**Cross Country Results**

**Riverina Cross Country Carnival**

The Riverina Cross Country Carnival was held at Gundagai on Friday 12th June. It was cold with a heavy dew underfoot, but overall sunny conditions provided a great day for racing. Our team of 20 students were competitive in their respective events and we had some great success.

Results were:

- **12 years**
  - Ebony Hoskin - 5th; Harry Cameron - 11th; Gerty Balbao - 13th; Oscar Cameron - 14th; Seth Royal - 15th & Rupert Freeman - 19th

- **13 years**
  - Laura Gillard - 2nd; Wendall McFarland - 18th; Ethan Ryan - 22nd & Will Bowden - 24th. Unfortunately Natalie Gibbons sustained an injury after running strong early

- **14 years**
  - Kyle Cooper 6th & Johanna Ratnik - 10th

- **15 years**
  - Jackson Whiley - 1st; Sam Kohne - 3rd; Casper Linssen - 8th; Bella Bartasisus - 8th & Emily Lutton - 14th

- **16 years**
  - Angus Kilby - 9th & Lachlan Goss - 12th

*NB: those in bold type were selected as part of the Riverina team to compete at the State Carnival.*

**CHS Cross Country Carnival**

The CHS Cross Country Carnival was held in Sydney at Sydney Motorsport Park (formerly the Eastern Creek Raceway) last Friday, 12th June. This is always a tough competition with competitors from all over the state from both public and private schools. Jackson and Laura competed at this event and should be proud of their efforts; Jackson finishing 71st / 181 and Laura 97th / 193.

Congratulations to all of our runners for their excellent participation and performances in Cross Country this year.

Mr Greg King
Head Teacher, PDHPE
Principals Message

Education Week

Next week is Education Week which celebrates achievement in local schools and as a system. The theme for this year is “Celebrating Local Heroes”. In our context this is very pertinent – everyday of every week at Albury High School I come into contact with a local hero. Sometimes its staff who organise an excursion ranging from sporting, musical, cultural to academic travelling locally, interstate or oversees who is my local hero for offering opportunities and experiences for our students that build character and embed learning in the real world. Sometimes its the staff member who has designed and delivered a wonderful lesson using the latest teaching strategies or the staff member who has the time to develop a rapport with a student in need improving their wellbeing. There are endless examples at our school.

This concept expands rapidly when you think about it and you start to look at student achievements, and the range of activities our students are involved in and excel at. Those students who show leadership within the school by helping others, developing community events and contributing so positively to the community through their volunteering are also my heroes. This newsletter and past editions will have many such stories.

While I’m acknowledging those who help I cannot forgot the support we get from parents, the local community and from within our learning community Crossing Point.

One significant event which we are using to highlight education week is the Albury High School Portrait prize, launched on the 23rd of July and the entries will be available for viewing at the Albury Library Museum.

Learning & Engagement Centre

On a different note I’m pleased to announce the name for repurposed Language Centre. This will now be known as Corra Linn Learning and Engagement Centre (Corra Linn is the name of the building). This building now houses our EALD Teachers who support students from a non English speaking background, our LaST teachers (Learning and Support) as well as Mrs Quinn Head Teacher Welfare and school counsellors. Our Tutorial and Multi-Categorical staff will also have staff rooms there.

Year 10 into 11 Information Evening

The Year 10 into 11 information evening will be held on Wednesday the 5th of August in the hall. This is an opportunity for parents and students to ask questions about patterns of study for 2016 and to ensure that they are selecting subjects that suit their career aspirations and abilities. Representatives from all faculties will be present as well as our Careers Adviser, Ms Madden. The evening starts at 7 pm and the formal presentation normally lasts around 40 minutes with time after to talk with staff. We look forward to seeing you there.

Mr Darryl Ward
Principal

Student Drop Off and Pick Up

Parents are reminded that the staff car park at the end of Griffith Street is not to be used for school drop off or pick up.

The car park is provided so that staff are able to park securely at their work place and are unable to do so if the car spaces are used for drop off and pick ups. This area is also used for deliveries to our school and can become quite congested.

Students can be dropped off in Jones Street, Griffith Street or in Kiewa Street. Please be mindful of the residents in the area by not parking in or across their driveways. Your assistance with this is greatly appreciated.

Year 7 Parent Teacher Interviews

An email was sent to parents of Year 7 students last Monday advising of the upcoming parent teacher interviews and the relevant booking instructions. During the school holidays there was an upgrade to our email system, this has caused some issues and we have just recently discovered that our mailing list did not work. The booking instructions and the original letter sent are attached.

Interviews will be held on Wednesday 29th July. Bookings can be made via the online booking system which can be accessed from the school website.


