



LYNEHAM HIGH SCHOOL

Care • Quality • Creativity

PRINCIPAL
ROB EMANUEL

Friday xx Month 2019

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 3, 28 October - 1 November

Tuesday 29 October

- ⇒ Y10 Narrabundah Course Selections
- ⇒ School Board Meeting
- ⇒ P&C Meeting

Wednesday 30 October

- ⇒ Y9 Canberra Theatre Excursion

Thursday 31 October

- ⇒ Inner North Cluster Day
- ⇒ Y9 Drama Excursion
- ⇒ Massed Bands

WEEK 4, 4 November - 8 November

Monday 4 November

- ⇒ Seek Parent Information Evening

Wednesday 6 November

- ⇒ Cluster Spectacular

Thursday 7 November

- ⇒ Market Day
- ⇒ Cluster Spectacular

Friday 8 November

- ⇒ Sculpture by the Sea Excursion
- ⇒ P&C Trivia Night

From the Principal

I hope that everyone found some time to relax, refresh and enjoy the first signs of spring and warmer weather during the two-week break. Term 4 has begun with a rush and promises to be a busy and exciting ten weeks.

What's been happening ...

We have had a big two weeks already:

- We have welcomed back our overseas travellers who visited Singapore and Malaysia on the Bahasa Indonesia Trip. Thank you to Sharon Hayes, Kirrilly Mackenzie, Ben Williams and Mick O'Sullivan for giving up their family and holiday time to deliver this incredible opportunity for the students – you can read more inside this newsletter.
- Our DARE boys travelled to Sydney for a weekend trip that included participation in the Sri Chimnoy Marathon Team event. Money raised from the event will be donated to the Canberra Domestic Violence Crisis Service. Our DARE teachers Ben Williams, Katy Ryan, Nathan Blackburn and Vikash Chand were super impressed by how engaged the students were in all activities and how they conducted themselves while away – congratulations!
- As I write, the Year 10 Concert Band is currently touring in Queensland with performances scheduled at schools, a shopping centre, a theme park and even at a botanic garden in the Hunter region. This trip is always a wonderful finale to a four-year commitment to Band for most these students. A big thank you to the staff on this week long excursion - Debbie Masling, Jenny Tabur, Fran Nagy and Luke Coleman.
- We welcomed over 240 Year 6 students (who will become our year 7 LHS students in 2020) to their orientation visit yesterday. The students had a great time as they enjoyed the fun activities we had prepared in areas like The Arts, Languages, HPE, Science and Technology. They also got a feeling for the size of our building and the fast-paced nature of a high school. We know from their feedback that they are feeling better prepared and ready to start at Lyneham HS next February.
- And today we celebrate World Teachers Day and recognise the outstanding effort and dedication our staff put into their work with the young people in our school – every single day. A big thank you to our families who donated a plate of food and the representatives of the P&C who prepared a magnificent morning tea this morning for our staff meeting.

What's ahead ...

- We will enjoy the Massed Bands performance next week – a truly incredible experience for performers and audience alike.
- I am looking forward to attending the upcoming North Canberra Aboriginal and Torres Strait Islander cluster celebrations – a very important event on our calendar each year.
- The Northside Spectacular, where we showcase the talents of students from kindergarten to college level across our cluster of schools, is a terrific inner north community event that is not to be missed.
- Don't miss the P&C Trivia Night being held on Friday 8 November 2019 – start getting your tables of up to 10 people organised and dressed up in Halloween theme.

Please make sure you put these events into your diaries!

LENNI Launch

We are proud to launch a new resource for members of our community. **Lenni** is a website designed for currently enrolled students and parents of Lyneham High. It has loads of helpful tips and tricks, information about classes and programs as well as resources to support learning and wellbeing. Access to Lenni can always be made through a link at the top of the school's main website or by clicking on this [link](https://sites.google.com/ed.act.edu.au/lhslenni/home). (<https://sites.google.com/ed.act.edu.au/lhslenni/home>).

2020 School Captains

We are gearing up for the election of our 2020 school captains and campaign posters are appearing around the school. It is great to see so many students who showed interest in running for these important leadership positions. Final speeches and voting will take place in week 5.

Paul Dillon Presentation

With financial support from the LHS P&C, we have been able to engage the services of Paul Dillon to speak with our Year 10 students and parents. In this newsletter you can find further information about Paul and the presentations he will deliver. Most importantly, please make sure that you save the date - Thursday 28 November (5:30pm – 6:30pm) – for the parent presentation in our school hall.

