Principal’s Report

Congratulations to:

- **Mica Torre** who has been accepted into the Intermediate Round of Featured Artist auditions for the 2015 Schools Spectacular

This week the whole school staff underwent training from the Safe Schools Coalition. The school joined this organisation last year and we are now one of 500 members Australia wide. The Safe Schools Coalition is a national coalition dedicated to making schools a safer and more inclusive community for same sex attracted, intersex and gender diverse students, school staff and families. By joining we want to make a statement that our school should be free from homophobic and transphobic bullying. This links closely to our management plan where we work to engage all students in our school. It is also supported by our recent lessons and activities focusing on stopping bullying and encouraging bystanders to assist.

The first part of our strategy was staff training. We will now review our policies and practices to ensure we are not discriminating against students based on their sexual identity of preference. At Albury High School we are working hard to eliminate discrimination in all areas and want our students to respect the diversity and individuality of all people. A simple strategy to start will be the elimination of the word ‘gay’ when used in a derogatory manner by students. Rather than labelling everything as being gay we will ask students to rethink the words they can use to convey their meaning. There is research to show that an inclusive school leads to better attendance, results and less mental health issues. It is always our aim to develop students who are aware of social issues and can contribute in a positive manner to society. For more information go to www.safeschoolscoalition.org.au.

Mr Darryl Ward
Principal

**LOST PROPERTY**

We are getting a lot of lost property in the form of school uniforms and sport clothing. We are appealing to students and parents to please put names in all articles of clothing so that they can be promptly returned. Please check the lost property if you have any missing items.

**2015 ROYAL EASTER SHOW POULTRY RESULTS**

Albury High School have had another successful year at the Sydney Royal Easter Show with the poultry exhibition, winning 13 different classes including the Most Successful School Exhibitor and Champion School Poultry Exhibit. The prize included two incubators and $440 prize money.

Mr Guy Fahey
Agriculture

**SCHOOL IMMUNISATION PROGRAM**

The second round of school immunisations is being conducted at this school on **Friday 22nd May 2015**.

The following vaccines will be offered on this day:

<table>
<thead>
<tr>
<th>YEAR LEVEL</th>
<th>VACCINES OFFERED</th>
</tr>
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<tbody>
<tr>
<td>YEAR 7 MALE &amp; FEMALE STUDENTS</td>
<td>GARDASIL (HPV) DOSE 2</td>
</tr>
<tr>
<td>YEAR 7 MALE &amp; FEMALE STUDENTS</td>
<td>Chicken Pox vaccine (Varicella)</td>
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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.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

If you have any enquiries about the program or your child’s vaccinations, please contact Wodonga Council’s Immunisation Team on 1800 655 360.

**P&C WORKING BEE**

Make a positive difference to your child’s school environment.

- **When:** Saturday May 23rd 9.00am – 11.00am
- **What:** Gardening On the northern side of the school.
- **Enter via Griffith Street.**

Tools and materials supplied, bring gloves. A great way to meet other school families.

All welcome.

For more information please call Kerrie on 0418 427730.
NEPALESE FOOD FUNDRAISER FOR EARTHQUAKE VICTIMS

Last Friday, AHS’s Nepalese and Bhutanese students, joined four ex-students to cook a Nepalese feast of curries, rice and a range of other delicacies. AHS staff and students strongly supported their efforts, with students paying $5 for a plate of food, and staff $10.

Overall, around $1300 was raised, which was an amazing effort. All the money raised will be donated to World Vision to assist earthquake victims in Nepal. Thanks must go to our Nepalese students, who worked very hard in the kitchen on Thursday afternoon and Friday morning. A big thank you also to staff and students for their very generous support.

Ms Megan Salter
EAL/D Teacher

HELP RAISE VITAL FUNDS TO BEAT CANCER

AHS are hosting a Biggest Morning Tea for staff to help raise vital funds for cancer research and support services. If you would like to support this worthy cause, you can do so by making a donation via our online link (copy & paste to your browser) or by using the collection boxes at the front office!

With your help, we can make this year’s event the biggest yet!

