PRINCIPAL’S NEWS

‘Grounded’
You will see in this edition of the newsletter some great promotional material relating to our wellbeing day, ‘Grounded’ which is scheduled for Tuesday 10th November. This is shaping up to be a fantastic day of fun activities that promote student mental health and wellbeing.

Armidale High prides itself on the very positive partnerships it has established over the years and this day will be a showcase of the community support that exists for the school. Keep an eye out for the next newsletter to see all the pictures!

Uniform
Thank you again to all of the students and families who have made a concerted effort to ensure that the correct uniform items are being worn. We are delighted with the number of students who are in full school uniform and how wonderful they all look. The school can offer assistance to families who need to acquire uniform items. Please do not hesitate to contact the front office if you require assistance with uniform.

Carolyn Lupton
Relieving Principal

Meet our Captains for 2016

Captains:
Georgina Sindel and Joshua Lisle

Vice Captains:
Lauren Grzazek and Randall Bollenhagen

Sports Captains:
Natasha Favotto and Reece Burton

Arts Captains:
Faith Eadie and Torsten Strokirch

P& C Meeting
Tuesday 17th November
7pm at the
Armidale City Bowling Club
All welcome
Armidale High School Wellbeing Gala Day and Launch of Mindmatters.

Tuesday 10th November 2015.

**Grounded**, Armidale High School’s wellbeing day, is happening on Tuesday the 10th of November. This day has been inspired by Mental Health Month and organised in collaboration with our community, for all Armidale High students. Battle of the Bands will start the day, with the school’s musically talented students rocking it out in the auditorium. Activities are scheduled to begin at 11 am, with students opting into these before the day. A variety of activities are on offer, including self-defence, knitting, cooking, painting, volunteering and drumming therapy with 140 drums being provided through Beyond Empathy and Hunter New England Health. Are you interested in participating? Perhaps you could get your lawn mower revved, your paint brush poised or your gardening gloves on and join one of our teams for a ‘Block’ style challenge. That’s right, students, parents and volunteers will team up and compete in Armidale High’s version of *The Block*, getting a chance to enhance different areas of the school. During the lunchtime period Armidale Dumaresq Lions Club will be providing sausage sandwiches for a gold coin donation and food that students make during the morning cooking session will be on sale. SportUNE will also be running games, Backtrack will be showing their dogs, HealthWISE will be running mini health checks and our other community organisations will be sharing their support service information with students and families during the lunchtime health expo. The wellbeing activities will continue after lunch and the day will finish as per the normal school day. Parents and families are welcome to attend. Please contact the school if you are available to volunteer or if you would like further information about the day. Find the event on facebook and get involved!

#AHSGrounded
#noneedtogouptothewall
#AHSmentalhealth

Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.
Clontarf News

During Week 3, the Clontarf Academy travelled to Darwin for their end of year Senior Trip. Each year Clontarf Academies across the country do this to celebrate the efforts of academy members who have completed Year 12 and a couple of Year 11’s who are well on the way towards doing so.

While away the 6 young men that we took away slept in swags at other Clontarf Academies and cooked most of their own meals. A wide range of activities were in the itinerary including visiting museums and art galleries, Crocodylus Park, a walking tour of the city and the Mindil Beach Markets.

We also enjoyed a couple of days out in Kakadu and Arnhem Land where the boys spent time with local Aboriginal boys and learnt about local language and culture. A tour of Gunbalanya Aboriginal Community was a truly eye opening experience for the fellas as to just how good they have it here in Armidale. In return for the generosity of the Gunbalanya boys, our fellas did a fantastic job in conducting some Rugby League Coaching Clinics. Relief from the heat was sought by spending plenty of time swimming and we were fortunate enough to go deep sea fishing where we all enjoyed bending fishing rods with some great catches!

Talking with the boys at the end of the trip it was clear that they had gained considerably from the trip and developed a much greater understanding of traditional Aboriginal Culture. All of the boys commented that their time in Gunbalanya was a highlight that they will never forget.

Orienteering

On the 16th of October, a group of students went to the Thalgarrah Outdoor Education Centre to compete in the Armidale Schools Orienteering Championships. They were accompanied by Mrs Erica Smith.

During the day, around 680 students from schools around Armidale and Coffs Harbour were involved in a range of courses offered.

All students from AHS successfully completed their courses and some were placed in their events. Chloe Maunder and Alex Brash came 2nd in the girls Years 9-12 orange course, Zoe Barker-Smith was placed 1st in the girls Years 9-12 green course, and Jaiden Stevens came first in the boys Years 6-8 green course.

If you are interested in orienteering, keep your eyes peeled in Term 2 next year for orienteering for sport. If interested in competing in local events around Armidale, contact Mrs Smith in the English staffroom.
Students To Walk In Footsteps Of The Anzacs
NSW Premier Mike Baird, on Sunday 13 September, announced the 2016 Premier’s Anzac Memorial Scholarship and encouraged students currently in Year 9 and 10 to apply for the opportunity to travel to key historic battlefields in which Australians have fought. For more info go to: www.veterans.nsw.gov.au/education/premiers-anzac-memorial-scholarship (CECNSW)

THE HOME SCIENCE FACULTY IS IN URGENT NEED OF WIRE COAT HANGERS IN GOOD CONDITION. PLEASE BRING THESE TO THE TOP OFFICE

If you have any school uniform that your child has outgrown or especially the Year 12 students who are signing out, please bring them to the top office

URALLA TIGERS JUNIOR RUGBY LEAGUE
2015 SUMMER LEAGUE TAG

WHEN: Commences Thursday 29 October 2015 and concludes Thursday 3 December 2015, games from 5pm-6pm
WHERE: Uralla Sporting Complex
COST: $20 per Child, with each child receiving a free football
AGES: Girls and boys aged 6-16 years
REGISTRATION: Thursday 15 October & 22 October 2015 from 3.30pm-4.30pm at Uralla Sporting Complex or online at https://my.sportscentre.com.au/match/en/08b2c10f3b20b6075a2f1f5f774e2ba6b8c31d4b66a70527847

There is no need to nominate an entire team. Children will be allocated teams dependent on ages and numbers of children registered. A limited carnation will be operating during game times.

For further information, please contact CLARE BAKER on 6778 4127 / 0422 795 056 or email: clarebaker@tigerland.com