Successful Antique Fair

A big thank you to our wonderful hard-working P&C for again coordinating the annual Antique and Collectables Fair which raised over $6000. It could not have been such a success without the help of many parents and staff and I am still receiving favourable comments about the work of our students who also assisted in various ways.

It was great to be able to talk to so many families at the Year 7 Welcome BBQ last week and congratulations must go to the Year Adviser, Mrs Rebecca Smith, and her many helpers.

As you may have heard, the phasing in of the new Australian Curriculum begins in 2014. For high schools this means planning and writing programs in English, Mathematics, Science and History (Geography is still currently in draft form) for implementation in Years 7 – 10 next year. All schools have been given an additional School Development Day in Term 2 on Tuesday 30th April. This means that all students will commence Term 2 on Wednesday, 1st May and reminders will be given towards the end of term.

Congratulations to our eight swimmers representing AHS at the zone trials. Every swimmer gained a place on the NW team for the upcoming NSW CHS State Championships next month. Many thanks to Mrs Lisa Russell for taking on the management of our team.

Anne Matley
Principal

Healthy Schools, Healthy Futures is a joint research project between Hunter New England Population Health and The University of Newcastle. We are working with a selection of schools to examine whether building resilience in adolescents leads to a reduction in smoking and alcohol consumption. At Armidale High School staff have been working to enhance the resilience of students both in and out of the classroom and this will continue in 2013.

One of the factors of resilience is the ability to have high expectations and goals and use these aspirations to plan and focus on the future. The start of a new school year brings an opportunity to reflect on past challenges and successes and set new goals for the coming year. In setting new goals it is important to be realistic and establish goals that are achievable. It is also important to be specific and have goals that are measureable and definite. A goal such as “I’d like to achieve at least 60% on each English assessment this year” is more specific than “I’d like to get better in English”. Being specific makes it easier to work out the smaller steps that need to be taken to achieve the goal.

Technology can be a handy tool in tracking goal progress. There are numerous handy apps designed to assist with setting, tracking and achieving goals. Some of these include Way Of Life, which uses a colour-coded system for tracking multiple goals, and 43 Goals, a social goal-making site that also connects to Facebook.

Whatever your goals may be this year, make them realistic, achievable and specific and work out how you will track your progress. And remember to celebrate your achievements along the way as well as at the end. These are the positive experiences and skills that help to build meaning, maintain motivation and develop greater resilience. Good luck!
NATIONAL ASSESSMENT PROGRAM: CIVICS AND CITIZENSHIP FIELD TRIAL

In March 2013, samples of Year 6 and Year 10 students in schools in New South Wales, Queensland and Victoria will participate in the field trial for the Civics and Citizenship (NAP-CC) sample assessment, one of a set of assessments within the National Assessment Program.

The National Assessment Program is an ongoing program of assessments to monitor progress towards the 'Melbourne Declaration on Educational Goals for Young Australians', endorsed in 2008 by the Ministerial Council on Education, Employment, and Youth Affairs (MCEEYA).

The Australian Curriculum, Assessment and Reporting Authority (ACARA) manages the NAP-CC assessment, and the assessment contractor is the Australian Council for Educational Research (ACER). ACER is responsible for developing and conducting the assessment and preparing a report describing the results of the assessment.

Further information about the NAP-CC assessment is available on the National Assessment Program website at http://www.nap.edu.au/

The model accepted for national study in 2013 involves students completing all parts of the assessment using school computers which are connected to the Internet.

Armidale High School is one of a sample of schools selected to participate in the field trial, which will be conducted in March 2013.

The assessment will involve 20 students in Year 10 in an online assessment of civics and citizenship knowledge followed by a brief computer-based questionnaire about students' experience of, and engagement with, civic issues.

ACER will select, at random, 20 students from the Armidale High School Year 10 cohort list to sit the assessment. The assessment session will take no longer than two hours. The assessment is scheduled to take place in Week 8 of this term.

ACER will provide feedback on the performance of students in the assessments in May 2013.

The data collected will include each participating child's name so that feedback can be given to the school and so that the assessment data can be linked to student background characteristics. Information regarding individual student performance is strictly confidential and no individual student or school information is reported to education authorities.

Please contact Mrs Tammy Cameron if you have any queries regarding Armidale High School's participation in this field trial.

U15 Zone Touch Trials

The New England Zone Under 15 touch trials were held in Inverell on Tuesday 26th February. Eight boys nominated and played as a team against other schools including McIntyre, Inverell, Glen Innes, Tenterfield and Bundarra. The boys played very well with Phillip Quinlan, Jayden Smith, Alan Widders and Elijah Tighe all making the possibles and probable game. After another thirty minutes of touch the final team was selected. Alan Widders played very well and was selected in the zone side and he will attend the North West trials later in March. Well done to all of the boys who attended the touch trials.