Simply go to our online fundraising page:

Once you’ve donated, you will receive a tax deductible receipt via email.

Your donation will help fund Cancer Council’s research, prevention and support services.

Thanks for your support!

SCHOOL PHOTOGRAPHS

School photographs are scheduled to occur on Wednesday 10th and Thursday 11th of June. Individual and other special interest groups will take place on the Wednesday while sport’s team photographs will be taken on the Thursday. It is very important that all students are in full winter uniform on both days. This includes:

- Junior boys - junior tie, grey jumper & grey shirt;
- Senior boys - senior tie, grey jumper & blue shirt;
- Junior girls - junior tie, red jumper & white shirt;
- Senior girls - senior tie, red jumper & blue shirt.

Students involved in sporting team photographs need to organise with their coaches as to the uniform requirements for their photograph. In general full winter uniform will be worn, not the PE uniform unless advised differently.

Please note the photograph envelopes will be issued to students the week before the photographs are scheduled to take place. All students have an individual photograph taken even if they are not purchasing photographs so will need to return the photo envelope on the day.

Please contact either Mr Greg Wright or Ms Tanya Mortimer if you have any queries regarding school photographs.

Ms Tanya Mortimer

ALBURY HIGH SCHOOL ALUMNI ASSOCIATION

Dear AHS ex student

When you left Albury High School, you may have thought that you would never hear from the school again. Australian government schools do not generally have a strong association with their ex-students but the AHS School Council, with the strong backing of the current Principal, Mr Darryl Ward, is trying to change that. Our aim is to contact as many of the ex-students of AHS as possible and to ask what the school could do for them and what they might be able to do for the school. For example, it may be possible for you to be put back in touch with some of your school mates. The school is always looking for ex-students to come back to the school and tell the current students about their successes in whatever walk of life they happen to be.

We are asking you if you would like to join the Albury High School Alumni Association. There is no cost and it will help expand the AHS family to the benefit of all involved and, in particular, the current students at the school. If you would like to be involved, could you please download the Alumni application from the school website. The link is located under Alumni Association – Ex Students, click on the Alumni Association dropdown box then click on Alumni application to access the Member Inform Sheet. Please email it back to Neil Mills at ahs.alumni.assoc@bigpond.com by Friday 29th May 2015.

We thank you most sincerely.

Neil Mills and Bob Perry
On behalf of the AHS School Council
SOLO VOCALIST CAMP

Over the 20th - 24th of April, I was lucky enough to be selected to attend The NSW Arts Unit Solo Vocalist Camp. The Camp ran for a week and was focused primarily on developing performance based skills to not just be able to sing well, but to engage and interact with an audience as well. The camp was made up of three activities during the day, the first being the soloist activities. In this activity we would perform a piece to our tutors and they would critc us and give us feedback on how to improve. The second activity we would do was our group performance. During this activity we would strive to work as a group to come up with several pieces for the end of camp concert performed at the York Theatre, Seymour Centre. The last activity we would do was a camp activity. In this activity we would all work on one song to perform at the end of the concert using all the skills that we had learned over the week.

There were other cool nifty things that we got to do on the camp also. As well as free time at night we would also have open mic nights and on the final night had a “cabin vs cabin” night in which each cabin would come up with an arrangement of a song or a skit.

I would highly recommend this camp to anyone from year 8-12 as it is a great learning experience and will give you great skills in performance because singing is only half the job of a performer.

Angus Mackinnon
Student

RIVERINA DANCE FESTIVAL

Where: Albury Entertainment Centre
When: Friday 5th June

Our talented group of dancers have been successful in gaining a place in the Riverina Dance Festival with their item, Isolation.

This year the Festival is being held at the Albury Entertainment Centre. Every great performance needs an audience and we would like to encourage people to purchase tickets. Tickets go on sale on Monday 23rd May; there will be a matinee and an evening performance. We hope to see you there!

