

PARK PRESS

Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT

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Term 1, Week 9

25 March, 2019

Coming events

Week 9		
Monday 25 March	Yr 11	P & C Meeting – 6pm Exc. - Yr 11 Biology - Minnamurra
Tuesday 26 March	Selected	Under 13s boys Rugby League Gala Day
Wednesday 27 March	Selected	Sth Coast Under 15's & Opens boys Rugby League Trials
Thursday 28 March		
Friday 29 March	Yr 9 Support	Maths Term Test Work Experience Program
Week 10		
Monday 1 April		
Tuesday 2 April	Yr 12	Exc. – Biology & Investigating Science Taronga Zoo
Wednesday 3 April	Yr 9 Yr 12	Police Talks Exc. – Biology & Investigating Science Taronga Zoo
Thursday 4 April		
Friday 5 April	Yr 10 Support	Maths Test Work Experience Program

The PBL Focus for the Fortnight is around responsibility and following teacher instructions. We want students to settle quickly and be on task.

Students of the Fortnight

To assist with the organisation of the Year 6 into 7 expo, the Year 11 Business Services class were asked to assemble 180 bags for all of the guests. This task was a big undertaking; every student in the class worked together as a team to ensure it was completed in the allocated timeframe.



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

PBL



Respect, Commitment, Responsibility

The PBL Student of the Fortnight is Samuel Tripi of Year 12 who received the most positive contributions for weeks 6-7 this term. Well done Samuel.



The office staff would like to thank the class for the amazing job that they did in finishing this job so quickly and efficiently.

Principal's Message

Last week was a real highlight for Albion Park High, two student driven activities 'lit up the school' despite their origins being based in tragedy and sadness.

Firstly, I would like to congratulate the four school captains on coming to me personally with their own proposal to speak about and then have a minutes silence to reflect on the tragedy in New Zealand, which has shaken the world. I have requested a copy of what they said on assembly at the end of my report. Well done to Tishalya, Jaedon, Stephanie and Connor you represented your student body with strength and wisdom.

Secondly, I wish to congratulate Hailee Pickering of Year 11 on her head shave for "Shave for a Cure".



Hailee raised over \$7,000, during her brave move to shave off her beautiful hair. That she was able to mobilise students, staff, community members and her peer group to be so supportive is proof of her passion and dedication to make a difference to others. Hailee represents herself, her family and her school with pride and we are lucky to have a student who truly represents the best of global citizenship. Hailee's report with photos is also part of this week's Park Press.

On a very different note there is very important information coming to you in relation to the new rules around the HSC for students in Year 10. The NSW government has altered the circumstances around the award of the HSC and it is extremely important that you and your Year 10 student are aware of the changes.

An email was sent to all Year 10 and 11 parents on Friday 22 March, outlining the changes. We will also share this information via our Facebook page. If there are any questions, please contact the school.

Ms S Clapham
Principal

World's Greatest Shave

On Wednesday 13 March I was too choked up to find words, but what was left unsaid was thank you.

Thank you for all the inspirational words and kind donations. Thank you to the SRC and Ms McGrath for firing up the BBQ and cook over two hundred sausages. Thank you to Mrs Carters for letting me use your camera for the whole day, documenting the experience. Thank you to all the students and teachers who bought the cupcakes and entered the endless lolly guessing competitions. Thank you to Year 10 SKILLS for surprising me with their donation and thank you to my year group for also surprising me with your donation.

Thank you to everyone that has been there since my first Facebook "update". The day meant so much to me, as I can now help fully fund three months of Laboratory costs to help find a cure for blood cancer.

I started up my World's Greatest Shave account in art class last year. I was only expecting five hundred dollars. Slowly I watched the figures go up and now I have seven thousand. Which is amazing.

I came into this wanting nothing more than to help out the less fortunate, and I have successfully done that. Thank you to everyone who has been on this journey with me. I can officially say that Wednesday 13 March, 2019 was the best day of my life and that was all thanks to you.



From Hailee Pickering

Tell Them From Me

Student Feedback Survey - Term 1, 2019



I am delighted that this term, our school, like many other public schools in the state, will participate again in the

Department of Education initiative: the Tell Them From Me student feedback survey.

The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 1 April

to 12 April, 2019. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey has been sent home with students. If you do not want your child or children to participate, please return the form to school by 29 March, 2019. Copies of the form and FAQs are available from: <http://surveys.cese.nsw.gov.au/information-for-parents>.

