

PARK PRESS

Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT'



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Term 4, Week 2

22 October, 2018

Coming events

Week 2		
Monday 22 October	Yr 7 Yr 9	P & C Meeting 6pm HSC Exams Grandparent's Day Exc - War Memorial, Canberra
Tuesday 23 October	Yr 10	Exams HSC Exams
Wednesday 24 October	Yr 10	Exams HSC Exams
Thursday 25 October		HSC Exams
Friday 26 October	Yr 7 Yr 10 Support	HSC Exams Exc – Luna Park Exc – PASS Coaching Workshops Work Experience Program
Week 3		
Monday 29 October	Yr 9 Yr 10	HSC Exams Exc - Pop-Up Globe Theatre Exc – Pass Coaching Workshop Davidson Shield Round 3 Cricket
Tuesday 30 October		HSC Exams
Wednesday 31 October		HSC Exams
Thursday 1 November		HSC Exams
Friday 2 November	Selected Support	HSC Exams Exc - AIME Work Experience Program

RESPONSIBILITY and following the instructions of those in charge of your learning.

Student of the Fortnight

Shontel England (Yr 11) displayed amazing initiative and passion toward contributing to R U OK Day on 14/9/18. This day aims to raise awareness to issues around mental health and promote conversations that support the wellbeing of others. Shontel organised a letterbox drop with her peers that provided information to our local community regarding this issue. Her contribution toward this important national day is something of which Albion Park High School is most proud and it is another example of our students having an impact beyond the school community.



P & C MEETING

Monday 22 October, 2018 at 6pm

PBL



Respect, Commitment, Responsibility

The PBL Student of the Fortnight is Amity Mayo of Year 7, who received the highest number of positive entries during weeks 8 and 9 of Term 3.



The PBL Focus for the Fortnight was around

Relieving Principal's Message

Welcome back to Term 4! Hope everyone had a relaxing holiday.

Best of luck to all the Year 12 students starting their HSC exams. It's time to put all the skills and knowledge you have learned to good use.

During the holidays I was fortunate enough to travel to Japan to visit our sister school "Omyia Kita High School" with ten students and two teachers. Thank you to Ms Michelle Hutchins for all your hard work in organising such a wonderful cultural experience. A great time was had by all and the hospitality shown to us was exceptional. I am looking forward to meeting our Japanese friends in 2019 again.

Our students' behaviour was exemplary. They were outstanding ambassadors for our

school and should be commended for their willingness to learn new things, meet new people and have a go throughout the trip. Congratulations to Kasey Avnell, Kayla Littlemore, Paris Butler, Kate Lynn, Baxter Lean, Chloe House, Lily Jackson, Holly Wilson, Ryleigh Johnson and Liam Thorley who participated in our Japan excursion.



Attached is an article on the new laws combatting online abuse. We welcome these changes that are put in place to help keep our students safe. Please have a read and a discussion at home with your family.

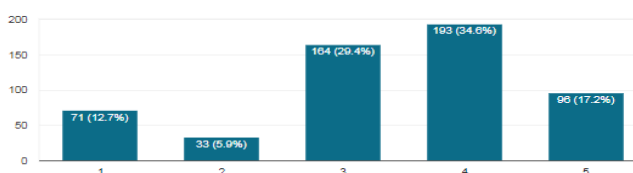
Christine Campbell
Relieving Principal

**What's happening in PDHPE and Sport...
New Syllabus**

In an exciting development for our faculty, a new syllabus was released at the start of Term 2 for K-10 PDHPE. In 2019, both Years 7 and 9 will be working from the new syllabus, with Years 8 and 10 coming on board in 2020.

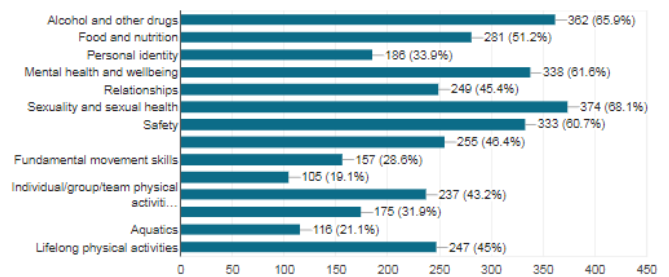
As part of the process, the PDHPE faculty sought feedback from students, parents and teachers on our current programs and the associated strengths and areas for improvement. Some of the data is shown below.

How would you rate the current PDHPE programs based on enjoyment?
557 responses



What topic/issues do you feel are the most important to be focusing on in PDHPE? (you can click on multiple checkboxes)

549 responses



We have used this information and data from state and national bodies to determine the most appropriate areas to focus on with our students next year and beyond and we believe that we have come up with a good mix. The biggest change with the new syllabus is that it is based around a strengths based approach so we will be focusing on what students are doing well and what keeps people healthy, safe, well and physically active.

Once our new scope and sequences are finalised we will upload these to our school website.

Coles Sport for Schools Program 2018

The Albion Park High School cricket teams would like to thank the Albion Park community who donated their Coles vouchers to our school. As a result of your efforts, the junior and senior teams will be fitted out in shiny new gear for the upcoming cricket season.



Premier's Sporting Challenge

The Premier's Sporting Challenge is now completed for 2018. All students from Years 7-10 were involved in recording the amount of physical activity they participated each week, with the idea to increase their level of activity over the course of the ten weeks.



The school received a grant to participate in the program and we were able to purchase three new iPads for students to use in the PDHPE Faculty. Students will receive a

certificate, based on their average activity over the ten weeks, later on in the term. A big thanks goes out to Mrs Caldwell's Year 9 PASS class who helped to input all the student data.

