Coming events

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<tr>
<th>Week 10</th>
<th>Monday 18 September</th>
<th>Tuesday 19 September</th>
<th>Wednesday 20 September</th>
<th>Thursday 21 September</th>
<th>Friday 22 September</th>
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<td>Yr 8</td>
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<td>Yr 11</td>
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<td>Yr 11/12</td>
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<td>SHINE Excursion (selected girls)</td>
<td>Maths Common Test</td>
<td>Preliminary Exams</td>
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<td>Soil turning and Smoking Ceremony</td>
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<th>Week 1, Term 4</th>
<th>Monday 9 October</th>
<th>Tuesday 10 October</th>
<th>Wednesday 11 Oct.</th>
<th>Thursday 12 October</th>
<th>Friday 13 October</th>
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<td>Yr 7-12</td>
<td>Playgroup</td>
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<td>Support Work Experience</td>
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Matthew and Taleisha gave a very witty recap and insight into their time thus far at high school while Jordan serenaded the crowd and showcased what our creative and performing arts students have to offer with her musical stylings. We are extremely proud of their efforts and know that they will continue to strive and achieve their best here at Albion Park High School.

Principal’s Message

As we conclude the term, the class of Year 12 2017 is also coming to an end. Next week we farewell our largest cohort of students, with 120 young men and women about to launch into the next phase of their lives.

On behalf of the staff at Albion Park High we wish them well for their HSC and for whatever future they map for themselves. We have armed them with the skills to go forward and participate in higher education or enter the workforce. The rest is up to them.

I would like to publically thank Year 12 Adviser Mr Michael Todd who has gone to extraordinary lengths to keep his young

P & C MEETING

Monday 23 October, 2017 at 6pm

Student of the Fortnight

Matthew Longhurst, Taleisha Simmons and Jordan Isaac are our students of the fortnight. They showed great leadership skills, demonstrated our core values of respect, responsibility and commitment and represented our school proudly at the recent Year 6 into 7 night.
charges safe, healthy and on track, he has given the past six years of his personal support to them, and done a magnificent job. Thanks Toddy.

This week the whole school stopped for a few moments to consider R U OK? Under the leadership of Mr Todd Wilcoxen, in period one, staff showed a very short but powerful on-line clip about the R OU OK? campaign. It is timely for us to remember, when emotions are high especially around the HSC time, that we should be checking in with our friends, family and loved ones to ensure that they are in fact OK. Issues around mental health in Australia are at an all time high, and as the adage goes, ‘it takes a village to raise a child’, so remember to look out for each other. You could in fact be the friendly conversation that makes all the difference.

Suzi Clapham  
Principal

Last Week for Year 12
As Year 12 begins their last week at school, it goes without saying that the entire school community wish them the very best for their upcoming HSC exams and for their years beyond school.

Give it your best shot, class of 2017! This week, the following events have been organised:

| Monday       | • Last day in class  
|             | • Kahoot Challenge vs Teachers |
| Tuesday      | • Mystery bus tour excursion  
|             | • Blood donations |
| Wednesday    | • Dress up Assembly  
|             | • BBQ Breakfast  
|             | • Thank you luncheon with staff  
|             | • Compulsory Graduation rehearsal |
| Thursday     | • Only students required on this day will be those who have a speaking role at the Graduation Ceremony  
|             | • Students to arrive at school at 5pm in full uniform and black shoes  
| Friday       | • Commence study for the HSC |

Thanks for all of your support parents and carers.

Home Economic News
Food for Life – Support Keira
Throughout the year the senior Support class has developed their food skills in working through setting up a kitchen with equipment and pantry items, relevant nutrition and participating in practical experiences that refine their skills in food preparation and presentation. Each practical lesson’s product is photographed by the students and inserted into their recipe book. The culmination for year 12 is a personalised cookbook containing recipes for everyday life.

This class also maintains a food garden and uses the produce in their cooking. The example given here is of spinach and cheese bombs using home grown spinach. Find the recipe attached to this email.

Year 7 Technology students have been redesigning a bedroom and producing a computer generated representation. They then designed and produced a cushion to tie in with their room.

It was great to see some creative and high quality products being made. The items above, were a few that were displayed in the library.
Year 8 Technology students have been creating a range of meals, consolidating their food preparation skills in readiness for their PBL unit next term. We look forward to seeing some creative biscuit designs as students work to raise money for a charity of their choice.

The Year 8 extension ‘Food for Life’ students have been enjoying cooking a variety of healthy food items suitable for all meals of the day. Starting with breakfast, café style scrambled eggs and finishing with dinner options such as hoy soy chicken stir fry and spaghetti bolognaise cups.

Flinders have been experimenting with a range of fabrics and techniques, producing some creative key rings and bag tags. Next term they will be designing and creating a device case.

