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

PARK PRESS

Term 2 Week 6  25 May, 2015

Coming events

<table>
<thead>
<tr>
<th>Week 6</th>
<th>Year 10 Selected</th>
<th>HSIE Camp</th>
<th>Shine</th>
<th>ABC Test Catch up Day</th>
<th>P &amp; C Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 25 May</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuesday 26 May</td>
<td>Yr 10</td>
<td>HSIE Camp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday 27 May</td>
<td>Yr 10</td>
<td>HSIE Camp</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Friday 129 May</td>
<td>Yr 12 Selected</td>
<td>Interviews</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Support</td>
<td>Sth Coast Cross Country Carn.</td>
<td></td>
<td>Work Experience</td>
<td></td>
</tr>
</tbody>
</table>

| Week 7                  |                  |           |       |                        |               |
| Monday 1 June          | Selected         | Shine     |       |                        |               |
| Wednesday 3 June       | Yr 7,11, & 12   | Parent Teacher Night |       |                        |               |
| Thursday 4 June        | Yr 10            | UOW Link Visit |       |                        |               |
| Friday 5 June          | Support          | Athletics Carnival |       | Work Experience        |               |

Recently, all of Year 10 were involved in a Learning Habits workshop which incorporated a range of information and skills that they will need to make the transition from Year 10 to Year 11 next year.

As part of this workshop, Brent, Charlie and Will (who was a last second replacement!) all spoke confidently and with great articulation in sharing their own experiences of this transition.

All of Year 10 were extremely receptive of these boys making the time for them and speaking so well, which landed all of the lads a packet of chocolates each, courtesy of our Year 10 Leadership team!

Principal’s Message

Last week Albion Park High shared our wonderful performance space with the region for the Drama Festival. Ms Suzi Roth did a tremendous job in organising twelve schools over two days and our Albion Park High School playground was filled with students from many schools, wearing the traditional ‘blacks’ and interacting in the most positive of ways with all of our students.

We are proud of our school, but mostly we are proud of our students who continue to impress with their maturity, their exemplary behaviour and their goodwill and courtesy to others. Well done, especially to our own drama students who performed extremely well!

Next week on Tuesday 26 May, it is National SORRY DAY and Albion Park High School will be reflecting on what this means in an assembly for Years 7-10. Ms Gregorio with her Year 10 History students have been working hard to ensure this is a respectful and cultural event. We look forward to having as many community members as possible attend.

P & C MEETINGS HAVE BEEN CHANGED TO THE FOURTH MONDAY OF EVERY MONTH

P & C MEETING

Monday 25 May, 2015 at 6pm

Change of Dates:  Please note Merit Assembly scheduled for Friday 19 June has been moved to Monday 15 June, 2015.

Students of the Week

This week’s Students of the Week are three Year 11 boys - Brent Zancolich, Charlie Murphy and Will Worthy.
I would like to congratulate Year 7 in particular, on their exemplary uniform. Year 7 meet each morning on the quad area where Deputy Principal Mr Ryan checks diaries, uniform and goes over important matters as they arise such as the Athletics Carnival details. Year 7 are proving to be a fantastic group of your people who adhere to our PBL code of respect, responsibility and commitment, well done!

There are, unfortunately in the older groups, incorrect jumpers ‘creeping in’ as the weather turns cold. I remind all parents that access to the uniform is easy, inexpensive and high quality at Albion Park High School. High school students are old enough to purchase their own garments; this is a no-fuss strategy to have them in uniform and also take on responsibility as young people. Student assistance is available to families in financial stress.

Also I need to congratulate the students in Years 7 and 9 who sat their NAPLAN last week. Their behaviour and attitude was outstanding. Whilst this is a diagnostic test it does provide a good experience for young people to sit a formal exam with the highest of expectations, which is what will be expected by the time they reach Year 11. I am extremely proud of these two cohorts and their orderly and mature conduct.

Suzi Clapham
Principal

Year 12 Senior Science and Biology
Go to the Museum of Human Disease
Written by Josie Howell and Teneal Chatterton

On Friday 15 May, the Year 12 Biology and Senior Science classes travelled to the University of New South Wales in Sydney to visit the Museum of Human Disease. The purpose of this excursion was to contribute to our understanding and knowledge of the topics Bionics for Senior Science and Infectious Diseases for Biology that we must study from our syllabi.

When we arrived, we were greeted by a lecturer from the Museum, who took us through a brief seminar that exhibited healthy and infected arteries and organs. We were informed, and saw first-hand, the damages smoking and drinking can cause to your body, and after being told the basic safety precautions, we entered the exhibit.

The Senior Science students walked freely around the exhibit, and asked university students and an ex-surgeon any questions we had, whilst completing questions about the exhibit on an iPad, that were then sent to our teacher. We learnt so much more about how our own bodies work and left with a lot of information.

There were 22 sections in the museum and each section was a different category. For example there was a section dedicated to suicide and one to malaria, etc. The Biology class had a booklet to fill and this directly related to an assessment task we have to complete on infectious and non-infectious diseases.

