

# PARK PRESS

Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT

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Term 1, Week 7

11 March, 2019

## Coming events

Week 7		
Wednesday 13 March	Selected	Excursion – Art Express
Thursday 14 March	Yr9-12	Defence Recruitment Talk Comp. Sport Trials
Friday 15 March	Support	Work Experience Program
Week 8		
Monday 18 March	Yr 10	Police Talks
Tuesday 19 March	Yr 12	Exc – CAFS Homeless Hub Exc – Mock Trials
Wednesday 20 March		
Thursday 21 March	Selected	Exc – Dharawal Culture Camp
Friday 22 March	Selected Support	Exc – Dharawal Culture Camp Work Experience Program

## Students of the Fortnight

Student of the Fortnight is Tyson Peck of Year 7.

Tyson demonstrated responsibility by handing in a wallet to the PDHPE staffroom which had a substantial sum of money. Well done, Tyson.



## Principal's Message

International Women's Day 2019 was celebrated by girls from Albion Park High at four different venues and I am proud to hear that their experiences were extremely positive.

On Thursday at the Illawarra Women's Health Centre Erin Morley and Melinda Pallas in Year 11 were described by Mrs Joynson as amazing young women, she said it was a rewarding experience to take them out. On Friday at the Shellharbour City Council Jade Turk, Isabelle Harding, Erin Pasfield also in Year 11 were fine representatives of Albion Park High School at the venue. They enjoyed the experience.

On Tuesday, Mrs Fisher took Nicole Blazevska, Paris Butler, Hailee Pickering and Lorena Ramirez to an International Women's day brunch.



**P & C MEETING**  
**Monday 25 March, 2019 at 6pm**  
**In the Common Room**

## PBL



Respect, Commitment, Responsibility

The PBL student of the fortnight is Melinda Pallas of Year 11. Melinda had the highest number of positive contributions across the school for Week 4 and 5. Well done Melinda.



Our focus for the fortnight will be on respect and caring for the environment by ensuring all of our rubbish goes into the bin.

Finally, Year 9 student Olivia Talbott did us proud by singing the Australian National anthem in Dharawal language in Wollongong at the event.



Thankyou to Mrs Patrice Joynson and Mrs Allyson Fisher who took the care to take students on different excursions so that our young women could listen to some powerful speakers and reflect on the importance of strong brave women in our society.

I am extremely proud of my female staff who have the highest of standards in what they do and what they expect from students and also of our young women who continue to impress me in their intelligence, demeanour and enthusiasm.

**Ms S Clapham**  
Principal

## English and Drama

Welcome to another wonderful year of English learning at Albion Park High School. We are thrilled about the marvellous learning opportunities in store for our students and teachers. This year three new teachers joined our team; Mr. Sam Kilborn, Ms. Ashley Brown and Mr. Aaron Woodland. They bring with them innovative ideas, enthusiasm and passion for teaching and learning. We are so excited they have joined us here at APHS.

## HSC – Preparation is Key



2019 is the first year the new HSC English courses will be examined. Our students started their HSC journey with the Year 11 course at the beginning of 2018. It won't be long before they are sitting their final HSC exams this October.

Preparation is key for success in the English exams. This involves regular attendance in class, completion and submission of all homework tasks, following a consistent study timetable and the completion of all assessment tasks to the best of the students' ability. Students are encouraged to

attend the Homework Centre, held in the School Library each Wednesday afternoon from 2.35-4.00pm. English teachers will be available to assist with any homework or study task. A useful tool for students' to use in their HSC preparation is Students Online

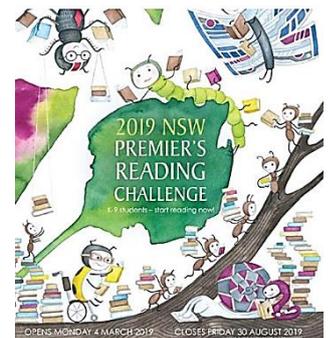
<<https://studentsonline.nesa.nsw.edu.au/>>

This website, especially designed for HSC students, features useful information, including a section on 'HSC Examination Study Tips and Tools'.

On Wednesday 13 March, from 5-8pm, Dapto Library are holding an HSC English Workshop for Standard and Advanced Students on the Common Module: Texts and Human Experiences. Jane Sherlock, a highly experienced Head Teacher, writer and presenter is running the workshop. It is free and pizza will be provided. You can register at <<https://www.eventbrite.com.au/e/hsc-series-english-common-module-with-jane-sherlock-tickets-55388192575>>

## Reading

A regular reading habit is essential for success at school and will greatly assist students in life. We explore novels, plays, poetry, non-fiction and multi-modal texts at every year level.



