PARK PRESS
Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT”
Find us at: 120 Church Street Albion Park  2527  Email: Albionpk-h@det.nsw.edu.au  Tel No: 4257 1744

Term 1  Week 11  8 APRIL 2013

Coming events for Term 1

Principal’s Message

I hope that all of our families had a terrific Easter and had some quality family time. I know that the students who went on the Agriculture excursion to the Royal Easter Show had an outstanding time. Thanks in particular to Mrs Patricia Joynson who came in on her day off to take the students.

This week has been an extremely big one for the school. We have now started our new timetable; thank you to all of our students and parents who have been both understanding and patient in the face of major change. Thanks also to Mr Paul Ryan and the timetabling team and Mrs Cole who oversaw all of the roster changes despite some major technological challenges!

I must apologise for the ongoing issue with our phone system. Despite numerous calls to Telstra explaining the enormity of a lack of working phones in a school, they have been extremely slow in their response, leaving us for weeks without proper connections. I hope that they are now in working condition and our parents don’t end up on message bank!

We have now fully introduced the SMS texting system for attendance monitoring. If your child has been away you will receive a text, you can text the explanation for their absence directly back to the school. If there is still no explanation and no note has been handed in on their return, you will receive a reminder letter. To avoid the text and the letter you can ring the school on the day that your child is absent before 9.30, to explain. It is essential that you have an up-to-date and accurate mobile phone number on record at the school for this to be effective. Updates to mobile numbers can be made by simply ringing the front office on 42571744.

This week all of our preliminary seniors spent an entire day working on a special program titled FLAME. FLAME stands for: Formatting; Learning Answering Made Easy

This program is one which aims to improve students’ responses to HSC written questions. It provides a structured formulaic matrix that supports a students’ response to any given question in any subject. It has as its basis a deep understanding of the meaning of the verbs in a question based on the Blooms Taxonomy, which is a chart that maps the increasing complexity of responses, from Describing to Justifying, Explaining to Critically Analysing.

Week 11
Monday  8 April  Year 12 Half Yearly Exams
Tuesday 9 April  Year 12 Half Yearly Exams
Year 9 Laptop Distribution to Students
Wednesday 10 April  Year 12 Half Yearly Exams
South Coast Rugby League Trials at Dapto
Thursday 11 April  Year 12 Half Yearly Exams
School Cross Country
Friday 12 April  Year 12 Half Yearly Exams

Week 1 - Term 2
Wednesday 1 May  School recommences

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

Alert Notice!

Stranger Warning: I spoke last week to all of our students on assembly about a spate of incidents in the Illawarra involving men who have enticed young people either into their cars or talk to them. The police are very concerned and every incident is being thoroughly investigated. One Albion Park High student, just last week, was grabbed; thankfully she is safe and has given a good description to the police. Whilst it is important to balance safety and independence, it is very important that young students walk home with a friend or two and not alone.

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:
Corey Debnam of Year 7 who was selected by Year 11 Peer Support Group, for always being polite and helpful to others.
I wish to thank the FLAME team of Mr Hollingsworth, Mr Ridgway, Ms Poole, Ms Williams and Ms Cesco who drove the action for the day. The students worked well and responded excellently. I am confident that they will soon reap the rewards of their hard work.

Deputy Principal’s Acknowledgement:
Happy Holidays!
I would like to wish all the staff and students of Albion Park High a safe and happy two week break. I hope you all come back in Term 2 feeling rejuvenated and with a positive attitude to learning. Thank you to all the students who put in their best efforts in Term 1, please keep it up!

Harmony Day
Harmony Day was celebrated at Albion Park High on Wednesday 20 March in a range of colourful and fun-filled ways. Harmony Day is a day of cultural respect, widely celebrated across schools, childcare centres, community groups, churches, businesses and federal, state and local government agencies.

At lunch time, there was orange everywhere as students donned their best orange attire instead of school uniform for a gold coin donation. School spirits were high as a huge crowd was on the sidelines of the soccer match between members of the Albion Park High School Committees (Sports Committee, CAPA Committee and SRC). Meanwhile, SRC students were busy in the quad selling orange cupcakes.

Thank you to everyone who participated in and supported Harmony Day as your efforts have helped the SRC raise over $300. Special thanks goes the members of the SRC and Mrs Horton who ran the activities on the day, especially Alicia Wheatley and Emily Clifford who baked all of the cupcakes and promoted the Day on assembly.

