

Vol 1. Feb 2017

220 Badimara Street  
Waramanga ACT 2611

Tel: 6142 3444  
Stromlo.Enquiries@ed.act.edu.au

### School Board

**School Board Chair:** Craig Lilley  
**Community Member:** Alan Wu  
**Parent Members:** Craig Lilley, Adam Miller & Louise Newey  
**Teachers Members:** Rebecca Cusick & Ranjan Parikh  
**Student Members:** Neve Foxcroft & Yarno Rohling

### IMPORTANT LINKS

**Website:** [www.mountstromlo.act.edu.au](http://www.mountstromlo.act.edu.au)  
**Schoology:** <https://mountstromlo.schoology.com>  
**MSSH Blog:** <https://stromlohs.wordpress.com>

### IMPORTANT DATES

|           |  |
|-----------|--|
| 20 Feb    | P & C Meeting 7:30pm-9:00pm                |
| 20 Feb    | Museum of Australian Democracy Excursion   |
| 21 Feb    | Boys Rugby League 7's Competition          |
| 22 Feb    | Mt Arawang Challenge & Geography Excursion |
| 23 Feb    | Girls Rugby League 7's Competition         |
| 22-24 Feb | Drama/Band Camp                            |
| 3 Mar     | ACT Girls Softball Day                     |
| 7 Mar     | Singing Outreach - Mirinjani               |
| 10 Mar    | Beach Volley Ball Schools Cup              |
| 15 Mar    | Aboriginal Education Art Workshop          |
| 21 Mar    | Cross Country Carnival                     |
| 22 Mar    | Boys Water Polo 2017                       |

### Principal's Message

It has been a great start to the school year. We have welcomed 165 Year 7 students and 40 new students into Years 8, 9 and 10. There are also some new faces in our teaching staff and I am very pleased to introduce our new Deputy Principal, Ms Penny George. Penny George is an experienced Deputy, having served the Wanniasa community for over 8 years and has held leadership positions in high schools and colleges across the ACT.



*Penny George*

Mrs Kim Smith and Mr John Geasley have also joined the school executive team this year. Kim leads the Yr 7/8 Student Services team and John is leading the Languages faculty.

Our new teachers are Mr Sean Thomas (French), Ms Meaghan Jones (Japanese), Mr Andy Orfanakos (Learning Center), Mrs Rose Pearl (Maths) and Mr Max Dance (English and SoSE). Mr Scott Bent and Ms Megan Johnson have returned to Mount Stromlo High School after spending some time teaching interstate and overseas.

Thank you to all the parents who popped in for Meet the Teachers on Wednesday night. It was wonderful to meet new families and see some familiar faces.

The first newsletter of the year is usually the longest with a lot of information to share with parents. We are always looking for ways to improve so if you have any feedback about the newsletter, or the school in general, I would love to hear it. Please call, email or use Schoology to send me a message anytime.

*Kate*



## New Staff

Hi, my name is Kim Smith and my position is Student Services Executive - Year 7 and 8. I have enjoyed my first four weeks at Mount Stromlo High School, in particular getting to know staff and students.



I transferred to Mount Stromlo High School this year, after 11 years at Lanyon High School, where I was Pastoral Care Coordinator and previously, the Executive of The Arts and Technology faculty. I live in the local area and have strong connections with the community of Weston Creek.

My role in Student Services is to support students in the areas of social and emotional wellbeing and behaviour. I will be working closely with the other members of the Student Services team supporting our students.

I am looking forward to getting to know you, the students and parents of our community more as the year progresses.

Hello, my name is John Geasley. I will be looking after the Languages Department and supporting the Year 7 Teams, with my colleague Rod Grieve. My last school was Melba Copland Secondary School, where I looked after the English, Languages and ESL Faculty.



At Mount Stromlo High School I am teaching Year 7 French and Year 8 English. I have also worked at Caroline Chisholm High School and was the LUAC (Languages for Understanding across the Curriculum) field Officer prior to this. I am looking to a wonderful year at Mount Stromlo High School

## Student Attendance

### Every Minute Counts!!

This term we will be focusing on promoting positive attendance patterns in our students. This means that there is a clear expectation of all students that they arrive to school on time, attend TEAM and make their way to each class in a timely manner.

