

PARK PRESS

Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT

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Term 4, Week 8

2 December, 2019

Coming events

Week 8		
Monday 2 December		
Tuesday 3 December	Yr 9	Playgroup Christmas Party Exc - Marine Studies
Wednesday 4 December	SRC	Presentation Night Exc – Jamberoo Rec.
Thursday 5 December		
Friday 6 December	Support Support	Yr 6 – Orientation Program Work Experience Program
Week 9		
Monday 9 December		Exc – Surf Program Warilla Beach
Tuesday 10 December		Carols by Candlelight
Wednesday 11 Dec.		
Thursday 12 December		
Friday 13 December	Support	Sports Presentation Work Experience Program

P & C MEETING

Monday 24 February, 2020 at 6pm
in the Common Room

PBL



The PBL Student of the Fortnight is Ashley Van Vliet-Williams of Year 11, who had the highest amount of positive contributions in Sentral for the past fortnight.



Well done, Ashley.

Our PBL Focus until the end of the year will be around our core value of COMMITMENT. We want students to do their best to learn and achieve right to the last day.

Students of the Fortnight

Albion Park High School congratulates Emily Sherwood in receiving The Victor Chang Award. Emily was nominated by her teachers for her tenacity and commitment in the Science classroom. Emily is currently studying Biology, Chemistry and Investigating Science for her HSC. She has an admirable work ethic and displays a great attention to detail.

The Victor Chang School Science Awards were developed to foster and encourage an interest in Science among secondary school students, with the aim of promoting careers in Science as a viable and interesting career path.



As one of the winners, Emily has been invited to tour the Victor Chang Cardiac Research Institute.

Principal's Message

Good evening parents and family, students and staff. I pay my respects to elders past and present and pay homage to the custodianship of this land – Dharawal country of the Allowrie and Wadi Wadi peoples.

Welcome special guests:

- Counsellor Murray for Maryanne Saliba
- Counsellor Marsh for Gareth Ward
- Jo Thompson for Horizon Bank
- Petty Officer Clout from the Australian Defence Force

- Brendon Davies P&C President

2019 marks a significant milestone for me as it marks the last presentation speech that I deliver as my retirement will be in Term 3, 2020. After being a principal for over fifteen years it does seem a little odd to be saying this as I've associated Christmas with Presentation Evening for a very long time.

I am immensely proud of the work we have done at APHS and the momentum that has carried us forward for 8 years. I know that this evening is about awarding and rewarding our students but I would like to be indulgent and spend a moment in reflection and celebration.

We have taken giant steps, improving in every aspect of teaching and learning at APHS in the last eight years and for that I thank our tireless staff who are always willing to have a go; to take a risk to see how we can improve to do better, whether it be in the classroom or indeed challenging what we consider a classroom to be.

Re-conceptualising pedagogy is at the heart of many of our education shifts; we now have:

- a collaboration room for problem solving together,
- a living classroom to learn in, with and about the environment,
- a HUB room to teach and learn together and next year the library will be reshaped to fit a 21st C learning style with breakout areas.
- We have beautified the Parkside Centre and created a sensory garden with the financial support of Gareth Ward, we are about to further beautify the support area with the help of the P&C.
- We have extended the hospitality deck to include a café section.

Now in its 6th year, we continue to embed the HOW2Learn philosophy across the school, we have thoroughly revamped every teaching program and totally overhauled how we 'do' assessment at APHS. We have embedded Project Based Learning so that students are engaged and using all of their senses. We run teacher leadership teams to empower staff to be leaders in their own right. We have very explicit and specific literacy and numeracy programs that ensure students are masters of their own learning. The most significant for me is the way in which we have revolutionised student leadership.

This year I have watched as students have led ANZAC and Remembrance Day events, Sorry Day and White Ribbon assemblies. I saw Daniel Mayo

lead a whole school fundraising event for brain cancer research. We've had student led CAPA and science events. We have public speaking and debating teams who are getting better and better; the growth in student leadership, in communication, confidence and in capacity is outstanding.

In leadership – congratulations to Stephanie Horton of Year 12 who was chosen to represent NSW to attend the 10th Commonwealth Youth Parliament. She is currently in Delhi to participate in high level discussions for youth and the future. She is learning a great deal about the political system under which the Commonwealth operates.

In the area of CAPA – Aiden Whitehall won the Triple J Indigenous Song Writing Competition. We will all have the pleasure of hearing Ayden perform for us later this evening.

