



Alexandria Park Community School

Community Opportunity Success in a caring learning environment

Newsletter

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Term 4

NOVEMBER 2017

APCS U/15 Boys Basketball Team – NSW SILVER MEDAL CHAMPIONS



Alex Park shines at NSW Combined High Schools (CHS) Basketball Knock-out

It was a mere four months ago that the under 15 boys' basketball team assembled for their first training session with the school's basketball coaching advisor, Terry Denzil and me. Although seven of the twelve team members hadn't played a competitive basketball game before July, we could see that they possessed a variety of skills, were dedicated and willing to work hard. The inclusion in the team of the very talented Bivali Bayles was certainly a bonus! Such was their dedication and enthusiasm, the team requested twice weekly training sessions as well as holiday sessions. These sessions gave us the opportunity to improve individual and team skills so that we could be competitive against other teams, including those from sport's high schools where students are often targeted for particular sports and teams train several times a week. During Term Four, we travelled to the Central Coast to play Narara Valley High School. Following this, we played Ulladulla High at Alexandria Stadium. We were successful in both games which placed us in the top eight in the state, with the opportunity to compete in the state knockout in Terrigal against the seven other state finalists. We were confident that we could put on some competitive

performances and by the end of the first day we had beaten Coffs Harbour and Rooty Hill to finish second in our group. This meant we had secured a top four spot in the state, with a semi-final playoff against Hunter Sports High School to take place the next morning. After a sleepy bus trip back to Terrigal, the boys were full of confidence knowing that their talisman, Terry Denzil, was on the bench supporting them and offering strategies. The boys were also excited that our tech wizard, Igor, had finally worked out the Wi Fi code and we were able to access Facebook to stream the game live for students and community members to watch.(Note to self: don't argue with refs when the school is watching)! The game against Hunter Sports was the highlight of the tournament. Although our boys who were thoroughly outsized, they led from start to finish to win by seven, securing the team a spot in the state final. The excitement and disbelief that we were in the top two in the state was coupled with the realisation that they would be playing Sydney Boy's High School, who were their opponents in their regional game. The final started well and we led after the first quarter but our opposition clawed their way back, eventually winning by seventeen points. Although this may significant loss, we need to take into account that Sydney Boy's has the advantage of recruiting talented players through a scholarship system and also of taking part in the private schools' competition on weekends, which increases their exposure to



sporting experiences. Putting this disparity aside, our boys did a most remarkable job in their own right. The boys showed amazing sportsmanship, dedication and improvement throughout the process and I couldn't be more proud of their attitude and the way they represented our school. I'd like to give a big shout out to Maeve Thomson and her Aboriginal Studies class who stopped to watch our game against Narara Valley High on their way to a camp on the North Coast. I'd also like to thank the teams from Coffs Harbour and Byron Bay who showed support for our students throughout the whole finals campaign. The boys couldn't have achieved it without the help of the great man Terry Denzil and the support of Uncle Hilton and I look forward to starting training next year for the Open's Knockout.

PRINCIPAL'S REPORT

It is wonderful to be back at Alex Park in Term Four after my period of leave. I missed our school, the students, staff, and parents and the great things that happen on a daily basis at our school. At Alex Park our staff team is characterised by an extensive depth of leadership and I thank Glen Kingsley, Ben Colmer and Sheree Bourke who led the school in my absence in their roles as Principal and Deputy Principals. I would like to acknowledge the leadership of Megan Cassidy, our P & C president, and the P & C executive team who have supported our parents and community through the period of change as we prepare for the relocation to our Pop-up 2 school in 2018.

Congratulations to Mr Okell, Terry Denzil and our Under 15 boys' basketball team who have achieved the amazing result of second in the state at the 2017 NSW Combined High Schools (CHS) basketball knock-out competition. I was thrilled to be able to get to Terrigal to watch the team play on the first day of the competition. Their skill teamwork and good sportsmanship was a pleasure to watch.

We are currently reviewing and evaluating our **2015 – 2017 School Plan**. A school planning team led by Mrs Smith and Ms Arya-Pinathy has undertaken extensive review of data and documentation and have consulted with the schools executive team and staff team. Wider consultation with students and staff has been in the form of surveys such as the 'Tell Them from Me Survey', the PARK surveys and focus groups which were part of the consultation process for the redevelopment. Further consultation with parents will occur at the next P & C meeting on Monday December 4 2017.

Term 4 Assessment, Reporting and Attendance - Term Four is very busy for students and teachers as they complete end of year assessment of learning and final academic reports for 2017. Regular, on time attendance of all students is of critically importance at all times and especially when we are in a formal assessment period. It is a legal requirement for students to attend school every day the school is open for instruction and for parents / carers to provide an explanation for absences by means of a phone call, text message, email or written note within 7 days of the first day of the period of absence. **Reports will be distributed to students K – 10 on Monday 11 December 2017.**

The relocation to Pop-up 2. Construction of our new learning environment is well underway, on time and very exciting. I hope that you are able to access the fortnightly information updates that are being developed to keep parents informed of progress and plans for 2018. These information bulletins are posted on the schools website.

<http://www.alexparkcs-c.schools.nsw.edu.au/home>

The redevelopment of Alexandria Park Community School.

The Program Reference Group working with the architect team , has done an amazing job with the design of our fabulous new school. For more information about the redevelopment, make time to come to the Information Booths which have been scheduled for November 14, under the COLA in the Park Road playground. There will be two sessions during the day, 7.30am – 9.30am and 2.30pm – 4.00pm.

I hope you enjoy reading about some of the exciting programs and achievements in this November newsletter.