If a student is late to school they **MUST** provide a note with a clear excuse. If they are not able to do this they may be asked to make up their learning time during lunchtime or after school. **Every minute counts!**

Most teachers use the first 20 minutes to outline the focus of a lesson, clarify important areas and for student collaboration. If students miss this time, they may not be achieving as well as they could.

| He/ She is only missing just.... | That equals....         | Which is.....             | and over 13 years of schooling that's... |
|----------------------------------|-------------------------|---------------------------|--|
| 10 minutes per day               | 50 minutes per week     | Nearly 1.5 weeks per year | Nearly <u>Half a year</u>                |
| 20 minutes per day               | 1 hour 40 mins per week | Over 2.5 Weeks per year   | Nearly <u>1 year</u>                     |
| Half an hour per day             | Half a day per week     | 4 Weeks per Year          | Nearly <u>1 and a Half years</u>         |
| 1 hour per day                   | 1 day per week          | 4 Weeks per year          | Over <u>2 and a Half years</u>           |

Please also remember that if your child is absent from school for any reason they must hand a note to the TEAM teacher as soon as they return outlining why they were absent. Parents are also able to phone the absence line on 02 6142 3448 or email Absences on [Stromlo.Absences@ed.act.edu.au](mailto:Stromlo.Absences@ed.act.edu.au) If you know of a period of time that your child will not be at school please speak to the relevant Year Advisor or TEAM teacher so that staff are able to support your child and their learning.

Let's make this year brilliant!

## Absences & ACT Secondary Bursary

Unfortunately some parents who receive the ACT Secondary Bursary were surprised to learn their child was no longer eligible for the one off payment after 5 days of unexplained absence in the previous six months.

To ensure your child's attendance meets the requirements of the scheme, **parents must report all absences** to the school as soon as possible. This can be completed via [Stromlo.Absences@ed.act.edu.au](mailto:Stromlo.Absences@ed.act.edu.au) or by calling on 02 6142 3448.

Reasonable excuses for an absence include illness, injury, medical appointments and bereavement.

Please be aware the front office staff can only amend an absence record in the same calendar year the absence occurred.

## School Uniform

In 2016 the ACT Education Directorate released an updated policy, [Dress Standards and Uniforms in Canberra Public Schools \(2016\)](#) and [supporting documents](#) for the implementation of the policy.

Some of the benefits described in the policy include:-

- Defining an identity for the school within the community and promoting a positive school image.
- Increasing connection to school for all members of the student body
- Alleviating the pressures of 'fitting in', or requiring branded clothes and the costs associated for parents
- Providing easy care options that are economical and long lasting

As a first step we ran several focus groups with students to hear what they thought of reviewing our uniform. Early feedback indicated strong support for a semi-formal school uniform (i.e. shirts, pants and dress options but no blazers, hats or ties) with most students articulating positive feedback for the uniform styles of other government schools. Overwhelmingly, students asked for warm winter jackets to be added to the uniform as soon as possible. This feedback was echoed by staff.

The school has been in discussions with Savvy Schoolwear about what options are available and the associated costs. We are working to finalise a wide range for staff, students and parents to consider. There will be extensive consultation before decisions are made. We will also be asking our feeder primary school families with students in years 4, 5 & 6 for feedback. We want the whole school community to support any changes made to the uniform.

Your views are very important so we encourage you to talk with us, get involved in the parent meetings and Schoology updates. If you would like to talk directly with staff please contact Rebecca Owen, Executive Teacher Student Services Year 9/10 or email her via [Rebecca.owen@ed.act.edu.au](mailto:Rebecca.owen@ed.act.edu.au)

Rest assured that any change in uniform will be phased in over several years and students in the older grades will be able to wear the current uniform top if they choose. Updates will be placed in the school newsletter and on Schoology so please get involved.

## Parenting Ideas

Practical independence-building ideas to encourage autonomy in adolescents.

The ultimate goal for an adolescent is to achieve autonomy from their parents. They are trying to do this at a tricky time, with their brain going through fundamental changes in the prefrontal cortex – the part of the brain responsible for rational decision-making, thinking things through and impulse control. As a result, you need to carefully support your child's journey to independence through this stage.

Your young adolescent should be expected to help at home. However, consider giving them one or two significant weekly jobs, such as putting out the garbage, rather than continuing the same chores they were given during the previous 'latency' stage. More of the same doesn't always work with this age group. Here are some more practical independence-building ideas:

1. Negotiate independence - Give your young adolescent the chance to negotiate greater independence by allowing them to prove to you that they are ready to have their boundaries pushed out. This is the age when you can build 'scaffolds' to greater independence: allow your child to achieve increasingly greater autonomy, taking lots of small steps rather than one large step.