Mr E. Davies

Head Teacher TAS/ART

Year 11 Food Technology

Students have spent first term investigating the factors influencing both the availability of food and the selection of food. They prepared several foods including wattle seed biscuits, scones, stir fry, lentil burgers and risotto to illustrate these factors. Students are developing their food preparation skills and their investigation skills. They are presently investigating and documenting the food habits of their families and will be analysing this data against ABS data. I have been impressed by the students' work ethic and development of time management skills.

Stage 5 Food Technology

It has been a great start to the year, with the Stage 5 Food Technology students, busy preparing themselves for practical tasks. Learning intentions have focused around Work, Health and Safety requirements, Food Hygiene, Food Spoilage and Food Preservation methods.

The students have practised and demonstrated their practical skills and knowledge, making a range of food items from pancakes, fried rice, noodles, Caesar salad and lasagne.

Hopefully they are practising their skills at home and treating family and friends to delicious meals like these.



Alisyia



Taleea & Clare



Paige & Nikeysha



Tamzin & Kaitlyn



Rebecca & Chelsea



Kayla

The way food is presented is a big part of its appeal so dig into these pancake stacks created by students in Miss Lee's Year 8 class. Year 8 Food Foundations take the students through a variety of cooking techniques and food types to give them a basic practical skills set. This is delivered together with themes such as nutrition, food presentation and sensory assessment.



University of Wollongong Information Evening

The University of Wollongong is hosting an information session on **TUESDAY APRIL 9** to speak to students and parents who would like to know more about studying at UOW.



The information evening will be at the UOW Wollongong campus from 6pm.

They will talk about:

- UOW Early Admission
- Your ATAR and selection rank (and what it means)
- Important dates and key things to remember for UAC applications
- Scholarships
- Subject selection for Year 10 students, and much more!

Head to <http://bit.ly/UOW-infosession> for more information, and to register.

Languages



All Year 7 classes are settling into the task of learning Japanese and have made a great start to 2019. This year is particularly exciting with Japanese classes running in all year groups for the first time ever at Albion Park High School.

It is pleasing to see the continuing support of Japanese in the curriculum and Miss Markulic and Miss Hutchins look forward to seeing student's skills develop throughout the year.

Japanese Cultural Exchange



Each Year 10 students and two teachers from our sister school, Omiya Kita High School, come to Albion Park to stay for one week to see and experience the Australian education system, the lifestyle and the country.

The students are billeted to families in Albion Park, and they experience what life is like as an Australian student, go to classes and spend time with us in the playground. On the weekends they spend time with their host families, exploring the Illawarra and surrounds. This year, our students will arrive on Tuesday 30 July and depart on Monday 5 August. Please consider if you would like to host a Japanese student and see Miss Markulic or Miss Hutchins for more information.

Every two years we make a return visit to their school. Ten students are hosted by Japanese students and experience their way of life. It is very different - school days are much longer, they travel further and their after school activities are very different to what we experience. The food is different too, and we attend cooking classes to learn to make traditional Japanese dishes.

The most important part of this exchange is that we learn about another country outside of the classroom. Our next trip is scheduled for the September holidays in 2020. Stay tuned for more information in the near future!

A cultural exchange is an amazing way to learn about another country, you are not an average tourist, you are on the inside, with an expert, and that makes it so much more special.

How do you learn new vocabulary?

Vocabulary is the most important tool for improving your language skills when learning a new language. So how do you learn vocabulary? Here are some ideas from different students of Japanese adapted from Cengage Learning Australia:

- Keeping a personal vocabulary list or phrasebook handy all the time really helps me. I make sure it is organised in English alphabetical order or Japanese hiragana order. Instead of making it from scratch in a notebook, I find it easier to start with a blank

address book because it already has alphabetical tabs.

