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Alfred Deakin High School is built on the traditional lands of the Ngunnawal people.

We acknowledge the traditional owners of this land and pay our respects to their elders, past, present and future.

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ALFRED DEAKIN HIGH SCHOOL CELEBRATES THE 70th ANNIVERSARY OF CHILDREN'S BOOK WEEK

FROM THE PRINCIPAL

As I write this article, Limelight 2015 has just concluded. Marian Budos wrote the music, Emily Appleton worked with the students to choreograph the dance and Jeanette de Smet designed and made the costumes. Such talented staff and students produced an exemplary performance commented on extensively through congratulatory emails from parents.

“Inspiring such a creative result from your students. The collaboration between the musicians and dancers was most impressive”.

“Just wanted to congratulate you on the beautiful music you wrote for the Limelight performance. It was very atmospheric and I thought you wrote for the instruments you had available so well”

Thank you to all those parents, students and staff who have responded to the Satisfaction survey.

Students 640 Parents 132 Staff 67
Your participation will assist ADHS respond to feedback and consider improvements in our annual strategic planning process early in term 4.

Next week we say farewell to the 22 students and three staff travelling to **Italy and France** for three weeks. This overseas excursion led by Brendan Magee will visit sites of historical significance to commemorate the 100th Anniversary of Gallipoli. The tour was originally hoping to visit Turkey but, due to DFAT travel ratings, was modified to France and Italy. Ingrid Jaugietis is leading 30 students and staff to **Tasmania** for just over two weeks. We wish both excursions safe travels and look forward to hearing of their adventures. We very much appreciate the efforts of staff at ADHS and the generous use of their own time to plan, organise and escort students on such powerful learning journeys – thank you!

ADHS has recently revamped our [ADHS Parent Portal](#), a single site to help parents keep-up-to-date with their child’s education at ADHS. In this portal parents have access to

- information from the Education and Training Directorate (ETD) on the provision of safe and reliable access to ICT
- student course outlines for semester 2
- [Hapara Parent Portal](#).
- [Elective options](#)
- devices; recommended devices at ADHS, required specs and where to purchase can be found [here](#).

Progress reports

Progress reports were issued on Wednesday (9th September) and our **Parent-Teacher** night is on next Monday, September 14th from 4.00 pm – 7.00 pm. Progress reports are intended to flag any issues that have arisen over the term and help us to work together to support students. Parents have been sent a letter indicating options for bookings and that booking through SOBS (Schools Online Booking System) is preferred. SOBS is linked on our website.

Year 7 Elective Selections 2016

Students can now elect course electives for 2016 via the [Web Preferences Portal](#). It is strongly advised before students select a course that they read the Course Information Booklet 2016, which can be accessed by utilising the link [Elective Booklet 2016](#). It contains descriptive information regarding elective courses offered at Alfred Deakin in 2016, for further inquiries please do not hesitate to contact the school. Year 7 students will undertake elective selection in term 4.

In closing, I am taking long service leave from this Friday. I will be travelling through Spain and Germany to visit my son again who lives in Hamburg. In my absence Richard Fox will be Principal, and Jacqui Ford will be Deputy (Student Engagement), along with Alex Nagy.

I have included in this edition of the Digest an article - *Teen creatures of the night* - published in the Term 3, 2015 edition of Technology Ed. I urge parents to discuss the impact of prolonged use of electronic devices and our ability to get a good night’s sleep. Establishing agreements around switching off, removing devices from the bedroom at sleep time, switching to silent mode and encouraging a high level of physical activity are helpful strategies to assist our students maintain good health and wellbeing.

Whilst the occasional late night does not really do much harm, the difficulty arises when sleep is continually less than the brain and body really requires. Lack of sleep can lead to a state of constant sleep deprivation. This can cause physical (clumsiness, weight gain) and psychological problems (anxiety, stress, problems with concentration, increase in frustration) and can significantly impact upon the ability to function well at school (EducationHQ 2015)

Belinda Bartlett
Principal

DATES TO REMEMBER

TERM 3 SEPTEMBER Week 8B

Fri 11 Digest on website

Week 9A

Mon 14 School Assembly 9.00am
Dance Festival rehearsal
Canberra Theatre Centre
Parent Teacher evening
4.00pm – 7.00 pm

Mon 14-Tue 15 Dance Festival rehearsal
Canberra Theatre Centre

Tues 15 Athletics Carnival

Wed 16 Ultimate Frisbee
Mountain Biking afternoon
Anzac Trip to France & Italy
(Sept 16 – October 3)

Thurs 17 Ausdance Festival performance
Canberra Theatre Centre
7.30pm

Sat 19 ACT ToMs Finals - ANU
Sun 20 Tasmania Tour departs

Week 10B

Mon 21-Tue 22 Year 6 testing 9.00am
Thurs 24 Bell Shakespeare incursion
Fri 25 Term 3 ends

TERM 4 OCTOBER Week 1A

Mon 12 First day Term 4
Fri 16 Canberra College
subject selections 9am-1pm

Week 2B

Mon 19 Year 7 Immunisations
Tues 20 Narrabundah College Selections
Wed 21 School Assembly
Thurs 22 ACTSSSA South Side Athletics
Fri 23 AAA Rehearsal
Digest on the website

The link to the live calendar on our website:

http://www.adhs.act.edu.au/our_school/google_calendar

SOBS

Schools Online Booking System

In Term 3, 2013 we trialled some new software to enhance communication processes between the school and our community. We used Schools Online Booking System (SOBS) for the Parent/Teacher interview afternoon, after the success of this we have decided to continue using the product. So, again for this term, after receiving the reports for your student you will be able to go online through the SOBS website and book interview times with the individual teachers.

If you wish to see any of your child's teachers, you need to secure an appointment time using this system. If you do not have access to the internet your local library may be able to help, or alternatively you can call the school office on 6142 3888 between 9.00am and 3.00pm.

The booking system will only be accessible from **3.30pm on the 9th September 2015 through to 3pm on the 14th September 2015**. No interview requests will be accepted outside of these times.

An information sheet outlining the process to use the system has been included in the report pack issued on Wednesday 9th September.

Canteen - Volunteers Wanted!