2. Talk about values - Discuss values of fairness, tolerance and respect with your young person to help them formulate a sense of responsibility and a positive value system. Be clear about your expectations of their behaviour when they are not with you. Discuss the consequences of breaking these rules. And help your young person also to assess the risks associated with increased independence.

3. Allocate a meal each week for your young adolescent to prepare - You may help them at first, but eventually turn the responsibility over to them. If this is unworkable for you now, consider it something to work towards by the end of this stage. Kids in this age group are more than capable of preparing a meal, and you will find it a significant contribution to the family. It may need to fit in with busy schedules, but that's okay – your child will benefit from learning that they can in fact juggle a number of activities each day. Don't let them off the hook just because they are busy.

4. Give them two allowances - Young people increasingly want more power over their own life, and providing pocket money is one way to do this. Consider giving your young person enough allowance to cover clothing,

mobile-phone bills, travel and school meals. Encourage them to budget, and set savings goals. This increase in autonomy will help your young person feel valued.

5. Encourage a part-time job (when they are old enough)  
- There are a number of benefits to a part-time job, regardless of how busy your young person is. First, earning their own allowance is one of their first steps toward real autonomy. Second, it's good for them to abide by rules set by someone other than their family and school. Third, being socially connected to a community group such as a workplace is a key contributor to good mental health and wellbeing.

By Michael Grose

### Year 7 Camp Reminder

WHEN: Week 10 this term 5 – 7 April 2017  
WHERE: Jindabyne Sport and Recreation Centre  
NOTES: Expression of interest notes (additional copies on the school website under the excursions tab) and a minimum deposit due by end next week Friday 24 **February**

### Year 8 Camp Reminder

WHEN: Week 10 this term 5 – 7 April 2017  
WHERE: Long Beach NSW  
NOTES: Expression of interest notes (additional copies on the school website under the excursions tab) and a minimum deposit due by end next week Friday 24 **February**.

### P & C News

MSSH P&C Chromebook portals now open!

As many will be aware finding Chromebooks (our preferred BYOD device) in retail stores can be quite difficult. We are happy to announce that we now have two companies offering online portals (at special education prices). Below are the login details for each of the suppliers.

Harvey Norman - No password required  
<https://www.harveynormanbusiness.com.au/stromlo2017byod>

JB-Hi Fi - School Code: BYODMTSTROMLO  
[www.jbeducation.com.au/byod](http://www.jbeducation.com.au/byod)

The P&C meets twice a term from 7:30pm on a Monday night. It's a great way to get involved in the school community and meet other parents.

Term 1 - 20 February & 3 April  
Term 2 – 15 May and 19 June  
Term 3 – 7 August and 11 September  
Term 4 – 30 October and 27 November

If you have any questions or would like to get in touch with the P&C please email me at [StromloHSPresident@gmail.com](mailto:StromloHSPresident@gmail.com)

**Patrick Hancock**  
**P&C President**

### School Accidents & Incidents

Mount Stromlo High School collects information about injuries and incidents which occur at school or school-organised activities on behalf of the ACT Education and Training Directorate. Some of the information may be personal information as defined in the Privacy Act 1988 and the Health Records (Privacy and Access) Act 1997. The information is usually included in a Student Accident/Incident Report or Notification of a Critical Incident together with any accompanying witness statements.

The purposes for which the information is collected include notifying the Territory's insurers and legal advisers of injuries and incidents and ensuring that the school itself has accurate and complete records.

The Directorate usually provides the form and any other information relevant to the accident/incident to the ACT Insurance Authority and the ACT Government Solicitor. Information may also be provided to WorkSafe ACT in accordance with the ACT Work Health and Safety Act 2011.

Schools have a duty of care to keep students safe. Where an injury or incident occurs schools have an obligation to determine what has happened and therefore may question students. Schools may also ask students to make statements in writing and to sign these statements.

## Insurance and Ambulance Transport

The ACT Education and Training 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.

## Careers Information

### Work Experience (WEX)

Year 10 students had a presentation this week about WEX and are now starting to plan and organise their placements which need to be completed by the end of Term 3. There are 'HOW TO' documents on Schoology on the Year 10 page under Careers and guide students through the searching and application stages of WEX. The WEX presentation will be presented to Year 9 students in Week 5 to start thinking about their placements which can be done from the beginning of Term 3.