MICEEP & Youth Homelessness

This year, a group of year 9 students have been participating in the MICEEP Program. In this program, we work with mentors from TAFE to raise awareness for issues important to us. This term, we are focusing on youth homelessness. A box will be placed outside the front office starting Monday 27th of July, for donations to a local homeless shelter.
It would be greatly appreciated if people could donate non-perishable, non-cook foods. The people receiving these items have limited cooking resources, so things like canned spaghetti, baked beans, two minute noodles and also fruit tubs would be great. Any donations will be greatly appreciated.

Year 9 MICEEP Students

**TERM 3**

**WEEK 3**
Wednesday 29th July
Friday 31st July

**COMING EVENTS**
Year 7 Parent Teacher Night
Riverina Athletics Carnival

**WEEK 4**
Monday 3rd August
Wednesday 5th August

**COMING EVENTS**
Trial HSC Commences
Information Night for 2016 HSC Preliminary Courses (current Year 10 students)

**COMMUNITY NEWS**

**Winter Fire Safety Checklist**

**FACT**
Each year the Fire and Rescue NSW attend approximately 6,000 residential fires in 10,000 with approximately 9% of them occurring in winter months, and 47% of fires starting in the kitchen.

**IS YOUR HOME WINTER FIRE SAFE?**
We recommend the simple safety checklist to help keep homes fire safe this winter: Make sure you and everyone in your household follows the following safety advice:

- Never ever leave cooking unattended. “Keep Cooking When Cooking”
- Make sure your and all your family know two safe escape routes out of every room in your home.
- Have a written escape plan in case of fire and practice it regularly.
- If there is a fire in your home make sure the chimney is clean, and the property ventilated.
- If you have a fireplace always place a screen in front of it when in use.
- Check electric blankets for damage or frayed cords before placing on the bed.
- Take care to keep curtains, tablecloths and bedding away from portable heaters.
- Keep out clothing at least 1 metre from heaters or fireplaces and never leave unattended.
- If you use a coolie, dryer make sure you clean the filter each and every time you use it.
- Only use one appliance per power point and switch off when not in use.
- Always extinguish candles or any other open flames before going to bed.
- Always handle candles or any other open flame with care.
- Store matches or lighter in a secure place not accessible to young children.
- Avoid the use of outdoor heating and cooking equipment inside your home. The use of this type of equipment indoors could lead to the build up of carbon monoxide which could be fatal.

**FIRE SAFETY TIPS**

- Use only authorised brands of fixed heating appliances.
- If possible, in the kitchen keep the fire extinguisher and the fire blanket near the sink.
- In case of emergency get out stay out and Call Triple Zero (000).
123 Magic Parenting Program

What is 123 Magic?

123 Magic is a parenting education program that provides easy to follow steps for disciplining children.

123 Magic helps parents with simple strategies to use at home or out in public.

Who is it for?

Parents of children aged 2–12 years that need help managing their children’s challenging behaviour using the NO TALKING NO EMOTION technique.

What does it cover?

With 123 Magic you will learn:

- How to get your kids to STOP doing what you don’t want them to do (arguing, whining, tantrums, acting naughty)
- How to encourage your kids to START doing what you want them to do (cleaning rooms, going to bed, homework, etc.)
- How to avoid the Talk-Peruse-Argue-Talk-It-Over Syndrome
- How to handle misbehavior in public
- How to deal with six types of testing and manipulation
- How to improve your child’s self-esteem
- How to recover when your child goes off track.

Where and when can I access the program?

2015 Course Information

29 July 2015, 6 August 2015, 12 August 2015 - Wednesday Nights

St Mary’s Catholic Church, Olne Street, Albury

The 3 sessions course starts 29 July 2015 in Albury, Time 7.30pm-9.30pm.

Cost: $50 per couple/ $30.00 single. Support provided

For more information or to enrol in this exciting program,

call Centacare 02 6061 0222

e-mail us at

organisations@centacare.com.au

or visit our website

www.centacarecomau.org.au

1-2-3 Magic

Christine Cameron
Riverina Councillor

YOUR RIVERINA COMMUNITY FORUMS

FEDERATION OF PARENTS & CITIZENS ASSOCIATIONS OF NSW

LOADED BAG 40, GRANVILLE NSW, 2142

To register please visit our website at

http://fpca.org.au/

or call the office on 1300 885 982 for assistance

Thurs 23/7/15 -James Fallon High School
Glenty Street, Albury NSW 2640

Mon 10/8/15 -Griffith High School
Cooah St, Griffith NSW 2680

Registration from 5.30pm
Time: 6.00PM - 9.30PM
(light refreshments and food will be provided)