I have watched parents beam with pride at students' Personal Interest and HSIE projects. I've seen students build structures around the school and we have embraced a third autism class. This is something that I am immensely happy about. For me it symbolises our inclusive and caring philosophy... and the list goes on.

Results of all of our collective hard work are causes for celebration. Two students this HSC year have been chosen for the highest honours – Alyssa Ciegelski's art work "Phases" has been chosen for Art Express and this will be displayed at Hazelhurst next year.

In Music Kora Naughton has been chosen by HSC markers to perform at ENCORE after an outstanding HSC performance at APHS.

Our combined HSC results are the best in the whole of our area, as is our attendance and literacy rates for the top 2 bands in NAPLAN.

Sometimes when the improvements are over a period of time, you can take for granted just how far you've travelled, but this is the time to celebrate and we have so much to be thankful for.

Thank you of course, to Chris and Paul – the dream team. Our two Deputies balance hard and increasingly difficult and stressful work, with enormous capacity to be kind.

Thanks to our fabulous Head Teachers who, in my opinion, do the bulk of the heavy lifting in a high school. I give recognition to our six brilliant Year advisers: Nick, Tyne, Michelle, Casie, Ursula, and Aysha and welcome Lisa Hoole to the fold for 2020.

Congratulations and well done on wonderful careers for both Belinda Shaw and Kerry McGraw who both retire this year. Both Belinda and Kerry are absolute institutions at APHS with Belinda being the longest serving staff member, having begun when the school opened and Kerry having begun two years after. Belinda has been a truly wonderful and much loved English and Language teacher for 28 years. Mathematics teacher Kerry McGraw has been a teacher at APHS for the past 26 years and has been a wonderful role model not just for the students but for our young staff.

To our parents, carers and families, thank you for your ongoing support, we have a terrific parent body with great positivity and a willingness to work together with us, even when it gets tricky. To the P&C, we may be small but we are awesome, monies raised through the canteen was approximately \$20,000 and the P&C have supported us to purchase in 2019:

- \$5000 to support the 2 new veranda roofs for the sensory garden and hospitality
- \$2,000 to support the beautification of the support area
- Students who have represented the school in high level areas of sport and CAPA
- Student diaries and Year 12 tassels for their graduation gowns
- \$1500 for the Positive Behaviour for Learning signage

Your donations allow us to do the very special things that we would not otherwise, it makes a great difference.

Now, to the talented and dedicated students here before me, take the time to reflect on how terrific you are and be super proud of your efforts. Take it from someone who is readying to complete one part of my career – these are the moments you will, and you will want to, remember. Capture the moment and take lots of photos.

Congratulations, every one of you, on your awards tonight. Well done. I wish you a beautiful Christmas and the fortitude and willpower to back up your efforts in 2020.

Ms S Clapham
Principal

News from Support Faculty Year 12 Graduation

At the end of the year we will be saying goodbye to our Year 12 students Daniel Cox, Caitlin Kruger, and Teearnna Connolly. For the last year our students have been working very hard to prepare themselves for life after school. Our students have either secured a job or have been accepted into a transition to work program. They will be dearly missed, and we wish them all the best in their new endeavours. Congratulations year 12!

Macquarie & Jamberoo Killalea Camp

Written by the students.

We met at the campsite at 9am on Wednesday 6th November, excited for what was ahead of us. After settling into our rooms we met Steve from the Illawarra Environmental Education Centre who led us through some survival challenges. We had to make shelter from tarps, poles, pegs, ropes and sticks. We also needed to light a fire with a flint and steel, and cotton ball and collected sticks and leaves to keep it alive to toast our marshmallows. They were creamy on the inside and crispy on the outside - delicious! After morning tea we



engaged in big team-building challenges - some were excruciatingly difficult and others were as easy as pie. In the end, through some hardships, we prevailed as a team.

We had lunch then took a fifteen minute walk through the bush to the river where we spent time canoeing, kayaking and stand-up paddle boarding. We had to work our way up the river against the wind and the opposing current to the clear, still and quiet waters and mangroves of Rocklow Creek. Luckily we had a free ride back down the river with the tide and the wind. Most people fell in at some stage, and we were all exhausted, but we all had a laugh and

enjoyed our time on the water. We walked back to camp and chilled out, had some popcorn, showers, snacks and a buffet BBQ and salad dinner. For dessert we had some ice cream, ice blocks and hot chocolates and then had some free time before lights-out.