Do you have a spare hour or two each week? Perhaps you have been looking for a way to be involved in our school community? Your time has come! We are actively looking for parents/carers to be involved in our school canteen for a few hours each week. If you think this might suit you please make direct contact with Canteen Manager Debbie Tobin on 6281 4110.

**Dear Parents and Carers of ADHS
Students**



Parent Teacher Evening Interviews

Monday 14 September 2015

**4:00pm – 7:00pm
In the School Gym**

All parents and carers of ADHS students are invited to attend the Parent Teacher Evening Interviews.

The purpose of the evening is for parents and carers to receive information from your child's teachers about progress this term.

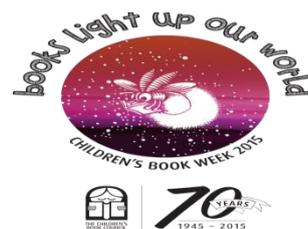
Student Progress Reports will be handed out to students in week 8.

Information on how to make your teacher bookings on the website Schools Online Booking System (SOBS) will be attached to the Progress Report Page.

We look forward to meeting as many parents and carers as possible during the evening.

Excellence Responsibility Community Respect

BOOK WEEK



Wind's in the east. Mist comin' in. Like somethin' is brewing, about to begin... (Bert: *Mary Poppins* film, 1964)

Book Week kicked off with our annual Book Week Assembly. Much to Tigger's (Ms Bartlett) dismay, Mrs Schubert was nowhere to be seen. In the absence of the host, Tigger improvised, hoping Mrs Schubert would be there soon, and read to us from his favourite book, *Winnie the Pooh*. Mrs Schubert never arrived but thankfully Mary Poppins flew in with the help of the most awesome stunt team ever: Mr White, Ms Burrage, Mr Gaskin and Mr Brazier. Then the fun began. Ms Irvine and the UPA class delighted everyone with what has become their traditional Book Week performance. This year it was a musical/ dance piece called 'Got Your Head Stuck in a Book', and it was absolutely wonderful! Then it was time for the costume parade. Lots of students and teachers got into the Book Week spirit by dressing up and the winners from each year group were:

Year 7: Poppy Achilleos and Lydia Radvanyi as the girls from 'The Help'

Year 8: Jack Stokes as Willy Wonka and Nour Younes as Joe Hockey

Year 9: Emma Corner as Hiccup from 'How To Train Your Dragon', Sidney Davis-Hall as the March Hare from 'Alice in Wonderland' and Holly Yarnold as Harley Quinn.

Year 10: Tristan Langerman-Thompson as Mr Grey from '50 Shades of Grey' (he assured us he hasn't read it though), Sarah Abdine as The Wicked Queen from 'Snow White' and Brittany Hughes as Holly Golightly.

Teachers: Ms Jaugietis as a Minion, Ms Holzwart as Effie Trinket from 'The Hunger Games' and Ms Feltham as Dr Who's TARDIS.



SOUTHSIDE FINALS



Book Week wasn't only about the assembly though. Throughout the week there was story time for big kids, where we relived our childhoods by being read picture books. The Hairy Maclary parody, 'Zombie McCrombie' was the favourite. And many students also took the opportunity to make wearable circuit cuffs in our new Makerspace to celebrate the Book Week theme: *Books light up our world.*

On Saturday, 5th September, six teams from ADHS participated in the Southside Finals of the Tournament of Minds. We had a team in Social Sciences and Applied Technology and two in both Maths Engineering and Language Literature. The feedback from the judges was that all teams presented well, with some overcoming technological and personal challenges to perform.

So how did we do?

Our result was that we have FOUR TEAMS going to the ACT Finals - one for each discipline!

This was a first for ADHS and hopefully this will continue to the Australasian Pacific Finals in Sydney next term. We will meet Canberra High, Campbell High and Karabar High in the ACT Finals to battle it out to see who goes to the APFs on Saturday 19th September.

At the Tournament we also had three year 10 students work as Theatre Managers for the Saturday, with one coming back for the Northside Finals on Sunday. A big thank you to Sandra Raju, Amanda Pham and Sarah Hatton. The ToMs Committee and Judges were very impressed with your assistance.

I would like to take this time to thank all our parents and our school executive who have supported ToMs at ADHS over the past five years. Without your support, we would not be able to continue to improve and build upon our achievements each year.

Finally, I would like to say a BIG thank you to our current year 10s, for whom this is the last year of ToMs. You have all been amazing and showed such leadership this year as you supported the younger students in the competition.

Goodbye Team DOS, Scotty, Babbage and Tamzyn. You will be missed!

Anissa Jones



Language Perfect



You will be aware that students have access to Language Perfect to assist with their studies in LOTE and English. But are you aware that, until the end of this year, all students can also access the whole suite of subjects that Education Perfect has to offer. This means that there are modules to assist with learning in maths, science, HaSS etc.

“But I’ve got no homework!”

Parents/Carers – if you hear this from your child/ward, then you can direct them to LANGUAGE PERFECT!

For any login issues, they should try:

Username: ADHS (student ID number minus the zero) eg ADHS4009823

Password: students first name (try with or without a capital letter)

If this fails, they can ask either their English or LOTE teacher or pop into the English staffroom to have it reset.

Kirsten Bedggood
Languages

YEAR 10 WEX AND RESOURCES FOR FURTHER STUDY

I have placed a number of resources in the library for students to consider when thinking about study beyond Year 12.

Whitehouse Fashion, located in Sydney, offers courses in Interior Design, Fashion and Creative Direction and Styling.

AIE Australian Interactive Academy is offering work experience placements which involve students spending a week working in a simulated environment using 3D modelling and programming while developing a prototype of a game.

<http://goo.gl/forms/W5YmjCNVz6>

Students need to apply online for this opportunity.

Australasian Beauty Therapy (Located in Philip) is also offering work experience placements.

Christine Bowen
Careers Advisor/WEX

BUSINESS CLASS

As a part of our Business class assignment we were asked to devise a creative enterprise idea that consisted of a realistic business plan. This business plan would explain how our idea could potentially one day become a profitable business. Our teacher entered all the groups in our class into the CPA Australia Plan Your Own Enterprise competition. The competition was created to encourage secondary school students to apply their business education to real life scenarios.

