## Students of the Week

### Year 7 & 8 Premier's Debating Challenge

On Friday, August 22, our Year 7/8 debating team kicked off their first debate against Kiama High School. With Kiama High School having the home team advantage, the girls were nervous entering their one hour preparation. Fortunately, both teams selected the same topic and the Albion Park High School team were given the affirmative and were required to argue “That parents should only let their children watch TV on weekends”. It was a challenging stance to take but the team managed their time well and organised a cohesive case. They had never debated together before but did bring some formidable talent to the competition.

The team, represented by Year 7 - Chloe Flynn and Chloe Clifford and Year 8 - Julie Vorsa, Sophie Elbourn, worked together like a well-oiled machine. Special mention has to be made of their impressive use of metaphors and the achievement of each student in speaking for her minimum time limit. With only one hour to prepare, the girls each spoke for between 4 and 6 minutes. It was a wonderful experience to see them in action and to witness their success. Good luck in the next debates girls.

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Mrs Cable

### Student Report

On Friday, we four girls; Julie, Sophie, Chloe and Chloe, went to Kiama High School for a challenging debate. With the debate topic, ‘Parents should only let children watch TV on weekends’, we debated to the best of our ability and came out on top. We adopted the argument that we should, “turn off technology and turn on our brains”. We worked well as a team, considering it was our first time debating with each other.

We got great feedback from the adjudicator, who commended us on excellent elaborate points and strong arguments. As well as the positive comments, we also got really helpful constructive criticism, with advice on our rebuttal techniques, which we will use in our next debate. A big shout out to Mrs Cable for her help and support.

By Sophie, Julie, Chloe and Chloe

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### Principal's Message

This week marks the beginning of the HSC practical exams for students at Albion Park High School. First
up was Drama. This year, we have one of the biggest Drama cohorts studying this subject at HSC level. Next week, we move into the Music HSC, followed by Visual Arts close behind. Albion Park High School has a long tradition of students studying subjects in the Creative and Performing Arts. We wish these students all the best with their practical exams.

We also have a large number of students participating in Southern Stars. This extravaganza was staged at the WIN Entertainment Centre last week. This is a wonderful opportunity for students from Albion Park High School to showcase their talents on the stage and perform in front of a large audience. Experiences such as Southern Stars will stay with students for life – the relationships formed, the skills learned and the friendships made. We also had a large number of teachers participating in Southern Stars and we thank them for all the extra time that they spend developing skills in the students they work with.

Finally, a big thank you to the parents of our Southern Stars students. The support you provide your children, the time spent driving to extra rehearsals, the costumes – the list goes on. Without parental involvement and support, ventures such as Southern Stars would be impossible.

**Car Park**

Please note that the school car park accessed from Church St is a designated staff car park only. Students and parents are requested not to use this area.

**Paul Ryan**

**Relieving Principal**

**SRC News**

Due to the torrential rain on Tuesday, the school election was postponed. The election has now been rescheduled for Monday 1 September. We wish all our candidates; Ashley Hunt, Julian Lorenson, Taylor Garner, Reagen Pabis, Brittany Luland and Belinda Marden, the very best of luck.

**Chifley Hotel Excursion**

On the 27 August a mixture of Years 9, 10 and 12 Food Technology students travelled to the Chifley Hotel for a tour behind the scenes.

We started our visit, wandering through the beautiful Chifley Hotel rooms on floor 11, giving the students a brief introduction to the housekeeping services. The students were most impressed with the $450 per night room, its beautiful views and luxury spa bath.

From housekeeping, the head chef presented the students with an informative talk about the latest food trends. Discussing modern trends in dining such as; degustation, comfort food, casual dining, communal dining, grazing, pop-ups, takeaway and healthy eating.

The second year apprentice then wove his magic, demonstrating his food presentation and styling skill in front of the attentive students. He styled and plated; two entrees, two mains and with some help from our very talented Taylor Termminck a delicious looking dessert of butterscotch caramel slice and ice cream, garnished with fairy floss! All the students were watching intently, keen and eager to eat their way through the array of scrumptious food before them.

We concluded the informative tour with a walk through the kitchen and some encouraging words of advice from the chefs about starting a career in the hospitality Industry.

