

5/2018
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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.



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Lake G Timetable				
Monday	Tuesday	Wednesday	Thursday	Friday
8:40 am A	E	8:40 am F	8:40 am 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	11:00 am A	11:00 am B	11:00 am E	11:00 am D
11:00 am SG			12:00 noon A	
12:00 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	1:40 pm C	1:40 pm D	1:40 pm C	1:40 pm F
2:20 pm G				
3:00 pm H (Programs)	2:40 pm G	2:40 pm H (Programs)		2:40 pm B
3:40 pm	3:40 pm	3:40 pm	3:40 pm	3:40 pm

From the Principal

Dear Students, Families, Community Members and Staff,

Open Night

The college Open Night held on Thursday May 17 was an opportunity for the broader community to visit the college, speak to staff and students, investigate our programs and look at the facilities. College teaching and admin staff did a wonderful job developing a range of displays and information and speaking to visitors to give a valuable insight into their work with students at the college. It was reinforcing of our reason for being here to see students and their families taking the process of choosing a college so seriously and investing the time to explore the opportunities available at this and at all of the public colleges in Canberra.

A great strength of Open Night is the support and participation of our students. Teachers asked students to come along and help with the preparation and set up, speak to prospective students and the families on the night as well as welcome and work as guides. And an equal number of students volunteered to come as well and help where needed. It was a wonderful evening and we are proud of their efforts in representing the college and their education here.

The college has been running tours following Open Night for those that were unable to attend or needed further information. The process is to telephone the Front Office 61420222 and make arrangements to suit.

Exams

The semester is approaching its end but there is still much to happen. Final assessments and exams are happening now and continuing into the defined assessment period when classes will stop. (see the exam timetable 4). Students are encouraged to speak to their teachers if there are any questions about meeting the requirements and expectations in each class.

Absences and Assessment

Absences must be satisfactorily explained. Unexplained absences will have an impact on unit results. The threshold for unexplained absences over a semester is six, after which a V grade is a possible outcome. In addition, a minimum of seventy percent of assessment must be submitted - or again, a V grade is a possible outcome. If there are concerns about the ability of a student to meet both requirements please contact Student Services or the class teacher.

AST for Year 12 T students

Practice is important leading up to the ACT Scaling Test (AST). Student performance in the test has a major bearing on the tertiary opportunities for students at year's end.

One option for students is to leave the T group and participate in a University of Canberra bridging program during semester two. The student services team led by Jackie Bryant is assessing candidates who may be attracted to this option. Students are being invited to lunchtime information sessions in Week 7 (12 and 14 June).

There is a parent information session on Tuesday 19th June (Week 8) 6pm-7pm in the Lecture Theatre. Capable students not currently in the T program are also eligible but will need to make themselves and their university ambitions known to the student services team.

Enrolments

This is to remind everyone that the college runs a mid-year 11 enrolment opportunity. Interested students should contact the college to arrange an interview. Offers for Year 11 2019 will be sent out by email and post from Monday 2 July, as prescribed by the Education Directorate. Applications lodged after the initial application date will be processed on a weekly basis.

Parent Participation and the P&C

The college P&C has overseen a successful school-based community/recreational-based evening program known as Lakenite Learning. The program has given back to the college support for important purchases. Our two buses are a perfect example of this.

Being part of the P&C community can really make a difference to the college. The P&C meetings are attended by the Principal which provides a perfect opportunity for you to have a direct say on the activities of the college as well as the P&C.

College Representation

Congratulations to the many students who have represented the college over the past few months. Many of their stories are told in the pages of this newsletter. Equally important are our students who demonstrate their character in everything they do at the college and beyond – the encouragement and support of others, hard work, dedication to causes, honesty and the display of kindness as part of their daily lives.

We are proud of all of the students of our college.

As always, if you need to speak with the Principal, please call the college to arrange a meeting or a return telephone call.

Best wishes to all for the remainder of the term,

Gerard
Acting principal

Important Upcoming Dates

Week 7

- Excursion Free Week
- Monday Queens Birthday Public Holiday
- Global Classroom Sweden Excursion

Week 8

- UC Connect Parent Information Evening (Tue)
- Intensive Assessment Week (Thu & Fri)
- Global Classroom Sweden Excursion

Week 9

- UC Connect Application Due (Tue)
- Intensive Assessment Week (Mon, Tue, Wed)
- AST yr12 Trial (Thu, Fri)

Week 10

- UC Connect Diagnostic Test (Thu)
- End of Term 2

Holidays

20th July

- Great Barrier Reef Trip departs

Week 1

- NSW Futsal Finals Penrith (Thu, Fri)
- Great Barrier Reef Trip continues

Week 2

- UC Connect Orientation (Mon)
- Jazz Supper Club (Tue)
- AST yr12 Trial (Tue, Wed)
- Great Barrier Reef Trip returns