Upcoming information booths

To find out more about the Alexandria Park Community School redevelopment project, you are welcome to come and speak with the project team at the following upcoming events:

- Saturday 18 November 2017 at Carriageworks Farmers Markets - 245 Wilson Street, Eveleigh, 8:30am-10:30am
- Saturday 9 December 2017 at Woolworths Supermarket - 10 Fountain Street, Alexandria, 2:00pm – 4:00pm
- Tuesday 12 December 2017 at Alexandria Park Community School – main entry, corner of Power Ave & Park Road, Alexandria, 5:00pm-7:00pm
- Saturday 20 January 2018 at Carriageworks Farmers Markets - 245 Wilson Street, Eveleigh, 11:00am-1:00pm

PRIMARY SCHOOL REPORT

Deputy's Principal K-6 REPORT

Term Four in any school always seems to fly by. Even so, it is hard to believe that we are now half way through the term. We have had a multitude of exciting things happening this term, with many more to come. Some notable mentions include:

- **K-2 swimming:** The Year 1 and 2 swimming program kicked off this week with our students trudging up the hill to NCIE. They are having a fabulous time in the pool engaging in water familiarisation activities, stroke development and survival skills. You can expect your child to be extra tired over the coming weeks as they expend extra energy learning essential water safety skills. Next week, it is our Kindergarten students turn to make a splash!
- **4/5O future-focussed furniture trial:** our students in 4/5O have embraced the new setup of their classroom, which includes a number of items of new 'future-focused' furniture. This is what some of the students wanted to say about their classroom:

"I love the whiteboard tables because when you're stuck on something, you can write on the tables to work it out. I think they're best for maths. I also like how you get to choose where you work and you're comfy in your learning environment." – Xi Xi

My favourite is the round table because it's really good for group work. It's easier to work together and help each other out." – Chloe

"The stand up tables are the best because I always prefer doing art and laptop work standing up. It's really good for your legs and your posture." – Devon

"We love the window textas. You can write on the windows and people from other classes can see what work you're doing. It's best when you're doing your spelling practice." – Anabelle

"This is like the dream classroom. I wouldn't ever want to go back." - Hams

- **Kindy Orientation:** We had an absolutely fabulous Kindy orientation morning during this week. Our Kindy 2018 students spent the morning in the Kindergarten classrooms engaging in some transition lessons. The Kindy parents were taken on a tour of the school by our Year 5 leaders who did a fantastic job of representing the many exciting things APCS has to offer.

- **Lesson Study:** As a core component of our beginning teacher program, three K-6 teachers engaged in a lesson study. This involves collaboratively developing a lesson which they then, in turn, teach to their own classes. The other members of the group observe the lesson and as a team, they make adjustments and accommodations to refine the lesson. This is a well-researched practice that further enhances the capacity of teachers and leaders, improving their ability to deliver high quality lessons to their students.
- **Year 6 Fundraising:** The fourth and final Year 6 fundraiser was held last week. As always, there were tables full of delicious homemade treats on sale for students to purchase. After the last coins were counted and the total money raised for the year was calculated, it was an incredible moment for our Year 6 student to find out that in 2017, they had raised over \$3500. Well done to the entire Year 6 team and thank you to everyone who contributed to the fundraising.
- **K-6 Report Writing:** Teachers are presently working on semester two student reports. As an essential component of the teaching and learning cycle, your child will be completing a number of assessments to assist teachers in determining their progress and achievement. K-6 semester two reports will be distributed to families on Monday December 11th.
- **Lucy Smith Relieving DP on Mondays during Term 4:** As I continue to work on our transition to pop up 2 for 2018, Lucy Smith will be relieving as K-6 deputy principal on Mondays for the duration of Term 4, 2017.

Ben Colmer

Relieving Deputy Principal

Change to High School Bell Times for 2018

To facilitate the redevelopment of Alexandria Park Community School, a second pop-up for K-6 students will be constructed adjacent to the existing pop-up, 'The Buckland'. Classes will commence in the second pop-up from Term 1, 2018, while planning continues for the redevelopment of the new K-12 APCS.

In order to increase access to safe and effective playground spaces for both the Primary and High Schools, the school executive has identified the need to alter High School bell times for 2018.

A school community consultation about bell times was conducted at the end of 2016. The consultation found that parents, staff and students preferred an earlier start time. An end to the school day after 3pm was not supported. In response to this feedback, the High School bell times for 2018 will change to the following.

High School Bell Times 2018

Monday, Wednesday, Thursday, Friday.

Period 1	8:40	9:40
Period 2	9:40	10:40
Recess	10:40	11:00

Tuesday

Period 1	8:40	9:40
Period 2	9:40	10:40
Recess	10:40	11:00

Period 3	11:00	12:00
Period 4	12:00	1:00
Lunch	1:00	1:50
Period 5	1:50	2:50

Period 3	11:00	12:00
Assembly	12:00	12:30
Lunch	12:30	1:20
Period 4	1:20	2:05
Period 5	2:05	2:50

These changes will allow High School students to have exclusive access to all playground spaces during lunch times, while minimising changes to the structure of the school day.

These bell times apply to Years 7 – 12 only. Senior students may have extension classes outside of these times. **There will be no changes to the current primary school bell times.**

Please discuss these changes with your child to support his/her transition to an earlier start time in 2018.

