

8/2018
OCT



LAKE NEWS

Our Vision

At UC SSC Lake Ginninderra we have a commitment to excellence in education that provides students with the skills and enthusiasm for a life of learning.

Our Values

a responsibility for one's own learning; skills that foster lifelong development; respect for oneself and others; taking responsibility for oneself and others; a commitment to success; and learning and working with others.



▲ The beginning of the Lake G edible garden



▲ Student Agency! A waste audit to inform the design of a new recycling system being proposed by the student community group.



▲ Being cold can also be fun in Outdoor Education.



▲ E2 science gets messy!



UC SENIOR SECONDARY COLLEGE
LAKE GINNINDERRA



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Lake G Timetable				
Monday	Tuesday	Wednesday	Thursday	Friday
8.40 am A	E	F	G	8.40 am H (Programs)
9.20 am B				
10.00 am C				
10.40 am Recess	10.40 am Recess	10.40 am Recess	10.40 am Recess	10.40 am Recess
11.00 am D	A	B	11.00 am E	D
11.40 am SG			12.00 noon A	
12.20 pm E				
1.00 pm Lunch	1.00 pm Lunch	1.00 pm Lunch	1.00 pm Lunch	1.00 pm Lunch
1.40 pm F	C	D	C	F
2.20 pm G				
3.00 pm H (Programs)				
3.40 pm	2.40 pm G	2.40 pm H (Programs)	3.40 pm	2.40 pm B
	3.40 pm	3.40 pm	3.40 pm	3.40 pm

From the Principal

Dear Students, Families, Community Members and Staff,

The final term of the school year is disappearing quickly at college. Ten weeks seems like a long time but school time travels quickly. Much is still to be done in 2018 and more is in store for 2019. I will try to give you a picture of activity at the school now and into the future below and in the reports which make up the rest of this newsletter.

Future Developments

Lake G, announced as the site for the Academy for Futures Skills in the ACT budget, is in the planning stage with the Education Directorate as to what form the Academy will take. The aim is to provide some revitalized science spaces within the school which will create an innovative learning environment and also provide some additional expert teaching which will also be available to other students on the Northside of Canberra. When more is certain about the project it will be published on the website and in a future newsletter.

Lake G has been in a learning and teaching partnership with the University of Canberra for many years. This was formalized in an agreement which changed the name of the school in 2011. The partnership is set to continue in 2019 with other schools joining under

the banner of UC Affiliated Schools. This partnership with the Education Directorate will span the full range of schooling. The purposes of the program include a clinical model of initial teacher education, collaboration to improve learning outcomes for students, shared research projects meeting system and school needs and growing teacher capability from pre-service to experienced educators. Again, when more is known, it will be published to our community.

Health

“Prevention is better than cure” is an adage which has stood the test of time. There are two programs at the college in term 4 which will contribute to prevention of adverse health outcomes for students. Firstly there is SHLiRP. SHLiRP is a simple and convenient health education, information and testing program to promote young people’s sexual health and wellbeing. The Program is a partnership of Sexual Health and Family Planning ACT (SHFPACT) and the Canberra Sexual Health Centre (CSHC) brought to ACT public secondary colleges with the support of ACT Government funding. Information is included elsewhere in this newsletter.

Second there is free vaccine for Year 11 and 12 students to protect against meningococcal disease. The ACT government is funding a free meningococcal vaccine to young people aged between 16 and 19 year olds in 2018 only.

Meningococcal disease is a rare but severe infection that occurs when meningococcal bacteria invade the body from the throat or nose and enter the bloodstream. The disease can progress very quickly and can lead to death or permanent disability. To date, vaccination has been available through general practitioners. In semester two of 2018, the free vaccine will be available through the Schools Health Team when they visit the school on November 5, 6, 7. Information has been distributed to students in week 1 of term.

Arts and Technology

The Arts and Technology areas of the school run annually a showcase of the best of their student work. This year the showcase is on Tuesday 13th November between 5.30 and 8pm. The talents of our students deserve a wider audience than their classroom and I encourage you to visit the school on that evening to celebrate the students’ work.

There is also a second college production in 2018. Following the successful musical production, *Leader of the Pack*, in August will be *Rosencrantz and Guildenstern are Dead* in December. Production dates are December 13 to 15 in the college theatre. Practice is well under way. Advertisement of session times will be made closer to the event.

Exams

Exams are approaching for all students. For some it will be their final school exams. For others it will signal the completion of a year of their Senior Secondary Certificate with one year to come. In both situations students will approach their exams in a range of ways. Some will perceive more stress than others. In a world where life long learning will be essential in the workplace it is unlikely to be the last test of what they know and can do. This newsletter includes some tips for parents and students on exam preparation put together by our school psychologist. Teachers also are spending much time preparing

students for their assessments. Learning and teaching, no less than in many sports, is a team event. The advice on deliberate practice in this online article (<https://www.monash.edu/rlo/study-skills>) is designed for university but applies no less to students who are striving for their best.