Albion Park High School Sports Logo

Earlier in the year it was decided that we would create a mascot for our sporting teams to build some schools spirit when our teams were playing against other schools.

We chose the Redback spider as our mascot due to its intimidating nature and its colours, which are the same as our school sports uniforms.

We had a preliminary Redback spider designed for our athletics singlets this year, but we have now taken it one step further and had a logo professionally designed after consultation with both students and teachers. This is our final design.

You will see this logo start to pop up in some of the information that goes out to parents through our communication channels and on any new team uniforms. Our Sports Committee are also working on a school song which will also help to build camaraderie.



Comp Sport Report

The 2018 Southern Illawarra zone weekly grade sport competition has come to an end with our finals being held on Thursday, week 8 of term 3.

Albion Park High School had three teams playing for first place, all of whom came out second best on the day. These teams included our junior girls Newcombe ball, Opens girls 'red' soccer, and senior girls netball.

Congratulations to each of the teams in the finals and to all of our teams at Albion Park High School for a great year. Week 9 saw a 'barbarians' style game, where schools mixed their teams and played friendly games, a great way to end the season.

The competition ran a little differently in 2018, compared to previous years, as it was the first year a central venues system was trialled. The zone sport committee had noticed a large decline in the participation of students in the competition over the last two to three years, which resulted in a number of forfeits each week. In an attempt to combat this matter, the new format was trialled with the hope that it would increase the enjoyment and engagement of the students in competitive sport over the two terms.

This system allowed students from all schools to play at the Illawarra's best venues each week, with the opportunity for participants to spectate and cheer on other schools during the sport afternoon, a similar experience to that of a gala day. The new format did offer a decrease in forfeits as a number of schools were able to enter multiple teams to fill the positions of schools who were unable to field a team for particular sports.

The zone committee will be conducting a review of the new format early next term and we would like the opinions of our students. A survey has been developed for student participants to have their say and emailed to their school account. The feedback we receive will help to guide our future directions of the competition, so please set aside five minutes to complete the short survey.

In term 3 our competition ended with a celebration at the beach on Thursday during sport time in week 10. Comp sport students were provided with a free sausage sizzle lunch and games on the beach. It was an afternoon of dry fun in the sun!



PDHPE- Assessment & Units

Both Health and PE classes are in the final stages of completing their assessments for 2018. Assessments will be completed in the next 3 weeks in preparation for end of year school reports. Year 7 are currently handing in their alcohol board games. Year 8 have just finished their First Aid role plays. Year 9 have completed their Sexual Health Matters puppet shows. Year 10 will be completing their Beautiful Mind in-class tests in Week 3. All PE assessments should now be completed.

Horse Poo Lotto

The Sports Committee recently held this fund raiser. A huge thank you to all of the students and staff who bought a \$5 plot. The hope, of course, was our little filly Piper would defecate on the plot that you owned, in which case you won \$250 in vouchers.

Huge congratulations to the owners of Plot No. 8 – Erin Pasfield and Braeden Simmons of Year 10 who were the lucky winners this year. They will now enjoy spending \$125 each at the shops of their choice.

Humungous thanks need to be extended to Mrs Rebecca Brown, mother of Ashlyn (Year 7) and Abbey (Year 12) who brought in Piper for the day and walked our field for four hours before we finally heard the thud of faeces on the ground. And what a relief that was!!

Thanks also to the Sport Committee students involved in selling the plots, collecting money or encouraging Piper to loosen her bowels. You all deserve a big clap!



News from Home Economics

Year 9 Food Technology have been immersed in their 'Food for Special Occasions' assessment where they had to plan for a child's birthday party. They busily created an invitation and menu for their party as well a birthday cake for the party! Every student put a lot of effort into this task and they all learnt a lot through the process. Some of the cakes these students created are pictured below.



Year 11 Hospitality students rolled up their sleeves and provided food and beverage service to say thank you to our SAS staff in week 7. This was the first service period at a school function for these students and the first time others had tried their espresso coffee beverages. Well done to those students who worked together as an effective team to staff this event.

Agriculture

With all this recent rain and gradual warmer weather, the students have been very busy in Agriculture.

Our Year 9 class has been working on the construction of the new raised garden beds as well as designing herb boxes which will accompany our bed of strawberries. We are currently hatching our Plymouth Rock chicks which we hope to raise and enter into various shows around the region.



Year 8 have been working hard on growing all their vegetables from seed this year. So far they have eight different beds with vegetables such as tomatoes, watermelon, cucumber, capsicum, pumpkin, rockmelon and zucchini.

During term 2 we unfortunately had our new greenhouse damaged by a severe storm. Our local Bunnings store in Albion Park contacted us in the hope of helping us replace the greenhouse. Bunnings, through Sam and Belinda, donated us the materials needed to replace our greenhouse.



We can't thank them enough for supporting the local school and the students are very excited to get started in the construction of the new greenhouse.



Congratulations to the staff and community members of Albion Park High for participating in the 'Wrapped with Love' program: designed to provide blankets for the needy. Each blanket consists of twenty eight knitted squares which take approximately three hours to knit a square: so each blanket takes roughly ninety hours to make. That's ninety hours of kindness and generosity from the Albion Park School community. This year eleven blankets were knitted and sewn together. The blankets are collected at the end of the September to be distributed to homeless shelters and refugees both here in Australia and overseas.

A huge thank you to people who donated wool.



Are you in need of a feed?
How about some company?

Southern Illawarra Church of Christ is hosting free, weekly community meals in Albion Park.

Called Tongara Tukka, it's a place for everyone to share a conversation over good food.

Come along at 5.30pm on Thursdays during school term.

For more information, or a lift from Albion Park Rail station, call Jeannie on 0418 223 049.