Principal’s News

Japanese visit
Last week Armidale High welcomed 20 students and their supervising teachers from Nanto City, Toyama. It was an actioned packed week with in-class activities, games, field trips and performances. It is such a privilege to be able to host this visit and provide the opportunity for our students to experience aspects of a different culture. Such visits could not occur without the generosity of the host families who so kindly open their homes and hearts to the visiting students. Similarly, a huge vote of thanks to Mrs Moore who is always so willing to devote so much time and energy to ensuring a successful and memorable visit.

Jindabyne trip
The annual year 11 trip to the snow was once again a fabulous success with over 40 students having the opportunity to hone their skills on ski’s or snowboards over a period of five days.

The students were very well looked after by the Sport and Recreation Centre at Jindabyne and despite the 6am starts (in very cold conditions) everyone could not wait to get on the bus/ski tube and head up to Mt Blue Cow. It was wonderful to see how quickly so many students picked up the skills associated with snow sports and how proficient they were by the end of the week. There is certainly something to be said for young, agile bodies and a ‘no-fear’ attitude.

This is an iconic trip for Armidale High students and this year was the first year in a couple of decades that Graham Hemmings was not the organising teacher, however, he made sure he passed down all of his expert knowledge to Tim Channon who has taken on the role of coordinating teacher.

A big thank you to all of the students who participated so positively throughout the entire week and the other accompanying teachers, Mr Curry and Miss Kelly for supporting a wonderful excursion.
Tell Them From Me and Parent/Teacher nights
Information will shortly be sent home regarding student participation in the Tell Them From Me (TTFM) survey. This is a Department of Education endorsed survey and the results provide the school with very valuable data that assists with school planning and resourcing. We strongly encourage all student to participate but there are guidelines within the information if you wish for your child to be withdrawn.

Parent teacher nights are a great opportunity to meet with teaching staff to discuss aspects of your child’s learning. Bookings can be made online via www.sobs.com.au for Thursday 27 August or Tuesday 1 September, for times ranging from 3:45pm-6:30pm. All interviews will be conducted in the school library.

Carolyn Lupton
Relieving Principal

Did You Know?
Three in four people aged 16-25 will experience mental health issues. Of these only one out of four will get help. Almost half of all Australians will experience mental illness at some time in their life. About one in five Australian adults will be affected by mental illness each year.

Suicide is the leading cause of death in Australians aged 15-44. There are approximately 200 suicide attempts every day in Australia.

Mental health is a positive and productive state of mind that allows an individual to respond to the challenges of everyday life. When we have positive mental health we are more likely to enjoy relationships, benefit from opportunities and contribute productively to society.

However, mental health can’t be taken as a given. We are all vulnerable to changes in mental health, whether relatively minor and temporary, or significant in duration and impact.

Armidale High School is aiming to improve the wellbeing and mental health of all its students by implementing a framework called MindMatters.

MindMatters’ mental health framework informs the development of a whole school mental health strategy that’s right for our students and our school community. It provides support and guidance through online resources and from Principals’ Australia Institute project officers and offers a comprehensive approach to professional learning for staff.

A successful whole school mental health strategy leads to:
- improved academic results
- fewer behavioural issues
- greater student, staff and family engagement in school activities
- better student and staff retention
- positive word of mouth about the school
- a positive school culture.

As part of the implementation of the MindMatters framework students, staff and parents at Armidale High School will be asked to take part in a school wide survey over the next few weeks to help us assess our current situation in regards to meeting student and staff needs. This survey will be placed on the Armidale High Skool Bag app and our website. The weblink to the survey is http://www.mindmatters.edu.au/surveys/survey-start?id=parent-family-survey---664-b859b2446f734c8799f1.

If parents could take a few minutes to log onto the survey and answer the questions it will be very useful in helping the school assess what areas we need to work on to improve our support for student’s wellbeing.

Next term we will also be organising activities and staff professional development around mental health to promote and facilitate the implementation of MindMatters into the school.

Roger Horton
Deputy Principal
PDHPE
With the colder weather lately there have been a variety of PE lessons that have been conducted indoors. Many students have engaged in basic gymnastic activities during Term 3 and have worked on ways to develop skills such as balance, co-ordination and strength. Students perform basic jumping and vaulting skills using a mini-tramp, a rebound tramp, a soft box and some large gymnastic mats. They have also performed balancing tasks using the beams and swiss balls as in the photograph. The gymnasium at Armidale High also allows students to participate in circuit training using a large range of specialised equipment. Senior students studying Sport, Lifestyle and Recreation have utilised the gymnasium for a unit of work on table tennis. They have completed both theoretical and practical tasks based on the game.

