

PARK PRESS



Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT

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Term 4, Week 2

16 October, 2017

The Albion Park High School community wishes our 2017 graduating class every success in the Higher School Certificate Exam and their future

ALBION PARK HIGH SCHOOL
www.albionpk-h.schools.nsw.edu.au

Coming events

Week 2		
Monday 16 October	Yr 12	HSC Exams
Tuesday 17 October	Yr 12	Playgroup HSC Exams
Wednesday 18 October	Yr 10 Yr 12	PASS Coaching Sessions with APPS HSC Exams
Thursday 19 October	Yr 12	Exc – Dramactive – IPAC HSC Exams
Friday 20 October	Yr 7 & 8 Yr 9 & 10 Yr 11/12 Yr 12	Exc – Luna Park Mathematics Excursion – Canberra HSIE Support Work Experience HSC Exams
Week 3		
Monday 23 October	Yr 7 Yr 12	P & C Meeting 6pm Immunisations HSC Exams
Tuesday 24 October	Yr 12	Playgroup HSC Exams
Wednesday 25 Oct.	Yr 10 Yr 12	PASS Coaching Sessions with APPS HSC Exams
Thursday 26 October	Yr 12	HSC Exams
Friday 27 October	Yr 11/12 Yr 12	Support Work Experience HSC Exams

P & C MEETING
Monday 23 October, 2017 at 6pm



What's happening in PDHPE and Sport
National Health and Physical Education Day
Health & Physical Education (HPE) Day is a nationwide initiative that highlights the importance of HPE in the Australian Curriculum, and its influence on the learning and development of children. This year it was held on Wednesday the 6 September, 2017.

The PDHPE Faculty decided to facilitate a massive program of physical activity on the day which would encourage as many students and teachers to participate in either a form or fitness or a game of some type.

In the morning we held an extra session of our Fit I Am Club, which involves students participating in a game or fitness activity and then healthy breakfasts are prepared for the students. We have regular had over twenty students attend these mornings and the program continues to grow each year. A massive thanks to Mr Fogliada for co-ordinating this each week.

We then had over one hundred and fifty primary school students from our local community of schools come up to Albion Park High School to participate in our annual Gala Day.

At lunchtime we had the second last Year 12 vs. Teachers challenge, which was a mixed game of netball. The Year 12 groups were very confident, as they had trained several times and had several current netballers in their team. The Teachers team was thrown together at the last minute and looked like they had not ever played the game. Unfortunately for the Year 12 team, this was all for show, as the Teachers quickly took a large lead and were never really in trouble, even with a mini comeback from Year 12 towards the end. Best on court were Mrs Hutchins and Miss Wright.



took a chance shot from half way, bringing the full time score to 28 all! The game went into five minutes overtime and after a foul shot, Warilla were up by one. The boys then scored a basket, however, by full time, Warilla had scored two more baskets, bringing the final score to 33-30. Unlucky boys! The entire stadium was nervously hanging by the skin of their teeth.

Finally, our junior A's girls netball team had their game at the Croome Rd synthetic courts. The girls had to deal with strong winds and persevere through the tough conditions to take home the trophy 29-12, defeating Dapto and having a bit of fun whilst doing it. Well done girls, what a great way to end your season.

Congratulations to all of our comp sport players. Every single one of you did our school proud this year and you are an excellent example of our school value of commitment. We can't wait to see you back for more in 2018.

Park Performers Testing

It is that time of the year again, we are starting to prepare for the arrival of our 2018 Year 7 cohort. One of our Year 10 PASS classes went to both Albion Park Public and Mt Terry Public schools to run a variety of fitness tests with their Yr 6 students to help determine our Park Performers class for 2018. The Park Performers program is a program targeting students at APHS and its local community of primary schools who possess physical and sporting talent and prowess. The program aims to:

- Identify students who have physical ability/talent across a number of physical domains
- Provides opportunities for fitness and skill development in a range of sports through the formation of a specific Park Performers PE class in Year 7 and then following through in Year 8 with an extension PE class

We had over twenty people register for the event, including several teachers who put their hands up to participate. In the end it came down to one teacher and one student, Jackson Stolk and Mr Murphy, who were left to fight it out at the end. The eventual winner was Jackson, finishing with a score of 12.3 in very tough conditions. Congratulations to Jackson and thanks to all those students and teachers who joined in or encouraged others during the event.