Miss Jenna-Lea Peel
Dance Manager

SENIOR GIRLS SOCCER

The Senior Girls Soccer team has progressed to the Riverina Final of the CHS Knockout after recording some dominant victories last Friday against Deniliquin (10-0) and Kooringal (15-0). The girls played some excellent soccer, displaying great sportsmanship and skill throughout both games. Goal scorers for the day: 3 goals – Chelsea, Rachael, Bella, Maya & Emma, 2 goals – Kate, Gracie & Macy, 1 goal – Laura & Georgina plus 2 own goals.

Mr Pete O’Riordan
Coach/Team Manager

RIVERINA MUSIC CAMP

From the 3rd - 8th of May, Hannah Chapman, Claire MacDonald, Oscar Dean and myself joined 78 other young musicians from around Riverina at Borambola Sport and Rec Center for the 2015 Riverina Music Camp. The week consisted of long playing hours, breathing gym, tutorials with the amazing tutors and Ninja Destruction.

Playing a range challenging repertoire, from well known tunes to Latin Celebrations, it was a week of good air, good posture and good sound. After dinner and evening rec, the Advance band had rehearsals; this was a chance for the more experienced players to play challenging music with the tutors and to push themselves.

Over the four nights the advanced band got to rehearse; three of those nights were spent looking at one of my own compositions entitled ‘Ninja Destruction’. This composition was world premiered by the band on the Friday at the showcase concert.

Anyone who plays a woodwind, brass or percussion instrument and is looking for a week to remember, come and have a chat to one of us, or the music teachers. It’s a great week, and you learn more from one week being immersed in music then you would learn in a year from private tuition.

Katja Jorgensen
Student

RIVERINA DRAMA CAMP

20 students from Albury High School will venture to Borambola Sport and Rec Camp for the annual Drama Camp from 19th to 23rd May. This camp is open to students from Years 9,10 and 11 and provides students with skills, knowledge and a wonderful peer group. The students spend a week with drama teachers, actors and tutors from the NSW Arts Unit investigating areas of drama such as improvisation, playbuilding, mask work, mime and movement, voice and design. For students in Year 11 this also is an opportunity to try out ideas for HSC drama and to undergo a Group Project in a week.

Students are expected to get to camp by 10.00am on Tuesday morning. See Ms Gleeson if you are unsure of details.

Ms Margie Gleeson
Head Teacher, CAPA
CHS CARNIVAL REPORT
The girls CHS Carnival was held in Bathurst during Week 2 of this term. Albury High School had 5 girls selected to represent Riverina – Bella Claxton, Maya Davis, Anna Parrett, Chelsea Blissett and Christina Stefanou. All of the girls were excellent ambassadors for their school and the Riverina and they can be extremely pleased with their performances for the duration of the carnival. Special mention to Chelsea Blissett who was selected as a shadow for the CHS squads and she was the inaugural winner of the Emerging Country Player of the Carnival. Whilst the Riverina team finished 7th out of 10 regions, they were very competitive in all games with Sydney East and Hunter scoring crucial goals in the last 5 minutes to put the result beyond doubt. Results were Sydney East (L1-3), Hunter (L0-3), Sydney North (L0-1), Western (W3-0) and North West (W3-0).

Mr Pete O’Riordan

OPEN GIRLS TOUCH REPORT
On March 10th our open girls touch team, Miss McRae, Mr Leahy and the open boys touch team travelled to Wagga Wagga for our chance to get into Riverina knockouts.

We played four games. Jessie Nixon and Shania Jones showed good defence. Chelsea Blissett and Charlotte Beavan were amazing runners scoring some good tries.

We lost our first two games to Wagga and Kooringal. Drew against Temora and won our last game against Tumut.

Overall all our girls did well and although we didn’t make finals, it was always going to be a good day with Tess Evans there.

On behalf of the team, a big thank you to Julia Farrah for the side line support and filling up our drink bottles and to Miss McRae for making the day happen, we enjoyed it.

Trinity Sullivan
Student

AHS CROSS COUNTRY
The Cross Country Carnival was held on April 28th along the River Precinct trail from Lincoln Causeway to the Kremur Street boat ramp. Those involved are to be commended on their effort and good sportsmanship. Good times were completed by the majority of runners.

