



CONNECTED

KEEP LEARNING AND STAY CONNECTED



MAKING THE MOST OF REMOTE LEARNING 2.0

KEEP LEARNING AND STAY CONNECTED!

Welcome to the latest issue of Connected.

Wellbeing Wednesday took place this week and students were encouraged to log in to their compass schedule and participate in some great activities.

We also had R U OK Day on Thursday and again there were activities for students to get involved with during period 2 lessons as well as a competition.

In this issue we Congratulate our penultimate week of SWPBS Winners and look at some fantastic remote learning.

Next week is the final week of Term 3! Keep going and stay positive. You have all done an amazing job over the last 8 weeks and will earn your break.

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SWPBS

Don't forget, as part of School Wide Positive Behaviour Support (SWPBS), staff acknowledge when students are behaving positively at school. Even though we are learning remotely this term, students are still able to earn acknowledgement points for their behaviour. This could include; completing their online attendance each day, submitting work on time and to a high standard, keeping in contact with their teachers, attending Webex sessions and helping out others. Each week students, who have earned SWPBS acknowledgement points, will go into the draw to win a prize.

The more points they receive, the greater their chances of winning are.



CONGRATULATIONS TO THIS WEEK'S WINNERS.

SWPBS WALL OF FAME

Year 7- Luke S.

Year 8- Tamai T.

Year 9- Molly B.

Year 10- Willow B.

Year 11- Eddie H.

Year 12- Simran B.



Well Done!
Keep up the great work

Next week is the last week of Term 3.
It's not too late to earn your place on the wall of fame
and win a prize!

Keep going, you can do it!

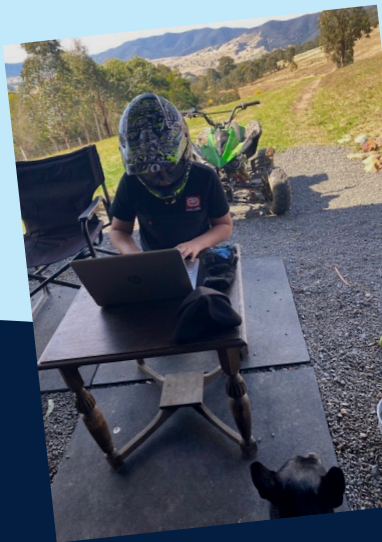
WHAT'S WORKING



SYSTEMS ENGINEERING

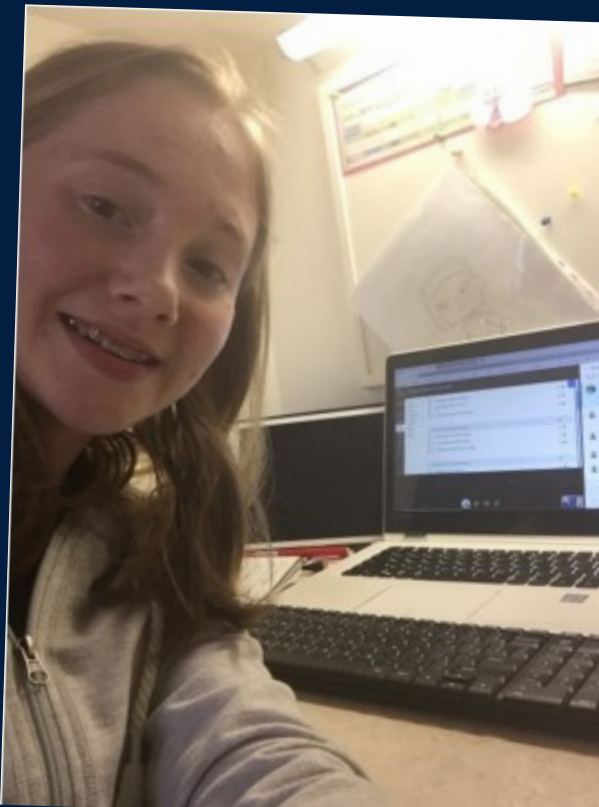
Thanks for sending in your photos Divyansh and Sowndharyaa in Year 9 who used materials from home to make a design for analogue clocks during their remote learning Systems class.

