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

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

Term 1, Week 3  8 February, 2016

Coming events

**Week 3**

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<tr>
<th>Date</th>
<th>Grades</th>
<th>Event</th>
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<tr>
<td>Monday 8 February</td>
<td>Yr 7, some Yr 8</td>
<td>Immunisation</td>
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<td>Monday 8 February</td>
<td>Yr 8</td>
<td>HSC Ext 1 English Assess. Week</td>
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<td>Tuesday</td>
<td>Yr 12</td>
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<td>Yr 12</td>
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<td>Wednesday 10 February</td>
<td>Yr 9, Yr 11</td>
<td>Girls - Wellbeing Programs</td>
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<td>Thursday 11 February</td>
<td>Yr 12</td>
<td>HSC Ext 1 English Assess. Week</td>
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<td>Thursday 11 February</td>
<td>Whole School</td>
<td>Swimming Carnival</td>
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<td>Friday 12 February</td>
<td>Yr 12</td>
<td>HSC Ext 1 English Assess. Week</td>
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<td>Friday 12 February</td>
<td>Yr 11 &amp; 12</td>
<td>Excursion Drama, Sydney</td>
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**Week 4**

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<th>Date</th>
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<tr>
<td>Monday 15 February</td>
<td>Whole School</td>
<td>Photo Day</td>
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<tr>
<td>Monday 15 February</td>
<td>Yr 12</td>
<td>HSC Ext 2 English Assess. Week</td>
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<td>Tuesday</td>
<td>Yr 12</td>
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<td>Wednesday 17 February</td>
<td>Selected Yr 12</td>
<td>Zone Swimming Carnival</td>
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<td>Wednesday 17 February</td>
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<td>HSC Ext 2 English Assess. Week</td>
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**P & C MEETING**

Monday 22 February, 2016 at 6pm

**Principal's Message**

Welcome to the 2016 school year and I hope that all of our families had an enjoyable and restful time. The Christmas period can be in fact a most stressful time especially for the many families in our school who are struggling financially. I remind parents and carers that school financial support is available by ringing me personally at Albion Park High School on 42571744.

We have begun the year in an exceptional manner with a quiet and organised approach to school, uniform as a whole is looking magnificent; especially the senior girls in their new dress who look beautiful. Year 7 have settled quickly and enthusiastically, without one child missing a bus!

Mr Paul Ryan sends his regards to all from Wollongong High School and of course I have passed on that we wish him all the very best in his new role as Principal. He tells me that he has had a wonderful start and that he is already enjoying his new challenges.

I wish to congratulate our 2015 HSC candidates; 32 of the students (that we know of) are enrolled at and will be attending either UoW, ACU or RMIT, which makes up an amazing 40% of the cohort. We all send our very best to our past students and are very sure we have prepared them for both their academic and working futures.

A warm welcome to our new Albion Park High School permanent members of staff who have also settled in very quickly!

Melissa Kennedy, our new Head Teacher of English. Melissa gained the position under the merit system and comes to us with extremely good credentials having worked in the BOSTES (including marking HSC Extension English), worked overseas in Singapore and been an author. We are very excited to have Melissa on-board.

Joshua Carters, our new TAS teacher, specialises in both Construction and Metals and Engineering. Joshua comes to us from Young High and was involved very heavily in the creation of the new VET syllabuses.
Kenneth Muhling, our new Science teacher comes from Cowra High. He is very experienced in all areas and specialises in Chemistry and Physics.

Clarrie Hoskins holds a regional position but his office is placed at Albion Park High School. Clarrie is responsible for Aboriginal Studies, Aboriginal Culture and Aboriginal Language from Wollongong to Eden.

On a few matters of ‘housekeeping’

- OPAL CARDS for buses have arrived and many are still sitting in the front office. There will be a deadline before which students are allowed onto a bus without them so if your child hasn't picked theirs up, please do so this week.
- If your details of residence, phone or living arrangements have changed in any way over the holiday break please let the front office know immediately. This is essential in case of emergency that we are able to contact parents appropriately.
- If your child was not present at the end of the year they may not have received their school report. Those remaining will be given out this week so please ask your child for their report.

Suzi Clapham
Principal

Year 12

Welcome back to year 12!!! I hope you had a restful break and are ready to engage in your final year of schooling at Albion Park High School.

I want to start the year with an encouragement for you to be successful learners.

Successful criteria for learning is through engagement and ownership in your education; it supports you to learn to be self-regulating – that is, to self-monitor your way to success. Our School motto of Respect Responsibility and Commitment - how does this relate to you? What does it mean to you? Are you a positive role model? The younger students look up to you...so what type of person do you want to reflect????

The end point of your schooling should be an accumulation of personal growth, success and realisation of what you want for yourself ... Are you giving yourself the best chance of success? At times, barriers may seem insurmountable, and yet, across the world others are using all support systems available to overcome “the tipping point.” The benefits of attending school every day is a critical part of achieving success:

- Students who attended school regularly were more likely to be informed and pass assessments.
- Provide Opportunity: Being in school every day gives you a chance to learn more about opportunities for successful academic achievements.
- Being part of the school community can help you to maintain friendships and relationships and develop a broader world view.
- Employers look for high attendance with skills of punctuality, self-discipline and organisation- they won't employ someone who has “sickies" or is unreliable!

Make the best of the next three terms, and if you think you haven't put your best foot forward, it's not too late...get the right advice, support and guidance so you can reach your full potential, so that when you graduate from Albion Park High School you can be proud of your efforts and achievements and have no regrets.

The best motivation comes from within, and a sense of fulfilment and achievement comes from looking in the mirror and being able to say “I have done the best I could do”. Be self-motivated to say I want better for myself... It's all about you... your dreams, your goals, your visions, your life. How will you shape them? How will you nurture them? How will you prove your worth? It’s all in your hands at this point in time, and I hope that in looking back you won’t regret anything.

