

PARK PRESS

Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT

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Term 1, Week 5

25 February, 2019

Coming events

Week 5		
Monday 25 February		P & C Meeting 6pm
Tuesday 26 February		
Wednesday 27 Feb.		
Thursday 28 Feb.		
Friday 1 March	Support	Work Experience Program
Week 6		
Monday 4 March		
Tuesday 5 March	U15's	Open Boys Rugby League Gala Day
Wednesday 6 March		School Expo 4-6pm
Thursday 7 March		
Friday 8 March	Selected Support	Excursion – IDO Expo Work Experience Program

P & C MEETING

Monday 25 March, 2019 at 6pm
In the Common Room

Students of the Fortnight

Josh Dare and Jayden Lawford were nominated for student of the fortnight for their assistance with the transport of fifty five bags of clay to the art storeroom.



They noticed a teacher struggling with the load and volunteered to help, collecting wheelbarrows and delivering and storing the large load of clay. Thanks for the help, boys.

Year 12: The entire group of Year 12 students were nominated by the Executive staff for their assistance and fundraising efforts at the swimming carnival. They ran a BBQ, a laps countdown, novelty races, snow cone shop and organised a teacher vs student relay, raising \$671 to go towards their formal and graduation. They deserve a huge congratulations for their maturity and creative thinking around the fundraisers.



Principal's Message

After much discussion over the past twelve months we have decided to alter the Albion Park High SHOE POLICY.

Currently students are able to wear the high top converse boot, this will, from 2020 no longer be able to be worn. We are giving parents and students a year to be prepared for this change.

Originally this shoe was accepted for only one reason, and that was based on the popularity of the shoe, to save parents money in re-purchasing as we moved into a strict 'black & leather' policy 5 years ago. Originally a large percentage of students already had converse high tops and to allow a smoother transition we accepted them.

This alteration in the policy is for the following two reasons:

1. The shoe does not in fact cover the foot with leather and as such is in contravention of the DoE's safety policy.

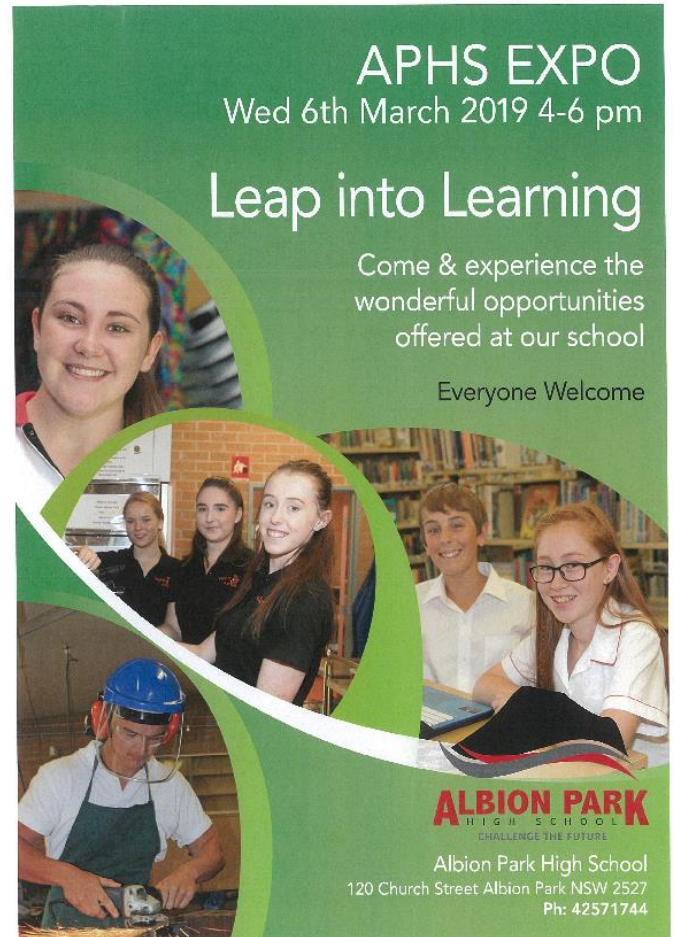
- There has now been ample time for the community to understand the APHS shoe policy.
- There is growing agitation and complaints over the fact that the high top boot was accepted but NOT the shoe.

PARENTS AND CARERS, WHEN YOU NEXT PURCHASE YOUR CHILD'S SHOES PLEASE ADHERE TO THE POLICY WHICH IS REITERATED BELOW.

YES – BLACK LEATHER – SAFE AND CLOSED



NO – CANVAS – JOGGERS – SLIP-ONS – COLOURS



What's happening in PDHPE and Sport.....

It has been a very hectic start to the year in the PDHPE Faculty. We have had lots of students sign up for various knockout sports and zone/regional trials, which is very pleasing.

South Coast Trials

We have had a number of students already selected for South Coast teams. Congratulations to the following students:

- Hannah Williams and Emma Murphy - Open girls softball
- Amellia Curties-Henry – Under 15's girls touch football
- Madison Mikanovic – Open girls rugby union

Well done to these ladies who will progress to the NSW State trials and well done to all the other students who have attended trials so far.

There are a number of other zone and South Coast trials coming up with the nominations due to Miss de Jager by the following dates:

- Coast Zone hockey nominations due on 28 February, 2019

Ms S Clapham
Principal

- Open boys and girls soccer nominations due 15 March, 2019
- Under 15's and Opens boys zone rugby league due by 1 March (see Mr Blake)

Knockout Sport

CHS Knockout sports are underway for 2019. Most sports will begin their games over the next month and we will be competing against local schools then progressing to games against other schools across the state if we win our sections. Students need to see their coach if they would like to play. Check out the PE noticeboard/door and listen to daily notices for information on team meetings and training/games.

