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# NEWSLETTER

Issue 8 · 10 Oct 2018

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# Principal's Message

Dear Parents/Carers,

## “Empowering students for learning and life”

We welcome staff and students back for the final term of the year. I trust all had a restful and enjoyable holiday. Towards the end of last term we said farewell to Mrs Jessica Weissenfeld who went on maternity leave. We wish her and her family all the very best as they get ready to welcome the new addition to their family. Term 4 is a very busy term, finalising assessments and activities for 2018 and preparing for 2019.

Planning for 2019 has already begun, finalising subjects in the senior school and organising the new Academy program for 2019. We look forward to a very productive term.

## 2018 School Captains

Eight of our Year 11 students nominated for 2019 Year 12 School Captains. All eight presented their speech first to a panel of 3 – Ms Lauren Shaw (Student Voice Leader), Mr Anthony

Brannan and myself. They impressed the panel with their passion, public speaking skills, pride and vision for our school. They will now go on to present to the whole staff an abbreviated version of their speech next Monday 15th October during morning briefing. They will also present to their Year 11 peers next Monday. We wish all of them good luck in their upcoming presentations. Voting for the preferred four will be extremely challenging, based on what we have seen to date. We will announce the successful candidates in the November newsletter.

## Year 12

Our Year 12 students are in their final 3 weeks of formal classes. The Year 12 VCAL students are finalising their work and ensuring they have met all their outcomes to ensure the successful completion of their Senior VCAL certificate.

The Year 12 VCE students are in the final stretch of their coursework and getting ready for the end of year exams. They will have a lot to celebrate in December when they have achieved their

personal best, through hard work and determination.

We are very proud of all our Year 12 students and wish them the very best of luck in finishing of their 13th years of formal schooling. We look forward to celebrating the completion of their final year of schooling and wish them all the best in their future endeavours.

### **Presentation Ball**

This Friday, 12th of October a number of our Year 11 and 12 students will be involved in the Presentation Ball. They have worked very hard this past term practicing their dances, shopping for the appropriate attire and they are all very excited and looking forward to Friday night. A very special thanks must go to Mr Darren Tuite who has worked tirelessly organising the event, supervising the rehearsals and ensuring that all involved were ready for the evening. We look forward to celebrating with our students.

### **Special Events for our School Community**

A great deal of work has taken place over the last term by our Student Voice Leader (Ms Lauren Shaw), Our Performance Leader (Ms Claire De Niese), our Community and Innovations Leader (Ms Sue Carroll) and our Wellbeing Team (Ms Jaime Rees, Ms Mel Pagano, Ms Nicles Bestel and Ms Eve Mills). Many events for our students have been organised, including but not limited to:

- Casey Tech working with our students in STEM
- Involvement in the CMY CurioUS Project – creating a culture that celebrates diversity and a greater understanding and appreciation of different cultures

- Pasifika Program- mentoring and leadership
- Whole School Days – Wear it Purple Day; R U OK day
- Cranbourne Carlisle Primary School – Performances at Afghan Day and Polyfest
- 4Cs
- Showcase
- Interschool Sport
- City Week
- Casey 360 Bus
- House Competitions
- Working with our Primary Schools – Introducing Science
- Melbourne Football club/AFL clinics



On Friday 2nd of November the City of Casey One Youth Group will be presenting to our Middle School students a performance and motivational talk on resilience, high expectations and highlighting the different programs that are on offer to support young people in the Casey area.

### **Konnie Prades**

## Principal



## Assistant Principal's Message

### CurioUS Project

11 students from Year 7 – 11 have been selected as leaders of a new pilot project with CMY (Centre for Multicultural Youth) called CurioUS. The project is student led and will be identified and created by the student leaders and the 3 teachers working with this group – Mr Verrell, Ms Shaw and Mr Potter. The curioUS project aims to create a more positive culture in the school and build on the great work already done by the Multipride group.

