



## Lyneham High School

**Care Quality Creativity**



*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

I would like to extend a warm welcome to our school community, particularly families new to Lyneham High, and look forward to an engaging and productive 2021 school year.

It has been a busy start to term one with staff returning in week 0 to engage in two days of Professional Learning that focused on health and wellbeing (The Healthy Mind Platter), High Impact Teaching Strategies (HITS) for classroom practice and strategies to support students move towards independent regulation (Zones of Regulation).

Staff also finalised preparations for learning programs and spaces, classes have been balanced and finalised and I have been pleased to see our students and staff settle into teaching and learning routines quickly.

### **Welcome to our new staff**

Each year we welcome new staff members to LHS and I would like to introduce them to our community. They each bring their experience, fresh ideas, new perspectives and innovative approaches. A big welcome to:

Health and PE:

Heather Mutton

Languages:

Sally Goodspeed (Indonesian)

Lisabeth Hemming (English)

Mathematics: Xavier Vera

Teacher Librarian / Mathematics: Lyn Spry

I am also pleased to congratulate Heather McDonald who has won a two year placement as the Executive Teacher of Mathematics, Susie Boer who will take up an additional Acting Executive Teacher of Student Support position and Tim Bowyer who will provide part time support to the Executive Teacher Music position.

### **Upcoming Events**

Yesterday we held our first whole school event - our Swimming Carnival at the Dickson Pool. We had magnificent weather and enjoyed cheering on outstanding swimming performances, participating in novelty events, showing house spirit and watching the exciting finale - the staff and student relays! A very big thank you to the HPE Faculty for their excellent planning and preparations to make sure that COVID-19 approvals and plans were in place and that the carnival ran in a smooth and safe way.

Other upcoming events include our first P&C Meeting for the year (Tuesday 16 February @ 6:30pm), the STAR Camp (this week), the DARE Camp (week 4), the 2021 Musical Production Camp (week 7) and the National Day of Action against Bullying and Violence (NDA) on Friday 19 March.

Unfortunately, we will not be able to run our normal Mini Timetable Evening for year 7 families due to the impact of ongoing COVID-19 restrictions. Our classrooms just cannot safely accommodate the number of parents we would need to cater for due to the current indoor density requirements (one person per two square metres). We are working on a creative alternative to this event and will provide further information soon.

### **eSafety**

In this newsletter you will find some important information relating to eSafety. I strongly encourage all parents and carers to read the information and talk with their children about responsible online behaviour and being good digital citizens by maintaining positive and respectful relationships and interactions.

Regrettably over the last six months we have seen a few instances where fake or impostor accounts have been created and followed by students at our school. These accounts often include comments and material that is abusive and offensive.

Our school is working with our Education Directorate's eSafety section to have offending accounts quickly taken down and to provide access to additional safety and learning materials that we can use with our students to address this issue. We will also be working with the eSafety section to refer instances to the Australian Federal Police for investigation.

### **COVID-19 Update**

We are planning for the return of many activities, excursions, camps and events to our school calendar in 2021. It is important to remember that we are still following ACT Health directions and a number of restrictions are still in place to prevent the spread of COVID-19. The restrictions include:

- limits to the size of gatherings (visitor numbers must not exceed 500 people - not including students and staff)
- density requirements (visitors must not exceed one person per two square metres in indoor or outdoor spaces)
- visitor sign-in procedures for contact tracing purposes (often using a mobile phone to scan a Check In Canberra QR code)
- physical distancing (visitors should keep 1.5 metres apart from each other where possible, unless they are from the same family group)
- cleaning and hygiene (school cleaning protocols during the day are continuing and hand sanitiser is available)

Recently there have been scenarios where students and their families have visited COVID-19 hotspots in other states and have been required to be tested and isolate in accordance with ACT Health Directives. These situations are unpredictable and can often occur rapidly resulting in a student not being able to attend school for a period of time. We encourage any family facing this challenge during the year to contact us so that we can make appropriate arrangements.

