Coming events

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REMINDER NEXT P&C MEETING –
Monday 17 November, 2014 at 6pm.

No excuses, go to school
Everyday counts

Students of the Week

Congratulations to two of our Year 11 students, Natasha Molloy and Grace Sullivan, who have worked hard for six months and presented at the Max Potential Showcase on Tuesday.

The Max Potential Program is an opportunity for students to make an impact in their region through a community project.

Grace created ‘The Pillowcase Project’, an initiative where she created bright and colourful pillowcases, for young children in Wollongong Hospital’s Children’s Ward.

Natasha created ‘Pocket Pal – Depression and Anxiety Self Help Kits’, an initiative where the created kits can be distributed to help students in need, within schools.

Each student worked closely with volunteer mentor, Emily, over the course of the program. Congratulations girls on your achievements and being fantastic representatives of Albion Park High School!

Principal’s Message

I would like to devote this edition of my Park Press Principal’s Report to the wonderful life of Gough Whitlam who reshaped the political landscape of Australia and gave my generation the gift of free university education, something for which I (the sixth child of a working class family of seven) am eternally grateful!

Gough Whitlam came to power in 1972 with the most famous of all Australian political campaign slogans ‘It’s Time’. I personally remember, as do many of our staff, singing the song that accompanied the television advertisements and rejoicing in the success of Gough’s election.

Gough revolutionised Australia’s concept of equity in education and ensured an access to higher education that had never previously been experienced. His policies in education were so ground breaking that we continue to enjoy the benefits of his changes today. Gough Whitlam also gave Australia free medical support via Medibank (now Medicare) so that ordinary Aussies could afford to go to the doctor and the hospital.

Indigenous Australians hold a very special place in their hearts for Gough who personally made leaps and bounds in changing the face of what constituted a
'fair go' for Aboriginal people. Gough, who always fought for fairness and equity, also fought and changed the rights for women.

Gough ended the hated conscription for young men in the 70s and withdrew the last of the troops from Vietnam. He lowered the voting age to 18 years old. Gough opened up ground breaking trade discussions with China....Can we even today imagine Australia without excellent and crucial trading relations with China?

By reshaping and solidifying our Australian identity, his legacy of change remains today and we should all take a few minutes to reflect on how one man, in just three short years, changed our world.

Suzi Clapham
Principal

ACE Awards
Congratulations to the recipients of the Australian College of Educators Awards, Patrice Joynson, Casie Horton, Darryl Poole and Michael Todd. We are so lucky at Albion Park High School to have such very high quality and dedicated staff who work so hard for our students.

Cyber Safety
At Albion Park High School we strive to work with parents and carers to promote online safety and security. As I was browsing the web this week, I came across a comprehensive cyber safety quiz designed especially for children. I encourage all parents to sit with their children this week and work through the quiz. The link has been included below. www.cybersmart.gov.au/kids.aspx
Paul Ryan
Deputy Principal

Immunisations
The third and final school-based immunisation clinic for 2014 will be held at Albion Park High School on Monday 10 November 2014.

At the third visit:

**Year 7 students** will be offered their third dose of Human Papillomavirus vaccine (HPV) and catch up for HPV, Diphtheria/Tetanus/Pertussis (dTpa) and Varicella (Chicken Pox).

**Year 9 boys** will be offered their third dose of HPV.

Any Year 7 student who commenced but does not complete the third dose course of HPV by the end of this third visit will be offered catch-up HPV vaccinations during the first six months of 2015.

For **Year 7 students** who have returned signed consent cards, but have missed doses of any other vaccine ie: Hep B, Varicella or the dTpa, their parent /guardian will receive a letter from the Public Health Unit informing them to complete with their GP.

However for the **Year 9 boys** who have commenced but not completed the full third dose course of HPV by the end of Visit 3, their parent /guardian will be notified by mail and advised to complete the course with their GP as no catch-up will be offered in the school-based immunisation program for these students.

Parents: please ensure your child has a good healthy breakfast in the morning on this day.