Library News
Wrap with Love: Students are invited to come to the library at lunctimes to learn how to knit and make a difference to the lives of those in need. In 1992, Wrap with Love began with the idea to help as many people as possible by providing warm Wraps to ward off hypothermia and in the past 20 years we have sent more than 300,000 Wraps to people in over 75 countries, including Australia, with the help of our hardworking and generous volunteers. Just one square provides one twenty-eighth of warmth, and collectively, twenty-eight assembled squares create one whole warm and sheltering Wrap.

Students are completing 10 inch squares of plain knitting, which will be sent to the ‘Wrap with Love’ distribution point. Over twenty non-denominational and non-political aide agencies collect Wraps from the warehouse in Alexandria, NSW, to distribute them to those in greatest need. The organisation relies on an Australia-wide network of caring volunteers to knit, transport and assemble Wraps. Students can also learn to knit at home or ask their grandparents/relatives/friends to make up some squares and bring them to the school. The Library will also greatly appreciate any donations of 8 ply wool or 4mm knitting needles to allow students to have the tools to knit in the library.

The World Book Resource: Albion Park High School has made research a whole lot easier by allowing them access to the Advanced Reference Suite of the World Book Web. This a comprehensive encyclopaedic recourse comprising of encyclopaedia resources, ebooks, maps, videos, learning activities, magazine articles, an individual research account and much, much more. Simply visit www.worldbookonline.com and login with the following information: ID – aphighschool, Password – albionparkhs.

Chess Competition: The chess competition is held in the library during lunches every week. The students involved have remained diligent and determined in the competition. The round-robin will continue into next term, and then the finals will be held to determine the ultimate winner.

Premier Reading Challenge: Do you enjoy reading? Are you considered to be a speedy reader and always on to a new book as soon as you finish you last? Then you should sign up for the Premier’s Reading Challenge! The Challenge aims to encourage a love of reading for leisure and pleasure in students, and to enable them to experience quality literature. It is not a competition but a challenge to each student to read, to read more and to read more widely. It is open to all NSW students in Kindergarten-Year 9, in government, independent, Catholic and home schools. Furthermore, it is chance to win an array of prizes just for reading your favourite books. See the library for details or to register and obtain more information go to https://products.schools.nsw.edu.au/prc/home.html.

CAPA News!
Youth Week Exhibitions: throughout this term, Year 10 students have been working on “Into the Werible” projects with Shellharbour City Youth Worker, Belinda. Their efforts are extra noteworthy due to that fact the students have been designing their art works
out of recycled materials. The students have embraced the challenge of this abstract medium and are enjoying the creative and imaginative elements of the design process. All of the students' hard work was put on display last week at Shellharbour City Youth Centre. Opening night was Friday 5 April, and the exhibition will continue until Friday 26 April. This is the 5th Annual Shellharbour City Council Youth Services Youth Week Art Exhibition and Albion Park High has enjoyed being a part of such a wonderful local event.

Entering the World of Professional Artworks: Jade Axam (Year 9) and Georgia Moore and Sienna Wagner (Year 9) attended the Wollongong Art Gallery’s enrichment day on 20 March. The day was designed to present to the students new ways of thinking and creating art works, and how students can use their existing skills in new and exciting ways. Our budding artists were guided by an experienced and acclaimed artist and worked collaboratively with students from other local schools.

Want to help with our AMAZING Musical? Well now you can! By cleaning out your garage, attic, bedroom or by cleaning out Granma’s house! We are in need of several items for our totally awesome musical production. If you can donate anything from the list below, it would be greatly appreciated.

- 80’s Ghetto Blaster (boom box) does not need to be working
- Roller-skates (not blades)
- Yo-yos
- Rubik’s cube
- An old battered BMX bike (but please do not bash up your bike for us!)
- 80’s mobile phone (brick sized)
- A Yoda mask (Star Wars)
- 2 toy light sabers (again, from Star Wars)
- A Darth Vader mask (ditto)
- Fake fur wrap

Thank you
The Cast and Crew.

Mathematics celebrates PI day

π is a very special number. Many Mathematicians over the past 3000 years have tried to find its exact value. We usually use 3.14 or 22/7, but π really has an infinite number of decimal places. It is essential for perimeter and area of a circle. On 14/3 (3/14 in the USA) the Mathematics staff celebrated by giving students displaying school and Mathematical values a special merit and canteen vouchers for $3.14 credit. Congratulations to those 45 students! A special mention: Tekia Cheyne won the memory competition in 7L, remembering π to an impressive 15 decimal places and earning a pie from the canteen for her efforts.

