Term 1  Week 9  25 MARCH 2013

Coming events for Term 1

Week 9

Monday 25 March  
Year 9 - Food Technology – Royal Easter Show  
Year 9 &10 - Agriculture – Royal Easter Show

Tuesday 26 March  
Year 8 - Maths Common Test  
Year 9 – Laptop meeting after school

Friday 29 March  
Good Friday (Holiday)

Week 10

Monday 8 April  
Easter Monday (Holiday)

Tuesday 9 April  
Year 12 - Half Yearly Exams

Wednesday 10 April  
Year 12 - Half Yearly Exams

Thursday 11 April  
Year 12 - Half Yearly Exams  
CHS Swimming  
APHS Cross-Country

Friday 12 April  
Year 12 - Half Yearly Exams  
CHS Swimming  
South Coast OzTag Gala Day (Selected Students)

Next P&C/School Council Meeting is:  
Monday 20 May, 2013  
6.30pm Staff common room

Alert Notice!

Head Lice: We have been informed that some students are suffering from head lice. The following information is from the Department of Education and Training

If your child has head lice here are some treatment tips:

- Do not treat your child if their scalp is irritated or inflamed
- Always read the head lice product label and directions before you apply it to your child’s head. Products can be found in local chemists
- Apply the head lice product to every strand of your child’s hair and work through, leave for 20 minutes, and comb out with a good quality lice comb
- Check your child's head and if dead lice are found, the product has worked. However, make sure you re-treat your child’s head in seven days to catch nymphs that have emerged from unhatched eggs
- Reduce the risk of your child catching head lice by tying their hair back or braiding it.

For more information visit:  

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:  
Sarah Brady of Year 11 who as part of her surf patrol duties assisted in rescuing a young person who had gotten into trouble in the surf. We commend her for her commitment to others.

Principal’s Message

In Term 4, 2013 the staff at Albion Park High broke into five Leadership teams. Within each of these key teams there are sub-groups who work on very specific tasks in the school:

- Engagement Leadership Team  
- Curriculum Leadership Team  
- Aboriginal Education Leadership Team  
- Leadership – staff and students  
- School Image Leadership Team

Each of the Leadership teams meet three times per term and each team is working towards a small set of very specific targets. I would like to thank and congratulate the staff of Albion Park High School who have, in six short months, achieved some outstanding results.

The Engagement team has a sub-group who have evaluated the A&I program (Able & Interested). There were seven recommendations;

1. Re-examine the philosophical underpinnings of the gifted and talented program  
2. Revamp, re-design and rename the program  
3. Improve timing, in particular the timing of information and application  
4. Map and create, with a timeline, a specific holistic program for Years 7 and 8  
5. Create a document which outlines an explicit expectation of teaching the classes  
6. Match teachers appropriately to the classes  
7. Improve professional development for staff in the area of teaching gifted and talented.

The Engagement team have now, with staff and student input, renamed the program. It will now be called the ABC
program which stands for: ABOVE, BEYOND AND COMMITTED. The name change captures the philosophical underpinnings and the expectations of being in the program which are to be; willing to work ABOVE expectations, be working BEYOND the stage outcomes so that extension can occur and being truly COMMITTED to achieve their potential.

To support this improvement in the support of gifted students we have appointed a Year 6 Year Adviser (Ms Aysha Cesco) who is already linking with the primary schools to learn about our students and in particular their strengths and talents. We have also appointed a Transition Co-ordinator (Ms Claire Phillips) whose responsibility will be to enhance communication between the High School and our partner Primaries; Albion Park, Mt Terry and Tullimbar. We are all very excited about the possibilities for the future for our most capable student’s.

Each Newsletter we will give our school community an update on each of the Leadership team’s targets and progress. I would like to take this opportunity to remind parents of two key aspects of communication. The first is the necessity of having an accurate email address on record as more and more of our communication is online. The second is the need to be aware of our new school website which holds the static information about the school but also live and changing information from week to week. Feedback about our new website is always welcome as we endeavour to constantly improve what we do and how we do it.

Congratulations to the SRC who oversaw HARMONY DAY and raised not just awareness for the need for Harmony in our world, but also raised money for the Cambodian Children from Sunrise Childrens’ Village. I have personally been to Cambodia and the Sunrise Village and can think of no greater way of donating to support others in need. The children in this institution are looked after by an amazing Australian woman Geraldine Cox who has devoted her entire life to helping these beautiful and vulnerable babies, toddlers and children. Their website is: www.scv.org.au/

Congratulations also to Ms Suzi Roth and the 43 students and staff who entered a team in the Shellharbour Relay for Life which was held on 9 and 10 March. These students represented the school with great community spirit and pride. Their hard work helped raise over $3,000 for cancer research. Thank you and well done to all who were involved including those who represented other teams and supported the cause; we are very proud of you all. Pictures of the weekend can be seen on Page 7.

