U15 BOYS BASKETBALL TEAM WINS AGAIN!

There was a nail-biting finish to the U15 Boys Basketball game against Dubbo. It was very entertaining and again great sportsmanship was shown by both teams. AHS is now in the state final to be held at Terrigal next week. Good luck boys! Today Year 7 and 8 students returned from their respective year excursions – Year 7 to Woody Head and Year 8 to Lake Ainsworth. It is wonderful to see so many students participating in these excursions as it is such a great bonding experience with each other, their Year Adviser and other staff. Students can also build resilience and independence as well as trying new activities and visiting new places. A big thank you must go to the Year Advisers, Mrs Bec Smith and Mr Bartolo, for all their organisation and to all staff who provided supervision. Year 9 & 10 excursions are held in a fortnight’s time.

Selective Class applications for 2015 are now open to students currently in Year 5. Parents can apply online at www.schools.nsw.edu.au/shsplacement. Forms are also available at primary schools and at AHS office. Instructions state that completed forms need to be returned to the primary school Principal by Monday 18th November. Parents will be notified early next year about the Selective Schools Test which is held at the same time across the state for all students who apply. Places, based on test results, are offered to students by the High Performance Unit.

HSC Examinations are almost finished and the Formal will be on Friday 15th November. We wish Year 12 all the best in their future endeavours.

Anne Matley
Principal

Meet our Captains for 2014

Captains: Bridie Simpson and Ned Borgia

Vice Captains: Georgia Reeves and Zachary Dobos

Sports Captains: Elise Hay and Sam Struck

Arts Captains: Georgia Smith and Elana Leske
Leadership Award

Carolyn Lupton, Deputy Principal, was awarded the Australian Council of Education Leaders, William Walker Award for Excellence in Educational Leadership at an Awards Ceremony held at the Ex-Services Club on Friday night. The award recognises the work that Carolyn has contributed towards public education and the establishment of complementary programs for students who are disengaged with mainstream schooling. The award was supported by a number of testimonials from Carolyn's colleagues. Ms Matley had the pleasure of reading the citation on the evening.

Year 11/12 Exploring Early Childhood

Students from the Year 11/12 Exploring Early Childhood class participated in a recent Children's Reading Time at the Armidale Dumaesq Library as part of their focus on children's literature and the developing child. Conducted by the Children's Librarian, Trini Angeles, AHS students shared in the picture books and games and were able to closely observe the interactions of the children with their carers as well as their involvement with the stories. As part of their assessment work this term, students will create their own picture books and participate in a shared reading of their texts with a local kindergarten class.

YEAR 12

A reminder to all Year 12 to sign out from the Top office returning all school resources.

Any school uniform no longer required would be greatly appreciated for the school clothing pool.

The tickets for the Year 12 Formal are also available at the Top Office for $80. Tickets MUST be bought no later than 6th November for number requirements.

Photo of Jessica Prince
**JAPANESE NEWS**

**VC with Japan**

Last week Year 8 had the opportunity to have a Video Conference with a Japanese High School. This is part of the Asia ConneXions program that is coordinated by UNE. Both our classes communicated with 2 separate classes. Year 8-2 learnt how to fold “furoshiki” – traditional Japanese cloth, and Year 8-1 learnt about famous places in Japan. Our students also presented their self introductions in Japanese and we talked about places in Armidale. It was a fantastic experience and everyone enjoyed themselves. We are looking forward to our next opportunity to VC with Japan.

**Sayounara Alex-san**

Our Year 11 class had a sushi sayounara party for one of our students as he is moving schools. We wish him good luck with his studies – Ganbatte Kudasai 😊

**Japan Trip 2014**

Thank you to the parents and students who came to our meeting last week. The deposit for the trip must be paid by November 8th, students have a note about this. If you need further information, please email me so I can add you to the distribution list. deborah.m.moore@det.nsw.edu.au THANKS 😊

**Japanese Teaching Assistant in 2014**

We are getting a lovely young Japanese lady as a volunteer teaching assistant at AHS from next March. She will be an invaluable asset to our Japanese program and the students will benefit greatly from having her in our classroom. I do however need somewhere for her to have a homestay experience. If you are willing and able to welcome Ikumi into your home for a few months or longer, please let me know ASAP. Thank you – Mrs Moore

**Healthy Schools Healthy Futures: Update**

Please find below a message from the Healthy Schools Healthy Futures Program Manager:

Term 3 was a busy time for the schools involved in Healthy Schools Healthy Futures. There was a focus on assisting schools to implement all of the Healthy Schools Healthy Futures resilience strategies and some wonderful initiatives have been put in place. We are starting to receive outstanding feedback regarding the impact of our resilience approach. For example, one school has reported a decrease in student misbehaviour and another has reported a positive change in help seeking, communication and engagement. A quote from one Principal was that: “Healthy Schools Healthy Futures has helped us change the culture here at our school, where it is now a proudly...”
positive school culture and we continue to improve.”

We are now entering the final year of assisting to develop and embed resilience in schools. I look forward to the exciting year ahead and of hearing more great resilience strategies that will ultimately have a positive impact on the health and wellbeing of our young people.

Dr Megan Freund
The University of Newcastle
Healthy Schools Healthy Futures
Program Manager, Population Health

Ancient History

Year 12 Ancient History held a Roman feast, cooking and eating authentic ancient Roman foods. We dressed for the meal, of course, and enjoyed fruit, nuts, Roman salads and cheesecake in addition to healthy vegetables on flat bread. Delicious!