Students of the Fortnight
Year 7/8 Premier’s Debating Challenge
On Wednesday 29 October our awesome Year 7/8 debating team travelled to Bomaderry High School to compete in the Premier’s Debating Competition finals. There, they competed, along with seven other teams from as far away as Jindabyne, for the Zone Championship.

Their first debate was a quarter final and they debated against Corrimal High School. The chosen topic was “That we should accept more migrants”.

Our girls were the negative and had one hour to prepare their case with nothing but a dictionary, pens, paper and their own brainpower. The team, represented by Chloe Flynn and Chloe Clifford (Year 7) and Sophie Elbourn and Julie Vorsa (Year 8) used their preparation time wisely and created a cohesive case which they presented with determination and flair. The adjudicator complimented them on their ability to rebut as well as their impressive general knowledge.

After a short break for lunch the girls then faced Smith’s Hill High School. The topic agreed upon was “That the use of performance enhancing drugs by sports people should result in a life ban”. The girls were again the negative and took the moral stance that everyone deserves a second chance. It was a difficult argument to hold but the team did very well. Again they presented a solid team line and all three speakers spoke with resolve and purpose despite such a formidable opposition. For the first time the team faced not one adjudicator but a panel of three highly qualified and experienced adjudicators. Unfortunately, Albion Park High School lost the semi-final but it was a very close debate with the decision taking almost twenty minutes!

The girls were complimented on the raising of the standard presented, their ability to attack the case of the other team and their obvious willingness to take on board the advice of the adjudicator from the previous debate. One of the adjudicators told them they had a reputation as “an up and coming team to be watched”.

With over three hundred teams in the competition, the girls ranked in the top twenty in NSW. An amazing achievement! They were encouraged by all three adjudicators to continue with debating so watch this space for next year’s competition.

Mrs Shaw

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

Don’t let your education slip away,
Come to school every day.
**Principal's Message**

This is a momentous week for our Year 12 students who have finally completed all of their formal HSC examinations. It was a smooth few weeks with only minor misadventures and only one sleep in! We wish Year 12 all the very best and the staff are looking forward to the Formal in Wollongong. Spare a thought for the parents of our wonderful TRIPLETS, Sarah, Brady and Matthew Quinn who endured a marathon HSC. The school would like to acknowledge the hard work the family did to ensure such a great outcome and wish them well.

The staff, and the executive in particular, have been working to produce a three year school plan (2015-17) which best captures the future of Albion Park High and the needs of the students, beyond this decade. Below is a draft of our progress so far including our three strategic directions. We are keen to attain any feedback from our parents about the directions in which we are travelling together.

The purpose of Strategic Direction One is to ensure staff are able to develop students who are INDEPENDENT AND CREATIVE THINKERS, with the appropriate skills to meet the 21st CENTURY. This direction concentrates on high quality teaching delivery and excellent pedagogy. This includes ongoing teacher self-evaluation, two-way feedback, from and to students and targeted professional development for staff. This includes all staff actively working towards the Australian Teaching Standards.

**21st Century Learning**

- Critical thinking/knowledge construction
- Creative thinking
- Collaboration
- Communication
- Problem solving

Strategic Direction Two concentrates on excellent teaching programs ensuring Albion Park High students are prepared for the future. Programs need to be high quality and relevant to targeted students, they need to include project-based, cross-curricular teaching. Programs need to embody material that deeply engages and prepares students for the real world, including high level literacy and an ability to navigate their world using IT skills.

Programs need to be challenging, ensuring that all students are interested and enriched by the content. HSC success is a priority for Albion Park High so that students have access to tertiary education.

**21st C Literacy**

- Information and technology literacy
- Media literacy

The purpose of Strategic Direction Three is to ensure that students exiting Albion Park High are able to access the world with confidence and pride, in order to create strong, well-rounded, CONFIDENT WORLD CITIZENS who care about others, who are highly literate, communicate well and VALUE ACHIEVEMENT AND EXCELLENCE.

This strategic direction is to enable every student to fulfil their own personal potential, to be happy and create the future that will fulfil their dreams. PBS is the cornerstone of this direction. Albion Park High students need to understand the world in which they live to enable them to be global citizens.

**21st C Life Skills**

- Flexibility
- Resilience
- Self-regulation
- Initiative
- Social/civic
- Leadership
- Productivity

Suzi Clapham
Principal

**Year 9 PASS Camp to Berry Sport and Recreation**

32 students currently studying the Year 9 PASS elective ventured down to the Berry Sport and Recreation facility in Week 5.

Any doubts about the comfort of our beds was soon put to rest when we were told to gather our 3-person tents and set up down by Broughton Creek. Women alongside the compost dunnies and men by the campfire with two port-a-loos.

It doesn’t get better than this!