We also encourage students to read widely through accessing our fabulous library, under the leadership of our amazing librarian, Mrs. Hoole. We recommend every student read for a minimum of fifteen to twenty minutes each weeknight. This may be a class novel, wide-reading novel, newspaper, magazine, poetry book or non-fiction text. Those students in Years 7-9 are strongly encouraged to chat with their English teacher and Mrs. Hoole about entering the 2019 Premier's Reading Challenge <<https://online.det.nsw.edu.au/prc/home.html>>

## Debating and Public Speaking

We have another jam-packed year ahead in which students may practise their debating and public speaking skills.

Friday 1 March students from our three local primary schools joined us for our annual COS Debating Day. It was a fabulous opportunity for our Year 7-9 students to work with two coaches from the Wollongong Debating Society, Eileesha and Paul, to teach and mentor Year 5 and 6 students.

Feedback from the primary students included:

- The students and teachers thought the mock debate was fantastic as some of the students had never seen a debate before.
- The debating coaches were very passionate about debating and were a good example of how you can continue to use and improve debating skills throughout your education; not just primary school.
- The students like hearing about the different debating roles and what each speaker has to do in the team.

Alexis & Rylee are pictured here with Paul, a UOW coach, with the debate topic: 'That we should not hire children as actors.'



Thank you to our UOW coaches, the Primary teachers and students and our wonderful APHS debaters for making it such an amazing day. I was fortunate to work with them to organise the event and I felt lucky to hear such talented young students voice their arguments.

There are more opportunities for debating and public speaking throughout the year, these include:

Junior Public Speaking – Mr. Kilborn  
 Senior Public Speaking – Mrs Horton  
 Junior Debating – Mr. Woodland and Ms. Brown  
 Senior Debating – Mrs. Cable  
 ATSI debating day – Mrs. Roth

### Woolworths Word Tiles

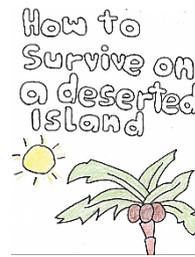
We love to play word games in English. We would like your Woolworths Word Tiles so we can use them in our language games and poetry activities. Please collect them and drop them into the English Staffroom. We are grateful for your help.

**Ms Kennedy**



### Year 10 Skills 21

The Year 10 skills class have been combining their learning of Environmental Change and Management with a study of the novel 'Lord of the Flies'. Students were asked to design a guide to surviving on a deserted island, which required them



to use their knowledge of the text as well as the information they have learnt about sustainability. Students created some fantastic brochures that highlighted the importance of working in a civil, collaborative manner as well as prioritising the management of natural resources to ensure long-term survival in this context. Well done, Year 10!

**Rules**

Step 1: Everyone must follow the rules and work as a team.

Step 2: Everyone is entitled to food and water.

Step 3: No swimming at the beach without anyone knowing.

Step 4: Everyone must do a fair share of work.

Step 5: You must give animals time to breed and no eating all the fruit.

Step 6: If you don't follow the rules you will be dealt with painfully.

Step 7: Everyone has the right to elect a leader and to have a say.

Step 8: Fighting is only allowed if it's a fight to the death.

Step 9: When you eat fruit you must plant the seeds.

Step 10: Everyone must build shelter.

### Drama

The Year 10 skills class also viewed the short animation film "Man" by Steve Cutts to learn about human induced environmental change and to understand why environmental management strategies are needed. Students wrote some fantastic analytical paragraphs in response to the film, including this one below from Hayden Neves.

**Mrs. Horton**

*The short animation film 'Man' by Steve Cutts is about one man who lands on Earth and walks through time destroying it. The film shows the different issues we face today. For example the poor treatment of animals. Man walks up to a small lamb and viciously slices off both its legs and keeps walking. Another powerful scene was at the*

*end of the film where Man stood on top of all the junk, proud of what he has done. This makes us reflect on how we all need to change the way we live to ensure the future survival of our planet.*

-by Hayden Neves

### CHS Boys KO Volleyball

A new-look CHS KO Boys Volleyball team ventured down to Kiama High School in Week 4 to compete in this state-wide competition. It was pleasing to see a group of Year 10 boys put up their hands to represent the school in this sport, which, despite lacking media exposure, is a fantastic sport to play and one that involves a wide variety of skills.

