Coming events for Term 1

Week 7
Wednesday - 13 March
Art Express Exhibition Sydney
Southern Illawarra Trials/Country
Cup Rugby League

Friday - 15 March
Davidson Shield Cricket vs Warilla
High School

Week 8
Tuesday - 19 March
Year 8 AFL Girls Gala Day

Friday - 22 March
Zone Touch Knockout – Open Boys
& Girls

Next P&C/School Council Meeting is:
Monday 18 March 2013
6.30pm Staff common room

Alert Notice!
If any student or family member contracts chicken pox or measles could parents please notify the school immediately, as we have a student who cannot be immunised against these diseases and who needs to be isolated from any contact.

Students of the Fortnight:
Natasha Molloy of Year 10 recently showed great care for an injured friend, even accompanying her to the hospital and looking after her possessions. We thank Natasha for her kindness to others.

Principal’s Message
Last Tuesday afternoon we had a wonderful “meet and greet” for the parents and carers of Year 7 where three students represented their year by speaking on behalf of their peers. I was quite impressed with their confidence and manner. Well done and a very big thank you to Ms Jess Pinney who organised the afternoon.

It was lovely to see the parents of our youngest students and have the staff meet them personally. The school, the parents and our students are a team; we need to work together with good effective communication in order to help each other ensure that the next 6 years are the best they can be.

It was also fabulous to hear that our students are settling in well and have become familiar and confident in their new high school. It was interesting to note how many students commented on how much they enjoy the day being broken into hour periods where they get to move in between classes unlike primary school where they need to stay in one room.

If any parent was unable to attend but wishes to talk to a teacher, the Year Adviser, the Deputy Mr Ryan, or myself feel free to ring and make an appointment.

Those who read the local Mercury may have noticed last week that the large “schools” section featuring School Principals and the Captains did not feature Albion Park High. This was an accidental omission of the Mercury and I have had an apology from them. Next week they will feature us with a quarter page advertisement. I feel it is an essential element that the school is well represented in the wider community. We are a wonderful, proud comprehensive high school and we are always keen to tell others about our many successes.

This week was International Women’s Week and Ms Kelly Poole transported four of our senior girls to Wollongong’s BlueScope Steel for a special school function. The girls tell me that it was a great morning and that Ms Poole is extremely entertaining! Last week our own Jessica Hull was honoured with a special award at the International Women’s Day function at the Novotel.

Congratulations to Jessica Hull of Year 11 who was nominated by the Kembla Joggers for an International Women’s Day Award. Jessica won the Keryn McCann Award for ‘Women in Athletics’ and was granted a $2,000 scholarship to go towards her athletic pursuits. Jessica is a gifted yet humble young woman who we will be seeing in the media well into the future! Congratulations Jessica on this well-deserved honour and good luck with your preparations for upcoming events.

Another student who has come to our attention is Year 11 student Alisha Cock who spoke at a Sustainable Futures Symposium. Alisha was selected from a large number of students to speak in front of people like Tim Costello.

Our numbers at Albion Park High have unfortunately decreased by approximately 20 Students in 2013; mainly due to Year 11 who had intended returning but found full-time employment or apprenticeships. This has naturally meant a decrease in staff. Consequently, we will need to create a new timetable which will begin either at the end of Term 1 or the beginning of Term 2. We have had to make a significant change to the structure of Year 8, which will mean the collapse of one class. My apologies to
those students affected but retimetabling was the only option open to us. I would ask that parents and students be patient as we work through the details.

Whilst we will soon begin the review of some garments of the school uniform, I would like to remind parents that this is a very long process and there is a need to continue to purchase as usual for the remainder of 2013. Any changes we make to garments will have a slow uptake and there will not be an expectation that currently enrolled students will need to make immediate changes. The process of this review will be overseen by the SRC and all students will be invited to have their say. Until this time Hazletons remain our supplier of uniform. Shorts and skirts that are deemed too short will not be accepted and parents may be asked to bring alternative garments to the school for their girls to wear.

Most parents will be aware that we are ready to embark on a new National Curriculum in both primary and high schools. The timeline for implementation includes beginning English, Mathematics, Science and History in 2014. Staff in these faculties, in particular, are working extremely hard in preparation for the new syllabus. There will be occasions throughout the year where staff members will need to be out of the school for professional development or to work in teams in preparation for the rewriting of program's. The staff also need to plan closely with the primary schools so that we create a seamless 'scope and sequence' from K-10.