Further information on the redevelopment of APCS can found at;

<http://www.dec.nsw.gov.au/about-the-department/our-reforms/innovative-education-successful-students/school-upgrades/alexandria-park-community-school> and

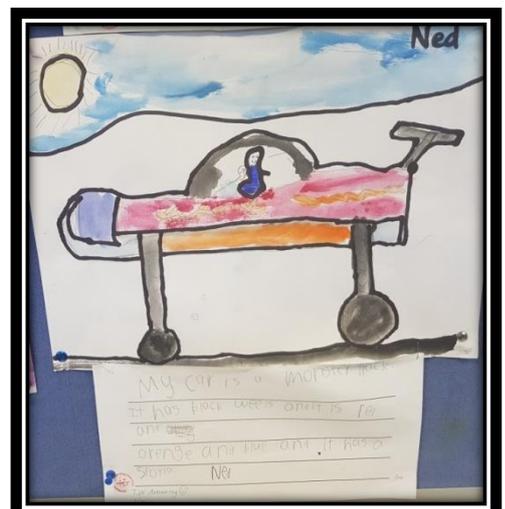
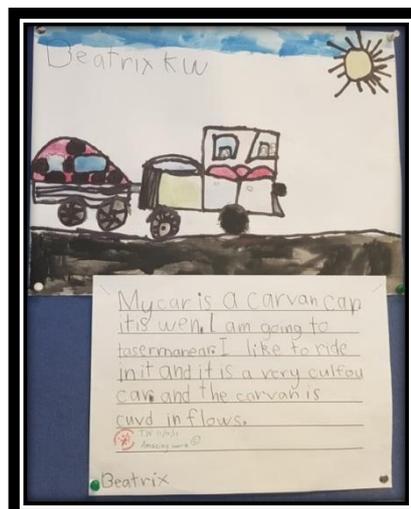
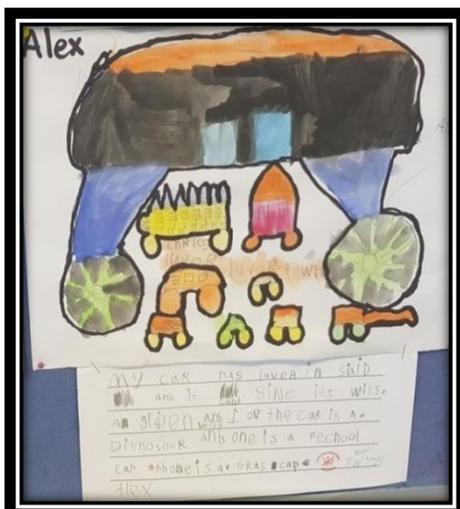
<http://www.alexparkcs-c.schools.nsw.edu.au/our-school/primary-move>

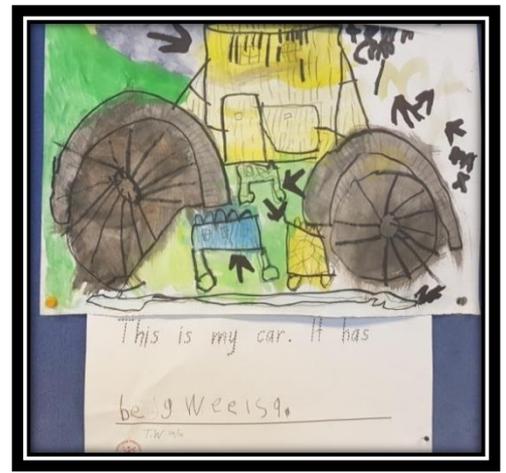
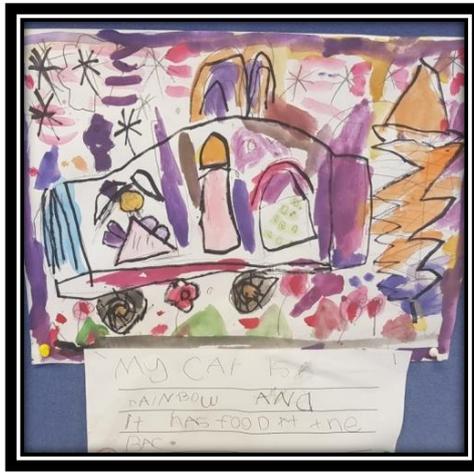
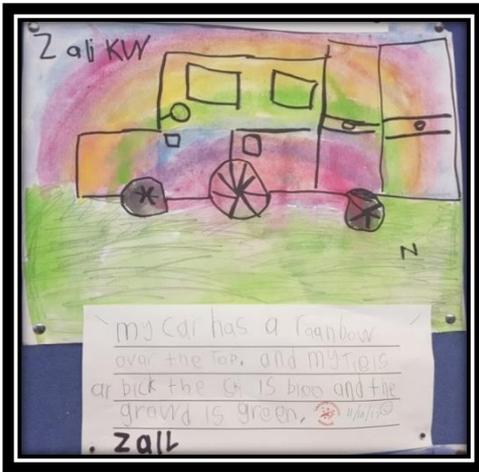
Please feel free to contact the school on 96981967 if you require any additional information.

Kindergarten

Kindergarten's integrated learning topic this term is 'Inventions'. We have been reading lots of books about inventions that different characters have made. We have also been looking at the way things in our environment move, depending on their size and shape. Students have enjoyed thinking about what they would like to invent, and they have drawn and written about their inventions. We have been loving this topic, and the opportunity it gives us to think creatively about technology and the world around us.

Miss Page, Miss Wayland, Miss Wilson





1D entry for the Patrick White Competition.

Theme: What Now?

What Now Mrs Davey?

1D walked quietly into the classroom and sat patiently in a circle. Mikey asked, "What now Mrs Davey?" Mrs Davey answered, "We are doing L3 this morning."

All the students were excited for their Language, Literacy and Learning lesson. The best part about L3 is we all improve in our reading and writing. The class moved off to their groups and worked on iPads, reading box, guided reading, writing and literacy games. It was great fun!



After lunch, Tiara whispered, "What now Mrs Davey?" Mrs Davey replied, "It's now time for Mathematics."

In Mathematics we learned about area and length. We used centicubes, dominoes, paperclips and unifix blocks to measure the actual area or length of objects such as our desks. 1D work so well together and love practical activities.



It took a while to clean up the mess. Liam then rushed over and shouted, "What now Mrs Davey?" Mrs Davey responded calmly, "You are off to Music with Mr Whipp."

Mr Whipp is the best! He gives us percussion instruments to play and we sing and keep the beat. He has been showing us lots of instruments that are used in an orchestra. Mr Whipp is one of the coolest teachers in our school.



When we lined up after recess Hillary shouted, "What now Mrs Davey? " Mrs Davey enthusiastically answered, "It's time for AFL."