Thanks for sending in your photo Jacob from 7B. A great backdrop for remote learning and joining the Year 7s for the catch up on webex.



Extended Learning

Thanks for sharing your photos Sowndharyaa and Sarah enjoying some out of school high ability extension programs virtually.



WELLBEING WEDNESDAY

Students engaged in a variety of activities this Wednesday to support their wellbeing. Did you do anything special on Wednesday?



Send us your photos for inclusion in the 2020 Year Book!
e. lyndhurst.challenge@gmail.com and don't forget to include your name and 'Wellbeing Wednesday' in the subject line.

Thanks to students who sent pics in of their healthy start to the day.



Get OTHER JOBS done before relaxing online, such as chores & homework.	Schedule in some NO SCREEN TIME during your day.	Set a TIMER for screen time to help you tick to limits.
SLEEP is a priority! TURN OFF devices at night!	SCREEN TIME STRATEGIES	Make Meal Times SCREEN FREE .
Use and Charge devices OUTSIDE of your bedroom.	Spend time with Family and Friends OFFLINE!	Have other OFFLINE sports, hobbies & interests that you spend time enjoying.

R U OK? DAY

Thursday 10th September was R U OK Day.

This year all students were given the opportunity to participate in a short activity at the start of their P2 lesson.

It involved watching a short video about continuing the conversation after asking the question R U OK? and then completing a short quiz.

Additionally students also have the opportunity to enter the cartoon competition!

Deadline for entries is Friday 18th September.
Did you wear something yellow on R U OK Day?

Send your photos for the 2020 Year Book!
e. lyndhurst.challenge@gmail.com and don't forget to include your name and 'R U OK Day' in the subject line.



FITNESS CHALLENGE

**Keep the exercise going, keep the distances flowing in.
Stay safe, stay healthy and let's see how far we can go.
Remember to email your NAME, METHOD USED and
DISTANCE to lyndhurst.challenge@gmail.com**



We have this week and next before the term long competition ends. How far can we travel?

The top 3 distances travelled by students last week were:

Jeremiah in 9B who travelled 77 km
Tarni in 8E who travelled 61.99 km (consistent effort)
Alex D in 7A who travelled 37.86km

The top 3 distances travelled by staff last week were:

- Mr Atkin who clocked 91 km
- Mrs Prades who travelled 82.91 km
- Mr Potter who clocked 57.42 km

The winner of this week's random draw for a \$20 Rebel Sport voucher for students who upload at least 2 workout distances is Tarni N in 8E. Well done Tarni.

STUDENTS MUST EMAIL YOUR FULL NAME, METHOD USED TO EXERCISE AND YOUR DISTANCE!

FITNESS CHALLENGE FOR ALL!

Are you willing to take on the staff?
How far do you think we can go as a
school?

During the second round of remote learning, the PE Department have decided to set a challenge to all staff and students at Lyndhurst Secondary College

The challenge is simple... How far can you travel as a collective over the 5 week period of remote learning as a team?

Students vs Staff



LYNDHURST
SECONDARY
COLLEGE

**STUDENTS WHO UPLOAD
2 EXERCISES OR MORE IN
A WEEK AUTOMATICALLY
GO INTO A WEEKLY DRAW
TO RECEIVE A \$20 GIFT
CARD FOR REBEL SPORTS
(DRAWN AT RANDOM, EACH
MONDAY AFTER)**



Remember,
you still have till the end of SUNDAY to be
included in the total distance this week!
Don't let the wet weather dampen your spirits!

As we are nearing the end of Term 3 of Remote Learning 2.0, Lyndhurst Secondary College would once again like to ensure we are meeting the needs of our students and families, and gather information to inform our planning for Term 4. Can you please take the time to complete the Compass survey “Remote Learning 2.0 Survey”, located in your news-feed on Compass, or under the insights tab on Compass at the top of your logon screen. The survey will be open for completion for this week and will close on Monday 14th September 2020.



NEXT WEEK IS THE FINAL CONNECTED OF TERM 3! SEND YOUR WORK AND PHOTOS TO BE INCLUDED!



Mental Health Services and Support

Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/ehespace	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife LGBTI peer support and referral 1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 3pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.



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