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July-August Newsletter

Principal

Dear all

I write to you on Principal's Day 2023 in the principal role whilst Melissa is on leave.

As Acting Principal, I have been able to gain some fresh insights into the college and the pivotal role our staff play in the lives of our students. Their commitment to providing the best educational experience and opportunities for our students to connect with their learning is what makes the College community so dynamic, as I hope the highlights below demonstrate.

I was fortunate to recently attend a leadership forum where Dr Adam Fraser presented on - Building a Sustainable Approach to Wellbeing. The key take-away from Dr Fraser was that short but consistent bursts of recovery – activities that help you switch off, is one of the best mechanisms to ensure balance in our lives and improve our wellbeing and focus.

It is a busy time of year for all of us - staff, students, and no doubt for families as well. A simple everyday strategy that he recommends, and I encourage you to try, is to reflect, rest, and reset.

Each day we need to find time to:

- Reflect: What went well today? What did I achieve? How did I improve?
- Rest: What relaxes me?
- Reset: What is my intention? How do I need to behave?

All the best to everyone for the term.

Kirk

Learning and connections – Term 3 highlights

An array of learning opportunities and experiences are open to students with excursions, extra-curricular opportunities, competitions, and guest speakers.

Congratulations for a terrific performance by our students in the College's Musical Production 'Strictly Ballroom'.

Well done to all the students in the cast and crew and to Dale Thain (Dance/Drama teacher), Lane Moore (Music teacher) and their supporting team of teachers and College Alumni.



(Ehlana Kent – In the Parking Lot)

On the sporting front, the Health and PE team led a great excursion to Melbourne for more than 70 of our Sports Development students. It was an amazing opportunity for them to see first-hand world class training facilities and programs and imbue themselves with Melbourne sporting culture.

Our sporting teams and individuals continue to be successful on and off the field, including ACT Champions in Brumbies 7s as well as podium places in Bouldering and Cross Country.

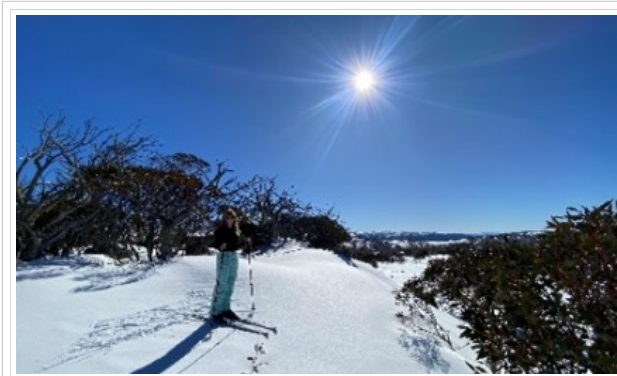
Further afield, several of our talented athletes have also been proving their worth with national, international and world record achievements.

The teachers however, proved to be tough competition, defeating the College's Girls intercollege netball team in a friendly in week 1 of the term.

See the Sports Report below for more action.



For more information on the Xpo itself please go to <https://careersxpo.com.au/>



The Outdoor Education experience has transitioned from surf to summit with a number of alpine excursions and expeditions planned for this term, kicking off with a cross country trip to Perisher in week 2 where the Outdoor Ed students and teachers were blessed with 'bluebird' days.

All permission notes are due back to the College on Monday 7 August.

Subject Selections

As part of our transition program, in the coming weeks College staff will be supporting our Year 11 2024 students to make their subject selections.

Two subject selection days will be held for students at our feeder high schools, Canberra High School and Kaleen High School.

- Canberra High School: Wednesday 16 August, 9.00am – 1.30pm
- UC High School Kaleen: Thursday 24 August, 00am – 12.00pm

Two subject selection evenings will be held for students accepted from out of our PEA.

- Tuesday 29 August, 4.30 – 6.00pm OR
- Wednesday 6 September, 4.30 – 6.00pm

Staffing news

The College welcomes the several new staff members to the team this term:

Zoe Rothfield – A/g SLC Humanities/Outdoor Education



Zoe Rothfield is a Humanities and English educator and has spent the past nine years at Melba Copland Secondary School in a variety of roles. She has extensive experience in curriculum development (author of Sociology BSSS Course), and student management and wellbeing as an Executive Teacher and Year Coordinator. Zoe has led the Arts and Student Wellbeing teams, embedding a culture that values student voice and engagement, and has also supported staff development as the SLC of

Canberra Careers Xpo
Wednesday 9 – Thursday 10 August 2023

The College has booked buses and we are encouraging all students to attend the excursion from 11:00-1:00pm on Wednesday 9 August at EPIC.