Week 3

- UC Classes begin (Mon)
- Course Selection Evening 1 (Wed)
- Aus Maths Comp (Fri)

Week 4

- Course Selection Evening 2 (Tue)
- Melb Elite Sports Tour (Wed, Thu, Fri)

Week 5

- College Musical (Wed, Thu, Fri, Sat)

Intensive Assessment Period Timetable 2018 -Semester 1

Week 18		Week 19	
Thur June 21	Fri June 22	Tue June 26	Wed June 27
8.40 — 10.40 Y12 Maths Applications Gym Y11 Maths Applications Gym Y11 Specialist Methods + Core Gym Y11/12 Term 2 Essential English C116	Y11 Maths Methods Gym Y11 Specialist Methods + Core Gym Y11/12 Term 2 Essential English C116	Y11/12 Physics C12/C15 Y12 Chemistry C01/C03 Y11/12 Specialist Option A109	English re-sits with permission
10.40-11.00	Recess	Recess	Recess
11.00 — 1.00	Y11/12 Essential Maths A Gym	Y11/12 Specialist Option A109	Break (11.15 approx.)
1.00-1.40	Lunch	Lunch	AST Short Response Trial Gym (12 noon)
1.40 — 3.40	Y12 Specialist Core/ Y12 Maths Methods E120	Y11/12 Exercise Science E120 Y11/12 Sociology A & T (60 min) Gym	AST Multiple Choice Trial Gym (8.40)
			AST Writing task Trial Gym (8.40)
			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

If you have a clash on this timetable you must see your teachers before the intensive assessment period to arrange alternate times.

Measuring the effects of the Silence is Deadly program

Information for Parents

A research team from the Australian National University are conducting an evaluation of the Silence is Deadly program, in partnership with Menslink. Your son may be invited to participate in this research project.

What's the study about?

Guys find it hard to talk about their problems and ask for help. Around 1 in 4 young men suffer from depression and anxiety, but only 1 in 10 will talk to someone and get help. Too many young men are suffering in silence – and silence can be deadly. Suicide kills more young guys over fifteen than any other cause. Talking about your problems and getting help can stop things getting to that stage.

Silence is Deadly is a program run by Menslink in ACT schools (<http://silenceisdeadly.com.au/>). It aims to make sure that guys talk to their mates about stuff going on in their life, help mates out if they're going through tough times and get professional help if they need it.

This research study wants to find out if the Silence is Deadly program is helping young men in high school. To do this, we'll be asking some of the students at your son's school to fill in three surveys. The surveys will ask questions about some of life's hassles, and how students usually deal with and think about those hassles.

Who can participate?

Several schools will be involved in this study, including UC Senior Secondary College Lake Ginninderra. We will ask around 800 male students (across all the schools involved) aged 16 years and older to complete the surveys. Students do not require parental permission to participate in this study. Before they participate, students will be asked to read an information sheet and sign a consent form. If you have any questions or concerns about the study, you are welcome to contact the research team (contact details below).

Participating in this study is completely voluntary. Your son does not have to participate and there are no negative consequences if he chooses not to. Choosing to participate, not participate or withdraw from the study will not affect your son's education.

What is involved?

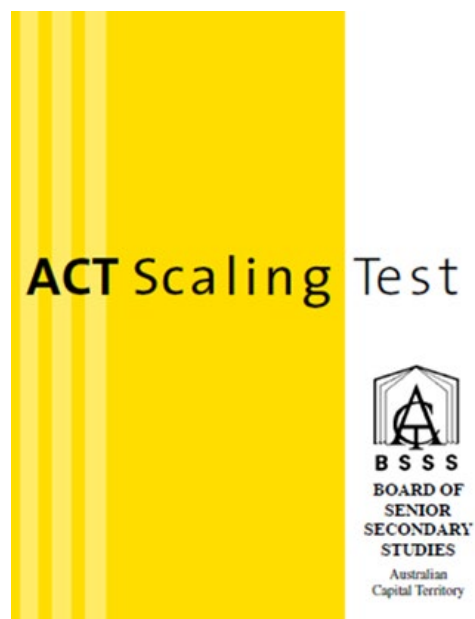
If your son chooses to participate in the study, he will be asked to complete two short surveys and attend a Silence is Deadly talk at school. Even if he doesn't participate in the surveys, your son will still be able to attend the Silence is Deadly talk.

The surveys will ask your son some questions about some of life's hassles, and how he usually deals with and thinks about those hassles. Some of the questions will be about tricky topics like bullying, break-ups and suicide. We'll also ask about his age, the languages he speaks and his year level. Depending on your school, the survey will be filled in by hand, or on the computer. The surveys will be completed at two different times in Term 3.

What will happen to the results?

