



e-Newsletter – 26/08/2016

The Scope Newsletter published weeks 3, 6 and 9 of every term

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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
Schoology: <https://mountstromlo.schoology.com>
MSHS Blog: <https://stromlohs.wordpress.com>

IMPORTANT DATES

8 September Dance Festival Performance day
12:00noon to 10:00pm
Mount Stromlo High School Disco
6:00pm to 8:00pm
20 September Parent Teacher Night from 4:00pm to
6:00pm

Principal's Message

We are well and truly into the business end of the semester with the assessment period in full swing. If you're in need of some information about what your young person has due or some details on their assignments don't forget you can login to [Schoology](#) and have a look at their calendar as well as their classes. Of course it's always worth checking in with them and making sure they are balancing their school work with other activities.



Science week has just finished and a fantastic range of engaging activities were held every day over the week. We had solar astronomy, rat and trout dissections, rocket building, and marble racing; however, the Ice-Cream in a bag was the clear winner in the student's choice award. It was great to see such a large number of students participating and enjoying the learning. Have a look on Schoology on the [Mount Stromlo Community page](#) to see some photos of the action! The Science Staff should be congratulated for a brilliant week with particular thanks going to Margaret Delbridge for coordinating such a great program.



2016 Mount Stromlo Yearbook

This year's theme for **Book week** was "Australia! Story Country". Rebecca Cusick organised a wonderful assembly to celebrate all things literature, the highlight being the annual book character parade. The year 7 students outshone all with a wonderful array of costumes and a special mention must go to the Humanities Faculty Staff and Learning Support Faculty Staff and Students for their incredible attire! There are of course pictures on Schoology.



Michael

Every year Mount Stromlo creates a year book celebrating the achievements of students over the school year. In the past the Yearbook has been given to Year 10 students as part of their formal/graduation package, however this year we have decided to make it available for students from all years to order (as it is a celebration of all year groups at Mount Stromlo).

The Yearbook looks at all aspects of student life at Mount Stromlo and showcases the achievements of students across all subject areas. There are pages dedicated to each year group, faculties and events that Mount Stromlo has participated in.

How To Order - To guarantee your copy of the 2016 Yearbook you will need to complete and return an order form.

Students will be able to collect an order form from their Team Groups in the following weeks. Parents will also be able to find the order form on the Mount Stromlo website and Schoology Page shortly.

The cost of the yearbook will be \$30. There will be a payment slip on the order form that will need to be returned to the finance office.

Stromlo Students are Amazing!

A big thank you to Caltex Weston Creek and Kambah for sponsoring a weekly award for students who demonstrate outstanding commitment to our school values: Learning, Respect, Endeavour and Pride. The awards will be presented by Year Coordinators at the year group assemblies for term 3 and 4. It is wonderful when the local community recognises and encourages our amazing young people.

Parenting Ideas – a new regular column



Mount Stromlo has joined *Parenting-Ideas-School*, a comprehensive online education centre for supporting parents, teachers and improving relationships between schools and families. All content has been produced by Michael Grose and his expert team. Each newsletter will include a short article specifically chosen for parents of teenagers. The full article and additional resources can be found in the [Mount Stromlo Community page](#) Resources.

About Michael Grose – a former teacher, he has been a key figure in the Australian parenting scene since the release of his first book "One Step Ahead". Since then he has written 9 parenting books, is an international speaker and winner of the prestigious National Educator of Excellence Award 2013 from NSAA. You may have seen Michael's work in The Age, Herald Sun, ABC, The Today Show and The Morning Show.

How to manage teen behaviour and maintain a strong relationship

One of the biggest challenges parents of teenagers face is how to maintain a good relationship with a young person while managing also their sometimes tricky and anti-social behaviour. The balance between good guy and bad guy is precarious indeed.

There are two simple strategies, when used in tandem can really help parents straddle this great divide. They are - following through and following up.

Following through to teach responsibility

'Following through' means doing what you say you'll do. If you say "You're grounded" yet then let a young person off the hook when they came home from an outing later than agreed, you are merely issuing a meaningless threat. Most young people know a meaningless threat when they hear one.

'Following through' is about taking parent action and the most appropriate action is the use of behavioural consequences. When young people behave poorly, irresponsibly, transgress family rules or someone's individual rights; then the experience of a negative consequence teaches them that there is a link between their behaviour and outcomes.

It's important that the consequence issued matches the misdemeanour. When we go too far – "you're grounded for the term" – then we generally get resentment. Not strong enough – "you should apologise" and they become ineffective. It also helps when consequences are related to the misdemeanour.

Following up to reconnect

It's easy to lock a young person out emotionally following a behaviour meltdown or disagreement, particularly when they've said or done hurtful things. Once the dust has settled after discipline or a dispute then it's time to follow-up with a kind word, an enjoyable activity or even just sincere smile. It generally takes the adult in the relationship – parents or teachers – to make the first move to put the relationship back on an even keel.

Following through and following up are a dynamic discipline duo when they are used together as they help parents straddle the good guy, bad guy line that seems to appear on almost a daily basis. Use them in tandem and you're more than likely hit the right parenting mark.