It is also important that staff and students are not at school if they are sick and that if they are experiencing COVID-19 symptoms that they are tested and isolate until receiving their

results.

We appreciate your patience, understanding and cooperation as we all do our bit to keep our school community safe.

### **Safety and Respect in our community**

Lyneham High is a big school and for everyone's safety it is important to have some clearly outlined expectations around dropping off and picking up students at school. We ask that parents and carers:

- Observe the 40km/h speed restriction during the period from 8:00am to 4:00pm.
- Do not drive into the driveways and carparks to use them as drop off or pick up points. This causes unnecessary congestion and can be very dangerous for the students and adults as they arrive to, or depart from, school.
- Where possible drop off students further along Goodwin Street or even in one of the surrounding streets and have students safely walk the short distance to school.
- Take care at the pedestrian crossings, particularly looking out for cyclists.
- Do not stop or park in locations that are dangerous or that impede the flow of traffic (e.g. on the school crossing, in the driveway of our neighbours across the road).
- Please do not perform u-turns from the drop off zones along the front of the school.

Finally, I am looking forward to working in partnership with students, parents and staff to make sure that every child is valued, cared for, engaged and can experience success in their learning. If you have any queries or concerns, I invite you to contact our Front Office on 6142 1176 and they will connect you with the appropriate staff member to resolve any issues that may arise.

Warm Regards

Rob Emanuel

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As Mr Emanuel has mentioned in his Principal's report, there have been several incidents lately where staff have been the target of impostor Instagram accounts. We have also been dealing with a variety of on-line safety issues directly involving students in most year levels.

Throughout term 1 we will be working with the E-safety Commission's office and the Education Directorate to roll out a series of information sessions for students and we are hoping to run a parent information session (more information to come).

The information will start with all year 7 students receiving a sticker that will be placed on their Chrome Book. This sticker has a QR code that links directly to the E-Safety Commission website. I encourage you to sit with your child over coming weeks and look through the site with them and familiarise yourself with the parent section. There is a wealth of information for parents with fact sheets, helpful tips, where to get help, etc. There are also a series of free webinars for parents on a range of relevant topics - <https://www.esafety.gov.au/parents>

On-line safety is a topic relevant to all students and parents. I hope that all parents and carers can take time over coming weeks to support the work we do at school and start conversations at home about being safe online.

Julie Collins

Deputy Principal - students

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## **Student Injury - Insurance and Ambulance Transport**

The ACT Education Directorate does not provide any insurance cover for injury, disease or illness to students resulting from school activities or school-organised excursions. Claims for compensation are met where there is a legal liability to do so. Liability is not automatic and depends on the circumstances in which any injury, disease or illness was sustained.

As there is no automatic insurance cover for personal injury if your child is injured at school or during a school organised activity/excursion, you should therefore consider whether

taking out personal insurance cover for your child is warranted. This insurance might cover contingencies including medical/hospital expenses, ambulance transport outside the ACT, and cancellation of transport/accommodation or loss of/damage to luggage.

The ACT Ambulance Service provides free ambulance transport for students who are injured or suddenly become ill at school or during an approved school organised activity within the ACT.

### **Liability for the Loss, Damage or Theft of Students' Personal Property at School**

Parents and students are advised that Lyneham High School staff will take all reasonable steps to keep personal property safe. However, Lyneham High School does not provide insurance cover to automatically compensate for the loss, damage or theft of bicycles or any other personal property, nor will they be legally liable for their loss.

Parents and students are advised:

- to avoid bringing valuable property to school,
- to take steps to insure all valuable items for loss, theft or damage,
- to use a good quality chain or bar lock to secure bicycles when left at school,
- that valuable items are brought to school at the personal risk of the owner and that schools decline any responsibility for the damage, loss or theft of students' personal property, and
- to report any suspicious activity to school staff.

#### Student Accident/Incident Insurance Arrangements

This is the link to the Education Directorate's policy for student accidents/incidents.

