



Albany Senior High School

NEWSLETTER

VOLUME 2

MARCH 2018

PRINCIPAL'S REPORT

School Board/P&C

Albany Senior High School is very fortunate to have an active School Board and P&C. Annual General Meetings have been held for both groups and members elected for 2018. Michael Roberts has taken on the role of School Board chair. The previous chair Greg Stocks has left the Board. I would like to thank and commend the work Greg did with the Board in its first three years of ASHS being an IPS school. The quality and contribution of the ASHS board was acknowledged by the recent school reviewers.

The P&C is seeking a volunteer for the role of chairperson which takes about two hours a week. There is a lot of support with previous chair people on the management committee to assist the incoming chairperson. It is crucial that the P&C has a chairperson by the May meeting, to be able to continue to operate. This means the school canteen and fundraisers completed by students and parents through the P&C will not be able to be conducted if there is no chairperson for the P&C. Please contact the school if you are interested or know someone who could do the role.

Excursions

School is always a busy place with education programs being delivered on site and off site and a myriad of other activities happening every week. Vaccinations, OLNA testing, Harmony Day, Country Week training, Taste Great Southern, Leadership conference, Beach Day for Year 7 and Year 8's are all extra activities provided to our students in just the last week. Our focus with students this year is deadlines and the need for paperwork for excursions to be completed and returned by the published due date. We will be putting information on CONNECT for parents to assist students in being organised and responsible.

JENNY FIRTH
PRINCIPAL



PRINCIPAL'S REPORT CONTINUED

Behaviour

The school has had a focus on improving behaviour management processes this year and spent the start of the term focusing on behaviour management policy and practice and the school's approach to bullying. For the most part there has been a significant improvement in student behaviour across the school. There are some incidents of bullying starting to emerge and it is important that these are reported so they can be addressed early.



Chaplain

We will have a full time chaplain commencing Term 2. Jennifer Wingard will be joining the Student Services team and will be a valuable addition in supporting students who are experiencing issues at school and beyond.

School Board Members for 2018

School Representatives

Jenny Firth – Principal
Steve Mounsey
Nicky Thompson
Robert Quinn

Community Representatives

Michael Roberts - Chairperson
Emma Doughty

Parent Representatives

Dan Northcott – Deputy
Chairperson
Linda Taylor
Anne Sparrow

BULLYING AND HARASSMENT

Preventing Bullying and Harassment

Successful prevention relies heavily on early intervention. Sometimes, students need support in raising issues and this gets easier over time. Parents, guardians and family members play a critical role in developing this confidence. Here are some tips to assist:

Ω Show interest in what your child does at the School and how they are feeling. Take time in each day to talk with your child.

Ω Foster a positive home environment which models good listening skills and accepts and tolerates the differences in others.

Ω Encourage your child's self-esteem by valuing who they are and reinforcing their positive qualities.

Ω Openly discuss School issues with your child and the School expectations about behaviour.

Ω Be aware of and monitor your child's internet social network.

Ω explain to your child what distinguishes bullying from confrontation or insults

Ω Watch for signs of bullying: - Reluctance to attend school. Complaints of headaches or stomach aches. Mood Swings. Withdrawal from social activities with peers. Refusal to say what is wrong. Decrease in school performance. Signs of distress.

If your child reports being bullied, treat the concern seriously and assist them to report to Student Services, their Year Coordinator or a Deputy Principal.



IMPORTANT DATES

Easter Tuesday

No School Tuesday 3 April

Parent/Teacher Night

A reminder that the parent teacher night occurs on the Wednesday (4 April) following the long weekend.

Students will be dismissed at 12.50. If you are unable to make collection or transport

arrangements for your child, there will be limited supervision in the library.

Should you wish for your child to be supervised at this time, please call the front office on 9841 0444 to register your child's attendance.

Interviews with staff commence at 1.30pm.