By Michael Grose

The full article and additional resources can be found in the [Mount Stromlo Community page](#) Resources

Dance News

Dance Festival 2016 is just around the corner! Mount Stromlo's technical rehearsal will be held on Monday 5th September. Unfortunately, there were a few scheduling problems for Ausdance ACT this year regarding those schools participating in the AST clashing with the Dance Festival. While not ideal, our time allocation for the technical rehearsal still provides us with access to all the lighting, music and staging safety aspects the students.

Our performance day is Thursday 8th September and tickets are on sale already from Canberra Ticketing.

After the event, all students involved who were not team leaders will be able to vote for the student who they feel should receive this year's award for Dance Festival. The award highlights the school's key values and provides the recipient with an award which is based on peer recognition.

Unfortunately we didn't get enough numbers for the KultureBreak Hip Hop dance workshop to go ahead. Those students who were keen have been invited to attend one free class at the KultureBreak studios.

Finally, auditions for StromFest 2016 are currently underway and those students selected to perform will receive access to further opportunities to develop and refine their performance pieces during school hours. Good luck to all those students who are keen to participate and if it doesn't work out for this year at StromFest, please try again next year!

Sports News

Netball - On Wednesday the 17th August, Mount Stromlo High School had 4 teams out at the Southside netball carnival, 2 x junior and 2 x senior teams. All



teams played well on the day and represented our school with pride.

Special congratulations to the Junior A team (Alyssa Seden, Amy Cunningham, Hayley Taylor, Nicolina McNeil,

Laura Kearney, Mikayla Hedditch, Lily Johnson, Emma Gilbert, Chelsea Francis and Kacie Edgman) who won the junior competition and have progressed to the ACT finals day which will take place at Lyneham netball centre on Wednesday the 31st of August. We wish our girls all the best!



Table Tennis - Earlier this month, Mount Stromlo High School sent two table tennis teams out to the ACT carnival, juniors on the 2nd of August and seniors on the 3rd. It was the first time we have had students represent our school in this competition which comprises of a doubles, singles and reverse singles format.

Both teams were a little out of their depth, coming up against some experienced competition but everyone had a great time and upheld our school values. We will endeavour to improve on this year's performance and come back stronger next year!

Football/Soccer - On Thursday the 18th of August, Mount Stromlo High School had 4 teams at the Southside junior football carnival, 2 x girls and 2 x boys teams. All teams played well on the day and improving from one game to the next but unfortunately we did not progress to the ACT finals this year. We wish our senior teams all the best as they head out to represent MSHS on Friday the 26th

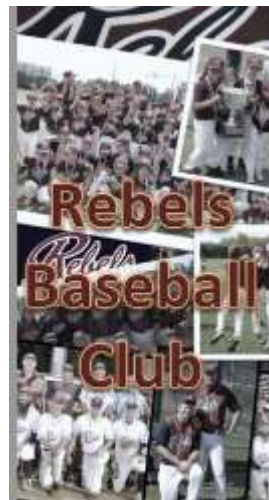
of August. Stay tuned to the next newsletter for the results of this competition!

Southside Athletics - On Tuesday the 23rd of August, MSHS sent out a huge team of 70 athletes to represent our school at the Southside Athletics Carnival which was held at the Woden Park Athletics Field. Some students qualified for one or two events while others competed in most of the events that they were eligible for so needless to say, we had some worn out kids by the end of the day!

A big "Congratulations" to the whole team who came third overall on the day. Extra special mention to some of our female athletes who had outstanding individual performances on the day;

- Hayley Taylor - 14 years age champion
- Amber Howard - 3rd in the 14 years age group
- Lily Bray - 2nd in the 13 years age group
- Bronte Webb - 3rd in the 15 years age group

Community Announcements



The Rebels Baseball Club invites everyone from 4 yrs of age to share the fun of junior baseball in 2016

Everyone gets a go batting and fielding in every game
No baseball experience necessary

Season: October 2016 - April 2017

Training: Mondays and Wednesdays 5.30pm - 7pm U13, U15 and U17 from 10 October 2016

Wednesdays 5.30pm - 7pm for U7 and U9 from 12 October 2016

At the Rebels' home ground, Durstan Street, Curtin

Games: Alternate Wednesday evenings plus Saturday mornings for U13 and U15 from 15 October 2016

Saturday mornings for U7, U9 and U11 from 15 October

Why the Rebels Baseball Club?

The Rebels has a proud 58 year history. We're your local team and Canberra's biggest club. The Rebels is committed to developing the skills of all its players.

Our junior and senior teams host regular social events for players and families.

Registration Days:

11am - 1pm Saturday 27 August

The Fort Narrabundah Ballpark, Narrup Place off Jerrabomberra Avenue, Narrabundah

11am - 1pm on Saturday 3 September

At the Rebels' home field, North Curtin Oval, Durstan Street, Curtin

For further information: email actrebelsbaseball@gmail.com



Active Rides

11-15yrs

6 weeks of cycling fun

\$50

Come along and discover various ways of riding, maintaining and having fun on your bike. Each week we will focus on trying different riding techniques:

- Bike safety skills
- BMX
- Bike Polo
- MTBing
- Basic bike mechanics



Once a week for six weekday afternoons for boys and girls. Offered at three locations across Canberra: Stromlo Forest Park, Lake Tuggeranong College, Campbell High School. Bring your own bike and helmet, spaces are limited.

Starting the week of **Monday 17 October 2016**
To register or for more information visit: pedalpower.org.au



