

Newsletter Week 10, Term 3

'We wish to acknowledge the Ngunnawal people as traditional custodians of the land we are meeting on and recognise any other people or families with connection to the lands of the ACT and region. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region'.

Please note, services and events advertised on the Lanyon High School website or newsletter are not endorsed or associated with Lanyon High School. For more information regarding upcoming school and community events please visit our Facebook and Instagram accounts.



Principal: Barbara Monsma

Deputy Principal (Staff): Rebecca Cusick

Deputy Principal (Students): Shannon Carnovale

P&C President: Katrina Reynolds

Principal's Report

Thanks to students, staff and families for another great term

These last few weeks of term have been very positive and culminated in a number of fabulous year group events in week 10. Year 7 and 8 had great day out with the weather holding off long enough for year 7 to enjoy Tidbinbilla Nature Reserve for the full day. **Year 9 Giving Projects** were a wonderful celebration of the Lanyon High School value of **Pride in the Community**. It was great to see the many ways in which the students gave back to our local and broader community. Their projects included awareness raising for local programs, charities and organisations as well as practical supports like rubbish clearing, animal caring and donations of food and money. The students put in so much effort, both in giving time towards the various organisations over the course of the term and then also in preparing their stalls. They did such a great job! Thanks to Ms Paige Wells, the Pastoral Care Advisor, and all the PC teachers for supporting the students in their

preparations. Thanks also to all the family members who came to visit the stalls and see the great work on the students.

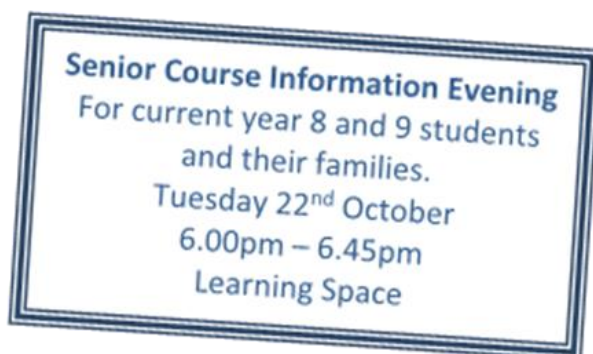


Year 10s have also been having a great time in Sydney. As I'm writing this I know that they have to make a few adjustments to the schedule because of the wet and windy weather on Thursday. I know they've already had a lovely day at Taronga Park Zoo and Luna Park and that the students are enjoying themselves.



Year 8 and 9 – Elective choices and course information

On Tuesday week 2 – 22 October we invite current year 8 and 9 students and their families to a Course Information night. This is in anticipation of students choosing their electives for 2025 a little later that week. A Course Information booklet will be provided to students via their Pastoral Care Google classroom pages. Once we have the student's elective choices we can then 'build' the timetable. This booklet have been published on the school website.



https://www.lanyonhs.act.edu.au/Curriculum/senior_course_selection

Please take some time to have a look at the subjects on offer, as there have been some changes. The information night will also provide information about Year 10 Certificate eligibility, graduation points, the Pre-Learners Course and a little on work experience (WEX). See the link below for a copy of the school's Year 10 Certificate Policy.

https://www.lanyonhs.act.edu.au/_data/assets/pdf_file/0008/488357/Year_10_Certificate_Policy.pdf

Finally, a reminder that the first day of term 4, **Monday the 15th October, is a Pupil Free day.**