Dodgeball Trophy

Our 2013 Dodgeball champions were crowned in Week 8 with two fantastic Grand Finals providing the perfect finale for our first lunchtime competition of the year. In the Junior division, it was the undefeated “Insert Name Here” who came away with a deserved 14-6 victory over The Whispering Eyes, who certainly put up a great fight in the final. A highlight of this all-Year 8 contest was the tremendous spirit and sportsmanship that was shown and the fact that the girls on court were just as instrumental in game play as the boys. Congratulations to our winners, and good luck next year when you move up to the senior ranks. The winning team consisted of: Jett Preston, Bianca Gehrmann, Breanna Payne, Declyn and Tristan Brazulis, Nick High, Declan Hull, Connar Grozde, Mitchell Sweeney and Paul Talbot.

The scene was set for a bumper of a Senior Grand Final in the quest to hold the Albion Park High School Dodgeball trophy aloft. In an extremely tight comp, the Year 11 (Bohagi) team and the Year 12 (Kitten Patrol) were both eliminated in the semis despite both winning their pool. Last year’s finalists, the Year 10 Mulahungtbasies, were both up against the crowd favourites (not!) – The Teachers - who, at full strength, were always going to be a difficult opponent to beat. A fantastic and fervent crowd atmosphere, led by our seniors, saw The Mexican Wave get a few good laps before Dimity Quinlan belted out a tune and then our national anthem, enthusiastically supported by much of the audience.

Some wonderful school spirit was a-happening! The match itself was a Dodgeball classic with the scores locked at 12-all with one match to play. As luck should have it in 2013, it was The Teachers who snuck home the final point to claim the championship. In an extremely tight contest, it was The Mexican Wave that took the Codenemies (Bohagi) team and the Year 12 (Kitten Patrol) were both eliminated in the semis despite both winning their pool. Last year’s finalists, the Year 10 Mulahungtbasies, were both up against the crowd favourites (not!) – The Teachers - who, at full strength, were always going to be a difficult opponent to beat. A fantastic and fervent crowd atmosphere, led by our seniors, saw The Mexican Wave get a few good laps before Dimity Quinlan belted out a tune and then our national anthem, enthusiastically supported by much of the audience.

Well done to every individual who laced on a Dodgeball boot over the last term as it was one of the most keenly contested events we have staged in recent years. Thanks also to Dimity for her vocal chords, to crowd members for the atmosphere, and to the Sports Committee, who have devoted most of their lunchtimes this term to organise and run this event.

See you all (+ more!) next year!

Zone CHS KO Touch Report

Boys – last years “Team of the Year” began their 2013 campaign with a determined 2nd placing at the recent Zone Carnival, allowing them to advance to the Regional finals of this state-wide competition. With defending CHS champions Illawarra Sports High School in our zone, it was a case of finishing 2nd at this carnival, with Warilla High School the danger. As it turned out, our very first match was against this opponent, turning this game into a mini-Grand Final. After securing a 2-1 advantage, we slipped behind 2-3 with not many minutes left on the clock.
Excellent driving and discipline culminated in two late touchdowns to the boys in red and black, with 4-3 being the final score at full-time. Illawarra Sports High School gave us a 2-6 lesson in Game 2 and then we hit back with an emphatic 5-0 thumping of Kanahooka High School in our final match, claiming our goal of 2nd place in the zone. Well done to our new-look squad, many of whom are novices to the sport and had their first training session the day before we played. It will be difficult to emulate the success of reaching the State Finals two years running, but we look forward to further learning and training in the weeks ahead.

The team consisted of: Riley and Kyle Williams, Hayden Allen, Tristan Brazulatis, Ben Hopkins, Brody Moule, Josh Leet, Cody Hutchison, Brodie Hinke and Blake Maples.

**Competition Sport**

Congratulations to the students chosen to be on a Competition Sport Team for Term 2 and 3 of 2013. It is a great opportunity to represent your school in fun-filled sporting environment.

If you were unable to attend the trials last week, you will have a chance to trial for your chosen sport this Thursday, Week 11. For the students who have already been placed in a team, you will train with that team during Thursday sport time.

If you are not involved in competition sport at all, you 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.

**AFL Gala Day**

Twenty five of Albion Park High School’s most athletic, muscular, energetic and competitive junior girls took on the region in an AFL Gala Day Extravaganza on Tuesday 19 March.

The girls boarded the bus full of confidence and courage, with an air of professionalism about them. The team arrived at Reed Park, Dapto in fine spirits, set up the marquee and donned their match-day singlets and boots, to warm up in preparation of the big day ahead.

All of the schools and teachers assembled for the reading of the rules and the commencement of the games. Two words….“Oh No!” “Bear-hug tackles?” “To the ground?” “Anywhere below the neck?” “ARGH!!!” Shoulders slumped, heads hung, the girls groaned as they walked back to the marquee, worried and anxious.