The enterprise that we came up with was a Young Adult Disability Care program. The prime purpose of our business was to build and operate an adult care facility for mentally and physically disabled adults. This facility was designed to cater for the needs of young disabled adults who are over the age of 18, who have reached the age of being too old to live at home but are too young to live in a full time nursing facility. An element that sets our business apart from any other service of its kind are the CIT courses and qualifications that would be modified to cater for the needs of a wide range of disabilities. In addition to our enterprise, we planned to provide a respite service which would give the carers/guardians a break from taking care of their charges. We would also provide the young adults with basic life skills training that would allow them to develop their own independence and, as a result, not be completely reliant on their carer/ guardian.

On Friday afternoon we received an email that informed us that we had won the ACT group section for the Plan Your Own Enterprise competition. We have been invited to attend the CPA awards afternoon on Thursday September 10th from 5pm to 5:30pm, where we will receive certificates for our enterprise idea.

So keep an eye out for our future business

Tawana Kanengoni, Phoebe Vickers and Amy Lange

FRENCH CUISINE

Mousse au chocolat

On the 31st August 2015, the year 9 and 10 French class students prepared chocolate mousse in the school kitchen. The students were asked to form small groups for this task. They were very happy and excited to prepare a French dessert. The recipe, written in French, was given to students before coming to the kitchen. It took them about 60 minutes to prepare the dessert. This was a great opportunity for the students to speak in French about French



cuisine. The chocolate mousse tasted "délicieux".
Merci beaucoup year 9 and 10.

Kassem Saikal – French Teacher

SPORTS REPORT

If the weather is looking rainy on the morning of a sporting event, don't forget to listen to 104.7 for any cancellations.

Recent Results

Soccer

ADHS sent four teams to the Southside soccer day. The junior and senior boys teams both qualified for the ACT Finals day.

Senior Boys Soccer Team: Aidan Smith, Patrick Oduro, Johny O'Gorman, David O'Gorman, Victor Garrett, Theo Willis, Luke Moufarrige, James Liu, Satria Bachsan, Tom Zhang, Keenan Ong, Lachlan Morgan, Ben Aisbitt, David Luong and Hamish Williams.
Coached by Will Sheppard.

Junior Boys Soccer Team: Thomas Rooney, Emmitt Housenloge, Riley Richman, Riley Frost, Evan

Mowbray, Will Gee, Kieren Allen, Sam Hill, Tahn Rainbird, Alex Young, Taylor Koch, Rohan Hosking and Oliver Fox.
Coached by Richard Fox.

Rock climbing

ADHS sent seven students coached by Rachel Burrage to the ACT rock climbing competition. Madison Mulligan finished in 1st place and Jayden Manton came in 2nd place in their respective divisions.

Girls AFL

On the 4th of August, the senior AFL team participated in the U16 Girls GWS Cup. The day was very cold and the ground especially muddy. Those who hadn't worn shoes with studs regretted it immensely. By the end of the day, it was easily judged by the filthiness of the players those who had managed to stay upright and who those who hadn't. Our team was evenly matched with most of the other schools, although a comfortable, satisfying victory over MacKillop College was achieved. Our team was large, mostly consisting of both year 9 and 10 players, with a few admirable year 8 girls braving the fray. Though we lost our final game, which would have given us the ticket to the grand final, we played fantastically. A special mention goes out to Lily Hawthorn who put her body on the line in every game!

Rachel Chopping (year 10)

Congratulations to:

Katie Alley - representing the ACT at the National Race Walking Championships finishing in 7th place.

Jenny Alley - representing the ACT at the National Cross Country Championships in Melbourne.

Courtney Taylor – Won the 100m Backstroke at NSW State age breaking Olympian medallist Nicole Livingston's record of 1:00.81

For any school sport questions, information about student sporting achievements or any great photos from recent events please email Toni Stewart at toni.stewart@ed.act.edu.au.

ELEMENTS Vs Lyneham STAR

The school was buzzing on the morning of the Elements Vs Lyneham AFL game. Classes were rushed through and, all of a sudden, the girls were getting changed into studded boots and PE gear. A quick look out the window told us that Lyneham were already here, and warming up. We soon followed suit as the field gradually took shape around us, set up with cones and extra poles for the non-existent AFL goals on the oval. ELEMENTS and

STAR, Lyneham High's 'girl's leadership through sport program' both had two teams. One team of year 9s and another of year 10s. Each team was to play two games, alternating on and off so a total of four games were played.

From the start, it was obvious ELEMENTS had much larger teams. Our bench of substitutes greatly outnumbered the STARS, as did our range of skill levels. The year 9s kicked the games off and played magnificently in the first quarter. The score was very close, and I believe we had underestimated our opposing school. The rain started, and the year 10s followed with a valiant effort but unfortunately lost in their quarter. From this low point, ELEMENTS rallied together, braving the rain, mud and cold wind to succeed in gaining a memorable comeback, though falling short of winning the game overall. Thank you to Ms Stewart and Ms Appleton, and the teachers at Lyneham for organising the day for everyone and also to Alex Kemp and Andrew Hosking for running the lines and to Thomas Alley, for refereeing the game. The ELEMENTS girls selected Rachel Chopping and Lily Hawthorn as the players of the match and look forward to playing Lyneham again next year!

Rachel Chopping (year 10)

**POJOK BAHASA INDONESIA –
INDONESIAN CORNER**



The Tari Saman is an Indonesian dance that originates from Aceh in Sumatra. We received a visit from one of Ibu Kirsten's previous students, Kirrilly. Kirrilly had been travelling around Indonesia and taken part in a performance of the Tari Saman dance. Ibu Kirsten showed us a video of her performance and we were inspired to try it for ourselves. We performed the dance at Assembly, along with

students who come from Indonesia, as part of our Indonesian Independence day celebration.

Big thanks to Kirrilly, Myra and Ibu Kirsten for all the time and hard work they put into this dance.

Kelas bahasa Indonesia 9/10



Aruna and Ayu read the Proclamation of Independence.



Dinda, Regis, Nadya and Jusuf joined the year 9/10 Indonesian class for this dance.

Whooping Cough (Pertussis)

We have been notified of one case of whooping cough (pertussis) within our school community.

A Whooping Cough information sheet has been emailed to parents.