In preparation for this historic process we have joined forces with all of our local Wollongong and Shellharbour high schools on an additional Staff Development Day, 30 April, term 2, where we will work together in faculty teams to best prepare for the 21st Century curriculum. Albion Park High will be hosting TAS and Careers which are 'second phase' subjects, meaning that their implementation is set for 2015.

Have you Received the Schoolkids Bonus?
Do you know about the Schoolkids Bonus? It is a new cash payment to help eligible families and students with the costs of primary and secondary school studies. Around 1.2 million families have already benefitted from the first wave of payments in January 2013 – have you?

If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July.

The Schoolkids Bonus replaces the Education Tax Refund (ETR) and is a much simpler system. You no longer need to collect receipts and payments are made automatically so you don’t have to wait months to make a claim via your tax return. Unlike the ETR you can choose how you use the payment to best support your children’s education – whether it be school books, stationery, uniforms, school fees, or excursions.

Check your eligibility by visiting australia.gov.au/schoolkids bonus and if you think you might have missed out on the January payment, contact Centrelink – either in person at a Centrelink-Medicare Office or by calling 132 468.

Deputy Principal's Acknowledgement:
Swimming as a Team!
Year 7 students should be commended on the fabulous way they approached the recent school swimming carnival. This was their first major event as students at Albion Park High and everyone came along with a great attitude and willingness to participate. What was especially impressive was the development of team spirit on the day, which continued in the form of school pride by those who went on to compete at zone. Keep up the positive work Year 7!

Life So Far at Albion Park High School:
Year 7 Adviser's Report
I would like to wish a warm welcome to all of the Year 7 students and their families. This is a fun and exciting time as you embark your secondary schooling. You will have many opportunities over the next 6 years to grow as individuals and I encourage each of you to embrace these challenges and opportunities to gain the most from your education. I would like to congratulate Year 7 on their settled start to the year and for their outstanding uniform. Uniform reinforces pride in students’ appearance, instils recognition of themselves as an integral part of the school community, and assists in developing pride in representing their school. I would like to thank all parents and caregivers for being so supportive of Albion Park High School’s uniform guidelines.

As a Year Adviser, my role is to provide Year 7 students with support and assistance throughout the years they are at Albion Park High School. There may be times when students encounter problems or issues that prove difficult to deal with themselves. My role is to provide students with the help and guidance to overcome these challenges and I encourage all students and parents to come and speak to me if they have any issues they need help with.

I hope to develop a Year 7 cohort that is close knit, willing to work together, show resilience and one that will stand up for others when bullying occurs. My aim is to keep our school a happy and safe place for the students under my care. I am looking forward to the challenge of year advising and watching Year 7 grow and learn throughout their high school life.

Year 7 Meet and Greet: On Tuesday 4 March, parents of Year 7 students were invited to the Albion Park High School ‘Meet & Greet’ afternoon. The afternoon was held in the school library from 3.30pm to 4.30pm. It was an informal afternoon where parents were able to meet a variety of teachers who currently teach their children. Thank you to all parents and teachers who attended this event.

Biology and Senior Science
Students get up-close with Nature
On 25 and 28 February, Year 11 Biology and Senior Science went on an excursion to the Illawarra Environment Centrelink.

Term 1 Week 7 11 March 2013
Education Centre at Minnamurra River. They were accompanied by Mr Taylor (Biology) and Ms Tomlinson (Senior Science).

The excursion was a part of their studies in class on ‘A Local Ecosystem’ and it put a lot of theoretical information and scientific techniques into practice. They sampled mangroves, plant species in the surrounding bush and took water samples. They then had the opportunity to take advantage of the good weather and go canoeing and wading in the river.

The information the students collated and the activities they participated in are further explained on the Illawarra Environment Education Centre’s website. Our school has even contributed to the blog on the page: http://www.illawarra-e.schools.nsw.edu.au/New_ieec/11_ _12.html.

Thanks to everyone at the Centre for their assistance in organising the excursion, Ms Tomlinson and Mr Taylor, and to the students for their great behaviour.

