Principal’s News

Parent teacher nights
I hope to see many of you at parent teacher evenings in week 7 and 8. This is a great opportunity to meet with teaching staff and discuss the progress that your son/daughter is making. As you might be aware, we have adopted an online booking system this year which will significantly streamline the process.

Voluntary contributions, elective fees and levies
For many years, students have benefited from additional financial resources provided through voluntary financial contributions, elective fees and levies. With these amounts, the school can conduct additional programs and activities and purchase essential educational materials. All voluntary contributions directly support the educational programs provided by the school. Voluntary contributions may be made in full, in part or in instalments. If you are able to support the school financially you can be assured your contribution will directly enhance the learning programs of all students.

This year, in addition to the voluntary student contribution you will receive an account that outlines amounts requested for elective subjects, a technology/resource levy (to assist with the maintenance of devices and acquisition of e-books and texts) and a voluntary P&C levy. All expenditure decisions are made in consultation with our school community (through the P&C) and align with the school plan. Your support in paying the requested amount is greatly appreciated and to simplify the payment process direct deposits can be made to the school. Details will be included with the accounts.

Clean up Australia Day
It was wonderful to see students demonstrating pride in their school by participating so enthusiastically in the recent Clean up Australia Day. We collected numerous bags of rubbish from around the school grounds and the SRC were on hand with hundreds of icy poles to reward such a great effort.

More student achievements
Congratulations to Hannah Kirkwood who recently took out 1st place in the Intermediate Junior Sheep Judging competition at the recent Armidale Show. This is a great achievement and testament to the wonderful Agriculture staff and facilities we have at Armidale High School. Congratulations also to Amy Kerr who has been selected in the North West water polo team. A great achievement!
**Student safety at bus times**
It is of increasing concern that there are a number of students who are crossing Butler St to meet parents of an afternoon in a very unsafe fashion. Students are crossing the road in front of and in between the school buses to meet their lift on the opposite side of the road. It is essential for safety that students cross the road between the flags at the southern end of Butler St. I would ask that parents remind and reinforce this with their children when they are collecting them from school at the end of the school day.

**Reunion groups**
It was an absolute pleasure to host the reunion group that came through the school last weekend. There were approximately 90 ladies in the group who all resided at the memorial hostel for girls whilst they were attending Armidale High School. The hostel was situated where the Regency Motel currently operates and it accommodated up to 50 girls at any given time whose families resided outside of Armidale. The ladies shared some terrific stories about their memories of the school and recounted the fact that the old hall used to be clearly divided into two; one side for the boys and the other for the girls! The tour of the auditorium culminated in the group singing the school song. It was heart-warming to hear it sang with such spirit. Once again I would like to acknowledge our wonderful school captains who assisted on the day and made our guests feel so very welcome.

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**Armidale High School**

**Parent/Teacher Interviews**

**Thursday 12th March and Tuesday 17th March 2015**

**AHS Library 3.45pm-6.30pm**

**Booking on-line at www.sobs.com.au**

1. Log onto www.sobs.com.au
2. Click on **Parent/Teacher Interviews Bookings** icon.
3. On left hand side click **Staff/Parent Access**.
4. Keyword **Armidale** then select Armidale High from list
5. Click **Parent Access** on the left hand side.
6. Enter your email address.
7. Enter name and contact number.
8. Enter student details.
10. A screen will bring up all your child’s teachers with available times. Select suitable available times. *(scroll down for Tuesday)*
11. Print or email to yourself the designated times of interviews. Alternatively write them on the list below.

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1. **Interviews are of 5 minutes duration.**
   **Bookings should be at least 10 minutes apart.**
2. **The online booking will be made available on Monday 2nd March and will close at 2pm 17th March 2015.**
3. **If you are unable to access the internet to make bookings please have your child see their teachers who will allocate a time and write this down or email parents. Alternatively contact your child’s Year Advisor on 6776 7466.**

If you have any concern regarding the booking process please contact Mr Tim Vaughan (Head Teacher Administration) on 6776 7466.
The PDHPE Faculty implements the 7-10 syllabus for PDHPE. The students engage in a variety of theoretical and practical activities based on health, personal development and physical education. Currently the year groups are studying the following topics.

