



PRINCIPAL'S REPORT

Welcome back to 2020 at Alexandria Park Community School. After what has been an extremely difficult summer break for so many, our new school year commences.

We know that across NSW and the rest of Australia, devastating bushfires have affected our communities, families, schools - and more. I am so proud of our school community and none more so than Rex, Angus and Liam. At our recent Meet the Teacher event the boys set up their own stall to raise funds to help the koalas, raising over \$85. What an amazing initiative from these community minded, socially aware caring students.

As we progress through 2020 I know the school year will bring with it some new and exciting developments. Enjoy our first newsletter packed with photos and information about our teaching and administrative teams including bios about our new staff.



REDEVELOPMENT UPDATE

By the end of this month three of our new buildings should have the external structures 100% completed. In January, "Building C" reached a significant milestone after being topped out with the structure reaching its highest point. By early March we should be seeing the facades and internal fit outs well underway for levels 1 and 2 of these three buildings, weather permitting.

Next steps - Façade works and balustrade installation will commence.



Site Access from Park Road

To complete the next round of concreting activities, the contractor is accessing the site from an area adjacent to the drop-off and pick-up zone on Park Road.

Access is required throughout February (weather dependent).

The drop-off and pick-up zone is operating as usual, with an area cordoned off to allow trucks to enter and exit the site. Traffic control personnel are on site to direct vehicles and ensure safe access for pedestrians. Please follow all directions from the traffic controllers during this period.

For more information contact:

School Infrastructure NSW

Email: schoolinfrastructure@det.nsw.edu.au Phone: 1300 482 651 www.schoolinfrastructure.nsw.gov.au

PARTNERSHIPS IN LEARNING

I strongly encourage all parents and carers to participate in our school's parent teacher meetings. Effective partnerships in learning with parents and students mean that students are motivated to deliver their best and continually improve.

Save these dates

10 March – years 7, 11 and 12

31 March – years K – 6

12 May – years 8, 9 and 10

UPDATED DIGITAL TECHNOLOGY POLICY

Digital technology is becoming an increasingly important tool to enhance the learning of our students and prepare them for life beyond school. We know that inappropriate use of digital technology use may cause distractions in class and jeopardise student learning and wellbeing.

The new Student Use of Digital Devices and Online Services policy has been released for implementation in NSW public schools from the start of Term 1 2020. The policy is available at: <https://education.nsw.gov.au/policy-library>. The new policy includes the digital device restriction for primary schools announced by the NSW Government in December 2018. Under the new policy, from the start of Term 1 2020:

- ✓ Primary schools will restrict the use of digital devices, including mobile phones during school hours. Primary-aged students will not be allowed to use digital technology during class time, recess and lunch unless for an educational purpose or where a student needs it for other reasons, such as an adjustment for disability.
- ✓ Secondary schools will retain the flexibility to opt into any restriction on device use or pursue the approach that best suits the learning and wellbeing needs of their school community.

Our technology team leaders have reviewed our APCS policy to align it with the new Student Use of Digital Devices and Online Services policy. This policy will be presented to parents at the March P & C meeting.

ATTENDANCE AT SCHOOL

Regular school attendance is critical to student learning and well-being. It is a core rule in our public schools that students 'attend school every school day, unless they are legally excused, and be in class on time and prepared to learn.'

If your child is absent from school, parents and carers need to provide an explanation for the absence within 7 days. This explanation can be provided in person, or by telephone call, written note, text message or email. The written note can be handed to the administration office on either campus or to the class teacher (for primary students) or period 1 teacher (for high school students).

If you have concerns about your child's attendance please contact the class teacher (for primary students) or Year Adviser (for high school students) and we can work together to support regular school attendance.

FAMILY HOLIDAYS AND TRAVEL DURING THE SCHOOL TERMS

As of 2015, the Principal cannot approve students being exempted from attending school to go on family holidays or to travel. Holidays and travel need to be scheduled during the school vacation periods. If you believe that you have extenuating circumstances which requires your child to be absent from school for an extended period of time to travel during the school term, you will need to make an appointment to discuss the matter with either the Deputy Principal or the Principal. If the reason for the travel is in the best interest of the student a Certificate of Extended leave may be approved, with the period of the absence being counted as absences from school.

CORONAVIRUS

You will have heard the news regarding Novel Coronavirus on the television, radio, internet or social media. While this news can be upsetting for many people it is important that we work together to support those who have been in the impacted areas. I want to thank our students and parents for their compliance with the direction to self-isolate for 14 days before returning to school if they had travelled to mainland China over the January holiday break.

It is also very important that we don't assume people who have a Chinese or other Asian background are linked to the spread of the Novel Coronavirus. Anti-Asian language and behaviour, or any other form of racism is unacceptable and will not be tolerated in our school community.

CODE OF CONDUCT FOR PARENTS, CARERS AND VISITORS TO OUR SCHOOL

A code of conduct for parents and visitors ensures that everyone who visits the school site is able to do so in a safe and harmonious manner and to ensure that students, staff, parents and other visitors are not subjected to aggressive, hostile or violent behaviours.

I remind parents and carers that if they have a concern or problem with a student in our school they are not allowed to approach that child or their parent about the concern. Parents and carers are expected to discuss issues or concerns about other students through the correct procedures.

If the concern is occurring during class time parents are to contact the class teacher and talk to the teacher about the concern or problem.

If the concern is happening on the playground or whilst travelling to and from school the parent is to contact the Assistant Principal or Deputy Principal to explain what is happening and allow the Assistant Principal or Deputy Principal to investigate and manage the student's issue within the school's 'Student Behaviour Code' and 'Positive Behaviour for Learning' practices.

Parents and visitors are expected to treat all persons associated with the school with respect and courtesy including all of our students.

HSC MINIMUM STANDARDS – EFFECTIVE FROM THE 2020 HSC

Students need reading, writing and numeracy for everyday life after school. This is why students need to meet a minimum standard of literacy and numeracy to receive the HSC from 2020.

If a student received band 8 or above in their year 9 NAPLAN in 2017 tests they achieved the HSC minimum standard.

If a student has not achieved this standard they need to achieve a Level 3 or 4 in short online tests of skills for everyday life. **All** students, from year 9 2019 must fulfil the minimum standards in literacy and numeracy in order to receive their HSC. NAPLAN achievements *do not* apply for students who do year 9 NAPLAN from 2018.

Students have up to four times per year to sit each minimum standard in the reading, writing or numeracy tests in Year 10, year 11 and Year 12.

Schools will help students to decide when they are ready to take each test.

Students do not need to meet the HSC minimum standard to:

- ✓ study HSC courses
- ✓ sit HSC exams
- ✓ receive HSC assessment and exam results
- ✓ receive an ATAR
- ✓ receive a Record of School Achievement.

Only students who meet the HSC minimum standard will receive the HSC credential.

Provisions for the minimum standard tests are available for some students with disability. Some students with disability studying Life Skills courses may be exempt from meeting the minimum standard to receive their HSC credential.

HEALTHY LUNCH BOXES

Cancer Council NSW is here to help you kick start the year easily, packing healthy lunch boxes your kids will enjoy.

Developed by dietitians healthylunchbox.com.au is a one-stop shop for everything families need to know about packing a healthy lunch box.

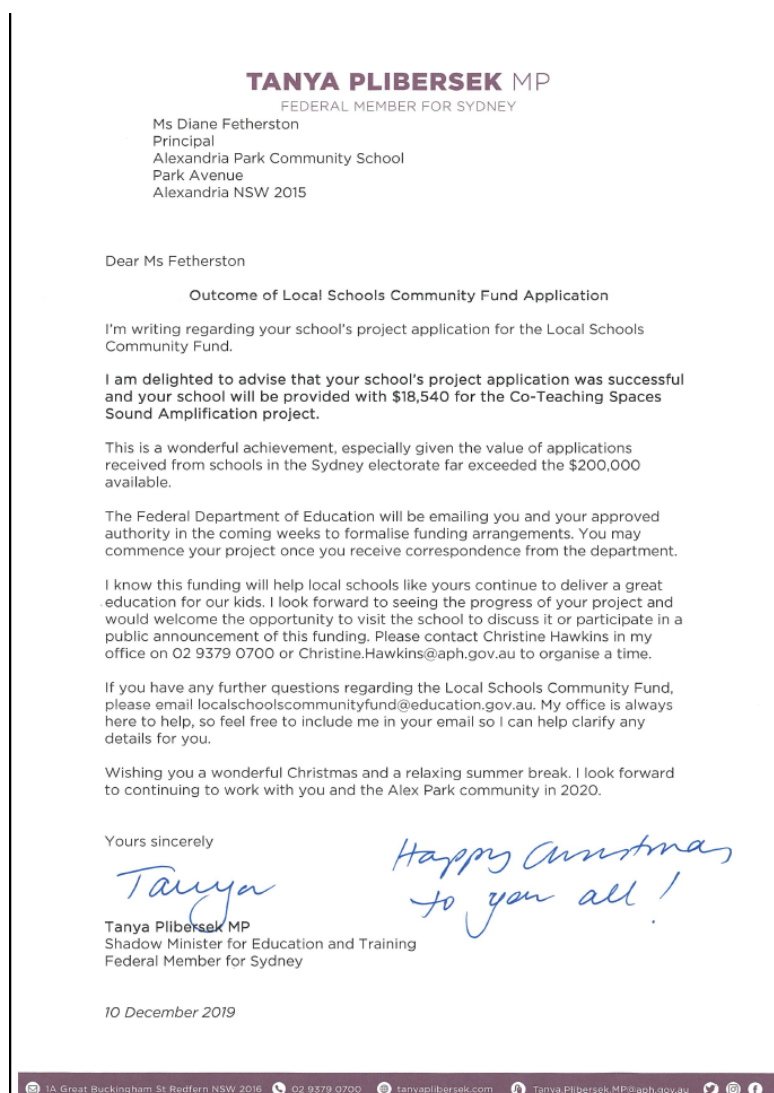
Here's what you will find:

- an [interactive lunch box builder](#) that helps parents and kids plan and pack a healthy lunch with foods they like.
- The ability to filter [recipes](#) based on diets, easy to freeze and prep time
- Lots of [quick and easy](#) recipes and [snack ideas](#)
- Regular [healthy eating blogs](#)

You can sign up to the [Healthy Lunch Box e-newsletter](#) for ideas, updates and recipes delivered to your inbox throughout the year.

LOCAL SCHOOL COMMUNITY FUND SUCCESS

Last year we submitted an application for funding to the Federal Government. I am so excited to be able to share with the community a letter I received from our local federal member Tanya Plibersek MP. Thank you Tanya.



2020 K-12 SCHOOL PHOTO DAY – Wednesday
20th May.

Further information will be sent home closer to the date.

BLACK DROP EFFECT

Part of the Sydney Festival I was one of the lucky people who got tickets to this amazing play. Starring our



own year 12 student Ken Weldon, it was an amazing play, an amazing performance by Ken (and all the cast) and amazing learning experience about Aboriginal culture, traditions, and truths.

BICYCLES AND SCOOTERS AT SCHOOL

Riders who bring their bicycles and scooters and skateboards onto school grounds are responsible for safe riding behaviours.

- ✓ Students are to always correctly wear an Australian Standards approved helmet when riding.
- ✓ Students must always ride in a safe manner following these guidelines and the NSW road rules relating to bicycles.
- ✓ **Bicycles and scooters are not to be ridden in school grounds during or after school hours. All riders, students and adults, are to dismount before entering the school grounds and walk their bikes or scooters with them whilst on the school grounds.**
- ✓ Store their bike or scooter in the correct manner in the appropriate storage area.

Storage of bikes and scooters

- ✓ Please lock your bike or scooter when you store it at school.
- ✓ Years K – 4 have bike and scooter racks near the lift at staircase 4.
- ✓ Year 5 and 6 bikes are also parked here.
- ✓ Years 5 and 6 scooters are stored outside Ms Fetherston's office
- ✓ High School students use the bike racks near the high school canteen.
- ✓ Scooters, skateboards, helmets and protective gear are brought and stored at school at the owner's risk.

SRE/SEE AT APCS

A feature of the public education system in NSW is the opportunity to provide time in class for education in ethics, faith and morality from a religious or non-religious perspective at the choice of parents.

Special Education in Ethics (SEE)

In the primary school the SEE program is coordinated by Megan Cassidy. The program requires volunteers to be trained in the delivery of the Primary Ethics curriculum <https://primaryethics.com.au/>. We sincerely thank our parent volunteers who deliver this program in our school. If there are any parents or carers who would like to teach the Primary Ethics program at APCS please contact Megan by emailing the school and putting 'Att Megan Cassidy' in the subject box. The school email is alexparkcs-c.school@det.nsw.edu.au

Special Religious Education (SRE)

At APCS SRE options are Combined Christian SRE for K-2 or 3-6, Catholic SRE for K-2 and Jewish SRE for K-6. The SE and SRE program runs on Wednesday afternoons. A parent/carers may at any time notify the school in writing that they wish to change their decision. Students will continue the same arrangement as the previous year, unless a parent/carers has requested a change in **writing**.

An invitation to the Quiz Worx Easter Concert

To be held on Wednesday 8th April at 2.15 in the primary hall. Attending this concert will be the students from Combined Christian SRE and from Catholic SRE. If you would like your child to attend this event please email the school by Friday 3rd April. The school's email is alexparkcs-c.school@det.nsw.edu.au. In the subject box write "Att Mrs Lade". In the body of the email write "I give permission for my child (insert full name) of class (insert class) to attend the Quiz Worx Easter Concert on Wednesday 8th April at 2.15 in the primary hall. For more information see this link: <http://www.quizworx.com/time-to-book-for-easter-2020/>

MEET OUR NEW STAFF IN 2020

Name: Adam Baillie

Bachelor of Education (Honours) University of Glasgow, UK
Certificate in Teaching Religious Education (Honours) University of Glasgow, UK

Teaching experience:

2019 Y4 Class Teacher – St Joseph's Catholic Primary School, Riverwood

2019 RFF – St Christopher's Catholic Primary School, Panania

Casual Teacher September 2019 onwards.

I have an additional 4 years of teaching experience in my native country Scotland:

2016 – 2018 Springside Public School – Modern Languages Coordinator & Year 5 Teacher.

2015 Mayfield Public School – Year 2 Teacher/Sports Coordinator

Since moving to Australia in 2018 I have also obtained experience in OSCH – before and after school care at a centre in Forest Lodge while awaiting my accreditation. This has given me the opportunity to observe students in a more flexible environment where they're given a level of personalisation and choice with regards to their activities.

2020 teaching load at Alex Park:

PDHPE RFF Teacher (2020)

I have always had a passion for exploring other cultures and countries; this is through gaining an understanding of the history, geography and language of other cultures and countries.

I have an interest in student wellbeing and ultimately its direct influence on student achievement and happiness. I believe that a focus on personal development has both a positive and significant impact on attitudes to learning, social relationships and student achievement.

I am delighted to be a part of the Alex Park community. My first impressions are very positive; everyone has been so supportive and caring. There is such a variety of opportunities for both staff and children at this school. I am very much looking forward to the term ahead!

I look forward to meeting more of you around the school campus.



Name: Nicole Deubler

University of Sydney – Bachelor of Economics (Majoring in Economics and Marketing)

University of New England – Master of Teaching - Secondary

Teaching experience: Whilst completing my Masters I have undertaken practicums at Alexandria Park Community School and Sylvania High School. My practicums provided experience teaching junior HSIE courses, in addition to my specialities Business Studies, Economics and Commerce.

After 20 years in the corporate world, most recently working as a Senior Marketing Manager at Westfield, I decided on a career change. My experience working in business both within Australia and the United Kingdom has given me unique insights and perspectives to share with my students on how businesses operate; not only theoretically but in a practical sense, both in local and international contexts.

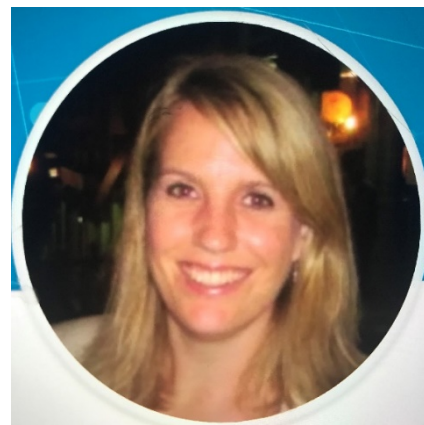
2020 teaching load at Alex Park: Full time junior HSIE; Years 7,8,9,10 history and year 11 work studies.

Once I learn more about the school, I will put my hand up and get involved.

I believe in authentic learning, and will endeavour to provide relevance in my teaching. My goal this term is to really understand my students' needs and provide learning opportunities that maximise all students' potential.

The staff are fantastic, and I love the structure and organisation of the HSIE department. The majority of students are keen to learn which makes for an engaging classroom environment.

I'm also a busy mum of two little children (5 and 3). Travel is my absolute passion, which is now confined to school holiday periods.

**Name: Chloe Sutcliffe**

Academic Qualifications & Institution:

B Arts (Hons)/ B Art Theory Master of Teaching (Secondary)

Teaching experience:

Before coming to Alex Park, I taught History, Geography and Commerce at John Edmondson High School.

Other employment experiences (what, where, how does the duties relate to/complement 'teaching'):

Before I became a high school teacher, I taught cello to students of all ages – some as young 5, and one as old as 70! That experience showed me that if teachers, students and parents all work together, anything is possible.

2020 teaching load at Alex Park:

This year I'll be teaching Year 7-8 visual arts, years 9 and 10 visual arts elective, and year 11 visual arts.