SMS Text Messaging:
The school is trialling SMS text messaging to inform parents of their child’s absence from school on a daily basis. This provides the opportunity for parents to provide a reason via return text. If we do not have your mobile number please contact the school so that we can update our records. If you call the school before 10am to explain your child’s absence you will not receive a text message.

Immunisations:
Visit two is on 7 May, 2013 (Term 2 Week 2) for all Year 7 students and Year 9 boys.

On this day Year 7 girls and boys will be receiving the Human Papillomavirus vaccine (HPV) dose 2 of a 3 dose course and Diphtheria/Tetanus/Pertussis booster vaccine (single dose). The Year 9 boys will be receiving the HPV vaccine – Dose 2 of a 3 dose course.

Note: If students missed Visit 1, they can start the program on Visit 2. (Just remember to hand in completed vaccination cards to the office or to Mrs Osadczuk in the Maths staffroom before 7 May, 2013.

However, for Year 9 boys who do not complete the full 3 dose course of HPV during this year (i.e. by 31.12.13) they will have to purchase any missed doses through their own doctor as no catch-ups will be offered to them next year. The idea is to fit the three doses into the year, i.e. before 31 December, 2013; to avoid costs at the doctors. Any questions, please call the Public Health Unit 4221 6800.

Spare immunisation packs are available from Mrs Osadczuk in the Maths Faculty.

Deputy Principal’s Acknowledgement:
Year 7 Leadership
The positive work from Year 7 is continuing to grow and shine. They are becoming more involved in life at Albion Park High and working towards bigger and better things. Individual and group leadership has been a big part of these activities. For example, Danial Jones-Morely showed responsibility and commitment when he presented a speech last week to a large group for the first time. The staff at Albion Park High School are very proud of the way all Year 7 students have adjusted to high school life.

The Careers Expo is Coming!
If you are student in Year 10, 11 or Year 12, here is an important date to put in your diary. The Illawarra Credit Union Careers Expo 2013 will be held on 14 and 15 May at Unanderra Sports Stadium.

Albion Park High will be taking a group of Year 10, 11 and 12 students to the Expo on Tuesday 14 May. More information about the event will be released shortly. There will also be a session for parents and other members of the community on Tuesday 14 May from 4.30-6.30pm if you wish to attend with your child.

Japanese Exchange Students: Get involved!
Mr Kent is still looking for students and their families to host an exchange student from Japan for a week. This is an incredible cultural opportunity many schools do not offer their students, especially if you are currently studying Japanese. Being a host will also allow you to be part of the reciprocal arrangement the exchange program offers. This means when a group from Albion Park High travels to Japan next year to visit our sister-school, you will be one of
the first invited and be given the opportunity to meet up with your exchange student at their school.

Please see Mr Kent as soon as possible if you are interested or require more information. If you would like to know about the experience of being a host from a student perspective, Tayla Hawke and Jasmine Hayes are happy to speak of their invaluable experiences.

Mathematics News
As Head Teacher of the faculty, I would like to express my thanks to the Albion Park High School’s P&C for funding the Mathletics program for every student at our school. This was at a significant cost of over $7,500.

Mathletics has been shown to improve an engaged student results in Mathematics. The program offers many benefits to our students. It is accessible from any computer. It also allows the student to consolidate their current work, making sure that they are strong in their mathematical skills. They are also able to refresh their knowledge in previously taught concepts - and not just limited to their current year group, but they are able to revise topics that were done in previous years.

Each concept has explanations and practise questions available, giving the student instant feedback on the quality of their answers. The component of Mathletics that the students find the most satisfying is when they challenge students from all over the world in Skill Challenges. These are timed events, where the student is able to engage, complete and then compare themselves with everyone else.

What does this program mean for all parents and carers? When we ask the question, “Do you have any homework?” we all can assume the answer will be what we told our parents. The difference is that we can now ask the child to invest some of their time on the Mathletics program. Every student has been given their sign in and passwords from their Mathematics teachers. Should there be a concern with codes have been misplaced, please ask your child to approach their Mathematics teacher to get the information.

Rugby League: Albion Park High School vs Picton High Gala Day
The Annual Park vs Picton Rugby League Gala Day was held at Albion Park High School on Friday 8 March. Over 200 students were involved in the game, whether it was by playing on the field or in the organisation and running of the day.