Mr Gaukroger, Head PDHPE

Open Rugby League 2013

Armidale High School Open Rugby League team kicked off their 2013 season with success at the Eastern Division of North West Region’s Preliminary round of the University Shield played in Armidale on Monday 4th March. The boys tasted victory over MacIntyre, Quirindi, Peel and Duval High Schools and will now progress to the main North West draw. This will feature a home and away round robin involving Armidale HS, Coonabarabran, Inverell, Glen Innes, and the Western Division winner being played over the next ten weeks
News from the P&C

A very big thank you to all our sponsors and community supporters, staff, students, families and friends who made our 2013 Antique and Collectables Fair such a success. Special thanks to Dumaresq Council, Lorraine Coffey, The Armidale Express, Southern Cross TV, Evelyn Owen Photographs, Peter and Susan Moore from Thunder Ridge Wines and Robert and Michael Neilson. Lucky Door Prize winners were Matt Cooper, Elena Anderson, Anne Matley. Raffle Prize winners were Hardy, Katherine Harris, Pip White and Annette Edmonds.

Fat Free Easter Gifts
During Activities Week last year, a group of AHS artists created sculptures which have been crafted into cards available from the Office. See the stunning originals on the website at http://www.armidale-h.schools.nsw.edu.au/gallery/ripples-reeds-and-reflections and decide whether to buy a pack of ten for $20 or individual cards at $2 each. Special orders can be placed and all proceeds come to the P&C.

Giving a Gonski:
If you are interested in fairer Federal funding for all schools and have yet to add your name to those who ‘give a gonski’ head to the website www.igiveagonski.com.au

Invitation to Annual General Meeting
Tuesday, 19th March, 2013
Armidale City Bowling Club, 7.00m

Mrs Croft and School Captains, Angus Gallagher, Kieran Smith and Jaime Randell at the Fair.

Mrs Morgan and Year 12 Hospitality student, Nicholas Briggs-Andrews helping in the canteen.
Armidale High School Canteen
Current Price List

**Snacks**
Choc Chip and Double Choc Chip Biscuits  80c
Muffins / Cupcake                $1.30
Plain Chips                       $1.20
Mini Finger Buns /Cream Bun       $1.40
Cheese Bread                      $1.50
Fresh Fruit Tubs (seasonal)       from $2.00

**Sandwiches, Rolls and Wraps**
A selection of sandwiches rolls and wraps, including chicken, ham, cheese, egg and salad, are available from $3.40 to $4.20.
Salad Tubs (made to order)         $5.00

**Hot Food**
Sausage Roll                      $3.20
Low Fat Pies                       $3.60
Flavoured Pies                     $3.80
Spinach and Feta Roll             $3.80

**Daily Special**
There is a special each day which is advertised on the board outside the canteen.

**Drinks**
Plain Milk                         $2.00
Plain Water                        $1.50
Flavoured Milk Small               $2.40
                             Large      $3.50
Pop Top Milk                       $1.80
Flavoured Water                   $1.60
Juice Small                        $1.70
                             Large      $3.20

**Ice Blocks**
Icy Twist                          $1.00
Cyclone                            $1.80
Paddle Pop                         $1.40
Frozen Yoghurt                     $2.00

Canteen Manager, Helen Fairleigh, and assistant, Andrew. The Canteen is a major contributor to P&C fundraising. Any assistance is always welcome. If you know someone who would be happy to make milkshakes during the lunch period or prepared to help serve during the lunch period please contact Helen on 6772 4800.

AHS at the Armidale Show

A number of students from Armidale High School attended the Armidale Show on 1st March. Every year the students volunteer their time to assist at the petting zoo on the Friday and Saturday of the show. This year the petting zoo was coordinated by the Lock family and by all reports was a great success! Thank you to the students who gave their time and expertise at this very popular exhibit and to the Lock family for providing this opportunity.

A second group of students attended the cattle show on Friday. Students were required to parade the school cattle and judge two classes of cattle. For most students, this was their first experience in either activity. The students were outstanding on the day with three students, Kieran Smith (Year 12), Dakota Harris (Year 10) and Chelsea Lock (Year 9), making it into the final. Of these three, Chelsea Lock achieved third place in the highly contested intermediate judging competition. This was a VERY exciting achievement for all of us watching and congratulations to Chelsea for judging so well against a number of very experienced competitors!

I was very proud of all of the first time cattle judges and paraders who looked outstanding and were so brave in their first ever event.

A big thank you to the Ag students for being so well behaved but especially to Alex Cormack and Tyson Hislop who stayed back until after 7pm to help pack up and unload the cattle back at school in the rain and the dark. You boys are BRILLIANT! Thanks also to Theo Groen for helping at the show and for everything you do to support AHS agriculture.

Rebecca Smith
Agriculture Teacher

![Kieran, Chelsea and Dakota at the Show](image)
Chelsea and Alex at the Armidale Show.

**Year 9 Food Technology** cooking Bruschetta and Vegetable Fritters on 28/2/13

Jake Whitely, Georgia Thomas, Maddy Clifford and Natasha Favotto

**Relish and chutney** ready for the Armidale Show made with wonderful Armidale High School Ag Plot vegetables by Year 10 Food Technology. These won 1st, 2nd and 3rd in the Junior Category. Well done!