I am very excited to be working with Ms. O'Toole to make Alex Park's visual arts faculty even more wonderful than before! We both hope that we can develop programs at Alex Park that will inspire and support our students to reach their full potential as young artists, critics, and creative thinkers.

I believe deeply that with the right amount of effort, support and commitment, every single student can learn to do amazing things. I love being able to give my students the opportunity to see that they can achieve things they never thought they could!

I believe I am joining a teaching staff who are committed to supporting every student at this school to be the best they can, and I have met so many enthusiastic and thoughtful young people at this school in just my first week!



Name: Gabriella Barnett

B Teaching (Secondary)/B Health and Education (Newcastle University);

Graduate Diploma of Mathematics (Charles Sturt University)

Teaching experience:

I completed my internship at Sydney Secondary College, Leichhardt Campus, and have worked in the Support Unit, EAL/D, PDHPE and Maths departments.

2020 teaching load at Alex Park: Mathematics, full-time

In the Maths Faculty, I'll be the Year 7 Program Coordinator for 2020. At my previous school, I coordinated extra-curricular activities and events, including the Social Justice group, Ngara Homework Club, Wear It Purple Day and Bullying No Way! Day. I was a member of various teams in the school, such as the Literacy, Numeracy, Aboriginal Education and 4Cs + R for PBL. Once I wrap my head around Alexandria Park and all that it has to offer, I'll be committing myself to one of its wonderful programs/teams; choosing one will be the hardest part! As a teacher, I'm a firm believer in developing future-focused learning skills, taking on a whole-school approach by involving parents/carers and the community, catering to a diverse range of learning needs and providing an inclusive education. In Maths, one of my first goals is to help students experience success and confidence in their abilities. I love technology, so will use this to access lots of resources, track student progress, communicate to parents/carers and more.

Alexandria Park reminded me of the small, close-knit community that I grew up with in Bali. The staff are clearly very caring of the students.



Name: Daisy Luo



Bachelor of Science/Education (Major in Mathematics) at University of New South Wales.

Teaching experience schools: Worked at Elderslie High School and Casula High School in 2019.

Currently teaching: Mathematics Year 7, Year 8, Year 11, Year 12

I am excited to start working at Alexandria Park Community School and I aim to build a positive rapport with students to provide them with positive learning experience.

My goal is in developing students' confidence in mathematics by providing explicit instructions and routine in my teaching.

The students and teachers at Alexandria Park Community School have been very welcoming and supportive since my first day here. I look forward to working with my wonderful students and supportive colleagues this year!

Name: Jeff Spargo

My first dreams as a kid growing up in the bush were to study geology and archaeology and travel this small planet digging up history and culture. By 15yo I wanted to be a carpenter and do sculpture on the side. I worked in surveying, landscaping and I tree doctored for some rich famous people.

Over the years I have completed training in many areas. They include Horticulture Cert (Trade) from RSH, Engineering and Mining Surveying- Ultimo TAFE, BSc- UOW, PGD from UTS.

I tutored with ATAS (Aboriginal Tutoring Assistance Scheme) before and while I was doing my teaching qualifications and taught in Taiwan for 10 years in international and Catholic schools and 4 years in my own school - which focused on creativity.

Back in Australia I taught in the Illawarra, Southern Highlands, Western and Inner Western Sydney - though mostly in far Western NSW schools.

I am a constructivist and am a strong believer in the importance of education.

I love teaching science, believing it to be the most important and useful of subjects.



The science classes I teach include year 11 physics, year 10 science, year 8 science, and I am lucky to co-teach year 7 with Ms Heslop and share a year 9 science with Mr Cosgrave. We have a great faculty team which practises elastic team tactics.

I am working on establishing a breadboarding (electronics) club where I plan the first set of student mentors to lead the following cohorts. I want to be usurped and develop leadership in the students.

I've been at Alex Park on and off since 2010 and I feel at home. I am looking forward to being in the new spaces and especially in the science labs with sunlight for biology!

Abraham Lincoln said: "The philosophy of the school room in one generation will be the philosophy of government in the next."

Name: Christy Godby

BA/Bed (Hons); MA (Media Education); Grad Dip Gifted Education

teaching experience: I have been teaching English and History to students in Years 7-12 for the past 21 years. I have previously taught at Rose Bay Secondary College and Hurlstone Agricultural High School.

I began my working career as a journalist, because I loved writing. Now I love teaching others to love writing.

2020 teaching load at Alex Park: I will be working closely with Stage 3 and 4 teachers to support literacy and numeracy achievement for our Aboriginal and Torres Strait Islander students, and by extension, all students who share similar literacy and numeracy needs. I will be supporting teachers in classrooms, particularly in Years 7 and 8.

I am looking forward to becoming a part of the Alex Park community and want to be involved in as many things as possible!

'Excellence' in learning means working hard, feeling confident, attempting new things, listening to feedback and; adapting and learning from positive and negative experiences. I love to see students strive for this type of excellence, supported by teachers who encourage them to achieve their personal best.

Vibrant, community-centred with passionate and dedicated staff.

I have three sons who live and breathe rugby – so now I do too 😊

Name: Stephen Pittman

Bachelor of Teaching/Bachelor of Arts (majoring in primary education and sociology/anthropology).

Teaching experience:

-Year 3 teacher at APCS 2003-2004

-Year 5/6 teacher, Maths Leader and Assistant Head teacher at Kingsgate Primary School -2005-2015

-Year 2 Leader and Teacher at British School Tokyo (BST) 2015-2017

-Year 4 and Year 3 Teacher at St Louis School Milan 2017-2019

I particularly enjoy teaching reading, especially working with groups of children who either find it challenging or have an enthusiasm and talent for it.

Every child is a learner and has a sense of curiosity about the world they live in. My job is to foster that curiosity and provide the children with meaningful experiences to help them understand the world around them. I strive to help every child reach their full potential and support them in overcoming the obstacles they might face in their learning.

First impressions of Alex Park

I am really amazed with how much the school has changed in the time I was overseas, especially seeing a new site under construction. But many things have stayed the same-the dedicated staff, the hard working children, and the strong community spirit.

Name: Cristina Santone

I completed my Bachelor of Teaching/Arts at the University of Newcastle in 2013.

Teaching experience:

At the end of my internship I worked at St Therese's Primary School in New Lambton, in a year 5 class.

Between 2015- 2016, I started to teach casually between k-6 classes, both in public and private schools in the Newcastle region. I gained a lot of knowledge and experience teaching casually which has given me



great confidence in teaching today.

In 2017 I moved to Sydney and worked at Newtown North PS on a job share position of a 2/3 class. I started teaching casually at Alex Park in 2019.

2020 teaching load at Alex Park:

I am teaching 3/4S this year and love being part of the Stage 2 team.

First impressions of Alex Park:

I have taught at many schools across Newcastle and Sydney – but Alex Park has found a special place in my heart. Learning at Alex Park is interactive, collaborative, informative and fun. The caring and nurturing staff and teachers provide students with the social and emotional skills for life and further schooling – students at Alex Park are confident and passionate about life! I love community, meeting new people, learning about cultures and being humbled by the students I teach.

When I am not teaching, I love playing sports, getting to the gym, being outdoors and curling up on the lounge with a good book. I look forward to getting know the staff, students and parents of Alex Park and being part of the stage 2 team.

Name: Tine Eriksen

Master of Teaching at the University of Sydney

Teaching experience:

Colyton Public School, Rozelle Public School, Drummoyne Public School and others.

My early work as a School Learning Support Officer has afforded me one-on-one time with students and given me insight into the diverse needs of each child and how teacher pedagogy addresses these needs in a busy classroom. I had a previous career in Business Administration, so I understand the pressures that families face throughout the week managing a work/life balance.

2020 teaching load at Alex Park: Thursday and Friday on Year 1/2B

I am passionate about whole school and whole child learning, differentiated teaching, creative arts and special education.

First impressions of Alex Park: We are a warm and dynamic school community.

Name: Erin O’Sullivan

Bachelor of Primary Education, University of Sydney

Teaching experience: placements teaching Stage 2 Middle Harbour PS, Stage 3 Crown Street PS and Stage 1 Camdenville PS.

Other employment experiences: working with kids through Sky Zone and Strike bowling!

2020 teaching load at Alex Park: 1T (Monday-Tuesday), Stage 1 Support (Wednesday) and 1D (Thursday-Friday).

Other responsibilities at Alex Park: Harmony Day committee, PBL team and undertaking ARCO training.

I am a big believer in providing a quality education for all students, with a holistic approach to achievement – humans are naturally curious and ready to learn.

First impressions of Alex Park: I completed my final practicum at Alex Park, and loved it so much I didn’t want to leave. It’s definitely a community school! The relationship between the staff, students and parents is amazing and I can’t wait to see how the team take on the new build.