Year 7 - Healthy Lifestyles  
Year 8 - Fitness Principles  
Year 9 - Mental Health  
Year 10 - Active Lifestyle

The PDHPE faculty also runs electives including, Sport Science and Dance for Years 9 and 10. In Years 7 and 8 students can elect Rugby League and Sport, Fitness & Recreation. These electives all provide an opportunity for students to enhance their study of physical activity and sport in society.

Year 12 PDHPE

Year 12 students studying the 2 Unit PDHPE course are currently looking at aspects of skill acquisition. They look at factors that contribute to the learning and development of physical skills in sport which include the characteristics of the athlete. Students are able to practically apply some of the theoretical knowledge by attempting a variety of physical skills and evaluating their level of ability.

The following pictures show two physical activities that we have experimented with for this section of the course (table tennis and juggling). Students try to maintain a rally over the net then progress to various ways of applying spin to the ball for improved performance. Juggling three balls was a challenge to some which created a need to go back to some basic two ball drills in order to develop a base for further improvement.

During the month of May, the students will visit the exercise physiology labs at UNE. They have been invited to discuss aspects of exercise physiology as a career and also experience the process of running a VO2 Max (volume of oxygen uptake) test for cardiovascular endurance.

Year 11 Fitness

The Year 11 Fitness Course is currently working on aspects of aerobic and anaerobic exercise. They undertake a series of exercises in a practical environment to explore the activities that best develop the energy systems in the body. The focus is on the best type of activity for each system, the appropriate technique and the procedure for gaining test results.
Year 10 Sport Science
Students are currently doing a unit on the technological changes associated with sport. Students select a sport and research the impact of technology on that sport and discuss the ethical nature of this. For example, the first ever cricket helmet was self-created and worn by Patsy Hendren. His creation of a protective helmet (hat) was simply made out of rubber. He first wore his invention in 1933 in a county match. (See picture below.)

Outstanding results in the sporting arena
Congratulations to the following students:

Ryan Shaw and Pop Maluach made the North West Boys Basketball team.

David Cook, Lucy Cook, Amy Kerr, Charlotte Russell, Madison Russell, Jesse Streeting, Matthew Turner made the North West Swimming team. Also representing North West is Max Model and Millie Mazzei.

Amber Burton, Preston Smith and Roderick Ahoy made the New England Zone touch teams.

John Boy Quinlan, Dennis Cutmore and Matthew Turner made the North West Boys Volleyball team.

Congratulations to Amy Kerr who made the North West Water Polo team.

Also well done to our Lawn Bowls team who won their first knockout game; Briana Graham, Jack Carey and Henry Sindel.

Armidale High continues to excel in the sports and we encourage and congratulate all our students who participate and go on to represent at higher levels.

Captains’ Report

On Friday 6th of March, the captains and principal, Ms Lupton, attended an exceptional breakfast at the bowling club to celebrate International Women’s Day. The guest speaker, Dr Lukuya, had travelled from her home country of Kenya to study at the University of New England, to aid her people with her knowledge to address the problem of milk production. This journey gave her ample reasons to speak at the breakfast as guest speaker. It was a great opportunity to celebrate this event with all the schools of Armidale.

Tomorrow the students of Armidale High School will join in the autumn festival parade. We will walk with the Armidale Community of Schools (ACOS) which is representative of all the Armidale public schools.

The Captains are meeting on a fortnightly basis to discuss issues that relate to improved outcomes for students. We are taking it in turns to chair the meeting and are gaining valuable leadership skills through this process.

City Hockey Club

Field hockey registration for the 2015 winter season is now open. City fields teams in the Friday evening competition. Registration forms available from the Colour Copy Centre, East Mall. PH 0427668915 AH for more details.