Interview Day
At the end of Term 3, Albion Park High held its annual Interview Day for Year 10 students. The main element of the Interview Days was, of course, the mock interviews. Students were required to prepare for an interview based on a job advertisement. They had to conduct themselves at the interview as they would for any real job interview, so they had to dress in business attire and speak clearly and confidently about why they would be suited to the position. The interviewers for the mock interviews were Mr Farrugia and Year 10 English teachers, who had also worked hard to prepare students for their interviews in English classes leading up to the day. This resulted in students producing a resume and cover letter which they took to their interview.

Four other career related workshops were held on the day by representatives from local business and community organisations.

- **Presenting Professionally for Work** - Cassie Turner (Kiama Community College). Involved information and skills related to body
language, personal presentation and deportment.

- **Effective Careers Assessment** - Brian Horan (eCareers Academy) looked at the benefits of planning and decision making in career pathways.

- **Experiencing Work** - Abby Hartgrove (Workplace Learning Illawarra). Explored the role of work experience and work placement and how to plan and organise for work experience 2014.

- **Apprenticeships and Traineeships** - Jenny Watts (State Training). Distributed information about apprenticeships and traineeships and how to secure one.


- **Job seeking, Social Media and Skills Road** - Fiona Crane (Workplace Learning Illawarra). This practical workshop covered job search skills, social media and presenting oneself in the digital world, investigating the Skills Road website.

Congratulations to all the students who participated so enthusiastically in the day’s activities and showed appreciation for those who presented the workshops. Thank you also to the Albion Park High staff involved, who added to the success of the program.

The following is a letter from the provider congratulating our students and Cheryl Burling our Career Advisor:

Dear Ms Clapham,

It was my privilege to be invited to be a presenter at Albion Park High School on Friday, 12 September. It was part of the special one-day Year 10 Career Program. My topic was on ‘The Benefits of an Effective Careers Assessment’.

As a result of participating in this program, I’d like to compliment Cheryl Burling, your Careers Advisor. The program was well-organised, we received first-rate hospitality and the support staff complemented Cheryl very well. In addition, the Year 10 students were attentive, well-mannered and seemed to enjoy the presentation.

I commend Cheryl’s efforts as I’ve been a Careers Advisor in an Illawarra High School for seventeen years and I know how much effort goes into planning an event such as this. In my opinion Cheryl has organised an event that not many Careers Advisors would even contemplate, due to its complexity. The students will be definitely benefited from this event and be much better prepared to enter the next phase of their career journey.

In closing, I’d like to thank you for the invitation to be a part of this special educational event. As an appreciation of your hospitality, I donated a copy of my recent personal development novel, ‘New Windows of Opportunity’ to the Albion Park High School Library. I make myself available in the future to support the conscientious efforts of Cheryl and your Careers Department, in attempting to make a significant difference to the students of Albion Park High School.

Yours faithfully,

Brian Horan
Managing Director and Principal Counsellor
eCareers Academy
Your Future No!

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**Berry Sport and Rec Camp**

On Monday 15 September, Mrs Hunt, Mr Bridges, Mrs Pinney and eighteen eager students from the Support Unit, set off for a three day camp at Berry Sport and Rec Centre.

For Amy Todd, Jordan Evans, Jessica Hector and Mitchell Mauro, this would be their last camp as Albion Park High School students. They were graduating the day after they returned from camp, so they were more than ready for one last hoorah.

After a brief morning tea stop to sing ‘Happy Birthday’ to Daniel Hector (and indulge in some cupcakes) we arrived at the camp grounds. We were escorted to our rooms and after quickly unpacking our things we set off for some chicken wraps for lunch. With our stomachs full we were ready for our first activity – rogaining.

The students were divided into groups and given a map of the camp grounds. Their mission was to find as many markers as possible in the allocated time frame. Each marker was worth a certain amount of points with the furthest markers being worth the most. A special mention must go to Tahlia Walsh, Teearrna Connolly and Daniel Cox who collected the most points and won the rogaining challenge.