A report on the results of the study will be written for Menslink, so they will have more information about how their program works. The results of this research could also be published in academic journals and presented at mental health conferences. If you would like to read about the results, a summary will be on the Centre for Mental Health Research website (<http://cmhr.anu.edu.au>) when the study is finished. Only information about groups of students will be published. We won't publish individual results, and no one will be able to identify your child by reading our reports.

AST Update



AST dates for 2018

Tuesday 4 September

Multiple Choice task / Short Response task

Wednesday 5 September

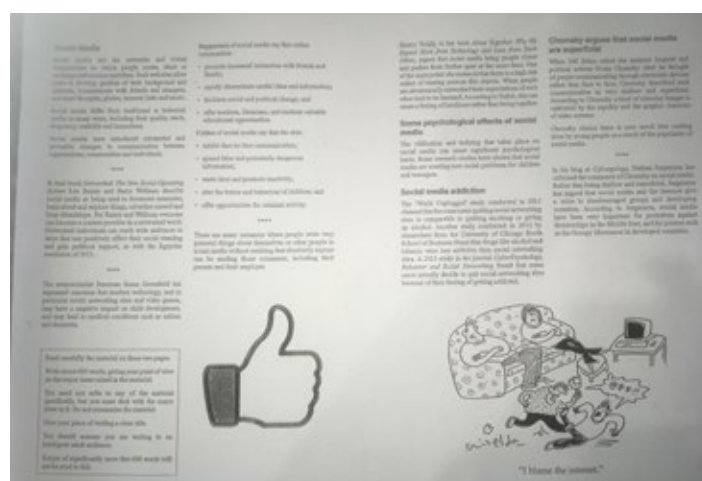
Writing task

BSSS Website

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

Student workshops for AST have been proceeding on every non-holiday Monday. A full AST trial to test improvement will take place during the exam period at the end of semester. (See the exam timetable)

At a special AST SG meeting in week 6, students were given the perspective of three teachers on how they personally would have answered the writing task topic which the students answered in the first full scale trial last November. The teacher emphasis was on setting out original ideas and using personal examples to distinguish their writing from the essays of others. These are important points in maximising the score received. The topic was Social Media.



Academic Excellence Program

Our School's Ethos:

UCSSC Lake Ginninderra defines excellence through the desire, capacity and motivation of a student to achieve personal best.

Academic excellence is seen every day at UCSSC Lake Ginninderra through students pursuing their passions, leading our school community and continuously striving to excel in their intellectual, creative or artistic capacity, or in specific academic fields.

We wish to celebrate and support students who are curious about the world, who have the desire to learn, who leaders within our community are.

What does the program offer?

The Academic Excellence Program is for students striving to excel in their intellectual, creative or artistic capacity, or in specific academic fields.

This program offers students targeted mentorship and opportunities to support their learning in Years 11 and 12. Upon successful entry into the program, opportunities for students will be designed through consultation with the Academic Excellence Team.

These opportunities will support students not only in their academic pursuits but focus on developing core skills that will enrich students beyond the completion of their ACT Year 12 Certificate.

Students within the program are expected to engage in extracurricular activities across the school proactively and attend targeted Academic Excellence events.

Expression of Interest:

Please complete this form to express your interest in the program. You can find the form here:

<https://docs.google.com/forms/d/e/1FAIpQLSc6pCNQnj3g9zeJPSS3x76-ApyMy70Ewlj3x4TnPtY1Ri9Kbw/viewform>

After this, you will be contacted by the Academic Excellence Team with an invitation to apply and further information regarding the Academic Excellence Program. Nominated teacher referees will be contacted after the Expression of Interest form is submitted.

If you have any issue accessing the required Google Forms, please contact the school at LakeG@ed.act.edu.au or 6142 0222.



Recognition of Excellence

In Semester One, 2018 UCSSC Lake Ginninderra College has redesigned our award system to better recognise the achievement of our students.

These awards will be given to students who embody our school ethos. We at UCSSC Lake Ginninderra define excellence through the desire, capacity and motivation of a student to achieve personal best.

Excellence is seen every day at UCSSC Lake Ginninderra through students pursuing their passions, leading our school community and continuously striving to excel in their intellectual, creative or artistic capacity, or in specific academic fields.

We wish to celebrate and support students who are curious about the world, who have the desire to learn and who are leaders within our community.

Our Awards:

Monthly Award

This monthly award will focus on an individual student excelling and demonstrating significant growth and dedication. Teachers nominate students each month for this award, with there being a recipient from tertiary, accredited and modified student cohorts.

All nominated students will receive a notable mention in the newsletter.

End of Semester Awards

Academic Honours Award

This will be awarded to students who have excelled in all their subjects over the course of a semester.

Excellence Award

This will be awarded to students who have excelled in a particular unit of study over the course of a semester.

Personal Excellence Award

This will be awarded to students who have been nominated by their teachers due to them demonstrating significant personal growth in the semester and dedication to their studies.