In amongst all the excitement and activity, it is important that all students, and particularly year 10 students, maintain a focus on their learning and on doing their very best to end the year on a positive note. The year is certainly going by quickly, and if any student feels overwhelmed or unsure of what they need to accomplish between now and the end of the year, it is very important to ask staff for support. We are here to help.

Regards
Rob Emanuel



Are there any amateur herpetologists out there?

Earlier this week, the front office had a visit from this wonderful little blue tongue lizard.

We're not sure how it got through the doors, but he was keen to try and get back out. With end of day looming, and busy traffic out the front, it was quickly secured in a box and relocated to a protected area at the local wetlands.



Singapore Malaysia trip

At the end of term three, 26 students and four teachers left on a trip to Singapore and Malaysia as part of studies of Bahasa Indonesia. The purpose of the trip was to learn more about the cultures of these countries as well expanding knowledge of Bahasa. First stop was Universal Studios in Singapore. Despite the rain, students had a great time on the rides before leaving for dinner at the Botanic Gardens. Some students even made time later that evening for a swim in the hotel pool.

Next day took us to Kuching, city of cats, and the capital of Sarawak. A highlight of our time in Kuching was a waterside walk which also took in a visit to the Mosque. We then had a long trip to a longhouse, stopping at the regional market town of Serian where we bought fresh fruits and vegetables. In Serian and the longhouse, we had to communicate using Bahasa as very few people spoke English. The overnight stay in the longhouse was a good way to learn about the Iban and their traditions. On our return, we stayed at Damai Beach resort where, at last, we were able to get clothes dry, relax in the pool and catch up on sleep. A wetlands tour and visit to a turtle sanctuary on Satang Island were more highlights.

After that it was off the Kuala Lumpur. Our hotel was located opposite the Chinese Markets and Central Markets which gave us plenty of opportunities to buy souvenirs. We also took the light rail to view the Petronas Towers at night – quite an impressive sight. Our final full day included a visit to Batu Caves and the Royal Selangor Pewter Factory.

Our return to Canberra involved a 3 am start and by the time we got through Immigration and Customs in Canberra we had been travelling for 21 hours.



Cat Museum Kuching



It was a bit wet at Universal Studios



Sentosa Beach



Kuching



Iban longhouse visit



Serian fresh food market



Longhouse dancers with LHS group



Blow pipe lessons



Satang Island Turtle Sanctuary



Semenggok Orangutan Reserve



Damai Beach Resort



KL Royal Selangor Pewter Factory



Batu Caves

Cluster Spectacular 2019

This year Northside Cluster Spectacular will be occurring Wednesday 6 November and Wednesday 7 November.

The theme for this year's show is 'Celebration' as we look to celebrate the talented students and teachers from across our northside school community.

Lyneham High School will be represented by our music, dance and vocal group students so please come along and join the Celebration!

Tickets available from trybooking.com:

www.trybooking.com/BFTUR

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.

REGISTER NOW FOR THE 2019 RAINBOW PET PARADE AT CBR FAIR DAY!

NEW Junior Pet Owner category with great prizes to be won!!!!

Northside is proud to present the Rainbow Pet Parade in 2019, and its blingier than ever! Dress them up and train them up to shred the catwalk and dazzle the judges with their best moves and grooves.

Rainbow pet parade event Time: 12:30pm – 1:30pm

Date: Saturday 2 November 2019

Location: Gorman Art Centre – Batman Street Braddon

Register your pet via the Facebook Page #RainbowPetParadeatCBRFairDay or via Eventbrite <http://eventbrite.com.au/e/75103509619?aff=efbeventtix>

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.

The LHS P&C present the:

HALLOWEEN TRIVIA NIGHT

Friday 8 November @6.30 pm

\$20 per person - Max 10 people per table

This is a strictly over 18s event.

Tickets on sale now from the school
ph 6142 1176

BYO food and drink

Don't have a table? –
Don't worry, we can help organise one.

Prizes for best dressed table and individual

Donation of prizes

If you would like to donate a prize please contact:
lynehamhighpc@gmail.com

Northside cluster
Spectacular

2019

Lynham Performing Arts Centre

Wednesday November 6

Thursday November 7

Door opens 5.30 for 6pm start

www.trybooking.com/558237

Chickenpox

What is chickenpox?