Professional Practice. She is particularly passionate about creating inclusive school communities that value diversity.

Chloe Diggins – Philosophy and English teacher

Chloe is a dedicated and creative professional with a passion for Humanities. She holds several Masters degrees and has a broad teaching experience in the senior secondary sector. Chloe specialises in the teaching of Politics and Philosophy and has worked with the BSSS in course development. She is innovative in using digital tools in the classroom.

Chloe joins us from Narrabundah College and is teaching Philosophy and English.

Jo-Ann Low – Youth Worker

Jo-Ann has been a Youth Worker in numerous school settings. These include Hawker College, Canberra College and most recently Belconnen High School. Jo-Ann has a Cert IV in Youth Work and has experience in facilitating programs, trauma informed practice, and working with stakeholders in creating a safe and supportive environment for young people.

It is great to have a Youth Support Worker on the Student Services team once again.

Lizy Delgado – English teacher

Lizy joins us once again in the English / Languages faculty. She specialises in Teaching English as an additional language and holds a Grad Diploma in TESOL and Masters in Interpreting and Translating. Lizy is coming to us from Dickson College where her area of specialisation was the Secondary Introductory English Centre (SIEC).

Welcome Jo-Ann, Lizy, Chloe, and Zoe... all the best for the Semester.

Deputy Duologue

Talking to myself

Principal Melissa Planten is presently on leave. In the interim before her return there is one deputy principal. For the next few weeks please address any deputy principal queries to gerard.barrett@ed.act.edu.au

ATAR Estimates

In a first for the college, in addition to ATAR estimates being updated for students in Year 12 and emailed to students and families, estimates for Year 11 students have also been calculated and emailed. The purpose in both cases is to instigate conversations about next steps for students in T packages. Is everything A-OK or should changes in approach be considered? Year coordinators, the Certification officer, heads of faculty and deputy principals are available for advice.

Vaping



The use of e-cigarettes, also known as vaping, is a pressing issue for all schools including primary schools. Research to date has identified that a lack of community knowledge about vaping was a factor in its increase. Please take some time to look at the following podcast resources and links to support materials to increase your knowledge about this issue.

https://www.teachermagazine.com/au_en/articles/the-research-files-episode-84-empowering-young-people-to-prevent-e-cigarette-use

<https://terpodcast.com/2023/07/07/6438/>

Both of these podcasts offer links to support materials suitable for families and students.

2023 School Satisfaction & Climate Survey

Each year, the Directorate surveys all parents and carers, school staff and students in Years 4 to 12 about their experience of public education. The 2023 School Satisfaction & Climate Survey will be available online from 18 August to 8 September. The survey results will help us to continue to make quality informed decisions about how to improve our school. No personal identifying information will be available to the college.

For each child in their family who attends an ACT public school, parents and carers will receive:

- A letter about the **student survey** outlining the reasons for collection and privacy provision for the data; and
- An email about the **parent survey**, including a unique link to access the survey.

Genuine survey invitation emails will have the title "The 2023 School Satisfaction & Climate Survey is now open!" and will be sent from EDU Surveys & Evaluation with 'from' address EDU@qualtrics-survey.com.

If you do not receive the survey invitation, please check your Junk email folder; if it is not there, please contact your school. If you do not have an email listed with the school, please provide one as soon as practicable. Most school communication is by email.

The Parents and Carers Survey will be available online in other languages: Arabic, Burmese, Chinese, Hindi, Korean, Urdu, Vietnamese, Punjabi, Bengali, Spanish, Telugu, French and Italian. Respondents can select their preferred language when they start the survey. A shortened paper-version of the Parents

and Carers Survey is also available in the following 5 languages: Dari, Dinka, Farsi, Karen and Mon. These surveys are available at the Front Office.

For the results to reflect the opinions of our whole school community, we need as many parents and carers, staff and students as possible to complete the survey. Your feedback is important, and we hope you will take part.