RECOGNITION OF EXCELLENCE

May, 2018



Monthly Award

Kayla Forrest (Biology and English T)
Chris Rossel (Drama A)
Ivy Tupai (Sociology A)

Nominees

Euphemia Chiriso (Dance T)
Kayla Grigg (Ancient History A)
Bunchheang Kheang (ESL T)
Katie McGorum (English T)
Declan Nolan (Biology T)
Mark Perez (LSU)
Miriam Pooley (Textiles T)
Holly Stanford (Essential English A)
Kristina Truong (Contemporary English A)
Bridget Walsh (Outdoor Education T)
Sophie Vo (ESL T)

Interdisciplinary Inquiry

Interdisciplinary Inquiry is a brand new Unit offering to students from Semester 2, 2018. This is offered as a T/A unit.

This is a powerful learning experience for students because they are able to learn through making connections between ideas and concepts from across different disciplines. This course is responsive to individual learners and develops important and transferable skills that will be valuable within the workplace or future studies.

This course promotes interdisciplinary, multidisciplinary and transdisciplinary approaches. Students complete an inquiry that has a purpose, product or outcome. They develop the ability to engage with a process, question sources of information, make effective decisions, consider ethical implications, evaluate their own progress, be innovative and solve problems.



The focus on skills within these units allows for students to direct their inquiries through teacher guidance and expertise from across the school. Students can learn how to transfer capabilities such as the research process, information management, critical thinking, creativity, effective team building, leadership, and collaborative decision making and will communicate with a diverse range of people.

If you are interested in taking Interdisciplinary Studies in Semester 2, 2018, see Mali or Becky in English.

ANU School of Art & Design Workshops

Three of our Visual Arts and Photography students were invited by the ANU School of Art and Design to participate in a three day intensive arts program. In this program students were able to select from a range of workshops exploring different aspects of art making. The School of Art is a well-resourced facility which enable students to try out new techniques and extend their art making practice. Workshop high lights included in the Ceramics department pulling pots on the wheel, and in the Furniture department doing wood carvings.



Kiah and Anthea carving wooden spoons.



Anthea and Kiah in the drawing workshop

Exam and Assessment Advice

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 – outbursts 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 Advice

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:

<http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-19-making-the-most-of-studying/>
<http://www.youthbeyondblue.com/2009/10/19/looking-after-yourself-at-exam-time/>
www.kidshelp.com.au/teens/get-info/hot-topics/exam-stress.php

Maths Happenings

ANU Maths Day reflection

The college was represented at the ANU Maths Day on Friday the 25th of May 2018 by 5 students comprising Jack Cheeseman, Mouyly Hok, Isabella Li, Youlan Wu and Wenyu Zhang.

This annual competition challenges and extends the most capable Mathematics students in the ACT and the surrounding region. The competition comprises a variety of mathematical challenges which require effective teamwork to develop an agreed response for the four activities on the day. The first round built teamwork, by the groups having to work collectively and productively

for 50 mins to solve a wide range of questions provided to them by the event coordinators.

The second event was the Swiss round, with four other schools. After the lunch break, all teams undertook the cross contest and relay events which are always lots of fun with the relay being a bit more active. Our best result was in the relay round where we were placed 7th, out of 40 teams which participated in the competition. Congratulations to all students for their attendance on the day and to Ganesh Prasad for supporting the teams before and on the day.

Upcoming Exams

With Maths exams scheduled for the end of week 18 it is important to again remind students to be prepared for them. Taking the time to study adequately and prepare a suitable page of reference notes is strongly encouraged and support from home to enable this is greatly appreciated.

When turning up to the exam students should ensure they arrive early and come prepared with:

- A Blue/Black pen
- A lead pencil
- A ruler
- A calculator
- A page of hand written reference notes on a single-sided piece of A4 paper.

Australian Mathematics Competition

The Australian Mathematics Competition is to be held on **Thursday 9th August (Term 3 Week 3)**. Lake Ginninderra College expects all students enrolled in the Methods and Specialist Methods Mathematics courses to participate in this competition, as it provides an excellent opportunity for students to demonstrate mathematical understanding and fluency. It also allows students to use mathematical reasoning and communication in a different way to the specific content sequence of each unit that they study in their course.

The competition will be online and requires students to answer multiple choice questions from a range of different maths topics.

We hope to build on recent successes and look forward to seeing students excel again this year.

The competition will cost students \$6.50 (payable to the front office).



Information about the event will be distributed in classes during week 1 of next term.

Music

MUSICAL - SAVE THE DATE!!