Important dates:

Easter Tuesday	3 April
Parent Teacher Night	4 April
End of term	13 April
Term 2 commences	1 May

SARA GARCIA-PERLINES
DEPUTY PRINCIPAL

2018 CENTENARY CELEBRATIONS



Albany Senior High School Centenary Celebrations 2018

28 July Centenary Ball
Albany Entertainment Centre

29 July Hong Kong Program Reunion

2 August Open Day
Albany Senior High School

4 August Centenary Concert
Albany Entertainment Centre

<http://www.albanyshs.wa.edu.au/>

<https://www.facebook.com/ASHSStudentServices/>

SCHOOL COMMUNITY

Student Services

It has been a busy start to the year with many camps and activities happening. Year 7's have been out on camp, had their beach day and have a social coming up on April 11. The 8's also have had their beach day and social, the 9's also have a social planned for Week 11. The Year 12 Prefects did a great job helping out with the Year 7 camp and Year 8 Social and are now busy organising the Ball.

Students from ASHS have recently been provided with opportunities to represent the school within the community with Christine Murray and Jarra Kittow attending the Women in Leadership Forum facilitated by the Albany Chamber of

Commerce and the Year 8, 9 and 10 student leaders attending the Grip Leadership Conference.

Attendance

Traditionally attendance begins to drop in Term 2 for a variety of reasons. To maximise educational outcomes, ideally, student attendance should be at 100%. By missing just one day of school each week will drop student attendance to 80%. If your child is avoiding school for any reason, please contact student services for support. To maintain Good Standing, students are required to have their attendance above 90%.

Please refer to the article on the next page.

Lost Property

There is a considerable amount of lost property currently in Student Services. If your child is missing any items, they are encouraged to come to Student Services to collect their belongings.

DIANNE HEINRICH
PROGRAM COORDINATOR
STUDENT SERVICES



INFORMATION FOR PARENTS

WHEN IS IT OK TO MISS SCHOOL?

It is important for children to attend school all day, every day.

When is it OK to not go to school?

An OK reason is one that *prevents* your child from getting to school. This could include:

- when your child is sick or unwell
- attending cultural or religious observances such as sorry time and funerals
- an unavoidable natural event such as flood waters or a cyclone
- an unavoidable medical appointment

The principal decides if the reason given for your child's absence is acceptable.



It's NOT OK to miss school if your child:

- is celebrating a birthday
- is going on a family holiday
- is visiting family and friends
- has slept in or had a big weekend
- is looking after other children
- has sport or other recreational activities that have not been approved by the school
- has appointments such as haircuts and minor check ups

If possible, routine medical and other health appointments should be made either before or after school, or during the school holidays.

For more information please contact:

Dianne Heinrich – Program Coordinator, Student Services



Do you need to let the school know if your child will be away from school?

Yes, you need to let Student Services know the reason why your child is going to be, or has been, absent from school as soon as possible. Where possible, please discuss any upcoming absences in advance so we can let you know of important learning or activities your child will miss out on.

This requires a responsible person, usually a parent, to provide a reason for the absence within three school days.

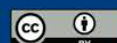
Having information about why your child is missing school helps us plan for their return to school and work out whether we can provide any further help to you.



Why is going to school so important?

- At school, many concepts are taught in a sequence. Missing school means missing out on learning – which can often make it difficult to catch up later.
- Going to school every day helps children learn the important life skill of 'showing up' – at school, at work, to sport and other commitments.
- Research from the Western Australian Telethon Kids Institute shows that every day at school counts towards a student's learning. Students who attend regularly, generally do better at school and in life

For more information please contact:



Medical Centre



Do you have ambulance cover?

If a student is injured or becomes seriously ill at school and requires an ambulance to hospital the school is not liable for any costs. A Priority 1 one-way trip to hospital in an Ambulance within the Albany area currently costs around \$ 900!

If you have private health cover check your policy to see if this includes ambulance cover.

Subscriptions can be paid at our local Albany sub-centre on the corner of Campbell Rd and Middleton Beach Rd. For more information, please phone St John Ambulance Albany on 9841 4212.