Before long we were thrown into our activities and over the 3-day period, we rotated through regaining, the giant swing, orienteering and canoeing. In between, there was plenty of time to shoot some hoops, ping some pongs or jump on the tennis court and have a bash.

NB. Keeping in mind that we still gathered around on Tuesday arvo to stop and listen with the rest of the nation to the Melbourne Cup.

Night time activities included damper-making, campfire games, song, riddles and a very useful version of Spotlight where cross-dressing proved to be the winner!

Did I mention the food, which was healthy and plentiful, apart from the gorges of lollies that were brought by many. Probably...
the reason we still had the energy for some NFL in our down-time.

Can’t say much sleep was had, particularly on the first night and the squadron of parrots that woke us on the last morning, made a ridiculous amount of noise as punishment. But most of us had a great time...so great, in fact, that we decided to miss our train back to Albion Park in favour of going to the famed Berry Lolly Shop!  Oops!

We now look forward to our next trip away together as a group, which should be the snowfields in August 2015. Start saving people, as it will be another great adventure to be had.

Mr Todd, Ms Wright and Mr Forbes

Sports Committee Camp

After a term of trying to get a viable date sorted, the Sports Committee finally got to spend a solid 22 hours together at The Rose Valley Lodge, just west of Gerringong.

With a packed agenda that included planning for 2015, organising our upcoming Sports Presentation Ceremony and voting in our new office bearer positions, it was difficult to find the time to eat, bond and socialise but we managed to!

A lavish pasta and salad spread was laid on by some of the girls, before Mr Ford and Miss Wright arrived just in time for the night’s entertainment. The Hat Game proved a winner with most, although Aaron Schloeffel spent more time sneezing than aiding his team. Dessert was wolfed down and then it was torches out for Spotlight and a million marshmallows to toast on Zac’s campfire. Much to the dismay of our Year 12 guests, who were still hiding in the forest.

With tent city looking solid, we bedded down quite late, which didn’t stop some late-night revellers glad wrapping the toilets or icing some t-shirts! God had the last laugh at 2.30am though, when the wind picked up and it started to rain, causing all those outdoors to give their tent pegs a bit more hammer.

6.30 am and about ten of us went for a morning jog, knowing full well that our bacon and eggs and pancakes would be on the table when we returned. Perhaps not. It was a noble effort though from our outgoing male Captain and Vice Captain in their attempt to feed 26 hungry mouths. The wait was well worth it in the end and ‘The Cup Song’ kept most of us entertained anyway.

By this stage, time was slipping by way too quickly so we completed our last planning session before heading out to Storm the Bunker. Miss Drummond arrived bearing platters of hot chips, which were quickly wolfed down with gluttonous abandon. And then we were done.

Maybe we’ll go for longer next year guys!!

The Mayonnaise Jar

In this day and age, it can be so easy to be consumed by the ‘busyness’ of our lives and lose sight of what is really important. When things in your life seem almost too much to handle, when 24 hours in a day are not enough, just remember this interesting observation of the professor and the mayonnaise jar.

A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students in his class if the jar was full. They agreed it was.

The professor next picked up a box of small marbles and poured them into the jar. He shook the jar lightly and the marbles rolled into the open areas between the golf balls. He then asked the students again, if the mayonnaise jar was full. The student observed and agreed that it was.

The professor then picked up a box of sand and poured it into the jar. He shook the jar lightly and the marbles rolled into the open areas between the golf balls. He then asked the students again, if the mayonnaise jar was full. They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with a unanimous “yes”. The professor then produced a glass of liquid from under the table and poured the entire contents into the jar, effectively filling the empty space between the sand. The students laughed.

“Now” said the professor as the laughter subsided, “I want you to recognise that this jar represents your life. The golf balls are the important things: your family, your children, your health, your friends and your favourite passions; if everything else was lost and only they remained, your life would still be full. The
marbles are the other things that matter, like your job, your house, your car and your possessions that make your life comfortable. The sand and everything else in your life is just the small stuff."

“If you put the sand into the jar first” he continued, “there is no room for the marbles or the golf balls. The same goes for life; if you spend all your time and energy on the small stuff, you will never have room for the things that are important to you.

Pay attention to the things that are crucial to your happiness. Spend time with your children, your parents and visit with grandparents. Take your spouse out to dinner. Make time for family and friends, there will always be time to check Facebook, watch television or even clean the house and mow the lawn. Take care, of the golf balls first, the things that really matter. Set your priorities; as the rest is just sand.

One of the students raised her hand and enquired what the liquid represented. The professor smiled and said, "I'm glad you asked." The liquid just shows you that no matter how full your life may seem, there's always room to have a drink with a friend."

Teachers changing face for Halloween
Halloween, a contraction of "All Hallows' Evening," also known as "All Saints' Eve", is a yearly celebration observed in a number of countries on 31 October. The eve of the Western Christian feast of “All Hallows' Day” originated in Ireland and not America, as many think.