Current advice requires exclusion of the person with the condition for 21 days from start of cough, or for at least 5 days after starting a course of antibiotics.

If you have any questions in relation to these requirements, please ring the Communicable Disease Control Section, Health Directorate on 6205 2155.

Alfred Deakin High School presents

PERFORMANCE CLASSES

OFF THE BEATEN TRACK

NIDA GRADUATES AND PROFESSIONAL ACTORS COME TO YOU

HOME AND AWAY STAR and NIDA actress **Lisa Gormley** coming to Canberra



START YOUR ACTING CAREER NOW!

Join Home and Away star Lisa Gormley, for an intensive acting workshop. After attending NIDA Lisa played Bianca on *Home and Away* for the past 5 years, receiving many awards. She has since done professional theatre in Australia and in the UK and just finished the feature film 'Extremis' in London.

During these 3 days you will be directed in a theatre scene which you will perform in front of an audience on the final day and you will be taught to act in front of a camera using TV scripts and commercials.

Additionally, you will work on a TV or film scene that will be professionally filmed. At the conclusion of the workshop you will receive a screen test/showreel to take home.

Lisa and another NIDA graduate will share practical tips on how to start your acting career. You will also have the opportunity to partake in a question and answer session. Get ready for an amazing 3 days!!!

Dates: Sep Tue 29th, Wed 30th, Oct Thu 1st Oct 2015
Time: 10.00am - 4.00pm
Venue: Alfred Deakin High School, Canberra
Cost: \$335
Who: High School students

For bookings and enquiries contact performanceclasses@gmail.com or +61 2 8005 6711



Teen creatures of the night

How does a teenager's use of electronic devices, at all hours of the day and night, affect their ability to get a good night's sleep?

Any parent of a teenager or adolescent child will tell you that trying to prise them away from a screen when they are mid-flight in sending a life changing message or viewing 'just one more' image on Instagram is nigh on impossible.

The language can be enough to make your hair curl and the conviction with which the device is clutched to the chest is little short of obsessive. Tablet devices are frequently finding their way into bedrooms and now many teenagers' beds are becoming floodlit with an eerie blue glow as tablets are hidden under sheets and doonas so they can be used at all hours of the night.

Bribes, threats and the tried and true 'if, then...' statements are wheeled out with little result. Nothing short of total removal of the device with a predictable breakdown in parent-child relations seems to yield any results. The alternative, which many families seem to prefer for the sake of some peace and quiet, is to simply roll over and permit 'access all hours'.

This is the reality for many Australian families in a growing trend towards personal devices becoming a part of the everyday fabric of daily life and it seems the collateral damage may well be the sleep patterns of our young people. Tablet devices are now becoming a part of the everyday school experience too, as more schools move towards 1:1 tablet use and trends such as BYOD (bring your own device) become more common.

But there is a growing body of research which is questioning the role that tablet devices play in determining the sleep patterns, or lack thereof, for this generation of adolescents who are the first to embrace tablet technology with such gusto.

So how much sleep is enough?

To get an understanding of how screen use might be impacting upon teen sleep patterns, it is important to understand exactly what we mean by 'sleep needs'. How much sleep does the average teenager really need? Does the need for sleep change as children move from childhood through the tween years (typically used to refer to the years from around 10 to 13) and into adolescence? Does it really matter if a teen does not get enough sleep?

According to the Better Health Channel website, teens generally need around nine to ten hours of sleep a night. This is more than they need in childhood and also more than they will need once they become adults. However, for most teens, what they need is quite different to what they actually get, with many only sleeping around seven to eight hours a night.

Whilst the occasional late night does not really do much harm, the difficulty arises when sleep is continually less than the brain and body really requires. Lack of sleep can lead to a state of constant sleep deprivation. This can cause physical (clumsiness, weight gain) and psychological problems (anxiety, stress, problems with concentration, increase in frustration) and can significantly impact upon the ability to function well at school.

Adolescence is a busy time, with sport, hobbies, social activities, school, homework and family responsibilities all competing for time and attention. It is little wonder that sleep is sometimes seen as the poor cousin to far more appealing activities!

Is all sleep the same sleep?

Sleep is not just something that happens when our heads hit the pillow at night. Sleep is divided into two distinct phases – REM (rapid eye movement) and non-REM sleep. There are four distinct phases to non-REM sleep, and these are essential for maintaining a system of balance within the body. It is during non-REM sleep that the body is able to repair itself and it is also when a growing hormone is produced, which allows children to grow and develop.

The body makes a gradual transition through the various stages of non-REM sleep, moving from sleepiness and drowsiness in Stage 1 through to Stage 2 where the heart and breathing rates slow down and finally to deep sleep in Stages 3 and 4 (also known as delta sleep) where the heart and breathing rate becomes very slow and muscles relax. The REM sleep phase is when we dream and it is thought that dreaming is important in helping us to learn.

REM sleep phases occur regularly throughout the night, around once every 90-120 minutes and make up around one quarter of the total night's sleep. Another important period of time to consider, especially when it comes to adolescents, is the period of time known as sleep latency – the time lag which occurs in between going to bed and actually being able to fall asleep.

For some people, this period of time becomes quite lengthy and can significantly decrease the amount of

time they spent asleep in total. Being unable to fall asleep (having a long sleep latency) can cause stress and further decrease the likelihood of sleep happening easily.

We are probably all more creatures of the night and day than we think – our bodies are really programmed to switch off at night time when it is dark and turn themselves back on, refreshed and reinvigorated, when it becomes daylight again. There are many factors which play a part in the process of waking and sleeping and one of the most critical ones is a substance called melatonin.

Melatonin is a hormone produced by the pineal gland in the brain and is important in controlling sleep patterns. The pineal gland is inactive during the day and becomes active at night time when it is dark. Melatonin levels increase significantly in the evening and help the body get ready for sleep. Increasing melatonin levels cause feelings of sleepiness. The big issue for teens is that melatonin is only produced when the light becomes low – the presence of bright light causes melatonin levels to stay low even if the body is otherwise ready for sleep.

Screens, activity, devices and sleep – what’s the link?

We know that the majority of adolescents use screens of some kind or another and that their usage is increasing. PCs, laptops, tablet devices, smartphones and the like are the stand-out feature of this generation of young people.