Making Camembert cheese is a long process taking over 6 – 8 weeks once the cheese has formed a mould and started to mature. It is required to be turned daily and kept at 12 degrees celsius until the mould forms. It is then transferred to a fridge where it is kept at a constant temperature between 4-6 degrees celsius for up to 6-8 weeks. Seth Phillips (Year 9) and Daniel Gonzalo (Year 8) as part of a special interest project during the holidays videoed footage at a local dairy farm and then worked on a 60 second multimedia presentation.

On the 9th September the ‘Big Day Out’ presentation will be held, where the cheeses will be judged by a panel of judges and the multimedia advertisement will be shown.

We wish Year 9 Food Technology students the best of luck in Sydney at the ‘Big Day Out’ launch.

**Cows Create Careers**

‘Camembert in the Classroom’ project.

Year 9 Food Technology students had the opportunity to spend a day making Camembert cheese as part of a State-wide school competition. Criteria for the competition was to make and mature Camembert cheese in the classroom, research the market place and then create a 60 second multimedia advertisement.
A big thank you to Mrs Joynson and Mrs Woolley for organising the excursion and to Mrs Hunt, who was able to drive us using the Shellharbour Community Transport bus. A special thanks to the Chifley Hotel, particularly the head chef, Peter, for giving his time and the valuable knowledge he instilled into the students throughout the visit.

**Industrial Art News**

Mr Mayo’s 7tec1 and 7tec6 classes and Mr Morgan’s 7tec2 class have currently completed their noughts and crosses puzzle demonstrating good techniques in its construction. To personalise their projects, students have painted and wood-burnt their own designs into the job which resulted in some very colourful and artistic finishes. Most students are now busily creating their jigsaw puzzle of a zoo animal with a focus on the drawing and colour combinations to make the puzzle fun. It’s great to know a good portion of the students are creating these puzzles with younger brothers and sisters in mind. Keep up the awesome work Year 7.

**Year 9**

Mr Davies’ and Mr Mayo’s Timber classes are finishing up their long awaited cube stools. They have finished them in a range of colours and finishes and will look good in their bedrooms. They now move onto woodturning a small vase to finish the term and begin their final project making a DVD/book case.

**Year 10**

Mr Little’s class have just completed their breakfast trays in Tasmanian Oak and are now well underway producing their Major Project portfolios. This will allow them to produce a quality project of their own making in term 4.

Mr Morgan’s Year 10 Metal class are currently making a fold-away BBQ plate and grill combination. The range of skills involved are cutting, welding and grinding being the key focus areas. Modifications include designing the handle and placement on the job. Some students are transitioning onto a ball peen hammer which involves turning on the metal lathe and oxy acetylene brazing the handle.

**School Ski Trip**

On Sunday August 17, excited Albion Park High School students met in the rain to begin their snow adventure. Some knew what to expect, returning from last year’s trip, whilst others were first timers, never before seeing the snow!

We arrived at Cooba Sport and Recreation Centre late Sunday evening. Students checked into their rooms and it became evident to both Mr Ridgway and Miss de Jager that this first night may be a sleepless one! Our 20 eager students, along with the students from Kanahooka and Blaxland High Schools, were keen to use the accommodation’s facilities which included a games room, common area, basketball courts, a pool and a sauna!

After a 5:30am wake up, students fuelled their bodies with bacon and eggs and were on their way to their first lesson. The poor visibility and drizzly conditions did not hinder our enthusiasm as our first timers were quickly picking up the basics of skiing and boarding, whilst our seasoned snow goers were finding their snow legs and picking up where they left off.

Day two saw us practising in what could only be described as the worst possible conditions for the snow! Heavy, constant drizzle and wind could not dampen our spirits as our resilient students were focused on improving their skills and having fun! A break at lunch saw a few attempts at building snowmen and some snow ball fights! Just as we were getting ready to brave the rain again, the clouds broke and the sun came shining through! This made for a spectacular afternoon, inspiring new motivation and huge gains in improvement as our beginners were using the J-Bars, T-Bars and chairlifts with ease.

Our students began to tire with our final night approaching. A few had been caught sleeping on our way back from the snow and the noise level had definitely decreased!
After two full days of skiing and two false evacuation alarms in the final night, we awoke with sore and tired bodies. Nevertheless, our third and final day at the snow was shaping up to be the best yet! With not a cloud in the sky, many of our students made it over to Perisher to complete some blue (intermediate) and even some black (advanced) runs. A great time was also had at the fun park where students revealed their skills on the jumps! Before we knew it, we were on our way back home, ready for school the following day!