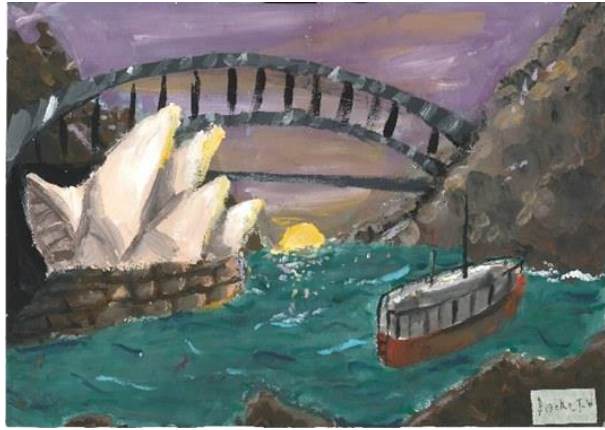
Barbara Monsma

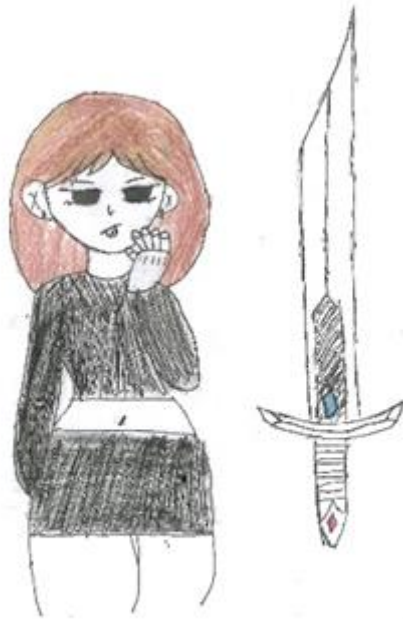
Principal



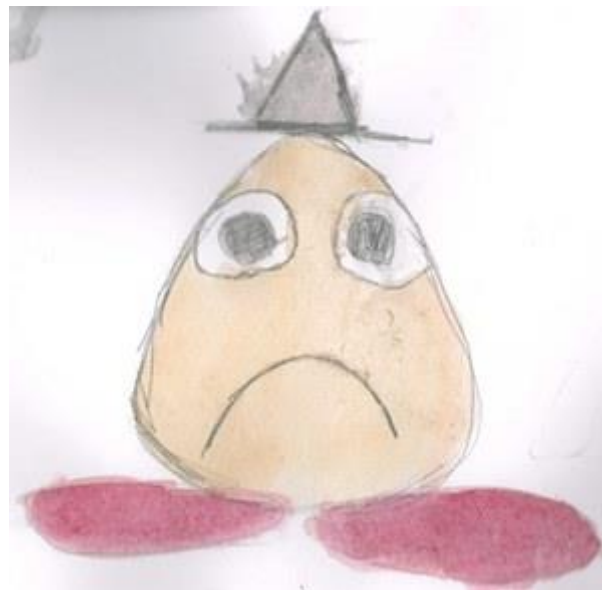
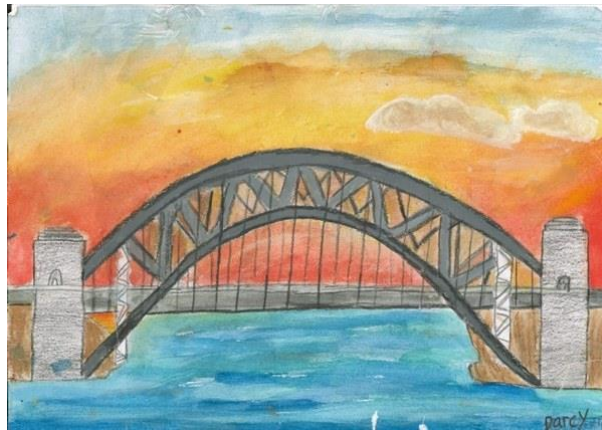
Art News

Year 7's have had a productive term exploring the 7 elements of art through fantastic front covers for their visual diaries, urban landscapes using one- or two-point perspective, and creating their own anti-hero or villain. They've created some awesome work with a wide range of styles and content, showcasing their skills and talent.