Some Swans development coaches help us every week to get better at kicking, handpassing and working as a team. It is Noah's favourite time of the week.

It finally was home time. We were tired hot and sweaty but it had been a fantastic day at Alex Park!



Year One

Things have been busy this term is Years 1 and 2!

So far this term we have had the Fizzics IncurSION, Bandana Day and a visit from author-in-residence, Deborah Abela.

Our Fizzics incurSION allowed us to learn about how light and sound work using different everyday objects, games and toys.

Bandana Day helped to raise money for CanTeen (and we looked really cool too!)

Deborah Abela told us a funny story about when she lived in Africa and how that experience helped her write her first picture book! Here are some pictures of what we've been up to so far in Term 4.

We can't wait to keep on learning!

Thanks for reading! From Mr Gleaves and Stage One 😊



Alexandria Park Great Book Swap!

Holding The Great Book Swap at Alexandria Park Community School was a great chance for the P&C and the SRC to get all students from K-6 involved in raising money for the Indigenous Literacy Foundation. We raised over \$900 and at the end of Term Three we found out that our Book Swap has won APCS a prize of \$2000 worth of books from the ILF! The SRC were very excited to unpack all the fantastic books, and we are looking forward to distributing them around the school to be read by all!



National Bandana Day



their colourful bandanas, which were sold out by National Bandana Day on the 27th of October.

APCS in Top 10% of Schools in Maths Olympiad

Students in Years 4 to 6 each year compete in the Australian Problem Solving Mathematical Olympiad, and, this year, we have performed exceptionally well.

Every couple of weeks, students undertaking the Olympiad all over Australia, New Zealand and elsewhere engage with five difficult mathematical problems. These problems are designed to provide an extreme challenge for capable mathematicians. It's not unusual for very clever students to come away from an Olympiad with barely any correct answers!

In 2017, for the second year running, our team attained a result that put us in the top 10% of schools.

Within our brilliant team, we had a student, Shafin from 6J, achieve a perfect score of 25 correct answers from 25 problems. This is a rare feat only equalled by 492 students in this year's competition of more than 30,000!

Besides Shafin, we had 37 students receive patches or pins for outstanding achievement in the competition. Congratulations are due to all who took part!





HIGH SCHOOL REPORT

Deputy's 7-12 Report

It has been a busy start to Term Four. Our Year 12 students completed their HSC examinations in weeks 2-4. For the first time in many years, the HSC exams were held in our school hall- The Denzil. Our students now can enjoy a well-deserved break as they eagerly await their HSC results- due to be released on Thursday, 14 December 2017.

I look forward to celebrating with our students the end of 13 years of schooling at the Yr 12 Formal to be held at Le Montage on Thursday 30th November.

Important Information about a 'Year 10 Formal'

It has come to my attention that some students in Year 10 may be planning a formal function for later this year to celebrate the completion of Year 10. It is important for students to understand that it is the policy of the school **NOT** to sanction a formal for Year 10 students. We do not consider that the end of Year 10 marks the end of school for the majority of students. Staff do not attend such a function and the school accepts no responsibility in this matter. Under no circumstances is a venue for a 'Year 10 formal' to be booked in the name of the school.

The school does, however, support a formal for students at the end of Year 12. The school holds money in trust for that event and many of the staff attend and celebrate with the students on that occasion.

Please be warned that if you or your child pays money to another student for a ticket to a Year 10 formal, you do so **AT YOUR OWN RISK**.

Please do not hesitate to contact the school on 96981967 if you wish to discuss this matter.

Glen Kingsley

Deputy Principal



virginia pacey
@virginiaPacey

Outstanding VET audit @ Alex Park CS today- amazing focus by school team on what matters most-student achievement!



1/11/17, 7:59 pm

Hospitality Vet

Every year a selection of schools that deliver vocational courses in NSW are audited for quality assurance purposes. This year was our year and on the 1st November our Hospitality course was thoroughly checked to ensure we are delivering at industry standard. Vocational courses must prove they are using industry standard equipment and ensure they are assessing students at industry level.

Students, teachers and school management were questioned on assessment and work placement processes and practices and the kitchen equipment was examined to ensure students are getting the best quality vocational education.

I am pleased to say we passed with flying colours! Mrs Mishra, staff and students prepared a very tasty morning tea for our guests using produce from our garden, (including freshly laid eggs). The auditors were very impressed with the school's professional and proactive approach for meeting the needs of students and the industry.



Wattle seed biscuits with strawberries. Scones and mulberry jam made from mulberries from our garden.



Mitchell icing muffins.



Orange and lemon myrtle icing muffins.



Mitchell and Jason making the curried egg sandwiches, which were made with our fresh farm eggs.



Spinach, onion, and feta quiches on our rustic breadboard .



Year 7 Korean Cultural Centre

This term Year 8 visited the Korean Cultural Centre in the city. They were able to experience in traditional Korean house (Hanok) and also try on some traditional Korean clothing (Hanbok). They also participated in a Korean cooking lesson where they learned how to make Bibimbap. Bibimbap is a rice dish that contains a variety of vegetables, and is topped with a spicy chilli sauce. For their last activity, our students decorated Korean hand drums (buk) with their own designs.

Thank you to all students and staff that participated in these excursions.

Mr Jun Korean Teacher



Year 10 Talk Law Excursion



At the beginning of Term 3, Year 10 was fortunate enough to be given the opportunity to participate in a program called "TalkLaw", which involved lawyers from King and Wood Mallesons coming into our school to teach us the laws and rights surrounding our age group. Over a period of 10 weeks, we had five lessons from which we covered a variety of

topics such as cyber laws and job security. This all culminated in us taking part in a mock trial at King & Wood Mallesons on the 19th of October.

