

Albury High School

Proud Member of Crossing Point Learning Community
'Creating our Future'



Learning for all through
Tradition, Innovation & Excellence

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2016 EUROPE TRIP REPORT

During the spring holidays, Oscar Dean, Samantha Mackinnon, Aleisha Mackinnon and I represented Albury High School as part of the West of the Divide Wind Ensemble and Choir, travelling to Europe with 180 musicians, singers, staff and supporters.

We arrived in Munich on the 26th of September, and travelled to Salzburg, Austria, where we visited the Hallein salt mines and toured Salzburg. The next day, both ensembles had workshops in the Mozarteum and the Salzburg Dom, before going to a mayoral reception and travelling to the Lake District, where we performed at St Gilgen. We visited a school in St Pantaleon, performing there and making friends with the Austrian students. We then travelled to Vienna, where we had a masterclass at the 'Wiener Konzerhaus', performed at the Minoriten Church, went to the Prater theme park, and toured the city, visiting landmarks like the City Hall, Hofburg Palace and the Parliament. We travelled on to Budapest, Hungary, where we experienced the culture at local festivals and visited the graves of famous musicians such as Mozart, Beethoven, Schubert and Strauss. The following day, we travelled through three countries in one day, starting our day in Budapest (Hungary), stopping in Bratislava (Slovakian Republic) for lunch, and finally performing in Hodonin (Czech Republic) at a local church. Our last stop on the tour was Prague, where we went to the opera,

La Traviata, at the Prague Opera House, travelled to Decin, for a concert with local choirs in the Decin Castle and performed again at the St Nicholas Cathedral in the Old Town Square. We finished our trip with a Jazz Boat Cruise down the Vltava River, under the historical Charles Bridge. Before leaving from Munich, we stopped at the Dachau Concentration Camp, which was one of the first of its kind, including an unused gas chamber, which was an eye-opening experience.

We would like to thank all the teachers and department staff who made this trip of a lifetime possible, as without their hard work, the trip would not have been as successful as it was.



Claire Macdonald
Student



PRINCIPAL'S MESSAGE

The HSC exams are now well underway and students are tackling the exams in a positive manner. The following tips may still prove useful:

REACHOUT'S TOP YEAR 12 EXAM STRESS TIPS FOR STUDENTS

- **Take care of yourself:** sleep lots, eat good food and keep moving.
- It's normal to feel a whole range of things before or after you get your exam results, but **there are ways you can deal with the pressure of expectations**. No exam result is so important that it will stop you achieving your goals in the long term.
- **Making the effort to balance study with relaxation** is not only important for your state of mind, but for the quality of your study as well.
- Exams are stressful, but there are **a range of strategies you can use to manage your stress**.

REACHOUT'S TIPS TO HELP PARENTS HELP THEIR TEENAGERS THROUGH EXAMS

- **Talk about symptoms of stress** with your teenager. By understanding what makes them stressed, they can build the skills to **cope better and reduce stress in the future**.
- **Help them set up a quiet and comfortable place to study.** Help them get organised and **write a study timetable that includes breaks** and time to relax and socialise.
- **Give them some time off household chores** during their exam period and schedule family time around their study timetable. Be responsive to their needs and don't ask them to stop studying for something that isn't urgent.
- **Help them write a list of things they can do to relax.** Making time to relax can help to reduce stress and calm their nerves.
- **Encourage them to be active, eat well and sleep well.** Go for walks or be active as a whole family and make healthy meals (limiting caffeine and sugar).
- **Look after yourself.** By **taking care of your own wellbeing** you will be in a better place to support your teenager through this stressful time.

For more information, stories and fact sheets for students going through exams, visit reachout.com/examstress

MUSICAL

Congratulations to all involved in this year's Musical. The performances were outstanding with many positive candidates. It was a credit to cast, crew, community and staff involved. Thanks to parents and friends who supported us by attending.

UNIFORM

A reminder that Summer uniform is now expected and all students should be wearing the correct uniform.

Darryl Ward
Principal

School Immunisation Program

The third round of school immunisations is being conducted at this school on **Monday 31 October 2016**.

The following vaccines will be offered on this day:

YEAR LEVEL	VACCINES OFFERED
YEAR 7 MALE & FEMALE STUDENTS	GARDASIL (HPV) DOSE 3

These vaccinations are funded on the National Immunisation Schedule. Should your child miss out on starting their vaccination course this year they will not be eligible to receive them for free in subsequent years.

Consent cards should have already been signed for these vaccinations earlier this year.

If your child is absent or can't receive vaccinations on this day, we can catch them up on the next visit to the school. If you have any further questions about this please contact Council's Immunisation Team.

If you DO NOT wish for your child to receive any further vaccinations or if you have any enquiries about the program or your child's vaccinations, please contact Wodonga Council's Immunisation Team on 1800 655 360.

WHERE ARE THEY NOW?

Just a quick update on some past students who have been kicking and signalling a few goals of late.