The afternoon activity was archery and the dark maze. We all channelled our inner Robin Hood and it is fair to say that there were too many bullseyes to mention. With our instructor Nick repeatedly calling Kaysi “Tracey”, there were also many laughs at the archery range that afternoon. The dark maze tested many of the students as Nick spun a story about it being filled with dead rats and confined places you were likely get trapped in. However, the majority of
As day two dawned we looked forward to kayaking and taking on the cable glide. Only one student ended up in the drink (Bailey Kuhnert) and it was a beautiful morning out on the water. A surprise visit from Mrs Hiscocks and baby Memphis made the morning extra special.

Day two’s afternoon activity, the cable glide, definitely had the adrenalin pumping. A 300m suspended cable created the ultimate flying fox. The only problem was, you had to leap off a 10 metre high platform to ride it. It was a thrilling activity and it was so wonderful to see so many students push their fears aside to take on this challenge.

On the final day we reluctantly packed up our lodge and prepared for our final activity – a cook out. After a short trek down to the river we spent a relaxing morning cooking damper over an open fire.

Overall, the camp was a fantastic success. Mrs Hunt, Mr Bridges and Mrs Pinney would like to congratulate the students on their exemplary behaviour and we cannot wait to do it all again in two years’ time!

**Students Experience of the Japan Trip!**

We departed, a very excited group, from Sydney on 19 September after a rigorous last day of Term 3. The airport was crowded with groups like ours departing for holiday adventures, so after a quick goodbye to our parents, we moved off to the departure gate. Our ten hour flight was spent eating, watching TV and supposedly sleeping.

We arrived in Tokyo feeling not so refreshed, but very excited. Staff and students were greeted at the front of Omiya Kita High School on their arrival at lunchtime on Saturday and then introduced to their hosts. Everyone was excited about the experience and the students seemed to greet each other like old friends, partly because they had made e-mail contact prior to the visit and partly because they had made close relationships with the students during their visit to Albion Park High.

Omika Kita High School held a special assembly on Monday to welcome the visitors from our sister school, with Ms Mayumi Hosoda, Principal, giving a short speech of welcome to the staff and students of Albion Park High School. The Omiya Kita student leaders then introduced our students to the school and they gave a short self-introduction to the whole school in Japanese, the staff and students of Omiya Kita High were very gracious and polite at our fumbling attempts of Japanese.

The timetable for the students this year was very busy with many programs and special lessons offered, demonstrating a wide variety of subjects from across the school, including Karate, Art, Science, Food Technology, English and Japanese Culture. The students and staff were treated to lessons on the Tea Ceremony and Kendo and many other cultural lessons.

This year the students were involved in two excursions from the school, the first being a visit to the Railway Museum at Omiya. The students found this particularly interesting because of the great use of the railway as a form of transportation in Japan. They enjoyed this excursion very much as it gave them an opportunity to learn the history and development of the railway, as well as to see and explore the different types of trains that are in use today.

The second excursion the students were treated to was a visit to the Edo museum and the Asakusa area. Originally the day trip was to include a trip to the Tokyo Sky Tree, but because of an incoming typhoon, the venue was closed for safety. The Omiya Kita teachers and students were upset that we did not get to experience this, but the students of Albion Park High were very happy with the alternative arrangements that were made to visit the Edo museum instead.

We boarded a coach for Tokyo at 7:30am and arrived by 10am. The students were given their tickets for entry and after posing for group photographs the students divided into small groups to explore the museum. The students were very pleased with the
interactive displays and the English explanations of the history of Tokyo. Following this, we journeyed to the Asakusa area and the students were given instructions on where they could explore and eat their lunch. The students divided into small groups and journeyed and explored together. The Albion Park High students especially loved visiting the street with the plastic food. We boarded the coach at 3:30pm and returned to school.

On our final day at Omiya Kita High School, a farewell party was hosted and this gave the Albion Park students an opportunity to introduce their host families to their teachers and thank them publicly for all of the opportunities and fun that had been offered to them over their homestay.