We arrived at their office in the morning after a short walk from Circular Quay and were greeted with a spectacular view of Sydney from the 61st floor. We were treated to a morning tea in the form of juice, quiches, party pies and party sausage rolls. Shortly after, we were led into a room where the mock trial would be taking place. We were split into 3 teams: The Plaintiffs, The Defendants and the Commissioners, and were given the scenario of an alleged Unfair Workplace Dismissal Claim. Both the Plaintiffs and the Defendants were given the case information to learn about the situation surrounding the claim, as well as the main characters whom we would later call up for questioning. We were the lawyers on the Plaintiff team, and we were taught how to structure our case when presenting it in court and how to cope with any unexpected issues that could arise during court. After 30 minutes, the case began with Angela Fu, Andy Huang and Taha Ahmed being the lawyers for the Defendant, and Robinson and I for the Plaintiff. The Plaintiffs would start the court case, and the Defendants would end it.

It was a fierce and long battle, with both sides exchanging small blows and trying to gain an upper hand over the other. New information was introduced by the interviewees and questions were asked by the commissioners, both which caught us all by surprise. However, this didn't stop us from presenting our case, and we ultimately finished with the last argument being given by the Defendants. While the Commissioners were discussing with each other about the circumstances surrounding this case, we were having second thoughts about what was not said or what could have been said. Nonetheless, our worries were uncalled for as we won the case with a compensation fee of \$2000 (\$20000 was the original amount, but it's still something)! Only an hour passed before we were led back into the room, yet it felt much longer under pressure. After a brief exchange of formalities, it was over and we had to bid farewell to the lawyers who had taught us so much. It was fun while it lasted, but all good things must come to an end. With one last glance at the view of Sydney, we entered the elevator and left the building. We walked back towards Circular Quay and took a small break to count numbers and have a lunch break.

TalkLaw and its lawyers definitely provided us with an exceptional insight into how a court case would play out. We are very grateful for the opportunity to participate in something like this, and we certainly enjoyed every minute of it. Working as a lawyer was certainly a hard task, but it was incredible fun to participate in the lessons and in the mock trial against our friends. TalkLaw was a great experience for both us and Year 10, and we're very grateful for being able to take part in it. By Robinson and Igor

English

It was my privilege to be seconded for Terms 2 and 3 as Stage 6 advisor to the department's directorate of learning and teaching in Oxford Street. My role provided me with an excellent experience for my professional growth and development. I was given insight into the machinations of a government department and a taste of what working in the corporate world is like. The time in the office environment was vastly different to my school and classroom experiences of the past thirty-eight years!

One thing I particularly enjoyed was the opportunity and time that enabled me to immerse myself in educational research – from research on the teenage brain to disciplinary literacy – as it impacts on best practice and assessment. As I'm sure all of you are aware, the NSW government released a series of documents during 2016 and earlier this year that aim to reform and strengthen HSC standards. Reform 4 recognises 'that allowing schools greater flexibility and independence over their assessment program would allow teachers to engage students more deeply in critical analysis, rather than mimicking the structure and conditions of the HSC examinations' ([Stronger HSC Standards, Overview of the evidence page 14](#)).

Much of my time in Oxford Street involved becoming something of an 'expert' on the new Stage 6 syllabuses and the changes to assessment. The changes to the mathematics (Standard only), English, history and science courses are mammoth, as are the changes to school-based internal assessments in all NESA developed courses. From next year students in Year 11 will only do three assessment tasks and Year 12 will do four. There is also a shift away from examinations and in Year 12 there is a mandated maximum weighting of 30% for formal examination-type tasks.

From my extensive research, I have returned to APCS very excited at the prospect of being able to put some of this research into practice. In 2018 year 7 will be adopting the Biggs and Collis SOLO (Structure of Observed Learning Outcome) taxonomy as a common language for learning across curriculum areas. This pedagogical approach aims to facilitate stronger connections for students in their learning and hence lead to deeper understanding.

Also of future benefit is the opportunity to put current assessment strategies in place. For example, this term years 7, 8 and 9 will be assessed using a classroom observation model. What this means for students is that they will be assessed according to how they perform in class. Observations will take place over the course of weeks 5-7 and students will not only receive ready teacher feedback but they will also peer and self assess.

In year 7 the assessment will involve students writing, Year 8 will be presenting scenes from Shakespeare's A Midsummer Night's Dream and Year 9 will be responding to Romeo and Juliet. Year 9 will also be undertaking a writing enrichment program every Wednesday. This program is in response to specific student needs (as identified by NAPLAN data) and tailored to strengthen the skills needed for meeting the new minimum HSC standards.

On Friday 10th November, the new Year 12 Advanced and Standard English classes will be attending a creative writing workshop day at Sydney University. This day aims to strengthen

the students' writing in response to Area of Study, Discovery, stimulus material – a part of their HSC examination.

I'd like to take this opportunity to thank Geraldine Prexl for her smooth running of the English/LOTE/Visual Arts faculty during my period of secondment. It is lovely for me to be back at APCS with my wonderful, dedicated team and, of course, the students.

AGRICULTURE

Our pullets, donated by Steggles, arrived safe and well. We will feed and care for them and then enter them into the Royal Easter Show Laying Competition. One great thing about having the pullets is that students collect data and learn all about raising poultry in the city. Petbarn donate some of the food that feeds them and as well, we use scraps from our canteen/kitchen and from the fabulous parents.

Students are looking forward to the competition next year.



VALID 2017

Preliminary results are in for the Year 10 students, who did the online test in early September. Year 8 students are in the process of completing the VALID 8 task this week.

The *Validation of Assessment for Learning and Individual Development* (VALID) program is an end-of-stage diagnostic assessment for the Science KLA. In 2017, three assessments were delivered: VALID Science and Technology 6, VALID Science 8 and VALID Science 10.

Congratulations to Year 10 students: Elaine Zhong, Trang Nguyen, Minh ThyTran and Aурpita Saha who received top marks for their extended responses on Evolution of Peppered Moths.