More than three quarters of Australian teens are using their devices for more than two hours on a weekday. American research found that a massive 97 per cent of teens reported that they had an electronic device in their bedrooms. The majority of adolescents report that they use an electronic device during the last hour before going to bed.

We also know that 82 per cent of teens are not getting the minimum amount of daily physical activity required for good health. Decreasing activity levels can further increase the difficulties experienced by many teens in getting to sleep as we know that physical activity is an important factor in promoting good quality sleep.

Teens who are active during the day are more likely to be able to fall asleep easily at night. Conversely, teens who are inactive are more likely to have trouble dropping off. The vicious cycle of not being active during the day and then using electronic devices at night feeds on itself and makes it harder and harder for the average teen to get a good night’s sleep.

At the same time as our young people are becoming

less active and spending more time using screen-based media and electronic devices, we know they are also experiencing significant decreases in the length and quality of their sleep. Recent research on the average adolescent’s sleep behaviour shows that it is characterised by a late bedtime, a long sleep onset latency (SOL) and a short amount of time spent asleep (around six and a half hours) on weekdays.

This leads to an overall sleep debt of about two hours. The research also shows us that there is a clear link between the use of electronic devices and sleep behaviour – the two issues are not simply running parallel to each other. A review of the relevant literature shows that electronic media use has been consistently linked with delayed bedtime and shortened sleep. Research has also shown that using multiple devices (multitasking) has been linked with an increase in sleep latency and a decrease in overall time spent asleep.

What does not yet seem to be so clearly established in the research is whether there is a particular problem associated with different kinds of devices. Research in this area is necessarily more recent, as brightly lit tablet devices which are typically used closer to the eyes than a PC or TV screen have not been a part of our daily lives for very many years.

In fact, the first of the current generation of tablet devices only landed on Australian shores in May 2010. Given how recently tablet-based technologies have been a part of our lives, it is not possible for longer term studies to exist which track the effect of these devices over time. In effect, it could almost be said that our young people are therefore becoming a generation of guinea pigs – conducting a widescale, all-encompassing trial on the effects of devices on their own sleep, behaviour and learning patterns.

Some recent research does shed some light on the effect of tablet devices on sleep patterns, compared the use of a regular print book with an e-book read on a light emitting tablet device. This study found that the participants who read an e-Book on a light emitting device took longer to fall asleep and had reduced evening sleepiness than the group who read a print book. They also experienced a decreased level of melatonin secretion and reduced next-morning alertness.

There was a change to circadian rhythms of more than an hour in the participants who were reading on the light emitting devices. It seems that there is a particular concern related to the short wave blue light emitted by tablet style devices. This light has been found to increase alertness and can be effective when used in daytime situations or where it is important that people remain awake and alert, such as shift

workers at night time. However, the use of this light logically also makes it harder to fall asleep as it promotes wakefulness and alertness – the very things you don't want if you are trying to nod off at night.

It is important to consider that for this current generation of young people, tablet-based technologies have only been in regular use for a few years. We do not yet have large scale studies or long term studies available to guide their usage for the young people who are growing up using them on a regular basis.

Those children who were turning 13 and entering adolescence when the first of the popular tablet devices arrived in Australia are only just now reaching the age where they can leave school and enter the workforce or tertiary education. This is indeed the generation where we are learning just what the effects of screens and technology and their use is likely to be on the sleep of adolescents.

For now, perhaps the best advice is to support families in managing devices and technology and helping young people learn to limit their use and timing of their devices so they are able to get a good night's sleep and begin the next day feeling alert, energised and well rested.

This story appeared in the Term 3, 2015 edition of *TechnologyEd*.

for every aspect of the creative development; they brainstormed and agreed on the concept, choreographed the movements, refined and structured the movements, chose and edited the music, designed the costumes and rehearsed. The students performed with energy, focus and truly embodied their characters. It was a wonderful example of what students at ADHS are capable of and they should all be very proud of their creative efforts.

Additionally, Miss Appleton, Mr Budos and Ms de Smet combined their unique skills to develop one unified work for 'Step Into The Limelight'. This type of artistic collaboration was a new initiative at ADHS and required a huge commitment from the teaching staff and involved students. Miss Appleton choreographed the movement and taught a selected group of 20 dancers from years 7 to 10. Mr Budos composed an original score and taught ten selected band members from Years 8, 9 and 10. Ms de Smet designed and constructed all the costumes, including tutus, dresses, intricate beaded tops and scarves. All band and dance rehearsals as well as costume preparations were done outside of school hours!

The work was titled 'Dawn 'Til Dusk' and explored the idea of light as it changes over the course of a day. The music, the movement and the costumes changed four times throughout the performance to represent four stages in the day: morning, midday, afternoon and evening. For example, to portray the morning the band allowed sound to emerge from silence, movements were slow and gradually grew upwards, and the colours in costumes and lighting were soft and pastel. To portray midday the light was intense, the music was strong and fast. The movements mimicked gestures performed at work and were forceful and fast. To portray the evening the music was breezy and light and the dancers used scarves to represent breathing and relaxing.

All the students learnt a lot about show business through their involvement in the collaborative work. The dancers had to adjust their movements to fit with live music by the band, which often meant changing their timing to fit with the band's tempo and continuing to dance even when a musical cue was missed. The band had to adjust their playing to coincide with the dancers' movements. Sometimes they would have to prolong a note to ensure a dancer was in the correct position before moving on.

All in all, 'Dawn 'Til Dusk' demonstrated the wonderful community spirit we have at Alfred Deakin High School and the great care and passion our students and teachers have for the arts.

Emily Appleton



Step Into The Limelight 2015

A number of students from Miss Appleton's Semester 1 Dance Explorations class represented Alfred Deakin High School in the ACT public school's creative and performing arts showcase event, 'Step Into The Limelight' on Friday 28 August at the AIS Arena.

The theme for the showcase this year was 'Light' and as such a dance piece was created by the class that explored light versus dark or good versus evil. The piece was titled 'Light as a Feather, Stiff as a Board', the name of a séance type game that is often played at sleepover parties. The students were responsible

**AUSDANCE ACT YOUTH DANCE FESTIVAL
2015 'EXPLORATIONS' - DANCEFEST**



“2015 prepare for a huge year.... 56 dance works, 35 high schools and colleges, 1300+ dancers...” Ausdance ACT

In 2015, Alfred Deakin High School will be performing two separate dance pieces choreographed by our talented dance students from Emily Appleton’s year 9 and 10 Dance Movement and Dance Choreography classes.