Lunchtime sport

Our first lunchtime sport starts this week with our annual Dodgeball competition. We have two divisions, junior and senior, with nine teams all up, including the teacher's team. Should be lots of fun and big thanks to Mr Todd and the Sports Committee for organising and running this event.

Upcoming dates

Some important dates coming up for students and parents:

- Tuesday 5 March - Under 15's and Opens boys rugby league gala day
- Tuesday 12 March - South Coast Swimming Championships
- Thursday 14 March - Competition sport trials (all students in Years 7 to Year 11 involved)
- Friday 15 March - Opens boys and girls Futsal championships
- Tuesday 26 March - Under 13's boys rugby league gala day
- Wednesday 27 March - Under 15's and Opens boys South Coast rugby league trials
- Thursday 11 April - School X Country (held around the school grounds)

APHS School Swimming Carnival Report

Friday 8 February, marked our annual School Swimming Carnival, and what a great day it was! The sun was shining, the birds were chirping and Mrs Keen was DJ-ing!



It was a fantastic day with some excellent results in the pool! Year 12 had a blast, dancing up a storm and raising money with a BBQ, lolly guessing competition and a lap-a-thon, all whilst wearing their Hawaiian themed attire loud and proud. Year 12 raised \$671 for their formal at the end of the year. Well done!



The following students all earned the most points for their age group, making them Swimming Age Champions for 2019. Congratulations!

AGE	FEMALE	MALE
12	Emily Longhurst	Jayden Henley
13	Madison Rosser	Tyler Whitaker
14	Elise Sheil	Jackson Williams
15	Isabel Tegart	Matthew Longhurst
16	Holly Wilson	Liam Sheil
17+	Sarah Lucas	Bryce Van Den Berg

An extra mention to Tyler Whitaker who beat a long-standing school record in the 50m Backstroke. A great effort Tyler, bravo!



Munda took out the house cup this carnival with a total point score of 779, followed by Gugara on 470, Guruwin on 370 points and Buru on 280. Congratulations Munda, we look forward to bringing some house spirit to our Cross Country carnival later this term!



The Southern Illawarra Zone Swimming Carnival report

The Southern Illawarra Zone Swimming Carnival was held on Wednesday 20 February, at Dapto Olympic Pool. Albion Park High School had forty nine students attend, one of our biggest teams in many years.

Congratulations to all the students who represented our school, with many qualifying for the Regional Swimming Carnival in March. Special congratulations to Isabel Tegart and Sarah Lucas for coming runners up age champions at this level. We wish our regional representatives the best of luck on the 12 March, 2019.

Fit I am Fitness and Breakfast Club is back!

Well what exactly is Fit I am? FIT I A.M provides students with the opportunity to begin their school day participating in a range of physical activities as well as enjoying a FREE breakfast.

Through FIT I A.M we aim to allow students to feel a sense of belonging whilst strengthening links to our schools PDHPE curriculum.

This great initiative is run every Wednesday morning from 7:30am in the school gym with the help of sports committee students. It starts Week 5, Term 1 and runs throughout the rest of the year. Students engage in half an hour of physical activity and then are provided with breakfast, all before the bell goes for roll call.

Students receive a membership card which works on a loyalty system, a stamp is given for participation for students to earn prizes. New members are always welcome and Year 7 students are strongly encouraged to be involved. For more information please visit the PE staffroom.

Impetigo

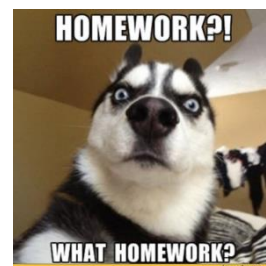
Please be aware we have had a reported case of impetigo at the school. If you have any concerns see your local doctor.

Time from exposure to illness: 1 to 3 days

Symptoms: Small red spots changed into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home? Yes, until antibiotic treatment starts. Sores should be covered with watertight dressings.

How can I prevent spread? Careful hand washing.



Do you need help with homework?

Every **Wednesday from 2.35 to 4pm Albion Park High School Library** is open for students to work on homework, revision or projects. **Teachers** are there to help. A light afternoon tea is also provided and best of all it is **free!**

Albion Park High School Uniform Shop Opening Hours 2019



FRIDAY: 8:00am - 11:00am


FRIDAY: 1:00pm - 3:00pm

Please ensure that you sign in at the front office before entering school premises

EFTPOS AVAILABLE

Mastercard, Visa, EFTPOS are available, Cheques and Labybys not accepted.

Daylight Sportswear is making the move to environmentally friendly bags. Can you please bring your own re-usable shopping bags where possible in the meantime. Thank you for your assistance.



Family Services Australia

[W]
Warehouse One7

Warehouse One7

Supporting the needs of kids, teens,
and families in the Illawarra.

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- Attachment-based parenting support
- Cognitive and learning assessments
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f www.warehouseone7.com | (02) 4244 8118 **@**

AUTISM SUPPORT IN WOLLONGONG LGA

The Autism Community Network provides free support for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings.

WOLLONGONG SUPPORT GROUP

Meets First Thursdays during school terms 10am to noon

VENUE: Illawarra Leagues Club

Come along and meet other parents and carers for mutual support.

OTFORD KIDS CLUB

Meets Tuesdays during school terms 4.00 to 6.00 pm

Otford Community Hall - 121 Otford Road, Otford

A club for kids on the spectrum and their siblings to play games, socialise and make friends.

For more information :

www.autismcommunity.org.au | info@autismcommunity.org.au | 9543 9036