“For me, the best part of the excursion was being able to receive answers from surgeons and people in this field, and learning more about diseases, their causes, and their possible cures.”

Josie Howell, Senior Science

“I would like to extend a huge thank you to Mrs Woods and Mr Mercer for supervising and taking excellent care of us, and the University of New South Wales for having us.”

Josie Howell, Senior Science

“We then went in the museum which was one of the most amazing experiences ever! One of the best things about the museum was that nothing was ‘fake’ it was all from a real person’s body. It was also a big eye opener for myself as it showed the consequences of some challenges that teenagers have to face; like peer pressure into smoking and drinking excessive amounts of alcohol. I wish we could have spent more time there - this excursion was very interesting and helped a lot with our infectious diseases topic”.

Teneal Chatterton, Biology

PDHPE Excursion to UOW

Year 11 PDHPE are studying the human body, at the moment. On Wednesday 13 May both Year 11 PDHPE classes went for an excursion to the University of Wollongong’s Anatomy Lab, where people that have passed away have donated their bodies to science research.

This excursion is to further our study on the musculoskeletal system and the cardio respiratory system. Our study is aimed at the bone, muscle, heart and lung structures and how and why they work. This was a very confronting but exciting and interesting excursion. For me personally, it was a very confronting and emotional experience but others jumped right in and found it quite intriguing.

We were placed into groups and moved around the room, all looking at different things on each table, we looked at all the different bones
and muscles on a real human's body and some of the organs from that body like the heart and lungs. I found it much easier to understand how they work by having a hands-on experience. It takes much longer than just learning from a textbook.

I found it fun reassembling a skeleton and looking at what makes up our nervous system, also discovering what my heart actually looks like deep down inside of me. It was interesting to see what really goes on under the skin whilst most of us don't even realise it and what makes us tick. I learnt a lot from the experience and recommend it to future Year 11 PDHPE students.

Tahlia Hession - Year 11

HOST FAMILIES NEEDED

We are delighted that students from our sister school in Japan will once again visit us next term. These visits are of great interest, enjoyment and benefit to our students and families and we are asking families to provide a homestay for them. They will arrive on Wednesday 29 July and depart on Thursday 6 August, 2015. If you are interested, then please contact Miss Hutchins or Ms Poole in the History/LOTE Staffroom as soon as possible.

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: www.health.nsw.gov.au/publichealth/environment/lice/treatment.asp

‘Wrap with Love’ Program

There are millions of people in the world suffering extreme cold. In 1992 ‘Wrap with Love’ began with the idea to help as many people as possible by providing warm wraps to ward off hypothermia. Wraps are now sent all around the world as well as being distributed in Australia.

Albion Park High School students will be creating wraps this winter. If you have 8 ply wool or size 8 knitting needles you can donate, please drop your donations off at the front office.

FIT I A.M

Did you hear about FIT I A.M Fitness and Breakfast Club??

Get involved! The aim of FIT I A.M at Albion Park High School is to build a healthy, active community in which students have the opportunity to have fun in a supportive environment. FIT I A.M provides students with the opportunity to begin their school day participating in a range of physical activities as well as enjoying a nutritious breakfast. Through FIT I A.M we aim to allow students to feel a sense of belonging whilst strengthening links to our school’s PDHPE curriculum.

 DETAILS:

This great Sports Committee initiative is run every Tuesday and Friday morning at 7:30am in the school gym. It starts Week 3, Term 2 and runs through until Week 10, Term 3. Students engage in ½ an hour of physical activity and then are provided with breakfast, all before the bell goes for roll call. Students receive a membership card which works on a loyalty system, where a stamp is given for participation and rewards are given for every 6 sessions attended.

So grab some friends and come along to FIT I A.M!!
A welcoming and friendly school working with and for our local community

✔ Do you have a child aged 1 - 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 27 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 10.35am-11:35am.

A small cost of $2 per family 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 A.S.A.P. on (02) 4257 1744 or email albionpk-h.school@det.nsw.edu.au

-------------------

Attention Mums and Dads

FUNDED Certificate III in Accounts Administration (FNS30315)
Starting Monday 15 June 1 day per week 9-3 for 20 weeks (excluding school holidays)

This course will prepare you for a career in accounts administration or help you to provide accounts support for your family business

Cost is $80* for eligible participants

Contact Kiama Community College on 02 4232 1050 for more information.
*Course is subsidised by NSW Government

-------------------

Fire & Rescue NSW Open Day 2015

Fire & Rescue NSW is hosting its annual Fire Station Open Day on Saturday, 30 May 2015 between 10am and 2pm. You are invited to come along and watch fire safety demonstrations, road crash rescue scenarios, hop aboard a fire truck, and learn about becoming a fire fighter while chatting with fire fighters about fire safety and what they do.

This is a fantastic opportunity for children and their parents to meet their local fire fighters and with winter just around the corner, which is the worst time of the year for house fires, this is a great opportunity to learn as much as you can about home fire safety. Our new fire station is located at 1 Russell, Albion Park. There is plenty of parking at the swimming pool car park just around the corner!