Both Albion Park High School and Picton High use this game as a trial game for their school’s representative teams. The boys played in the 13 years, 14 years, 15 years or Opens team. It was a highly successful day overall with everyone putting in diligent effort and enjoying themselves. Albion Park High School won the 13 years and the Opens games, with Man of the Match in those games going to Dallas Harrison (13 years) and Kyle Williams (Opens). Both the boys won a Dragons’ Jersey in recognition of their great skill on the day. Picton High won the 14 years and 15 years game, and went on to win the Shield based on having a higher overall point score.

Coordinator of the day, Mr Blake, would like to pass on a big thank you to everyone involved in the Gala Day. The support from parents was wonderful to see, and the organisation of the day would not have been possible without the assistance of the Sports Coaching students and Albion Park High School staff. All in all, a great day of rugby league!

Sport News: Upcoming events
Week 9: will mark the start of Competition Sport for 2013. Students from Year 7-11 and Year 12 students, if they feel they have the time to commit to the competition, will trial for their chosen sport during sport time in Week 9 (Thursday 28 March). Students in Year 7-10 can nominate to trial during their health classes, while Year 11 students will nominate in their English classes. The sports on offer for competition sport are: Soccer, Basketball, Newcombe ball/Volleyball, Netball and Touch.

Week 10: Cross Country: Albion Park High School’s cross country carnival will be held on Thursday 4 April during regular sport time. The order of events with be 14 years boys and girls, 15 years boys and girls, 12 years boys and girls, 13 years boys and girls, 16 years boys and girls and 17 years boys and girls.

Week 11: Thursday afternoon sport will be competition sport training for those students who have been selected into a team. Everyone else will have an afternoon of modified recreation sport.

BREAKFAST CLUB: Brekky Club will be back in Week 2, Term 2. It will run every Wednesday and Friday morning. Students should meet in the gym at 7.20am for some quality morning exercise, and they will have a healthy breakfast at 8am before school begins. See Mr Todd if you need more information. ☺

Dragon Boat Races at the Chinese New Year Festival
After over 10 weeks of training with Illawarra Dragon Boat Club our keen Dragon Boaters were ready for their big day. Rain did not keep these spectacular 12-metre long boats, flamboyantly decorated to feature the head and tail of the dragon out of the water. The 20 strong team and drummer travelled up to Darling Harbour on the 23 February to compete against other schools in the annual Chinese New Year celebrations.
Despite the fact that every time our team got in the boat it started to rain, all the students displayed amazing enthusiasm. We were the only public school in the race, competing against some teams that had their own boats and training facilities, however, this did not stop our team from showing the other schools a thing or two about school spirit, demonstrating our awesome chanting skills and trying our very best in the races.

We were also the friendliest school there! It was with great pride that we were able to tell people we were from Albion Park High School. Throughout the two heats we continued to improve and performed our best in the final. A huge thank you to all the parents who came up on the day, the awesome coach who helped us out and the Illawarra Dragon Boat Club. Congratulations to all the students involved. You did us proud.

Mr Todd and Ms Nelson

Cross-Country Carnival
The Albion Park High School 2013 Cross-Country Carnival is fast approaching (Week 10 – Thursday 4 April). Remember (especially Year 7s who will be attending the carnival for the first time) the following pieces of information:

1. The Cross Country Carnival is a compulsory school event for every student
2. All Students arrive at Albion Park High School and attend periods 1, 2, 3, 4 before the carnival
3. Note the length of Periods 1,2,3, and 4 will be reduced
4. At the beginning of lunch, students will assemble on the quad
5. When instructed to do so, students will walk, supervised by teachers, to Croome Road Athletics track
6. Students riding bicycles will be required to wear a helmet while riding
7. Students who usually catch the bus home will be able to catch their usual bus from the Croome Road Athletics Track on the Cross Country Carnival day as the buses will pick up at the track
8. Students who usually walk to and from school will be required to walk back to Albion Park High School at the conclusion of the Carnival

No student will be permitted to leave the 2013 Cross Country Carnival until 2.35pm on Carnival day.

Parents are welcome to “cheer on” their child from the boundary fence. We look forward to a great day. Mrs Smallhorn, Ms Greig and Ms De Jager

Rec Sport – Tennis Coaching
Senior Boys into Grand Final
Three of our Year 11 boys namely: Cameron Hiscocks, Callum Mayo and Jye Windsor have been involved with Tennis Coaching as a recreational sport, have reached the Division 3 Saturday morning comp Grand Final. The boys by being involved with tennis coaching as a recreational sport had their potential as competition tennis players spotted by coach, Michelle Edwards. They were invited to play in the competition and accepted. This was the first time the boys have played competition tennis and the first time together as a team.

The boys have performed exceptionally well finishing second overall leading up to the finals. The boys even had a win over the team that finished first. The boys lost the major semi-final to the number 1 team but came back strongly to win the final which has put them into the Grand Final (as at the time of this being written).

