

AMBARGRAM

SPRING 2018, ISSUE NO. 35
AMBARVALE HIGH SCHOOL



Meet the NEW KIDS on the BLOCK

Ambarvale High School is proud to introduce to you the 2019 Senior Leadership Team.

All students have been involved in various programs and activities in their junior years which have provided them with skills, and opportunities to develop in preparation for this prestigious role.

We look forward to working with them throughout 2019, and encourage all students to say hello, and share their ideas on how to create the best AHS for the future!



Alyzza-Joyce Ayeras
CAPTAIN



Jordan Lole
CAPTAIN



Melissa Luong
VICE CAPTAIN



Luke Cowley
VICE CAPTAIN



Connor Binney
PREFECT



Laura Perkins
PREFECT



Matthew Bryant
PREFECT



Krishal Kumar
PREFECT



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FROM THE PRINCIPAL'S DESK

Welcome to Term 4, and can I welcome **two new substantive teachers** to the Ambarvale High School community; Mr Donaghy in our Maths faculty and Mrs Flanagan as our new librarian. They have already made a big and positive impact on our staff and students and will continue to be a huge asset to our school.

As I write, this year's **HSC exams** are well underway with many students nearing the completion of their exams. May I once again wish them well and I am sure they will enjoy their well-earned summer break - although many are increasing their part-time job hours, organising courses and placements and generally keeping busy as they move into the next stage of their lives.

Yesterday I met with the students from Years 7-11 who have been successful in their application for a position on the **Student Advisory Board**. They are all fantastic ambassadors for our school and we are excited to be able to offer them this unique leadership role. They will engage in training next week and will cover topics such as confidentiality, conflict of interest and ethical decision making.

Our school will undergo a process called **External Validation** in a few weeks time. This is when educators outside our school come and view our school's self-analysis against the Department of Education's 'School Excellence Framework'. Their job is to validate that the evidence we provide them aligns with our self-analysis. A big thank you to everyone in our school who has supported the extensive organisation of this task as we prepare for validation, in particular Ms Vandenberg, HT English who has worked closely with me to prepare the necessary documents. We will let you know how we go!

I will be taking some **Long Service Leave** later this term at the start of week 6 and Mr Macpherson will be in the Principal's chair, with Ms McKenzie and Ms Arts as our Deputy Principals. As a result I am not going to see you at our presentation assemblies in December, so even though it is very early, I will take this opportunity to wish everyone a very happy holiday and New Years.

Kind Regards,

Louise Barnott Clement
PRINCIPAL
AMBARVALE HIGH SCHOOL



- Multicultural Day – 16/11/18
- State Touch Football – 16/11/18
- Japanese Film Festival – 23/11/18
- Yr 10 Work Experience – Week 7
- Yr 12 Formal – 30/11/18
- CAPA Exhibition – 5/12/18
- Yr 7 & 8 Academic Assembly – 10/12/18
- Yr 9,10,11 Academic Assembly – 11/12/18
- Sports Assembly – 12/12/18
- TRREC Excursion – 14/12/18



Want to learn how to support your young person when it comes to drug and alcohol concerns?

Register for our free, relaxed and friendly

PARENT & CARER INFORMATION SESSION

WEDNESDAY 28 NOVEMBER 2018

Ambarvale High School
2.00 pm – 2.45 pm

RSVP to Natalie (Student Support Officer – Ambarvale High School)
by 19 November: Phone 02 4627 1800 or email natalie.safar@det.nsw.edu.au
Light refreshments provided

SSO – PROGRAMS 2018

AHS has 2 excellent Student Support Officers (SSO) who help students on a daily basis as they work towards reaching their personal best. One of our SSO's, Bruce, shares some of the excellent work within our programs this year.



PACE

The **PACE Program** is aimed at raising self-awareness of personal strengths and abilities. It is about learning how to play, work and live together with others in a changing, multicultural society.

PACE prevents bullying behaviour and effectively addresses this so that teacher-pupil relationships are positively strengthened. AHS teachers state that the training enhances the social-emotional development of children, and that there are beneficial learning outcomes. Children that feel safe can play, work, and learn together.

“
The PACE program
helps me to
control my anger...
It's really cool

- Johnny

In short, this program is based upon the notion that the development of body awareness (e.g. the ability to control one's physical state, i.e. breath) is a precursor to the development of emotional awareness (e.g. as emotions are expressed through the body). In turn, it fosters the development of self-awareness- the ability to link together one's environment, emotions and thoughts.

The program includes a range of low physical exercises, role plays, brief assignments, active discussions, inter-group challenges and periods of reflection. Lessons 9 to 10 of the program are primarily designed for older participants, as they require a greater level of abstract reasoning and an understanding of self-worth.

“
I love how
everyone opens up
towards others
after several
sessions in the
program.

