# Principal's Message
I would like to congratulate Ms MacIver “Ms Mac” and her students for holding a terrific CAPA (Creative & Performing Arts) event last Wednesday evening. The performances were wonderful, and the lighting, sound and set-up very professional, thanks to her trusty ‘entertainment crew’. Not only did the evening showcase the talent of the students, some of the talent was extraordinarily good; it also provided an opportunity for our students no matter what age, to grow and develop in a safe and caring environment. When parents were surveyed throughout 2015 the resounding comment was that they wanted their children to be happy and to be able to develop to their full potential as people; as educators we know that this can only happen when our students feel safe and able to make errors but feel supported and nurtured. This is exactly what I witnessed in this event, students having a go, doing their best, being supported by their through their own lunchtime. Jahara Cheyne, Hayley Maxwell, Kiahra Mulder, Hayley Munilla, Kristen Paniagua, Lachlan Smith and Grace Sullivan.

Special mention must also be given to Mrs Cole for her hard work and to Mrs Letitia Summers for manning the phones. We truly feel appreciated! Thank you SASS Staff

## Students of the Week
Week 8, 31 August to 4 September, was SASS Recognition Week. Our SASS staff were honoured to be the guests at a special luncheon hosted by some of our wonderful Year 12 Hospitality students.

We were very impressed with the professional way that the luncheon was presented, from the preparation of the delicious food, to the excellent table service and finally the showcasing of the students’ acquired barista skills.

We’d like to extend our thanks to the students of the week, who volunteered their time and even worked
friends and class mates with a teacher who is respected and trusted. I hope that this event grows to become bigger every year so that we can celebrate the performances of more of our talented students. Well done!

We have recently reviewed our Mobile Phone Policy for Albion Park High School and spoken at length to students about this on assembly and in class, it is also the focus for Positive Behaviour for Learning (PBL) this month. It is now time that we remind parents of the details. Albion Park High School is guided by the Department of Education and Training (DET) policy along with a legal bulletin outlining what is legal and illegal in the case of mobile phones and the use of other devices such as iPads, iPods, cameras etc. According to our latest legal advice all DET schools are advised that:

**Inappropriate use of a mobile phone includes:**

- using it in a way that disrupts or is likely to disrupt the learning environment or interfere with the operation of the school or institute
- bullying, intimidating or otherwise harassing others through SMS or text messaging or through photographic, video or other data transfer system available on the phone
- recording of conversations, including lessons, without the knowledge and permission of the teacher or those involved in the conversation
- downloading or otherwise accessing inappropriate material on the internet such as child abuse or pornographic or other offensive material
- filming of fights or other criminal behaviour involving students that occur at school, during school activities or while on the way to or from school
- using it in a way that threatens or is likely to threaten the safety or wellbeing of any person
- use that is in breach of any law.

**The action that a school can take legally includes:**

If students use mobile phones inappropriately, principals have the right to take action including:

- banning students from using mobile phones during the course of the school day
- confiscating mobile phones from individual students
- in the case of schools, requiring students to hand in their mobile phones to designated school staff at the beginning of the school day for collection when students go home
- applying student disciplinary provisions
- reporting the matter to the police.

The Albion Park High School Mobile phone/Device policy is attached to this email. I would ask that parents print and read the policy so that there is no confusion as to what students are allowed and not allowed to do. In particular can I request that you read the section marked “Parent Responsibility” which includes not ringing your child in school hours. Students are to go directly through the front office where the SASS staff will attend quickly to their needs.

Students are NOT to ring parents directly to say that they are sick; it is essential for the wellbeing and safety of our students that they come to the front office and get Albion Park High School SASS staff to phone home. This has become a very serious issue of late, if an ambulance or parent is needed it is vital that we be allowed to carry out our duty of care appropriately.

We wish the students a safe and happy holiday

Suzi Clapham
Principal

What's been happening in PDHPE............

There has been plenty happening at school in PDHPE classes and also externally this term in the PDHPE faculty.

Many PE classes have been participating in a newly created 5 week unit on Indigenous Games, which involves learning about traditional Aboriginal games and then playing a modified version of these in our lessons.