Name: Jessie Attwood

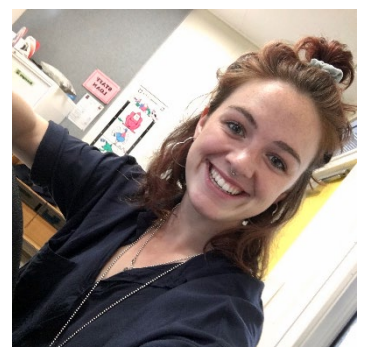
Bachelor of Education (Primary (Hons) – University of Sydney

Teaching experience: Completed my final internship at Alex Park last year

I have worked in before and after school care the past 3 years and don’t think I could ever be in a job not working with kids again!

I have a huge passion for inclusive education practices, environmental protection and sustainability, and Aboriginal education being embedded throughout all curriculum.

I uphold the belief that every student deserves a quality education and I think Alex Park works tirelessly to provide this to all its students. I feel incredibly lucky to be a part of this



community. My goals are to always have the highest possible expectations of my students in their learning and in all other aspects of their life and for all students to feel like they are achieving their best and to always have the opportunity to do so.

My first impression of Alex Park straight away was “what an incredible community this school has built itself”. The close, honest and transparent relationships I observed from the get-go between staff, students and family is like no other school I’ve experienced. The educational programs and learning environments are top tier and tailored to meet the needs of the students here – a hugely diverse bunch.

SCHOOL CALENDAR

Date	What’s Happening
25 th February	Year 7 Vaccinations
26 th -28 th February	Year 7 Camp
28 th February	3-6 Assembly hosted by 5/6O
2 nd March	P&C Meeting
3 rd March	Primary Zone Swimming Carnival
6 th March	K-2 Assembly – hosted by 2S
10 th March	High School Parent Teacher Evening
13 th March	3-6 Assembly – hosted by 5/6S
18 th March	High School Tour
20 th March	K-2 Assembly – hosted by 1/2B
27 th March	3-6 Assembly – hosted by 5/6M and Senior Choir
31 st March	Primary School Parent Teacher Evening

PRIMARY SCHOOL NEWS

DEPUTY PRINCIPAL REPORT

Welcome to 2020 school year! This year, we have had 71 kindergarten students commence school and have been able to form 4 kindergarten classes. Their teachers report that they have been settled and ready to learn to read and write. We have 19 classes altogether in K-6 and have composite classes in stages 2 (Years 3&4) and 3 (Years 5&6). Research shows that students’ academic performance is not significantly impacted by multi-age or single grade classes; however, there may be benefits of multi-age classes relating to student independence, responsibility, and they may offer a wider range of friendship opportunities and encourage more co-operation and tolerance.

Our teachers provide a differentiated curriculum to cater for a wide range of learning needs and levels of ability. There will be a wide range of learners in both single stream and staged-based classes. Multi-age classes can allow greater flexibility in meeting students’ individual learning needs.



Primary Executive Staff 2020 L-R Mr Stephen Pittman – AP Wellbeing Stage 1, Miss Molly Moore – AP Wellbeing Stage 2, Ms Joy Smith – AP Wellbeing Stage 3, Mrs Debra Lade – DP Primary, Ms Grace Humphreys, AP Wellbeing Early Stage 1, Miss Courtley Mancell – AP Curriculum Stage 1, Ms Coco Page – AP Curriculum Early Stage 1, Mr David Olsen – AP Curriculum Stage 3, Mr Bradley Hansen – AP Curriculum Stage 2

Our Primary Executive Team has been restructured, so as to have an Assistant Principal (AP) focusing on Curriculum, and another focusing on Wellbeing. As we grow and prepare to move into our new school, we are creating a culture of collaboration, creativity and innovation. Having a broader Executive Team allows the school community to develop stronger relationships with our teaching staff and stage teams to support our students individualised learning programs. As always, it has been a busy start to the year, with our Primary Swimming carnival, induction for SRE/SEE volunteers, and Meet the Teacher evening and BBQ providing a great opportunity for parents and carers to meet their child’s teacher and other parents of children in that class. In the coming weeks, we will run our parent volunteer induction for all those wishing to support their children in the classroom or at school. We look forward to working with many of you throughout the year.

All year groups have been planning and running lessons in our co-teaching space, and the children are enjoying working with other peers in their year group.

EARLY STAGE 1(KINDERGARTEN) NEWS

Kindy students are off to a flying start in 2020! They have been enjoying learning about the school and meeting lots of new friends. They have enjoyed reading stories about Aussie animals, making crafts featuring animals and even going on a treasure hunt around the school to find their favourite Aussie animal friends!

This year we are looking forward to Aboriginal cultural lessons with Uncle Bruce, which students have loved in the past. We also can't wait for our annual visit from Kindifarm to complement our Farm unit in Term 2. Most of all we are looking forward to seeing the children grow and learn. Kindergarten is a year of so many changes and we are excited to help your children reach their potential.



Early Stage 1 L-R : Mr Daniel Gleaves, Ms Coco Page – AP Curriculum, Ms Jessie Attwood, Ms Lisa Akkoui, Ms Grace Humphreys – AP Wellbeing

STAGE 1 (YEAR 1&2) NEWS

How wonderful it has been to see the children again after a well-deserved summer break! We have been extremely impressed with how the children have settled into their new classes since the term began and it's been delightful to watch new friendships developing.

We've got a jam packed curriculum this term and we are confident all the students will grasp every learning opportunity with both hands- everything from whole numbers in Mathematics, investigating our natural world in Science and creating imaginative narratives in English. This list goes on! Our aim is to provide your child with engaging and meaningful learning experiences and we look forward to igniting their sense of curiosity and enthusiasm for learning.



Stage 1 – Back: Ms Erin O'Sullivan, Mr Tim Schepis, Mr Stephen Pittman – AP Wellbeing, Mrs Donan Davey, Ms Ros Broomfield, Front: Ms Tine Eriksen, Ms Rosemary Kent, Ms Courtley Mancell – AP Curriculum

STAGE 2 (YEAR 3&4) NEWS

Mr Bradley Hansen 3/4H (Assistant Principal Wellbeing), Ms Molly Moore 3/4M (Assistant Principal Curriculum), Mr Jacob Ansell 3/4A, and Ms Cristina Santone 3/4S. Welcome back to all students in Stage 2. We've kicked off the new year with a challenging and engaging Science unit and all classes have started their differentiated literacy and numeracy rotations. The students are getting to know each other and their Stage 2 teachers in PBL circles, where we focus on wellbeing and positive relationships. Teachers and students are all looking forward to a great year!





Stage 2: Mr Cameron Whipp, Ms Molly Moore – AP Curriculum, Ms Jessie Attwood, Mr Jacob Ansell, Ms Christina Santone, Mr Bradley Hansen – AP Wellbeing

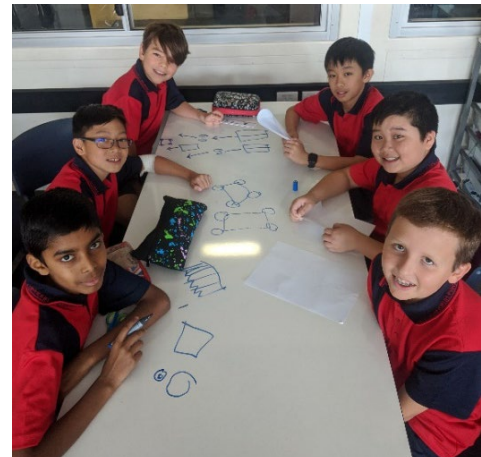
STAGE 3 (YEAR 5&6) NEWS – 5F and 6O

5F and 6O have been doing STEM activities together. We have met twice this term and our first activity was to make a miniature bridge. The requirements of the bridges were: It had to be able to hold a single marble, it had to be able to fit your hand underneath it, and the marble had to be able to travel from one end to the other without falling off, with easy access. We were only allowed to use three sheets of paper and that was

it!

The second meeting was to construct a moon base. The materials we could use were ten sheets of paper and a meter and a half of tape. We had forty-five minutes to construct a moon base that would sustain human life on the moon for a long period of time. We had to be able to avoid an attack of space junk and aliens! We had to be fed, hydrated and be able to breathe the whole time. Then, we had to explain how we did all of this.

This is a good experience because the children in 5F and 6O have had a chance to expand their friendship circle, meet new people and learn from each other. We have all loved working together and sharing experiences. By Margaux B and Stella O-S.





