Taking Action for Women’s Health

Leadership, perseverance, tolerance and determination are important principles at Lyneham High School. That is why the Women’s Health Day was such a great example of the achievements made at this school. The day was a great success with over 100 girls participating in health related workshops. The day hit off to a great start with a range of guest speakers sharing personal stories and motivating life lessons. These speakers included professional female athletes, a spokesperson against domestic violence, and our very own Ms Morrell who enlightened us with personal stories and words of wisdom.

“I really liked the personal stories that were told, especially the ones about body image and determination.”
- Lucy McLennan, Year 9 STAR Lyneham High

Afterwards, students rotated around five workshops where they learnt about safe partying, sexual health, Hepatitis, nutrition and body image. They also took part in a high intensity Zumba lesson with a professional instructor. At the end of the day students gathered in the library for a lucky draw where numerous prizes were given out. Students left with arms full of new gifts, heads full of information and smiles on their faces.
“It was a great day, spending time with other young women and hearing incredible stories from people who were once in the same place as we are now, it was very insightful.”
- Maddy Hellyer, Year 10 Blue Gum

The day was a triumph, which was a big relief to the twenty three Year 10 STAR girls who spent two months working tirelessly on bringing everything together. The girls, with the help of the STAR teachers, organized everything including the advertising, guest speakers, and workshop presenters. We also presented our own workshop about safe partying. Students were provided with a healthy recess as well as show bags with a range of goodies specific to the needs of women. The Women’s Health Day 2014 was set out to be a day of bonding, sharing, learning, and experiencing and this is exactly what it was.

On behalf of all the STAR girls I would like to thank all teachers, students, sponsors, workshop presenters, guest speakers, and especially a big thanks to Ms. Cecere, Ms. Davies, Ms. Bailey, Ms. Mason and Ms. Bryant for making the day such a sensation.

-Lucy Barton 2014
From the Principal

Last week was Healthy Bones Week. The generous donation by Arthritis Australia and the hard work of the STAR PE class and their teachers resulted in a recess where every student could have a carton of milk and several pieces of fresh fruit. At this week’s assembly I spoke about physical health. Three behaviours in particular make a difference to support health from adolescence into adulthood; these are eating a nutritious diet, getting a good night’s sleep and being active.

The human brain needs high energy and nutrients to function at its full potential. Providing a stable and nutritious diet can ensure that your brain chemistry and functioning are maximized. A lack of nutrition can affect a person's mood, behaviour and brain function.

Researchers recommend that adolescents get nine to ten hours of sleep per night. There are suggestions that light emitted from digital screens can have a disturbing effect on the body clock. Phones, iPads and tablets emit high levels of light which researchers suggest suppresses the production of the hormone melatonin which helps you sleep. They recommend that devices are shut down at least one hour before bed time.

When it comes to exercise Australian guidelines recommend children aged 5-18 years have at least 60 minutes of moderate to vigorous physical activity every day. Moderate activities could include brisk walking, dancing, bike-riding, swimming laps of a pool, jogging, and helping with inside and outside chores. Vigorous activities could be any game with lots of running. They could also be running, or sports such as soccer, hockey, and football.

World Expo
A big congratulations to Year 8 Continuing Language students for their World Travel Expo! It is interesting to wander around and learn more about countries where French or Indonesian is spoken. The students obviously worked hard to learn a great deal about the countries they had chosen.

Brick N Block
This week a group of students have been working on a Brick N Block project. Under the leadership of local tradesmen they have learnt all about bricklaying and rendering. We now have some fantastic new landscaping in the Year 7 quad. Congratulations and thank you to our students and Dave Fuller.

Lyneham Camera Action
Congratulations to Amanda Murtagh the organiser of the inaugural Lyneham Camera Action. An impressive audience of over 300 were amazed at the creative talents of these budding film makers.

Congratulations to:

- Tijana Zdravevska who is representing ACT in the under 15’s Girls Touch football team competing in Victoria later this year.

- Charlie Barnes who is competing in the School Sport Australia Hockey event in Adelaide.