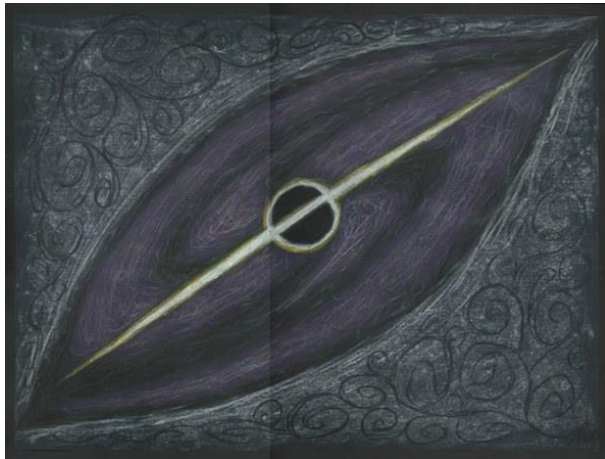
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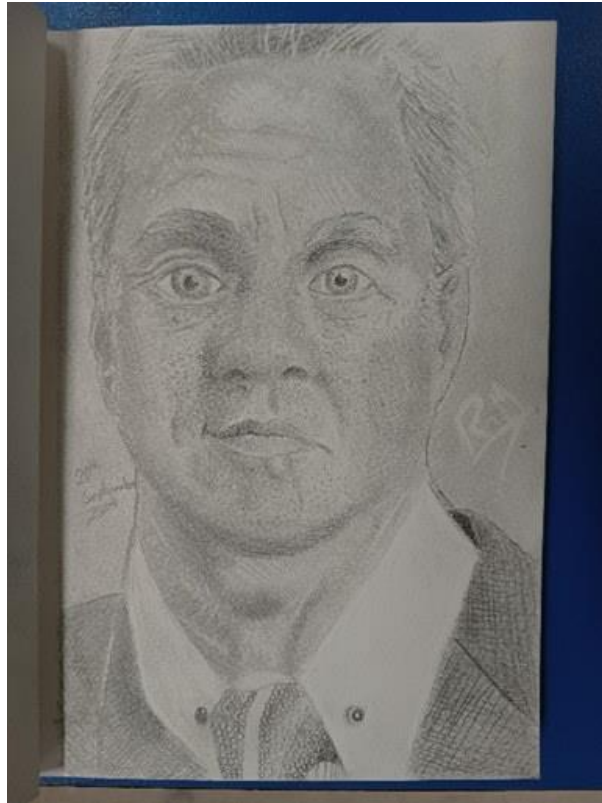






The year 9 and 10s in 2D art have been expanding their understanding of the elements and principles of art through a range of different materials and resources in the first exciting term of this class. They first created artist trading cards using different materials, styles, and designs. They then undertook a major assignment based on an event in time and space, with many different styles and ideas being explored. Those who finished moved on to portraits in different art movements of Australians they know. Looking forward to the amazing work continuing next term!





Careers Term 3

It has been another fantastic and busy term in the Careers space at Lanyon High School! We started the term with students from years 8 to 10 completing the White Card, Asbestos Awareness and Silica Prevention Courses here at school, facilitated by CIT. We had 17 students complete the White card training, 15 students complete Asbestos Awareness, and 19 students complete the Silica prevention training. It was a very long 2 days of sitting in a classroom and taking in all the information, but all the students who participated did an amazing job at engaging and answering questions and passing all of the assessment with flying colours! A huge shout out to the staff that helped across the two days, although they didn't gain the qualifications, I'm sure they could confidently complete the quiz now!

We have had another 35 wonderful students go out into the community this term to complete work experience with many different career opportunities such as the ACT Legislative Assembly, Primary Schools, Day Care Centres, Farms, Electrical, Carpentry, healthcare, Technology and so many more. It is great to hear the fantastic feedback from our Host Employers around the Canberra Region about how dedicated our students are at getting in and giving it a go whilst on work experience. Well done Lanyon High School!

Heading into term 4, there will be a lot to look forward to with more opportunities for work experience. If you would like to do some work experience before the end of the year, please start to think about what you might like to do and come and speak to Alex Brown at the beginning of term 4 so that there is time to arrange the perfect placement. There is also lots of forward planning for 2025 going to be happening in term 4, and some very exciting opportunities to come. Please keep an eye on both your year group Google Classroom, and the Lanyon Careers Google Classroom for any updates and expressions of interest for the coming year!

Happy Holidays! Stay Safe, and we look forward to another fantastic term.



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7 tips to help your child self-soothe

All kids feel anxious or stressed sometimes, like when they're getting ready for a big test. But kids who learn and think differently may [feel stress more often or more intensely](#). When kids feel stress for an extended period of time, they may have what's called chronic stress. And [that can lead to anxiety](#).

Self-soothing techniques can help them relax and regain their sense of control. Here are some ways you can help your child learn to self-soothe.

1. Lead by example.

One way kids learn to self-soothe is by watching how the adults around them deal with stress. The next time you're feeling overwhelmed, say something to your child like, "I've got so much to do today. I need to take a minute to do some stretches. Then I'll feel better." You can also ask your child to join you.

2. Do deep breathing exercises.

Deep breathing exercises can stop panic in its tracks — and they're easy to guide kids through. Here's one way to do a breathing exercise. Put your hand on your stomach, breathe in through your nose for three seconds, and feel your hand rise. Then breathe out through your mouth for three seconds and feel your hand fall. Repeat four times.