On Saturday the staff and students from Omiya Kita High School met the Albion Park students and teachers at the Omiya Station to farewell them as they continued their journey around Japan. It was a very emotional goodbye, with lots of tears and photos to commemorate a successful visit.

We spent five hours on bullet trains on Saturday. They were so clean and spacious and we enjoyed them very much. We arrived in Hiroshima excited for the adventures ahead.

Hiroshima Peace Park is a tranquil, serene and emotional place that holds the memories of a terrible tragedy. We hung our 1000 paper cranes (thank you to all who contributed) at the Sadako Children’s Memorial. We heard the bell toll, signifying the moment the bomb was dropped. We explored in the museum, we listened to the stories of survivors. The most valuable part of this place, is the lessons we learnt and the changes we want to make to the world.

From Hiroshima we travelled to Kyoto then on to Osaka, each with wonderful stories and adventures of their own. The students will elaborate on these adventures in their newsletter pieces.

Overall, our cultural exchange was a great success, and we consider ourselves very fortunate to be included in the exchange.

**Miss Poole, Mrs Joynson, Mrs Murkeji and Ms Clapham.**

The best part about our trip to Japan was the very different culture between Japan and Australia. I enjoyed learning about the people, houses, family, food and school system. It was all very different and interesting. I would recommend either travelling to Japan or hosting a student. It was all very enjoyable.

**Jack Twist**

**Year 10**

**Poetry Corner**

**Competition Finalists from 7A**

7A English students, Chloe Flynn and Harry Nicholson, have been shortlisted in 'The Red Room Poetry Competition'. Both Chloe and Harry's poems were selected from over 2550 entries! Over 1200 schools from Australia and New Zealand entered this competition, so this is a fantastic achievement for these two talented poets.

7A students maintained a writing journal over a period of five weeks. Their task was to experiment with a variety of poetic devices and use figurative language to convey the sentimental importance of a particular object.

The shortlisted poems are included below. Well done Chloe, Harry and all of 7A for a tremendous effort with your poems!

**Singing Angel**

**By Chloe Flynn**

*I can hear her singing to me*
*A lullaby so calming… I’m nearly asleep*
*She was frozen in time*
*A while ago, by witches, I know so*
*Once a year, for a month*
*She stands next to a tree*
*Her dress is decorated with melted gold*
*It looks like she’s been in Antarctica for years;*
*Her dress pure and white*
*Hair pinned in a perfect W*
*Sing for me please.*
Glider
By Harry Nicholson

The smell of a million grass blades,
Kilometres of tarmac scraped on your skin
The look of a beat-up old sphere
But, it is more than that;
It is my only joy on a day of darkness
It flies like the cockatoo that lives near my house.
It may only be six months old, but it looks fifty
Stained with grass from when I kick it in the rain
Ripped by dogs who want a bit of the joy it gives
Stitching in a pattern of hexagons and pentagons
It wears its name;
GLIDER

UNIFORM SHOP
Normal Trading hours:
Tuesday 1pm till 3pm
Friday 8am till 11am
and 1pm till 3pm

Please note that the last trading day of this year will be Tuesday 16 December 2014.
(EFTPOS available)

UNIFORM SHOP
Special opening hours for 2015
Tuesday 20 January 9am to 2pm
Wednesday 21 January 9am to 2pm
Thursday 22 January 9am to 2pm
Friday 23 January 9am to 2pm
Tuesday 27 January 8am to 3pm
Wednesday 28 January 8am to 3pm

Then back to normal trading hours

Halloween Hotdogs
Order your Hotdog for
Friday 31st October
Hotdog-plain.............$2.50
-Tomato sauce
-BBQ sauce
-American Mustard
-Cheese.............$3.00

Get your order form from the canteen

Hot Cinnamon Donut.....50c
Iced Donut............... 80c
Weekend Cartoon Program
Lake Illawarra
22-23 November, 2014
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