Formal and Graduation

The Year 12 Formal (November 16) and Graduation (December 18) are important signifiers of the completion of schooling. This year both events will take place at the Arena stadium at the AIS in Bruce. Times have been advertised. Parking is plentiful and free. The access roads allow parents and friends of students to have a clear view of the traditional formal arrivals and the red carpet entry to the Arena allows for memorable photographs to be taken before students enter for their evening. Photographs will also be available in the college year book and also electronically for students attending the formal.

Graduation at Lake G is a family event but we do need to have numbers attending in advance to ensure seating is available for all. A light supper is provided to enable mingling afterwards of students, families and school staff. Each year there are graduating students who do not attend for various reasons. I would encourage all graduating students to attend if they can. It is a ceremonial marker for their transition from student life to adult life.

P&C

It is never the wrong time to join the P&C. The P&C at Lake G has a record of being active and activist. I invite parents of year 11 students and incoming students to express their interest in attending the next meeting to LakeG@ed.act.edu.au or lakegP&c@gmail.com. I look forward to meeting you.

Regards,
Gerard
(A/g) Principal

Exam and Assessment Advice

From Lake News <http://www.lakeonline.act.edu.au> June 2017

The school counsellor

Suzanne Wright is the counsellor at UC SSC Lake Ginninderra. She is available every day to speak to parents and students. On this page and the next Suzanne has included some ideas for parents during the exam period and tips to keep students on track.

Tips for parents concerned about exam stress

The following are suggestions and may not apply to all... there are always differences between students and families, but some may be helpful.

- Accept that this may be a stressful time for the whole family – out-bursts can happen. Try to remain calm.
- Make sure you know what is expected of your student, when their exams will be and when coursework needs to be handed in.
- If you have any concerns or questions, contact the school rather than rely on your student to do it – all teachers have email addresses - **firstname.lastname@ed.act.edu.au**, so they can be contacted directly.
- Try and work with your student and support them rather than 'policing' them.
- Let your student know that you are there if they need you, but don't expect them to share all their worries many just won't.
- Encourage your student to have regular breaks, to do something they enjoy, even if it's just half an hour off for their favourite TV soap, or listening to music.

- Make sure they eat healthy snacks regularly, and drink enough so they don't get dehydrated.

Students have different ways of revising – some may prefer to be alone, others work best surrounded by noise and family.

- Respect their body clocks – many teenagers are more alert during the night and this may be the best time for them to revise even though it makes parents anxious.
- Reassure them that if they do not get their expected grades, there will be other opportunities ahead, and they should just do their best.
- Consider planning something nice for when it's all over – reward them for trying their best, however they feel it went.

Exam and Assessment Tips

With the College exams and final assessment coming up everyone's individual reactions will be different. Some students may be panicking. Consider this some general advice on how to approach your exams, finish assessment, and reduce stress along the way.

Plan your time

Meeting deadlines for exams and assignments can be overwhelming as you may worry about not having enough time. It can be helpful to create a timetable so you can balance study and other commitments (e.g. sports/work). A good way to do it is to draw up a timetable at the start of each week to plan ahead and create to-do lists each day. To-do lists work

well as you can break each task down so your workload becomes more manageable and less overwhelming.

It's important not to deny yourself a break because it seems like wasting time. Breaks help you relax and stay motivated when you are studying. Try to get away from your desk at least once an hour for 10 minutes. Taking a break can help you to concentrate, be more productive, and has the added benefit of protecting your body from potential 'study injuries' like poor posture, headaches and stiff muscles.

Don't be unrealistic

You've spent most of your life at school, and you have a good idea of what you're capable of. Being realistic will help prevent you (and your parents!) from being unnecessarily surprised when the results come in. The key is to do your best.

Coffee/caffeine

Try not to drink too much coffee – caffeine won't help you to concentrate. Drinking plenty of water will keep you hydrated and your brain functioning well.

Revise methodically

Simply reading long swathes of text is not going to help you to remember facts and figures. Write out important dates, facts or passages, use lots of coloured pens and underline key phrases. Go back over these notes a day later, and then a week after that. Your memory will be better and you will feel more confident about your exams.

Test yourself

Test yourself or get someone to test you on your notes. Perhaps ask a brother or sister to do it for you, or ask your parents. Testing yourself regularly means that you remember facts better and any gaps in your knowledge can be picked up in good time — making the actual exam a lot less stressful.

