

ALBION PARK HIGH SCHOOL NEWSLETTER



UPCOMING EVENTS

7th November

- Year 6 into 7 Parent Information Night - 5:30pm

20th November

- Year 6 into 7 Transition Day - Mt. Terry students

21st November

- Year 6 into 7 Transition Day - Albion Park & Tullimbar students

24th November

- Year 8 - Gumaraa Cultural Day @ Killalea

30th November

- CAPA Showcase Night

6th December

- Presentation Night - 6pm

8th December

- Sports Presentation - 9am

12th - 14th December

- Leisure Education Week Activities

PRINCIPAL'S REPORT

Welcome to the re-launch of the Albion Park High School newsletter, a special place to share the stories of our students and the success stories of our hard working, dedicated school community.

Our success is a result of many different and complex ingredients, from the high expectations you have of us to providing the space, through our dedicated staff, to developing deep and caring relationships so that students can be well and learn well in all areas of their education. The rich experiences that our students and staff bring to the classroom each day also helps to make our school a beacon of achievement in the Illawarra.

The stories which follow in these pages are a snapshot of not only the opportunities and experiences of our students, but also reflect the care we place on building and nurturing young people today for a better and stronger tomorrow. I am proud of the achievements of our students and staff, of the relationships we build as a school community, and I am proud to share the stories of our continued growth as a school with you.

Neal Reed - Principal

Recently we awarded staff Long Service Awards from the Department of Education. From left to right: Carol Griffin, Frances Cole, Lisa Webb, Rebecca Keen & Adam Blake.



INTRODUCING OUR SCHOOL CAPTAINS

KELSEY HARRISON

I am the female School Captain elect of Albion Park High School and I am very grateful and excited to be in the position I am in. A major focus area for me as School Captain is our school's environment. Whether that be our social environment, in terms of how we as a school interact with one another; teacher-student connections, student involvement, etc., or even our physical environment, such as the toilets.

A little bit about myself... I have been attending Albion Park High School since I was a little Year 7 student and have always put myself forward to help out where possible. This is evident in my role as an active member of the Sports Committee, which I have been part of since Year 7, and have enjoyed every aspect of it. For this reason, I have always cherished my time at Albion Park High.

One thing I loved about being part of the Sports Committee was that I was able to organise fun things around the school, such as our annual lunchtime dodgeball competition, which really allowed us to have fun and make good connections with our fellow peers, and even teachers during our teacher vs student games. This helps to build and create strong school morale which is something I want to work on in our school during my time as school captain.

In terms of our physical environment, I believe it has been amended a fair bit over the past couple of years, however, I also believe there is always room for improvement. In the future, I hope to work with my fellow captains and executives in coming up with solutions for efficient use of all our school bathrooms.



BYRON LING

Good morning or afternoon and welcome to a new term, it's me, your 2024 Captain Byron Ling. I'm truly astounded to be in this position; this is a role I never possibly imagined even going for only 2-3 years ago and I want to make sure that you have a good year while I'm here. I hope that I can make everyone's year better no matter how minute it may be.

As Captain, I want to give you a voice. I want to be the medium or microphone through which you can share your wants, needs and even just your ideas to the school. Of course, if this isn't your cup of tea you can come to talk to the other captains or me about anything you want as I want to be a Captain that you have no difficulties approaching or communicating with. Though some of your ideas may be unrealistic, I, as a Captain, should be able to help you shape and grow your idea into a very applicable and realistic idea so that you get what you want. I want to raise your concerns, your issues and your beliefs as I believe that the key to reaching our ideal environment is through the input and knowledge of everyone rather than a particular group or mindset.

I share many different interests and hobbies that have only grown and widened during my time at Albion Park High School in sports, academics and creative arts (to a smaller degree). These include running, soccer, science, history and guitar, some of these I play or involve myself at a higher level. It is through these many interests that you will definitely see me from time to time competing in the Athletics Carnival, Gala Days, Cross Country and even the Swimming Carnival and more, though I may not be the best at swimming! I hope that through the captain's involvement in these events, we can bring back the involvement of students that has honestly lacked since the still lingering effects of Covid-19.