Stage 3: Ms Joy Smith – AP Wellbeing, Ms Sarah Oluk, Mr David Olsen – AP Curriculum, Ms Amanda McLean, Ms Gabrielle Friedlander

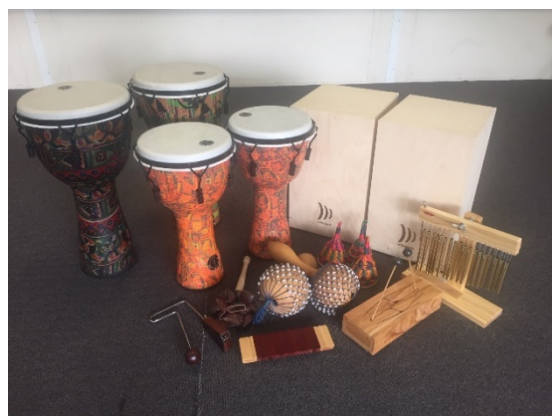
PRIMARY MUSIC NEWS – from Mr Whipp

Welcome back to all students and families for another fantastic year of Primary School music classes and extra-curricular opportunities. It is so exciting to see so many smiling faces in music class and to see some of our year 7 students attending their first high school music classes in 2020 with the amazing Ms Leanne Winfield.

This year we welcome new students into the Junior Band for the first time. All Junior Band students will rehearse on Thursday mornings in the music room from 7:45, and have their very own instrumental lessons on Thursdays. If you were in the Junior Band last year, you will now be moving on up into the Senior Band for 2020!! Very exciting to see the Senior Band getting bigger and stronger and playing a more challenging repertoire. Senior Band rehearsals will take place in the Music Room on Friday mornings at 7:45.



Classroom music classes will be getting more rhythmic thanks to the addition of new percussion instruments courtesy of



a stage 3 2019 donation to the music department. The amazing efforts of Ms Smith, Ms Oluk, Ms Mancell Ms Moore and Mr Olsen last year meant that the students raised enough money to donate to a curriculum area of their choice.

Now the music room boasts even more amazing instruments for all students to use from Kindy to year 6 and beyond. This year Mr Whipp will be taking Senior Choir on Wednesdays and Junior Choir on Fridays each week. Just like last year, the choir is open to all students regardless of singing experience. Just turn up, get a permission note signed at home and enjoy the many performance opportunities in 2020.

HIGH SCHOOL MUSIC NEWS-CONCERT BAND

Following the success of our Primary School Band Program delivered by Directions in Music, now in its third year, it is hoped to extend the band program into the high school.

As a first step towards developing a high school band, current year 7 and 8 students with band experience are encouraged to join the Friday morning band. Depending on numbers, it may then be possible to start an independent High School Band. Directions in Music can provide instruments for hire and instrumental tuition. Please contact Ms Winfield for more information or just come along to the next Friday morning rehearsal at 8.00 am in the Performance Space next to the Music Room.

PRIMARY SWIMMING CARNIVAL

In week three students in years 2 to 6 had their very first sports carnival for the year attending the Primary schools annual Swimming Carnival. Students competed at Botany Aquatic Centre representing their house colours and also looking to put themselves forward to represent at Zone carnival. For the less competitive swimmers the novelty pool area proved to be a real hit with students using a range of pool toys and equipment in a fun space. By the end of the day it was Blue Gum and their enthusiastic swimmers who took away the most house points and the title of the winning house for the carnival. [Congratulations to Blue Gum](#) and all those who participated on the day.

HIGH SCHOOL NEWS

DEPUTY PRINCIPAL REPORT

Welcome to 2020, a fresh start for everyone and an exciting year ahead for all. Congratulations to the HSC Cohort of 2019, for their fabulous success and outstanding results. 54% of the Year 12 students have accepted places at universities across Sydney and 14% have enrolled in a TAFE course, the remaining students are in full time employment or taking a GAP year. Biwali Bayles has accepted a scholarship to the University of Hawaii for Basketball, where he will take up his residence in April. I would also like to acknowledge the dedication, commitment and expertise of their teachers and thank them for their hard work, our excellent results would not be possible without them. We wish the 2019 cohort every success for the future.

Tuesday the 18th of February was our Meet the Teachers evening for our Year 7 parents, carers and students. This was a great success. Year 7 students received a Curriculum, Programming and Assessment Booklet containing lots of valuable information about what they will be learning in their course this year and the assessment tasks they will be completing. This booklet and one for Years 8, 9 and 10 will be up on our website shortly.

This term our Positive Behaviour for Learning (PBL) focus is Be a Learner. Students will be participating in activities in their year meetings, classes and assemblies and discussing what it means to be a good learner. Some tips for being a good learner include:

- Arriving to school and to class on time
- Being prepared for all your classes: packing your bag the night before to ensure you all have all the required equipment for each lesson
- Making sure your phone is on silent or off and in your bag
- Asking questions if you are unsure of something, this includes asking for feedback on your completed work. Ask your teachers and parents how you can improve and also what your strengths are.
- Be enthusiastic about learning

Our PBL team has been working hard to review our behaviour management system. This has been done in consultation with students and staff. This term we will launch the new behaviour flow chart and monitoring system. Students will complete workshops to familiarise themselves with the system during year meetings and PBL assemblies.

This term has seen the launch of our FastTrack Literacy and Numeracy Project, led by Deputy Principal Instructional Leader Christy Godby and her team. The first few lessons have been a great success and there will be more information from the team to come.



Secondary Executive Team L-R – Ms Thecla Siamas – HT HSIE, Ms Kadek Arya-Pinatyh – HT Teaching & Learning, Ms Diane Fetherston – Principal, Ms Louise Hawkins – Deputy Principal, High School, Ms Sheree Bourke – HT Science, Mr Alexander Forbath – HTAdministration/PDHPE, Mr Muhammad Abdullah – HT Mathematics, Ms Patricia Betar – HT Wellbeing, Ms Rochelle Foley – Learning & Support, Ms Jane Ryan – HT English, Ms Christy Godby - DP Instructional Leader

APCS has subscribed to www.studyskillshandbook.com.au and all students and their families have access to this wonderful resource. On the website you will find worksheets and videos on how to study effectively, goal setting, managing stress and there are also resources for improving your literacy and numeracy skills. The username is **alexandriapark** and the password is **11success**.

ENGLISH/Languages Other Than English/Creative and Performing Arts

2020 has started off extremely well in our busy team. The new year 7 classes are amazing and studying Kate Constable's beautifully crafted novel *Crow Country* which is set in the rural town of Boort and explores relationships between European and Aboriginal Australians in the past and present. Year 8 are reading Sarah Crossan's beautiful novel *Apple and Rain* and also studying a range of poems. The unit 'The Power of Language' is at the focus of what year 9 are studying whilst year 10 are studying different novels. Year 12 is now into its fifth term of HSC English study whilst year 11 have embarked on their first.



Language

Chinese study has begun for all of year 8 with Mr Sharp whilst year 7 and elective music classes are being kept on their toes by Ms Winfield.

We welcome Chloe Sutcliffe to our energetic team.

Visual Arts

In Visual Arts, senior students can look forward to an excursion to the Art Gallery of NSW to see ArtExpress, an exhibition of exceptional work by students all around the state who completed Year 12 last year.

This year, Alex Park's artist in residence, Dennis Golding, is a visual artist, giving our students an exciting opportunity to learn from a practising artist, and explore their cultures and identities as young artists.

All our students will also be exhibiting their own works in our school art exhibition in Term 3. We look forward to sharing the results of our students' creative efforts with the school community!

English as an Additional Language or Dialect(EAL/D) Teachers and International Student Coordinators

Laura Medway - EAL/D specialist

Qing Yang - EAL/D specialist

Dee Cantrell – International Student Coordinator

Harry Jun – International Student Coordinator

International Coordinators have had a busy start to the year assisting students returning to Australia from overseas. Our EAL/D specialists have had a great time getting to know the English language learners who are new to school, especially those in year 7.

We are very lucky at Alex Park to have so many students who speak one, two or even three or four languages as well as English.

If you are new to Australia or APCS we welcome you!



HUMAN SOCIETY IN ITS ENVIRONMENT (HSIE)

Welcome back to all students. The HSIE staff are energised and very much looking forward to teaching you again in 2020 - the year of clear vision! The HSIE team consists of Ms Kadek Arya, Mr Cameron Craig, Ms Nicole Duebler, Ms

Andrea Fatouros, Mr Adrian Johnson (Wednesday- Friday), Mr Stewart Okell, Mr Nathan McEwan, Ms Maeve Thomson, Mr Waterworth and the Head Teacher Ms Thecla Siamas.

Congratulations to the Class of 2019 on their outstanding results. Students achieved at high levels across all HSIE courses. In 2019 HSIE delivered Aboriginal Studies, Ancient History, Business Studies, Economics, Extension History, Legal Studies, Modern History, Aboriginal Studies and Work Studies.

All students in HSIE have been issued with an assessment schedule that outlines the topics that are being studied and the timing of assessments. Year 7-10 are studying History in Semester One. Students will study Geography in Semester Two. Year 7 are studying Ancient Rome, Year 8 are studying Vikings, Year 9 are looking at the Trans Atlantic Slave Trade and Year 10 are studying The Holocaust.

Mr Stewart Okell is continuing as Year 10 Advisor with the support of Ms Kadek Arya as Head Teacher of Year 10. Mr Daniel Waterworth is the Year 7 advisor and Ms Andrea Fatouros is the PBL coordinator.