Year 10 Food Technology (200 hour) students have been investigating food trends, improving their food photography and food styling skills, through producing a range of meals and desserts.

Year 9 (100 hour) and Year 10 Food Technology (100 hour) students have been learning about special celebrations and the significance of food during a variety of celebrations. For their assessment, they have been busy designing a special birthday celebration for a young child. They designed and made a suitable cake as well as designing a range of party items including a menu and invitation.

What’s Happening in Skills 21
Albion Park RSL has given a generous donation of $20,000 to the Skills 21 living classroom program! A huge thank you! We greatly appreciate it and it will be used for starting the earthworks, purchasing plants, soil, mulch and much more. The earthworks phase is scheduled to commence week 1 of term 4.

Over this term, Skills 21 students have been busy. We commenced a composting program, designed decks and mosaics and looked after calves in the Ag Plot as part of the “Cows Create Careers” program. This is all done in addition to our normal learning experiences in class.

Last Friday, Skills 21 students ran a Nacho Day fundraiser from the Canteen. A huge thank you to the head of the canteen Shona Smylie and the other parent volunteers who helped and supported this awesome day! The nachos were delicious!

We also have created a YouTube channel where we upload weekly VLOGS of what we have been up to with the living classroom. If you’d like to check it out click this link below:

https://www.youtube.com/channel/UCTsoaoPDUSqPQ91sRR91xcQ

Emma Brewer and Tiana Ristevski

Crossroads Excursion 2017
Albion Park High School Students in Year 11 travelled to Sydney on the 15 August to attend the ‘Bstreetsmart’ program as part of the Stage 6 crossroads initiative. ‘Bstreetsmart’ is held because our youth are being severely injured and killed due to potentially preventable road crashes.
The NSW statistics in 2016 for 17-25 year olds showed 78 fatalities and 2479 injuries. These young people hold only 14% of licenses, but they are involved in 21% of fatal crashes.

The forum provides students who are most at risk a realistic look at the trauma caused by road crashes, and gives them information and strategies in an attempt to reduce serious injuries and deaths. A live car crash scene is one of the main features of the day, where young drivers, police officers, paramedics, fire officers and crash scene investigators play out a scenario involving a car crash (Pictured above).

Students witness the real-life, severe consequences of drinking and driving. 'Bstreetsmart’ also utilises victims of road accidents to talk about how one poor decision on the road has impacted on their everyday lives. Students sat transfixed as they heard the difficulty of living with both permanent physical and brain injuries, and why being safe on the road is so important for all drivers. Finally, students could also engage with each of the emergency services workers and discuss the jobs of each of these valuable people.

By the end of the day the students were emotionally exhausted, and all said that they would definitely take driving more seriously. This is a great success for the program.

Matt Meikle (PDHPE Teacher)

Youth Frontiers Projects
Donations Needed – Rebekah Brown in Year 9 is looking for donations of toiletries and personal hygiene products plus used back packs, in good condition. Rebekah is collecting these items as part of her Youth Frontiers project to help homeless women in the Illawarra who do not have access to these basic items. There is a box in the front office – please leave your donations in the box.

Two students in Year 9 who are participating in the Youth Frontiers program have created a Facebook page to inspire other teenagers to become happier and more organised students. The Facebook page is called 'The Inspired Student’. Please like and follow their page for daily weekday inspiration. Their project will run until the end of term 3.

Southern Stars
On 25 and 26 August, thirty three of our amazing students participated in the combined public school event -Southern Stars.

The school is proud of the efforts made by all students, but would like to make a special mention to the seven students who auditioned and were successful in being a part of the featured artists group. The students were involved in four performances over the Friday and Saturday, which was filmed by the WIN network and should hopefully be aired in the following weeks.

Wrapped With Love
Congratulations to the staff and students of Albion Park High for participating in the Wrapped with Love program: designed to provide blankets for the needy.

Each blanket consists of 28 knitted squares which take approximately 3 hours each to knit: so each blanket takes roughly 90 hours to make. That's 90 hours of kindness and generosity for the Albion Park School community. The blankets are collected at the end of the month to be distributed to homeless shelters and refugees.

A huge thank you to people who donated wool.
Woolworths Earn & Learn

The Woolworths ‘Earn and Learn’ program has returned! Woolworths shoppers can earn resources for schools by spending money with the supermarket. In 2015 Albion Park High School participated in this program and purchased valuable resources for Science, Agriculture and Child Studies.

How it works
It works by spending money and receiving stickers for your purchases. For every $10 customers spend in store or online a sticker will be earnt. The program excludes liquor, tobacco and gift card purchases.

What you do
Collect stickers as you shop and then place in the box in store at Albion Park or in the collection box in the schools office foyer. You can either place them on the provided sticker sheet or just place stickers in the box. Stickers can be earnt from 26 July 2017 through to 19 September 2017.
If you have any questions about the program please contact Miss Harris at the school.