- Ashley

The Garden Project (another SSO program) allows students each week to cultivate principles of resilience, integrity, self-worth, and positive engagement with each other. Gardening is an excellent hands-on recreational activity that allows these young students to create and nurture small seeds/seedlings into full mature plants and vegetables ready to harvest. This is one of the benefits of the program in learning and gaining a better understanding of horticulture, which is very important for future generations.



”

I learn a lot from the tropical garden... and it's not all from the gardening

- Daniel

“

The life skills gained through the garden project is a positive way to help meet the needs of each young participant, who attends the program each week on Friday in the school agriculture plot. It is not just how to till the ground and turn over good soil for the vegetables; or build strong garden beds. It is about the life skills gained through the garden experience and positive engagement developed in the time we spend mentoring them each week.



It's awesome to see something I planted, grow from a little seed to a full vegetable

- Junior

”





Bravery UNMASKED

Throughout Term 3 Mrs McAteer's Year 10 Visual Arts class participated in a community project titled 'Bravery Unmasked'. This program, facilitated by Casula Powerhouse Arts Centre, provided an opportunity for students in local schools to work with Liverpool and Macarthur Cancer Therapy Centres.

Year 10 students manipulated individual radiotherapy masks which are necessary to immobilise patients undergoing treatment for head and neck cancers. In modifying these masks, students explored how in art making they could use symbols of strength, hope, resilience and humour to reflect the experiences of others and support persons impacted by cancer.

On Thursday 25 October 'Bravery Unmasked' opened at Casula Powerhouse where Mrs McAteer, Mrs Flanagan and Miss Calman celebrated the achievements within the program. Mrs McAteer said that she is excited for her class excursion where students will see their works within the gallery and hear first-hand from organisers the positive impact of the project. The exhibition will be on display until 18 November, where all masks can be purchased. Proceeds for each mask will go directly to the Cancer Therapy Centres.

**'BRAVERY UNMASKED' TURNS A
BLAND AND MORBID PIECE OF
PLASTIC INTO AN OBJECT OF
BEAUTY AND MEANING**

- Casula Powerhouse





The school is currently exploring changing our school start time and some of our bells.

Currently our school day starts at 8:20am with Roll Call going until 8:45am. We also have numerous 'warning bells' that occur to get students to class after a break.

We are proposing that the start day bell will move to 8:30am and all warning bells will be removed. This will not impact on any learning periods as we will still have 5 X 1 hour periods and 2 X 30 minute breaks per day.

These changes are proposed as we understand that we are an early start school, and many students who also have younger siblings at local primary schools have difficulty in arriving at 8:20am. We hope that by reducing roll call by 10 minutes we will allow our students more time in the morning to get ready and arrive to school on time, ready for learning.

We are seeking feedback on this proposal from parents and community members. If you would like to share your opinion on this proposed change, please email ambarvale-h.school@det.nsw.edu.au with the subject heading as "Bell Times".

Monday, Tuesday, Thursday & Friday	Bell Times	Tuesday Week B	Bell Times	Tuesday Week A Summer (Terms 1 & 4)	Bell Times	Tuesday Week B Winter (Terms 2 & 3)	Bell Times
Period 0	7:30	Period 0	7:30	Period 0	7:30	Period 0	7:30
Roll Call	8:30	Roll Call	8:30	Roll Call	8:30	Roll Call	8:30
Period 1	8:50	Period 1	8:50	Assembly	8:35	Period 1	8:35
Period 2	9:50	Period 2	9:50	Period 1	8:50	Period 2	9:35
Recess	10:50	Recess	10:50	Period 2	9:50	Recess	10:35
Period 3	11:20	Period 3	11:20	Recess	10:50	Assembly	11:05
Period 4	12:20	Period 3	11:20	Period 3	11:20	Period 3	11:20
Lunch	1:20	Lunch	12:20	Period 4	12:20	Period 4	12:20
Period 5	1:50	Period 4	12:50	Lunch	1:20	Lunch	1:20
Finish	2:50	Finish	1:50	Period 5	1:50	Period 5	1:50
		SRE and Private Study Students Staff Meeting - 4:00	2:50	Finish	2:50	Finish	2:50



Monday, Tuesday, Thursday & Friday	Bell Times	Tuesday Week B	Bell Times	Tuesday Week A Summer (Terms 1 & 4)	Bell Times	Tuesday Week B Winter (Terms 2 & 3)	Bell Times
Period 0	7:30	Period 0	7:30	Period 0	7:30	Period 0	7:30
Warning Bell	8:20	Warning Bell	8:20	Warning Bell	8:20	Warning Bell	8:20
Roll Call	8:25	Roll Call	8:25	Roll Call	8:25	Roll Call	8:25
Period 1	8:45	Period 1	8:45	Assembly	8:32	Period 1	8:32
Period 2	9:45	Period 2	9:45	Period 1	8:52	Period 2	9:32
Recess	10:45	Recess	10:45	Period 2	9:52	Recess	10:32
Warning Bell	11:12	Warning Bell	11:12	Recess	10:52	Assembly	10:52
Period 3	11:15	Period 3	11:15	Period 3	11:15	Period 3	11:15
Period 4	12:15	Lunch	12:15	Period 4	12:15	Period 4	12:15
Lunch	1:15	Warning Bell	12:47	Lunch	1:15	Lunch	1:15
Warning Bell	1:47	Period 4	12:50	Warning Bell	1:47	Warning Bell	1:47
Period 5	1:50	Finish	1:50	Period 5	1:50	Period 5	1:50
Finish	2:50	SRE (Students) Staff Meeting	4:00	Finish	2:50	Finish	2:50