Regards
Robin Morrell
Arts Camp 2014
Thursday 18 to Friday 19 September 2014

All students are invited to attend the Annual Arts Camp at Warrambui. The Arts faculty are running an overnight camp offering a range of Visual Arts based activities indoors and outdoors. We have limited places so make sure you reserve yourself a place for this exciting camp. Cost: $140.00 notes available from the Arts staffroom see Mrs Norton or Mrs Widdup.
Lyneham High School
Athletics Carnival 2014

WHEN: Friday 5 September 2014 (Week 7)

WHERE: Dickson Playing Fields (students need to be at the Oval by 9.00am for roll call)

SUPERVISION WILL BE PROVIDED FOR STUDENTS NEEDING TO WALK FROM SCHOOL TO THE OVALS

TIME: 8.50am - 2.45pm

ATTENDANCE: The athletics carnival is a normal compulsory school day, so ALL students are expected to attend. Normal procedure is required if students are off school sick or for a valid reason.

PROGRAM: A program board will be set up at the carnival and a limited number of programs will be supplied to house captains on the day. There will also be a copy of the program on the PE notice board leading up to the carnival. The program will also be placed on the PE cLc home page.

DRESS: All students should be dressed in their house colours. There will be points awarded to the best dressed house. House colours are:

- Blaxland (Green)
- Sturt (Yellow)
- Hume (Red)
- Mitchell (Blue)

TRACK AND FIELD EVENTS:
- The emphasis is on participation and house spirit.
- The more events you enter the more points you will receive towards your house’s total.
- Students can enter any of their age events.
- Students are to compete in the age group they are turning this year.

If there is a clash between a field event and a track event, students are to compete in the track event first before returning to the field event.

RELAYS:
- Maximum of two teams per age group, per house. Relays are worth double points for placegetters.

SEAL STUDENTS: Need to compete in a minimum of five events.

STUDENT BEHAVIOUR:
- Normal school rules apply.
- Students are not to leave Dickson Playing Fields under any circumstance.

Students are to remain in their house areas when not competing. No students are to be in the centre of the track.

CATERING: There will be a sausage sizzle (please bring money along for this) and canteen throughout the day but we still recommend you pack food and drink.

DON’T FORGET: Sunscreen, hat, food, water bottle, sporting clothing and warm clothes/ wet weather jacket.

STUDENT HELPERS: Any SEAL students who are injured and any other student’s who cannot compete due to an injury and wish to contribute to the carnival in other ways, can assist staff on the day. These students will need to come and see Mr Morris prior to the carnival.

CANCELLATION DETAILS: Listen to FM104.7 or FM106.3 between 7.30am and 8.30am if the weather is not looking the best. If the carnival is cancelled a normal school day will commence (Day 5).
Bill Turner Cup


MARIBYRNONG COLLEGE played a strong game to come out 3 nil winners in the round of 32 match in Wodonga.

Lyneham were unable to progress one step further than last year when we travelled to Wodonga to meet 2013 top 8 team Maribyrnong College.

Lyneham started the match hoping for a repeat of last year where the match went to golden goal but Maribyrnong were too strong in the opening phases of the match putting us on the back foot early. This pressure made us lack the confidence to lose our man and attack the spaces, instead opting to defend and try to absorb Maribyrnong’s attack.

Jamie-Lee Guo played extremely well in goal, keeping us in the match and making some outstanding saves. Unfortunately, the constant pressure on our goal resulted in Maribyrnong taking the lead with a nice strike from outside the 18-yard box.

Through Maribyrnong’s pressure, we went to the break 2 nil down and were facing an up-hill battle to gain a second half advantage.

Despite our team continually trying to play the style of football that won us our area, we were unable to find a goal but our effort was outstanding.

I think we showed we are a good side with good potential and I am more than pleased with our effort this year.

I would like to thank all the boys involved throughout this years Bill Turner Cup campaign and we will look to go further next year.


Mr Morris


ACT Schools Futsal Finals

Lyneham High has had a very successful year in the ACT Schools Futsal competition winning both the boys 7/8’s and 9/10’s titles and runner up in the girls 7/8’s.

The 7/8 boys played a strong final against Stromlo High School coming from behind on two occasions to eventually win 7-6.

All the boys in the team played exceptionally well and represented Lyneham High with distinction.

The 9/10 boys played Campbell High in a nail biting final. The scores swapped throughout the match and there were a lot of momentum changes. Our boys came from 2 goals behind to tie the match up at 7-all at full time. This resulted in a penalty shootout, where we stayed strong and stand-in goal keeper Jamie Guo saved 2 shots and we did not miss, eventually winning 5-3.