Chickenpox is a highly contagious viral illness caused by the varicella-zoster virus. Most people recover completely, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

What are the symptoms?

Chickenpox usually begins with a sudden onset of fever, runny nose, cough and tiredness. About one to two days later a rash appears, starting as pink blotches that quickly become fluid filled blisters. The rash is usually more concentrated over the trunk, face and scalp.

The blisters can be very itchy and last four to six days before drying out and forming scabs. The rash can occur in different stages; at any one time new blisters may be forming while old blisters are drying out.

Most children experience a relatively mild illness. Chickenpox can be severe in newborns, and individuals with a weakened immune system, such as those with human immunodeficiency virus (HIV) or those receiving treatment for cancer. Non-immune pregnant women are also at risk of developing severe complications from chickenpox.

How is chickenpox spread?

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.

People with chickenpox should cover their mouth and nose when sneezing and coughing, dispose of used tissues immediately, wash their hands carefully and not share eating utensils, food or drinking cups. Carers should wash their hands thoroughly after contact with the blisters or soiled items (such as tissues, clothes, utensils etc.).

How long does a person remain infectious?

A person is infectious from one to two days before the rash starts until all of the blisters have formed dry scabs (usually around five days).

A person with chickenpox should be excluded from school, childcare or work for *at least* five days from when the rash first appeared, and should not return until all the blisters have formed dry scabs.

Rotary
District 9710



Outbound and
Inbound Youth
Exchange

Please contact: Ms Rob UHL

rob.uhl@bigpond.com

0418 459 049

Wednesday, 23 October 2019

We would love for you to be interested in Rotary Youth Exchange. It is an awesome program that will open the world and give you great opportunities. This is a long term exchange – 12 months on a Secondary School Visa. This means you will live in another country hosted by families and attend school. Learning another language is part of the program

Rotary Youth Exchange programs are generally open to enrolled students who are between the ages of 15 and 17 1/2 at the date of departure. (mid January in each year). Applications will open in February 2020 with the selection of students being held in June. If you are selected you will have to then (with your parents attend two full weekend training sessions – August and November.

<https://www.rotaryd9710.org.au/projects/youth/rotary-youth-exchange.html>

<https://www.rotaryexchange.org.au/assets/files/yep-initial-application-2019.pdf>

(This is this year's form – A new one will be up on the web site shortly) This is just to give you an idea of what is required. Same as the attached brochure. New one will be similar but dates will reflect the applicants for 2021

Above is the link to our Web site and Facebook page. These will give you lots of information and give you a selection of the countries that we exchange with.

We always like our possible exchange students to keep their options open to more than one country.

As far as costs are concerned our Exchange fee is currently \$7,000 per student. The attached brochure gives you an idea of the benefits of exchange in relation to staying at home. You need to be a good to average student as you will need to learn a new language and attend school in your host country. We only offer what is termed a long term exchange which is 12 months. Leave in January and return in January the following year. I hope this is enough information at this stage to whet your appetite and consider applying in 2020. You will need a Rotary Club to sponsor you but if you don't know where to go for this just contact me and I will help you with this.

I am enclosing the link to both our web site and to the Facebook page for you (with your parents) gain more knowledge of our program. I am also attaching a brochure that outlines approximate costs and expectations.

I would love for you to apply .

Rob Uhl

District Chair

Rotary Youth Exchange D9705

ROTARY DISTRICTS 9700 AND 9710 (SOUTHERN NSW AND ACT)

PREPARING FOR THE NEW DISTRICT 9705 FROM 2020-2021 THAT MERGES D9700 AND D9710

WWW.ROTARYEXCHANGE.ORG.AU

D9710 YE CHAIR: MS ROB UHL

D9700 YE CHAIR: MRS JUDITH CHAIR



MARIBYRNONG
PRIMARY SCHOOL

TWILIGHT FAIR

Friday 15 November
4pm — 8pm

@

Maribyrnong Primary School
Alberga Street Kaleen

PHOTO BOOTH

PONY RIDES

RAFFLE

PLANT STALL

COFFEE

PETTING ZOO

SILENT AUCTION

TOY STALL

ENTERTAINMENT

FOOD

AMUSEMENT RIDES

CAKE STALL

FACE PAINTING

BOOK STALL

CRAFT

SIDE SHOW ALLEY

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