Leader of the Pack

The Ellie Greenwich Musical

Book By Anne Beatts

Music & Lyrics by Ellie Greenwich & Friends

Based on the original play by Melanie Mintz

Additional Material by Jack Heifner

7.30pm, 22-25 August 2018

Lake Ginninderra College Theatre

Jazz Supper Club

Featuring IMP Senior Jazz Ensemble and UCSSC
Lake Ginninderra Music students—at UCSSC Lake Ginninderra
Theatre, 2 Emu Bank, Belconnen

Thursday August 2

7.00pm—9.00pm (doors open 6.30pm)

Cost \$30 per head—includes a banquet style menu of 4 main
courses & 2 desserts; coffee/tea/juice also included in price.

Book at this link—

<https://www.trybooking.com/WERN>

<https://www.trybooking.com/389831>



Outdoor Education Update

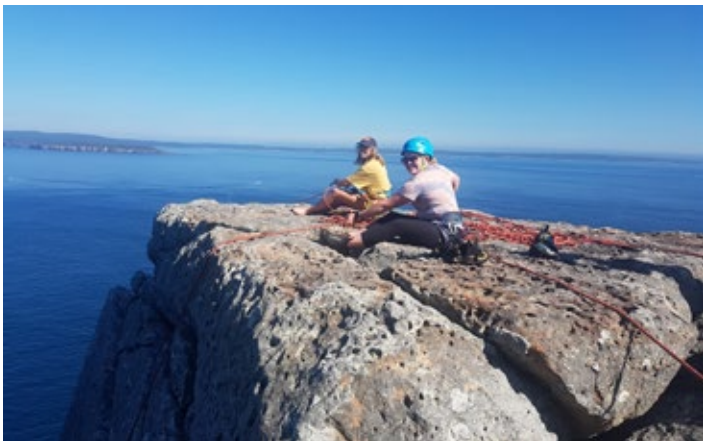
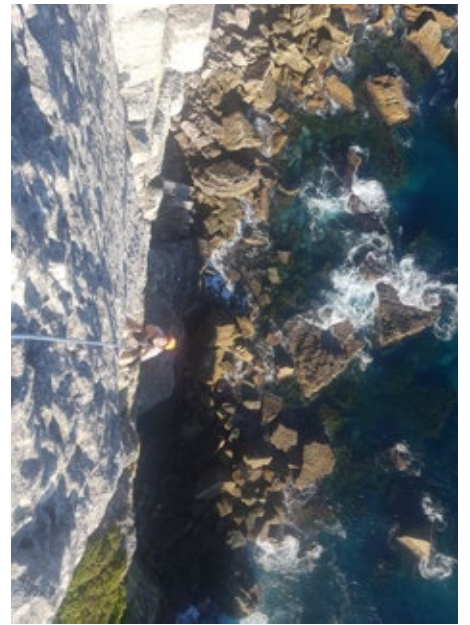
We have been very busy so far in Outdoor Education this Term.

Year 11 students have been participating in canoeing camp to The Clyde River, or caving camp to Wee Jasper. These have been an outstanding success, with students enjoying cooking on stoves, camping in tents and chatting around the fire.



The Year 12 students have been participating in Leadership sessions with year 10 students at Lake G and at White Rocks. It is amazing to see the growth in our Year 12 leaders, they are such an inspirational bunch!

They have also been participating in rock-climbing or caving and abseiling trips to Point Perpendicular or Bungonia National Park. It is wonderful to see the students roping skills develop to such high levels. The teamwork that occurs on these trips is amazing with students literally holding each others lives in their hands.



Nullarbor- 2018

WOW!!! What an amazing experience for all 22 students and staff. This 13 day trip across 5 states and Territories to go camping in the Nullarbor Desert and explore some world heritage caves is truly a life changing experience. Students participated in a 2 month build up, where they were responsible to getting organised for the expedition. This level of teamwork was amazing and is a real tribute to the students involved.

As many of the students journals said, words cannot describe the amazing experiences that were had by all. Expect to hear students raving about this trip for the rest of the year.



Coffee and cream formations in Mullamullang cave



Aburakurrie Cave, the largest chamber in Southern Hemisphere



Nat Softe – Mullamullang Cave



Finn Tregurtha with some of the incredible salt



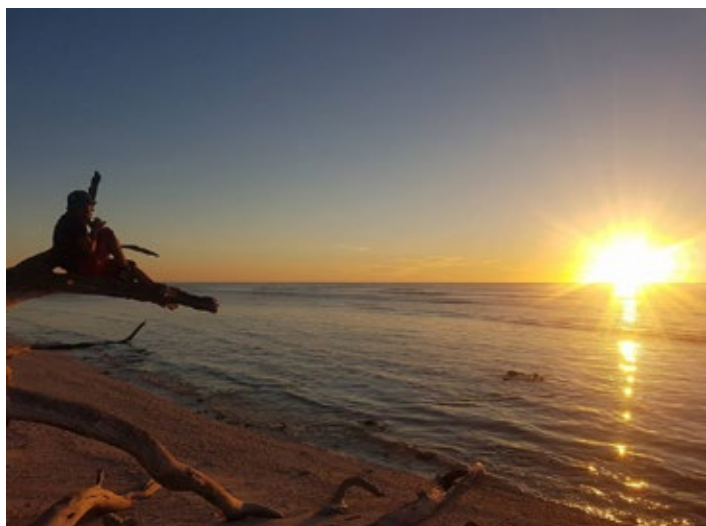
Bryce Svensson & Mitch Bray abseiling in to Thampanna cave.