It is the start of the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs and all the faithful departed believers. Within Halloween, the traditional focus revolves around the theme of using "humour and ridicule to confront the power of death."

Here at Albion Park High School, teachers took it as an opportunity to dress up in costume and spread some good humour for the day. Prizes were awarded for the best costume-Miss Kate Boyd, Art; Day of the Dead.

Best costume using a Canteen bandana (it was bandana day) - Miss Tyne McIvor, Music; Freddy Kruger.

Best group costume- Miss Michelle Hutchins, Mrs Casie Horton, Mrs Belinda Shaw and Miss Kelly Poole, HSIE/LOTE, Teenage Mutant Ninja Turtles.

Whooping Cough
Please be aware there are known cases of whooping cough in the local area. If you have any concerns see your local doctor.

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 chair 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.


UNIFORM SHOP
Normal Trading hours:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>1pm till 3pm</td>
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<tr>
<td>Friday</td>
<td>8am till 11am</td>
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<td>and 1pm till 3pm</td>
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Please note that the last trading day of this year will be Tuesday 16 December 2014. (EFTPOS available)
GALA DAY
CHALLENGE

WHEN  Monday 17th November 2014
WHERE  Albion Park High School, Di Gorman Hockey Field and Con O’Keefe Oval.
MEETING TIME  9.00 am in APHS gym. Teams will be finalised and students will be given instructions for the day.
GAME TIME  9.30 am – 11.00 am (Teams need to be ready to start at 9.30am)

<table>
<thead>
<tr>
<th>SPORTS &amp; ACTIVITIES</th>
<th>VENUE</th>
<th>TIME</th>
<th>OFFICIALS</th>
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</thead>
<tbody>
<tr>
<td>Touch</td>
<td>Con O’Keefe Oval West side</td>
<td>3x15 min games</td>
<td>APPS</td>
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<tr>
<td>Soccer</td>
<td>School Oval</td>
<td>3x15 min games</td>
<td>MTPS</td>
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<tr>
<td>Basketball</td>
<td>School Gym/Outdoor court</td>
<td>3x15 min games</td>
<td>TPS</td>
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<td>Newcomball</td>
<td>Nthn Basketball Courts (No 1)</td>
<td>3x15 min games</td>
<td>MTPS</td>
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<tr>
<td>T-Ball</td>
<td>Di Gorman Oval</td>
<td>2x30 min games</td>
<td>APPS</td>
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<td>Mixed Tabloid Activities</td>
<td>Con O’Keefe Oval East side</td>
<td>3x15 min activities</td>
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<td>Mixed Chess</td>
<td>Fitness room</td>
<td>60 minutes</td>
<td>APPS</td>
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<tr>
<td>Drama Activity</td>
<td>Common Room</td>
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<td>MTPS</td>
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<tr>
<td>Art Activity</td>
<td>Art Room 2</td>
<td>60 minutes</td>
<td>APPS</td>
</tr>
</tbody>
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OFFICIALS  Albion Park High School Physical Activity and Sports Studies Students

LUNCH  B.B.Q Sausage Sandwich (run by Sports Committee) – Front of school
DEPARTURE  Primary Schools Depart at 12.15 pm
Year 7 Classes, Sports Committee & PASS students go back to normal Period 4 & 5

** In case of bad weather, please check our facebook page, or listen to i98fm for a cancelation notice**
WEP Student Exchange Information Evening

Do you want to see the world? Are you keen to push your boundaries and grow as a person? Could you see yourself living overseas as an exchange student in 2015? With over 20 different English and non-English speaking countries to choose from, the hardest part is choosing where you want to go!

**WEP Australia** is holding our final information evening in **Sydney on the 10th of November**, and we’re inviting interested students and parents to come along! It is a fantastic opportunity to find out everything there is to know about WEP’s not-for-profit student exchange programs to more than 20 countries around the world! With returned students attending the session, you can hear first-hand what it is like to go on exchange.

**When and Where?**
Surry Hills Neighbourhood Centre
Level 1, 405 Crown Street
SURRY HILLS NSW 2010
10 November | 7:30-9pm

**Why Go On Exchange?**
Becoming an exchange student will break you out of your shell. You are given the opportunity to not only learn and discover things about another culture, but also become aware of, discover and appreciate your own. By living overseas as an exchange student, you will be challenged, educated and undoubtedly rewarded. Aside from language acquisition (for non-English speaking countries) and knowledge of another culture, student will gain invaluable skills that future employers will look favourably on. So get on board! Join the 1000s of other students who have joined the WEP community, and ventured overseas as an international exchange student.

**Can’t Make It?**
Visit [www.wep.org.au](http://www.wep.org.au) to request a FREE information pack for you and your parents. Our brochure contains everything you need to know about WEP’s not-for-profit student exchange programs to hep you and your parents make this important decision.

See you there! – The WEP Team