Principal's Report

Congratulations to:

- **Nick Brown** (Yr 9) and **Liam Mackay** (Year 10) who were part of the Murray Council Under 17 Cricket team who won the Riverina Gorrell Cup held at Barooga during the holidays.

- **Nathan Mackay** (Year 12) who recently completed the Queen’s Scout Award. Nathan attended Government House in Sydney where he was presented with his award by her Excellency, Professor Marie Bashir, Governor of NSW. This is the highest award in scouting.

- **Bria Harper** (Yr 7) and **Angus Mackinnon** (Yr 9) for performing in the NSW State Choir at the Sydney Opera House this week. Bria was also given the honour of performing a solo.

![Bria at the Opera House](image)

Assistance Required: Overall the standard of the uniform at Albury High is very good. One area we need assistance with, is footwear, including socks. Black leather shoes are required for Workplace Health & Safety reasons. Girls should wear plain white socks and boys grey school socks with the red stripe. Please check uniform as students leave home. Continued breaches of uniform may result in detentions. A note from parents when students are out of uniform is acceptable for short periods of time. Anyone who requires assistance with uniforms can contact the front office.

Our uniform fulfils many important roles. It allows and encourages equity as all students look alike. The uniform also helps identify Albury High School students, which is important when in a large group. Perhaps most importantly, wearing the full uniform is a sign of respect for the school which is often how the school is judged by the community.

Many thanks to the P&C who recently held a social evening at the movies. This was well attended by staff and parents and was an enjoyable evening. There has also been a lot of work, by the P&C, in organising book packs for sale in January. This is very much appreciated.

We have our friends from Otto Hahn Gymnasium, Germany visiting on exchange for the next two weeks. A very successful BBQ kicked off the exchange last night. During their stay, students will visit classes and take a number of excursions. I would like to thank the languages staff for their hard work, in particular Mrs Amber Beck, in organising this tour and also all of the families who are billeting students.

Due to overwhelming requests, we will be making a change to the Parent Information Evening for Year 6 into 7 for 2014. The original meeting time was scheduled for Tuesday 5th November (Melbourne Cup Day).

It will now be held on Wednesday 6th November in our school hall from 7.00pm.

Mr Darryl Ward
Principal

HSC 2013 ASSESSMENT EVENING

On Wednesday 16th October the school held an information evening for parents and students on the assessment schedule and requirements for the HSC course. A booklet prescribing all the assessment requirements has been issued to students; for their future reference and so they may plan their individual study programs. This forum was scheduled early to impart the importance of the move into the HSC program and the subsequent change in students’ responsibilities.

Year 11 students who wish to move to 10 units of study in their HSC year are required to remain in their classes [rooms] to reduce the amount of movement around the school and to ensure appropriate supervision is maintained in the ‘study periods’ that are created when units are dropped. Students are asked to complete the paperwork required by the end of week 3 so study areas/rooms can be organised with the timetable committee. Students will then be issued with individual timetables indicating their ‘study period’ locations. Attendance at ‘study periods’ will be monitored. Students in extension classes and those moving between course levels within subjects should be in the new class straight away to ensure continuity of their HSC study program.

Mr Andrew King
Deputy Principal
WHAT DO I DO IF MY CHILD IS HURTING THEMSELVES?
UNDERSTANDING AND HELPING YOUNG PEOPLE WHO
SELF-HARM
Self-harm is one of the most distressing issues parents may
have to face. Self-harm describes a wide range of
behaviours in which young people deliberately inflict harm
upon themselves. It can be a way for a young person to
show they are feeling a lot of pain and hurt, both
eemotionally and physically. Because self-harm is often
done in secret and can be difficult to detect, sometimes a
parent or carer is the last person to know. Parents can feel
a variety of strong emotions when they discover that their
child is self-harming and may feel unprepared about what
to do. Self-harm is usually a complex issue. Frequently
adolescents do not want high levels of parental involvement
in their life – at the same time, most parents desperately
want to help their son or daughter.