The boys have played outstanding tennis and displayed the highest level of sportsmanship. They have been a credit to not only themselves, but to their families and friends and to onlookers and other teams they have played against. This is what the boys have achieved:-

- First time playing together as a team
- Second overall in normal rounds
- Defeated the number 1 team
- First time competing in Division 3
- Will be in Division 2 for next competition
- Through to Grand Final in first ever competition

These boys are a credit to our school. So if you see them out in the playground say hello and wish them well in their future tennis.

Ken Morgan – Teacher in Charge of Tennis Coaching as a recreational sport.

Coastal Zone Hockey
Congratulations to Tayla Scoble (Yr 9), Zac Nyrhinen, Brady Anderson, Reagan Pabis (Yr 10) and Callum Mayo (Yr 11) who were all selected in Coastal Zone Hockey teams after trials last week in Nowra.

These students will now attend further trials this week in the hope of being selected in the South Coast team. We wish them all the best of luck.

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.

**Albion Park Junior Football (Soccer) Club:**
The Club is in urgent need of two Under 15 year Goal Keepers for the 2013 Season. If you have the skills and desire to be a goal keeper or know of somebody who would be interested please contact Brendon Davies on 0409 194 206.

**Shellharbour City Stadium**
Croome Road Albion Park Rail

*Is taking registrations for*
**BASKETBALL COMPETITION**
**CADET (12 - 16 Year Boys or Girls)**
Thursday Afternoon

**MIXED SOCIAL (Ages 15-50+)**
Friday Evening

For information
Phone: 4257 3468

**Kiama Junior Rugby Union**
We still have positions available for the 2013 season in U14’s U15’s and U17’s

Come to training on Tuesday or Wednesday
U14’s & U15’s from 4.30pm
U17’s - 6pm
Kiama Showground

Contact Lucy Blackmore
mob.0409161687 or email Lblackmore5@bigpond.com
All new players are welcome. Come and try RUGBY!
Fixed and Growth Mindsets

Our mindset impacts on our effectiveness and ultimately our success according to acclaimed researcher Carol Dweck. Through her research Dweck discovered that people have different mindsets about their talents and abilities and that these mindsets make a big difference.

Some people believe that their talents and abilities are fixed traits – they have a certain amount and that’s that. Dweck calls this a fixed mindset. But other people have a growth mindset. They believe that their talents and abilities can be developed through hard work and perseverance.

In her excellent book, ‘Mindset’, Dweck explains that how people view themselves has a significant impact on their response to challenges. People with a fixed mindset often shy away from challenges. They see their own weaknesses as deficiencies that are permanent and are therefore afraid to reveal them. People with a fixed mindset are also not as resilient in the face of setbacks because they see them as a reflection of their identity. Avoiding challenges and not being resilient impacts on the success of people with a fixed mindset.

People with a growth mindset don’t necessarily believe everyone is the same or that anyone can be Einstein, but they understand that everyone can develop their abilities. People with a growth mindset acknowledge that even Einstein wasn’t Einstein until he put in decades of dedicated hard work. People with a growth mindset see a challenge as something that helps you learn and a setback as something that ultimately helps develop your ability. For this reason, people with a growth mindset often accomplish more in the long term.

Your mindset creates a “meaning system” by which we give meaning to what happens to us. Our mindset changes how we see challenges. In a fixed mindset, a challenge is threatening because it can reveal deficiencies. In a growth mindset, a challenge is an opportunity to get better at something.

Your mindset also changes the meaning of effort. Those with a fixed mindset think if you have natural ability you shouldn’t need that much effort. Their belief is that things should come easily to people if they’re really smart. But those with a growth mindset understand that even geniuses have to work hard and that effort, well-applied, will increase your abilities over time.

Mindsets also change the meaning of failure. In a fixed mindset a failure is the worst thing that could happen. It displays a lack of ability. Failure is something to run and hide from. But in a growth mindset failure, while not welcome, is something you learn from. Mindsets therefore have a profound impact on people’s motivation.

Dweck’s research found that praising students for being ‘smart’ when they succeeded was something that the student relished but could lead to creating a fixed mindset in them. A mindset where they believed their success was due to their innate ability, rather than their effort. This mindset could lead to them rejecting challenges, for fear of not looking smart and failing apart when they made a mistake. Instead of praising students for being smart, Dweck advocates praising their effort and persistence as these contribute to a growth mindset.

Steve Francis  MScM, BEd, DipT
Steve Francis is an expert in work-life satisfaction and is the author of three books, ‘Time Management For Teachers’, ‘A Gr8 Life...Live it now!’ and ‘First Semester Can Make or Break You!’. He was a Principal for 20 years. Steve lives in Brisbane with his wife and two school aged children.

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A welcoming and friendly school working with and for our local community