For more information, visit: <https://www.education.act.gov.au/public-school-life/school-satisfaction-and-climate-survey>

Dates for the Fridge Door

Friday - Sunday	4 August - 27 August	Limelight Visual Arts Exhibition M16 Artspace
Wednesday	9 August	Careers Xpo (whole school excursion)
Thursday	17 August	Moderation Day (no classes)
Tuesday	5 September	ACT Scaling Test (AST) Day 1
Wednesday	6 September	AST Day 2
Tuesday	19 September	Parent Teacher interviews (face to face)

Strictly Ballroom

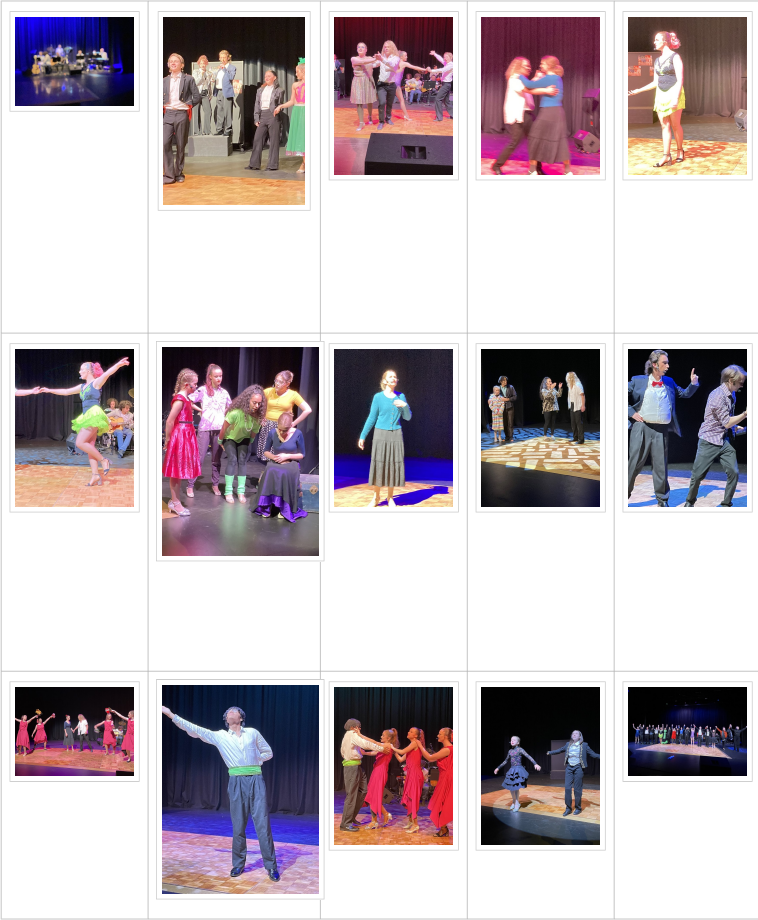
“Shall we dance?” asks Doug in the last line before the cast breaks out into one final sequence of “Love is In the Air” before taking their well-deserved bows.

Well they danced, they sang, they performed their hearts out and delivered four wonderful nights of the hit show Strictly Ballroom. The cast and crew of Strictly knocked it out of the park each night with thrilling performances. It was wonderful to see the culmination of countless hours of rehearsals all coming together. The ‘triple-threat’ of singing, dancing and acting is no easy feat. In the words of the director Dale Thain the students “trained their guts out, adapting to the original score, creating their own steps and learning a range of new dance styles. Rhumba, Waltz, Samba, knee slides and the infamous ‘Bogo Pogo’, an original dance move we should all be appropriately schooled in.”

Let us not forget the incredible musicians! From the music director Lane Moore, Strictly Ballrooms “focus on dance; the “Paso Doble” and Latin and other influences of “Merengue”, “Samba” “Mozambique”, “Rhumba” combined with western styles of straight up “Rock” and “Disco” caught the attention of the cast and band. Here the intricacies of keeping a style and tempo with a focus on dance (and singing!) while changing time signature and multiple key changes within pieces has provided the most challenges and led to the most growth – no easy task to assimilate!”