It is through my experience and determination that I, Byron Ling as your Captain for 2024 will give you what you want no matter who you are, where you're from or what you believe in, ridiculous or not. I, as Captain, will help be a voice for you.

OFFICE UPDATE

- Don't forget to update your details with the school if you have any changes to your address, phone numbers, email address, emergency contact etc. This can be done either by collecting a form from the office or by emailing the school.
- Don't forget to get the School Bytes and Sentral apps which are available via Apple and Google stores, as most of the communication from the school will come via one of these apps.
- Please make sure you comply with excursion/incursion due dates as these dates are final. These dates can be found on the excursion/incursion permission note.
- School Uniform is stocked at Lowes Shellharbour so please look out for the uniform sales which will be advertised on the Parent Portal.

P&C NEWS

The APHS Parents & Citizens committee is a small group that meets regularly to discuss school related matters and who share a common interest in supporting and improving Albion Park High School.

This year the P&C have been responsible for purchasing a number of items that enhance learning and development opportunities for our students. Some of these purchases include a coffee machine for Hospitality, a chicken caravan for Agriculture, wheeled wooden cable packers for the Music Department and laptops for the Support Unit. The P&C are also responsible for running the School Canteen and have a dedicated team of staff and volunteers that provide food and beverage services to students and staff.

We are keen to see more parents and carers join the P&C committee. There is no pressure to be a position holder on the committee - we are just happy for people to come along and get involved, share ideas and support the school. Meetings take place at 6PM on the fourth Monday of the month - keep an eye out for the meeting notices on the school's Facebook page.

We are also seeking more volunteers to help out in the school canteen. If you or anyone you know can spare some time to assist, please get in touch with the school and speak to Shona. It doesn't have to be a regular commitment but we could really use the help.

COMMITTEE NEWS ABORIGINAL LEADERSHIP TEAM

What projects are you currently working on? We are currently working on the Albion Park High Yarning Circle. A Yarning Circle is a place where Indigenous people can come and talk. The Yarning Circle is almost done, there are only a couple of things left to do.

What has been happening/will be coming up for the Aboriginal Leadership Roll Call Group? We have been working on the Yarning Circle for the past year, which has involved planting trees, installing sandstone blocks, and watering the gardens. We now need to add signs. Some members of the Aboriginal Leadership Roll Call were involved in Southern Stars. We learnt about local culture, learnt Aboriginal dances, and had lots of fun dancing together.

What achievements are you most proud of this term? How amazing the Yarning Circle has turned out. It's such a nice place to hang out and have a talk to friends.

Zara Jones - Year 9



CAREERS AND VET

Beauty and Hair Workshop

We had four students attend a recent Beauty and Hair workshop which was run by South Coast Academy (SCA). All the girls loved having the opportunity to try their hand at learning new skills in this industry – there's nothing like practical experience to get better at something as well as finding out more about career opportunities.



Year 10 Interview Day

For a long time, we have had Year 10 students undergoing a *Year 10 Interview Day*, where they would be involved in day-long workshops relating to careers.

Whilst it is no longer a full day event, on Wednesday 29th November (Week 8), all Year 10 students will be asked to present to school in their most professional outfit. They will be allotted a time to undergo the interview process as we have eight employers who have availed their time for the day for us. Prior to this, students will get to choose from about 8 'jobs': they must write a cover letter for one of these jobs and bring in their resume to the interview.

We are hoping that this process will be of invaluable experience for our current Year 10 students – we can't see how it wouldn't be – and look forward to this day with excitement.



New SBAT students
Reagan, Jade and
Summer with the SBAT
engagement officer.

TEACHING AND LEARNING

Cultures of Thinking

A group of teachers have been involved in some exciting professional learning exploring Cultures of Thinking, which is delivered by Project Zero and is provided by Harvard University. A number of our team attended some engaging, interactive workshops at Kambala School which involved the study of different mindsets that transform our teaching and students' learning. Teachers have been involved in rich discussions about making student thinking visible and engaging and empowering students to promote deeper understanding in the classroom.