Emma Keenan and Tkayah Widders

**AHS at the Mock Trial**

Eight lucky Armidale High Year 11 students, currently studying legal studies, had the pleasure of competing in the first round of the NSW Law Society Mock Trial competition last week. The competition involves students presenting a civil or criminal case issued by the law society, in trial format, for either the Prosecution or Defence and is judged by a volunteer lawyer from the local community. Teams are small, consisting of two barristers, two witnesses, a solicitor and court official. Our team came up against Carinya Christian College and although we were successful in winning the case, we lost the point scoring round, 246 to 252. This was a fantastic effort by our team, who were competing for the first time against a school with several years of experience in the competition. Our next round is due to take place at the end of March.
Peer Tutor Training Day

On Friday 22nd February a group of 27 Year 10 students attended the Peer Tutor Training Day at Tafe. This one day course is just the beginning for these community minded students, who have volunteered their DEAR time to helping selected Year 7 students with their reading and comprehension skills throughout 2013. The training is ongoing and the year 10 students will continue to learn strategies to improve their peers’ learning at school.

Peer tutoring has been operating at Armidale High for many years and studies show the benefits for both tutors and tutees are significant. It is wonderful to see so many willing and dedicated students prepared to help younger students in this way.

Back row: Julia Boaden, Jess Rothschild, Shae Leske, Lydia Austin-Miner, Katie McKinnon, Eleanor Parker, Sarah Bennett, Niamh Wood, Georgie Keller, Jennifer Good, Matthew Turner

Middle row: Jade press, Caitlin Sillar, Hayden Dyall, Rys Christie, Jess hedger, Keira Watts Claudia Thorne, Ada Garvey, Emily Ryan, Melanie Brash, Laura Murray

Front row: Violet Khan, Shantelle Martin, Paige Hogwood, Josie Tully, Amber Bridge

Year 7 Report

Welcome to Armidale High!! This Tuesday we held our annual Year 7 Welcome BBQ and despite the rain we had a fabulous number of parents, staff and students in attendance. It was a great opportunity to meet a number of parents and put faces to names. I look forward to getting to know you all better in the coming year ahead. We have had an exceptional start to the year with Year 7 seeming quite settled at their new school with lots of happy faces in the playground. Year 7 are currently spending every Tuesday and Thursday DEAR with Mrs Smith and Mrs Garvey learning the ins and outs of Armidale High, hopefully helping them to settle in even quicker to the High school way of life.

They have just completed their first batch of vaccinations and they were all very well behaved and brave during the long morning! I would just like to thank everyone for their assistance in setting up the Welcome BBQ and for helping in any way during the afternoon. A special mention must be made to the Year 10 and 11 Agriculture students, who worked so hard to set up, pack up and run the BBQ. You are an AWESOME group of young people! Thank you so much.

Mrs Smith
Year 7 Year Adviser
Year 7 injections

Video Conferencing with Japan

Last week Year 10 and Year 11 Japanese Classes had their first experience communicating live via VC to Japan. The classes had prepared various questions and both the Japanese students and our students had prepared presentations. The Japanese students taught us about Anime, their school life and a famous scientist. Our students prepared information about our school and Armidale. It was a great opportunity for our students to use their Japanese language skills and for the Japanese students to use their English with an authentic audience. The high school was Chosei High School which is north of Tokyo. Both groups of students had a wonderful experience and enjoyed chatting with their new friends. We hope this can be an ongoing exchange throughout the year and we are very much looking forward to our next opportunity to communicate.
Students have been participating in weekly lessons on acceptable behaviour in shared spaces. We also held a Year 7 Introduction to PBL afternoon where student were given information about what PBL is and how we are embracing it at Armidale High School. A focus toward the end of the term in lessons will be on Effective Study Skills and the PBL values.

Ex-Services Westside Soccer Club
Registration Day
23rd March 2013, 3pm at the
Ex-Services Club
or register online at
myfootballclub.com.au
Contact Tony Drozdowski on
0428721985 for more details

UNIFORM POOL

Because we have a constant demand for students requiring uniforms the Uniform Pool is low on clothing and therefore greatly in need of replenishing. If you have good quality uniforms you would like to donate please bring to the Top Office and all will be gratefully received.

Telephone Intervention Program (PIP)

The Telephone Intervention Program requires all student absences to be explained. Each day staff from Armidale High School will telephone the parents or carers of all students who are marked as absent.

If you receive a telephone call you will simply be asked for the reason the child was away on that particular date and any other dates that show as unexplained.

This is important for your child’s attendance record and is included in the School Reports.

Thank you for your cooperation.

P&C CARDS

The P&C have beautiful cards for sale. They are available at the Office, or you can view at www.armidale-h.schools.nsw.edu.au/gallery/ripples-reeds-and-reflections

ARMIDALE YOUTH WEEK PHOTO COMPETITION

Entries close Tuesday 1st April 2013

Entry forms, terms and conditions can be downloaded from the Armidale Dumaresq Council Web Site at www.armidale.nsw.gov.au