All Year 10 students will soon receive a letter explaining, in detail, their results.

Results of VALID 6 and 8 will be available later in the term.

FITNESS REPORT

Did you know...

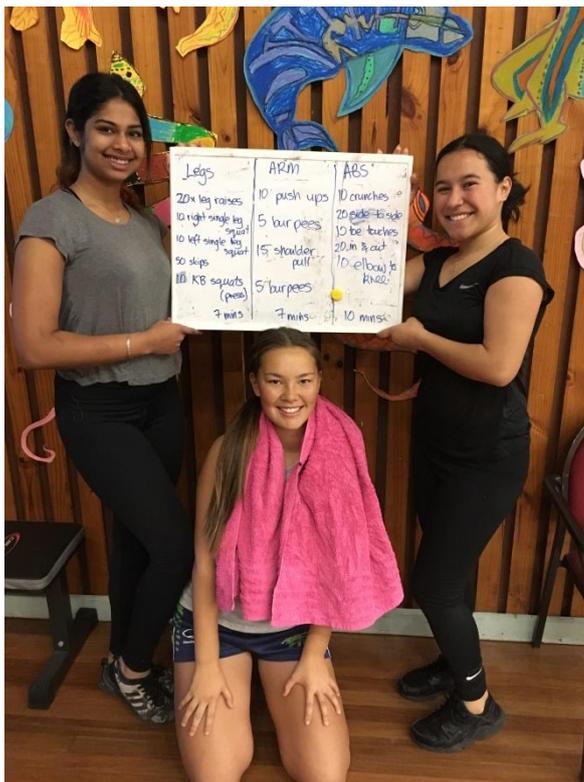
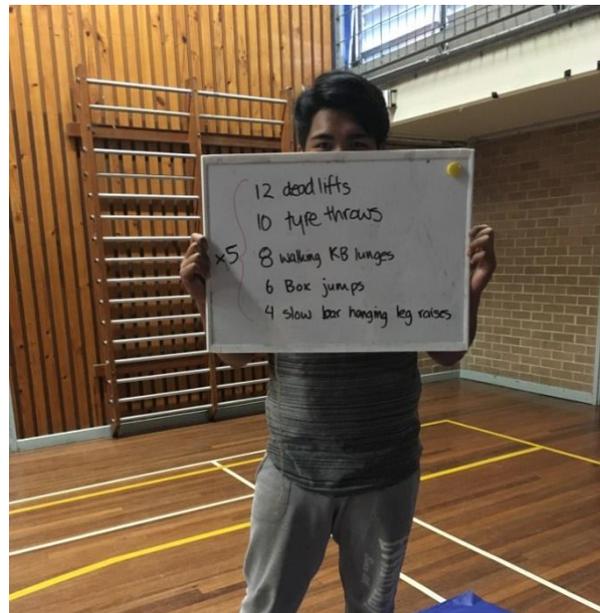
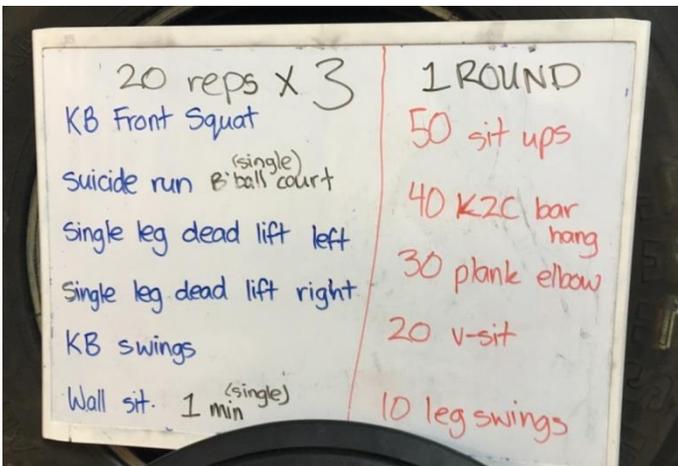
- Young people who make an effort to engage in physical activity are less likely to experience lifestyle diseases such as cancer, diabetes or heart disease now and later in their lives.
- Young people who engage in physical activity for 60 minutes per day experience higher levels of self-esteem and self-awareness.

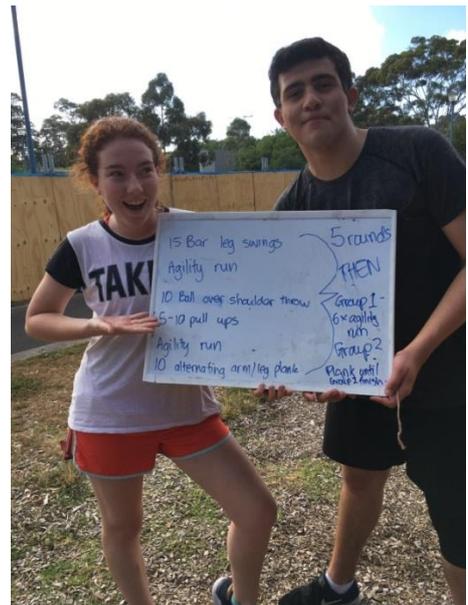
The main goal of APCS Fitness club is to encourage our students to enjoy functional movement and educate them about the benefits of being physically active in a supportive and safe environment. We achieve this by programming different types of movements and movement sequences in a fun way.

If you are keen to get moving, join us at 7:15am every Monday, Tuesday and Thursday on the Junior campus. Showers and towels are available.

For more information about Young People and Health, visit the website below:

<http://www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines#apa1317>





Nabill Khan: Rising APCS Athletics Super Star!

Unlike most young men his age, Nabill Khan of Year 12 has more than one goal going into his final year of school: he wants to achieve Band 6 ATAR results across all his subjects and to qualify for the 2018 World U20 Championship Games in Athletics. In June this year, Nabill



qualified for the Oceania Area Championships and travelled to Suva, Fiji to compete in the U18's Men's 100m and 200m races against other competitors from the Oceania Region. He placed 2nd in the 200m race. In July this year, Nabill placed 1st in the Boys 17 + years 100m and 200m races at the CHSSA Regional Athletics Carnival.