3. Squeeze a stress ball.

Stress can cause kids to tense up physically. Gripping or squeezing something can help release that tension. A stress ball is an ideal tool for that. Using modelling clay or hugging a stuffed animal can work too. This physical activity can also help kids shift their focus away from whatever's worrying them.



4. Get moving.

Exercise is a great way to channel nervous energy. Plus, it releases feel-good endorphins that boost your mood. You can encourage your child to hop up and down 10 times, do some jumping jacks, run a few laps, or whatever works where you happen to be at the time.

5. Picture a favourite place.

This technique can be a real escape from stress. Tell your child to close their eyes and picture a favourite place, like the beach. Think about how it looks, sounds, smells, and feels. Have your child focus on the details — like the sound of waves crashing, the feeling of wet sand, and the scent of salty ocean air.



6. Listen to music.

If your child has an IEP, a 504 plan, or [informal classroom supports](#), explain how these work. Let them know if they're allowed to have more time on assignments or use a quiet room. If your child has a go-to person like a counsellor, try to have them meet that person ahead of time.

7. Try mindfulness and mantras.

[Mindfulness](#) helps kids focus on the present and not let thoughts, emotions, or trouble with self-control get in the way. One way it can help them self-soothe is by replacing negative thoughts with positive ones. Have your child come up with empowering phrases or mantras to repeat to crowd out negative thoughts. "I can do it" or "I am strong" are good choices.

Get more [tips to help grade-schoolers cope with stress](#). Learn why some [kids have trouble managing emotions](#). And check out some [meditation apps](#) for kids.



Imagine **MORE**
Events Update

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Ten top tips for students with disability thinking about work

A free webinar 4:00 pm - 5:00 pm Wednesday, 25 September 2024

Transitioning from school to work is a significant life milestone for students with disability and their families.

To help you get started on this journey, we are offering a 60-minute online webinar tailored specifically for families of students with disability. This session will provide practical, easy-to-understand information to guide you in supporting your child's transition from school to work. We'll cover key topics such as understanding customised employment, building a visual resume, exploring new opportunities, and ensuring long-term job success.



Home Drop-In Day

9:30 am - 4:30 pm Tuesday, 8 October 2024

An opportunity to chat 1:1 about your next steps in planning, finding or maintaining a home of your own for a person with disabilities.

We will be a sounding board to test ideas and share what we know about any aspect of home, including

- A Vision for home
- Creating a home that is unique to the person
- How to support the person to make decisions
- The support needed and how it might best be provided
- Housemates
- Connecting with neighbours
- Circles of support



Inclusive Education Drop-In Day

9:30 am - 4:30 pm Thursday, 17 October 2024

Pull up a chair at our virtual kitchen table (on Zoom), and you will be able to speak with one of our hosts in a private virtual break-out space.

We will be here for you to test ideas as we can be a great sounding board. We will help the best we can with any aspect of inclusive education, including

- A vision for a genuine inclusive education

- The support needed and how it might best be provided
- The power of peers
- Connecting with other families
- The importance of Universal Design for Learning
- Collaborating positively with schools and educators
- Individual Education Plans



Job Supporter Induction Package

New to the Members Hub

This self-directed, online training package is designed for families of people with disability and Job Supporters who are committed to understanding and implementing Customised Employment with integrity. Whether you are a professional job supporter, a family member, or someone helping a loved one with a disability find and maintain meaningful work, this course will equip you with the knowledge and skills needed to make Customised Employment work.



Towards a better life

A two-day workshop in Canberra Thursday-Friday, 14-15 November 2024

Certain groups in society, including people with disability, the elderly, and Indigenous people, are at risk of experiencing marginalisation and stigma. This often leads to discrimination and negative impacts on their lives.

Social Role Valorisation theory (SRV) offers a way to counteract this marginalisation and help people access the good things in life.

You're invited to register for a two-day foundational SRV workshop, Towards a Better Life, to be held in Canberra in November 2024. Join us to learn about Social Role Valorisation and its practical applications from Senior SRV Trainer **John Armstrong** and SRV Practitioner and co-teachers **Lindie Brengman** and **Amie Storer**.