But assimilate they did! From the performers on stage, the musicians in the band, the lighting and sound crews ensuring everything was seen and heard to the backstage crew keeping everyone organised and the front of house team supporting the audience – all the students and staff should feel proud of their efforts.

Our thanks go to college staff who helped out behind the scenes to make this production happen, to Belco Arts and also to the audience who came along to support the amazing culture of performing arts here at Lake Ginninderra College.



Enter the Limelight Visual Arts Exhibition

The annual event ‘Enter the Limelight’ showcasing the best art from public schools in Canberra opens for 2023 on Friday 4 August. The college has a large number of student works selected for exhibition. It is recognition of the quality of the art and photography work being produced by our students. The following students had works which were chosen.

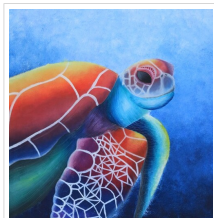
Name	Title
Ari Puthuparampil Arun	Friendly Shoes
Ehlana Kent	In The Parking Lot
Neve Marais	Place To Place

Peter Tate	Tired At The Takeaway
Sammy Appleby	Stationary Serendipity
Jasmin-Jewel Burgess	The Luxuriating Panther
Linus Harris	Gwendolyn
Elyha Germain	Boy
Isabelle ha	Detached
Angelyne Conde	Joyful
Emma Clark	Over The Bridge
Klaus Tong	Sieinbeck
Joyce Ingloff-Richards	Dog From The Coast

To see the exhibition, it is open to the public as follows:

Where: M16 Artspace Gallery in Griffith 21 Blaxland Cres,
Griffith ACT 2603

When: Friday 4 August – Sunday 27 August, 2023
The gallery is open 12pm – 5pm from Wednesday to Sunday



Modern History and PPE Guest Upcoming



Modern History students, along with those in our interdisciplinary extension unit PPE & Global Perspectives, have historian Dr Robert Stevenson coming into the college to speak about pathways for students interested in history, and also the First World War and peacekeeping. This will connect well with many topics being covered in the Humanities this semester.

Robert served in the Australian Regular Army between 1977 and 2011. Since then, he has completed projects with the Australian War Memorial as an author with the team preparing the Official History of Australian Operations in Iraq and Afghanistan, the Australian Peacekeeping Operations in East Timor and on *The War With Germany*, a volume in the Centenary History of Australia and the Great War series.

So put Wednesday, 16 August 2.40pm in your calendar and keep an eye on the SG notices for further information (or see Louise in the English staffroom).

Cyber stuff

CAT (AMT – 2023)

The CAT (Computational & Algorithmic Test) is an international competition held in schools across Australia, and in commonwealth and non-commonwealth countries across the world sometime between middle and the end of May every year. The test comprises of writing algorithms involving problem solving questions where levels of difficulty increase as one progresses through the test. The test is timed on the computers and conducted centrally through AMT.

Students from UCSSC participated in the senior division involving both years 11 and 12. We had 21 students from the two Digital Technologies classes who sat the test. Six of those

21 recorded world rankings ranging between 100 to 300 from approximately 17000 participants all over the world across the many countries mentioned above.

Cyber Schools Challenge

The Cyber Schools Challenge (the games) conducted by the 'Cyber Securities Division' of Services Australia will be held in Week 10, 18-22 September 2023 of Term 3.

In preparation for the games, the cyber security division will be arranging for at least 3 pre-engagement sessions, to ensure participants are comfortable with attacking and defending techniques.

This will be held across 3 Mondays in Term 3 across weeks 2, 5 and 7 at UCSSC after lunch. An official invitation will be sent in coming weeks. The college will have 6-8 students across both year levels participating in this event.

This is a fantastic collaboration between UCSSC and the Cyber Capabilities Branch of the Cyber Security Division of Services Australia. The exposure and experience that students from the Digital technologies classes will gain during Term 3 across years 11 and 12 will be highly beneficial not only from the course perspective but also for career pathways.

Jo-Ann the Youth Worker introduces herself

Hi, my name is Jo-Ann Low. I am new at UC Senior Secondary College Lake Ginninderra as a Youth Worker.