The APCS Sports Coordinator, Tiffany Kasz sat down with the humble man himself to find out what drives him to stay focused and continue to strive for a goal that as a child he thought was out of his reach.

How does it feel to have achieved such great feats this early on in your life?

If I am honest, it feels... not that special. It's nice to have these things, but I work hard for it and it's always about the bigger picture. I always ask myself what I could have done better and think about the next goal.

Can you describe the typical emotions you experience before, during and immediately after a race?

OK, that's a big question. I'm a pretty superstitious athlete, so I have a strict ritual before. I run myself through questions about why I am here, which can be an intense process. Growing up, I was bullied and every one told me I would not amount to anything, so athletics is a way for me to prove myself to everyone. That psychs me up for the race. During the race, I don't think of anything except getting from start line to finish line as quickly as possible, unless I'm thinking about my technique. As soon as I finish, I feel immediate relief and joy, because I just experienced something I really love.

Talk us through a typical day in the life of Nabill Khan...

I wake up at 5am, get myself to the gym or the pool to go through a morning fitness routine that consists of cardio and core work until about 7am. Then I head home, eat breakfast and get ready for school to leave at 8am, travel to school and sit through a regular day of classes like most kids my age. Then I head straight to my next training session either at the track or the gym from 4:30pm-7pm. Then, I head home and I have to do something to relax, so I go for a quick skate. Then I make dinner before I start studying at about 9pm. I try to do as much as I can until about 10pm before I force myself to be in bed by about 10:30pm because sleep is very important to my recovery. Sleep is literally a part of my training program.

What drives you to maintain your efforts to achieve in Athletics and at school?



The love for it. You only continue doing something because you love it, if you are doing it for any other reason it's not the right reason and you won't last. When it comes to school achievements, it's the fact that I really appreciate the opportunities I have at school. It's an opportunity to learn, become educated and create a good life for yourself and not everyone in this world has that opportunity.

What is one thing you do every day that you think contributes to your success?

Meditation. It helps me focus. Everyone thinks it's boring and lame, but there is an art to it, they don't understand it yet. It takes time. It's a patience game.

Finish this sentence. In 5 years' time, I hope.... to be training towards my second Olympics.

That's it? Yep. I'm pretty straight forward with these things.

Music News OCTOBER



The Vocal Ensemble along with 6J musicians Susanna, Sam and Ren-Shyan entertained local seniors at the Cliff Noble Centre last week. It was the third year that Alex Park students have participated in the event, held as part of the CanTeen fundraising week.

MUSIC WITH MR WHIPP

Year 2 and 3 have continued to learn to play the ukulele and have extended their skills by creating their own songs!



MUSIC EXAM RESULTS

Congratulations to Anthea Arvanitellis (5J) who passed her Grade 3 Piano exam with Honours, Wilson Sun(6J) who gained an A pass in grade 3 Violin and Ren-Shyan Balnave (6J) who achieved a Credit result in Piano grade 4 and an Honours result in Trumpet grade 1. Well done!



LIBRARY NEWS (October)

1. Alexandria Park Community School participates in ICAS assessment annually. Voluntary Yr3-12 students have completed tests in Science, English, Writing & mathematics this year. **Congratulations** to students who have achieved distinction (D) & high distinction (HD) in subjects of English & Mathematics below.

Class	English	Class	Mathematics
3M	Andrew Nguyen (D)	3M	Andrew Nguyen (HD)
3M	Toby Hanan (D)		
5M	Munha Mirza (D)	5M	Munha Mirza (HD)
5M	Isabella Wang (D)	5M	Patrick Nguyen (D)
5M	Jack Rusli (D)	5M	Stephanie La (D)
5M	Maya Herrmann (D)	5M	Alicia Chu (D)
5M	Jefferey Zhuang (D)	5M	Jefferey Zhuang (HD)
5M	Sumaya Sultana (D)	5M	Sumaya Sultana (D)
5M	Rozana Abonty (D)	5M	Rozana Abonty (D)

5M	Jasmin Morgan (D)	5M	Jasmin Morgan (D)
		5M	Anthea Arvanitellis (D)
5S	Biao Su (D)	5S	Biao Su (D)
		5O	Cian Cameron-Gleeson (D)
		6J	Ren-Shyan Balnave (D)
6J	Talia Wade (D)	6J	Houda Hamadi (D)
		6J	Fiona Tan (D)
7X	Ruoying Wu (D)	7A	Brendan Hin (HD)
		8X	Jerry Sun (D)
		8X	Irene Zhong (D)
		10X	Elaine Zhong (HD)
		10X	Tiffany Nguyen (D)
		10X	Charles Zheng (D)
		10X	Robinson Shi (D)

2. In week 2 (16/10/17- 20/10/17) Term 4, Ms Deborah Abela was the author in residence at Alexandria Park Community School. She spoke vividly about language and writing in APCS welcoming assembly. She talked passionately about her experience as a writer.



Ms Abela visited each K-2 classes and actively involved children in oral story telling.





Ms Abela visited each K-2 classes and actively involved children in oral story telling. She taught primary students writing techniques when she visited each Yr3-6 classes.



So many students purchased books written by Deborah Abela who has diligently autographed every book personally for a whole week. APCS students will happily receive & enjoy reading stories created by our favourite author FOREVER.



There was also a group of 20 students from Yr3-6 classes who attended writing workshop daily with Ms Abela in the library. They had written so many wonderful pieces of stories which were read out at the author farewell assembly.



Careers news

This month is **work experience month** and we have most of Year 10 venturing out into the work force to complete a week with an employer. Thanks to parents and friends who have assisted in finding a meaningful placement for our students. If your child has still to find a placement, it's not too late, work experience is scheduled to occur in weeks 6, 7 and 8.