Bec Haisman & Bryce Svensson behind some Gypsum in Thampanna Cave



We are gearing up for our annual famous Great Barrier Reef Trip which departs on the 20th July, as well as our Cross Country and Downhill Ski/Snowboarding trip next semester.



Life Lessons in Outdoor Education:

By Adrian Davis

My first encounter with lake G was on a cold Canberra Monday morning at 7:30 am. I walked into the boat shed and was welcomed warmly by a man called Abdul. This was my first day of Prac teaching, where I thought I was going to be the one doing a majority of the teaching, however this certainly wasn't entirely the case. The students and teacher amazed me by their abilities and passion for the outdoors. Students were meticulous with safety guiding me on how to Abseil and climb efficiently and safely. Dan, Piper and Daniel should be proud of what competent young Out Door adventurers they have taught.

Lake Ginninderra College's Out Door program is a gem in the school system. I'm envious I didn't attend back when I was in college, the school rival's other schools from the private sector.

The Program expands not just students' knowledge and respect for the Out Doors, however learning real life skills. Teacher lead students on camp's such as caving in Western Australia and Snorkelling and diving in the great Barrier reef on lady Musgrave island in which student take part in the planning and logistics of the trip. Each student is given a job, this may be looking after the servicing of the trailer or calculating how much water students are going to need for the entire trip. Out Door education is incredible valuable cross disciplinary class, where students don't even realise they're learning such valuable lessons via osmosis. I've felt incredibly grateful to be a part of this process.

Year 12 as part of their leadership program have to participate in teaching kids from other schools, on how to abseil and climb. This was an incredible fruitful process for both the students and the kids from other schools. Students showed incredible levels of leadership and initiative. Students were given the opportunity to be the teacher for a moment and truly exemplify what it is to be a lake G student.



Hike up to Devil's Punch Bowl Cave - Year 11 Wee Jasper



Year 12 White Rocks Leadership day - Kaleen High

SPORTSTAR OF THE MONTH

Charli Di Maria

Charli Di Maria has represented the College and her State at Nationals over the past 2 years with distinction. She has played in the senior Australian Volleyball League (AVL) representing the Canberra Heat. She has been selected for the second time to represent Australia, this time for the USA High Performance Championship in Tulsa, Oklahoma July 19 to 31st. Congratulations Charli on being our June Sportstar of the Month. Thanks are again extended to The Sportsmans Warehouse for their continued support of Lake G Sport.



Boys AFL

On Wednesday 9th May the Boys AFL College day was held at Kippax. Lake G has a history of doing well at this Tournament despite having very few AFL experienced players. The college again relied heavily on all-round athletes to quickly adapt to AFL rules. After defeating Daramalan & McKillop, the team set up a semi final clash against Erindale. Led by superstar Heath Beaumont, the boys battled for a half time lead before eventually going down by 10pts. Our boys played with Great Spirit all day and did really well to finish in the top 4 of all the ACT Colleges.

ACT Swimming

Casey Abel represented Lake Ginninderra College at the ACT Swimming Carnival on 9th May. Casey performed extremely well and achieved the following results:

2nd place 50m freestyle 28:64

2nd place 100m freestyle 1:01:53

2nd place 200m freestyle 2:12:74

3rd place 200m medley 2:43:63

Congratulations to Casey on her performances.

ACT Golf

Lake Ginninderra College had two representatives competing at the SSACT Golf Championships held at Capital Golf Club on Monday 14 May. It was a great day for golf and there were some competitive scores with spots up for place in the SSACT Golf team. David Howard in year 12 finished runner up in the gross event with a 3 over par score of 72. Adam Harris in year 11 carded a 10 over 79 to finish in the top ten. Congratulations to both students and we wish them all the best as the SSACT Golf teams are selected.

Touch Football

The ACT colleges touch carnival was held recently at Deakin and the Lake girls and boys teams achieved some excellent results. Both teams displayed considerable skill in the pool matches, coming 2nd in their pool and reaching the carnival semi-finals. In closely contested semi-final matches the girls lost 3-2 to Daramalan and the boys lost 5-4 to Gungahlin. All players are to be commended on their efforts and results during the day. Thanks are extended to Matt and Reagan, Canberra Raider LSA's who work at the college, for their assistance in coaching the teams on the day.



