SWIMMING CARNIVAL RESULTS

<table>
<thead>
<tr>
<th>HOUSE</th>
<th>HOUSE RESULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>MITCHELL</td>
<td>760</td>
</tr>
<tr>
<td>HOVELL</td>
<td>738</td>
</tr>
<tr>
<td>MURRAY</td>
<td>604</td>
</tr>
<tr>
<td>HUME</td>
<td>483</td>
</tr>
</tbody>
</table>

AGE CHAMPIONS

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>CHAMPION</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>12yr Female</td>
<td>Klaire NEAL</td>
<td></td>
</tr>
<tr>
<td>13yr Female</td>
<td>Ella RICHES</td>
<td></td>
</tr>
<tr>
<td>13yr Male</td>
<td>Nixon WALKER William HABERFIELD</td>
<td></td>
</tr>
<tr>
<td>14yr Female</td>
<td>Natalie GIBBONS</td>
<td></td>
</tr>
<tr>
<td>14yr Male</td>
<td>Bailey CLEMSON</td>
<td></td>
</tr>
<tr>
<td>15yr Female</td>
<td>Kaitlin AINSWORTH</td>
<td></td>
</tr>
<tr>
<td>15yr Male</td>
<td>Austin SHEPHERD</td>
<td></td>
</tr>
<tr>
<td>16yr Female</td>
<td>Annie LEFOE Katelyn BRUCE</td>
<td></td>
</tr>
<tr>
<td>16yr Male</td>
<td>William CAMPBELL</td>
<td></td>
</tr>
<tr>
<td>17yr Female</td>
<td>Samara JACKSON</td>
<td></td>
</tr>
<tr>
<td>17yr Male</td>
<td>Harry DUCK</td>
<td></td>
</tr>
<tr>
<td>14yr 50m Backstroke Old Record</td>
<td>Natalie GIBBONS Victoria AMER (2005)</td>
<td>34.30 34.88</td>
</tr>
<tr>
<td>17yr 50m Backstroke Old Record</td>
<td>Samara JACKSON Amelia TODDHUNTER (2005)</td>
<td>33.83 34.69</td>
</tr>
<tr>
<td>13yr 4x50m Freestyle Old Record</td>
<td>Hovell Hume (1999)</td>
<td>2:14:71 2:22.97</td>
</tr>
</tbody>
</table>
PRINCIPAL’S MESSAGE

FACEBOOK AND SOCIAL MEDIA

Recently we have supported students through issues created by their use of social media and their peer responses. Often hurtful and abusive messages and sometimes inappropriate images are circulated, designed to harm and bully. These messages often occur late at night, weekends and holidays and the consequences then flow over to school.

We do not condone these messages and when necessary report them to the relevant authorities including police.

Students need to understand that messages sent are often made public, captured and ultimately resurface causing more harm. You are responsible for what you say and do. Resultant behaviours at school will be dealt with under our welfare and behaviour management policies and when appropriate, we will provide counselling and support for students.

Rather than this we would hope that students show respect to, and support each other. When used appropriately social media can have a positive impact. If you are dealing with these issues I recommend the following site to you


This site is run by the Australian Government and can help with cyberbullying.

As a school we will do our part to support students but students have a responsibility to treat others with respect. Parents can help by monitoring students use of phones and social media sites, especially at night. Students have no need of phones and computers in their rooms all night. A similar message was given to all students on assembly this week.

Mr Darryl Ward

SCHOOL COUNCIL NEWS

You are warmly invited to attend the AHS School Council AGM on Monday 21st March at 7.30pm in the AHS Board Room. A General meeting will follow directly after the AGM.

If you are interested in finding out more about the School Council and its role, please contact either Leanne Wheaton on 0428 263 297 or Judy O’Keefe on 0408 415 196.

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose

varicella vaccine (chickenpox) as a single dose; and

human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided complete the consent form, including signing their name next to the vaccine/s they would like their child to receive

- return the completed consent form to their child’s school

- ensure that their child eats breakfast on the day of the school vaccination clinic.

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.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Mrs Deb Quinn

Head Teacher Welfare
The Student Representative Council (SRC) welcome students, staff and the wider school community into what we know will be a very successful 2016.

The early distribution of lockers has seen many students in Years 7 to 12 organised and ready to start the school year. The SRC themselves have leapt out of the starting gate on full speed, by organising and manning the Swimming Carnival’s BBQ, providing delicious baked goods and running the Rose Fundraiser for Valentine’s Day simultaneously. Both events were well received by students and staff alike. The SRC would like to thank everyone for their support in these fundraisers, as they are only as successful as you make them.

Please keep an eye out for future events and activities on our new SRC notice board located near the Canteen. Your ongoing support is much appreciated.

The AHS P&C Association wishes to advise that at this week’s (16th February 2016) AHS P&C Association meeting, a motion of approved spending for an additional $28,000 be allocated to the Year 8 COLA project was moved and is to be voted on at the next AHS P&C Association meeting to be held on Tuesday 15th March 2016.

The motion was moved by Alistair Macdonald and seconded by Margaret Gavrilovic.

Parents and citizens are invited to attend the P&C AGM which will be held on Tuesday 15th March at 7.15pm in the Staff Common Room. The P&C meeting will directly follow the AGM.

The Canteen needs more volunteers!
As a canteen volunteer 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 the canteen on 6021 1730.

Ms Margie Gleeson
Head Teacher Creative and Performing Arts

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Ms Katia Bertazzo
Volunteering Coordinator

Ms Margie Gleeson
Head Teacher Creative and Performing Arts

P&C NEWS

AHS P&C ASSOSICATION NEWS - MOTION OF APPROVED SPENDING
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COMMUNITY NEWS
RESILIENCE AND ANTI-BULLYING
Gateway Community Health will be holding an educational seminar for parents to provide a broader understanding of, and the tools to deal with, the effects of bullying. This will give you greater confidence helping your child when they are upset and will build their confidence and resilience and give them life-long skills.

