

# PARK PRESS

Our School Values are – RESPECT, RESPONSIBILITY & COMMITMENT

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Term 3, Week 8

7 September, 2020

## Coming events

Week 8		
Monday 7 September	Yr 11 Yr 12	Exams Music Exams
Tuesday 8 September	Yr 11 Yr 12	Exams Music Exams
Wednesday 9 Sept.	Yr 11 Yr 12	Exams Music Exams
Thursday 10 Sept.	Yr 11 Yr 12	Exams Music Exams
Friday 11 September	Yr 11 Yr 12	Exams Music Exams
Week 9		
Monday 14 September	Yr 11 Yr 7	Exams Maths Common Test
Tuesday 15 September	Yr 11 Yr 8	Exams Maths Common Test
Wednesday 16 Sept.	Yr 11	Exams
Thursday 17 Sept.	Yr 11	Exams
Friday 18 September	Yr 11	Exams

## P & C MEETING

Monday 26 October, 2020 at 6pm  
On ZOOM.

Please contact the office for  
link if interested

## PBL



We have two Positive Behaviour for Learning focuses for the month:

We are focusing on RESPONSIBILITY and actively listening to the teacher's instructions and reacting promptly.

We are also focusing on RESPECT and allowing others' to learn.

The Positive Behaviour for Learning Student of the Month is Shanvi Prasad of Year 8, who had the highest number of positive contributions for the month across the school. Well done, Shanvi and keep up the good work.



## Principal's Message

Hello everyone,

The past fortnight has seen our school focus on bike safety. We had Constable Scott Burgess from the School Liaison Police visit our short assembly on Wednesday, 26 August to let students know about their responsibilities when riding bikes to school. This was followed up in class with a Positive Behaviour for Learning lesson.



Helmets were identified as a major concern and all families need to be aware that students caught without a helmet on their head while riding a bike or scooter can be fined. Constable Burgess came to school on Monday morning and formally cautioned fourteen students who were still caught riding to school without a helmet.

On a more positive note we will be acknowledging RUOK? Day this Wednesday.



To recognise this initiative and raise awareness for Mental Health Issues our school will be holding a Yellow Mufti Day. Students will also learn about what to say after RUOK? And have opportunities to participate in mindfulness activities during recess and lunch.

### LEARN WHAT TO SAY AFTER R U OK?



1. Ask



2. Listen



3. Encourage action



4. Check in

Last Friday was wear it Purple Day and whilst we were not able to recognise this day at the time, our CAPA committee and the SRC have a few things planned during the first week of next term. What a great way to start a new term, celebrating and promoting the value of diversity and inclusion in our school.

Yours in Education;

**Christine Campbell, Relieving Principal**

### Immunisation Update

The NSW Public Health Unit has advised us that there will be another Year 10 Meningococcal vaccination 'catch up' clinic next year when the student will be in Year 11.

Year 10 students can still hand in their consent cards to the office by the end of the year if they wish to take up this offer.

Spare cards are also at the office or with Mrs. Osadczuk.

### What's been happening in the PDHPE Faculty and Sport this term?

#### PDHPE news....

Students in Years 7-10 have been working through a variety of both theory and practical programs this term and it has been great that we have been getting back to some normality, especially with our practical PE classes.

**Year 7** are currently working on a theory unit revolving around making positive choices in relation to drug use. They are also participating in a practical unit centred around net/court games.

**Year 8** have been learning about first aid procedures in their theory classes and are currently involved in a unit called 'Space Invaders' in practical classes, which focuses on creating space in team games.

**Year 9** have been talking about sexual health in the theory component of our subject, whilst in the practical component they have been working in teams to create and deliver their own unique game in their class groups.

**Year 10** have been working through a unit titled 'Sparking Ignition', which looks at road safety and creating a health promotion initiative. In the practical component, Year 10 have been participating in a team games unit.

### Premiers Sporting Challenge

Students in Years 7-10 have also been participating in the Premier's Sporting Challenge in their Health classes. Our school has been involved in this program for the last few years and the aim is for students to increase their levels of physical activity over a 10 week period. Students record the amount of physical activity they are doing each fortnight and receive a certificate at the end of the 10 weeks indicating the level of achievement they have reached. Staff have also been participating in the challenge this year.



### Year 10 RYDA Incursion

Year 10 were involved in a road safety incursion during week 4, run by Road Safety Education and Rotary Club volunteers. Students are currently studying 'Sparking Ignition' in Health and will be beginning their project based learning task to reduce the overrepresentation of young people in fatal crashes in the coming weeks.

The incursion had students participate in 8 workshops, each with a different focus. Students heard from road safety experts, learner driving instructors and guest speakers who shared their personal experiences with road crashes.

Students completed a personality trait test to assist them in identifying how they make decisions and if they are prone to risk taking. They looked into the influence that our mind state has on our driving ability and their capacity to avoid distractions. Students then explored factors that influence crashes and investigated reaction time and stopping distances for different vehicles and environments.

The day was extremely informative and gave Year 10 some ideas and inspiration for their task. Thank you to all involved in making this day a success!