Once that whistle blew, the Albion Park High School REDS came bursting through the gates steam rolling St Mary’s in their 1st game while the Albion Park High School BLUES battled for the ball with Corpus Christi. Both teams put on a good show, but unfortunately lost their 1st games.

The REDS got a little shaken by the much stronger Warilla side in their 2nd game losing 27 to 11! When the BLUES turned our frowns up-side-down beating TIGS 16 to 13 in a close, but well-controlled match. This win lifted the spirits and we all celebrated with lots of cheering, dancing and high pitched squealing of course!

But it was the 3rd game for both teams that proved to be the toughest, and most exhilarating. A late change in the draw saw Albion Park High School REDS go head-to-head with the Albion Park High School BLUES in a school vs school face-off.

The star breakaway Jasmine Micallef got her team off the confident start, along with the stand-out kicker Rideika Wright who managed to boot a few through the posts, with the help from thrasher-tackler Maddison Bugden. The ‘try-anything-once-Carbon-sisters’ were an excellent duo to have within the BLUES side, and position all-rounder Courtney Warburton proved to be a big asset for the REDS.

The REDS won the Albion Park High School hit-out game, but the BLUES tallied more points overall- so they’re all champs to me!

A huge congrats goes to the AFL first-timers who improved throughout the day, and a pat on the back to all of the girls for giving it a good, hard go. Thanks for a wonderful day girls.

Yours in all things competitive. Miss Baz

**Cross-Country Carnival**

Weather permitting the Albion Park High School 2013 Cross-Country Carnival will be held this week, (Week 11 – Thursday 11 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
School Playgroup

- Do you have a child aged 1½-5 years old?
- Do you need to get out of the house and meet new friends?
- Do you wish your child had someone to play with or a range of different and stimulating activities to take part in?

Albion Park High School’s Year 9 Child Studies students are running a PLAYGROUP starting Term 2 on the 22 May to supplement their learning in this subject. The Playgroup will continue to be run every Wednesday for the remainder of the year and will be held between the times of 10am-11:15am. A small cost of $2 per child will cover morning tea and go towards any materials needed. The students in Child Studies have identified that ‘play’ is vital for a child’s social, emotional and physical health and therefore Albion Park High School has been committed to providing this opportunity to both the students and members in its surrounding community for the past 20-years.

For an information pack and to REGISTER your interest, call Albion Park High School as soon as possible on (02) 4257 1744

The BraveHearts Initiative

Dear Parent/Carer,

Australia has become the Number 1 nation in the world for obesity (Per percentage % of population).

After watching these trends escalate in the last 19 years, we at Albion Park High School can wait no longer. It appears that government interventions and media campaigns, whilst aiming to promote better nutrition and more physical activity, are clearly failing to deliver the desired result of a healthier nation. As a school, we are in the unique position to make a difference in the lives of those who have lifestyle issues.

The Albion Park High School Personal Development, Health and Physical Education (PDHPE) Faculty prides itself on the successful and innovative programs that we have delivered to our students. Initiatives such as our award winning Sports Committee, the Park Performers Group, and The Breakfast Club are indicative of the programs that we offer in an effort to make a difference to the students in our care.

In an attempt to make a positive, and real, impact on our communities’ weight and health problems, we would like to offer our students the opportunity to participate in one of our more recent initiatives; BraveHearts. Now in its fourth successful year, the benefits to participants have been vast. Apart from the obvious physical benefits it has been the emotional and social benefits which have underlined the success of BraveHearts. As physical and health educators, we believe that it is our duty of care to ensure that the students that we teach have the information and opportunity they need to reach their life potential. Through the BraveHearts initiative we can achieve this...

So where do we start?

This letter is being sent to every Parent/Carer of a student at Albion Park High School. Certainly, we have many students who do not need to concern themselves with involvement in a lifestyle program. Just as certainly, we have students who do. But of these students, who is courageous enough to admit they have a weight issue in the first place? And just as importantly, who then is brave enough to do something about it in a school environment??

In brief, the program will run throughout Terms 2 and 3 during normal Thursday sport time. It will be organised and facilitated by local trainers/instructors as well as Albion Park High School staff members.

The cost of the program will be $6 per week which will include all bus travel (when required), all physical activities undertaken with qualified personal trainers and dietary advice from a nutritionist.

It will also involve the support of a select group of Albion Park High School students in mentor roles, who will help to inspire, motivate and challenge their peers to achieve their goals from the program.