Year 6 visits

Mr Claydon and Mr Reed will be spending some time with Year 6 teachers this term in our local community of primary schools to get some more insight into teaching and learning practices that occur in Stage 3. We are excited about welcoming our new Year 7 cohort in 2024 and these conversations will hopefully help students to cope with the transition into high school next year.

HSC Strategy Professional Learning

A number of our HSC-delivering teachers have been collaborating with leaders and teachers from schools across NSW in developing their understanding of High Leverage Strategies as part of the Department of Education-led HSC Strategy initiative. The course is responsive to the analysis of data and improved using a research and evidence base. This has enabled students across faculties to access resources and activities that focus on the discriminating features of high achievement.

Year 10 to 11 SBAT's

Congratulations to Reagan Ralphs, Jade Gallagher and Summer Wilson (Year 10) who have all just commenced School-Based Traineeships in Early Childhood Education and Care (Cert.III).

There are so many opportunities for our students these days and it is great that these three young ladies have taken advantage of this. They will all be working in the childcare industry whilst they complete their senior studies, effectively combining their schoolwork with their choice of career.

The Wellbeing Hub has been incredibly busy this term! Year 10 were challenged to consider the impacts of their decisions through the Life Choices program presented by race car driver Andrew Fisher, and Year 7 and 8 enjoyed a powerful anti-bullying presentation called *Make Bullying History*. Also, 14 students successfully graduated from the Raise Mentoring Program and selected students are continuing to find great value in the Top Blokes, Strength, and Young Women's programs, with each of these providing important supports for students' mental health and wellbeing.

Wellbeing Hub Online

Don't forget that students and their families have access to the Wellbeing Hub Online website. This has been developed by the Wellbeing Team to support students and provides access to a range of mental health and wellbeing supports. Importantly, the website also enables students to self refer for support from the Wellbeing Team or to refer a friend that they may be concerned about. Parents may access this too and use the referral form to gain support for their child. The site can be accessed [here](https://sites.google.com/education.nsw.gov.au/aphswellbeinghubonline/home): <https://sites.google.com/education.nsw.gov.au/aphswellbeinghubonline/home>



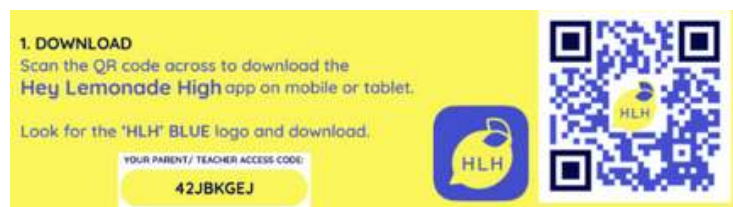
Hey Lemonade High

The Hey Lemonade High App was launched by stage personalities Elise McCann and Lucy Durack. It is a mobile and tablet based app specifically designed to help teens manage stress, increase confidence, build resilience and drive motivation around the issues that are specific to their generation and life-stage.

We are 1 of 15 schools across the state, trialling the app for year 9 and 10 cohorts over the course of Term 4 2023. This program has been made possible using a grant from the NSW Department of Education's Student Wellbeing Innovation Fund. Students in Year 9 and 10 now have access to this app and can view their access codes by checking their year group Google Classroom. The app encourages students to use it as a support tool to help with everyday issues, big and small. This is done through 2 - 3minute, evidence-based pep-talks to deal with everyday problems in a pragmatic, solution-focused way and has been backed by both the Department of Education, and the CSIRO. Some of the topics available are:

- I found out there's a group chat without me in it
- When a friendship has drifted
- Help, my parents are separating!
- Dealing with racism
- Feeling embarrassed
- I feel gross in everything I wear
- When you're being bullied

The pep-talks are relatable and voiced by a variety of well-known personalities. You can also offer suggestions of topics via the app. We hope that you encourage your child to engage with this valuable resource. Student access codes have been shared via your child's Google Classroom and the parent access code emailed, so check your inbox.