Stick notes around your house

Buy cardboard stars in bright colours from newsagents, or make some out of card. Write key facts and phrases on each and stick them around your bedroom (preferably on items where they won't leave a mark!) in places where you'll often see them, such as on your mirror or inside a cupboard that you often open. After a while, these facts will sink in without any extra effort on your part.

Ignore your friends...

Not entirely, of course! But when your friends say how much revision they've been doing, be circumspect. Don't use others or what they say as a benchmark — they might not want to be perceived a certain way for doing lots of revision, or they might not be doing enough. Know yourself and know what you have to do.

Get some exercise

Exercise is a great way to give yourself a break and to max out your concentration span. While there may be pressure during intense periods of study to put other activities on hold, a balanced approach to study can help to keep you energised, healthy and motivated. Swimming, walking, yoga, cycling, dancing or going to

the gym are good ways to reduce the tension in your muscles and your mind and will help you keep a clear head. Relaxation exercises that slow your breathing and relax your muscles can also help.

Sleep

Difficulty getting to sleep, waking up too early or not being able to sleep throughout the night can affect your general well-being. This can be a problem when you need enough sleep to be rested in order to study effectively. As well as feeling tired, you may feel irritable, have no energy and find it harder to concentrate or to remember things. Some tips to help you get sleep:

- try not to go to bed too early or too late, and try to go at a regular time
- make sure you are not hungry
- allow yourself time to wind down - if you are studying, stop at least 30 minutes before bedtime and do something relaxing and away from your study space (e.g. have a shower or bath, listen to some music)
- If something is playing on your mind, write it down and leave it for the morning.

Diet

The type of food you eat can make a difference to your mental and physical health. Eating well means having a wide variety of healthy foods including plenty of vegetables, fruit and cereals (like bread, rice and pasta), some lean meat, chicken or fish, dairy products (milk, yoghurt, cheese) and lots of water. It's a good idea to avoid fatty foods and foods with lots of sugar in them.

While you may be tempted by caffeine or sugary foods, keep in mind that while these may provide a boost in the short-term, they can make you feel tired and unable to concentrate a little later on.

Ask for help

There are great sources of support available if you feel that you need it. Ask a teacher if you don't understand a particular topic now that you're revisiting it — it doesn't always have to be the one who taught you either. The school counsellor and even family or family friends are also great for getting worries "off your chest". You're not alone, so don't feel that you have to be.

Based on Jenny Maynell's article *Tips for Dealing with Exam Stress* You can get more help and support from these online sites:
<https://au.reachout.com/everyday-issues/exam-stress>
www.kidshelp.com.au/teens/get-info/hot-topics/exam-stress.php

INTENSIVE ASSESSMENT PERIOD TIMETABLE 2018 Semester 2

Week 16						Week 17					
Wed Nov 21	Thu Nov 22	Fri Nov 23	Mon Nov 26	Tue Nov 27	Wed Nov 28	Thu Nov 29	Fri Nov 30				
Essential English A interviews at scheduled times during week 16	Y11 Maths Methods Gym	Y11/12 Earth & Enviro Science Gym	Y11 Biology Gym Y12 Biology Gym	Exam re-sits with permission	AST Multiple Choice Trial (Starts 9am) Gym	AST Writing task Trial (Starts 9 am) Gym		Review of Assessment	A 12.00-12.15 B 12.15-12.30 C 12.30-12.45 D 12.45-1.00 E 1.00-1.15 F 1.15-1.30 G 1.30-1.45 H 1.45-2.00		Review Day
Y12 Maths Applications Gym	Y11 Specialist Methods + Core Gym	Y11/12 Senior Science Gym	8.40 - 10.40								
Y11 Maths Applications Gym		Y11/12 Chemistry Gym									
		Recess	10.40-11.00	Recess							
Y11/12 Essential Maths A Gym	Y11/Y12 Computer Games Programming and Design B09 Y11/Y12 Outdoor Education Gym	Y11/12 Specialist Option A109 Y11/12 Sports Studies Gym	11.00 - 1.00		AST Short Response Trial (Starts 12.15) Gym						
		Lunch	1.00-1.40	Lunch							
Y12 Specialist Core/ Y12 Maths Methods E 120	Y11/12 ALL Essential English Interviews completed	Y11/Y12 3D Modelling, Animation and Texturing B09 Y11/12 Sociology A & T (60 min) Gym	1.40 - 3.40								

Important Upcoming Dates

Week 1

- Year 11 AST trial
Friday Oct 19 8.40am

Week 3

- SHLiRP clinic (Mon/Tue)
- AST Parent presentation
Tuesday 30 October

Week 4

- Meningococcal vaccinations (M/T/W)

Week 5

- Arts/Technology showcase (Tues)
- Solar Oven Competition (Thurs)
- Yr 12 Formal AIS (Fri)

Week 6

- Yr 12 Farewell Assembly
- Exams start
- All absences accounted for

Week 7

- Exams finish
- Y11 AST trials
- Review Day (Fri)

Week 8

- National Schools Basketball (Melb)
- Y12 Breakfast (Fri)

Week 9

- ATARs available with interview (Fri)
- National Schools Volleyball (Melb)
- Drama Production (T/F/S)

Week 10

- Graduation AIS (Tues)

AST Update

AST results for the class of 2018 will be available with ATARs at graduation in December. Students who wish to find out their ATAR and AST result prior to graduation may do so with interview on Friday December 14. Graduation is on December 18. The software used for parent teacher bookings will be used to book interviews for ATAR results. Parents are welcome to attend if available.