- Gabriella Pound, our Girls Vice Captain from 2012 has continued her footy career whilst studying to be a paramedic in Melbourne. Playing for the Melbourne University Women's team, Gab played in the **Women's VFL Grand Final** a couple of weeks back and although beaten, Gab's courage gained a lot of attention from the scouts for the upcoming draft. Gab has toured the Collingwood and Carlton facilities and was recently selected in the top 30 to play for Carlton next year.



- Jocelyn Bartram who completed Year 12 in 2011, has been selected to represent Australia in the 2016 Women's International Festival (Hockey) in a three game series to be held in Melbourne from the 23rd to the 30th November.

THE RIVER OF STORIES 2016

Once again Albury High School students participated in the River of Stories competition for students in Years 7 to 10. The competition has sections for poetry and prose short stories and is conducted by the Rotary Club of Albury. This year we congratulate the following students on their success:

- Louis Denton co-winner of the Year 7/8 poetry section for all schools.
- Ellie Zilberman winner of the Year 7/8 short story section for AHS.
- Nivetha Pathmanathan encouragement award in Year 7/8.
- Abi Adams and Charlotte Towner co-winners of the Year 9/10 short story section for AHS

We would also like to congratulate all students who submitted entries and took the opportunity to showcase their skills.

Mr Denis Haynes
Head Teacher English

CREATIVE AND PERFORMING ARTS

Term 3 was very busy for the Creative Arts department.

HSC Drama and Music students were outstanding when they presented their performances for the external markers. Well done to Matt, who gained an On Stage nomination for his excellent Drama performance.

HSC Visual Arts students held a very successful exhibition of their major works in Week 7. The HSC external marking will take place in Week 3.



Bec Smits, Liam Murtagh-Fraser, Milla Reid, Emily McIntosh and Emma Timmermans have been selected to have their works exhibited in the Best HSC Art Exhibition at MAMA and at the Library Museum (November - January).

Photo media students Tori Howe and Caitlyn McNamara are to be congratulated for having their works selected as semi-finalists for the prestigious Moran Photographic Prize.

Visual Arts teachers and student mentors, Seb Summerfield, Wade McLeod, Niki Linquist and Isla Pleydon have been visiting Howlong PS, West Albury



Artwork by Seb Summerfield year 8.

PS and Albury PS teaching the year 6 students how to paint portraits. This is part of our linkages program and will culminate with an exhibition at MAMA later this year. Year 7 and 8 students will also be involved in this exhibition.

Staff and students spent many hours practising and perfecting their performances for our school musical Legally Blonde. We hope you took the opportunity to see this wonderful musical performed by some very talented students.

Mrs Sharon McEachern
Head Teacher CAPA

SPORTS NEWS

SWAN SHIELD FOOTBALL

August 23rd saw our U15 Swan Shield football team play in Wollongong at the NSWCHS Swan Shield Knockout (KO) quarter and semi-finals. Teams came from all over the state.

The boys played two games and after a successful day, they qualified to play in the final of the 2016 Swan Shield KO.

Game 1 was played against Hastings College (HC) from Port Macquarie. Not being a traditional AFL area, one would expect that we should account for them quite comfortably, and that is exactly what happened.

Final score was Albury High School (AHS) 20-12-132 defeated HC 0-2-2.

Goal kickers: *W. Mack 6, J. Hillary 4, K. Cooper 3, B. Parr 2, C. Hamilton, R. Scammell, A. Shepherd, B. McFarlane & C. Byrne*

Our second opponent was Wagga High School (WHS) and in windy conditions the AHS boys were again able to manufacture a comprehensive victory.

Final score was AHS 13-8-86 defeated WHS 0-1-1.

Goal kickers: *J. Hillary 4, A. Shepherd 2, C. Butt, B. Parr, W. Mack, K. Cooper, C. Byrne, C. Hamilton & A. Pretious.*

The Swan Shield Final was played at Albury Sportsground on September 20th against Deniliquin High School (DHS). AHS scored a strong victory making it 3 wins in succession for AHS in the NSWCHS Swan Shield KO.

Final Score was AHS 12.15.87 defeated DHS 1.2.8

Goal kickers: *J. Hillary 3, J. Wiscombe 2, W. Mack 2, C. Hamilton 2, C. Butt, B. McFarlane & R. Pretious*



DAY 1 – Swan Shield winners

By winning the Swan Shield Final the team then qualified for the All Schools NSW AFL Cup Final played the next day. It was against Mater Dei College

(MDC), Wagga who had comprehensively defeated Westfields Sports High (WSH) to go through to the Final.

The match was a very even contest played in wet, slippery conditions and after trailing early the AHS boys worked hard to lead by 19 points at 3 quarter time. With MDC kicking the next 3 goals of the game it was 1 point the difference with 90 seconds to play. A centre clearance to MDC and a mark 30m out directly in front, meant they had a chance for victory with 40 seconds to play. The shot, with a slippery ball was off target and headed for a behind, which would have tied scores and meant extra time, but Aiden Pretious would have none of that, and a super spoil forced the ball out of bounds 15m from goal. Two boundary throw ins and the siren sounded, signalling a great fighting victory for the AHS boys. 1 point winners of the NSW AFL All Schools Final.