HELEN PERRY
ASHS
SCHOOL NURSE



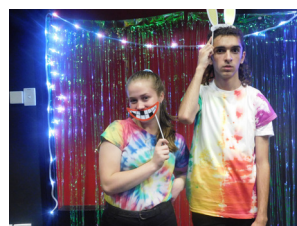
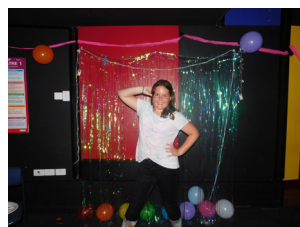
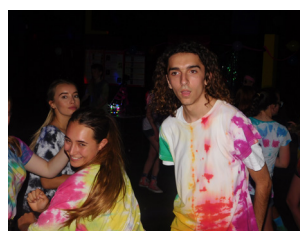
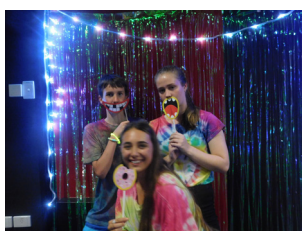
One way of avoiding this hefty bill is to pay an annual St John ambulance subscription. A family Membership costs \$109, or \$66 for an individual.

Year 8 Group News

Year 8 Social

The kids had a ball - thanks to the Prefects for putting on an awesome party and all staff who helped supervise, making it a successful and fun night for all involved.

PIA GRAY
YEAR 8
COORDINATOR



Year 10

The time is approaching where students will need to decide on what they hope to do once leaving school in 2020. During Term 2 they will need to select the course that they will complete in senior school. I have been individually talking to Year 10 students about what their Senior School intentions are, namely whether they intend to go to university in 2021 or not.

To qualify for university entrance at the completion of Year 12, students will need to complete at least 4 ATAR (Australian Tertiary

Admission Rank) courses in Year 12. To succeed in an ATAR course, students should be achieving a B grade or higher in Maths, Science, English and HASS at Year 10 level.

It is really important to start on the right senior school pathway, so now is the time to talk to your students about what they hope to do in the future. Further information about what courses are available at ASHS will be coming home closer to subject selection time, and there will also be an information evening for

parents.

As usual, if you have any concerns, please feel free to contact me and have a chat.

BARRY LONGWORTH
YEAR 10
COORDINATOR



Grip Leadership Conference

On the 21st of March, I attended the GRIP Leadership Conference at the Albany Entertainment Centre, along with the student leaders from years 8, 9 and 10. The conference was run by representatives from GRIP Leadership who took us through a variety of workshops and taught us some important skills to become the best leaders we can be. Not only did I learn a lot from them, but it also opened my eyes to a whole new range of possibilities for our school, and

how we can make a difference for our peers. In practical workshops, we utilised techniques such as working with others, building integrity and developing new strategies to help us move forward. We talked about our own schools and identified which areas need to be improved, and how we could do that.

One of the biggest things I took from it, wasn't even a distinct lesson during the conference. I learnt that I need to have

confidence in myself, and my ideas if I want to see a change happen. I need to admit my mistakes, and grow from those to become a better person, even if it's difficult. I am so glad I got this opportunity, so thank you to Mr Longworth, Ms Heinrich and anyone else involved, for allowing me to be a part of this day.

KATY ATKINSON
YEAR 10
STUDENT



Hong Kong Work Experience Program

Congratulations to the four Year 12 Economics students who were selected to take part in the work experience program in Hong Kong in September this year. The deserving students are Emily Turner, Hugh Hudson, Shaan Wood and Lawson Terpstra. They will be escorted by teachers Ray Lucas and Melanie Turner.

This year saw a very strong field of candidates who were required to submit a written application. From here, seven students progressed to the interview stage. Our Principal, Jenny Firth, and Paul Beeck conducted the interviews and were impressed by what they saw and heard. All students presented

themselves very well and would've gained skills from that experience alone. The final selection was made based on the application, interview, class work, general attitude and attendance.

The annual excursion is sponsored by Laurie Young (an ex-ASHS student), who is employed by CSLA, which is a large equity bank based in Asia. Students will spend the two weeks conducting economic research and hearing from world-renowned economists. Many students who have had this opportunity in the past have gone on to become valued employees of CSLA or to work within the field of economics.