The CurioUS team have taken part in a full day workshop in the city to develop their leadership skills, attended a session at the school to discuss the project with youth facilitators from CMY and run feedback sessions with students in Years 8 & 9 to gain a better understanding of the culture at Lyndhurst Secondary College. Staff at Lyndhurst Secondary College have also provided feedback on the school culture. The students will now collate feedback and attend another workshop to

identify the aim of their project and create a plan around what they want to achieve.

Any parents or carers that are interested and willing to attend a feedback session with the curioUS student leadership team, please contact me, to discuss how you can help be involved in the CurioUS project.

We look forward to seeing how this project will unfold and what the student leaders can achieve.

**Kelly Bendon**

**Assistant Principal**



It's up to **US** to create cultures of **k**



# Exams News

## Exam Stress and Studying

VCE and VCAA Written exams will commence on October 31st.

Senior School exams can be very stressful. Many students feel pressured to do well - to get into certain courses, or to please their family. On top of that, young people may be stressed about the uncertainty of what will happen once school ends.

Did you know that your diet plays a part in staying healthy?

Eating enough protein can help with learning, memory and mood, and retaining information for the long term. But remember, too much of anything is not healthy. Protein should make up about one fifth to one quarter of your daily diet. The brain also needs energy and nutrients to repair and maintain brain cells. Glucose is the brain's main energy source, and it comes from carbohydrates. But carbohydrates come in different forms, so think about what you put on your plate.

Complex carbohydrates – found in wholegrain cereals, breads and pastas, and in fruits and

vegetables – are absorbed slowly in the bloodstream, which means energy is released and is available over a long period. Complex carbohydrates keep you more alert and able to concentrate better for longer.

Simple carbohydrates – found in foods such as cakes, biscuits, lollies, soft drinks and white bread – give a quick energy hit, but are followed by a tired and sluggish feeling.

Sugary foods and drinks can lower concentration levels and memory function – the last thing you need when you're trying to study.

Caffeine causes the body to release adrenaline, which produces a 'flight or fight' response. Your hands get cold, your muscles grow tense, you feel excited and your heart beats faster.

And once the adrenaline wears off, you face fatigue and difficulty sleeping. Another dose of caffeine can get the adrenaline flowing again, but having the body in a state of emergency, jumpy and irritable all day, isn't healthy.

For students, one coffee a day is plenty (though it's better to have none at all). And having it earlier

in the day is better.

The best drink for the brain is water. A good tip is to fill a 1.5 litre bottle at the start of each study session and sit it on the desk with a glass. Your child can then work through it as they study.

We all know exercise is good for general health and fitness, but it gives the brain a boost too.

Exercise can be energising and refreshing, and it will help keep you alert during exams.



If you are worried about missing out on study time, try to combine exercise with learning.

Putting headphones on and listening to study notes that you have recorded or downloaded. Or just listen to your favourite music – research shows music improves concentration and learning.

When studying for exams, rest and relaxation is important for physical and mental health. It gives muscles a break, and it also relaxes the brain and aids concentration.

