australia, and in many ways, it totally is. But a closer look reveals some really gloomy experiences.

- 74% of trans and gender diverse young people experience abuse and discrimination.¹
- As a result, 75% of trans and gender diverse young people experience depression ², compared to just 15% of the general population.³
- But! We know that when teachers use inclusive language, trans young peoples' experiences of social exclusion and humiliation are halved.⁴

That's exactly why Trans Awareness Week is so vital, and why we should all be a trans ally every day of the year!

DAY OF REMEMBRANCE

Trans Awareness Week culminates in a day of observance on November 20, remembering those who have lost their lives as a result of prejudice and violence.

It's important to honour their memory, not only to recognise how far we've come but as a reminder of the importance of being ally and standing up to discrimination when we see it.

On Trans Day of Remembrance, we encourage you to attend an event or memorial, spread awareness through social media, and share education.



¹ From: Blues to Rainbows: The Australian Research Centre in Sex, Health, and Society
² telethonkids, Trans Pathways 2017
³ telethonkids, Trans Pathways 2017
⁴ Beyond Blue General Statistics - beyondblue.org.au/media/statistics