Just as the year 7/8’s did before them, the 9/10 team wore the Lyneham colours with pride and their attitude and determination were second-to-none.

Squad:
Grant Barlow, Jamie-Lee Guo, Dylan Aitolu, Tanveer Anand, Saurav Patel, Ameer Karim, Ali Karim, Jackson Clement McNee (absent: Lawrence Atkin)

Parent Teacher Interviews
Monday 22 September 2014
4.00pm – 7.30pm in the school Hall

Mid Semester Reports will be issued to students on the afternoon of Tuesday 16 September. They will also be emailed to parents who have provided us with an email address.

The P&C will be hosting a sausage sizzle on Parent/Teacher evening, so bring some coins if you are interested in supporting that event.
Year 9 Concert Band performing at the Botanic Gardens in Melbourne

This is part of their annual tour, performing throughout Melbourne this week representing Lyneham High School.

We were lucky to have Claire Hirschfeld our Year 9 Co-Ordinator join us, along with Debbie Masling, Jason Peters and Tim Bowyer.
Actors-at-Play
from
Bell Shakespeare Company
At Lyneham High School
on Tuesday 23 September 2014

Such Sweet Sorrow
An adaptation of Romeo and Juliet
for Year 7 and 8 between 9.10am & 11.00am

and

Hamlet: Out of Joint
For Year 9 and 10 between 11.30am & 1.00pm

The plays are followed by Q & A sessions – a chance to ask the actors questions about the plays, acting and Shakespeare.

The number of tickets are limited so hand in your excursion note with the $10.00 payment as quickly as possible. Places will be awarded on a ‘First come, first served’ basis. Excursion notes are available from cLc, your English teacher and at the Languages Staff Room.
LSU UPDATE!

The students in the LSU attended the Inter-schools table tennis championships to run the Canteen. It is always a fun day and a great experience for these students.
Fundraising for Year 10 Formal

A PJ and Onesies day was organised to raise funds for the Year 10 Formal. Here are some staff who participated on the day!

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KEEP CALM AND DO YOUR HOMEWORK

AT LHS' HOMEWORK CLUB

ON WEDNESDAYS AND THURSDAYS
AFTER SCHOOL UNTIL 4:15
IN THE LIBRARY
Last Friday we held our first short film festival. The competition was run under the same guidelines as Tropfest Junior with the signature item for this year being FLY. The film committee judged all of the entries and then presented the final four for viewing on Friday.

The films were:

- Layers by Alex Telfer and Sanju Chintalphani
- The Toybox by Sanju Chintalphani
- The Chameleon and the Mirror by Liarne Clarke
- The Missing Corridor by Ryan Telfer, Rose Zhang and Grayson Woodham

We had a crowd of about three hundred attend and were impressed by the numbers and audience participation.

The films were judged by a panel and all of the viewers, in the form of Peoples Choice. The judges award went to Layers by Alex Telfer and Sanju Chintalphani.

The People’s choice award went to The Missing Corridor.

The Committee we would like to thank all of the students who entered films and we look forward to running a bigger event next year.

Amanda Murtagh
Student Wellbeing Executive
Agriculture News

Thanks to the support of Dairy Australia and Cows Create Careers we have the delight of caring for two calves for three weeks.

They require feeding twice a day and regular health and weight checks. They have been a source of much joy and mess in the Ag plot.
Australian Mathematics Challenge

The 2014 Australian Mathematics Challenge was held during a consecutive three week period in April and comprised of six problems for the secondary school version. All but two of the problems had to be attempted individually while the other two problems could be discussed in pairs before individual submission of solutions.

The aims of the Mathematics Challenge for Young Australians include:

- Encouraging and fostering;
- A greater interest in and awareness of the power of mathematics;
- A desire to succeed in solving interesting mathematical problems;
- The discovery of the joy of solving problems in mathematics;
- Identifying talented young Australians, recognising their achievements nationally and providing support that will enable them to reach their own levels of excellence.
- Providing teachers with:
  - Interesting and accessible problems and solutions as well as detailed and motivating teaching discussion and extension materials, and comprehensive Australia wide statistics of students’ achievements in the Challenge.

This year 32 students from Lyneham High took up the challenge with the following students receiving awards.