*Left to right:
Jenny Firth (Principal), Hugh Hudson, Shaan Wood, Emily Turner, Lawson Terpstra*

Scott Darlow Visit

The time is approaching where sOn Friday, March 9thth, Aboriginal singer/songwriter Scott Darlow visited the school to provide a variety of sessions to different classes. He started the day by spending time with and performing for the students in the 'Follow the Dream' program, from both ASHS and NASHS. He then performed to all the Year 9 students.

The performance included music he had written and a discussion on problems facing Aboriginal people, (including his own experiences) from past, present and future. It was funny, sad, but all the time entertaining. It was a fantastic show and one the students really enjoyed. After lunch, he spent time with a Year 8 and 11 music classes on the realities of being a career musician. It was a great day.

PAUL BEECK
HOD
HASS



Year 7

Orientation Camp

The 2018 Year 7 students were treated to fantastic weather conditions while out at Camp Kennedy for their Orientation Camp. While the “weather gods” played their part and the camp school provided the perfect location for the week, it was our ASHS newbies that were the superstars of the week. Each of the three rotations of camp-goers bought a huge amount of excitement and willingness with them to take on anything that they were tasked with.

Each afternoon the students arrived they were allocated their dorms, given a rundown of camp expectations and then it was straight into a couple of different activities. While one form played Volleyball the other was sent down to the beach for an Ironman event. Both activities saw students from both forms participating with great spirit.

The evening activities run by the

Prefects were a highlight of the camp. The Prefects had worked hard leading up to it to organise some fun activities that would test the camper's stamina and cooperation skills. The year 7's particularly enjoyed those that were run outside under the stars each balmy evening.

Each morning started very early with a beach activity run by the “Earl Morning Camp Master” Mr Ritchie. Boys battled against the girls making 3D human sculptures of many descriptions and crumbed sausages with varying degrees of “crumbiness”. While Mr Ritchie's scoring accuracy was questioned a number of times, the girls were crowned the winners on each occasion meaning that the boys had to serve them their breakfast!

After breakfast, the morning's activities included a session run by our school Psychologist Bree and Nurse Helen on the topic of Protective Behaviours which is a personal safety program,

which aims to promote resilience in children using empowerment strategies, clear communication, and awareness of “safe” behaviours. The rest of the time saw students participating in various cooperation activities on the beach and the camp oval run by various ASHS staff members.

While each camp was run over only 24 hours, there was a positive shift in group dynamics, relationships and personal behaviour. The students returned to school each day tired but content and comfortable in each other's company.

CARRIE BEECK
YEAR 7
COORDINATOR



Harmony Day

The Year 11 student leaders coordinated a free dress day on March 21 in recognition of Harmony Day. Students were invited to wear something orange for a gold coin donation. Over \$300 was raised that will be used to purchase books for students in remote communities.



Year 12 - Geography Excursion

As part of the year 12 Geography course students have to demonstrate knowledge of Perth's shape, land use characteristics and growth-related challenges. Students then evaluate the sustainability of planning solutions to problems facing Perth now and in the future. Our Perth excursion allows Albany students to put visual images to what they read in their textbooks and listen to planners and other stakeholders, to be able to compete, more fairly against Perth students, who live amongst that urban geography, when expressing their understandings in their WACE Course.

We drove along many of the roads that stretch a sprawling Perth in different directions. We went as far as Alkimos and saw how different the houses there are to those along Armadale road. We saw the road works that will extend the freeway further north to Hepburn Avenue. We took the train from SIDE, where we stayed in Leederville, to the arcades and office towers in the CBD to get some good examples of how those functions compared to the IMZ. We listened to town planners explain how the competing needs of many stakeholders inform land use zoning and drive land acquisition - so that "no matter which way politicians jump, they are not caught out with their future planning". We saw how site features and access to the beach, river and the CBD impact on land values in places such as Dalkeith, Nedlands and East Perth possibly the leafiest green streets in the Metropolitan Region.

Lastly, we spent 45 minutes sketching the Perth skyline from King's Park and appreciating how much has changed since the historical photos in the field book were taken.