Comp Sport Report

Last week our 2017 season of competition sport finished up with our finals. We had three teams vying for first place, our senior girls oz tag, junior boys basketball and junior A's girls netball. Our senior girls oztag team had the home game advantage, the boys team were paying at a later time slot so they came to cheer the girls on! The girls played a strong game but ended up defeated by Oak Flats 10 tries to 3.

The junior boys basketball game was played at Shellharbour stadium and was a nail bitter to say the least! The boys played their hearts out all game and were up 28-25, on the buzzer, Warilla



- Provide a pathway for athletes to pursue representative honours and further challenge and extend themselves.

Pathways for further development include:

- Participation in APHS competition sport teams
- Participation in CHS and All Schools knockout competitions
- Selection in Zone, Regional, CHS, NSW All Schools and National teams

Premier's Sporting Challenge

Albion Park High School has once again participated in the NSW Premier's Sporting Challenge, with all students in Years 7-10 participating through their Health classes.

The challenge includes a range of initiatives with one common purpose - to have more students, more active, more of the time. The Premier's

Sporting Challenge aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles.

Sport plays an important role in developing regular physical activity, provides positive health outcomes and is a fun and healthy way to connect with your local community.

All students in Years 7-10 monitored their physical activity levels over a 10-week period, with the aim to increase their activity over the monitoring period. It was pleasing to see that many students are doing a sufficient amount of activity and many are doing more than the recommended amount.

Albion Park High School Yr 6 Gala Day 2017

On Wednesday the 6th of September 2017 (Health and Physical Education Day), Albion Park High School hosted the annual primary school transition sports day. Primary school students from Albion Park, Mt Terry, and Tullimbar Primary schools converged at Albion Park High School bright and early for a big day of fun and activities. Students had the opportunity to choose an activity for the day and participate in a coaching session lead by our very own Year 10 PASS Students.

Students got to meet new people who will join Them on their transition into high school, and

made some brand new friends! The day was enjoyed by all and thanks must go to the primary schools, teachers and students who ensured the day ran smoothly. We look forward to seeing you next year. Attached are some pictures of students enjoying the activities.

Matt Meikle
PDHPE



Drama Excursion

Last term, the Dramactive students attended their second theatre excursion to see the astounding performance of 'Cyrano De Bergerac' at the Merrigong Theatre in Wollongong

This adaptation, by Damien Ryan, has won many Sydney Theatre Awards such as, 'Best Independent Play', 'Best Independent Director' and 'Best Independent Actor', and all for good reasons. Damien Ryan himself directed and produced the production and starred as 'Cyrano De Bergerac'.

The acting ensemble is a large one as 18 actors were involved in the five-act play. It ran for 3 hours and 15 minutes, but it was all worth it. The scene changes were flawless; we could be in a bakery one minute and a war zone the next. During the whole performance the audience was engaged and you really felt like you were part of the show - as the actors would often appear from within the audience. Our whole theatre audience were either holding their sides through laughter or hiding their faces as the tears fell. Everyone was left talking about it hours after the performance.

This production had everything; it was full of humour, thieves, sword-fights, violence, romance, and nuns. Everything was choreographed exquisitely and it was apparent that a lot of practice and rehearsal was put into this performance.

I would definitely watch it all again and I recommend it to anyone who enjoys a good show.

I commend all the actors and directors on such a great production.

Thank you Mrs Roth for organising this excursion. We cannot wait for our next theatre experience on Thursday 19 October titled The Popular Mechanicals.

Isabelle Ferreira Yr 10.



World of Work Day

Nervous smiles were the order of the day on Wednesday week 9 of term 3, when Year 10 participated in the World of Work Day: one of several examples of project based learning currently being taught at Albion Park High School.



This day was the culmination of a cross curricula unit of work between Careers and English. During this unit, students learnt about 21st century employability skills: initiative, problem solving, communication, creativity etc and developed a resume and cover letter applying for a real life job.

