

WEEK 8 TERM 3

NEW INFORMATION

UPCOMING EVENTS

4 Sept Parent/Teacher Interviews 4-7pm

WEBINARS FOR PARENTS

Body Confident Children and Teens - For Parents

Information and practical tips for parents of primary and secondary-age children on how to promote positive body image in the home. Topics covered include: Body image influences | The role of body image in problematic eating and exercise behaviours | How to positively role model | Responding to appearance talk and appearance-teasing | What to do if concerned.

Details

Tuesday 17th October

7-8pm (AEDT) plus question time

Via zoom (recording available)

\$15

Register: https://events.butterfly.org.au/portal//event/?id=EP_BCCT_Parent_Webinar2583081573&Name=17/10/23

BCCT

Supporting Teens to Eat Well in A Food Confused World

Facilitator: Meg McClintock and Susan Williams

ABOUT THIS SESSION

Helping our teens eat well can sometimes feel challenging in a culture where there is so much confusing information about food, eating and diets. Butterfly, as part of our Body Kind Families initiative, is teaming up with Accredited Practising Dietitians Meg McClintock and Susan Williams to offer guidance on helping your teen towards a balanced and healthy relationship with food.

Format: Via Zoom. Time-limited recording available

Length: 1hr, plus 15 minutes for questions

Date: Tuesday, 12th September 2023

Time: 7pm - 8.15pm (AEST)

Suitable for: Designed for parents of teens but all care-givers welcome.

You will explore:

Why charting a healthy course in a food confused diet culture can be so hard

Figuring out problematic diet information vs helpful information

Impact of body image on eating and diet behaviour

The differences between eating for health vs eating for weight or shape control and why it matters

The risk of teenagers dieting regardless of body size

Helping our teens stay in touch with their appetite and trust their body through puberty and beyond

Troubleshooting common teen food dilemmas:

Eating too much 'junk' food

Eating to 'bulk-up'/high protein diets

Wanting to go vegetarian/vegan

Not eating at school.

Visit www.butterfly.org.au to register.

MOBILE PHONES IN ACT PUBLIC SCHOOLS ENGAGEMENT



Have YourSay on mobile phone use in ACT public schools.

The Education Directorate is reviewing policies related to student use of mobile phones and similar devices in all ACT public schools. A new *Personal Use of Communication Devices in ACT public schools policy* will be created to ensure that ACT public schools and classrooms are safe places that provide an effective and accessible learning environment for all students. It will outline the appropriate use of mobile phones and other communication devices by students.

By providing feedback, you can help make sure the policy meets the needs and expectations of parents and carers.

You can provide your feedback by visiting yoursayconversations.act.gov.au/mobile-phones-in-schools before 8 October 2023.

YEAR 10 IMMUNISATIONS.

Year 10 students will be receiving their Immunisations in week 1 of Term 4 – Monday 9th October. Please see the attached flyer.

CAREERS

NATIONAL ZOO AND AQUARIUM INDUSTRY VISIT

ONLY 10 PLACES LEFT FOR YEAR 10 STUDENTS ONLY

The following details relate to a program day at National Zoo & Aquarium for students interested in exploring the field of work. Due to the practical nature of the program places are limited to 30 students. For a place in the program to be secured students must return a signed permission note and payment

Zoo pathways discussion to include jobs within a zoo environment:

- Zookeeper· Aquarist· Herpetologist· Enrichment officer· Education guide
- Maintenance officer· Horticulture team· Hospitality team· Receptionist· Housekeeping
- Veterinary team· Admin & payroll

Activities

- Observe otter training session
- Discuss Zoo Careers

- Prepare meerkat food
- Feed the meerkats
- Clean deer walkthrough and discuss animal husbandry
- Quick look at Aquarium back of house
- Reptile handling

Date: Friday 13 October 2023

Time: 8.45am – 3:00 pm

Transport: Deanes Coaches

Clothing: Full school uniform

Cost: \$30

The Teacher in charge of this excursion from Mount Stromlo High School is Traci Chatfield traci.chatfield@ed.act.edu.au.

The completed permission note and payment should be made to the Finance Office by 22 September 2023.

If needed, Mount Stromlo's front office can relay messages to staff and students on the excursion.

It is customary for the school to request a financial contribution towards meeting the cost of your child's participation in this excursion. The school has made every effort to keep costs for this activity at a reasonable level. We have an equity fund, which can be used to provide financial assistance for students where parents are unable to make the requested contribution. If however there is insufficient total funding available to meet the cost of the camp/excursion, regrettably we may not be able to proceed.

If you have any questions regarding this excursion, please contact **Traci Chatfield 6142 3460** or email traci.chatfield@ed.act.edu.au



APPRENTICESHIP INFORMATION EVENING

John McGrath Auto Group would like to extend an invitation to

VET / Career Co-ordinators, Students and Parents

To attend our Apprenticeship Information Evening on

Wednesday 13th September 2023 6.00pm to 7.00pm

John McGrath Kia

174 Melrose Drive Phillip ACT (Entrance via Divine Court)

Places are strictly limited.

We anticipate employing up to 20 First Year Apprentice Technicians for our 2024 intake.

The presentation will provide information about applying for an Automotive Technician Apprenticeship including:

- How an Apprenticeship is structured and requirements for apprentices
- Expectations of employers and employees
- Rates of pay / hours and workplace conditions.

Meet our Service Managers from across the John McGrath Auto Group

Short information presentations from training and industry representatives, including:

- Skills ACT
- Sarina Russo Apprenticeships

- Motor Traders Association NSW our Registered Training Organisation (RTO)
- Managers and staff from John McGrath Auto Group

If you are interested in attending, please contact our HR Department hr@jmcg.com.au

RSVP Friday 8th September 2023

Suzanne Sayers – HR Manager

Peter Ando – Group Service Manager




Lake Tuggeranong College
LEARN • THRIVE • EXCELLENCE

Inclusion Expo

Careers, pathways
and support services

Thursday 14th September
4.30 – 6.30pm

- Speak to employers and agencies
- Meet community support providers
- Learn about and consider different career pathways

 RSVP 6142 3660

 Online RSVP Link

 Lake Tuggeranong College
123 Colishaw Street, Tuggeranong

Careers Website - <https://www.mountstromlocareers.com/>

Careers Google Classroom code: gjn4ugn

For further information on any of the Career opportunities please contact traci.Chatfield@ed.act.edu.au

Check out the parent's section on our website.

www.mountstromlocareers.com

SCRAMBLED SENTENCES

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REMINDERS

P&C MEETING

Our next P&C meeting is scheduled for Monday, 4 September, and will be held online and in person in the usual school meeting room.



Google Meet joining info

<https://meet.google.com/wkj-puin-tvj>

Or dial: +61 2 9051 7136 PIN: 220 850 928#

CALLOUT FOR SPONSORS

Do you know, own or work for a local business? Year 10s at Stromlo are asking for anyone with connections to a local business to consider sponsoring our Yearbook this year. Sponsors can donate any amount of money and have their brand or logo featured in the Yearbook. Our Yearbook depends on fundraising to get it up and running, so please reach out to Miss Daly on 61423440 or at louise.daly@ed.act.edu.au if you have or know a business that might be willing to sponsor us.

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

Torres Strait Islander culture has distinct features that differentiate it from mainland Aboriginal culture, including a unique language and a rich maritime history.