Year 9 - Noongar Cultural Excursion

On Wednesday, March 14, all Year 9 students participated in a day on learning more about local Aboriginal culture. The day started in the ASHS PAT where local elder, Harley Coyne introduced the day by talking about the significance of a canvas artwork to the Noongar people and how it represented the 14 different clans of Noongar. It was then onto buses to either the museum or the Oyster Harbour fish traps site. At the museum, students learned about the impact of British settlement on the Noongar people and the Albany region, including getting to explore the Brig 'Amity'. At the fish traps site, students were told about the significance of the site, not just as a source of food, but also as a place of trade and ceremony. Students were able to sample some of the bush tucker from the immediate area and also hear from archaeologist Robert Reynolds, on the evidence of Aboriginal occupation of the region. Thanks goes to the presenters; Harley Coyne, Lester Coyne, Averil and Lyndsay Dean, Larry Blight, Vernice Gillies, Peter Pritchard and Robert Reynolds. Congratulations also go to the students who were very well behaved, showed respect and represented ASHS well.

*Fish Traps
with Harley Coyne*



*Bush Tucker
with Larry Blight*

*With Archaeologist
Robert Reynolds*



Year 11 - Science Biology Camp

As part of the Year 11 Biology course students spent three days learning a variety of biological sampling techniques to monitor a number of local ecosystems. The first day was spent netting fish at the Yacht Club on sand, seagrass and artificial seagrass so students could gain a better understanding of the impact habitat has on shaping fish community structure. Lots of juvenile King George Whiting were caught there, and hundreds of Black Bream in their first year of life were caught at the Ski Club, indicating that future adult populations look to be in good shape. A huge variety of species were caught, measured and released with the data going to the Fisheries Department for future fish management on the South Coast.

The afternoon activity involved snorkelling in the bay at Muttonbird with the students using waterproof paper to record the range of habitats and what was living in each. Much fun was had diving in the warm, clear water photographing fish and looking at nudibranchs, sea cucumbers and sea slugs.

Both Thursday and Friday mornings involved early starts, getting up at 4.40am to be at Two Peoples Bay at 6 am to begin checking animal traps before it became too hot. Working with Dr Sarah Comer and senior ranger Mark True from the Department of Biodiversity, Attractions and Conservation students checked a variety of traps and weighed and measured honey possums, bush rats, bandicoots, frogs, scorpions and a range of insects.

The afternoons were spent catching insect larvae in local waterways, using the biodiversity of insects caught to classify the water from healthy through to poor condition. Students learned to use Mrs Brothers "dumpy bottle" invention to measure the slope of Middleton Beach at set transect points. This monitoring has been going on for 6 years, and the data highlights the erosion and sand movement taking place.

After cleaning the camp, we arrived back at school exhausted but very much the wiser as to what lurks in and around our home of Albany.



English

Book Creating in Literacy Support English

The students in the Year 7/8 Literacy Support class have spent their writing periods this term working hard at planning, drafting and editing narratives. We had a special final lesson where a volunteer Art teacher came in to help everyone create book covers and back cover blurbs using Edicol dyes, so they were able to 'publish' their work.

We had a great day, and the students' books look bright and beautiful.



Home Economics

TASTE GREAT SOUTHERN SCHOOLS COOKING COMP 2018

In cool, grey, drizzly conditions, the Taste Great Southern Schools Cooking Competition was held in the Town Square. Armed with a brief to “hero” local, fresh produce, and with a \$15 budget, two teams each from ASHS, Denmark and Great Southern Grammar, headed off to the Albany Farmers Markets to source their key ingredients. With plans and lists in hand, shopping bags were soon filled with fresh, colourful seasonal produce. Returning to the town square the teams had 60 minutes, with BBQ’s and a gas burner to create their dish.

ASHS was represented by Yr 11 students, Indiana Stoney, Grace Richards and Claire Wattie. While these three are all studying Food, Science & Technology, they are all in different classes, so have had little opportunity to cook together as a team. However, proper planning was a key feature of their preparation and a clear vision of what they wanted. They used eggplant, thick tomato slices, cauliflower steaks, halloumi slices along with leafy greens, onion, garlic, fresh herbs and a balsamic dressing to create their Greek-inspired Vegetable Stack.