Albury-Thursday 23rd July 2015
6pm-9.30pm

Griffith -Monday 10th August 2015
6pm-9.30pm

Your Riverina Forum

Proud Member of Crossing Point Learning Community ‘Creating our Future’
**Mini Series**

**Event Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Start Time</th>
<th>Distance</th>
<th>Age Grouping</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday 29-06-2015</td>
<td>11:00am</td>
<td>Classic</td>
<td>Under 7</td>
</tr>
<tr>
<td>Sunday 05-07-2015</td>
<td>11:00am</td>
<td>Classic</td>
<td>Under 9</td>
</tr>
<tr>
<td>Sunday 08-08-2015</td>
<td>10:45am</td>
<td>Classic</td>
<td>Under 11</td>
</tr>
<tr>
<td>Sunday 15-08-2015</td>
<td>11:00am</td>
<td>Freestyle</td>
<td>Under 13 and Under 15</td>
</tr>
<tr>
<td>Sunday 22-08-2015</td>
<td>11:00am</td>
<td>Freestyle</td>
<td>Under 17 and Under 19</td>
</tr>
</tbody>
</table>

**Distances and Age Grouping**

- Under 7: 1.5km
- Under 9: 2.0km
- Under 11: 3.0km
- Under 13 and Under 15: 5.0km
- Under 17 and Under 19: 10.0km

**Entry Fee**

$5.00 per event

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**BOOK FAIR**

When: 7th - 8th August

Time: 9:00 am - 4:00 pm

Where: St David’s Hall

Corner David St and Olive St, Albury

Books for all ages and interests. Entrance is by a gold coin donation. There will be an abundance of irresistible reading, great bargains, great raffle prizes and the Reader’s Café has great coffee!

Donations of books are welcome.

To donate books please phone Chris on 0427 432 229 or deliver to the Volunteer Resource Bureau

596 Hume Street Albury - 0260210990
Regarding: Parent/Teacher Interviews

We have scheduled a Parent/Teacher interview evening for year 7 to allow you to consult with the teachers of your son/daughter. This has been arranged for Wednesday 29 July. On this day, from 5:00pm until 7:30pm, as many teachers as possible will be available for interview by appointment. Interviews will be conducted in the school hall and are of five minutes duration.

To co-ordinate the interviews we have employed an online booking system to assist parents in securing their preferred interview times. The procedure is as follows:

- If you wish to see any of your child’s teachers, you need to secure an appointment time using this system. If you do not have access to the internet your local library may be able to help, or alternatively you can call the school office.
- The booking system will only be accessible from 6am on 15th July through to 3pm on 1st August. Interview requests outside of these times can be arranged by contacting the teacher via the email link at the bottom the teacher’s bookings.
- In your web browser type in the school website [see address above] and navigate to the 29th July in the calendar and click on the link there. An information sheet with detailed instructions accompanies this letter.

Teachers may request an interview with you if they feel there is a matter of importance which should be discussed. Please refer to your child’s Semester 1 report where a parent interview may have been requested. Ms Angela Moon – Student Adviser, will be available on the evening if you wish to discuss any other issues with her.

We encourage your child to accompany you to the interview as this often assists the discussion and clarification of outcomes. Canteen facilities will be available for light refreshments on the evening.

Andrew King  
Deputy Principal
How to book your Parent/Teacher interviews

NOTE: Information entered into this booking system is outside of the school’s network and therefore under the privacy information policy of the website sobs.com.au – their policy states that they will not disclose this information to any other party, and nor will the information be used for any other purpose than managing these interviews.

1. Visit the school website and click on the link for ‘Parent/Teacher interviews’

   Upcoming Evenings: (All Wednesday Evenings)
   Year 11 and 12 : 20th May
   Year 10 : 17th June
   Year 9 : 22nd July
   Year 8 : 24th June
   Year 7 : 28th July

   Times : 5:00pm – 8:00pm  Bookings commence 2 weeks prior to the evening


2. Type in your email address

3. Enter your name and contact details

4. Enter your child’s full name and select year level from the drop down menu

5. Click on the ‘Book Interviews’ box to book your interviews
6. Select all teachers you require interviews with by ticking the box.

7. Scroll and select available slots with each staff member. The green slots are available. Gray slots are unavailable. As you click slots they will turn pink and your child's name will appear in the slot. You will only be able to book once with each teacher, and only once in each time slot. Ideally you want to select interview slots that are chronological so that you can move from one interview to the next without having to wait around. Once you have selected your interview slots click the 'Save' button.

8. Once selected you have the option of emailing or printing your interview booking times. If you select the email option the schedule is sent to the email address you initially entered.