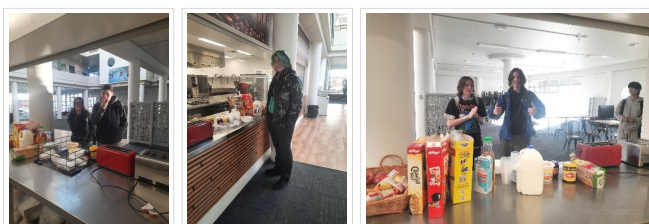
I hold a Certificate IV in Youth Work and extensive experience in High Schools, Colleges and Community Service, facilitating programs, trauma informed practice, and working with stakeholders in creating a safe and supportive environment for young people.

I chose to work in this field because I find working with young people very rewarding. I enjoy supporting young people, opening their eyes to new experiences, fostering confidence, and ambition. In supporting young people, I help to prepare them to make a positive contribution to society.

This term I have- introduced the Breakfast Club which initially will be each Monday before class in the student common area 8am -9.00am.

Breakfast is widely considered to be the most important meal of the day with a range of health benefits including cognitive development support, improved energy levels and the ability to concentrate.

If your student is out the door without breakfast, suggest that they drop in. Students can also drop in at any time during the day if they need to talk.



Outdoor Education

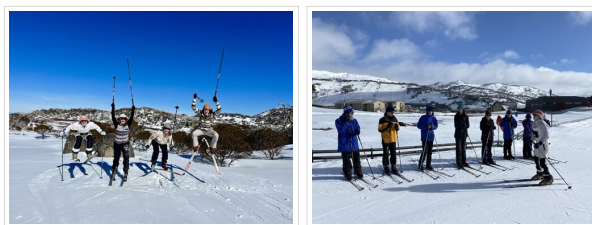
Outdoor and Environmental Education

This semester our Year 11 and 12 Tertiary Outdoor and Environmental Education students are learning how-to cross-country ski in Kosciuszko National Park at Perisher Blue Nordic Trails. They experience the change in alpine environment as it varies from season to season through the year. Later this semester they will be going on a multi-day hike through Jagungal Wilderness, once again observing the changes in environment as the season turns to spring.

Meanwhile in the classroom the Year 11 class are studying the Snowy Hydro, risk management and how to plan a hike. The Year 12s in their final semester of college are learning how climate change and technology are affecting outdoor adventures and the environment and also studying wilderness explorers.

Outdoor Recreation C Course

The Year 11 Outdoor Recreation Students will over the course of 3 days in Perisher Valley be learning how-to cross-country ski. During classrooms sessions the students will be studying the components of cross-country skiing and how the activity can be completed in a safe and fun way.



The Year 12 Outdoor Recreation Students have the opportunity to attend one of the following trips this semester: Backcountry snow camping near Mt Whitley, Canyoning in the Blue Mountains, Hiking in Bimberi Wilderness and Rock Climbing at Nowra and Point Perpendicular. At school the students will be covering key theory components of their chosen activity.

Sports Report

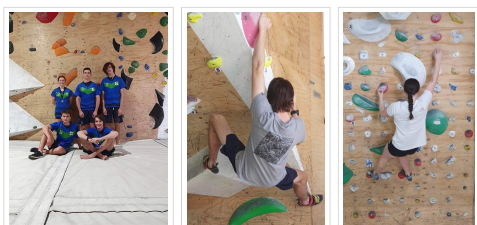
The end of term 2 saw a lot of sporting success! Students sign up for semester 2 sport via the Google Form.

BRUMBIES 7'S BOYS AND GIRLS

The girls were undefeated on the day becoming the ACT CHAMPIONS! Defeating St Clare's, Canberra Girls Grammar, and Canberra College. They will compete in the next round in week 5 of this term. The boys won half their games on the day being eliminated in the semi-final. Congratulations to all involved and best of luck to the girls in the next round.



BOULDERING



The ACT Schools Bouldering Championships for secondary students saw 160 competitions arrive at Mountain Strong in Fyshwick to climb their way to the top!

- Emily Scott WON the 11/12 girls division.
- Jethro Andrews placed 4th and Marcus McElhinny placed 6th in the 11/12 boys division.

Round 2 will be a separate high school and college day due to the success of this event. Interested students should save Friday 15 September in their calendars and express interest via Google Form to receive further information.



CROSS COUNTRY

During the exam period, 6 students travelled to Mount Stromlo to participate in the ACT 13&Over Cross-Country Championship. With 2 participants finishing on the podium, we are proud to celebrate the wonderful athletes amongst the 2023 cohort.