In the morning we had breakfast (cereals, toast, fruit, porridge and hot/cold sausages), then packed up and headed to The Farm for a learn-to-surf lesson. We slapped on some sunscreen and then our instructor Liam, gave us all a wetsuit (which were a struggle to get on), rash vest and surfboard. We walked onto the sand and practised standing up on the board and then hit the waves. The water was cold but we quickly forgot as we started to catch some waves. We tried our hardest, some of us got wiped out but it was exhilarating and our confidence was boosted. We stayed on the beach playing for a while then headed back up the hill to hang out on the grass in the shade.

We were all starting to get tired from our big adventure so we relaxed, played some boules, and some of us, with a little bit of extra energy to burn, played some games of tip. We had fish, chips and potato scallops for lunch (we were all very hungry), and then waited for our parents to pick us up.

We had a great time at our camp with lots of positive risks taken and new experiences had. We would like to thank our awesome teachers and SLSOs (Mr. Murphy, Mrs Nielsen, Mrs Peters and Mrs Atkinson) for organising and taking us on this experience of a lifetime.

Southern Stars

Recently our students have taken part in the combined public schools production 'Southern Stars', which was held at the Wollongong Entertainment Centre. Our students were in the item 'A friend Like Me', which was a very exciting and memorable experience for our students.

To prepare for the production, students attended regular rehearsals and worked really hard to learn the choreography. We are extremely proud of their

hard work and dedication. We are already looking forward to next year and can't wait to see what Southern Stars as in store for us.



Christmas Cheer

Flinders and Bass have been working hard on their PBL project Gifts In A Jar. They have made Rocky Road, Reindeer Malteser Jars and cards to sell to staff. Student have made over 100 gifts over this term.



Dates to Remember

**Final school day for 2019
Wednesday, 18 December**

School resumes in 2020
For staff: Tuesday, 28 January
For Years 7, 11 & 12 – Wednesday, 29 January
For Years 8, 9 & 10 - Thursday, 30 January

Mackenzie Hayward
Class 7A
Albion Park High School
120 Church Street
ALBION PARK NSW 2527



Dear Mackenzie,

A CONVERSATION CAN CHANGE A LIFE - RUOK Day 2019

One of our valued employees, Craig McCauley, heard the amazing speech you did at your schools special project presentation on anxiety and depression. You were quite open about your experiences and sufferings and wanted to educate people about it.

He was that moved by your speech and empowered by your strength that he stepped up and hosted the Australia Post North Wollongong Pick Up and Delivery (NWPUD) facilities RUOK Day celebrations.

Whereby, Craig organised BBQ's, Morning and Afternoon Teas and prepared a speech to inspire and empower everyone to meaningfully connect with people around them and support anyone struggling with life.

Thank you for inspiring him to carry on your message through RUOK day. As a workplace it's strengthened our sense of belonging because we are now more aware people are there for us.

And most importantly thank you for encouraging us all to have a conversation as it can change a life. From what I've heard about you, you sound like a strong and dynamic young women and I wish you all the very best.

If you'd ever like to come meet myself or any of our Australia Post family please reach out to me on the contact details listed below. We'd love to show you around our facility and explain what we do.

Yours sincerely,

Clare Duggan
Australia Post Manager



READY TO GO: Albion Park High singers Melinda Pallas, Kiindra Lee, Alexander Young, Ciarra Reay, Natasha Carter and Grace Hill at the first day of choir rehearsals at Olympic Park in readiness for the Schools Spectacular.



PUMPED: Kiindra Lee of Albion Park High enjoyed the song and the moment as she practised with the Schools Spectacular 2700-voice choir.

Students ready to be spectacular

STUDENTS from across the Illawarra will be battling butterflies as the 2019 Stars School Spectacular gets underway at Sydney's Olympic Park.

Many local students will help make up the Spectacular's 2700-voice choir and regional dance troupe which performs as part of the four shows, two on Friday and two on Saturday at Qudos Bank Arena.

In all, the show features among 5500 performers, 40 featured performers, a 100-piece symphony orchestra, stage band, the

D'Arts Ensemble disability program, an Aboriginal dance troupe, puppets and a huge behind-the-scenes team.

This year's show will relate to the 'Stars' theme with songs such as *When You Wish Upon a Star* and favourites from *Would You Like to Swing on a Star* and favourites from the *Wizard of Oz* through the futuristic Stars for Change highlighting our children's place in shaping the world.

The show will be recorded for telecast nationally across Channel 7 at a later date.