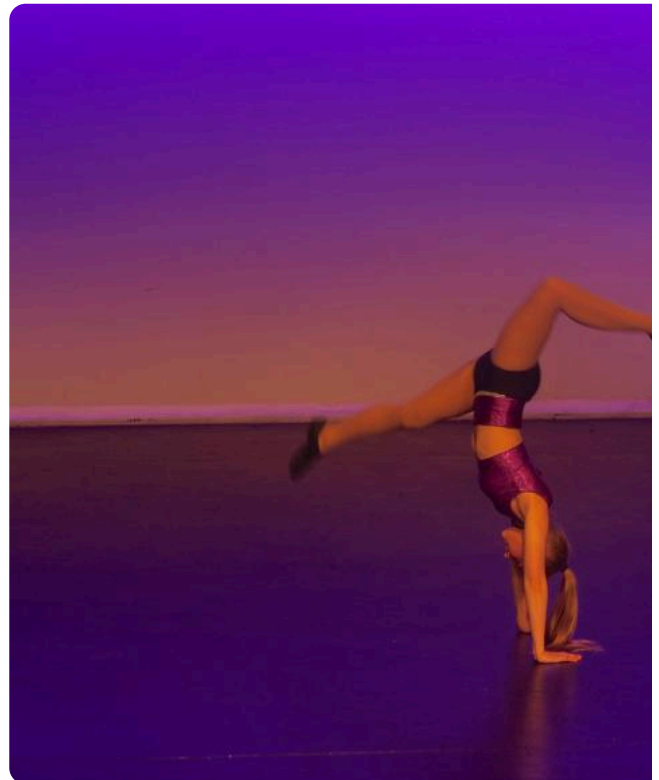
A good night's sleep improves concentration levels and brain power the next day. It is better for students to be rested and clear-headed than exhausted and foggy. Don't stay up late to study it won't help! If you are having trouble sleeping, try some relaxation exercises.



# Performing Arts

4C's Performance August 30th

ShowCase September 12th







# Wellbeing

Wear It Purple August 31st

R U OK Day



World Mental Health Day

# Teen Mental Health

**DO YOU SEE WHAT I SEE?**

One in five Australians are affected by mental illness annually, yet many don't seek help because of stigma. Promise to shed a more positive light this World Mental Health Day on 10 October.

**VISIT 1010.ORG.AU**

**10 OCT**  
WORLD MENTAL HEALTH DAY

Mental Health Australia



## Tuning in to Teens

**Are you the parent or carer of a teenager?**

**Would you like to develop and maintain a strong relationship with them?**

**Tuning in to Teens is a 6-week program to help improve your relationship with an adolescent in your care.**

As a parent or carer of a teenager, you are invited to our 6 session program, designed to give you tools and tips to strengthen and grow your relationship.

Throughout the program we will cover a range of topics, including:

- Improving your conversations
- Understanding their wants and needs
- Managing their emotions
- Dealing with conflict
- Developing their emotional intelligence