Launch of Kinchela Education Bus



The Kinchela Boys Home survivors last week launched the mobile exhibition bus on Thursday 13th February at Carriageworks. This launch coincided with the 12th anniversary of the apology to the stolen generations. The exhibition was built into an old commuter bus and includes photos and memorabilia and the story of the more than 400 young Aboriginal boys who were inmates at the Kinchela Boys Home, at Kempsey on the NSW mid-north coast, between 1924 and 1970.

Fifty-six students attended the launch which included a smoking ceremony, talks, singing and dancing. Students got a



tour of the bus and lots of media attention including our school captains Jaida and Nic are being interviewed for NITV. By far the highlight of the day was the impromptu talk by Uncle Bobby who shared his story of survival with us.

MATHEMATICS

Members of the Mathematics faculty in 2020 are Head Teacher Muhammad Abdullah, Xiaoxi Liang, Finley Guinness, Daisy Luo, Gabriella Barnett and Stephen Bennett.

The faculty wishes the best for our regular Head Teacher, Joanne Taranto on her maternity leave during 2020. The faculty welcomes two new members this year, Gabriella Barnett who replaces Ray Liceralde and Daisy Luo who replaces Joanne Taranto for the year. Both are great additions to the faculty and are already making excellent contributions.

This year will again be extremely busy as the faculty prepares the new year 12 Mathematics Advanced, Extension 1 and Extension 2 students for the first HSC examination in these new courses. Staff have been preparing for these courses since their publication in March 2018. Professional development and faculty collaboration will continue in all new stage 6 syllabi to assist in the maximisation of student achievement.

In 2020 we wish to continue the strong performances of our 2019 students who achieved excellent results at the HSC. It was particularly pleasing that many students were able to achieve at band levels higher than expectations. Many of these students have made a persistent and consistent effort by attempting extra work and seeking assistance from teachers in class and after school at the homework centre.

All students are encouraged to engage in a small but sustainable amount of regular revision of their mathematics. This revision assists students to identify any areas of difficulty they may have in their understanding of a topic. It is important that students should then quickly seek assistance from the teacher in addressing any misunderstanding. On line resources can be helpful in facilitating this revision.

An online resource students are able to access is 'MathsOnline' which includes explanatory videos and appropriate level worksheets. A year's licence for this site is available for \$20. Payment may be made through the school website. Students also have access to the school homework centre to help address difficulties they may be having with their understanding of class work. The centre runs on Wednesdays after school.

SCIENCE & TAS (TECHNOLOGY AND APPLIED STUDIES) NEWS

The talented APCS Science/TAS staff include:



Ms S Bourke (HT), Mr J Spargo, Ms C Tat, Ms K Heslop, and Mrs A Povey (SASS). Absent – Mr P Conolly and Mrs C Mooney.

Ms N Johnson (SASS), Mr N Alexopoulos, Mrs F Mishra, Mr M Bashir, Ms J Agathopoulos, Mr Cosgrave,

SCIENCE

Stage 4 (Year 7) Scientists have been putting their inquiry and research skills into practice, investigating branches and future careers in Science. Year 7 research assignment on Australian Scientist is about to be handed out and hopefully, this will further inspire our budding scientists.

Year 8 scientists have been very engaged in studying the many different roles parts of the body play in making a functioning living thing. They will also be able to monitor the growth rates of actual living things as our chicks will arrive soon.

Stage 5 scientists are studying physics in the real world the electricity in Year 9 and motion in year 10.

STEM subjects are a popular choice for Stage 6 students. Year 12 have commenced their studies for biology, chemistry and physics. With a focus on depth studies, students are able to broaden their understanding with investigation into those areas that spark their imagination.



TECHNOLOGY and APPLIED STUDIES – TAS

Technological and applied studies (TAS) is one of the fastest-growing and most innovative subject areas.

TAS teachers thrive on both the creative and practical challenges associated with teaching cutting edge subjects at APCS such as agriculture, food technology, graphics technology, information and software technology, industrial technology, technology mandatory.

Students complete a mandatory technology course in Years 7 and 8, allowing students to find creative solutions to meet the needs of society. They can build on these skills to choose interest subjects in electives from Years 9 through to HSC. Year 7 and 8 are launching rockets while IST students are coding “Spheros”. Year 9 Food technology are making tasty treats and Graphics are 3D printing their models.



Agriculture students are busy with chickens and preparing the display for the Sydney Royal Easter Show.

All year 7 students, along with 10 agriculture students will be going on an excursion in April. Stage 5 ag students are redesigning the ag plot and supplying the staff with fresh eggs.

Engineering students have had the privilege of visiting the construction site of the school. Hospitality students are keeping staff cheerful as they refine their barista skills and Year 12 D and T students are finalising their designs for their major projects.

FOOD TECHNOLOGY AND HOSPITALITY

Year 9 Food Technology – Food in Australia

The students are investigating use of Australian bush food by traditional Aboriginal people and their application and use in modern cuisine. Students have done a practical lesson where they modified an Italian pizza with a bush food twist using ground lemon myrtle, ground wattle seed and ground pepper berries in their pizza base and cooking the chicken in lemon myrtle and pepper berries spices.



Students have been inducted into the Vet course and have now started their practical lessons.

This unit will involve making different variety of sandwiches within the food industry including the conventional sandwich, pinwheel sandwich, open sandwich, Pullman sandwich, club sandwich, bookmaker sandwich, chargrilled vegetable focaccia, bruschetta ciabatta and vegetable piadina.

The first sandwich of the term was the conventional sandwich.



Year 12 Hospitality class

Students have been improving their coffee and hot chocolate skills and artistry.



Personal Development Health & Physical Education (PDHPE)

Introducing the Alex Park PDHPE team for 2020. Emboldened by the return of Mr Bowman and the retainment of fleet-footed Ms Stafford, the team are firm favourites to implement the new 7-10 PDHPE syllabus. The team also have senior courses covered, with Ms Casale and Ms Rossides combining in the delivery of the Community and Family Studies course, while Ms Kasz and Mr Bowman use their experience in Stage 6 PDHPE. Ms Rossides leads the way with school sport coordination, offering a variety of physical activities and sports carnivals. The team is looking forward to a winning year, both on the oval, and in the classroom.

Mr Forbath – Head Teacher PDHPE



HIGH SCHOOL SWIMMING CARNIVAL – A STUDENT'S PERSPECTIVE

My first swimming carnival at APCS was amazing! The atmosphere was so cheerful, uplifting and encouraging. I enjoyed the relays and participating in every race for my age group. Waratah won the whole carnival, so many kids in Waratah competed and I think we won because of our participation points! I wanted to go in all the races and when I won my first few it made me really confident to keep going. In total, I went in 10 races and I won 9 of them. The swimming carnival was so much fun!!! By Stella Lagan – Year 7



NEWS FROM THE LIBRARY

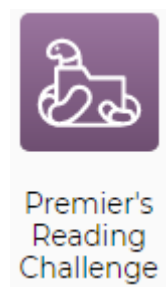
Dear APCS families, welcome back to a new school year. APCS library classes have started successfully. K-6 classes are taught by Ms Attwood & Ms Lim. Students must have library bags in order to take books home. Library bag costs \$10 each at the uniform shop near the school office. K-6 library schedule is displayed below. Please remind your child to bring their library books on their scheduled library days.



If you find 2019 overdue library books at home, please let your child bring them back ASAP. Please write a return message on the back of an overdue slip if you believe that the overdue books had been returned last year. There are no fines for late returns. However, if books are lost, you need to pay \$6 per book at the school office. Below is a sample overdue note.

Ms Young (teacher-librarian) will focus on teaching information literacy to High School students within co-teaching classrooms. There is a book room where Yr7-12 students can borrow library books at lunchtimes. Students can access the library website via the student portal both at home & at school. You can see an image of APCS library catalogue screen below.