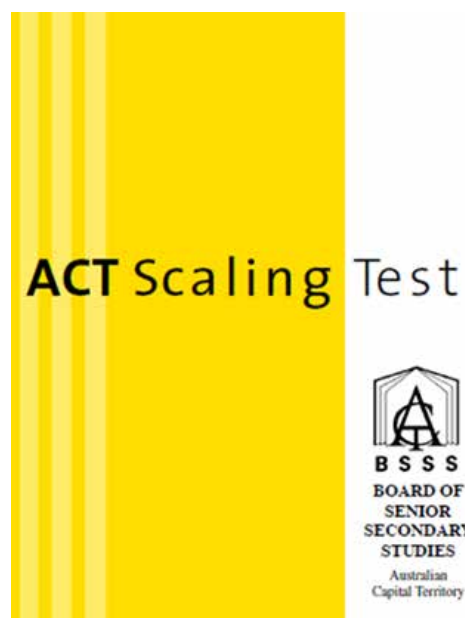
The AST exams are scheduled annually on the first Tuesday and Wednesday in September. Students wishing to receive an ATAR must sit the AST. Preparation for the exams includes trials of past papers, workshops and speakers spread across most of the year.

The AST preparation program for the 2019 cohort has already started. Students attend during H line on Monday afternoons at 3pm. Year 11 students had a trial using the QCS exam from Queensland on October 19.

A parent information evening is scheduled at 6pm (until 7) on Tuesday October 30 in the college library.

The next step is a trial of the three AST papers for ATAR-seeking students in year 11 at the end of the exam period. The dates of the trials are November 28 and November 29. The questions and results from these papers will be used to guide the preparation of the 2019 cohort.

Attendance at these trials is important. Parents will be notified by post of students apparently with an ATAR package who do not complete these trials.



AST dates for 2019

Tuesday 3 September

Multiple Choice task / Short Response task

Wednesday 4 September

Writing task

BSSS Website

<http://www.bsss.act.edu.au/home>

Awards

Below are the winners and nominated students for the September Monthly Award.

September 2018:

The winner of the award:

Samantha Lavis
(Psychology T)

Shannon Brown
(Mathematical Application T)

Jack Roylance
(Student Community Group)

Kirra Ruffy-Larsen
(English M)

Nominated students:

- Ellie De Ruyter (English T)
- Imogen Rayner (Student Community Group)
- Natasha Lyall (Ancient History T)
- Brianna Hebda (English T)
- Ewan Richter (Sport Studies T)
- Katrina Button (Sports Development A)
- Kayla Herbert (Modern History T)
- Anneliese Cox (English T)
- Kelsey Rees (English & Psychology T)
- Angela Doan (Social & Community Work A)
- Estelle Warner (Biology T)

Library

Welcome back to Term 4, everyone! We know how busy you all are in these last few weeks of school with assessment tasks. Why not let us help you?

Make an appointment with the Teacher Librarian:

- to help you find resources for an assessment task
- to share a draft of your work with us
- to have us look over your referencing (in-text and end-text)

See any of the staff in the library:

- to find that perfect video for your assessment task on Clickview
- to borrow a textbook that you need for class
- to browse our collection of extra textbooks in Maths, Psychology and many other subject areas

We look forward to seeing you and helping you soon!

Also, don't forget about the library website which has lots of resources and tips to help with your assignments.