A Taste of True Hospitality
On 27 February, Hospitality students were treated to an annual visit from an industry specialist. Grant Cole has worked in the meat industry for over 8 years and he took the time to come to Albion Park High to share his skills and experiences about the hospitality industry.

He began the session with a demonstration on portioning a chicken, and then explained the array of ways chicken can be used on menus in restaurants. Mr Cole then helped the students portion their own chicken. Some of the students appreciated this experience so much they went ahead and portioned a second chicken.

The lesson provided an alternative and valuable experience for all the students and APHS thanks Mr Cole for coming along for another year.

Harmony Day
The SRC will be celebrating Harmony Day on Wednesday 20 March. Harmony Day is managed by the Department of Immigration and Citizenship and coincides with the United Nations International Day for the Elimination of Racial Discrimination. It is a day of cultural respect, widely celebrated across schools, childcare centres, community groups, churches, businesses and federal, state and local government agencies. The message of Harmony Day is Everyone Belongs. In 2013 the theme is: Many Stories – One Australia.

Students are encouraged to wear orange to school as long as they have a gold coin donation. Also, SRC students will be selling orange cupcakes at lunch time, which can be purchased for only a couple of dollars. Please see Mrs Horton if you have any questions.

School Musical: Back to the 80s
The Albion Park High School musical is well underway! We have all of our roles filled and the first rehearsal was held in Week 4. Rehearsals are going very well and will continue to be held in sport time every Thursday afternoon. Please check the rehearsal schedule in the Music foyer every Monday.

All important announcements relating to the Musical will be published in the Park Press or be sent home with your child. However, all information about the musical is now readily available via our very own FACEBOOK PAGE! We are encouraging students AND parents to ‘like’ the page so they can see all the latest photos from rehearsals, have a simple way to keep track of upcoming important dates, and to basically feel in touch with everything about Back to the 80s. The page is: facebook.com.au/AphsBackToThe80s (or simply put ‘Albion Park High School Back to the 80s’ into the Facebook search bar).

Relay for Life
A HUGE congratulations and thank you to all of our students who participated in Relay for Life last weekend at Albion Park Showground. Right up until the event we had people signing up to be a part of the event. We had students walking, running and moving in all sorts of ways around the track, but everyone put in a solid effort and a great weekend was had by all.

It is not too late to donate to our team for all their effort in raising awareness of and money for the Cancer Council. Just visit the Relay for Life website and click on the link to our team, ‘Albion Park High School’: http://relay.cancercouncil.com.au/2013/shellharbour_2013/. Thank you to everyone who has already donated!

The Business end of the Dodgeball Comp!
The Sports Committee’s lunchtime dodgeball competition is now down to its final games of the competition and it is as exciting as ever! Thank you to all the students and teachers who have formed teams to support the competition.

GRAND FINAL WEEK is Week 8. The Junior Grand final will be played on Monday 18 March, and the Seniors will play on Wednesday 20 March. Non-players are welcome to come down to the gym to support their team, but please remember your manners and take your lunch-rubbish with you. 😊

Year 11 Committee
A Committee has been formed a by group of Year 11 students who are willing to work on the organisation of the Seniors 2013/14 Jacket or Jersey. The Committee will be meeting in coming weeks to determine the design of the
jacket or jersey. They are planning on presenting their ideas to the rest of Year 11 to vote on at the next year meeting. If you would like to contact the committee, please see Ms Goodwin or Year 11 Advisor Mrs Roth.

Oz Tag Stars 🎉
Congratulations to Jemesha Curties and Tristan Brazulaitis for being selected in NSW Oz Tag under 14s teams. They were selected based on their performances at the NSW State Cup, which was held at Fairy Meadow a couple of weeks ago. They will play for NSW at Nationals in July. Until then they will continue training each week. Congratulations Jemesha and Tristan!

Wests Illawarra Youth Achievement Awards
Do you know of a talented young achiever???
Applications are now open for the 2013 Youth Achievement Awards. The Youth Achievement Awards provide around $20000 in cash and scholarships and prizes to recognise and support talented young people in academic, sport, artistic, and citizenship categories. There is also a special category for young people who have had amazing achievements against all odds.