	MONDAY <i>Ms Lim Ms Attwood</i>	TUESDAY <i>Ms Lim</i>	WEDNESDAY <i>Ms Attwood</i>	THURSDAY <i>Ms Attwood</i>	FRIDAY <i>Ms Lim</i>
9:00-10:00	5/6O	5/6S	3/4H		1D
10:00-11:00	1P KH	5/6M	3/4A	KG	1/2B
11:00-11:50	LUN 1	LUN 1	LUN 1	LUN 1	LUN 1
11:50-12:50	3/4S	2W	KP	KA	6O
12:50-1:50	3/4M	1T			5F
1:50	LUN 2	LUN 2	LUN 2	LUN 2	LUN 2
2:15-3:00		2S			



Borrower: John Citizen

Roll Class: 11A-8556

NOTICE OF OVERDUE ITEMS

18 Feb 2019

Please return all overdue books

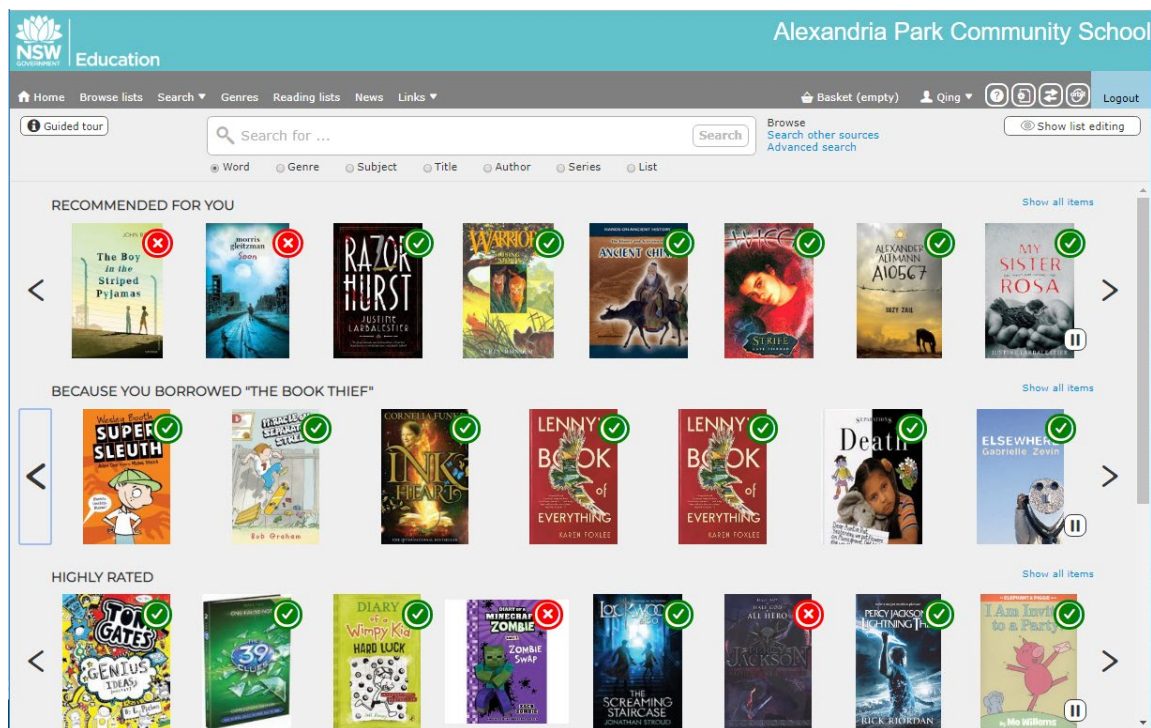
Title/Author	Classification	Barcode	Date due
Camp Creepy Time : the adventures of Einstein P. Fleet / Gershon, Dann, Gershon,	TEX F GER	R28902A3397	11 Dec 2015
Overdue items reported: 1 of 1			
Library Manager			

We host two book clubs for K-6 classes. Scholastic book club brochures are distributed to students twice per term. Orders can be made both online or by cash at primary school office. Redgum book club catalogue would be sent home with students once per term. Payment can only be made online. Above are sample brochures.

APCS library participates in NSW Premier's Reading Challenge (PRC). PRC books are read to K-2 students during library lessons. Yr3-10 students are expected to read for themselves. APCS students should access the PRC website

<https://products.schools.nsw.edu.au/prc/home.html>

via DoE student portal image on the left.



HOMework CLUB

Homework Centre has officially started for 2020, with many students taking advantage of the opportunity to get help with their homework from our dedicated teachers volunteering their time. All interested students in years 7-12 are welcome to come along to the FLS on Wednesday afternoons from 3:00PM-5:45PM. Please see what some of our students had to say about their experience in homework centre.



Devon	7	to help me learn	the teacher's being around
Bella	9	So I can do extra work and finish homework	Its a quiet but fun environment
Grace	7	So I can catch up on homework	Its a social environment with the teachers around to help
Aoife	7	Because my friends are there and we can help each other with our work	Cause my friends can help me learn.
Kashi	8	because im in need of improvement in maths.	Cause it makes me feel less intimidated by large questions
Madoc	9	to finish homework	When teachers help me
Vincent	9	to finish assigned homework	The teachers can help me

Homework Club		3:00 – 5:30pm	
Wednesday Afternoon		FLS	
Who's it for? All APCS high school students			
First Name	Year	Why do you come to homework club?	How do you find that it helps you?
Hayden	11	To finish school work and assignments	The environment is studious meaning more work done and able to seek assistance.
Savera	11	to complete any schoolwork	teachers that I share subjects with are here, and I'm able to ask for help with classwork.
Eufa	11	To complete the unfinished work or work on the assignments.	The environment and that there is teacher who is here to help if you needed
Meishi	11	To complete unfinished homework.	Because its right after school so it is convenient to continue can working.
Nanzeeba	10	To complete homework, assignments, projects	Teachers can assist us and allows a place to study with companions efficiently.
Crystal	10	To complete any unfinished work – etc...	There are many resources, allows a place to work with friends in a 'private' environment unlike the library.
John	8	finish homework and my little projects	I can acquire assistants when necessary.

FITNESS CLUB

Have you heard!? APCS Fitness Club is back for 2020 on Monday and Wednesday Mornings from 7am-8am.

APCS Fitness Club is a free, extra curricula activity run for High School students on Monday and Wednesday Mornings. The sessions are run by Miss Kasz, a High School PDHPE teacher and certified group fitness instructor with extensive experience in physical fitness.

Monday morning sessions will run as a circuit style workout consisting of exercises utilising resistance training aimed at increasing muscular and cardiorespiratory strength.

Wednesday morning sessions will run as boxing and boxercise sessions. Students will learn boxing stance, skills and techniques aimed at increasing their physical and mental resilience and increasing their cardiorespiratory endurance. Students will not spar in these sessions.

All fitness and skill levels are welcome!

If you have any questions, please feel free to email Miss Kasz any time to: tiffany-jane.kasz3@det.nsw.edu.au



HIGH SCHOOL SPORTS CAPTAINS Q&A

The School Captains thought it would be fun to interview the House Captains at the High School Swimming Carnival which happened on Friday 14th February. Also a big congratulations to the following students on being elected:

Wattle: James Wang, Ken Weldon and Trisha Williams (Ethan Johnson was not able to attend so thank you to Ben Snea for stepping up)

Blue gum: Ushante Lancaster, Claire Lin and Jermal Ibrahim-Hass

Waratah: Nakiso Simango Yillara Widders

Banksia: Ethan Chong and Josie Chan

The school captains interviewed the house captains at the carnival swimming. Below are their responses!

1. How do you feel being captain?

Josi: I feel very privileged!

Ben: good

Ushante/ Claire/ Jermal: great to be able to lead such a great team.

We are excited to win with our blue gum spirit

James/Trisha/Ken/Ben: love it! Love leading wattle are they are the best!! Responsibility to lead the way.

Nakiso/ Yillara it is a great responsibility

2. Do you think your house will win this year?

Josi: I think we will give it a good shot!!

Ushante/ Claire/ Jermal: yes, we will swim. #Blue gum number one!

James/Trisha/Ken/Ben: we win every year so yeah wassup!

Nakiso/ Yillara : definitely! I do not care that we have never won. I have faith!!

3. What do you feel is your responsibility?

Josi: to act as a role model and get everyone excited about Banksia.

Ben: team spirit and good looks.

Trisha: encouraging people to participate in the carnival. Ushante/

Claire Jermal : keep everyone motivated to try their best, keep excited and have a positive mindset.

James: I am the big brother of Wattle

Ushante/ Claire/ Jermal: make sure ever everyone is in the right place at the right time. Encourage! Lead! Love!



4. What is your favourite food?

Ushante/ Claire/ Jermal: sushi and pasta

James/Trisha/Ken/Ben (Trisha) Pavlova and (James) cheesecake, (Ben) Mexican food

Ushante/ Claire/ Jermal: simple grilled burger

WELLBEING

The wellbeing team of Year Advisers would like to introduce themselves and let you know a little of what they do.

Our team includes the Year Advisers who support their students by being the first port of call whenever students or parents need help or advice of any kind. The Learning & Support team work with students and their families, the deputy principal, the school counsellor and the Head Teacher of Wellbeing to support students with any additional needs.



YEAR 7

My name is Daniel Waterworth and I'm the Year 7 Year Adviser for 2020. It's been a busy but successful start to Year 7 for the year group. We have had a successful orientation program to start Week 1 and the Meet the Teacher evening was a successful one. Thank you to everyone who attended. We are looking forward to camp this coming week which will hopefully allow Year 7 to continue to construct positive new friendships within their year group.

YEAR 8

My name is Maeve Thomson and I am proud to be the year 8 year adviser. I am an English and Aboriginal Studies teacher but I love my wellbeing role the most as it gives me an opportunity to look after the emotional and social side of my students which I think is really important.