### Sports news.....

#### 2021 APHS Redbacks Sports Academy

We are very excited to be starting a Sports Academy in 2021, which will be targeting students who have high potential in the physical domain in a range of school sports.



The sports we are targeting are: rugby league/union/league tag, soccer, hockey, cricket, AFL, basketball and athletics/cross country. Students in Years 7-11 this year can apply, using the form attached to this Park Press. Applications need to be handed to the PDHPE Staffroom by the last day of this term. Successful applicants will be informed in Term 4 and the program will start at the beginning of next year. Further information can be found on the application form attached.

#### Horse Poo Lotto

Every second year, the Sports Committee run this distinctive fund-raiser – it being unusual in its taste, odour and texture, in particular!! 😊

100 plots of land (6m x 9m) are sold off from our school oval for \$5 a plot and then we get a horse (or two) to meander around the field until it does its business. If you happen to “own” the plot where it drops its dung, you will get \$250 worth of vouchers of your choice!

But you’ve got to be in it to win it, so come and purchase your plot from the PE office asap!

We hope to smell the sweet scent of manure at the end of Week 9.

#### Fit I A.M

Get involved! The aim of FIT I A.M at Albion Park High School is to build a healthy, active community in which students have the opportunity to have fun in a supportive environment. 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.

FIT I A.M runs every Wednesday morning from 7.30am in the school gym. Students engage in half an hour of physical activity and then are provided with breakfast all before the bell goes for roll call.

#### Competition sport report

Our students were chomping at the bit to get back into some competition sport this term after all sports carnivals were cancelled during Term 2.

With a short turn around, APHS managed to fill all teams for this year’s competition, however, other parts of the zone were not as successful meaning some sports didn’t run. We are hoping to see the return of senior boys and girls soccer and junior girls newcombe ball in the coming years.

Our comp needed to be adjusted this year to cater for one single round and finals, rather than the three rounds we would normally aim for over two terms.

Students are enjoying the home and away format which creates a buzz within the school whenever the opposition bus arrives.

Our teams have had some great results so far, competing against Oak Flats, Warrawong,



Warilla and Kanahooka. We have one game left against Dapto High and then we are off to finals in week 9!

We have a strong chance to reach the finals in a number of different sports. At this stage in the competition our senior girls oztag team, senior girls netball, junior A boys oztag, junior A boys basketball and junior soccer teams are undefeated – an excellent achievement from those teams!

Good luck in the coming weeks to all of our players.



### Recreational sport

New sports will be selected for Term 4. The sport telegraph will be distributed on Wednesday of Week 8 during roll call. If you are late please collect a copy from the office. Sport choices will go live on Thursday of Week 8 at the conclusion of sport (2:45pm). Please discuss possible sport choices with your student prior to the selection period opening, as spots are limited and some choices are highly sought after. Students are reminded they need to login to the school Student Sentral portal and click on 'activities' in order to make their selection. The portal is accessible from the school webpage, under 'About our school'. The direct link is: <https://albionparkhs.sentral.com.au/portal/login>

### Sport Procedures on a Thursday

Just a reminder to parents that sport is compulsory for students in Years 7-10 in all NSW Government schools, with students required to participate in a minimum of 150 minutes of physical activity a week (which includes PE classes as well). We also allow Year 11 students

the option of going to sport or choosing Study Habits in the library if they would prefer to spend the time working on academic related tasks. At APHS, we pride ourselves on our accessible and varied school sport program that is tailored to meet the physical activity needs of all students.

At times, such as during wet weather or with council ground closures, it is necessary to implement a modified sports program. Our staff do their best to plan engaging and active alternate activities at these times and students are expected to remain at school.

We have had a number of students in recent weeks who have made the choice not to go to their designated sport for various reasons and this creates lots of issues in regards to our duty of care and supervision if we do not know where students are during this time.

All sports related changes need to go through our sports organisers and there needs to be a note with a valid reason explaining why the student is requesting to change.

If students have a medical appointment scheduled on a Thursday, then they need to come to the Head Teacher Administration office before school on the day with a note from home stating the reason why they can't attend sport with a contact name and number. If students or parents request an early leaver's pass after roll call has started, the partial absence may be entered as an unjustified absence until the student returns an appointment card from the medical appointment to the office the following day.

We are also happy to provide students with an IOU if they have forgotten their money on a Thursday, as long as its paid back as soon as possible and they don't have any outstanding IOUs.

In these difficult times it is even more important that we are ensuring students are getting enough physical activity each day and we value the support of parents in this area.

# UNIFORM SHOP

## 20% OFF SALE\*



MANUFACTURING CO.

**MONDAY 14<sup>th</sup> SEPTEMBER  
TO  
FRIDAY 25<sup>th</sup> SEPTEMBER**

### SPECIAL SALE SHOP HOURS

\* 20% OFF STOCKED ITEMS  
(EXCLUDING SOFTSHELL JACKETS, WOOL JUMPERS,  
BLAZERS & BACKPACKS)

\* NO REFUNDS OR EXCHANGES  
(UNLESS GARMENT IS FAULTY)

\* NO RAINCHECKS



**MONDAY 10-3<sub>PM</sub> FRIDAY 8-11<sub>AM</sub> & 1-3<sub>PM</sub>**