### Year Nine Career Conversations

Career Conversations have started this week with all students completed by early Term 4. Every Year 9 student at MSHS is given the opportunity to have a Career Conversation with me in which we will develop a career plan that embarks on finding out what the student may wish to do in the future and work out how they might get there! This career plan is meant to be flexible and grow with the student.

### Master Builders Australia (MBA) C4 Program 2017

BA Group Training works with local government school students who are interested in the construction industry and puts them into a practical and theoretical based training and work experience program (C4). Students undertake a Certificate II in Construction Pathways CPC20211 (nationally recognised qualification). This

qualification provides a general overview of the construction industry, including OHS, carpentry, bricklaying, plastering and painting. The units of competency trained are nationally recognised and the skills and knowledge gained will be valuable if the student chooses to pursue a career in the construction industry.

Students will get a taste of the following trades; carpentry, bricklaying, concreting, plastering and painting. Students are trained in WHS Induction Card (white card), Asbestos awareness training, manual handling, and an array of OHS training topics. Please see Mrs Sheppard if interested. **Information night: 9<sup>th</sup> March from 5.00pm to 5.45pm Venue: TBA**

### White Card and Asbestos Training

Students who wish to obtain their white card and asbestos training cards are able to access the training through Canberra College. It will be run through Master Builders Association. Details and excursion notes on Careers Page on Schoology.

The training dates and costs are as follows:

- White Card T1 Wk 5 Thursday 02 March (8.30 to 4.30pm) \$80
- Asbestos T1 Wk 6 Thursday 9 March (12 noon to 4pm) \$70

### Latest Information

Visit the Year 9 and 10 Schoology pages for the latest information and I am available for students to access information every Break 2 in the library.

Jennie Sheppard  
MSHS Career Practitioner

## Music Instrumental Lessons at MSHS

Does your child learn a musical instrument and need some lessons? Do they want to start learning an instrument? We have a number of instrumental teachers visit Mount Stromlo on a weekly basis to provide lessons to our students. Lessons can be to work on music for upcoming performances with the school ensembles as well as working on other solo repertoire, tone and technique.

Current teachers:

- Den Hanrahan – Guitar – 0420648095  
or [denhanrahanmusic@gmail.com](mailto:denhanrahanmusic@gmail.com)
- Jodie Petrov – Flute - 6166 2189 or 0423 512 744  
or [anjoali@hotmail.com](mailto:anjoali@hotmail.com)
- Joe Taylor – Saxophone & Clarinet - 0401624255  
or [u113395@uni.canberra.edu.au](mailto:u113395@uni.canberra.edu.au)
- Please contact the above teachers, or Alex Morton ([Alexandra.Morton@ed.act.edu.au](mailto:Alexandra.Morton@ed.act.edu.au) or 6142 3441) for more information.



## Welcome to Divas Netball 2017.

We are looking forward to a great winter netball season and are looking for players, coaches and umpires for the new season. All ages and experience welcome. You can even bring a whole team to Divas if you like.

Training will commence next Thursday 16th February at 5.30pm – 6.30pm- Arawang netball courts. Games are held on Saturdays at the Arawang netball courts

If you could return your registration form so we can look at numbers that would be great or bring it next Thursdays.

Any questions please contact Kim (kim.magro@agriculture.gov.au) or phone 0419 494 036.

**Woden Store**  
Present this coupon to receive  
**25% OFF**  
Full priced items only valid till  
end of March '17



**Come Visit Our Store!**  
**New stock arriving daily**

Visit The Smith Family Store for a great range  
of Designer brands, formal and casual wear

**The Smith Family Store,**  
Cnr Launceston and Easty Streets Woden  
Mon-Fri 9.00 4:45pm Sat 10am-1:45pm  
Ph:62325374



*everyone's family*

*Helping Young Australians in need to  
build better futures through education*



## INVITATION TO PARENTS, CARERS, TEACHERS & SCHOOL LEADERS

to attend the P&C COUNCIL PRESENTATION on

**Avoiding RSI and Overuse Injuries in School Students**

**7pm on Tuesday 28 Feb 17 at the  
Hedley Beare Centre for Teaching & Learning 51 Fremantle Drive, Stirling**

Activities that result in RSI and overuse injuries are not confined to keyboard use but include a wide range of common everyday actions that school children perform. These include sporting, recreational, lifestyle, entertainment, play, study, walking, carrying and information technology activities. Simple daily events like carrying a badly packed and poorly adjusted /fitted school back pack can lead to ongoing physical problems for children if not corrected early.