Legal Studies

Legal Studies students began their Year 12 course by engaging in an immersive learning experience in Canberra. On the first day we visited Parliament House, which was jam packed with Politicians and Media as On Monday 22 October 2018, the Prime Minister of Australia, the Hon Scott Morrison MP, delivered the National Apology to Victims and Survivors of Institutional Child Sexual Abuse at Parliament House in Canberra.

Amongst the business of the day the students were able to meet and have afternoon tea with Dr Michael Frelander MP, Member for Macarthur. We then explored the consulate region of our National Capital looking at the variety of embassies and spotting vehicles on the road with diplomatic immunity.

Our second day focused on the judicial system. We visited the Magistrates Court, the Supreme Court and The High Courts of Australia. We were shown around empty courtrooms and were presented to by the Sheriffs representative.

Students were then invited into the public galleries of a variety of sitting courts where they were able to view first hand court room process; bail hearings and summary hearings in the Magistrates Court and the giving of evidence and cross-examination of the Supreme Court, with barristers wearing wigs and all!

The knowledge gained from this trip will set the 2019 HSC Legal Studies students in good stead, particularly with their understanding of Crime - the core syllabus topic. Thank you to Ms Arts for organising such a wonderful excursion that students will remember for many years.



HAVE YOUR SAY ON DIABETES IN SCHOOLS

Diabetes Australia is currently leading consultation to develop a national program to better support kids with type 1 diabetes in schools.

The new nationally consistent training program for teachers and school staff will be targeted at every school with a student with type 1 diabetes and this will cover the safe administration of insulin, hypoglycemia (low blood glucose level) management, and normalising diabetes in schools so that students are not stigmatised.

The program will also clarify the legal framework for diabetes management in schools and resolve any confusion over who can train school staff, and which school staff should be trained.

To ensure the new program meets the needs of schools, students and parents, and builds on all the good work already happening, we want to hear from you about what works and what needs to be improved.

Register to attend one of our information sessions for parents and carers using the link:

<https://pwc.to/20letTr>

Monday 29th October 7:00pm – 9:00pm

Tuesday 30th October 11:30am – 1:30pm

If you have any questions please visit www.diabetesaustralia.com.au

links to learning



The **Links to Learning Program** at Ambarvale High School is facilitated by Youth Advisors from MTC Australia. The Program runs twice a year, for sixteen weeks at a time, and focuses on empowering young people to get the most out of their school experience.

Students attend a 3.5 hour workshop each Monday, and engage with a different topic each week such as communication, time management, bullying, relationships, managing emotions and building resilience.

Each Semester the school refers up to 18 students from years 7-10 to the program. Links to Learning Workshops are designed to be fun and engaging with facilitation aimed at the students' learning styles. No two workshops are the same, and in many ways the students direct the workshop to get the most out of it for themselves. This means a lot of activities, discussions and most of all, laughs!

After the workshop is finished each day, Youth Advisors catch up with the students individually for around 20 minutes to review the workshop and assist them in achieving personal goals focused on their education and school engagement. Over the course of the project, each student will spend over 2 hours with their Youth Advisor, working towards these goals.

The Youth Advisors work closely with the school to support students' current learning plans, and to ensure the students are supported once the program has finished.

Links to Learning is an active program that works with students for their own success. At the completion of the project, each student receives a certificate which can support their resume. Any students interested in attending the program should speak to Mrs Safar or Mrs Wilson for a permission slip.



WHAT DO THE KIDS THINK?

"I had no intention to enjoy it or participate in it what so ever and if I'm being completely honest I thought it was going to be a waste of time. I continued to go because I realised that I was the one that had the attitude and I did see myself benefiting from it... But the real reason I kept coming and enjoying it was because of Adam, he helped me realise that not everything is a competition and he also has a lot of good techniques that I've used and that work to my benefit.

I've gotten a lot more self-confidence and I realised that it's okay to receive compliments, and that it's okay to tell myself that I'm doing alright. It's okay to get something wrong and that it's also okay to ask questions if I'm stuck.

Anyone who does this program next year and the year after will benefit from it. The two group leaders Adam and Liz are amazing and wonderful people, who will help with anything."

- Shanna Seigel