- Some people like to learn vocabulary by writing or saying each word over and over. Find out which strategy works the best for you and your brain. Sometimes it's a good idea to record your voice or a Japanese friend's voice to listen to.
- When I visited a friend from my Japanese class, I saw posters with Japanese words in her bathroom. She had colour-coded the vocabulary in topics, such as family, personal, school, hobbies, etc. She told me that the words she remembers best are on a poster behind the toilet door! Why don't you try this, too? You could also write vocabulary on bits of paper and put them around the house in places you are sure to go: in the cereal box, in your sock drawer, in the fridge...
- I try to remember one or two words a day. They can be simple or more complex. Rather than choosing them randomly, I only choose words I am familiar with; ones I have seen in my textbook or heard in conversation with friends. I try to recall the context in which they were used and revise them for a week. I try to use them in sentences. This way I can accumulate more and more vocabulary. Even one or two words a day will build up my vocabulary by 365 or 730 words in a year – that's a lot!
- Write words anywhere you can – even on toilet paper or on the shower with washable markers (but check with your parents first)!
- There are many different strategies for writing out words to learn them. For example, write each new word five to ten times, then test yourself to see if you can remember how to write each word from memory. You can also use the **LOOK-SAY-COVER-WRITE-CHECK** method. First **LOOK** at the new word and memorise it. Next, **SAY** the word aloud, then **COVER** it. Now try to **WRITE** it without copying. Take your hand away and **CHECK** that what you have written is correct. You can use this method with vocabulary, *kana*, or *kanji*.

Miss Hutchins

Year 7 –English

Learning to be Persuasive 7HGENGN

This term, 7HGENGN have been learning about how composers communicate their experiences and opinions through a range of text types. More recently, we have been learning about persuasive language and how to embed this into our writing to convince readers of our own opinions.

As a class, we discussed and brainstormed arguments for and against the question “Should the legal driving age be reduced to 14 years of age?” Students were then asked to take a position and complete a planning worksheet where they were able to organise their ideas into an introduction, body paragraphs and a conclusion. The example below is a draft introduction written by Hayleigh Wilesmith who believes the legal driving age should not be reduced.

How would you feel if your child was killed in a car accident because a 14 year old CHILD was driving? This is what WILL happen if we allow 14 year olds to drive! Parents cannot afford to buy cars, petrol, registration and insurance. Allowing 14 year olds to drive would be tragic for the human race! Their brains are not developed enough and they're too immature to drive. This means our death toll will rise! We cannot let this happen!

Ms. Brown

7A

Currently in 7ENGA, the students have been working on the topic of “Sustainability”. With this in mind, the students have been working hard on researching different environmental issues and the impacts that these can have on the environment. Due to their hard work on this research, we determined that they would give a practical application for their knowledge, with this in mind, the students created a proposal to save the world as the newly appointed Emperor of Earth. The task had students coming up with solutions for deforestation, poor water quality, and sustainable energy options. The students took great interest in this topic and worked hard on their responses, and the work produced was of an exceptional quality. (see below)

Mr. Woodland

Task Instructions

You have been elected Emperor of Earth, currently your planet is on the brink of destruction. Many of the natural resources and fossil fuels have been depleted, space travel is not an option as it has proven to be a failure. You need to bring the Earth back to liveable conditions for the 10 billion people that currently live there.

Below is a list of problems that need to be fixed in order to bring it back:

- Deforestation – Many of the forests around the world have been destroyed, this has caused soil erosion and poor air quality.
- Poor water quality – Farmers have taken much of the water from streams, rivers and creeks. Fish are now dying and the water quality is poor.
- Running out of power – Due to our dependency on fossil fuels, the world is running out of power.
- Global warming (Can't fix) – Because of fossil fuels, global warming has occurred which is melting the polar ice caps.

You need to research the top 3 issues, and discuss what they are before you can work on improving them.

Samples of student responses include:

Poor Water Quality

What is Poor Water Quality? Poor water quality can pose a health risk for ecosystems. Too many nutrients in the water can cause extra growth of algae, which can overwhelm corals and seagrass. Pollutants such as metals, oils, pesticides and fertilizers runoff from land into the waters.

My Solution – There is something called a desalination plant. It is used as a filter. It takes the salt out of ocean water and turns it into fresh water making it suitable for human consumption or irrigation. If we used this method and pumped the water inland to the farmers they wouldn't have to drain our fresh water systems.

Fixing and Restoring Power

With humans being so dependent on fossil fuels we will soon have no power and we will need to resolve this issue quickly, so here are 7 of the many different renewable energy sources that we would be able to turn to when all power is lost.

1. Wind turbines
2. Solar power
3. Hydropower
4. Geothermal energy
5. Power from the ocean
6. Bioenergy
7. Hydrogen

Our Solution for Saving The world From Deforestation

First we will make everyone plant lots of trees and plants everywhere, if you regularly plant trees you will be congratulated in your local town as "Best Plant Keeper Of The Year" you will then enter a draw to win a prize. Also if you cut down a tree you will be put in jail for harming the environment, unless you have a "Tree Chopping License" (TLC) and you are chopping trees in a fully grown area, not in a growing site. If you are going to chop down a tree you are going to have to fill out a document saying that this is what you will do, when you will do it and how many trees you wish to cut down. The limit will be 5. Once you fill out the forms and submit it, it will take a few weeks to be approved, so it would be easier to just not chop down a tree unless you really have to, for example you work for a business that wishes to have wood.