Learn what to look for and how to correct such problems and avoid RSI/overuse injuries in your students.

**Presented by Ann Thomson** – Ann Thomson has been the Director of the RSI & Overuse Injury Association of the ACT since 2002. She was a teacher for many years at CIT and the University of Canberra. Ann retired from teaching after suffering a repetitive strain injury. She has a Masters Degree in Health Promotion and a strong interest in safer computing skills for students.

RSVP by 1200hrs 28 Feb 17 to [tsanders@actparents.org.au](mailto:tsanders@actparents.org.au) or phone 62415759



## Weston Creek Molonglo Wildcats Junior AFL Club

### Come and Join the Wildcats in 2017!

We will be holding a Registration Morning which will involve a clinic hosted by the NEAFL Canberra Demons

Sunday the 19<sup>th</sup> February 2017, at Stirling Oval, Teesdale Close, Stirling.

Registrations are now open

To register with the club please use the following links.

Auskick Rookie (4 to 6) - GOTO THE WESTON CREEK ON THE POP DOWN LIST  
[www.aftauskick.com.au](http://www.aftauskick.com.au)

Auskick Pro (U7/6) - GOTO THE WESTON CREEK ON THE POP DOWN LIST  
[www.aftauskick.com.au](http://www.aftauskick.com.au)

U9s to U17s & Youth Girls  
<https://membership.sportstq.com/regofrm.cgi?alQ=4117&Key=5d97e3e71daef9af0392430b04af1ae6&d=1396&formID=36056>

Player \$120 (7s - 17s)  
Family \$180 (more than 1 player in 7s to 17s)  
Auskick Rookie \$75 (not included in family)



## G'DAY USA JANUARY 2018 LAST CHANCE TO JOIN!!



### Tour Highlights Include:

- Disneyland
- Universal Studios
- Knott's Berry Farm
- San Diego
- San Francisco
- Stay with a host sister or brother
- Visit an American High School

"I wish all kids could have the amazing experiences EWT provides. Travel truly is the best gift we can give our kids!"



To find out more information contact:  
Mrs Rebecca Cusick @ Mount Stromlo HS  
Phone: 6142-3444

Visit: [www.ewt.com.au](http://www.ewt.com.au)  
Email: [info@ewt.com.au](mailto:info@ewt.com.au)

Lic No: 31646 Lic No: JTA 003733-101W



If you want to be the next Ashley Sykes or Tim Cahill then come and play soccer with Weston Molonglo Football Club. Registrations are now open for MiniRoos u6-U9 and Juniors u10-U18. Come join us having fun, learning new skills and making new friends as a part of the WMFC family. Games are Saturday morning at Warramanga playing fields with the first game on May 6<sup>th</sup>.

More information can be found on our website. Google "Weston Molonglo Football Club", click on registrations and then click either minirooms or juniors. Get Mum or Dad to register straight away to play in a fun competition on MyFootballClub (MFC) via the link below: <http://www.myfootballclub.com.au>. Remember to select Weston Molonglo Football Club Inc as the club. Payment options can be accessed by choosing "pay directly to club". You will be contacted by Total Pay with options. Please note: fees MUST be completely paid prior to the first game of the season. For further information on registering please contact [registrar@wmfc.org.au](mailto:registrar@wmfc.org.au)

Keep an eye on our facebook page for updates on information. For any other questions about the club, how it works and how Mum or Dad can be more involved by volunteering contact the Junior Chair, Paul Simpson via email [junior\\_chair@wmfc.org.au](mailto:junior_chair@wmfc.org.au) or 0411671907

Looking forward to seeing you all back at WMFC in 2017

## We Want YOU



The Tuggeranong Buffaloes would like to invite all players, new and old, boys and girls, from under 6's through to under 17's, to play with us for the 2016 Rugby League season.

This year we will also be launching our opens women's team for 17 and over.

Registration will be held on the 19th of February at Kambah ovals Number 1 from 10am through to 1:00pm

Alternatively you can register online at

[playnrl.com.au/register](http://playnrl.com.au/register)