LSU Events

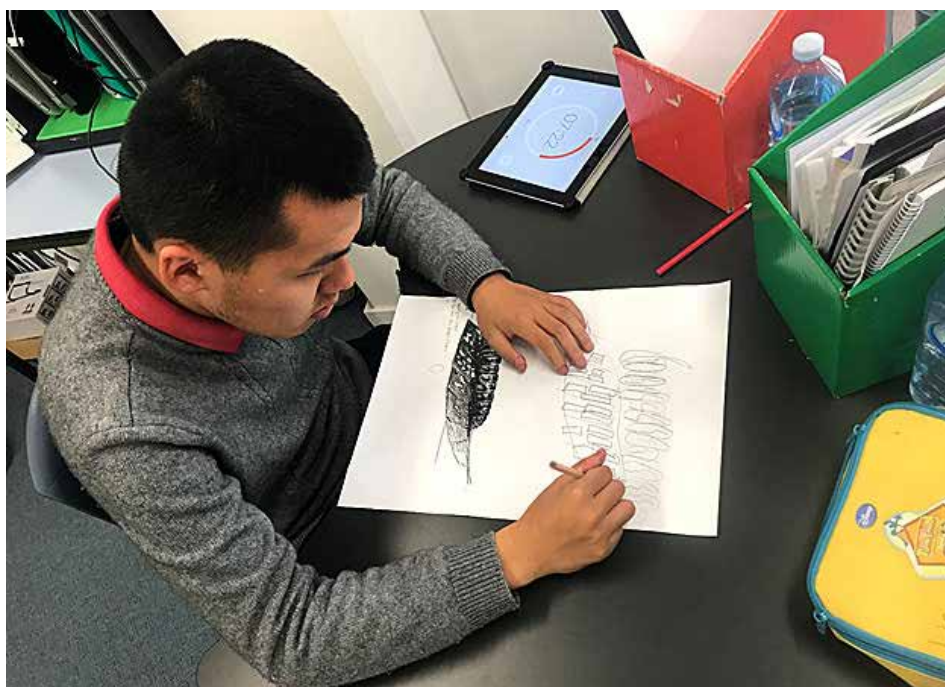
LSU Bowling

At the end of the week students from the Learning Support Unit participate in Bowling. Students select their teams, pay and organise their game. Each week students work towards improving their bowling skills, trying to beat their previous scores. This is a great opportunity for students to relax, have fun and spend time with friends as well as get physically active.



▲ Mark lining up the pins and taking his best shot for his team.

▼ Lin's interpretation of a caterpillar



LSU Art Class

Learning Support students recently welcomed Sophie a student teacher from University of Canberra's Master of Teaching program. Sophie is working with students on their current unit 'Illustration'. Students are creating art works using pencil, pens and ink to draw animals. This activity was linked to the art movement Cubism. Students were learning how to look at the scene they want to draw and see it as its basic shapes.

ACTcent 2018

Showcasing musical excellence from Year 11 and 12 music students



The trio pictured- Hayley Steel, Michael Larsen-Collins, Micah Heathwood - performed at ACTcent 2018. ACTcent showcases the best of music from year 11 and year 12 students in the ACT supported by the ACT government.

Wellbeing Program

Think You Know

Students attended this session in week 10, they held discussions around the challenges faced online, scams, protection of personal information and the importance of strong passwords. There was a focus on sharing personal information, as well as sharing photos, videos and content online and how this impacts future employment. Discussions around “what does your digital shadow say about you” will ensure students have an understanding of their information being shared and stored on the internet.

The session also focussed on cyberbullying, the effects and legislation. Students will learn about respectful relationships, sharing personal images and image-based abuse. As well as meeting people online and how to stay safe, students will also be assured of the support networks and services available to them.



Hospitality

Hospitality Edible Garden & Worm Farm

Wednesday week 9 saw the year 11 hospitality class prepare and plant an edible garden in the quad. The students recognised how much more sustainable it would be to grow these plants here rather than buying them each week. In a further effort to reduce wastage we have also added a worm farm to the school, supplementing the recycling practices put in place earlier in the year by our kitchen assistant Sarah. Keep an eye out on the schools Instagram page to see how the garden progresses.