I am looking forward to working with you during term 1 to ensure you settle into a productive term with successful learning as your goal!

Trish Hammond
Deputy Principal - Relieving

Youth Frontiers Program 2015

The Youth Frontiers program was introduced to Albion Park High School and involved collaboration with Workplace Learning Illawarra.

Youth Frontiers is a youth mentoring program funded by the NSW Department of Education & Communities. It is aimed at students in years 8 or 9, who have the
capacity to benefit from youth mentoring that focuses on leadership and civic engagement.

The program aims to increase young peoples’ involvement with the community. It is a minimum 6 month commitment with students meeting with mentors for 1-2 hours a week for a minimum of 30 hours. The goal of the program is for students to develop a Community project around the themes of Community Harmony, Youth Mental Health, Sporting Engagement, Environment and Conservation, Empowering Young Women, Centenary of Anzac, and there is a General Category for students who wish to develop their own idea.

Eight students from Year 9 (Joshua Bowden, Corey Debnam, Kory Griffiths, Riley MacQueen, Ethan Smith, Jackson Stolk, Taj Bartlett, Kade Lucas) were selected to participate in the 2015 program. Following an initial introduction to the program the mentees were matched with local mentors based on shared interests. They then spent time with their mentor to define goals and to plan their community service project.

One to one sessions were scheduled once a week at an arranged time to suit both the mentee and mentor. This was negotiated around the school timetable and took place within the school environment.

The projects developed by our students included the delivery of sport coaching sessions at the local primary school, the creation of an Anzac memorial garden and a bike ride in the local area to promote the outdoors and a healthy lifestyle. The students had to overcome a number of barriers and utilised teamwork, communication, leadership and decision making skills to achieve their goals.

The mentoring program took place in Terms 2 and 3 and culminated in showcases at the end of Term 4 where mentees presented the results of their community projects and shared what they had achieved. At this time the efforts of all of our students were recognised and all eight students should be congratulated for their creativity, flexibility and persistence.

The students involved would like to acknowledge the assistance given to them by their mentors, who volunteered their time so that the program could run and also the significant contribution of Shelly Mainon, Sharon Justice and Fiona Crane from Workplace Learning Illawarra who coordinated the program. We were also lucky to have a number of donations from the local community that allowed the Anzac memorial garden to be planted.

Following the submission of all 2015 projects, Jackson Stolk’s project has been selected as a State Finalist and he will attend an awards ceremony on Wednesday 17 February at NSW Parliament House. We wish Jackson luck at this presentation!

Start to the Year
Year 7 have experienced a fantastic start to their high school career! Students participated in the inaugural Albion Park High School Amazing Race, which saw them race around the school competing in an assortment of different activities. Students had to construct Lego vehicles, challenge Year 11 in handball, solve scientific and mathematical puzzles, unleash their inner artist to play the glockenspiel, partake in Drama improvisation and many other exciting tasks.

This activity gave students the opportunity to work alongside their Year 11 peers, navigate the school grounds, meet teachers and make new friends with their team members. Year 7 displayed wonderful school spirit and amazing sportsmanship. Well done!

Family Movie Night!
Help our school buy a defibrillator!

Year 12 will be hosting a family movie night on Friday 19 February (week 4) in the school Gymnasium at Albion Park High School.
**Term 1, Week 3**

All proceeds of the night will be going towards the purchase of a much need defibrillator. A defibrillator is a potentially life-saving, emergency device that costs around $4000.

Tickets can be purchased in advance from the front office for $2 or on the night for $2.50. Children under the age of 13 must be accompanied by an adult, so bring your parents and siblings (only family members of Albion Park High School students allowed). So come, watch a movie on the big screen and support this fantastic cause!

If you need more information, see your school captain-Katelyn Todd
Mr Farrugia
Year 12 Adviser

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**Reminder about School Opal cards**

To report a lost, stolen or damaged School Opal card customers should phone 131500 or visit transportnsw.info/school-students.

If you have any questions about the School Opal card please refer to the website above.

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**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.


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**Have you ever wanted to have a go at BMX racing?**

Feel the thrills of having a go at the newest Olympic Sport.

Well here is your chance.

**Southlake/Illawarra BMX Club** is the only BMX Club in the Illawarra area and is located in the **CROOME ROAD SPORTING COMPLEX** located on CROOME ROAD, ALBION PARK

We are having a **FREE** Come and Try Day.

**Saturday 20 February 2016**

From 10am to 1pm

We have riders ranging in age from 4yrs to 65yrs so anyone can come and have a go.

For safety reasons all participants must wear a **FULL FACE HELMET**, gloves, long pants, long sleeved top, shoes and socks.

Please bring a road worthy bike with working brakes.

We will have limited helmets and gloves available to use or you can bring your own.

Full canteen facilities will be available.

For all enquires contact
Andrea Dallinger 0418 245 268
Russell Robeille 0411 645 644
Tim Robson 0450 095 150
**When:** Thursday 11\(^{th}\) February, 2016 (Week 3) – compulsory all day, whole School event.

**Where:** Meet at school for normal roll call at 8:25am. We will depart for Albion Park Pool after rolls have been marked. The carnival will conclude at 2:35pm.

**What to bring:** $2 for pool entry, swimmers, hat, sun cream, towel, lunch, drink and money if you would like to buy something from the canteen.

**What to Wear:** Something in your house colour or school PE uniform!!

- House races, novelties and usual events will be held on the day.
- A program of events and more information will be available closer to the event.
- Which House will win?? Buru, Guruwin, Gugara or Munda?
- Start training now!!!