Boys Football (Soccer)

On Tuesday the 5th of June 18 Lake Ginninderra College boys braved the cold at Southwell Park to compete in the ACT Colleges Football carnival. They played some great Football early in the day to finish on top of their pool with 4 wins and maintaining a clean sheet through all of these matches. Their semi final against Mackillop College had a close first half before the boys were able to come out firing in the second half and win two nil. After a tough 5 games during the day we were down to one sub for the final through injury and played against a team who were playing 10 defensive players and 1 fast striker sitting alone up front. At half time we were frustrated and had unfortunately been unable to score to be 0-0. The second half showed more fatigue and frustration amongst the boys after Burgmann College were able to score a goal against the run of play and lead 1-0. After pushing hard for another 10 minutes to break through the Burgmann defense the boys were disappointed to see a penalty awarded against us and Burgmann move to the final score of 2-0. It was an unfortunate final result but the boys did a great job during the day to make the final and should all be proud of themselves on how they performed on the day.



The boys that played were:

Adam Harris, Ajak Lual, Angus Farrow, Augustine Bangura, Ben Obst, Jack Fardon, James Fletcher, Jayson Schneider, Josh Gutierrez, Matt Hafner, Matt Middleton, Matusi Lubang, Noah John-Ayuel, Ngor Matot, Torren Blanch, Tulken Anderson, Will Roberts and Wisam Al-Shammari

Thursday Afternoon Sport Updates

Futsal

On Thursday afternoons this term Lake Ginninderra has had a team of boys and a team of girls playing in the inter college Futsal competition. The boys have started well winning all of their games so far. They will have a tough game next week against Gungahlin College which will be a good warm up for the boys before they play in the ACT semi-finals in week 7.

The girl's team started off the term very well with a good win over Dickson College and then had an excellent win against Erindale College with Kyah Priestly scoring with a matter of seconds left on the clock to secure a 4-3 win. Unfortunately the girls went down 4-3 in another close match against Hawker College to leave them having to beat Gungahlin College next week and rely on other results to qualify for the ACT final.

Netball

The Lake Ginninderra College Girls Netball team have made an excellent start to the ACT colleges competition. The girls had significant victories over Dickson, Melba/Copland and Hawker. Team cohesion has been the key to their success and the girls are progressing nicely before the college finals. We wish the girls all the best for the remainder of the competition.

Students involved are Grace Edwards, Chioma Enyi, Jane Morrison, Maddy Orr, Natalie Soffe, Rhiannon Ransley, Kat button, Beth Chambers, Caitin Adcock and Montana Harrington.

Congratulations to:

- Thea Osmond on making the Australian Frizbee team. Well done Thea!
- Angus Farrow on his representation at the Australian Youth Sport Climbing Competition.
- Charli DiMaria on her AUS Volleyball selection for the USA High Performance Championship in Tulsa, Oklahoma July 19 to 31st.
- ACT Volleyball Selection – Charli DiMaria, Jane Morrison, Janet Malu, Asha Wright, Kat Button, Jorja Cockburn, Andy Toms, Lorenzo Pope, Liam Smith, Ben Davis, Gai Gai, Reilly Keogh.



Daniel Arzani

Daniel Arzani graduated from LakeG in 2016.

This week he was named in the final Socceroos World Cup squad for Russia. This is a remarkable feat which makes him the youngest ever Australian representative at a World Cup. He joins fellow LakeG graduates Mark Milligan (4th World Cup and equal to Tim Cahill), Matthew Jurman as well as Trent Sainsbury who was named Captain in their 4-0 victory over the Czech Republic



Open Night - 17th May

UC SSC Lake Ginninderra OPEN NIGHT was held on Thursday 17th May. It was the first time the Principal address was held in the Gymnasium instead of the Theatre, in a bid to cater for the larger numbers. However, due to record numbers, there was still more families than chairs!

All the students and staff provided a great atmosphere and an environment that enabled prospective students to seek answers to all their questions.

A wonderful evening, that hopefully results in strong student enrolments for next year.



Reconciliation Event

Tourism and Events Promotion students hosted a lunch time Reconciliation event at school on Tuesday 29th May. This was an assessment item providing students with an opportunity to learn firsthand and be involved in event planning processes and procedures.

During the event, students prepared and presented indigenous foods and beverages, and had traditional games and dot art for staff and students to enjoy. This provided all participants to engage in and learn about Aboriginal and Torres Strait Islander culture and histories. The event also had a wonderful live display of artefacts, tools and stories by Larry Brandy from Cultural Infusion. Wiradjuri Echoes also performed traditional dance with outstanding didgeridoo sounds and invited students to take part in the dance performance.



Wellbeing Program

Term 2

Through this term, in the SG Wellbeing Program, students have been learning about Wellbeing and Self-awareness. Students have participated in a range of activities that promote their own and others wellbeing. We have investigated the concept of Authentic Happiness and discussed the impact of happiness on our own wellbeing.