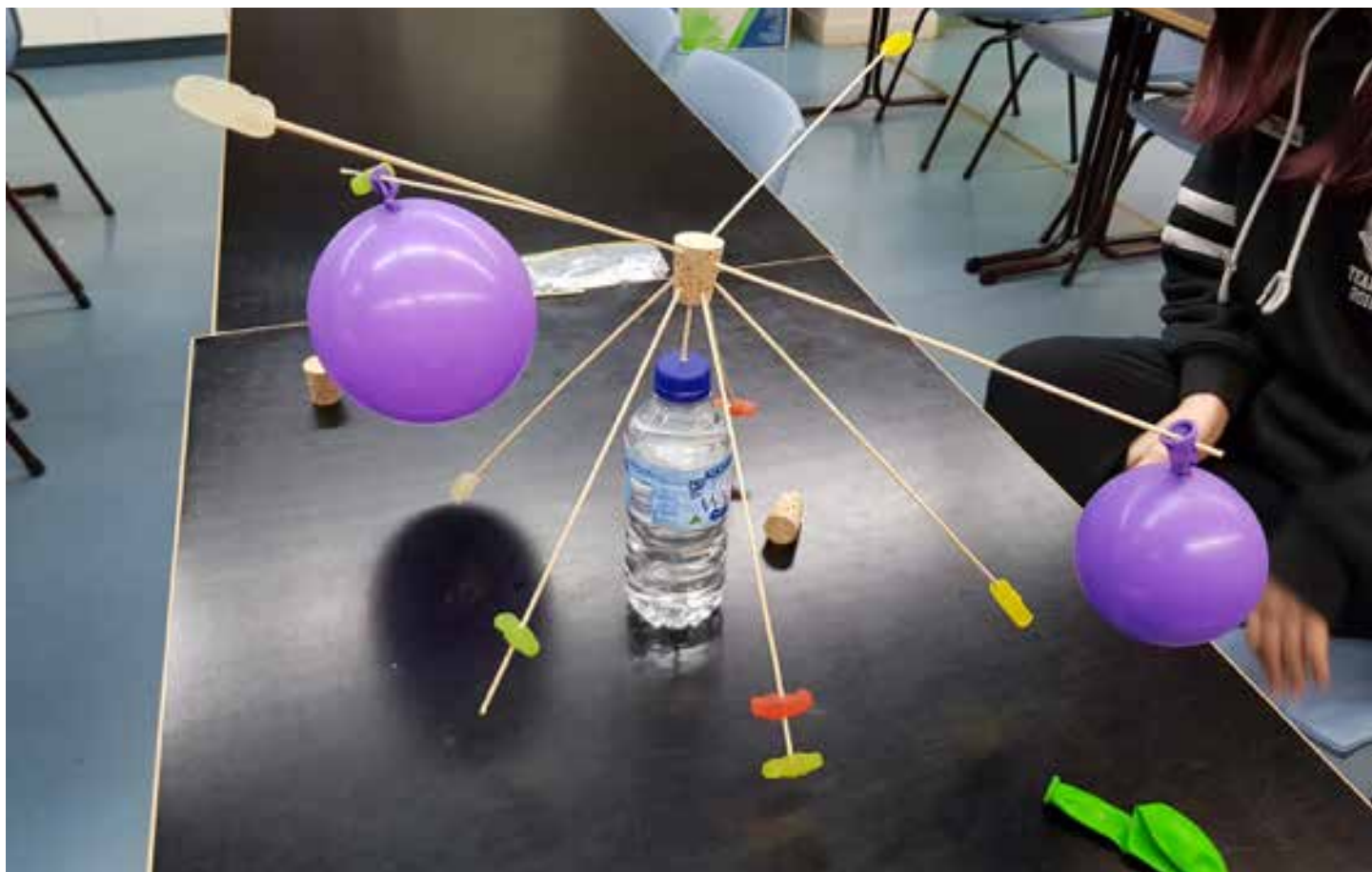
Students in Literature are studying “Intertextuality” and Hamlet, and they’ve recently come up with some ‘social media’ versions of Hamlet, complete with blurring the lines between Shakespeare and today, and capturing authentic modern voices (deliberate grammatical quirks and all!). Daniel Jamieson offers an emo Hamlet’s Facebook and Samantha Lavis provided these phone messages.



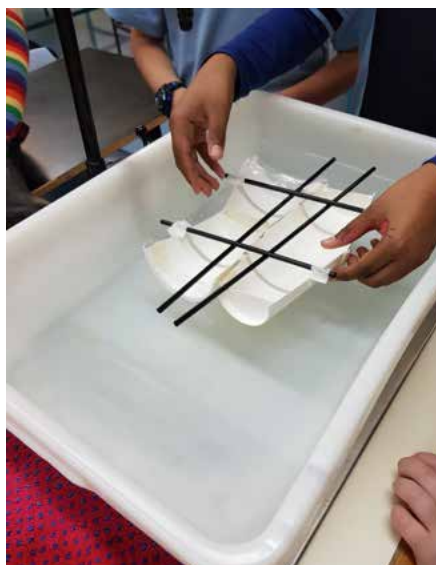


E² Science Update

In Term 3 the E² science club has been exploring a variety of topics and challenges. Early in the term 'Centre of Balance' was explored, with students learning how important this concept is to real life applications such as balancing cranes on building sites. To challenge the students they then had to create a 'contraption' that balanced a toothpick stuck into a cork sitting on a bottle top. There were some very creative balancing designs!



▲ An amazing centre of balance contraption!



▲ Boat designs that held plenty of weight!



Another focus was learning about how engineers improve our world. We looked at how they overcome challenges such as structuring tall buildings in ways that resist damage by strong winds, and designing simple but effective bridges for remote locations. The students then learned about buoyancy and were challenged with some boat building design competitions. They had to design a boat that could hold the most weight using only a limited set of materials. As you can see below, many of the designs far exceeded the design specifications of holding 75 grams of weight!

