

WEEK 9 TERM 3

## NEW INFORMATION

### UPCOMING EVENTS

14 Sept MSHS Festival of the Shoe

19 Sept MSHS Bands at Floriade

### PRINCIPAL'S ADDRESS

The last 2 weeks have been really important for the school, with External Review in week 7 and Parent/Teacher Night in week 8. As I mentioned in my last Scope address, the External Review is comprehensive feedback from a very experienced external panel on how we are going as a school. The panel use the NSIT (National School Improvement Tool) as a basis for their feedback which entailed interviewing large numbers of staff, students and parents over the course of the week and looking at all of our documentation. The panel provided us with Commendations, Affirmations and Recommendations, which will guide us in the development of our next four year School Improvement Plan. I am extremely grateful to the panel for the extraordinary amount of work they put into the review process, as well as the staff, students and parents who gave up their time to be interviewed. We are always looking for feedback so that as a school community we can reach for the stars, and this process has been fantastic with the quality information it has provided us.

Parent/Teacher night was last week and it was great to see large numbers of parents coming to the night to collaboratively support students to improve. These conversations are really important to bring alignment between home and school, if you were unable to attend or couldn't get an interview for some reason, please contact your child's teacher ([Stromlo.enquiries@ed.act.edu.au](mailto:Stromlo.enquiries@ed.act.edu.au)) to make a time for a phone call.

### CAREERS

#### RESPONSIBLE SERVICE OF ALCOHOL

**CIT require students to be 16 years of age at the time of the course.**

This qualification is a requirement for students to gain employment in some parts of the Hospitality or Retail Industries.

Stromlo High has secured a trainer from the Canberra Institute of Technology to run the course at Stromlo HS. They have limited places on offer so it will be those who return their permission notes and pay, who will secure their places first. You will then be sent the enrolment steps for the CIT website, via their online enrolment site. Enrolment will require 3 forms of ID and a USI number.

The teacher in charge of the event at Stromlo High School is Traci Chatfield [traci.chatfield@ed.act.edu.au](mailto:traci.chatfield@ed.act.edu.au), there will not be a Stromlo teacher in the classroom.

The completed permission note and payment should be made to the Finance Office **by Friday 13 October 2023**

#### IMPORTANT INFORMATION:

**Venue:** Mount Stromlo High School

**Date / Time:** Wednesday, 29 November 2023 9am to 3pm

Students will be released at the completion of the course, if this is before 3pm they are required to attend normal classes for the rest of the day.

**Places available:** 40

**Cost:** \$75

- Food:** Students are to bring food for recess and lunch. Water bottles can be refilled.
- Clothing:** Stromlo Uniform
- Other:** **Students are required to bring 3 forms of ID when you submit your application online.**
- The application form required students to have a USI number. To create a USI Number – head to [www.usi.gov.au](http://www.usi.gov.au)**

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](mailto:traci.chatfield@ed.act.edu.au). **Notes available at the career's office.**



  
Lake Tuggeranong College  
LEARN • THRIVE • GROW

# 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](mailto:traci.Chatfield@ed.act.edu.au)

Check out the parent's section on our website.

[www.mountstromlocareers.com](http://www.mountstromlocareers.com)

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## SCRAMBLED SENTENCES

Aboriginal and Torres Strait Islander peoples of achievements and culture, history, recognise and celebrate to year each July of week first the in (Sunday to Sunday) held celebrations Week NAIDOC National.

## REMINDERS

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### 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](https://yoursayconversations.act.gov.au/mobile-phones-in-schools) before 8 October 2023.

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## 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 17<sup>th</sup> 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](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](http://www.butterfly.org.au) to register.

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### 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](mailto:louise.daly@ed.act.edu.au) if you have or know a business that might be willing to sponsor us.

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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.

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### UPDATING CONTACT DETAILS

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

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### ANSWER

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.