BOYS BASKETBALL TEAM WINS!

Congratulations to the U15 Boys’ Basketball Team which has now made it through the Final 8 in the state. We wish them luck in the finals.

Congratulations also to Alex Brown and Jack Carey who have been selected in the New England zone Open Boys’ Cricket team.

Thank you to all parents, staff and students who were able to participate in the “Just Girls” afternoon last Saturday. It was so successful that it will probably become an annual event. Thank you to all stall-holders who were so generous with their time and donated some great raffle prizes.

Almost 100 native trees have been donated by parents and staff to beautify the school in some P&C projects. It’s not too late to buy a tree or to put your name down as a volunteer for a working bee – please contact Mrs Bec Lewis (our Parent and Community Liaison Officer) at school on 67767466.

The HSC finishes next Wednesday and we will say our final farewell to Year 12 at the Formal next Thursday night. Thank you to our HSC Presiding Officer, Mr Colin Gadd, and to all his supervisors. Thank you also to all students who acted as scribes for students in written examinations.

Our new school captains – Jed, Claudia, Tim, Mel, Hayden, Ada, Lucy and Maddy - participated in a Student Leadership course in Tamworth this week and have returned more motivated than ever! Well done and keep up the good work. You are wonderful ambassadors for our school.

Anne Matley - Principal
Year 10 Food Technology recently raised $100.00 to be donated to a charity that is supporting programs that aim to reduce hunger in the world. They made pizza, brownies, muffins and sausage rolls and sold the food to students and staff. The charity is yet to be decided on.

R Dyall
Food Tech Teacher

Connor Styles, Brandon Ayres and James Wei

Below: students who came to buy food.

Parent Community Liaison Officer Update

Thank you to all those who attended or helped at the “Just Girls” P & C fundraiser afternoon. The funds raised will go towards the school.

Thank you also to those parents who made it to the BYOD Information Technology Update evening on Tuesday. For those who may have questions please visit the following website which has a lot of information regarding BYOD in schools.

http://byodsandpit.weebly.com/

Tree planting will begin shortly for the School Beautification Project. We will still need as many helpers as we can to help with planting the gardens, so please if you can help let me know.

Rebecca Lewis
Email: Rebecca.lewis58@det.nsw.edu.au

Sporting News

Congratulations to Alex Brown, Year 11 (below left), and Jack Carey, Year 9, who both made the New England Zone team for Open Boys’ Cricket.

Horse Sports

On Friday 24th October six Armidale High School students attended the Bundarra Central School Horse Sports Day.

The students competed with great enthusiasm, skill and sportsmanship. I was very proud of each of the six riders for being on time, looking great, wearing full uniform and representing the school so well. The competition, as always, was very strong but the girls did us proud by winning many ribbons, they should all be very proud of their efforts.

Jessica Bull from year 8 took home the trophy for the highest point scoring 13 year old.

Thank you to those who got the students there on the day and helped out with the events in the afternoon, without you we would not have been able to attend.
A Healthy Schools Healthy Futures Message: Empowering Young People

To empower others means to help them become stronger and more confident, especially in controlling aspects of their lives.

The process of youth empowerment is not something that can be altered or enhanced overnight. It is a long journey that requires cultural change and processes, rather than a one-off event. Research suggests that young people need structured, on-going opportunities that aim to enhance their confidence and empower them in a supportive environment. This supportive environment may be the school and school community or the home.

Ways in which adults can help young people enhance their confidence and become more empowered include:

- **Engaging Youth**: encourage young people to take an active role in the things that are happening in their lives. This can be simple initiatives such as involving them in decision-making processes or by constantly emphasising the important role that they play at school or around the home.

- **Encouraging youth to be involved in change**: This could include speaking up for something they believe strongly about or negotiating change with adults to include youth perspectives.

- **Involving students in leadership opportunities**: to support other students. This may enable student to student connections develop as well as interpersonal skills and self-confidence.

If you would like more reading on ways to empower young people please see the links below:

1. https://www.healthergeneration.org/take_action/empower_young_people/