MEDIEVAL FEAST

On Tuesday the Year 7 History classes combined to have a Medieval Feast. Below are some images of their experience!

PRINCIPAL’S MESSAGE

HAPPY HOLIDAYS

The year has certainly seemed to fly by, here we are ready for the next holidays! I hope you all have a relaxing break and look forward to seeing you all back refreshed and ready for Term 4. Due to the Labour Day Holiday our first day back will be Tuesday 6th October.

TELL THEM FROM ME

Thank you to those parents who have completed the Tell Them From Me survey. There has been a good response however, more would be appreciated. If you would still like to complete the survey please use the following link: http://surveys.cese.nsw.gov.au/information-for-parents

CYBER BULLYING

Cyber Bullying is a constant ongoing issue that we take seriously at Albury High School. Parents and students are encouraged to engage in respectful online conversations. Parents should monitor students use of sites and encourage students to be respectful. Too often the school is involved in disputes that originate out of school around broken relationships and then we have to manage the impact in school. Often comments are made when students are hurting and they then regret these later. Unfortunately, once online, its very difficult to retract comments. One useful resource for parents and students to utilise to combat online bullying is the Australian Governments esafety.gov.au site, which is operated by the Office of the Children’s safety Commissioner. On this site cyberbullying can be reported by a child under the age of 18. If students are significantly impacted by bullying over the holiday period contact the Kids Helpline on 1800 551 800. There is a list of other useful welfare sites on our website under ‘Caring For Students’.

GOOD LUCK YEAR 12

Good luck to Year 12 with their study over the holidays. Students should by spending a minimum of 3 hours a day studying/revising. It’s never too late to improve. I wish them all the best for their exams and am looking forward to the Graduation Ceremony and Ball in November.

Mr Darryl Ward
Principal
STUDENT ACHIEVEMENTS
CONGRATULATIONS TO:

- **Rachel Goodwin** who won the Nano Stories for Years 7-8 section at the ‘Write Around The Murray’ competition
- **Ellie Zilbermann** who came 2nd in the Nano Stories for Years 7-8 section at the ‘Write Around The Murray’ competition

BRONZE & SILVER MEDALLION RECIPIENTS
Congratulations to the following students who have achieved bronze and silver medallions on the school’s merit system this month. To earn a bronze medallion, students must receive 36 merit awards from staff, while for silver medallions they need to have 72 merit awards. This is an outstanding achievement for all involved.

BRONZE
- **Year 8:** Paras Padhiar
- **Year 9:** Mitchell Anderson, Emily Crawford, Lilly Grigg, Nicholas Hill, Kate Jenkins, Jacob Koschitzke, Olivia Sadowsky & Amber Strauss
- **Year 10:** Jasmina Ainsworth, Sarah Hendricks, Casey Macpherson, Charlie O’Shea, Arun poudyel, Jorja Rituper, Chloe Sherridan & Maddison Torpy
- **Year 11:** Tasman Bailey, Jake Priori & Layne Rennie
- **Year 12:** Rachael Rituper, Bryce Tinley, Clementine Bates, Tanarra Brown, Lewis Mol, Joseph Muntz, Amber Thomas, Andrew White & Meg Whitelaw

SILVER
- **Year 10:** Emily Archer & Mahnee Przibilla
- **Year 11:** Katie Cossor, Harry Duck & Angus Upshall
- **Year 12:** Jack Day, Sally Jenkins & Holly Shepherd

Ms Deb Quinn
Head Teacher Welfare

P&C NEWS
CANTEEN COMMITTEE

CAN YOU HELP?
The canteen needs more volunteers. As a canteen volunteer I can assure you the task is NOT arduous nor time consuming.

Commitment:
As little as 40mins once a fortnight or month.
The days & hours
- Mon, Wed, Thurs, Fri - 12:00 to 12:30 pm
- Tues - 12:40 to 1:00pm

Tasks:
Some prep work e.g. toasting wraps.
Serving on counter – giving food & drinks to students. **NO money handling.**
Washing Dishes – **Only if you want to.**

If you CAN HELP, please contact Betty or Sharon in the canteen on 6021 1730.