Boys 17 6km Ryan Cuzner 2nd, Thomas Menzies-Stegbauer 4th

Boys 18-19 6km Hayden Todd 2nd

Girls 16 4km Dakota Thorne 35th

Girls 17 4km Hannah Leitch 12th

STAFF vs STUDENTS - NETBALL

Week 1 the girls intercollege netball team took on the staff for a very competitive game of netball to begin the term.



TERM 3 INTERCOLLEGE SPORT

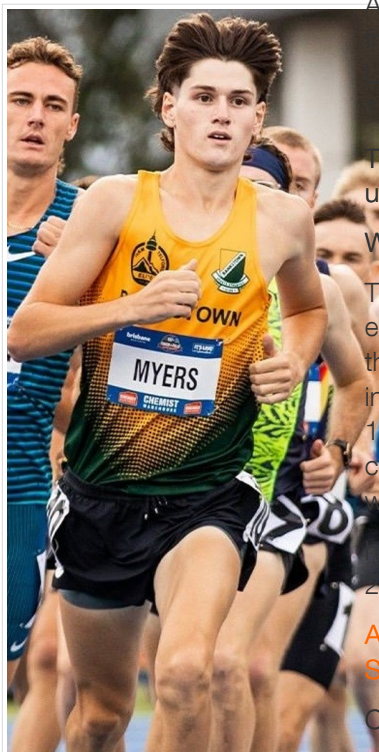
Round 1 of intercollege sport saw success across all 3 teams!

- Year 11 boys volleyball 2-0 vs Dickson
- Year 12 boys volleyball 2-0 vs Gungahlin
- Girls netball 54-5 vs Gungahlin

Congratulations to all. In week 2 teams had a bye due to the sports development excursion to Melbourne.

INDIVIDUAL STUDENT SUCCESS

- Eg Moore competed in the 2023 Australian National Kyokushin Karate Championships in Sydney in June. With 160 competitors from Australia and the south pacific region including New Zealand, New Caledonia and Guam. Eg walked away with a 1st place in Kumite (sparring) and 3rd place in the Kata (form) event. Congratulations on a huge achievement.
- Ryan Cuzner was selected for ACT to compete in the Australian Cross Country Championships at Mount Stromlo in August.
- Congratulations to Mitch Croft who has been selected as one of four athletes to compete in the 2023 Commonwealth Youth Games in Trinbago representing Australia in Beach Volleyball.
- Cameron Myers continues his amazing work on the track. At the end of June Cameron set an Australian record with 3:36.10 for the U18 & U20 Men's 1500 in Germany. Then in July, he broke his own record first with a time of 3:35.88 and then in Poland he broke the WORLD RECORD for the U18 Men's 1500m running 3:33.26 in his first elite level athletics diamond league meet! He has met the qualifying time for the PARIS OLYMPICS in 2024! Congratulations Cameron this is a phenomenal achievement for anyone, let alone someone at your age. Your consistency and dedication to training is evident. We are so proud of your achievements and can't wait to cheer you on in Paris!



Career Opportunities

UCSSC Lake Ginninderra whole school excursion

When: Wednesday 9 August 11am – 1.15pm

Where: Exhibition Park in Canberra (EPIC), Cnr Flemington Rd & Northbourne Ave/Federal Hwy Mitchell

Transport: ACTION buses have been chartered and will depart from the front of the College

Excursion permission forms: Due at the Front Office by **Monday 7 August 2023**

Cost: No cost to students

General Information: This is a whole-school students and staff annual event.

All students are to attend their timetabled classes on F Line from 8.40 - 10.40am and upon their return to school, their D class from 1.40-2.40pm. Students will return to college by 3.15pm.

This is a normal school day, and all students should attend as usual – absences must be explained.

What is the Canberra CareersXpo about?

