

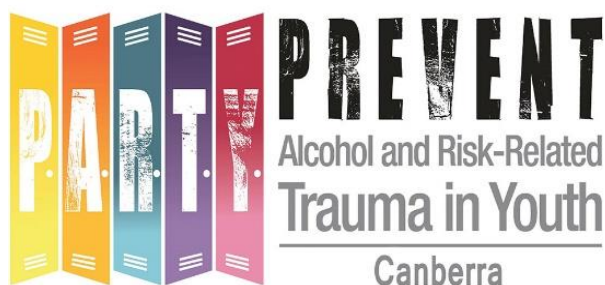
WEEK 5 TERM 4

NEW INFORMATION

UPCOMING EVENTS

7 Nov	PBL Rewards Excursion
8 Nov	Girls South Basketball
9 Nov	PARTY Program – Year 10 students only
10 Nov	Junior Band Early Childhood Performance
13 Nov	Trends in International Mathematics and Science Study
20 Nov	Women in Construction Excursion
21 Nov	Women in Construction Graduation – Headley Bear Centre
22/3 Nov	Year 7 Immunisation
24 Nov	Badgers Connection Day
27-9 Nov	OED Survivor Camp
29 Nov	Responsible Service of Alcohol Course Lyra Excursion
30 Nov	Year 7/8 Awards Assembly (10-11am) Year 9/10 Awards Assembly (11:30-12:30pm)
1 Dec	Year 10 Graduation Practice (9am) Year 10 Leavers Assembly (10am - students only) Year 10 Formal (students only)

CANBERRA HOSPITAL P.A.R.T.Y OUTREACH PROGRAM INCURSION



This year, the Canberra Hospital are running the P.A.R.T.Y. Outreach Program at Mount Stromlo High School for Year 10 students. The **Prevent Alcohol and Risk-Related Trauma in Youth** or P.A.R.T.Y. Program is a dynamic, interactive injury prevention and health promotion program designed for senior high school students. The P.A.R.T.Y. Program is designed to show students firsthand some of the tragic consequences that can occur if they participate in risk-taking behaviour, as well as the choices they can make to avoid trauma and injury.

Your child will participate in the program on Thursday 9th November (Week 5) unless we receive correspondence to request that your child not attend. An information/opt out note will be sent home early this week.

IMPORTANT INFORMATION:

Venue: Mount Stromlo High School

Date: Thursday 9th November (Week 5)

Time: Students to arrive at school no later than **8.50am**

Cost: Nil

Surveys: Below is the [Pre-program Survey Monkey Evaluation questionnaire](#) for those consenting students to complete prior to the incursion.



Pre-Outreach SurveyMonkey Evaluation Questionnaire- students can either follow the link or use the QR code <https://www.surveymonkey.com/r/QLQW89>

Regards

The Health and PE Faculty

OUTDOOR EDUCATION – SURVIVOR CAMP

Notes due this week!

Camp Dates

Line 4: Week 7 Wed – Fri (22-24 Nov)

Line 5: Week 8 Mon – Wed (27-29 Nov)

EXPRESSION OF INTEREST

Please see the attached flyer regarding expressions of interest for chess coaching classes. If you have any further queries, please see Ms. Smith or email her on Kim.Smith@ed.act.edu.au.

SCRAMBLED SENTENCES

personally. place a learn and where School academically is both students grow, and

REMINDERS

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>



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

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

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

School is a place where students learn and grow, both academically and personally.

Lucas (year 9)