We'd like to make the 14th anniversary awards the best yet for Albion Park High! For information about the awards or to apply, visit the website: http://www.westillawarra.com.au, then click on the 'Project Unite' link, then 'Youth Achievement Awards'; or see Head Teacher of Welfare Ms Williams.

Albion Park High School
School Swimming Carnival
On Thursday 14th February our annual Swimming Carnival was held at Albion Park Pool. Mother Nature showed us her very best in weather as students from Years 7–12 showed their array of aquatic skills.

It was a jam packed day with students from all age groups swimming in a range of events including the 200m Individual Medley, 50m Freestyle, Backstroke, Breaststroke and Butterfly, 100m Freestyle and 200m Freestyle. There was lots of huffing and puffing as we progressed through the events quite quickly and our competitors began to wear out. 32 Students qualified to represent our school at the Zone Swimming Carnival the following week.

Competitors from Years 8-12 left the carnival at 12pm to participate in their regular sport afternoon whilst Year 7 stayed back to complete their swim test (allowing them to attend excursions and activities involving water) and take part in class novelty events. A wonderful atmosphere was created as Year 7 displayed team spirit during the class bucket relay. 7ENGA won the relay as the group that provided the least amount of gamesmanship alongside excellent team work, taking home the prize - rubber ducky medals!

We would like to thank Albion Park Swim Club for providing us with a canteen, as well as the starting equipment. Also, thank you to parents for all of your support, staff for helping make the day run smoothly and of course our wonderful student helpers from the Sports Committee and our Senior Revs course.

Finally, thank you to the competitors who gave it their best as your efforts and accomplishments were very much noticed and appreciated.

Congratulations to the following students who were age champions in their division:

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<th>Boys</th>
<th>Girls</th>
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<td>12 Years Girls</td>
<td>Jessica Lynn</td>
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<tr>
<td>12 Years Boys</td>
<td>Jacob Bridgett</td>
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<td>13 Years Girls</td>
<td>Breeanne Bailey</td>
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<tr>
<td>13 Years Boys</td>
<td>Jake Hollingsworth</td>
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<td>14 Years Girls</td>
<td>Amy Lucas</td>
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<td>14 Years Boys</td>
<td>Ethan Dorrian</td>
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<td>16 Years Girls</td>
<td>Reagan Pabis</td>
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<td>16 Years Boys</td>
<td>Taylor Garner</td>
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<td>17+ Years Girls</td>
<td>Ashleigh Carter</td>
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<tr>
<td>17+ Years Boys</td>
<td>Keiran Masters</td>
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And a big Congratulations to Ethan Dorrian who smashed a few long standing records in the under 14’s Boys in the following events:

- 200m IM - 33.41 min (old record - 3.00.69 min in 1999)
- 50m Butterfly - 30.69 sec (old record - 30.77 Sec in 1992)
- 100m Freestyle - 1.04.25 min (old record - 1.11.35 min in 2004) and
- 200m Freestyle - 2.22.75 min (old record - 2.33.31 min in 2004)

Zone Swimming Carnival Report
On Tuesday, 19th February, selected students of Albion Park High School took part in the Zone Swimming Carnival held at Dapto Olympic Pool. Every student who attended deserves enormous praise for their behaviour and sportsmanship and helped to put Albion Park High School ‘on the map’. Students who represented the school on this day included:

<table>
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<tr>
<td>Jacob Bridgett</td>
<td>Jessica Lynn</td>
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<tr>
<td>Luke Plummeridge</td>
<td>Mikayla Klusenberg</td>
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<td>Jake Hollingsworth (Age Champion)</td>
<td>Lauren Hughes</td>
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<td>Tristan Brazulaitis</td>
<td>Breeanne Bailey</td>
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<td>Declyn Brazulaitis</td>
<td>Nirvana Jackson</td>
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<td>Jett Preston</td>
<td>Sophie Elbourn</td>
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<tr>
<td>Ethan Dorian (Age Champion)</td>
<td>Amy Lucas</td>
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<td>Kyle Martin</td>
<td>Celeste Sulerzyski</td>
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<td>Brock Harrison</td>
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<td>Will Booth</td>
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<td>Nicolas High</td>
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<td>Taylor Garner</td>
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<td>Keiran Masters (Age Champion)</td>
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<td>Brad Starr</td>
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<td>Brock Wilbow</td>
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<td>Harrison Ceely</td>
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The students who competed on this day did exceptionally well.
well and should be very proud of their efforts. A special mention should go to Ethan Dorian, Jake Hollingsworth and Keiran Masters who were all awarded Champions of their respective age groups. Albion Park High School were only just overthrown from 3rd place at the end of the carnival by Warilla High School, coming 4th based on an overall point score.

