Principal’s Report
You will see from the photos that follow in this edition of the newsletter that our wellbeing day, ‘Grounded’ was a raging success. In a career that spans almost 20 years I have never seen such a wonderful display of school and community spirit. I would like to acknowledge all of the organisations and staff that made this day such a success and pay particular tribute to Fiona Kelly (wellbeing teacher) and Danielle Hunt (community engagement officer) for their tireless work in organising such a gala event.
A big thank you to the following organisations and individuals:
- Armidale Lions Club
- Armidale Dumaresq Council
- Armidale Fire & Rescue
- Beyond Empathy
- PCYC
- Pathfinders
- Armidale Family Support
- Healthwise
- Hunter New England Health
- Sport UNE
- NAB Business Banking
- UNE Oorala Centre
- Uphill and Schaeffer
- Backtrack
- Meals on Wheels
- Chris Kelly
- Youth Frontiers
- NSW Police

Donations
- Hubbard’s Hire
- Richardson’s Mitre10
- Bunnings Armidale
- Uphill and Schaeffer

Alex wows them in the Senate!
Alex Snell, who attended the NSW Schools Constitutional Convention at NSW Parliament on Monday 10 November, has been selected to participate in the National Schools Constitutional Convention in Canberra from 16 - 18 March 2015. This is a fantastic opportunity for Alex to hone his skills at a National level; we wish him all the best.

Carolyn Lupton
Relieving Principal

Armidale High School Presentation Night
Tuesday 24 November
Commencing at 7pm
School Auditorium
Students are to be in full school uniform
English Extension 2 Study Day
Student Report

We went to Sydney University last week for an Extension 2 Study Day and gained important insights from experienced HSC markers. It was a long trip by train there and back but we learned how to successfully realise our major works and reflection statements, including how to craft a sophisticated concept, choose our form, and how to develop our concept through rigorous research.

We also had the opportunity to hear presentations from two previous students from Sydney schools who had achieved perfect marks in the 2014 HSC. Their information was impressive and we will benefit from their advice about taking risks, working hard and the importance of planning and organisation.

Special thanks to Mrs. Partridge and Mr Bugden for organising this opportunity and to Gaden's generous aunt who met us at Darling Harbour and decided to pay for all our dinners at the Thai restaurant.

By Faith Eadie and Gaden Sousa.

Debating

Armidale High School hosted a debating workshop last Wednesday designed to enhance public speaking skills and develop confidence in Aboriginal students. Duval High, Walcha Central and Guyra Central participated in a range of workshop activities in the Armidale library which culminated in a mixed-team debate between "Walchadale" and "Duguyra". The topic of the debate was: That a curfew for under-sixteens should be introduced.

Joanne Morgan was a very useful contributor to the speeches of her team during the 1 hour preparation time, Tyneisha Hoskins-Caldwell spoke with great clarity as second speaker for the affirmative team, Nikita Hoskins-Caldwell was the affirmative team adviser and also delivered a speech of thanks on behalf of her team. James Ahoy was an effective time-keeper and Kearla Hoskins-Caldwell had the important role of chairperson of the debate.

The adjudicator was Ms Leonie Donovan, the AEO from Duval High School. She had useful advice for the students and praised their achievements: Tyneisha was singled out for her lengthy speech. Ms Donovan could not decide on a winner: the result of the debate was a draw.

The next workshop will be hosted by Walcha Central in Term 1, 2016. It is hoped an interschool debating competition will evolve during the year.

Left to right: Nikita Hoskins-Caldwell, Tyneisha Hoskins-Caldwell, James Ahoy, Joanne Morgan and Kearla Hoskins-Caldwell.

Grounded, successfully saw students, staff and community enjoying a variety of activities across the school campus and into the community on Tuesday. The day was initiated by the school to promote wellbeing, in line with Mental Health month. Battle of the Bands, held at the beginning of the day, created a vibrant atmosphere that carried on throughout the day. Staff and community members ran a range of activities in which students were able to participate. Some of the more popular choices included drumming, gardening, café and camp cooking and futsal. Collaboration between community organisations and staff helped make the day a positive experience for Armidale High students.
Beautifying the school.

Lunch and a sausage sizzle thanks to the Armidale Lions Club.

Drumming Therapy.
Mulching.

Mural Painting with Ms Xeros and Jonathon Larsen (a local artist). Students attending this session took off their shoes, and had their soles painted before walking barefoot on the panel which represented the ground. This will be hung in West Block.

Singer/Song writing.
Laughter yoga with Aditya Menon, HNEH.

Tai Chi with Alan Avery, HNEH.

Soap making and pouring.

Café Cooking with Tanya Scales and Anna Hicks, Healthwise in H13.

Café drinks in H12.

Yummy cookie baking in H12.

Knitting Group in H11.
Miaya Tighe who volunteered to help make coffees and hot chocolates all day.

Thanks to Daily Ritual who donated a bag of coffee for the occasion.

Rugby.

Backtrack dogs.

Enjoying the atmosphere of camp cooking and meat on the spit.