ENGLISH FACULTY

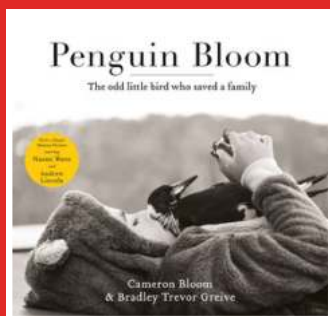
In English, Year 10 students have been enthusiastically delving into the world of Shakespeare and are embracing the challenge of reading these texts like absolute champions! Through an exploration of plays such as *Macbeth* and *Taming of the Shrew*, students are learning about the enduring literary value of Shakespearean texts and how they continue to inspire and influence contemporary composers.

In Week 3, staff and students celebrated Ms. Brown in a farewell that marked the beginning of her maternity leave. She is a wonderful asset to the school, and we wish her all the very best for the birth of her baby girl. We look forward to Ms Brown's return in Term 3, 2024.



LIBRARY

Did you know that reading for just 6 minutes a day can reduce stress levels by up to 68%?! Amazing! In light of this awesome research, I want to thank Oak Flats Rotary for their generous donation of the book *Penguin Bloom*, and encourage you to read it. It is a beautiful read.



Students in the TAS faculty have been exploring the elements and principles of design to analyse, communicate, and evaluate creative design in their projects.

- Year 7 Digital Textiles students are deconstructing computational thinking to design algorithms for making pizza muffins and programming mBot robots.
- Year 8 Timber students have been exploring and researching game design and production considerations for their Sling Puck game.
- Year 8 Food Technology students are investigating, designing, and producing healthy and nutritious burgers.
- Year 9 Timber students are incorporating geometric design, light and shadow in the construction of their occasional tables.
- Year 9 Food Technology students have much to celebrate working with sugar and symmetry in their celebration cake designs.
- Year 10 Metals students are designing and building a camp shovel with folding, functionality and fossicking in mind.
- Year 10 Food Technology students have just finished producing spinach and ricotta triangles for their design a Food Truck assessment task.
- Year 11 students across the TAS faculty have begun their Year 12 coursework and are in the planning stages of their HSC major projects, which will come to fruition next year.



SPORTS REPORT

Open Boys Cricket

Our Open Boys Cricket team competed against Warilla HS on Wednesday 1st November, hoping to knock off last years winners and progress to the next round. Warilla batted first and got off to a red hot start - a couple of dropped chances and before we knew it, their opener smashed a blazing ton. Warilla HS ended up scoring 317 after their 40 overs, with wickets being shared by Kane Rex, Josh Peters, Doyle Rees, Kye Pearse and Logan Goodway.

Up against a mammoth target we were never really in the hunt - Doyle Rees top scored with 54*, Kasey Barton (pictured below) made 51 and Tom Denyer contributed with a well-made 48 to help us end up 8/200 after our 40 overs.

Despite the loss the boys had an awesome time and showed excellent sportsmanship throughout. We'll see them back in 2024 to go again!



Open Girls Cricket

The APHS Open Girls Cricket Team recently took on Crookwell HS in the Marie Cornish Cup Semi Final. Ava Browne (pictured) scored 99 not out.

Please see full story on our Facebook page.



PDHPE FACULTY

In PDHPE classes, students have been engaged in a range of health topics targeted at improving their physical and mental health, and overall wellbeing.

In Health, Year 7 have just completed their unit on *Positive Choices*, where they learn to make positive choices for their health around cigarettes, vaping and alcohol. Year 8 are studying *Are You Okay?* which looks at strategies for coping with stress, exploring the impact it has on mental health and provides ways of giving support to themselves and others. Year 9 are learning about healthy eating habits, physical activity, and body image and where to seek support to ensure they develop good habits in these areas. Year 10 have just completed a unit on resilience and how to bounce back when life gets difficult. In our PE lessons, students have been getting outside and enjoying the warm weather! We're playing all sorts of games and sports across the year groups; some team games, some goal scoring games, some social games and some competitive games. Let's hope the weather stays sunny and warm and we get to make the most of it to the end of the year.