A few special mentions from the trip:
Look out Jess Hull, we may soon have another Australian representative in our school! Speed demon Kiahra Mulder had no fear hurtling on the downhill slopes! For only a second timer, she was determined to get that adrenalin rush from the need for speed!

Katelyn Todd, Bryce McLaughlin and Jordan Blazevski never gave up! It was their first time at the snow and by the final day, they had conquered almost all of the runs at Smiggins Holes. Fantastic work guys!
Jaad Matestic had fun on a black diamond run. You could not wipe the smile off his face as he told the story to his mates!

Jerred Finch, not only was he a determined first timer, but he definitely takes the cake (literally) for our cold resistant, hungriest man!

Everybody on the trip represented Albion Park High School with pride and displayed our three core values. We are proud to say that each student walked away from this trip having stepped outside of their comfort zone and reaped the benefits from doing so. It is an excellent opportunity that we offer to our students and many have already asked if they can return on next year’s trip. We can’t wait!

Year 11 Crossroads Excursion
On Wednesday 20 August, the majority of Year 11 travelled by bus to Homebush in Sydney where they took part in a driver education day as part of their Crossroads course. Westmead Hospital held the Bstreetsmart event at Acer Arena, which had approximately 22 000 students attend.

The day included an exciting combination of demonstrations, crash dynamics and rescue, vehicle stopping distances and active exhibits. The students witnessed a road accident involving young people while an ambulance officer talked the students through the emergency response by police, ambulance and fire brigade. The students were able to hear first-hand from brain injury and spinal injury victims, who had survived a car accident and were lucky to be alive.

Bstreetsmart is held because our youth are being severely injured and killed due to potentially preventable road crashes. The students coming home from the event said they got a lot out of it and were definitely going to take more care whilst driving or in the car with others.

UNIFORM SHOP
20% OFF SALE
From Tuesday 9 September (1-3pm) to Friday 19 September (8-11am & 1-3pm)
Includes Woollen Jumpers
No refunds or exchanges!

SHELLHARBOUR SURF LIFESAVING CLUB
REGISTRATIONS
Juniors & Seniors
Sunday 14 & 21 September
10am – 2pm
At Shellharbour Surf Club
Register online prior to attending by following instructions at www.shellharboursurfclub.com
EFTPOS available
The Pillowcase project is community project organised by one of our students, Grace Sullivan, as a part of her Max Potential Program.

The Handmade Pillowcases made at the workshop will be donated to the Wollongong Children’s Ward. We are looking for people who are interested in sewing or who are willing to learn, to be a part of a group of students and community members that would like to participate in this workshop.

All materials and afternoon tea will be provided.

Date: Wednesday 3rd September
For further information please see Mrs Cole & Mrs Stuckey

Free workshop: Does your child access therapy?

You are invited to a free workshop to provide you with some tips on how to work with therapists (Occupational Therapists, Speech Pathologists and Physiotherapists).

The workshop is for parents or carers of children (0-18 years) who are seeing, or will be seeing a therapist. The session will include:

* Working with therapists and setting goals for your child –Tarryn Bracken and Kelly Horvat, Consultant Speech Pathologist and Consultant Occupational Therapist Family and Community Services.
* A parent’s perspective and journey when working with therapists – Mandy Drain

A light lunch will be served following the presentation.

When: 10 October 2014, 10am – 12.30pm
Where: Salvation Army, 11 - 13 Burelli Street, Wollongong
RSVP: 3 October 2014 to email: thompsonk@missionaustralia.com.au
EARLY BIRD ENTRY CLOSES IN TWO DAYS!

Register by 5pm this Friday August 29, and save $10 on your entry fee.

Entrants to the MS Gong Ride will now also receive 10% off on all High Performance Active Clothing, courtesy of our sponsors Scody.

Hurry and lock in your spot as places are filling fast!

Spread the word and share this with your friends and colleagues so they don’t miss out!

P.S. There’s some exciting opportunities coming up for all MS Gong Ride participants! HINT: Cycling legends are involved!

CONTACT US
PHONE 1300 733 690
EMAIL events@msaustralia.org.au
WEB msgongride.org.au
facebook.com/MSGongRide
@MSGetInvolved

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