**High Distinctions:** Benjamin Gianquitto, Dillon Hathiramani, Ziqi Yuan (Yr 7), Antonio Donald, Ryu Callaway, Ella Ragless, Netanya Robinson (Yr 8), Claire Yung, Ya Xin Li (Yr 9), Kate Gibbins, Jasper Li, Nikhil Kalele (Yr 10).

**Distinctions:** Finn Mahony, Conall Minchin, Simon Yung, Corinth Prescott-Norris (Yr 7), Ben Samuel, Yassamin Bagheri (Yr 8), Aileen Wu and Lisa Wu (Yr 9)

**Credits:** Lachie MacLellan (Yr 7), Ranit Bose, Kent Leung, Nadeera Abhayapala, Jason Tang, Prasanth Senthivel (Yr 8), Rachel Cass (Yr 9), Saabiq Zaman (Yr 10)

Congratulations to these students and also to the students who entered the challenge.

A big thank you to the members of the maths faculty for their marking of the Mathematics Challenge problems.

Michael Denmead
SLC Mathematics
Yearbook 2014

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

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

If you would like a copy of this year’s Yearbook, you need to put in an order with the Front Office. Pre-payment of $25.00 needs to be paid when you put in your order.

2014 Cover Design Competition

The annual Cover design competition is open for this Year’s School Magazine.

Your design must include: A lion, the words “Lyneham High School” and “2014” and “Between the Lines”. Size is 2x A4 or A3.

Digital Version should be given to Mrs Widdup.

Due Week 10.
2014 School Satisfaction Surveys

The 2014 School Satisfaction Surveys are currently being conducted. Parents and carers, school staff and students (in years 5 to 12) are asked to participate in these important surveys. The survey results will contribute to the school improvement process, which aims to achieve high standards in student learning, innovation and best practice in ACT public schools. The surveys include nationally agreed parent and student items and our 2014 School Board Report will include a summary of our school survey results for these national items. Although the survey is voluntary, we hope you will want to participate. It won’t take much of your time and it will help us understand areas where we are doing a good job and areas for further development. A letter or email about the parent survey has been sent to you. Students will be completing the surveys in the Mathematics classes from 18 to 22 August. The key results from the 2013 School Satisfaction Surveys have been published in a brochure which is available at www.det.act.gov.au under publications.

Links to the surveys are accessed through the school website: www.lynehamhs.act.edu.au

The survey closes on Friday 29 August. If you have any questions please contact the school at info@lynehamhs.act.edu.au or 6205 6399.

Barbara Monsma
Deputy Principal (Students)

Year 9 2014 (Year 10 2015) Hoodies

In order for the Year 10 jumpers to be ready for the start of the 2015 school year, we need to order and purchase the clothing by Wednesday 24 September. We are using the same company as in previous years.

Students have been able to try on sample sizes and have been given notes with more detailed information regarding ordering and payment.

The Year 10 jumper is not compulsory. For students wishing to make a purchase, they must make their online order and payment of $70.00 to the front office by Wednesday 24 September. Please note that a jumper order will only be successful if the online order and payment have both been made by the deadline. There will be no other jumpers for sale after this period. Students who miss out this term will not be given another opportunity.

Instructions for ordering:

Go to orders.reformclothing.com
Enter the shopping cart code: L75522
Follow the steps on the website to make your individual order.
Submit your payment of $70.00 along with the note to the front office by Wednesday 24 September.
In the spotlight this week is Year 7 student **Tommy Muir**.

Tommy has been selected into the ACT Schools 12 and Under Boys Basketball team (*to go to the Australian School Sport Basketball Championships in Townsville in August*) and has also been selected in the ACT U14 Boys Basketball Team to play at the Australian U14 Club Basketball Championships in Albury in late September/October.

We have three other SEAL student athletes who were also selected in the girls ACT Schools 12 and under squad going to Townsville – **Tash Lyall, Kelsy Maher & Pyper Thornberry**.

This is a great effort from our SEAL student athletes.

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**The SEAL 60 Second Shootout, with Tommy Muir**

**Who is your favourite sports person?** Dante Exum (Utah Jazz)

**What is your favourite home cooked meal?** Nachos

**Name the 5 people you would love to have over for dinner –** Nelson Mandela, Kevin Durant, Kevin Sheedy, Robin Williams & Morgan Freeman.

**What is the best thing about being a SEAL student athlete?** Being able to practice for sport during school time not just out of school.