A program of this kind, at secondary school level, is a unique opportunity.

We thank you for taking the time to read this letter and sincerely hope that many of you take advantage of this health promotion initiative. If your child would like to be part of this program, they must see Mr Todd or Mr Farrugia in the PE staffroom before Wednesday 10 April (week 11).

It is time to challenge the future

Yours Sincerely,

Michael Todd/Shannon Farrugia
Program Coordinators

Paul Ridgway
Head Teacher – PDHPE

Suzi Clapham
Principal

A welcoming and friendly school working with and for our local community
WEP Student Exchange - Memories & Skills For Life
Have the time of your life when you spend a summer, semester or year overseas as a WEP exchange student. Choose from over 20 countries around the world to complement your secondary studies with an international, cultural exchange experience. You will be invited by a welcoming, volunteer host family to live and learn like a local teenager, attend school overseas, make new friends and return more mature, independent, goal-oriented and with a new outlook on life!

Don’t Miss Out! Applications Closing Soon!
Applications for long-term programs starting in August/September ‘13 to Belgium, Canada, China, France, Germany, Italy, the Netherlands, Poland, Spain and the USA are starting to close in mid-April. Contact WEP for details.

Scholarships & Early Bird Specials
WEP is offering over 20 scholarships towards semester and year programs to Argentina and China in 2014! Early Bird discounts for programs starting in January ‘14 are also available.

Find Out More!
Request an information pack, including WEP’s FREE application form.
Visit www.wep.org.au
Call 1300 884 733
Email info@wep.org.au
Special Offer !!

Apply First Aid Course - Discount rate for Year 10, 11 & 12 students

We would like to encourage more high school students to complete their Apply First Aid certificate, why?
- It's a life saving skill
- It looks great on a resume
So during the school holidays we are offering the 2 day Apply First Aid course for just $80 (that's a saving of $115 from the usual rate !!)

Available dates?
Saturday 13 & Sunday 14 April, 2013
Monday 15 & Tuesday 16 April, 2013
Monday 22 & Tuesday 23 April, 2013

Where?
St John Ambulance - Wollongong Training Centre
30 Kenny Street
Wollongong

How to book?
Complete the attached Course Enrolment form and return with Payment to either:
PO Box 1892 Wollongong 2500
OR
Email to Wollongong@stjohnnsw.com.au
OR
Fax 02 4227 3463

For more information please contact 4229 2788
Course Enrolment Form

By training with St John you’re assisting with providing funds, enabling the local volunteer group to provide voluntary first aid services to your community.

Please note that courses booked by non-account customers are to be paid for at the time of booking.

Course Preferences

<table>
<thead>
<tr>
<th>Course name:</th>
<th>Apply First Aid – 2 Day</th>
<th>Preferred course date: 13 &amp; 14 April</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location:</td>
<td></td>
<td>Alternate course date: 15 &amp; 16 April</td>
</tr>
<tr>
<td></td>
<td></td>
<td>22 &amp; 23 April</td>
</tr>
</tbody>
</table>

Personal details

<table>
<thead>
<tr>
<th>Title:</th>
<th>First name:</th>
<th>Surname:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date of birth:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Telephone (home):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(work or mobile):</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(by providing your email address you are consenting to receiving further information from St John (NSW))

If you have previously attended a course with us please provide the following information:

<table>
<thead>
<tr>
<th>Name of course:</th>
<th>Master ID or PIN:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Certificate number:</td>
<td>Expiry date:</td>
</tr>
</tbody>
</table>

If payment is being made by your company, please provide the following information:

<table>
<thead>
<tr>
<th>Account number:</th>
<th>Company name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Company phone number:</td>
<td>Company address:</td>
</tr>
<tr>
<td>Contact name:</td>
<td>Purchase order number:</td>
</tr>
</tbody>
</table>

Payment is being made by:

- [ ] Credit card
- [ ] Cheque Amount: $[ ]
- [ ] Mastercard
- [ ] Visa
- [ ] Bank card
- [ ] Amex
- [ ] Diners

Card number: [ ]

Expiry date: [ ]

Name on card: [ ]

Please fax or post to Wollongong Customer Service: Fax 02 4227 3463 Postal Address: 30 Kenny Street, Wollongong 2500

OFFICE USE ONLY

<table>
<thead>
<tr>
<th>Course number:</th>
<th>Transfer details:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date:</td>
<td>Receipt number:</td>
</tr>
<tr>
<td>Division / Training / Community Care CODE:</td>
<td>Checked and confirmed a receipt sent: Date:   Initials:</td>
</tr>
</tbody>
</table>