COMMUNITY NEWS

Albury High School

**War and Peace**
A PROGRAM FOR PARENTS WITH TEENAGERS

Centacare is presenting its successful Parenting Program: War and Peace

**PRESENTED BY MARIA JUVANY**

This 8 session course offers parents and carers:
- A chance to explore with others practical ways to understand and communicate with teenagers.
- Strategies for handling problem situations such as messy rooms, bad grades, drug use, peer pressure and sexuality
- Ideas about appropriate discipline and appropriate consequences for teenagers
- Understanding of the goals of teenage behaviour – which problems is it?
- A way forward - strengthening relationships and building self-esteem

**Stilly Centre**
In the grounds of St Patricks Church
449 Olive Street, Albury

- **Wednesdays 28th October and 4th, 11th & 18th November 2015**
  - 7:30-9.30pm
  - Light Refreshments provided

For further information or to register your interest please contact Centacare Albury: Office: 02 6021 1730
Or contact our Facilitator, Marie Sullivan AM on: 04 09254715
www.centacarealbury.org.au
RETRO YOUTH CAFE

week 1
21st - 25th Sept
Humans vs Zombies
Pull out your nerf guns and armor for the evensession at Hereworth Park. Defend yourself against the growing horde of zombies using Nerf gun and a big game of tag.
Hereworth Park
Fri 23rd Sept - 11.30am - 2.30pm
$5 - Includes BBQ lunch
Age 6 - 16
Booking essential

Open Mic
Whether you sing on stage... in the car... the shower or just to your cat... if you want to perform or just have a bit of fun come to the Open Mic in the Friday Night Club and show us what you've got. There's prizes too!
Albury LibraryMuseum
23rd Sept - 7pm
Free entry - All ages
"Performance must be seen to be believed"

week 2
28th Sept - 2nd Oct
Movies
Comedy... action... romance... thriller... sci-fi... whatever you want a no-brainer... or just want to curl up with a bucket of popcorn and watch the latest release... there's your choice... sign up now to join us at the cinema this school hols!
Albury Cinema Centre
Tues 29th Sept - times TBA
$5 - Includes movie + lunch
Age 4+
Booking essential

Ultimate Frisbee
It's the game you've been waiting for... just in time for the holidays. No Ultimate Frisbee challenges. Just a fun, friendly game of competitive frisbee.
Hereworth Park
Thurs 1st Oct - 11.30am - 2.30pm
$5 - includes BBQ lunch
Age 4+
Register now. Details below

Come and Play Cricket with us!!
Albury Cricket Club is looking for Boys and Girls of all ages.
We offer T20 Blast, Under 12’s, 14’s and 16’s, plus Seniors.
We are also keen to establish an All Girls team to play in the Under 14 Competition. Girls can be aged 12–16.
Training will be on Tuesday afternoons at Billson Oval.

Come down to Billson Oval on 10am-12pm Saturday 19th and Sunday 20th September to “Meet your Coach” have a free sausage and register with us on the day.

JUNIOR TENNIS COACHING
Jindera Courts
Tennis lessons for Term 4 for beginner and intermediate players are happening at the Jindera Courts on Monday nights at 4.30pm and 5.15pm.
Have some fun, learn the basics or improve your current skills ready for the tennis season. Great grassroots coaching at an affordable price: $5 per lesson/second child $5.
Lessons commence on Monday 12th October.
Contact Leanne Wheaton on 0428 263 297 or email lea@bigpond.com.au to reserve your spot.
Volunteers Urgently Needed for the Convoy for Kids to be Held on the 4th October. Please phone Country Hope on 6025 6880 for more details.

Volunteers wanted
Can you help make a difference?

We are seeking people to become part of Team Convoy for Kids. Helping sick kids in our local community.

Available volunteer teams include:
- Canteen staff
- Traffic control team
- Set up & cleaning staff
- Gates & ticketing
- Market stall staff

Fresh seasonal fruit and vegetables along with free range eggs (subject to availability) are for sale from our school farm. Cash sales can be made between the hours of 8.30am and 12noon at the farm gate near the oval.

Mrs Tracey Lee
Agriculture

Mental health and mental health problems in young people

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

TERM 3

WEEK 10
Thursday 17th September
Year 12 Table Top excursion meet at Greenfield Park
Friday 18th September
Last Day Term 3

TERM 4

WEEK 1
Tuesday 6th October
Term 4 Commences

WEEK 2
Monday 12th October
HSC Exams commence
Wednesday 14th October
HSC Assessment Evening for Year 12 students in 2016