A seminar will be held to help parents and carers
understand the experience and motivations of adolescents
who intentionally injure themselves and will focus on what
you can do if faced with such an issue. The main areas
that will be discussed include:

- What is self-harm?
- Understanding why young people self-harm
- Risk factors and warning signs
- What can family and friends do to help?
- How to talk with a young person about their self-harming
- Resources

When: Monday 28th October 2013
Time: 6 – 8 pm
Place: Glenecho Neighbourhood Centre
Burrows Rd, Glenroy

Ms Judy Dougherty
School Counsellor

The Kids Are All Right website offers a range of articles for
parents of teenagers. Some suggested articles include:

Why teenagers cut or self-harm:
teens-who-self-harm/

Exam stress - how to help your child:
m-stress-how-to-help-your-child/

Essentials for working teenagers:
tials-working-teenagers/

Resume for teenagers:
me-for-teenagers/

Over the coming weeks we will include some other useful
links. For more articles on teenagers plus a forum for
parents of teens visit the website
http://www.thekidsareallright.com.au

PRELIMINARY AWARDS AT ASSESSMENT
This week at assembly the following Year 11 students
received Awards at Assessments:-

Samin Ahmed  Mathematics
Aaron Breust  PDHPE & Biology
Tymea Brown  English Studies
James Byrchn  Mathematics
Ebony Chapman  Legal Studies
Jake Cox  Sport, Lifestyle & Recreation
Austin Crawley  Food Technology
Zach Deanshaw  Mathematics, Metals & Engineering
Keisha Deppeler  Community & Family Studies
Isaac Donkers  Engineering Studies
Kate Dougherty  Business Studies
India Fuller  Visual Arts
Lauren Hannen  Ancient History
Brianna Harris  Hospitality
Dylan Harris  Drama, Music & Mathematics
Claire Hemsley  French Continuers
Georgia Homer  English
Gabrielle Jefts  Visual Arts
Daniel Johnston  Chemistry & Physics
Aaron Jory  Geography
Kirsty Kearney  English
Grace Kelly  Biology
Jacob Kelly  Standard English & Construction
Rachel Koschitze  Textiles, Design, English & German
Continuers
Juwaw Lacey-Bird  Senior Science
Bailey Lane  Chemistry
Joshua Lieschke  Work Studies
Sally Lynch  PDHPE
Gorna Mahal  Society & Culture
Anna Mannering  English
Lily Marschall  Mathematics
Lauren McIntosh  Biology, Ancient History, Mathematics &
Continuers
Rachael McQuillan  Environmental Science
James Mitchelhill  Exploring Early Childhood & English
Karl Monteiro  Modern History
John Myer  Society & Culture
Ryan Pilfoot  General Mathematics
Elissa Pumpe  Mathematics
Sai Ram Ramisetty  Agriculture
Sarah Rowe  Advanced English & Software Design
Nathan Scott  Modern History & PDHPE
Jeremy Smith  PDHPE
Zachery Smith  Sport, Lifestyle & Recreation
Robert Stewart  Geography
Elise Veneris  Hospitality
Isaac Widdison  Modern History & Economics
Sai Ramisetty  Design & Technology

PARENTS OF STUDENTS STARTING YEAR 12 IN TERM 4 2013
All students who are starting their Year 12 studies this term
have been given the HSC Assessment Booklet. This has
all of their assessment tasks, from now up until the end
of their HSC next year. Please get your son or daughter to
put all of their assessment tasks onto a wall calendar. This
will help them to be more organised when doing
assessment tasks, which can sometimes fall close
together. Just as importantly for parents, it is essential that
you know exactly what assessment tasks your children
have due and when. That way you are never left in the
dark about what homework they should be doing. If your
child has misplaced their assessment booklet, they can get
a replacement copy at school.

Mr Guy Lewis
Year 11 Year Advisor

Proud Member of Crossing Point Learning Community ‘Creating our Future’
YEAR 12 GRADUATION BALL - 13TH NOVEMBER
There are some spare tickets available for the Year 12 Graduation Ball. Please note: These tickets will not be on the same tables that students have previously booked. If interested please come and purchase from Mrs Johnson at the school office ($50 per head).

All ticket sales need to be finalised by Friday 25th October (tomorrow) as this is the closing date for numbers.

Mrs Cheryl Johnson
Administration

RIVERINA COMPETITION OF WORLDSKILLS
Two Albury High School Construction students have won medals at the Riverina competition of Worldskills Australia. The students, Zack Deanshaw and Jacob Kelly of Year 11, travelled to Wagga High School last Thursday and were given six hours to display their skills on a construction project. The project predominantly required the use of skills using hand tools. At the end of the day, the competition was tight with just a few marks separating the top students. Our two boys finished in the top three places on the day but their finishing positions will not be announced until the presentation night on Thursday in Wagga.