**When you’re not training for basketball, what do you most like doing?** Being with my friends or playing any other sports.
2015 AFL draft

Two former SEAL student athletes have gained selection to participate in the 2015 National AFL Combine draft.

Logan Austin was a SEAL student athlete from 2008 – 2010.

Tom Faul was a SEAL student athlete from 2011 – 2013.

A list of 96 players invited to the four-day testing at Etihad Stadium in October was released on Monday, with 19 selected via the Queensland and NSW/ACT Rams squads from the recent under-18 championships.

To be eligible for the National Draft, four AFL clubs have to register interest in you. We are lucky to have former Lyneham High School students nominated in the AFL Draft and this is a first for the school.

This is an exceptional and exciting opportunity for these former students and we at Lyneham High wish them all the best and look forward to watching their progress.

__________________________________________________________________________________

Important SEAL information

- Seal invoices are due 15 August 2014.
- Basketball squad will be training on Thursdays for weeks 4 to 6 and resume on week 8 on Wednesdays.
- SEAL student athletes are expected to inform Mr Morris the day before their training sessions if they are unable to attend their session and provide a note from home.
- SEAL training T-shirts are expected to be worn at all training sessions and a reminder that they are not to be worn during school time.
- If you are aged 6-16+ years and serious about football (soccer), if you are committed to improving your ability as a 'total player' and meeting like-minded people, then come and join the COERVER® Performance Academy. See Mr Morris for more information.

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

Eric Morris
Health & PE | SEAL Coordinator
W: 6205 6394 | F: 6205 6411 | E: eric.morris@ed.act.edu.au
Lyneham High School | 61 Goodwin Street, Lyneham, ACT, 2602
Education and Training Directorate | ACT Government
The Queanbeyan River Festival—The Cancer Support Group

An upcoming event called The Queanbeyan River Festival. Children and adults have the opportunity to create their own homemade boat to race down Queanbeyan River. It’s a great day that gives children the opportunity to get creative and active in their local community. There are a number of awards handed out on the day for both junior and senior categories.

All proceeds from the event will be donated to The Cancer Support Group (a local charity providing financial assistance to those struggling with Cancer costs in the ACT and surrounding areas).

For more information on the event please follow the link.

What: Science in ACTion
Where: Australian National University – Melville Hall (off University Ave)
When: Sat 16\textsuperscript{th} Aug, 10am – 4pm
Cost? FREE!

Explore 3D printing, aircraft design, fossils, parasites, cutting edge IT and so much more.

Hear from artists, cartoonists, researchers, authors, climate scientists and see some explosive science shows.

The littlest members of the family will love Shelly the Snail, exciting science shows with curious puppets, face painting and our free giveaways.

Don’t miss these special Science in ACTion events!
\begin{itemize}
  \item 10am - 12pm - meet the AFP detector dogs and talk with their handlers.
  \item 1pm – Hear about what it’s like to live in space with astronaut Rick Hieb
  \item 12pm and 3pm – Explosive science shows with Science ShowOffs Graham Walker
\end{itemize}

This is just the start of what's on offer throughout National Science Week - Australia’s largest celebration of science! Visit \texttt{scienceweek.net.au} for details of all our events. Or stay up to date by following us on facebook.com/ScienceWeekACT or @nswk_ACT on Twitter.
On Monday September 1 2014 a significantly enhanced ACTION bus network, including more direct routes, better connections, increased frequency and improved weekend services, will commence. This will include a new school services network.

Information about school bus services and regular routes which service schools is now available on the ACTION website www.action.act.gov.au—please see below.
COERVER® COACHING ACT
2014/2015
PERFORMANCE ACADEMY Trials

The COERVER® Coaching Performance Academy Program is for boys and girls aged 6-16+ years.

If you are serious about football (soccer), if you are committed to improving your ability as a 'total player' and meeting like-minded people, then come and join the COERVER® Coaching Performance Academy.

Let us help you become the player you always dreamed of being. COERVER® Coaching is recognised as the number one soccer skills teaching method in the world.

For further information & application go to www.coerver.com.au/act
or email admin@coerveract.com
or call 0422 420 383

When: Sunday 24 August 2014
Time: Please see application form
Where: University of Canberra
Allawoona Street, Bruce ACT 2617
Cost: Free to trial