[http://www.det.act.gov.au/\\_data/assets/pdf\\_file/0010/592363/Responding-to-Students-Accidents-Incidents-Policy.pdf](http://www.det.act.gov.au/_data/assets/pdf_file/0010/592363/Responding-to-Students-Accidents-Incidents-Policy.pdf)

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## **Student Support Groups 2021**

Lyneham High School Student Support runs several support groups at school and facilitates groups/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](mailto:trevor.preston@ed.act.edu.au), or call 6142 1167.

Students interested in these groups can speak to Trevor in the youth worker's rooms. Additionally, personal support is available from Trevor, two school psychologists, the Indigenous Education Officer (on Thursdays), and Menslink counselling is available for two appointments only on Wednesdays.

### **LGBTI Groups:**

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

### **Muslim Group:**

We now have our own Wednesday lunchtime support group for Muslim students, 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 room 3.

### **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 twice in 2021. It is available to year 9 and 10 students.

**Nature Walk Group:**

This group is for students with mental health issues, or students who are at risk of disconnection. We go on small excursions in local nature parks and encourage students to connect with nature and citizen science projects such as Inaturalist and Canberra Nature Map.

**AFTER SCHOOL AT LYNEHAM HIGH**

D&D club has been very strong at Lyneham since 2018 with over 70 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. All you need to do is visit Trevor and grab a permission note and you can have access to D&D Club all year.

**So when is it?** After school from 3.05pm until 4.45pm in the youth worker's 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 the youth worker at all times. Students are welcome to bring snacks. Students are required to sign in and out so there is 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, from exploring a jungle, escaping slavery from underground captors, solving a mystery, fighting dangerous creatures, or even adventuring in a steampunk world in the 1800s.

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.) Our school library has a great D&D section with many other tabletop rpg's on offer as well such as Monster Of the Week, Scum and Villainy and Golden Sky Stories.

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 the youth worker via phone (6142 1167) or email ([trevor.preston@ed.act.edu.au](mailto:trevor.preston@ed.act.edu.au)).

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## P&C Meeting

Please join us for our first P&C meeting of 2021.

6:30pm

Tuesday 16 February

LHS Library

Come along and find out what we are about and how we support the students and school. We would love to see new and returning members!



## Music Notes

Welcome back to 2021 from the Band Team! We hope everyone had a restful break and is ready to take on a packed year in the Music Faculty. We particularly welcome our new year 7 students and their parents and carers.

Keep up to date with the music events happening this year with the Band Calendar on our LHS Band Program Portal found [here](#). A Doc version is also available on each band's Google Classroom page.

## Extra Curricular Activities

We are excited to commence our extra-curricular activities in week 4 of this term. If you have any questions about a group please ask the teachers listed below.

ACTIVITY	REHEARSAL TIMES	TEACHERS
<b>Intermediate Jazz Band</b>		
For concert band students year 7 & 8	Tuesday 8am - 8:45am	Debbie Masling
<b>Senior Jazz Band</b>		
For concert band students year 9 & 10	Friday 8am - 8:45am	Jason Peters
<b>Musical Chorus: 'High School Musical'</b>		
For students year 7 & 8	Thursday 3:05pm -5pm	Tim Bowyer and Zach Raffan

plus additional rehearsals  
in Term 2

### **Woodwind Ensemble**

For concert band students  
year 7 - 10

Thursday Lunchtimes

Franceska Nagy

Students who wish to be a part of the wonderful opportunities needed to have completed the sign-up form by Thursday 11 February. If you missed out on completing this form, students can visit the Music staff room and they may get a chance to join any of these groups.

### **2021 Musical: "High School Musical"**

The rehearsals for this year's Lyneham High School Musical Production 'High School Musical' have begun in earnest. We have been so impressed with the enthusiasm and positivity demonstrated by the students involved in our musical so far. The auditions for the main characters will be next week.