Albion Park High School would like to thank Warrawong High School for organising a smooth running and successful Zone Swimming Carnival, Mr Maranesi for his involvement on the day and also to all the friends and family who came along to show their support and encouragement.

The first three place getters in each event qualified for the Regional Swimming Carnival, and out of 24 students who represented the school, 22 made it on to the next level. We now look forward to following these talented students’ progress on the 6th March at Dapto Olympic Pool and wish them the best of luck!

Open Boys KO Volleyball

Our Open Boys KO Volleyball team made a successful start to their 2013 campaign last Tuesday with a 3 sets to 1 victory over Lake Illawarra High School. Despite fielding a team of novices, our immaculate sports-uniform-matched-with-distasteful-yellow-wrist-and-headbands did the trick of playing on our opponents’ minds - a precursor to winning the crucial mind game that is elite sport.

Despite this, one opposition member thwarted us throughout the match and we were essentially unable to return his serve in the first set. A game plan for the following sets saw the game gradually turn to The Park, and with a vocal crowd of Year 8 girls in support, we wound up convincing victors. Fantastic blocking and defensive work from Chad Harrison and Jesse Hancock brought the house down on occasions, with the guile of Cody Hutchison and Joshua Leet proving invaluable on court. Riley Williams played his usual inspirational leadership role whilst Bryeson Lloyd's digging was a treat to behold. Brodie Hinke’s serves were clocked at over 200kms, an outstanding feat and the glare from Alex Sarkis’ teeth played havoc with the oppositions spiking prowess - one of Sarky's less obvious talents.

Our next match will be against Kiama High School who will prove stern opposition, but we will be up for the challenge. Huge thanks to Mr Hollingsworth for umpiring the match and to Lauren Hughes, Christie Shaw, Amelia Phelps, Abbey Pabis, Amy Lucas and Rhiannon Debnam of Year 8, who assisted with scoring and doing the lines.

Please Support the Doughraiser Initiative

In need of bread?
Head down to Albion Park Rail Baker's Delight and support Albion Park High School while you are at it. Albion Park High School has joined the Doughraiser program with Baker's Delight in conjunction with the Adidas Fun Runs we completed last year. Just by buying your bread at Baker's Delight and mentioning Albion Park High School's involvement in the program, you will be raising money for the activities and endeavours of our students as Baker's Delight will donate a proportion of the cost of your purchase to our school. More information can be found at http://www.bakersdelight.com.au/ourcommunity/doughraiser-program.aspx  Thank you for your support!

Are you interested in playing hockey?
Albion Park RSL Flames Hockey Club is looking for new field players and goalies.

Junior Mixed Teams – Under 7’s, Under 9’s, Under 11’s and Under 13’s
Registration and Training Wednesday 5pm - 6pm
Croome Rd Hockey Fields – Albion Park

Senior Women Teams
Registration and Training Wednesday 6pm – 7pm
Croome Rd Hockey Fields – Albion Park

Enquiries contact Tamara on 42564014 or 0405095228

Want to Play Netball?
Are you 12, 13, 14,or 15 years old?
Southern Suburbs Netball Club has a team for you, no experience necessary.

10-17 years Junior/Inters $130
Uniform $40
Game fees/week $3
Please call Natalie on 0438741972
ASAP Registrations Closing soon.

Need some log book hours?
An opportunity for you and your supervisor to experience a range of driving conditions including Police RBT, Speed Check and Driver Reviver fatigue stops.
A Learner Log Book Run will be held on Sunday, 17 March 2013 between 10.00am and 12.30pm
The Log Book Run will start and finish at the Lake Illawarra PCYC concluding with a PRIZE GIVEAWAY.
Bookings are essential please call Jenny Davies on 4221 6124.