Drug Education
During Term 3 Students in Years 9 and 10 have been studying concepts associated with drug use in our society. They look at the three main categories of drugs (depressants, stimulants and hallucinogens) and research the possible effects that may occur to an individual. Year 9 has been playing a board game which recognises the risks associated with cannabis use. They learn about the drug and its impact on the community through questions and various rewards or penalties. Year 10 has a deeper focus on the concept of the “party environment”. Aspects of drug use, road safety and sexuality are discussed with students choosing an area to complete a research task. They have been able to view recent stories associated with the dangers of illicit drugs such as ecstasy and ice.

The following diagram illustrates the basis of studying drug use in society. When we combine a person, a drug and a particular environment the possibility of harm may change on a scale from insignificant to extreme (death). The concept of harm minimisation is also very important. Students look at the ways in which our society tries to alleviate the harms associated with drug use. Concepts such as “the responsible use of alcohol” are used to analyse behaviour that occurs in situations such as teenage parties.

Sport Science
Year 9 Sport Science has been studying the concept of skill acquisition. This has involved some project based learning where the students form groups and create their own video clip for developing specific skills. The focus is on researching and explaining the main teaching points for improving an athlete’s performance for that skill. They then edit the video and add voice overs to create a presentation for all to view.
They have even been able to include a variety of “amazing skills” where they may take many pieces of footage to capture a magic skill moment, like throwing a basketball over your head backwards from near half way on the court and landing it in the basket.

**North West Athletics**

Congratulations to all of the students who competed at the North West athletics in Tamworth. The following students came first or second in their event. They will now represent North West at the CHS Championships later this term.

**Henry Sindel**
- 1st 14 years 400m
- 1st 14 years 800m

**Margaret Conroy**
- 1st 12 years 800m

**Millie Mazzei (AWD)**
- 13 years 100m (AWD)
- 13 years 200m

**Natasha Favotto**
- 1st 17 years 1500m
- 1st 17 years 3000m

**Ryan Shaw**
- 1st 17 years Shot Put

**Scott McIntyre**
- 2nd 16 years Discus

**CHS Gymnastics**

We had 3 students represent at the CHS Gymnastic Championships recently - Ebony Taylor, Stephen Offner and Brendan Thomas.

**Brendan Thomas** won a silver medal in High bar, and a bronze medal in Floor

**Stephen Offner** won a silver medal in parallel bars and bronze medals in floor vault, high rings and pommel horse. Stephen was 3rd overall in his age group.

Brendan and Stephen’s great efforts helped the North West Boys team place 2nd overall. Well done

**CHS Lawn Bowls**

The CHS Lawn Bowls Championships were held locally at the Armidale Bowling Club. We had three students represent in freezing conditions - **Briana**

**Graham, Jack Carey and Henry Sindel.** After the carnival, Briana Graham received news she has been selected in the NSW U/17 Lawn Bowls team and Jack Carey has been selected in the NSW Development squad.

Briana and Jack will now travel to Port Macquarie in September for this event.

Congratulations to all involved.

**An Evening with ACOS**

Time  ★  6.30pm Foyer Art Show
- 7.00pm Concert

Date  ★  Wednesday, 2nd September

Venue  ★  Lazenby Hall

Cost  ★  $15 for adults $10 children (cash sale only)

An evening showcasing excellence in the Arts
A fabulous night of entertainment not to be missed
Tickets go on sale at the Reader’s Companion Monday 24th August

Tickets for An Evening with ACOS went on sale earlier on Monday 17th August.
Armidale High School Parent/Teacher Interviews

Thursday 27th August and Tuesday 1st September 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.

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 17th August and will close at 2pm Tuesday 1st September 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 to parents. Alternatively contact your child’s Year Advisor on 67767466.

If you have any concern regarding the booking process please contact Mr Tim Vaughan (Head Teacher Administration) on 67767466.
Please collect the Woolworths Earn and Learn stickers and support the Armidale High School Support Unit. Stickers can be handed into the top office.
MusicArtDramaNESS

ARMIDALE HIGH 2015 GRADUATING EXHIBITION, PERFORMANCE, RECITALS AND MAYHEM.

AHS Auditorium
Thursday 3rd and Friday 4th of September 2015
5.30pm to 8pm