Our first match against Kiama High School was a good initiation for the lads, who were all playing the first competitive volleyball game of their life. Whilst we went down 25-13, 25-18, there was a growing confidence amongst the team that we could put up a fight against Oak Flats High School for the right to compete at the regional gala day.

After going down 25-13 in the first set and getting ourselves behind in the second, a string of quality serves from Jack Denyer arrested momentum, and the boys from The Park levelled the match at one set apiece with a 25-23 win. Game on.

At this point, Oak Flats High School looked a little rattled and made wholesale changes to their starting lineup. They went out to an early lead and it looked like they would blow us away, however Lachlan Spinks steadied the ship and we fought back to 24-all.

It was at this point that I saw the character within The Park team as they took desperate measures for victory and their good sportsmanship and support for each other was apparent to all. Ultimately, however, it wasn't to be our day, and we went down unlucky 27-25 losers in the final set.

Well done and congratulations to the following boys though, who represented our school so well: Jack Denyer, Lachlan Spinks, Jake Clifford, Kieran Potts, Matthew Goodway, Jarrod Regan and Shannon Martin. I hope to see you all back next year, bigger, stronger, and with a bit of big-game experience under your belts.

### 2019 Gay and Lesbian Mardi Gras

On Saturday 2/3/19, our Year 12 Community and Family Studies class ventured up to Sydney to attend the annual LGBTIQ the Mardi Gras Parade. We made an early start, leaving from Albion Park

train station at 12:50pm to ensure a front row position at the event! The eleven girls in attendance were overcome with excitement as they began to notice the many colourful costumes of both the paraders and spectators!



We had a bit of a wait for the parade to begin but we filled our time with dinner, a bit of UNO and even started our own chant off against a bunch of Argentinian girls.... Albion Park are you hot to go.... H-O-T-T-O-G-O?

At 7:30 the parade began, as did the screaming from the girls! As usual, our students received a lot of attention from the parade, getting many hugs and kisses from all involved.

The 'Brazilian Fruits' was a favourite float, along with the 'Team Sydney Sports'.



Even though we missed our bus home, the girls remained in good spirits, finally getting back to Albion Park, just in time for bed!

Thanks to Ms Nelson, Ms Hoole, Mr Todd and Miss de Jager for attending and making it possible for our students to experience such a positive and diverse environment.

## Barefoot Water Skiing Champion!

A massive congratulations goes out to Charlotte Keen of Year 9 who has recently won a state title in barefoot water skiing.



Charlotte recently finished first in both the tricks and salom sections, for junior girls (14-17 years) held in Liverpool. This meant she finished first overall and was crowned state champion. Awesome work, Charlotte.

She will now compete at the National titles held in Victoria over the next few weeks and she has been selected in a squad to compete at the World titles in 2020. We wish Charlotte the best of luck in her future sporting endeavours.

## 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.

## PARKING

We would like to remind the school community that parking is not permitted in the school bus bay between 8am to 9am and again at 2pm to 3pm.

Access driveways to the school grounds must be kept clear at all times for safety reasons and Disabled Parking is only for the transportation

of Mobility Parking Scheme permit holders and that committing this particular parking offence can attract a hefty fine.

## 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.



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- Autism: characteristics, impacts and strategies
- Understanding behaviour
- Sensory processing
- Working together with your school

Location:

The Nineteenth @ Wollongong Golf Club  
The Vue Room  
151 - 161 Corrimal Street, Wollongong NSW 2500  
(Light lunch and morning tea provided)

Wollongong NSW

Tues 14 & Wed 15 May 2019

9.30am - 2.30pm

Registrations open 20 March 2019

 Interpreters available

 To register, visit

[positivepartnerships.com.au](http://positivepartnerships.com.au)

 For help, call:

**1300 881 971**



**4 - 5 MAY 2019**

Illawarra Regional Airport, Albion Park  
Gates open 9am | See website for details



**FEATURING:**\* CLASSIC WARBIRDS – RAAF FIGHTER JETS AND HEAVY LIFT AIRCRAFT – ARMY AND NAVY HELICOPTERS – AEROBATICS BY SOME OF AUSTRALIA'S LEADING PILOTS – HISTORIC FLYING AND STATIC DISPLAYS – HUGE CARNIVAL - FREESTYLE MOTORCROSS - AND MUCH MORE

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