In Health classes, there have been a variety of topics taught in the junior school. Year 10 have been learning about Affirming Diversity, which deals with supporting all people, no matter their race, religion, gender or sexual preference.

Year 9 are currently studying Sexual Health Matters. This unit looks at STIs, contraception, consent and respectful relationships. Year 8 are currently just finishing off a unit on First Aid.

Year 7 are finishing off the unit titled ‘Balancing Act’. This unit looks at the amount of physical activity that is required and finding a balance between activity, leisure and work. They have also been looking at energy expenditure versus energy intake.
In conjunction with the ‘Balancing Act’ unit, Year 7 were also involved in the Premier’s Sporting Challenge. This involved students recording the amount of physical activity they completed each week in their Health classes for 10 weeks. There will be some awards coming up in Term 4 related to this challenge.

**Park Performers Testing**

A big congratulations to some of our year 10 PASS students who engaged in an excellent project based learning opportunity over the last couple of weeks.

These students adopted a leadership role to run a variety of fitness tests with Year 6 students from Mt Terry Public School and Albion Park Public School, and were excellent representatives of the core values of Albion Park High School.

The testing process enables us to select a Year 7 Park Performers class for 2016, enabling our gifted and talented athletes to be challenged and excel alongside their peers.

We look forward to welcoming our prospective 2016 Year 7 students at the Year 6 Gala day Challenge held here at Albion Park High School on the 16 November later this year. This will be another great PBL opportunity for our Year 10 PASS students who will coach and umpire Year 6 in a number of different sports.

**Ski Trip Report**

After a few stops, we finally arrived in Cooma at 7:00pm Sunday night. We unpacked our bags and had some dinner. We woke up the next day at 5:45am for breakfast then packed our bags full of our snow gear and headed off to Smiggin Holes. We had a long day of skiing and we were really tired. A lot of people wanted to go home after the first day because it was hard and we had to face horrible weather.

Day two was much better. We did our usual routine then headed off to the Smiggin Holes again. The weather was perfect. After a few hours of skiing, we all started to get the hang of it. After our lessons we all split into separate groups and tried different slopes. By the end of the day, we were all experts and were starting to really enjoy it. When we got back to the cabins, no one could stop talking about how fun it was and how good they were. We were all really looking forward to the last day.

We got up for the final day and saw that we had beautiful, sunny conditions again! This time we went to Perisher instead of Smiggin Holes. Everything was going well until I was about to go up the chair lift for my first ski of the day when I realised that I had left my lift pass on the bus. What a disaster! A Friend and I headed back to the bus at Smiggin Holes and decided to stay there and ski for the day. We were reunited with the rest of the group when they came back for lessons. After lessons we had some lunch and went out and skied for the rest of the day. We all had an amazing time and I would love to go back there again.

See photos on the last page of the Park Press for memories of our trip.

By Zac Hawke

**B street smart Crossroads excursion**

We had a group of sixty seven, Year 11 students who attended the ‘b street smart’ excursion at the Acer Arena in Homebush, Sydney earlier this term, along with 5000 other high school students.

Crossroads is a compulsory 25 hour course in NSW DET schools which helps to transition students from Years 11 to 12 by giving them vital life skills.

We have attended this road safety course last year and felt that it had a great impact on the students who attended, so we decided to make the trip up again in 2015.

We caught the bus up to Homebush and started the day off with a very confronting crash scene scenario which involved multiple people and various emergency services.

We then had some guest speakers from the Brain Injury unit speaking about their life experiences suffering from a brain injury after being involved in an accident. Morgan Evans, the ‘b street smart’ ambassador, then spoke about his experiences and performed for the crowd.

Next was lunch and an opportunity to visit some interactive displays. Heaps of different displays to view from Wheelchair Sports NSW to NSW Fire and Rescue to Organ Donation.

After lunch we finished off with a guest speaker who suffered a spinal injury from a car accident and then had some visual demonstrations on stopping distances and being aware on the road.
Term 3 Week 10

8 December, 2014

All the Year 11 who attended were well-behaved and I feel they all took away something that they can use when they get behind the wheel.