**Cost**  
Gold coin donation

**Date**  
Tuesdays  
16 October – 27 November  
(No group 6<sup>th</sup> Nov-Cup Day)

**Time**  
10am–12.30pm

**Venue**  
Uniting  
55 Webb St  
Narre Warren Vic 3805

**Get in touch**  
To find out more or to enrol, contact the Group Workers on 03 5990 8400.

**Bookings essential**

**Uniting**



# Important Information

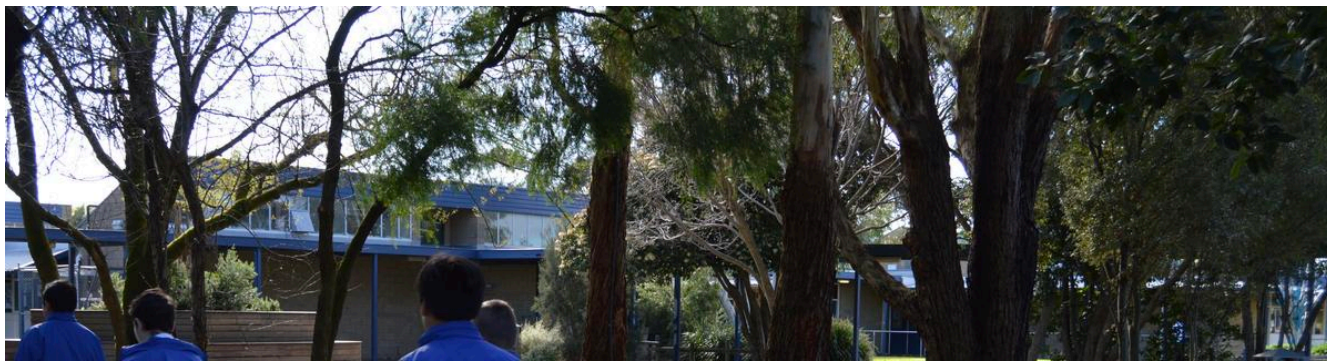
## Key dates to remember

Friday 12th October 2018 Ball	Presentation
Thursday 25th October 12 classes	Last day of Year
Friday 26th October Celebration Day	Year 12
Wednesday 31st October Exams commence	VCE VCAA
Tuesday 6th November Melbourne Cup	Public Holiday
Friday 16th November day	Year 11 Study
Friday 23rd November Dinner	Valedictory

## Library Books

All library books that were borrowed before the holidays are now due back. If you have any books at home or in your lockers, please return them as soon as possible. Thank you





# Announcements

## Fare Share VCAL

Fare Share is an Australian not-for-profit organisation that strives for a society where food is not wasted and no one goes hungry.

Fare Share is tackling the tragedy head on by rescuing surplus, quality food from supermarkets, farmers and other businesses and cooking it into nutritious meals.

They operate Australia's largest charity kitchen from Melbourne.

As part of our VCAL PDS unit of work, Lyndhurst students are working with Fare Share.

The more tinned tomatoes donated to Fare Share, the more meals they can make for the homeless. Tinned tomatoes are used in a lot of their cooking and due to their nature, aren't donated by restaurants.

VCAL Students started a collection of tinned tomatoes last term and they are continuing with their efforts to reach a goal of 100kg.

All tins can be brought to the office before November 30th.

Thank you for your support and donations, we still have a little way to go so please donate if you can.





# Financial Information

Saver Plus can assist students and families with education costs

School Rewards

**SAVER PLUS**

A FREE MATCHED SAVINGS AND FINANCIAL EDUCATION PROGRAM  
MAY 2017

## SAVER PLUS

Saver Plus is a free education, budgeting and financial education program for students and their families.

- Build your skills
- Become a regular saver
- Reach a saving goal

Once you finish it to \$500, which goes towards your child's education including:

- School and sports equipment
- Computers, tablets and mobile phones
- TAFE and apprenticeships
- Sports fees, donations and more
- Textbooks and stationery
- And much more!

### CAN I JOIN?

Saver Plus is offered to students who can join if you:

- Have a Centrelink payment
- Are at least 18 years old
- Have some regular income (partner or yourself)
- Have a child at home

To find out more, call or SMS your partner or email [saverplus@naavi.com](mailto:saverplus@naavi.com)

## GET FITTED BY THE EXPERTS TODAY

In partnership with  
**LYNDHURST SECONDARY COLLEGE**

**\$5 DONATED BACK TO YOUR SCHOOL**

Every time you buy a pair of shoes.

<p><b>APEX</b> Junior <b>\$114<sup>95</sup></b> Senior <b>\$134<sup>95</sup></b> MULTIPLE WIDTHS</p>	<p><b>HARRISON</b></p>	<p><b>INDY II</b> Junior <b>\$114<sup>95</sup></b> Senior <b>\$124<sup>95</sup></b></p>
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**School Rewards**

**Fountain Gate**  
Shop 1045A Westfield Shoppingtown (03) 9705 6633



# General Information

## Administration

**Office hours** 8:00am - 4:00pm

Telephone 5996 0144

Email

lyndhurst.sc@edumail.vic.gov.au

Parents should always make contact with the General Office first when visiting the school or trying to make contact with their children.

Appointments with teachers must be made via telephone or compass.

### Absences

Student absences should be reported to the school before 9:00am. Please telephone 5996 0144 on the day of the absence.

A note on the day of return to the General Office is required for absences where no parent contact has been possible.

Text messages are sent to parents and carers notifying of a student absence twice daily (subject to the correct contact information being provided)

If students have appointments during the school day, a note on the day of the appointment is required from a parent or carer confirming the intended date and time of absence from school.