DATES: Monday February 29 & Wednesday March 2
TIME: 1pm – 3pm
COST: $5
CONTACT: (02) 6043 4550

PARENTING AND YOUTH MENTAL HEALTH
SCHOOL OF PSYCHOLOGICAL SCIENCES, MONASH UNIVERSITY

We are currently recruiting participants for our brief, online parenting program that provides personalised feedback and practical strategies that parents can use to reduce the risk of depression and anxiety in their teenagers. The strategies are supported by research evidence and international experts in the field. The program is based on Parenting Guidelines that were published in partnership with beyondblue and have been accessed by thousands of parents internationally. Preliminary results of a trial of the program have indicated that there have been beneficial effects on a range of family factors, including improved parent-child communication, reduced family conflict, and increased parental support for adolescents’ emotions. Adolescents whose parents received the program also reported reduced depression and anxiety symptoms 3 months later.

We are eager to invite parents of Albury High School students aged 12-15 (years 7-10) to participate in a free trial of this program and would love to partner with you to invite parents on board. As parents may be nervous about their children making the transition to adolescence and commencing Year 7, this time of year may be ideal to extend the opportunity to parents to participate in such a program.

To register please go to http://parentingstrategies.net/depression.brief.intervention/
TERM 1 2016

COMING EVENTS

WEEK 5 & 6

Tuesday 23rd February  
Prefect Investiture

Tuesday 1st March  
Year 6 into 7 Parent Information
Evening for Year 7 2017

Friday 4th March  
Riverina Swimming Carnival - Leeton

POSITION AVAILABLE
CANTEEN SUPERVISOR

Albury West Public School canteen requires a Canteen Supervisor to work in our canteen. We seek an honest, trustworthy and reliable person with a friendly manner and enthusiasm for the role. Applicant must have own vehicle for weekly shopping.

- 3½ hours per day from 10:15am – 1:45pm, Wednesday to Friday
- Award rates are paid including superannuation

A Police check is mandatory for all workers in NSW schools.

A more detailed job description is available by calling AWPS on 6021 2288.

Applications, including two references, to:-
Albury West Public School P&C
Canteen Supervisor Committee
PO Box 3245
ALBURY NSW 2640

Applications close at 3.00pm Wednesday March 9 2016
School Communities Working Together
Fact Sheet for Parents and Carers

Introduction
The role of schools is to work in partnership with parents to provide an environment that encourages students to connect with each other and their community, so they can succeed and thrive. Parents, teachers and the community all play a role in fostering this environment.

Schools have well established systems which support student wellbeing and address instances of anti-social behaviour such as bullying, threats of physical violence and other offensive behaviours.

Your role in supporting your child
- Be involved in your child’s life — dedicate time to really understand your child. Know where they are, who they are with and what they are doing.
- Be cyber-aware:
  - regularly monitor what they are looking at on the internet and on social media sites and do what you can to reduce their exposure to inappropriate content;
  - place the computer or device in a common area of the house, so your child is less likely to try and access inappropriate web sites or use social media sites inappropriately; and
  - consider using content filters to help control what your child can access.
- Encourage open and honest discussion at home — encouraging your child to learn about and understand other points of view is a valuable life skill. If you stop discussion about topics that you are uncomfortable with, for example religion, politics, racism, drugs, extremism or terrorism, your child may find it even more interesting and may try to find information without you knowing. This could lead them to inaccurate information.
- Encourage positive outlets for your child’s energies — sports, performing arts, hobbies and organised clubs, all provide a sense of belonging and somewhere to focus their interests, though it may take a few attempts to find the right interest for your child.
- Be a role model — modelling positive, respectful relationships, positive ways to show emotions and how to apply objective thinking skills are valuable life skills for your child.

How you can help your child
You know your child better than anyone else and are in a good position to notice any changes in their behaviour. If their behaviour changes significantly, try to find out what is happening in their lives. There are many reasons for a change in behaviour, so don’t jump to conclusions.

The best way to support your child is to maintain open, non-judgemental communication with them. By keeping a positive relationship you may be in a position to help them if they want to talk about their problems. Listen to their concerns and try to understand their perspective.

Even if you disagree with what they are saying, it is important to find some way to let them know they are accepted and that you are there to help them.

What to do if you are concerned for your child
If you do have concerns that your child is involved in or supporting extremist behaviour there are a number of options for seeking advice. You may like to talk to someone from your child’s school such as the Principal, your child’s Year Advisor, a teacher, or a trusted staff member.

You may wish to talk to your child yourself, or ask a close friend or family member to do so. Alternatively, there are government assistance and advice lines and websites. Some are listed below.

Remember
As your child grows, they will be exploring their own values and beliefs. They may search for and push the boundaries of acceptable, responsible behaviour during this process.

Cyber Safety
- ThinkUKnow — internet safety education site — http://www.thinkuknow.org.au/
- National Security Hotline – 1800 123 400 or email hotline@nationalsecurity.gov.au

Resources
- 000 (triple zero) if you feel unsafe or in danger
- 1800 RESPECT — http://www.1800respect.org.au
- Domestic violence line (24h) 1800 65 64 63
- Black Dog Institute — http://www.blackdoginstitute.org.au
- Secure NSW — http://www.secure.nsw.gov.au

If you are concerned that a person in your community is showing possible signs of terrorism, you should call the National Security Hotline – 1800 123 400 or email hotline@nationalsecurity.gov.au