The first dance work is titled ‘The Human Age’ and depicts the journey of a human as it ages; from child, through adolescence, adulthood and eventually into old age. The innocent and optimistic child learns every survival skill, plays, socialises and explores. The raging hormone-driven adolescent struggles between its own and the group’s identity. The adult delves into a world of responsibility and work, and faces the challenge of mid-life crisis. The remarkable old human relinquishes its inhibitions and enjoys the frivolity of its twilight years. Eventually, however, the old human surrenders to its decline and ultimately to its death. This is both a playful and sincere piece of dance, entirely choreographed and developed by the students in the Dance Choreography class.

The second dance work titled ‘Adaline’ portrays the story of Adaline, a girl who has remained a youthful 15 years of age for nearly ten decades. She begins in the 1900s, an era of tradition, formality and the Waltz. However, as time passes she must adapt to the trends of each passing era. Adaline learns the Charleston, the Disco and even Hip Hop. Congratulations to the students in the Dance Movement class for their enthusiastic team work in devising the dance work.

ADHS students will perform at Dance Festival on Thursday 17th September 2015 at the Canberra Theatre commencing at 7:30pm. Tickets are now available for purchase via [Canberra Ticketing](#), phone 02 6275 2700 or at The Box Office.

Christine's Place
Dream. Design. Create



Grattan Court, Erindale. 0416 379 251

A huge thank you to Christine from *Christine's Place* in Wanniasa for generously sponsoring Alfred Deakin High School students in the Dance Festival this year. *Christine's Place* is a local dressmaker and costume hire company for individuals or groups and supplied all the costumes for our Adaline dance piece. Phone *Christine's Place* on: 0416 379 251 or follow the url: <http://www.christinesplace.net/>

Good luck to all our dancers.





**An astonishing 1,400 dancers –
35 participating high school and colleges –
56 dance pieces – 3 big nights.**

This is Canberra's Youth Dance Festival.

Alfred Deakin High School is performing as part of the 2015 Youth Dance Festival on Thursday 17th September at the Canberra Theatre. Come and show your support!

Tickets

<https://canberratheatrecentre.com.au/show/ausdance-act-youth-dance-festival-2015-explorations/>

Featured in

HER CANBERRA

Then and Now: Dancer steps into teaching role

BY LAURA PEPPAS

When Emily Appleton participated in her first Ausdance ACT Youth Dance Festival as a Merici college student back in 2002, it was to a packed audience at the Canberra Theatre Centre.

“I remember being chosen to choreograph a section of our dance work and feeling a huge sense of pride in leading my peers,” Emily says.

“There was such a rush and a sense of excitement when we all stepped out on stage.”

Thirteen years later, Emily is now a dance teacher at Alfred Deakin High School and helping her

students prepare for their own [Ausdance ACT Youth Dance Festival](#), ‘Explorations’, to be held from 16 – 18 September at the Canberra Theatre.



Emily, left, participating in her second Dance Festival in 2003.

Created in 1985, the festival aims to provide the youth of Canberra with the opportunity to dance in a professional, non-competitive theatre environment.

Thirty five high schools and colleges will take part in the event this year, with students to choreograph their own pieces.

Emily says the festival holds great value and importance for students in the Canberra community.

“Dance Festival allows students to experience a huge sense of accomplishment,” she says.

“After months of commitment, hard work, discipline and focus, students have turned an idea into something that is tangible as well as something that is relevant and meaningful to them.”

“As a teacher, I also witness students gaining a better sense of their bodies by participating in Dance Festival. As they become more familiar with the choreography, their confidence and self-esteem improves and they are better equipped to

explore their own expression and freedom of movement.”

Working with students from years 9 – 10 over a period of 9 weeks, Emily is responsible for guiding and supporting my students through the Dance Festival process.

“I run warm up, provide feedback, give advice, encourage, facilitate discussions, and complete the administration whilst my students take on the creative roles of Director, Producer, Choreographer, Costume and Make-Up Designer, Lighting Designer and Dancer,” she says.

“I believe the students have much more ownership of, and pride in, the dance work when they are empowered to create the work themselves and tell a story that is important to them. Students and teachers build different relationships outside the classroom setting, are encouraged to support each other and interact with other schools, and even the teachers are able to connect and network.”

Emily says she began dancing at just five years of age at the then Dell Brady Ballet School in Canberra.

“Over the next 13 years I attended a variety of other dance schools and studied numerous different dance disciplines including; ballet, jazz, musical theatre, hip hop, contemporary and salsa,” she says.

“My most recent performance was the Philharmonic Society’s 2014 production of *Cabaret*. I hope to continue performing in local musical theatre productions, however, my main goal with dance has always been to teach and create...I relish the opportunity to view dance.”

The essentials

What: Youth Dance Festival 2015 ‘Explorations’

When: 16, 17 and 18 September

Where: The Canberra Theatre Centre

How much: \$32 for adults, \$26 for concession (\$3.30 transaction fee applies)

Web: <https://canberratheatrecentre.com.au/show/ausdance-act-youth-dance-festival-2015-explorations/>

Access All Areas (AAA) – Save the Date/s

The ADHS annual showcase performance, Access All Areas (AAA) will once again be held at the Canberra College Performing Arts Centre term 4 week 3 on Monday 26 and Tuesday 27 October 2015.

The program for this whole school event has been organised by Cara Irvine who coordinated 142 email applications from students wanting to be involved in either performing or working backstage or learning how to operate the technical aspects of a professional theatre space. Auditions were held a number of weeks ago and rehearsing students can be observed each recess and lunchtime. Both performance nights are guaranteed to be very entertaining.

Stay tuned for more details on bookings being released at the start of term 4.

ACT BAND Championship

The annual ACT Band Championships started this week and our year 7/8 Orchestra competed on Tuesday 8 September at the City Band Centre in Watson and was organised by the Instrumental Band Program. Under the direction of Marian Budos the students’ played five musical pieces and gained a B+ for their overall score. Congratulations to the orchestra for this success.