Research suggest that those individuals with higher degrees of happiness have been found to also have increased self-esteem, optimism, a sense of personal competence, improved interpersonal skills, and higher satisfaction with the quality of one's relationships. Those who develop their own wellbeing have heightened ability to cope and remain positive during difficult times and are less likely to experience conflict and more likely to be superior at resolving conflict. They are more accepting and less critical of themselves and others, and are judged as more physically attractive, intelligent, competent, friendly, and warm than their less happy counterparts (Vitalise Psychology, 2015).

Students have kept gratitude journals that promoting positive thinking and thankfulness as a part of every day. Each SG also discussed ways that each individual can give to others and how giving to someone else can actually improve your own feelings of happiness.



Reference: Neilson, T. W. (2013). 'SELF CARE AIMS' & Action Plan for Giving (Five Dimensions of Giving). Accessed on 8 April 2014 at <http://www.thomsonelson.net>

In week 18 students will be studying the SELF CARE AIMS devised by Thomas Neilson from the University of Canberra. Students will gain an understanding how to give to themselves, including the benefit of giving yourself the correct amount of sleep. Students will also reflect on their overall application of the SELF CARE AIMS principle and identify areas to focus on for improvement.

“Happiness is not something ready-made. It comes from your own actions.”
- Dalai Lama



Wellbeing Week

During Week 14, the college staff and students participated in Wellbeing Week. Each of the days of the week were dedicated to one of the 'Ways to Wellbeing' – Connect, Give, Take Notice, Keep Learning and Be Active. There were a number of activities on offer including staff vs. students sport, mindfulness colouring, yoga, cupcake decorating and belly dancing.

Wellbeing week provides a unique opportunity for both staff and students to set aside time in their busy schedules to focus on themselves. In the Wellbeing program this term we have been focussing on the Ways to Wellbeing and the SELF CARE AIMS. Both of these self-care strategies form the foundation for wellbeing principles at Lake Ginninderra College. Students have been given the opportunity to participating in giving and gratitude activities that have scientific links to mental health improvement.

By participating in Wellbeing Week students were practically able to apply the content we have been covering in the SG Wellbeing program. Thank you to all the staff and students for their support with this event.



Global Classroom

The college Global Classroom students departed for Sweden on Wednesday 6th June for the annual Global Classroom Conference. The group will join school groups from Scotland, USA, South Africa, Germany and the Czech Republic as part of the conference.

The Global Classroom Partnership is an international initiative begun in the Shetland Islands 20 years ago. University of Canberra Senior Secondary College Lake Ginninderra (UCSSCLG) students have attended conferences in the Shetland Islands (2009 and 2015), USA (2010 and 2016), Czech Republic (2014) and Germany (2013). Last year the conference was hosted at Lake Ginninderra College.

Students from participating schools research and prepare assigned tasks on a set theme to present to

the conference. The emphasis is on sharing learning between schools, with the ethos that students can **'learn locally but think globally'**.

The Global Classroom Partnership offers students invaluable experiences and opportunities for personal growth. Participants develop skills in interpersonal communication across national divides, learning to share cultural knowledge and develop empathy for the rights, views and needs of others.

Our student representatives are:

Asher Barry
Daniel Forero Toro
Bridget Hille
Mia Maxwell
Lauren Riddle



UC Connect

The UC Connect program will be commonwealth funded for Lake Ginninderra College students to commence in Semester 2 2018. UC Connect is an excellent opportunity for year 12 students and students previously enrolled have achieved successful results, some improving their ATARS significantly. The cost for the course outside of school is \$2,400 and would set students back a further 6 months. By doing the course now, the students will be able to gain entry at the same time as their peers. We encourage students to seize this unique and exciting opportunity.

Students will need to meet set criteria for the college and the University of Canberra. We recommend the program to students that are expecting an ATAR of less than 65 or students doing an accredited package with high results. Suitable students will be invited to attend the below information sessions by email. However, all students that are interested are encouraged to attend.

Applications are now available in Student Services.

Key Dates for your calendar:

Session	Date and Time	Venue
Student Information Session	Lunchtime Tuesday and Thursday (Week 17) Attend 1 Session only	Lecture Theatre
Parent Information Evening	6pm-7pm Tuesday 19 th June (Week 18)	Lecture Theatre
Application Due Date to Lake G	Tuesday 26 th June (Week 19)	Student Services
Orientation Day	Monday 30th July (Week 2)	University of Canberra
UC Connect classes begin	Monday 6 th August (Week 3)	University of Canberra

For further information, please contact: Jackie.bryant@ed.act.edu.au or visit the UC Connect website.

Parents and Citizens

Lake Ginninderra P&C

Upcoming meeting:

Monday 2 July
6.30pm in room B05
following the School Board meeting.

For updates of parent activities,
Email us on lakegpandc@gmail.com and find out more about your college

Lake G Community Partners