To finish off the term students developed their surgical skills as they dissected squid! It was a subject of great fascination and of particular interest was the fact that squid have a doughnut shaped brain with their oesophagus running through the middle. They have to be very careful to only swallow small pieces of food or it might get stuck in their brain...! Students also enjoyed pulling the 'pen' out of the back of the squid and using it to write their names in squid ink.



▲ It's a win when you manage to pull out the oesophagus with the brain!



▲ Close up examination of the squid arms and beak



▲ Who knew squid could be so interesting?!

PE & Sport

Pierre de Coubertin

Congratulations to Caitlin Turnbull who is the Lake Ginninderra College recipient of the Pierre de Coubertin award. Pierre de Coubertin is the founder of the International Olympic Committee and modern Olympic Games. His motto for participants has set an expectation for years to come.

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well".



In her application, Caitlin produced a literary piece based on Olympic role model Cathy Freeman. Caitlin outlined the challenges overcome by Cathy as a child and her representation of Aboriginal people and advocacy for equality. Cathy is an inspirational role model for all Australians and athletes.

Caitlin has been a role model for her peers at Lake Ginninderra College. She is a frontrunner with Lake G sporting teams and leads through her actions on and off the field. Caitlin follows in the footsteps of Pierre de Coubertin and encourages others to 'give it a go'. Caitlin has been an integral member of the colleges Soccer, Oztag, Touch Football and Rugby 7's teams. She is an Australian representative in her chosen sport of Oztag.

Volleyball

Term 3 College Competition

Congratulations to both girls and boys teams on winning the ACT Colleges Competition.

The Girls defeated Canberra College in the finals, turning around a previous result from the one-day carnival, whilst the 2 Boys teams made the final with the Lake G Blue team winning in a close fought game.



National championships:

LGC had a strong representation at the Australian Junior Volleyball championships on the Gold Coast during the school holidays.

Congratulations to **Jemma Stokes** (pictured centre) on winning a gold medal representing Victoria who beat Thailand in the u/19 girls competition.



Graeme Budd coached the ACT u/19 boys to a bronze medal and 2 LGC boys were named in the All-Star team

U/19 ACT Boys

- Ben Davis
- Gai Gai
- **Lorenzo Pope (all-star)**
- Andy Toms

U/19 NSW boys

- Deau Berry
- **Ethan Garret (all-star)**

U/17 ACT Girls:

- Pyper Thornberry
- Jorja Cockburn

U/19 ACT Girls:

- Katrina Button
- Charli Di Maria
- Janet Malu
- Jane Morrison
- Asha Wright



Basketball

Congratulations to **Rosie Deegan and Sara-Rose Smith** on winning a bronze medal in 3x3 basketball in Buenos Aires Argentina representing Australia in the Summer Youth Olympic Games. They put behind the heartache of an overtime loss to France in the semi-finals to defeat China in the bronze medal game.



Good luck to the following girls who are heading to Bengaluru, India with the Gems to compete in the under 18 Asian Championships

- Kobe King Hawae
- Agnes Emma Nnopus
- Lily Scanlon
- Isabel Palmer
- Ashlee Hannan



Track and Field:

Congratulations to Molly Sturgis on winning 4 individual events at the ACT Schools Track and Field Carnival day.

- 100m
- 200m
- 400m
- Long jump

Molly will now represent ACT at the Australian All Schools Championships to be held in Cairns 7-9th December. Good luck Molly

Term 4 Sport

Thursday Mixed Touch commences week 2

College Table Tennis day Friday 2nd November

College Beach soccer carnival Tuesday 6th November

Outdoor Education

The photographs show the contrasting environments and learning spaces encountered during term 3 Outdoor Education.





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What's been happening?

It has been a great term as the school chappy. I am always happy to support students by encouraging them to be involved in positive community events. It's always a delight to see students use their gifts and talents on display.

I was happy to meet some of our students' families and friends who attended the school's musical 'leader of the pack' put on by the very gifted lake G students earlier in the term.

A couple of our Lake G students had started practice for Poly fest to represent not only their Polynesian cultures but also, their ACT schools. So, Lake G got behind them and helped them welcome in spring. Allowing their students to host so far two sausage sizzle fundraise for Polyfest costumes for those who are participating in the upcoming event at Polyfest on Nov 17th at the AIS.

On August 29th we had three of our Lake G students (Davi, Jeff and James) speak at our living hope fundraiser dinner about school chaplaincy and how it's made a difference to them.

The Christian group of students 'proclaim' is still going strong has now switched to Thursday lunch allowing more students to attend.

I officially started my four day week on the 5th week of the term which was highly accepted as a positive by my peers and students. It has allowed me to spend these extra hours to extend the support I can to the school community and the students who seek the extra support and safe place to chill.