Final Scores: AHS 5.3.33 defeated MDC 5.2.32

Goal kickers: *K. Cooper 2, R. Scammell, W. Mack & A. Shepherd*



NSW AFL All Schools Champions 2016

Mr Tim Sanson
Relieving Head Teacher PDHPE

STUDENT ACHIEVEMENTS

PEACE AWARD

Congratulations to Milla Reid who was recipient of The Dame Marie Bashir Peace Award 2016 - Highly Commended Certificate. This award was presented to Milla at Parliament House.



VOLUNTEERING

The following students have received Volunteering Certificates in the last couple of months:

BRONZE (20 HRS): Cooper Tanner, Marieke Hoelscher, Kelsey Shaw, Matt Riches, Jane Stenson, Katherine Brownbill, Kit Wilke, Nia McGarvie, Abbie Zuber, Anthony Lee, Bella Willinck & Joanna Ratnik

SILVER (40HRS): Lachlan Hendriks, Karlie Travassaros, Ashlyn Ridgeway, Sarah Mills, Anthony Lee, Ashlyn Ridgeway, Joanna Ratnik & Nia McGarvie.

GOLD (60 HRS): Katherine Brownbill, Scott Howsham, Jane Stenson, Sarah Mills, Anthony Lee, Matthew Riches, Nia McGarvie & Johanna Ratnik

DIAMOND (80 HRS): Katherine Brownbill, Jane Stenson, Anthony Lee, Ashlyn Ridgeway, Joanna Ratnik & Nia McGarvie.

SAPPHIRE (100 HRS): Jessica Hamilton, Ashlyn Ridgeway & Katherine Brownbill

BLACK OPAL (150 HRS): Jane Stenson & Indi Higgins

We are all proud of their achievements. In total 135/159 enrolled Year 9 students have logged 2663 hours between them.

A fantastic effort from the Year 9 Volunteers. If your child is on this list, congratulations. If your child has hours to log, of service done in the community, could you please help them get those pink slips to me.

Ms Katia Bertazzo
Volunteer Coordinator

LEGALLY BLONDE

Congratulations to the cast and crew of the musical

“Oh my God you guys!” did you catch Legally Blonde? If not, you missed out. Students collaborated on this project over a period of nine months, culminating in highly polished performances at Albury Entertainment Centre in Week 1.

This complex and challenging musical was handled with a sense of commitment, and the students are to be congratulated for their ability to work together. I would also like to highlight the cast and crew’s capacity to use feedback to improve the standard of the finished product. The project involved students in all aspects of production, from set and prop making, stage management, back stage crew, musicians, dancers and, of course, actors on stage.

Without student and staff efforts, the costumes, props and set would have existed only in our imagination; the complicated and constant scene changes simply couldn’t have happened; the interwoven music and dialogue that kept moving the story forward would have meandered...and so on! What a fantastic effort that speaks so clearly about the values of the school.

I cannot thank every person enough who has been involved in this project, no matter how large or small your involvement, we couldn’t have done it without you and it wouldn’t have been as much fun.

That’s a wrap!



Mrs Cynthia Hendriks
CAPA

HSC 2017 INFORMATION EVENING

School Hall

Tuesday 25th October
2016

7:30pm

Albury High School

Astra

A showcase of student achievements

Science • Home Economics • Creative and Performing Arts • History • Industrial Arts • Languages
Maths • English • Computing • Social Sciences • Agriculture • Welfare • PDHPE • VET • SRC • Volunteering

Year 12 Textiles and Design

The class of 2016 will hold a display of their HSC Major Textiles Projects when the projects return from marking in Sydney.

The details are:

When: Monday 24th October 2016

Time: 5.00 until 6.30pm

Location: in F19 – their Textiles room; where all of these fabulous projects were created, designed, constructed, slaved over and completed!!

Refreshments provided to celebrate their achievements

Please come along admire their projects and help us to celebrate!

Glenroy Public School 40th Anniversary

Friday 21st October

◆ Open classrooms, assembly and BYO picnic lunch

◆ Trivia night for adults with finger food at the North Albury Sports Club
\$15 per person

Tickets can be purchased from the Glenroy School office

Saturday 22nd October

◆ Display of Memorabilia in GPS Hall

If you have any relevant memorabilia, we would appreciate using it in our display. Please contact the school office if you can help out.

If you know of the whereabouts of any ex Glenroy staff, students or parents please pass on this information.

For more information please check the school website and the event Facebook page.

<https://www.facebook.com/events/856753664456738/>

We hope you can celebrate with us.



FACEY: Schools Portrait Exhibition

Opening: 27th October 5.30-6.30pm

Where: Learning Lane MAMA

Facey paints a portrait of people through the eyes of local young people, featuring portraits from students at Albury Public, Albury West Public, Howlong Public and Albury High School students.

27th October - 13th November

Calendar Events:

Term 4 — Week 3

Tues 25 October 2017 HSC Assessment Evening

Fri 28 October Solar Car Race

Term 4 — Week 4

Mon 31 October Year 7 Vaccinations