Congratulations to the following Age Champions:
12 Harry Cameron, Tyrese Campbell & Ebony Hoskin
13 Wendell McFarland & Natalie Gibbons
14 Austin Shepherd & Johanna Ratnic

House Championship points were as follows:
1st Mitchell 636
2nd Hovell 605
3rd Hume 503
4th Murray 476

ZONE CROSS COUNTRY CARNIVAL
The Zone Cross Country Carnival was held on May 8th in variable weather conditions at Mungabareena Reserve. The students were enthusiastic and competitive in their events and Albury High School were once again successful in winning this carnival. Congratulations to all of our runners for their excellent behaviour, participation and performances!

Zone Age Champions were:
13 years Natalie Gibbons
14 years Johanna Ratnik
15 years Jackson Whiley & Sam Kohne
16 years Emma Martin

The Riverina Cross Country Carnival is to be held in Gundagai at the Race Course Complex on Friday 12th June. Students who finished in the top 8, in their respective age group, are eligible to compete at these championships. From the results of the Riverina trials they may then gain selection for the State Cross Country Carnival.

Mr Greg King
Head Teacher, PDHPE

GREAT VIC BIKE RIDE EXPRESSIONS OF INTEREST
Reminder that expressions of interest are sought from cyclists who would like to join an Albury High School group participating in the Great Vic Bike Ride.

Please feel free to visit https://www.bicyclenetwork.com.au/ racv-great-victorian-bike-ride/the-event/ for more information and contact me at school on 60213488 or via email at craig.day@det.nsw.edu.au with any questions or to express your interest in participating.

I will need firm numbers by Friday 15th May as Registrations for Schools close one week later. There are no guarantees that we will gain a place on the ride but prompt registration maximises our prospects of success.

Mr Craig Day
Ride Co-ordinator
REACHOUT’S TOP TIPS FOR BEATING STRESS
Stress is unfortunately something everyone experiences in life – however it is all about how you handle it. At this time of the year, it is important to remind and encourage students to manage stress in positive ways.

Stress is when the body activates the nervous system and specific hormones, releasing more of the hormones adrenaline and cortisol into the bloodstream which speeds up one’s heart rate, breathing rate, blood pressure and metabolism. Stress can make people feel hostile, anxious, frustrated and worthless. It can cause them to have less sleep, headaches and they can eat more or less than normal. It can affect their work and their wellbeing. It can affect studying habits and can impact concentration levels.

Some tips to discuss with students on how ways to manage stress:

Remind and encourage students that it is all about balance. It can be helpful to have dedicated time every week to forget about study for a little bit to gain a balance between study and relaxation. Take regular breaks and ‘me-time’ to clear your head and help you study productively.

Sit down and set goals together at the beginning of each term. You could try it too – so you are both working towards something! Define your goal, set sub goals and work through a plan of action and figure out then how to solve what is causing the stress.

Reduce stress by having a coping strategy for when times get hard or stressful. This could include reducing your load, seek help by communicating with other how you feel, write it all down, think positively and more.

Fact Sheets:
Tips on managing stress
Ways to relax
Information on anxiety

ANGLICAN PARISH OF NORTHERN ALBURY DEBUTANTE BALLS
The Anglican Parish of Northern Albury is delighted to be hosting two Debutante Balls in the third term. The balls will be held at the Albury Entertainment Centre on:
Friday 4th September or Saturday 5th September.

Information Evening - 21st June 2015
An information evening will be held at the Albury High School Hall on Sunday 1st June from 7.00pm-8.00pm to provide debutantes, partners and parents with more information.

First Rehearsal – 19th July 2015
Rehearsals will be held weekly in the Albury High School Hall on Sunday evenings at either 5.00pm-7.00pm or 7.00pm-9.00pm (depending on which night is selected by each debutante).

Rehearsals commence on Sunday 19th July, extending over a 7 week period.

To register your interest, please contact: Ann Mitchell on 0438 617 966 or Rev’d Lee Weisell on 0459 390 410

TERM 2
WEEK 5
Tuesday May 19th
COMING EVENTS
Zone Athletics Carnival
Parent Teacher Night for HSC & Preliminary Courses