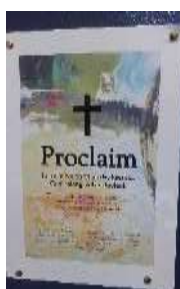
I am happy to say that the yr 12 AST exams ran as smoothly as they possibly can with many students relieved to finally see it over.

My pastoral care support continues to support students dealing with emotional, social and spiritual matters for a positive mental health wellbeing. My room continues to be flooded with many students who come in and out seeking support, guidance, friendship, food, acceptance and a safe place to which they can belong too.

chaplaincy MODEL OF care



Went outside and behold within our school court yard was this flower, spring is here at Lake G!!



New posters for Proclaim group around school.

Special events:

Next term is very short and will seem busy due to the school year coming to an end.

The upcoming events for term 4 that I will be looking forward too support will be more sausage sizzle fundraising for Poly fest, the actual Polyfest at the AIS where 10 of our students will be performing, our very own arts and music night that will display our students creativity, our yr 12 school formal please come and see them glammed up at the arrivals, the yr 12 breakfast graduation celebration which allows staff to farewell there students, and the UCSSC Lake G graduation ceremony. I hope to see any of you at these upcoming events. 😊

How you can help

There are many ways you can support your school chaplaincy and school community through your time as a volunteer, pray, and even donate to help increase my school hours at Lake G. If you think you can help please feel free to donate or call me with any helpful suggestions that you are willing to help come alongside your school community and chappy. 😊



Lake G students at Living Hope dinner



Lake G school community mates helping out!



POLYFEST



POLYFEST CANBERRA SHOW

EXPERIENCE

NEW DATE AND VENUE
ERINDALE THEATRE CANBERRA
FRIDAY 30 NOVEMBER
6PM - 10PM

COMPETING SCHOOLS
ST EDMUND'S COLLEGE

ST CLARE'S COLLEGE -

SUPPORTED BY MELBA COPELAND SECONDARY SCHOOL AND

SECONDARY COLLEGE LAKE GINNINDERRA

PERFORMANCES BY JUSTIN WELLINGTON - PASSION & PURPOSE ACADEMY AND MORE.



POLYFEST
AUSTRALIA 2018





SHLiRP

Sexual Health, Lifestyles & Referral Program

College: Lake Ginninderra College

Dates: Monday 29 and Tuesday 30 October 2018

Presentations: Mon 22 October and Mon 29 October 2018

What is SHLiRP?

SHLiRP is a simple and convenient health education, information and testing program to promote young people's sexual health and wellbeing. The Program is a partnership of Sexual Health and Family Planning ACT (SHFPACT) and the Canberra Sexual Health Centre (CSHC) brought to ACT public secondary colleges with the support of ACT Government funding.

- Canberra Sexual Health Centre is the ACT Health sexual health clinic based at Canberra Hospital. <http://health.act.gov.au/our-services/sexual-health-sexual-assault>
- SHFPACT is a nonprofit community organisation which provides healthcare and education services in the field of sexual and reproductive health and wellbeing to the community. <http://www.shfpact.org.au/>

Both organizations are committed to the provision of accurate and relevant information on sexual and reproductive health and access to high-quality clinical sexual health services.

SHLiRP has been successfully delivering health education and an opportunity for on-site sexual health screening in ACT secondary colleges for 16 years, with the support of students, parents/carers and teaching staff.

Regardless of when young people decide to begin having sex, accurate and relevant information about sexual health issues is important to lifelong health and wellbeing. Information about blood-borne viruses such as hepatitis & HIV/AIDS, which can also be transmitted by non-sexual means, is also important for prevention. Australian research shows that approximately half of students in college years are, have been, or plan to be sexually active. SHLiRP aims to provide a service that is relevant to all young people for their current and future sexual health.

What will the health education session cover?

All students will be asked to attend a health education session about SHLiRP that covers sexual health information relevant for young people:

- Sexual decision-making
- The importance of consent in all relationships (including sexual relationships)
- The normal, healthy diversity of human bodies, including genital appearance and normal bodies. We discuss the range of normal genitalia
- The potential distorting effects of pornography on body image and relationships
- Common sexually transmissible infections (Chlamydia, Herpes and HPV/warts virus) and blood-borne viruses (Hep B & C, HIV/AIDS), and their prevention/treatment
- Emergency contraception
- The when, how and why guide to cervical screening
- How SHLiRP works and why students may want to participate in a consultation
- Access to services in Canberra

What happens in the clinical screening service?

Students who wish, may **voluntarily** attend a consultation with a sexual health nurse. Students are not required to participate. After providing some basic information about themselves, they may be offered testing for specific STIs or BBVs, which they can accept or decline. There is no physical examination.

Lake G Community Partners