NSW CHS School Boys 1s Cricket

Congratulations to Kasey Barton of Year 10 who has been selected in the NSW CHS School Boys 1s Cricket Team. Kasey represented South Coast Cricket recently at the NSW State Championship in Raby.



SPORTS REPORT CONTINUED

Pictured below are the Under 14's/16's Girls Blues Tag Team and the Under 14's Boys Rugby League South Coast Teams.

Albion Park High School students had a great day out at the Girls Blues Tag and the Boys Rugby League South Coast Final at Croome Road. Thomas Glover even got the game ball!

Please see full story on our Facebook page



The 2023 Southern Illawarra Grade Sport competition has come to an end with some fantastic results on the field. Students from APHS competed against teams from Dapto, Kanahooka, Oak Flats, Warilla and Warrawong High Schools each Thursday during terms 2 & 3. Week 9, last term saw many of our teams playing in grand final matches and we had four teams bring home the gold medal.

The APHS Junior Boys black Oz Tag Team were victorious over Oak Flat HS, comfortably beating them 10 – 5.

It was a mate verse mate game in the Junior Boys Soccer, with APHS Red taking out the win 5-3 over APHS black.

The Senior Girls Netball Team played Kanahooka HS, winning by 15 with an end result of 44-29.

But the most exciting match was in the Senior Boys Soccer final against Warilla HS. The boys were down 3-2 with less than 5 minutes to go when Deacon Pappas hit a screamer from 20 metres out to level the scores. Mr Polidoro was quoted as saying "that is the best goal I've seen in a final since I scored in the 1st grade final to give Port Kembla FC the premiership victory in 2013". The game then went to a penalty shoot-out which was tied 4-4 after five shots each. The game then went into a sudden death shootout where Tiernan O'Rourke stepped up and hit the final goal to give APHS a hard fought win.

A huge congratulations to each of our premiership winners and to all students involved for a great season of sport!



CAPA FACULTY

Every Artist was First an Amateur Exhibition 2023

Albion Park High School students in Years 10 and 11 have again been selected to exhibit their amazing artworks in a professional setting with other students across the Illawarra. Two of our students have even been asked to help curate the exhibition.

This exciting exhibition showcasing the best of the best from the region will be held at Project Contemporary Artspace for two weeks from the 8th - 19th of November. Opening Night is on the 8th of November 6 - 8PM. Don't miss it!



CAPA SHOWCASE

CAPA Showcase is upon us again! This is where we get to display an array of Creative and Performance pieces that have been resolved and refined throughout the year and include work from students in Years 7 to 12. It is a showcase of the amazing talent at APHS and includes Music, Dance and Art Exhibitions, featuring a selection of our HSC works.

Musicians, dancers and artists are frantically working toward our CAPA Showcase during Sport time to make sure they put on quite the show. This is the chance for all of our creative students to share with parents and friends some of the incredible work they have been doing throughout the year.

The CAPA showcase will be held on Thursday, 30th November in the Performing Arts Hall and the Music Block spaces starting at 4:30PM to explore the Art Exhibition, followed by performances at 5:30PM



COMMUNITY OF SCHOOLS

The CoS lessons for Year 4 have kicked off this term with a bang, with Mount Terry being our first school to attend. Each week there are around 30 talented Year 4 students from our feeder schools in attendance, where with the support of Year 10 students, they experience Art and Science lessons.

During the Science lesson with Mount Terry, students worked with the Year 10 students at the lab benches to complete experiments. After this they found a genie in a bottle!

During the Art lesson they got to experience a variety of artmaking materials and techniques including contour line and sfumato to draw from life and use templates to create a layered floral 2D artwork. The results were exceptional and the students' application, questioning minds and approach to high level artmaking showed that we have some talent coming to APHS in the coming years.

We appreciate the support and time of their teachers for bringing these students up to experience our school early in their education.