On the day, students were required to demonstrate their employability skills by dressing and preparing for a job interview, which was made as authentic as possible. Students also participated in workshops which further explored:

- Work readiness roles and responsibilities as preparation for work experience in Term 4

- Workplace Health and Safety
- Social media and employability: how to project a positive digital footprint
- and reflection and feedback from the job interview scenario.

This is a highly relevant learning project and students responded with impressive maturity and responsibility. We hope they grow in confidence as a result, and are better prepared in terms of employability and job interview skills for their future.



The Australian Mathematics Competition



In July this year, Albion Park High School had fifteen students from Years 7 -10 enter the 40th Annual Australian Mathematics Competition. We had thirteen students participate in Intermediate Division, Years 9 and 10. Each student sat a seventy five minute paper consisting of thirty interesting, fun and challenging questions. Calculators were not allowed. All our students were keen to do well and were enthusiastic about the challenge.



This year we had a very pleasing five students receive Credit Awards. They included Matthew Longhurst, Daniel Mayo, Joshua Baldwin, Bryce Vandenberg and Natasha Carter.

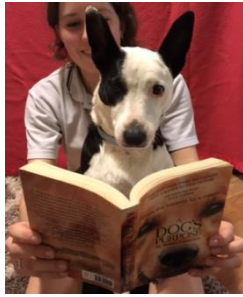
Students who received Proficiency Awards included Samuel Mawbey, Kyra Turner, Jayde Herdegen, Dylan Bentley, Jordan Isaac and Maggie Flynn.

Participation certificates went to Penny Calvert, Alexis Tripp, Jorja Wettengel and Jaxon Rennex. Well done and congratulations to all students.

Mrs Porter
Mathematics Department

Australian Reading Hour

Albion Park High School celebrated Book week and Australian Reading Hour in late Term 3 with some great prizes up for grabs. As all students in Years 7-10 should be doing 10-15 minutes of reading every night as part of ongoing English Homework, they were given the opportunity to formalise it over 6 nights and submit an entry to Mrs Hoole.



Regular reading not only improves literacy skills but engages creativity allowing readers to escape into the imagination of an author.

The first prize winner of a \$25 QBD Bookshop voucher was Jaxon Thomas. Second and third prizes, tickets to Event Cinemas Shellharbour, were won by Baxter Lean and Heidi Maat.

The photo category: a pic of you or someone you know reading, had some funny entries: a cat reading "Shakespeare for Cats" and a dog, Nudge, reading "A Dog's Purpose" as well as a mystery teacher trying to hide in her book.



Immunisations - Monday 23 October

Year 7 students: dose 2 of HPV and any missed doses of dTpa & Varicella. Students who were absent at visit one or two can commence their course.

Note: Year 7 students are allowed to wear sports uniform all day on this Monday.

Year 8 catch-up vaccinations will be offered to those students who commenced but have not completed their two dose course of HPV.

Meningococcal ACWY Vaccine for Year 11 students who were absent on the day of the last vaccination but had returned a consent card. It is not too late to return a consent card.

Please ensure students have a good healthy breakfast and have a water bottle with them.



Grandparent's Day is a special day that recognises the significant contribution that grandparents make to their families and communities. It is also an occasion for acknowledging the efforts and devotion of grandparents who are often full-time carers for their grandchildren.

Albion Park High School will celebrate Grandparent's day with an invitation to all parents/grandparents to attend our event.

When: Monday - 30 October, 2017

Time: 1.30pm

Where: APHS Library

Light afternoon tea will be served

RSVP: Wednesday - 25 October, 2017

Please call the front office -

Phone number 4257 1744

(Essential for catering purposes)



Ten Year Anniversary Tullimbar Public School

Let's Celebrate!!

For students who attended Tullimbar Public School, an invitation for you.

Friday 3 November 2017

Open Day

9:30am Wakakirri performance

9:50am Open Classrooms

10:30am Recess

11:30am Special School Assembly

that celebrates this significant milestone.

Please arrive by 11.20am for Special Assembly that commences at 11.30am in the school hall.

The school looks forward to your company at this very special event.

Students are to obtain permission from their school to attend.

Saturday 4 November 2017 10.00am to 2.00pm –

Spring Fair with rides.

Saturday 4 November 2017 6.00pm

- 10 Year Anniversary Dinner (over 18s)

(refer to the school website for additional information) www.tullimbar.nsw.edu.au