

WEEK 4 TERM 4

NEW INFORMATION

UPCOMING EVENTS

- 1-3 Nov Year 9 Camp
- 3 Nov Year 7 Mathematics at Luna Park
- 3 Nov Year 8 Day Out
- 13 Nov Trends in International Mathematics and Science Study

OUTDOOR EDUCATION – SURVIVOR CAMP

Notes due next week! Friday Week 5 (10 Nov)

Camp Dates

Line 4: Week 7 Wed – Fri (22-24 Nov)

Line 5: Week 8 Mon – Wed (27-29 Nov)

SEMINARS

**Focus - ADHD**

Has your teenager or pre-teen been diagnosed with ADHD? Think Mental Health will be running a free seminar on parenting an adolescent with ADHD and how that intersects with mental health concerns. Parents will be provided with information, practical tips and tricks on navigating this space. Adjunct care is provided - please email details of the children. Topics covered:

- Overview of adolescence
- Understanding ADHD
- Special Adolescent challenges
- Co-occurring MH conditions
- What can you do
- When to be concerned
- Where to get support
- Q&A

Register here:

<https://www.eventbrite.com.au/e/perks-parenting-seminar-focus-on-adhd-tickets-739909748977?aff=oddtcreator>

<p><b>Monday, 27 November</b> 4.00 - 6.00 pm</p>	<p><b>PERKS Parenting Seminars</b></p>	<p><b>WESTFIELDWODEN</b> Woden Community Service Hub, above Commonwealth Bank</p>
		<p>A seminar on parenting an adolescent with ADHD and how that intersects with mental health concerns.</p> 

### PERKS Parenting Seminar: focus on ADHD

PERKS Parenting Seminar focusing on ADHD and mental health concerns in teens and pre-teens

[www.eventbrite.com.au](http://www.eventbrite.com.au)

### Focus - Disordered Eating

Is your child showing signs of disordered eating and body image concerns. Learn about the warning signs, practical strategies to best to support your teen or pre-teen with recovery and when you need to seek professional help. Adjunct care is provided - please email me with the details of the children.

Details are:

Date: Tuesday, 7 November

Time: 4-6 pm

Venue: Woden Community Hub, Westfield Woden, above Commonwealth Bank

Register below:

<https://www.eventbrite.com.au/e/perks-parenting-seminar-focus-on-disordered-eating-tickets-721676181887?aff=oddtcreator>



### PERKS Parenting Seminar: focus on disordered eating

PERKS Parenting Seminar focusing on disordered eating and body image concerns in teens and pre-teens

[www.eventbrite.com.au](http://www.eventbrite.com.au)

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### SCRAMBLED SENTENCES

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### REMINDERS

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### CANTEEN ONLINE ORDERS – FLEXISCHOOLS

School lunch orders can be made through Flexischools. Instructions on how to set up your account and order are below:

## Set up your account

### 1 Download the Flexischools App

**Note:** for iPhone and iPad please select 'Allow' notifications.

### 2 Login/Register

- **Already a Flexischools user** – Enter your details and login. To save your login details select 'remember me'.
- **New Flexischools user** – Click '**Register**', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

### 3 Top Up Your Account

To make ordering fast and simple, you can set up automatic top ups.

## Order

### 1 Place your Order

In the Flexischools App, click the '**Order now**' button located in the bottom right-hand corner of the app and select your student.


### 2 Make your Selection


Select the items you wish to order.


### 3 Make Payment


Select your payment option and complete payment to place your order.


Alternatively you can sign-up at **flexischools.com.au**



 10 years supporting the school community

 Committed to healthy eating

 Over 1,500 happy schools



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## FACEBOOK

Follow us on Facebook to stay up to date on all the happening at school [here](#) or search for Mount Stromlo High School in your app.

## UPDATING CONTACT DETAILS

Need to update your contact details? Call the Front Office anytime or email Student Records.

## ANSWER

I enjoy the book we are reading.

Submitted by Zoe (Year 9)