The Canberra CareersXpo is an annual event held in August each year. The event is open to secondary students throughout the ACT and surrounding NSW schools network seeking information on career and study pathways. There will be over 150 local and national exhibitors, including universities, colleges, VET and career placement organisations, providing a wide range of information sources.

https://ucssc.schoolzineplus.com/_file/media/2223/2023_careerexpo_student_visitor_program.pdf

Australian Government – Department of Finance 2024 Career Starter Program

Overview

- Full time position with a competitive starting salary starting at the APS 1 Level – \$51,530 per year
- Advancement opportunity to the APS 2 Level upon successful completion – salary increase to \$58,511 per year
- 15.4% superannuation and 4 weeks paid leave per year
- Statement of Attainment of a Certificate IV in Government
- Quarterly network events
- A 'buddy' from the previous years' program

Eligibility

To be eligible for the Career Starter Program, you must:

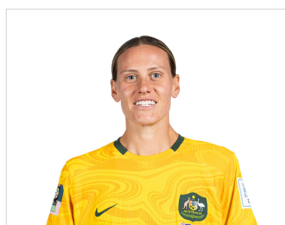
- have completed your Year 12 certificate in 2022 or be completing one in 2023
- be an Australian citizen or have proof you will be granted Australian citizenship by November 2023

SPORTS DEVELOPMENT EXCURSION TO MELBOURNE REPORT

https://ucssc.schoolzineplus.com/_file/media/2259/melbourne_sports_report_for_the_newsletter.pdf

ALUMNI IN MATILDAS

Alumni Emily van Egmond and Charlotte Grant are both members of the Australian Football team competing in the World Cup hosted in July and August in Australia and New Zealand.



- be able to obtain and maintain a Baseline security clearance.

For further details, please see the Department of Finance website.

Application requirements

The application process is a multi-stage assessment process that may include elements such as:

- written application
- online assessment
- virtual assessment centre

Access the website for more info:
<https://www.infrastructure.gov.au/departments/careers/entry-level-programs/csp>

https://ucssc.schoolzineplus.com/_file/media/2224/asba_aboriginal_and_torres_strait_islander_employment_student_flyer_july23.pdf

Advice and help for parents

Supporting parents in responding to their child's strong emotions presentation

The School Psychology Service Early Intervention team are providing two parent presentations in term 3 that are aimed at supporting parents in responding to their child's strong emotions. During these presentations parents/carers will learn strategies to take positive action to address their child's challenging behaviours, learn skills to de-escalate conflict, and learn how to make positive changes in their family's dynamics.

Sessions will be held on Wednesday, August 23 and Wednesday, September 13, 2023 from 1:00pm – 2:00pm at Headley Beare Center for Teaching and Learning.

Parents can sign up to attend directly through the QR code on the flyer, or by registering online through Supporting your child's strong emotions - parent presentation. School executive teams or the school psychologist can contact SPS_EarlyIntervention@ed.act.edu.au if there are further questions.

Attachments:

https://ucssc.schoolzineplus.com/_file/media/2165/20230613_sb_w8a4_supporting_strong_emotions_flyer.pdf

Weapons and harmful items

All students, staff and community members have the right to feel safe at school. In doing so, all school community members must comply with criminal laws in the ACT, which includes, but is not limited to offences relating to unlawful behaviour involving weapons, violence and harassment.

We would like to remind families that weapons such as knives and other harmful items are not permitted on school grounds or at other ACT Education Directorate sites. This includes students storing them in their bag or locker or students carrying

them. A weapon is considered any object designed, adapted, or capable of being used for intentionally inflicting or threatening to inflict bodily harm or physical damage.

If students or any other person in school grounds are found to be in possession of a weapon and displaying threatening behaviour, a staff member is required to call Police as per the Safe and Supportive Schools Procedures A and B. The school may also enact their safety response procedures such as going into lockdown if needed.

Please support us to keep our school a safe place.

COVID Smart reminder

As you may be aware, there has been an increase in COVID-19 cases across ACT public schools in recent weeks.

To help stop the further spread of COVID-19 in our school, we are encouraging and implementing the following measures:

- Students who are COVID-19 positive or displaying symptoms (including a runny nose, sore throat, cough, fever) should test and **must not attend school while unwell**.
- Parents and carers must **inform schools** if their child is COVID-positive.
- Keep up to date with vaccinations.
- Families can access a **free rapid antigen test (RAT)** from the front office of their school. Nasal and saliva tests are available. **Test when symptomatic or as a precaution**.
- Practise good hand and respiratory hygiene.
- Distance where possible.

For the latest COVID-19 advice please visit the ACT's COVID-19 website.