Thanks to Mr Farrugia, Mrs Pack, Miss Elm and also Miss de Jager who either helped organise or supervised on the day.

Mr Blake

Albion Park High School

Footy Teams Kicking Goals

Albion Park High School has always had a strong tradition in rugby league and we have had another successful year with a number of our teams.

Under 14’s Buckley Shield Report

Our Under 14’s boys CHS Buckley Shield team were regional champions and reached the final 16 in NSW. Not many teams in the school’s history have reached this stage in rugby league and it is a credit to the boys, Mr Georgiou and the parents who positively support their children.

First game was against Lake, Round 2 a 18-16 win. We were up 18-0 at half-time then rested a few players for games later in the day. We had three tries in the second half and threw everyone back on. We held on for the win, more comfortable than the score suggested as their third try was very late in the game. The standouts of the game were Jack Walsh and Jack Veenstra.

Round 3 was a forfeit from Warilla. In Round 4 we played Bomaderry without 4 players due to rep commitments. Another 18-16 win, this time we scored two late tries after trailing 16-6 to steal the win. Two tries to Jack Walsh and one to Jack Noveski. Noveski scored the try to level it up, with Jack Walsh hitting the conversion with a minute and a half to play to get us home. We had to make the kick to get us through as Bomaderry had scored first. Other notable efforts in that game came from Tahj Amone and Logan Stubbs.

That win took us through to the last 16, where we played Punchbowl. We went down 12-8. Two tries a piece, but they hit their conversions and we didn't. A tough game, we dropped ball at key times which probably killed us. Standout performers were Jack Oldfield, Lachlan Davies and Jamie Tanti.

Mr Georgiou

Student excelling in Hockey

Reagan Pabis has had an outstanding year in school hockey. Reagan played in the South Coast team during the State Hockey carnival in May this year, with her team placing 2nd overall, losing their final game to the Hunter region after being undefeated throughout the comp. There, Reagan was chosen to be in the Combined High Schools team to play in the NSW All Schools Open Girls
Hockey Tri-Series at Homebush on Monday, 15 June. Her team went on to defeat both the Combined Independent schools and the Combined Catholic Colleges teams to take out the championship!

Reagan has had an exceptional year outside of school for hockey also, making a shadow for the NSW women’s Country Team. Well done Reagan!

SHINE Term 3
On Monday 7 September, eleven girls from Years 8 and 9 graduated from SHINE for Term 3. SHINE is a self-esteem program for girls highlighting their worth, strength and purpose. The girls attend the course one period a week on a Monday for the whole term with the last week being a graduation lunch held at Murphy’s Bar and Grill.

Thank you to Mrs Pack (Year 8 Advisor) for also attending the luncheon. Congratulations to all girls who attended SHINE.

Feedback is always positive from the girls doing the course. Comments from this group of girls include:

“It has been a great time and we’ve learnt important things that can be applied to our lives”.

“It was fun and different to everything else we normally do at school”.

“It was a good and different experience…and fun”.

“SHINE has been a good experience and made me more confident, and it was fun”.

A big thank you to the P & C Association of Albion Park High School for their ongoing support of this very worthwhile program.

Mrs Osadczuk

Woolworths Earn & Learn Program
Thank you to all that have been supporting the Woolworths Earn & Learn program. As of 11 September, 2015 we have 19,500 points.

If you have any stickers or sheets can they be returned to the school by Wednesday 16 September, 2015.

Thank you for your support!

ANZAC Memorial Garden
The students at Albion Park High are creating a Memorial Garden and to assist with the preparation of the garden, we are asking for donation of these specific plants.

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Donations can be left at the front office first week back from Holidays Term 4 – Week 1

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FORMAL SEASON

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<td>Package 3</td>
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A welcoming and friendly school working with and for our local community
Albion Park High School Ski Trip

Challenging
Friendship
Adventure
Perisher
2015
Fun
Teamwork
Resilience
Achievement

A welcoming and friendly school working with and for our local community