### Late arrival to school

In order to minimise disruption to class and maximise learning opportunities for our students, we would like to remind you that students are expected to be at school before the 8:43am warning bell ready to start their first lesson at 8:50am.

If students arrive late and no explanation has been received by a parent or carer, students are given a lunchtime detention.

We appreciate your support in this. If you have any questions please call the general office.

### Uniform Shop

Families can purchase new and second hand uniform and second hand books from our onsite uniform shop, Uniforms By Design

### **Normal trading hours (onsite ) Uniforms by Design**

Wednesdays 12:30pm - 4:00pm

Alternatively new uniforms can be purchased from Beleza School Uniforms, located 126 High Street Cranbourne.

### **Lyndhurst Secondary College class times**

School day - 8.43am - 3:00pm daily  
(excluding weekends and all public and school holidays)

The College runs a 4 period day to minimise disruptions during change over.

Period 1 concludes for recess at 10:02am

Period 2 commences at 10:31am

Period 3 commences at 11:43am

Lunch 12:55pm

Period 4 commences at 1:48pm

These times will be adjusted for assembly days.

### **Lost property**

Please ensure all school clothes, books and personal property are clearly labelled with the student's name. Many items are not returned to their rightful owners because they are not labelled correctly or clearly.

USBs should include a folder with the student's name and form to assist in returning it to the correct person. If you have lost anything see the general office during recess, lunch or at the end of day.



# College Canteen

## College Cafe Menu

This menu can also be downloaded from our website.

Visit [www.lyndhurst.vic.edu.au/college-cafe](http://www.lyndhurst.vic.edu.au/college-cafe)

The Canteen is open from 8am every school day for breakfast, recess and lunch. Now serving hot and cold food and drink.

Lyndhurst Secondary College Café Menu		
From The Deli Bar Fridge	\$	From The Salad
Seasonal Fresh Fruit	FROM 1.00	Moroccan Cous Cou
Fruit Salad (Made Fresh Daily)	FROM 4.00	Quinoa Salad
Yoghurt with Muesli	3.70	Thai Noodle Salad
Croissant (Filled extra 50 cents)	3.70	Chicken Caesar Sal
Toast with Choice of Spreads (Vegemite, Nutella, Jam)	1.00	Greek Salad
Dip and Zatar Bread	2.50	With Chicken, Tuna
Frittata (Vegetarian)	4.50	<b>Gourn</b>
Sushi Rolls (Californian, Vegetarian, Chicken & Tuna)	2.60	Ham, cheese and To
<b>Freshly-Made sandwiches</b>		Mediterranean Vege
50c Extra For Rolls	\$	Tandoori or BBQ Ch
Cheese & Tomato	3.50	Chicken Schnitzel (f
Ham & Cheese	3.50	<b>D</b>
Ham, Cheese & Tomato	4.00	Apple / Orange (350
Salad (Lettuce Mix, Tomato, Carrot, Cucumber, & Light Mayo)	4.30	Up and Go
Egg & Lettuce	4.00	Oak- 300ml
Cheese & Salad	4.50	Oak- 600ml
Roast Chicken & Salad (H)	4.50	Ice Break - 500ml
Ham & Salad	4.50	Bottled Water (500m
Gourmet Wraps	5.50	Bottled Water (750m
<b>From The Hot Food Bar (\$0.20 Extra For Sauces)</b>	\$	Soft Drink Can
Egg and Bacon Muffin (cheese extra 50 cents)	3.20	Mineral Water (Lemo
Breakky Wrap (bacon, egg and hashbrown with BBQ sauce)	4.70	Soft Drink 450ml Bo
Hash Browns (Oven Baked) (H)	1.00	Iced Tea 500ml Bott
Steamed Dim Sim	1.00	<b>From th</b>
Homemade Sausage Roll	4.00	Hot Chocolate
Pies	3.70	Café Latte (Lite / Ful