Year 8 are well and truly back into the swing of school. They are adjusting into their new classes and enjoying the challenges of new course work. This year we have said a sad goodbye to our study of Music (for now) and said hello to our study of Chinese. Students still complete their studies of core classes English, Maths, Science, HSIE and PDHPE with all students being able to enjoy the opportunities available through co-teaching in some of their subjects. Year 8 remain with their core class for Art but are given the opportunity to mix classes for more practical subjects such as Tech. This year sport is split by single year group so Year 8 will be doing sport on Wednesdays where they will get to learn and master a variety of skills. I would like to remind all students of the importance of being prepared to learn (both mentally and with all necessary equipment) and always trying our best. I look forward to seeing what this year will bring for all of us :)

YEAR 9

My name is Dee Cantrell and I am thrilled to continue working with Year 9 in 2020 as their Year Adviser.

I am an English Teacher and an English as an Additional Language or Dialect (EAL/D) Teacher. This year I have the pleasure of teaching two of our three Year 9 English classes (9A and 9L). Ms Gray will continue teaching 9X this year.

With the move from Stage 4 (Year 7 and 8) to Stage 5 (Year 9 and 10), Year 9 have noticed an increase in their work load as well as learning more challenging concepts across their mandatory subjects and new electives. I encourage students to revise work each evening and share with parents and carers all that they are learning across all subjects. The most popular electives chosen and therefore offered to Year 9 this year include Commerce, Information Software Technology (IST), Music, Physical Activity and Sports Studies (PASS), Cooking, Graphics Technology and Art. I am pleased to hear from other Year 9 teachers, just how engaged the Year 9 students are in their learning and how much they are enjoying their electives. Well done Year 9 – keep up the great work!

I look forward to meeting as many parents and carers at our Parent Teacher evening later in the term. I also encourage parents and carers to ask Year 9 to share with you all of the exciting things that they are learning at Alex Park.

YEAR 10

My name is Stewart OKell and it's a big year for year 10 as they start to think about stage 6 and the subjects they need to pursue their goals for the future. Scary, yes, but they are ready for the challenge.

YEAR 11

My name is Harry Jun and I'm the year 11 Year Adviser. Year 11 are embarking on their first year as senior students and it is very exciting. Some students have participated in TAFE courses and School Based Traineeships and I am looking forward to seeing my cohort learn and grow.

YEAR 12

My name is Tiffany Kasz and I am the year 12 Year Adviser. I am a PDHPE teacher by trade and I run the APCS Fitness Club.

Year 12s began 2020 with an exciting new piece of uniform- their year 12 Jackets! Not even the heat can stop our students from wearing them with pride. However, some students are yet to pick up and pay for their jacket. If your child has ordered a jacket, please ensure it is paid for by the end of Term 1, 2020.

In 2020, the most important element for year 12s to focus on during their final year is time management. The HSC year is one that is full of pressure and this can have a negative impact on student's academic results and overall wellbeing. To assist with this, I would encourage all year 12 students to seek advice and support from their student mentors to create a study timetable that enables them to make time for appropriate sleep, meals, study and hobbies. This will ensure that their wellbeing is not holistically neglected. The mentoring program is evidence of the strength of the teaching staff at APCS who offer their own time outside of their normal timetable, to support year 12 students. If your child does not have a mentor and would like one, please advise them to come see me.

As the oldest in the school, year 12 students have been given the permission to enjoy a number of privileges. These include:

Signing in late if a student has a late start on their timetable (for example, Period 1 off, Period 2 class on, student can sign in at 9:40am for the start of period 2)

Signing out early if they have finished classes for the day

Signing out of school if they have a free period.

These privileges are only granted under the following rules:

Students sign in and sign out through the appropriate sign on book.

Students must not be late to class if they sign in or out at any time.

Students are NOT permitted to bring food from outside vendors on to school grounds.

Students will also be required to attend Year Meetings on a Tuesday from 12:30-1pm every fortnight. Herein, students will receive important information about job opportunities, exam and assessment procedures, University and /or TAFE Course enrolment and other post school opportunities.

As a teacher who has followed these students since they were in year 7 I feel privileged to guide them as their Year Adviser in their final year of schooling. I am also privileged to be working with Tahlia Sanders who will assist with Year Advising and support Year 12 with their needs. Let's go, 2020!!!

SMOOTH SAILING

This year, Alexandria Park Community School will be offering the Smooth Sailing service to students in Year 8. Smooth Sailing is a web-based mental health service provided by the Black Dog Institute. Delivered in the classroom, Smooth Sailing uses a secure website to screen students' mental health, provide them with a range of helpful information, resources, and activities and link in with the school counsellor if the students are experiencing severe symptoms of depression or anxiety. The service has been shown to improve students' help-seeking for mental health and reduce feelings of worry and sadness. All students in Year 8 will be invited to use the service. Participation is entirely voluntary, but encouraged and supported by our school.

Students who register to the Smooth Sailing service will be given access to the service for 3 months. All students' answers remain confidential and are not shared with any school staff, unless the student reports severe symptoms – then only the school counsellor will be notified. All student responses will be stored on the secure platform owned by the Black Dog Institute.

For more information about this service, please read the detailed Student information sheet that will be sent home with your child. You can access a copy here: [Smooth Sailing Information Sheet](#). If you would like more information, please visit the Smooth Sailing website. If you have any questions or concerns, you can contact the school or the team directly at smoothsailing@blackdog.org.au. If you do not wish for your child to use this service, please contact

PATRICIA.BETAR@det.nsw.edu.au

Some of our Year 9&10 students have been completing a first aid course at PCYC Redfern. Over the next few days they will also obtain their WH&S white card.



UNIFORM UPDATE

The uniform shop is now fully stocked in all sizes, so please see the Primary Office between 8:30AM-10:00AM each school day if you need to stock up.

P&C UPDATE

The first P&C meeting for 2020 will be 6.30pm – 7.30pm Monday 2 March. Please come along and meet the new Executive Team and fellow parents and hear some updates about the 2020 year ahead and engage in some discussions and ideas for events and functions for the year. The Principal attends P&C meetings too and presents updates on various aspects of APCS.

The 2020 Executive Team is:

Neil Morris – President

Works at UNSW and has Ashley in year 6 and Rex in year 4. Parent and P and C member since 2014. Parent representative on the new build project group. Classic delegator management style so looking for new P&C volunteers.



Megan Cassidy – Vice-President

Past President, works at UTS. Co-ordinates the Primary Ethics program and is mum to kids in years 1 and 4.



Craig Nicolson – Vice-President

Alexandria local with a son in year 4 (Angus). Daughter graduated from APCS year 6 last year to Newtown Performing Arts. Craig drives a Mercedes with 'Sydney Brewery' markings but refuses to state his place of employment. Is passionate about supporting the school through the P & C so that the kids have the best possible opportunities. Craig has a classic Alex Park 'get-stuff-done' reputation.



Chris Tackenberg – Treasurer

Chris is an accountant, has kids in Year 1 and Year 4 (strangely the same kids as Vice-President Megan – go figure), and claims to have the cutest dog in Alexandria. We have rejected Chris' constant demands to reclassify the role as Vice-President Finance.





Rowena Nelson – Secretary

Rowena has a daughter in year 1. Is relatively new to the School and keen to volunteer and came to power on a platform of “P and C meetings are only going to run for 1 hour max”.

Thanks to all volunteers who contributed to help make the ‘Meet the Teachers’ afternoon such a success. Special thanks to Brett and Clare who donated all of the food and drinks on the afternoon on behalf of the Kurrajong Hotel in Erskineville. We love you two!

The APCS P&C would also like to thank and acknowledge Rachel Imlay from Bunnings Alexandria, who facilitated the donation of a BBQ to the school for use at school and community events, including its first trial at the ‘Meet the Teacher’ BBQ.


Remember Alexandria Park Sunday Funday – Sunday 29 March

<https://alexandriasundayfunday.com.au/>

The APCS P&C have a number of stalls on the day and we are always looking for volunteers to what is a great day out for kids and families.

We would love to have as many parents as possible join the official Alexandria Park Community School P&C Facebook page <https://www.facebook.com/groups/apcspandc/>. The Facebook page is a great way to stay in touch with PandC communications and special events. It is a private page so please request access and jump onto the page with the other 250+ parents and members.


ACTIVITIES FOR YOUTH



For more information call
Lorraine 85128771

for young people aged 13 -18 years.

Basketball clinic & games
Alexandria basketball court, Mondays
3pm to 5pm
Snacks provided
Starts Monday 24 Feb



INFORMATION
LORRAINE 8512 8771

Basketball & BBQ
Alexandria basketball court,
Thursdays 3pm till
5.30pm
for young people aged 13 -18 years.



YOUTH HEALTHY COOKING



WEDNESDAYS 3-6PM

A free healthy cooking program.

Learn how to make your favourite meal including
dessert from scratch, enjoy and share with your
friends.

for young people aged 12-18 years.

Cliff Noble Community Centre, 24 Suttor St,
Alexandria

More information: Lorraine 8512 8771