Unicorn Performing Arts (UPA) Auditions

The Unicorn Performing Arts auditions were held on Tuesday 8 September 2015 with 45 students applying to try out for a two year placement in this elective. There are only 15 places available for 2016 and the students needed to demonstrate two creative skills that they have to be eligible for this specialised performing arts program.

The experience of applying and auditioning is a very daunting process and a valuable one for all. The students did a fantastic job undertaking this task.

Confirmation of places will be available later this term or early next term. Congratulations to all involved, you made us proud.

ADHS Student Success and Congratulations

Congratulations to all ADHS talented students participating in extra curricula activities externally to the school.

Georgina Smith (year 8) let the school know that Dance Central dancers competed in the Battlegrounds competition on Saturday 25 July 2015. The VDC (Varsity Development Crew) WON the Young Guns division and the DCV Crew (Dance Central Varsity) WON the Varsity division.

Sydnee Cooke, year 9 represented Australia in China

with LEGS dance school a few weeks ago and had a fantastic time.

These four students from ADHS participated in the Zine Workshop and Street Art Stencil Workshop at ANU Art School earlier this term: Lynden Bassett, Charlotte Kwong, Farah Fo'ad and Isabella Hiscutt. Both of these workshops were run by local artists and were thoroughly enjoyed by the students as a great learning experience.

Sean Sutherland, Joel Dreezer, Cari Ramadan, Rio Horiuchi, Bronwyn Smith and Sarah Williams are members of the Instrumental Music Program ACT Senior Concert Band in 2015. This involves some performances representing the ACT Education and Training Directorate during school time. The band rehearsed and performed for *Step into the Limelight 2015* and it was a very professional sounding band. Congratulations to our students involved.

Off the Beaten Track - Drama Workshop in the School Holidays

Following the success of the last holiday drama workshop for 'Off the Beaten Track' they are returning with a 3 day workshop week 2 of the school holidays from Tuesday 6 – Thursday 8 October 2015.

This workshop is designed for High School students with Home and Away star Lisa Gormley as the educator. Please refer to the enclosed poster for details or talk to Elizabeth Lorenz at school. For bookings and enquiries contact Olivia Simone performanceclasses@gmail.com or +61 2 8005 6711.

If your child is a budding performer then this is an excellent opportunity to help grow their skills. You will be amazed at what they achieve in three days and the end of workshop parent performance will impress you and bring a great sense of achievement for your child.

JAPANESE NEWS

Japanese News 日本語ニュース
みなさん、こんにちは！ おげんきですか。

Students have been working well and have made excellent progress, which is very pleasing. We had a busy term with lots of fun and achievement in Japanese. Well done, I am proud of you all! I would like to invite parents to discuss their child's progress with Japanese teachers at the Parent-Teacher Interview Night on Monday, 14 September 2015.

Language Perfect and homework for all Japanese students

All students of Japanese are expected to revise class work using Language Perfect five minutes every day. Frequent revision is essential in language learning and use of Language Perfect makes such a big difference to their achievement. My classes often use Language Perfect for lessons, too.

Presentation on Sadako and World Peace on the assembly

In week 6, year 10 students took initiative and leadership in presenting 70th commemoration of Atomic bombing in Hiroshima and Nagasaki. Year 10 students visited Sadako's statue and left some paper cranes to share the pain and heart-felt wishes for world peace during the Japan Study Tour last year. Sadako died when she was in year 7 in Hiroshima and our year 7 students contributed to the presentation with a paper crane they made in the assembly. A big thank you goes to Sophia Scales, Reuben Pash and Lachlan Morgan.



The Moon Festival celebration

Cultural studies take a vital role to language learning and we try to incorporate smell, feel and taste lessons in Japanese. This term, Japanese covered Moon Festival. In Japan, people appreciate full moon particularly in August, September and October. All my classes celebrated the Japanese Moon Festival in weeks 5 and 6 with sweet dumplings. Students enjoyed the tale of Princess Kaguya, too.



Shizuko Barber - Teacher of Japanese

MATHEMATICS 2015

Australian Maths Competition 2015

The results from the Maths Competition are in and again Alfred Deakin students have achieved exceptional results. This year, of the 147 students who participated, 86 students received notable awards.

Prudence Award: Lachlan Rowe

High Distinctions (99 percentile):
Oliver Balfour (year 7), Lachlan Rowe (year 8) and Thomas Alley (year 10)

Distinctions (98-85th percentile):
Year 7: Ashley Smith, Emily Clough, Sarah Hibbins, Celina Le, Luka Rolph, Anthony Barancewicz, and Benjamin Morgan

Year 8: Sarah McKinnon, Alex Young, Rohan Rodrigues Macias, Clare Lei, Charlotte Murphy and Jiamei Shen

Year 9: Charlie Brodie, Johanna Limsiaco, Rio Horiuchi, Henry Illingworth, and Paras Notaras

Year 10: Jack Larmour, Hamish Williams, Brandon Gouden, Sebastian Dal Pozzo, Alice Hong, Joelle Chin and Amanda Pham

Credits: Fifty eight students achieved at a credit level placing them in the 84th to 50th percentile of competitors.

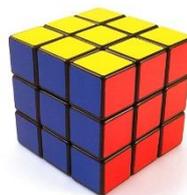
Congratulations to all students who participated in this year's competition.

Mary Philip
(Competition Coordinator)

National Literacy and Numeracy Week 2015

Week 7 (31st August – 4th September) saw ADHS celebrate National Literacy and Numeracy Week. During the morning tutor group sessions, each year group was posed a number of challenging questions culminating with the whole school participating. Winning tutor groups and the whole school winner will be announced shortly.

We also had a Rubics Cube challenge during Wednesday lunch time: Yuta Leffers achieved the fastest time to solve the puzzle in 22 seconds! WOW!



Thanks to all those who participated and experienced the 'joy' of solving the Rubics cube.

Thanks to all the parents who attended the 'School Data Forum' which was held on Wednesday evening. Hopefully all of your answers were answered.