### **Instrumental Matters - Tuesdays and Thursdays**

Students are reminded that any band instrument matters are now handled on Tuesdays and Thursdays. Renee, our Admin Support Officer will gladly assist with any needs related to musical instrument repairs, loans or changes on those days.

### **Band Second Instrument Application**

Many students have been asking about getting a second band instrument for home. In the first four weeks of term we are working to ensure that every student who needs to hire a school instrument has one main functioning instrument. Soon after, a Google Form will be posted in which students who hire a band instrument may apply for a second, older instrument. We will do our best, but cannot guarantee that all applicants will be successful, as available instruments are of course limited.

## Band Uniform Donations

We want to thank all of the families who have returned and donated band uniforms, however we are always looking for more. Specifically, we are hoping for donations of blue band polo shirts, blue band hoodies, black trousers and black socks. Additionally, we would like to thank the families who have donated instruments to the Band Program; your generosity is very much appreciated.

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### SECOND HAND UNIFORMS

Lyneham High has a very successful second-hand uniform scheme. Second hand uniforms are available from Trevor in the youth workers office (just ask at the front office). He is available most mornings before school. Students may visit for uniforms before school, after school, and most recesses. Parents and students are welcome to visit the second hand uniform shop, or you are welcome to email me at [trevor.preston@ed.act.edu.au](mailto:trevor.preston@ed.act.edu.au). I am happy to check if we have stock as it varies depending on donations and demand. Jumpers are usually \$10, and shirts \$5, depending on condition.

We gratefully accept donations of used uniforms in good condition at the front office, and would like to thank all those parents who have already donated over the past year.



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## Round 1 Immunisations

Round 1 of year 7 Immunisations are on 29 and 30 March 2021. Round 2 dates will be in the later part of the year.

If you have submitted the consent card earlier in the week, then you do not need to worry about anything. For further information on the immunisations, please see the leaflet below. For any medical advice, please contact ACT Health directly.



### The following vaccine will be offered FREE as part of the ACT High School Immunisation Program in term 1 or 2

✓ Human Papillomavirus (HPV) Dose 1

Keep an eye out for consent cards which are sent home with students during the first week of school and due back to school as soon as possible.

**Q Find** a consent card at your school OR download one from our website

**✍ Sign** and complete the card

**↻ Return** it to your school ASAP

For more information:

[www.health.act.gov.au/adolescent-immunisation](http://www.health.act.gov.au/adolescent-immunisation)

Ph: 02 5124 1585

[health.act.gov.au](http://health.act.gov.au)

**Is your child feeling unwell with COVID-19 symptoms?**

**Keep them home.**

**Get them tested.**



### Testing's not just for end of term

No one should have to do a test on their first week back at school! But there is one test that can't be ignored. With increased travel over the summer holidays, it is important that all Canberrans - even children - get tested for COVID-19, even with the mildest of symptoms.

While evidence suggests that young children are less likely to acquire and transmit COVID-19, their symptoms should not be ignored, with testing our best surveillance tool against the virus.

The COVID-19 test is free, quick and easy, and most people receive their test result within 24 hours.

Parents and carers who are required to take their children for testing can also be issued with a carers' certificate for the time when they take their child for a test and while they await results.

Symptoms of COVID-19 include fever, sore throat, cough, runny or blocked nose, or shortness of breath.

There are seven free COVID-19 testing locations across the ACT, with four of them open seven days a week.

Some testing clinics don't have facilities to test children under the age of eight.  
Please check the website to make sure you're going to the right  
clinic: [www.covid19.act.gov.au/testing](http://www.covid19.act.gov.au/testing)

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## Take a seat or hold on while travelling on the Light Rail

Find out more:  
[cmet.com.au/safety](http://cmet.com.au/safety)



To travel on a student concession  
you must carry your student ID.



## Stand behind the yellow line when waiting on the platform

Find out more:  
[cmet.com.au/safety](http://cmet.com.au/safety)



[Teenagers and Sleep Information](#)

[Click Here for Community Announcements](#)

[Term 4 Planner](#)

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