WorldSkills Australia is a national organisation that has been contributing to the development, recognition and promotion of skills excellence since 1981. Their purpose is to instil young Australians with the confidence to excel in their trade or skill by inspiring and providing them with an opportunity to showcase their trade and skill talent. They achieve this goal through competitions held on a regional, national and international level.

Congratulations to Zack and Jacob on their outstanding performances.

Mr Gavin Fletcher
Head Teacher, Industrial Arts

2014 LAYNE BEACHLEY ‘AIM FOR THE STARS’ FOUNDATION GRANT
Layne Beachley and her ‘AIM for the Stars’ Foundation, is inviting all Australian females aged 12 – 26 years who need funding to achieve goals in their sporting, academic, community, business, environmental or cultural pursuits to complete their applications online.

Any hard-working female who is committed to pursuing her passion and needs financial support deserves a helping hand and should apply for an ‘AIM for the Stars’ 2014 grant by 15th November 2013.

Ms Deb Quinn
Head Teacher Welfare

CHS ATHLETICS CARNIVAL
Congratulations to our Albury High School students, Tobi Gilmour, Chelsea Blisssett, Sam Kohne, Tayte Maloney, Tim Miles, Dayan Bakulic, Liam Murtagh-Fraser, Sam Thorman, Erin Macdonald, Jessie Nixon, Jayden Palmer, 13yrs Girls Relay Team and the 15yrs Boys Relay Team, who recently competed in Sydney at the Olympic Park Athletic Centre. This carnival was held over three days from the 5th to the 7th September.

The highlight of this carnival for Albury High School would have to be Sam Kohne’s Gold Medal performance in the 13 years 800m event. Well done to all students and congratulations Sam!

CAREERS
Year 11 have once again been given the opportunity to attend the University of Wollongong Discovery Day held on the 4th and 5th February 2014. This is a great opportunity to attend lectures, live in student accommodation and get a feel for university of life. Students choose the lectures they attend, helping them ensure they are on the right pathway.

TAFE Albury enrolements for 2014 open on the 4th November. Riverina Institute of TAFE and the Australian Apprenticeships are hosting an Apprenticeship Information Evening in the Rivers Restaurant, Albury Campus on the 31st October. Apprenticeships covered will be Automotive, Construction, Electrotechnology and Engineering. Local industry experts will also be in attendance. Numbers are limited so email heidi.neumeister@aigroup.asn.au

The information evening opens at 4.30pm for a 5.00pm start and will run until 7.30pm. Pre apprenticeship courses running next year, at this stage, are Automotive and Electrotechnology. Early enrolment is essential to gain a place. Other courses are waiting on government funding to ensure they can run. All information can be found on their website www.rit.tafensw.edu.au

Mrs Dian Madden
Careers Adviser
ORPHEUS PIANO TRIO
Performing in concert Beethoven’s Ghost Trio, Brahms’ Trio No. 1 in B major & Debussy’s Trio in G major

Helena Kernaghan (piano), Kaori Sparks (violin) & Sam Goble (cello)

Sunday 10th November, 2pm – ALBURY
St Matthews Anglican Church, Kiewa Street, Albury

Saturday 23rd November, 7pm – WODONGA
Wodonga Senior Secondary College, Performing Arts Centre, 69 Woodland Street, Wodonga

Entry – Adults $20; Concession $15; Students/Children $10
For bookings and further details contact Helena 0409 406 260

SAM BAKER FUND RAISER
The AHS P&C have endorsed a fund raiser to assist James Fallon High School staff member, Mr Wayne Baker and his family. Wayne’s son, Sam, has been in a coma for several months in Perth as a result of a car accident. Raffle tickets are available from the front office and cost $2 per ticket and will be drawn on 14th November 2013.

HOST FAMILIES NEEDED
International students will be arriving in February 2014 from a range of countries. They will be prepared with a three day residential orientation in Sydney before joining their host families on 8th February. Program lengths are 3, 5 and 10 months. Students are selected, covered by insurance, supported by local coordinators and enrolled in schools by Southern Cross Cultural Exchange.

For more information please phone Southern Cross Cultural Exchange on 1800 500 501.

WEEKS 4 & 5 COMING EVENTS

Wednesday October 30th Year 7 Gala Day

Wednesday November 6th Year 7 2014 Family Night