Math Stars

Year 7

Thomas Friedrich
Logan Muir
Irene Joseph

Liam Tohill
Emily Clough

Year 8

Jenn Finlay
Jav Iaconis
Rachel Babbage
Anita Cameron
Regis Bagis Arkavidhya

Krystal King
Sarah McKinnon
Emma MacNamara
Max Ovington

Year 9

Lily Hawthorn
Carter Goodwin
Paul Wang

Lachlan Kruck
Alissa Fenton

Year 10

Noor Theeb
Daishi Adams

Marc Hollis
Rhys Stanford

Xavier Vera
Acting Executive Teacher Mathematics

2015 ACT SCHOOLS MTB CHAMPIONSHIPS

On Friday 28th August, ten students from Alfred Deakin High School attended the ACT Schools MTB Championships at Mount Stromlo forest park. The riders were split into three teams; two teams in the year 7/8 category. James Hiscutt, Jav Iaconis, Josh Cox in one team with Zak Harding, Dane Kluken and Riley Hawke in the other. Year 9 boys: Charlie Brodie, Joshua Kluken, Euan Dwyer and Sean Sutherland competed in the year 9/10 category. All three teams were to ride a four hour Mountain Bike relay race. The idea of the race is to do as many laps as possible in the time given (four hours) and you may only have one person per team out at any one time.

Late winter rains had turned the slopes of Mount Stromlo into a bit of a bog which ended up as a bonus as the course was changed to include some more challenging terrain.



Year 9s (Josh, Sean, Euan & Charlie) clockwise



James Hiscutt

Josh Cox getting some air

Talent spotters took notes on James Hiscutt with eyes on the trail marking his ambitions to go further in the sport.



Riley and Jav riding in formation. Their two teams would race for four hours only separated by a couple of minutes at the end.

The year 9 team continued a fine tradition handing back the boys ACT year 7/8 championship trophy they had held for two years and replacing the gap on Mr Reeson's desk with the year 9/10 one.

All ten boys seemed to have a great time and were a credit to the school competing in good spirit and making sure they were in the right spot all day.

Paul Brodie (parent supervisor on the day)



ELEMENTS

Proudly sponsored by Teamsnap & Spinryde

YEAR 7 DESIGN AND TECHNOLOGY NEWS



We are nearing the end of another term of year 7 Design and Technology in the workshops at Alfred Deakin High School. The Dragster Project is engaging our students like never before, and they are creating cars bound to challenge current records.

Two classes of approximately 24 students run each term. Students use the ten weeks to research, design and build a CO₂ gas cylinder powered dragster that is timed on a 20 metre track. In addition to

designing for speed, students must consider the aesthetics of their solution; that feature is judged by public opinion at a lunchtime-staged car show.

Two classes of approximately 24 students run each term. Students use the ten weeks to research, design and build a CO₂ gas cylinder powered dragster that is timed on a 20 metre track. In addition to designing for speed, students must consider the aesthetics of their solution; that feature is judged by public opinion at a lunchtime-staged car show.

Below are the results from semester 1.



Daniel Mathew's car

Oliver Balfour's car

Term 1	Ms Hopman's Class	Mr Calder's Class
Fastest Car	Poppy Achilleos (1.55 seconds)	James Medland (1.78 seconds)
Best appearance	Angela Chopping (25% of total votes)	Alex Tollis (12% of total votes)
Combined (speed and looks)	Poppy Achilleos (1.55 seconds & 13% of total votes)	Ruby Marshall (1.84 seconds and 7% of total votes)
Term 2	Ms Hopman's Class	Mr Calder's Class
Fastest Car	Oliver Balfour (1.65 seconds)	Daniel Mathew (1.68 seconds)
Best appearance	Sana Horiuchi (13% of total votes)	Nina Illingworth (28% of total votes)
Combined (speed and looks)	Oliver Balfour (1.65 seconds & 7% of total votes)	Daniel Mathew (1.68 seconds & 11% of total votes)

Poppy Achilleos is the current record holder for the fastest time over 20 metres (see main photograph – blue)

Daniel Mathew and Oliver Balfour created the fastest cars in Term 2. Who will triumph in Term 3?

Tuesday 22 September has been set aside for the lunchtime car show and racing will take place during respective class time. All activities will be staged in the wood workshop.

Canberra College 2016 USA STUDY TOUR

Year 10 students coming to Canberra College next year are you interested in travelling to the USA in September 2016?

Please come to a meeting at 4.30pm on Wednesday 28 October in the Lecture Theatre Canberra College.

- The 10 - 12 day tour starts in Week 10, Term 3, 2016, returning first week of the holidays and will take in New York (the United Nations, the National Museum of History and Wall Street), Niagara Falls (US & Canadian sides) and Washington DC (Australian Embassy, Lincoln Monument).
- Experience ‘first hand’ the cultural, political and economic similarities and differences between the USA and Australia - AND HAVE A FANTASTIC TIME!

To register your interest in participating in the 2016 study tour please come along to the meeting. Please also contact Melissa Planten or Kevin Howard at Canberra College phone 61423288 to provide your contact details.

NB. You must have a current passport, with at least 6 months validity.





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P 6205 9194 F 6205 9239

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Telephone (612) 6205 9176 Facsimile (612) 6205 9239

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Dear Parents and Carers

Homework help in seconds, \$30 for every family

Homework time can be challenging for parents as much as students. Households are busy and even parents who can remember their own high school learning often don't have the time.

'yourtutor.com.au' is ready-to-use homework help that we want to make you aware of as an after-hours option.

When your child has a question or gets 'stuck', he or she can instantly connect to a real-life, expert Australian teacher or tutor. Only use as many minutes as needed at the time, perhaps five minutes on Maths, 20 minutes on Physics. Every child will be different.

Every family at the school is entitled to \$30 in yourtutor credit now to use in term 3.

1. **Go to: yourtutor.com.au/Alfred-Deakin-HS**
2. **Click to claim and open a brand new account. The \$30 offer is in the free trial.**

yourtutor is a convenient and ethical safety-net after-hours, to grow your child's confidence while ensuring the work is still their own. Access suits students from year 7 to year 12 to the highest levels of all core subjects and there are no appointments needed.

We are confident with the quality of homework support offered, yourtutor has been used by families and schools for ten years.

We encourage you to open your child's account with the temporary free offer and see if it suits your family as well.

For more information please contact Alex Nagy, Deputy Principal on 6142 3888.

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What to bring: water bottle

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