Year 9 –Relationships –

Romeo and Juliet, poetry and popular culture

As part of their study of relationships, Year 9 students were shown four images which reflected particular aspects of relationships. Students were asked to choose an image and write a short descriptive writing piece. This piece was focused on developing a setting which reflects the character's mood and tone of the piece.

Mr Kilborn

Siren

Natasha Carter

I reached my hand up, grasping for the last flickering rays of sunlight that pierced through the waves above me. The Captain's face had burnt itself in my memories, and indelible reminder of a past best forgotten. Still water stung at the back of my throat as the world burned away around me.

That night I died, but now I truly live.

The water wrapped around me, comforting my now broken body, as I sunk lower into the salty abyss. I felt my bindings grow loose, like the chains tying me to the mortal world. I could move freely, see, breathe.

I am the water. The water is me. And now I have a goal. I will show the captain, my executioner, true hell.

As I reached the surface, the sun no longer came in struggling tendrils, but as a rainbow of vibrant hues, some of which I had never before seen. The silhouette of that fateful ship was receding over the horizon.

They will soon fall victim to the sands of time.

I felt the barnacled wood beneath my fingers as I pulled myself up to the side of

the board. Men's faces grew white as the setting the moon, throwing themselves over board at my first words, "Good evening Gentlemen". I caught the Captain by the scruff before he managed to be slide over the side.

I am a weapon not to be meddled with.

The sun had dropped and the sky was cast in a deep purple. The Captain and I stood in shadow, staring into each others' eyes. His were a startling frightened hazel. Mine, the cold black of the ocean's depth. To some we may have looked like lovers, curled in embrace. They are wrong.

My dangers leech into my voice.

I whispered a short line about Karmal's personality before dropping him over the edge, feeding him to the icy waters. A hunger I didn't know had disappeared.

I am the water. The water is me.

I am a siren.

That night I died, but now I truly live.

I am the water the water is me.

And now I have a goal.

I will show the Captain,

my executioner, true hell.

They will soon fall victim to the sands of time.

I am a weapon not to be meddled with.

My dangers even leech into my voice.

I am the water. The water is me.

I am a siren.

Barefoot Water Skiing Champion

Just an update from the last Park Press. Congratulations to Charlotte Keen Year 9 who placed second in Tricks at the National Barefoot World Title held in Mulwala, Victoria. She had been picked for Australia 2020 world Junior Squad. Awesome work Charlotte!

Scoliosis in Schoolgirls



Scoliosis
Australia

Scoliosis (spinal curvature) is an important health problem for adolescent girls. Twenty five girls per thousand are at risk of developing a significant curve and three girls per thousand require active treatment (spinal brace or surgery).

In the early stages the condition is most often asymptomatic so screening in the age range of 10 to 12 years is a sound preventative measure.

The Fact Sheet is attached to this newsletter and also can be accessed directly from the Scoliosis Australia home page at www.scoliosis-australia.org

Whooping Cough (Pertussis)

Information from the Ministry of Health about Whooping Cough.

Keep coughing kids home and see your GP. Whooping cough (also called pertussis) began increasing across NSW towards the end of 2018, especially in children between the ages of 5 and 14 years. NSW Health anticipates that this increase will continue into 2019.

School-aged children who are infected with whooping cough usually experience a troubling cough that can persist for months, but they rarely get severe illness. However they can spread the infection to younger siblings and other more vulnerable people, who are at higher risk of severe disease. Whooping cough can be a life threatening infection in babies.

What can you do to prevent whooping cough?
Make sure vaccinations are up to date for all family members.

1. Be alert for symptoms of whooping cough
2. Keep coughing kids home, to prevent them spreading the infection to others, and see your GP to get them tested for whooping cough

For more information on Whooping Cough and vaccination visit the NSW Health Website (<https://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>)





Don't miss our free
2 day autism workshop
for parents/carers
and teachers of
school aged students
on the autism spectrum



Wollongong
Tue 14 & Wed 15 May 2019

Register your place:

positivepartnerships.com.au



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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AVIATION