Applications are open for **school based part time traineeships**, (SBAT), for students entering Stage 6 next year. If your child in Year 10 would like to have a paid job and have that job count toward their HSC, please make further enquiries with me. Currently there are vacancies in Retail with Domino's and warehouse Operations with Reece Plumbing Suppliers. These traineeships offer a nationally recognised Certificate II qualification, paid work and up to 4 units towards their Year 11 and 12 results. Students attend work at least one day per week during the school term and more days during holiday periods. These are a fantastic way for students to gain skills in the workplace and, in many cases, a pathway to employment or further training after their school years have finished.

For indigenous students the opportunities for employment in SBATs is even wider with positions available in Childcare, Parks & Gardens, ANZ and Commonwealth Banks, Construction and Business Services to name a few. Anyone interested in finding out more information can speak to me or go to <https://www.sbatinnsw.info/>

I have two **excursions** planned for students this term to Thales in Garden Island and to Goodman Australia. These excursions are designed to improve student's knowledge of employment opportunities and improve their skills in job applications. Permission slips will be given to students in the next week or so.

Trish Betar Careers Adviser

IMPORTANT SCHOOL ORGANISATION DETAILS

SCHOOL DROP-OFF

- A staff member is on duty to supervise students **from 8:35am** in the playground.
- No students should arrive prior to 8:35am unless accompanied by a parent/carer.
- Any parents/carers arriving with children prior to 8:35am need to wait with them until the teacher is on duty.

SCHOOL PICK-UP

- Please ensure that any after school arrangements have been discussed with your child in the morning so they know where are they are to go in the afternoon after school.
- It is not possible for the office to make multiple phone calls at 3pm to clarify pick up arrangements.
- Please assist us by only calling the office when it is an emergency change of plans from what has been discussed in the morning with your child.

UNIFORM

- Please ensure your child is in the correct school uniform every day.
- A sun hat is required to be able to play outside otherwise your child will be seated in a shaded area.
- If parents can also ensure sunscreen is put on in the morning prior to school commencing.

SIGN IN

- Please ensure your child signs in/out at the office every day for lateness or early leave.
- A parent will be contacted for permission for our year 7-12 students if signing out early and a parent is to come to the office to collect a K-6 student to leave early.
- Absences are to be advised the morning of the absence by a parent calling the school office and if a student is absent for 2 days or more a medical certificate is to be provided.
- If you are planning to take leave for 5 or more days an *Application for Extended Leave* form is to be filled out and handed to the office along with travel documentation. This will be submitted to the principal and will be considered for approval.

SCHOOL GROUNDS

ALEXANDRIA PARK COMMUNITY SCHOOL
PLAYGROUND
Equipment Rules

All children **MUST** be supervised by an adult
(teachers during school time, parents after school)
The playground equipment is out of bounds before school

 Shoes must be worn at all times

 No eating or drinking whilst on the equipment

 Share and take turns. One person at a time on each piece of equipment

 Walk, don't run
No running

 **SAFETY FIRST**
BE CAREFUL Be careful

Report accidents to school office


Alexandria Park Community School

- If you and your children remain in the playground after 3pm, please ensure that your children are supervised at all times. Please also be considerate and respect our school grounds by keeping the playground free from rubbish and ensuring all equipment is used safely. Students **MUST** wear school shoes at all times, especially on the play equipment.

DOGS

- Dogs are not allowed on school grounds.

HEAD LICE

From time to time, there can be concerns about the infestation and spreading of head lice. Can you please be diligent in checking your child's hair daily as they do spread easily when children are working and playing closely together.

COMMUNITY NEWS

ALEX PARK KIDS & BLOKES PLAYZONE 2017

The Kids & Blokes Playzone event was held again this year as part of the APCS Kindergarten Transition Program. It was on Thursday November 2 with 18 blokes and 20 kids participating. The evening started off with some group fun and games outside under the COLA, followed by dinner together in the Community Centre. After dinner the blokes got together for a bit of a chat to get to know each other and to talk about their child starting school. The kids continued to play games in the playroom. It was a great night with lots of laughter. Thanks to Rachel, Ben, Thea, Coco, Jess, Kate and Jo for helping to make the night a success.





SCHOOL CALENDAR for NOVEMBER 17

Tuesday 14th

- Yr 1 & 2 Intensive swimming
- 09:00AM to 03:00PM Redevelopment Info Booth
- 07:30AM to 04:00PM Information Booth sessions

Thursday 16th

- Yr 1 & 2 Intensive swimming
- Music Showcase
- K-6 Assembly 1D

Wednesday 15th

- Yr 1 & 2 Intensive swimming
- 10:45AM to 11:00AM Kindy 2018 In Class experience

Friday 17th

- Yr 1 & 2 Intensive swimming

Monday 20th

- Yr 10 Work Experience
- Kindy & 2B Intensive Swimming
- School Tour - OC

Tuesday 21st

- Yr 10 Work Experience
- Kindy & 2B Intensive Swimming
- Yr 7-12 Assembly

Wednesday 22nd

- Yr 10 Work Experience
- Kindy & 2B Intensive Swimming
- 10:00AM to 11:00AM Kindy 2018 in class experience

Thursday 23rd

- Yr 10 Work Experience
- Kindy & 2B Intensive Swimming
- Yr 12 PDHPE Excursion
- K-6 Assembly - 1G

Friday 24th

- Yr 10 Work Experience
- Kindy & 2B Intensive Swimming

Tuesday 28th

- Kindy & 2B Intensive Swimming
- VET Work Placement

Wednesday 29th

- Kindy & 2B Intensive Swimming
- Kindy 2018 in class experience
- VET Work Placement

Thursday 30th

- Kindy & 2B Intensive Swimming
- VET Work Placement
- Yr 5OC Orientation morning