My Home, My Way

A one-day workshop Canberra: Wednesday, 30 October 2024 Adelaide: Wednesday, 6 November 2024

Very often, the living arrangements of people with intellectual disability, Autism, and other impairments are designed by others. Individuals are left with little control over the decisions that most people take for granted. Some families wonder if it's even possible for their family members to live in their own homes.

In this practical and interactive workshop, we will explore individualised and innovative ways that people with disability have used to create their own homes while getting the support they need.

Workshops available in Canberra and Adelaide.



Term 3 Student Voice Forum

On Thursday 29th August students from Lanyon High School, came together again, with students from across the ACT to look at what inclusive education looks like in Canberra.

Activities and discussion for the second forum focused on what learning look likes at individual schools and how might we improve participation and achievement for all?

The student group was fortunate enough to hear from two guest speakers experienced in the field of Inclusive Education. Loren Swancutt is a teacher and school leader who helps schools include all students in learning, no matter their needs. She successfully improved how her high school supports every student and has advised other schools on how to do the same. Loren is respected for making ideas from research easy to use in real classrooms. Rachel Coathup is a former primary school teacher who now helps teachers use technology to improve learning for all students. She trains and supports schools, colleges, and universities in using educational technology.

Lanyon High students were a valued support to the overall running of the day. Oscar Ryan (with the support of Sophie Brennan) delivered the opening welcome speech for day. Logan George demonstrated how assistive technology can be used to support communication when he used a pre-recording of his speech to introduce Rachel to the student participants.

Thanks to the fabulous Chris Stubbs for supporting students, guiding them through the activities and drawing out their insightful responses.

Students are looking forward to the next forum in term 4!

Stephanie Nott (Inclusion Coach, Lanyon High School)



1 - Oscar and Sophie, with Director Inclusive Education ACT Education Directorate, Jake Naylor welcoming students to the day



2 - Logan (with Chris Stubbs) delivering his welcome and introduction of Rachel Coathup



Parent Portal is now available as a mobile app!

You can now access Parent Portal with the *Sentral for Parents* app. Download *Sentral for Parents* for free through the [App Store](#) or [Google Play Store](#).

If you've already registered, you can download the *Sentral for Parents* app to receive notifications when new information is available.

If you haven't registered for Parent Portal yet, use this [Parent Portal access](#) link to log into or create your ACT Digital Account. To access Parent Portal, you will need your access key, you should have received this by email when we launched.

If you can't find the email with the access key, please contact the front office team for help.

Some reminders about what you can do with Parent Portal:

- notify us if your child is sick or explain an absence
- book parent-teacher interviews
- receive academic reports
- receive our school newsletter
- receive messages from your child's teachers
- access the school calendar and your child's student timetable.



Leavers form

A reminder for all parents and carers if your student is no longer attending Lanyon High, you must fill out a leavers form.



LEAVERS FORM

Name: _____ PC Group: _____

Address: _____

New Address: _____

Phone: _____ Leaving Date: _____

New School: _____

Parent/Guardian Name: _____

Signature: _____

Date: _____

OFFICE USE ONLY

Chromebook charger and internet dongle (if applicable) returned
(only applies if student will not be attending another public school)

Absence print out Student file sent to new School
or archived

High School Record (years 9 and 10 only) Library books returned

Process student departure on SAS Taken off XERO

Deleted student from Timetable

*We are a community fostering excellence in
learning, inclusivity and active citizenship*

Updating of details

Just a reminder for all parents and carers that if you have changed any details for example, email address, residential address or phone number. Please let us know via email lanyonHSinfo@ed.act.edu.au so we can ensure all details are correct and up to date.

Support services



Parents or carers who are struggling with any element of parenting can reach out to Parentline ACT.

This is a free telephone counselling service who can offer support and advice for on any parenting concerns.

Contact them on the number below or at this website.

<http://parentlineact.org.au/>

Contact Us

Lanyon High

20 Heidelberg Street

Conder, A.C.T, 2906

Phone: [6142 1800](tel:61421800)

Absences: [6142 1800](tel:61421800) or lanyonHSstudentabsences@ed.act.edu.au

Email: lanyonHSinfo@ed.act.edu.au

Visit us on the web at [Home - Lanyon High School \(lanyonhs.act.edu.au\)](http://lanyonhs.act.edu.au)

Find us on Facebook <https://www.facebook.com/LanyonHS.OfficialPage>.

Find us on Instagram <https://www.instagram.com/lanyonhighschool/>.