ASHS was also represented by Yr 10 students,

Bobbie Tonkin and Jayde Dean, who with only a weeks notice, planned and prepared their Mexican inspired Vegetable Burrito Bowl. They used tomatoes, beans, onion, garlic and spices to create a sauce, this was served “bowl-style” with grilled corn, toasted baguette, thick fried egg and a fresh tomato, cucumber, chilli and coriander salsa. All the teams worked collaboratively, under pressure, including having to answer questions with the MC, and are to be congratulated for their effort.

The ASHS Yr 11 team of Claire, Indie and Grace won the event with their impressive Vegetable Stack. Well done girls!

ALISON POWELL
HOD
TECHNOLOGIES



School Contact Information

SCHOOL CONTACT DETAILS

Telephone
9841 0444

Postal Address
Albany Senior High School
1 Campbell Road
ALBANY wa 6330

Enquiries & Absentees Email
albany.shs.enquiries@education.wa.edu.au

Absentees SMS
0400 204440 (text only - no calls)

Accounts Bank Details

Commonwealth Bank – Albany
Account: Albany Senior High School
BSB: 066 500
Account No: 009 000 88

Please remember to include your child's student number as the reference.

SCHOOL CONTACTS

Administration

Principal	Mrs Jenny Firth
Deputy Principal	
Year 7, 8 & 9:	Ms Sara Garcia-Perlines
Year 10., 11 & 12	Mr Steve Mounsey

Year Coordinators

Year 7	Ms Carrie Beeck
Year 8	Mrs Pia Gray
Year 9	Mr Mal Ellis
Year 10	Mr Barry Longworth
Year 11	Mrs Angela Findlay
Year 12	Mr Andrew McWhirter
Attendance Officer	9841 0419 or 9841 0417
Program Coordinator	Ms Dianne Heinrich
<i>Student Services</i>	
Program Coordinator	Mr Dave McComb
<i>Engagement</i>	
Chaplain	Ms Jennifer Wingard (Term 2)
Psychologist	Ms Bree Crockett
School Nurse	Ms Helen Perry
AIEO	Ms Marg James
AIEO	Ms Mandi Khan

Community Noticeboard

ASHS ALUMNI

Are you a past staff member or student of ASHS? You can register as an ASHS Alumni online at <http://www.albanyshs.wa.edu.au/page/15/Alumni>, and follow the link on Alumni tab. After registering, we verify your details and email you a link to join the ASHS Alumni Facebook Page; or if you would rather, just receive updates by your preferred contact method.

You can also email albanyshsalumni@gmail.com,

or post to ASHS Alumni, 1 Campbell Road, Albany 6330.

Please share this information with those people whom you know are past members of the school community.

JENNY JACKSON
ALUMNI COMMITTEE



Uniform Shop



Permapleat Uniform Shop at ASHS

Beat the rush and waiting in line.
Come up and get your uniforms fitted before the new year.

Tuesday 1.00 pm - 4.00 pm
Wednesday 1.00 pm - 4.00 pm
Phone: 9841 0962
albany.uniforms@permapleat.com.au

COMMUNITY NOTICES

Student Scholarship



St George's College
PERTH - WESTERN AUSTRALIA

Our former student, Jack Charles was awarded a prestigious Clough Music Scholarship to St. George's College for 2018. Scholarships and bursaries are awarded for a variety of reasons including personal and academic merit. These scholarships provide students with financial assistance for their college fees while studying at any of Perth's

universities. There are a range of scholarships available for students to help with the transition from school to university. For more information, visit St George's website: www.stgc.uwa.edu.au or contact them at: admin@stgc.uwa.edu.au. Congratulations Jack!



Jack is third from the right

St John Ambulance



**FIRST
RESPONDER APP**

A new, **free** smart phone app

The **St John First Responder** app has a range of features, one being its unique first responder capability. The app allows **qualified first aiders** to sign up as a first responder and be notified when someone has **called 000 for an ambulance** within 500 metres of their current location and **in a public place**.

If you're not looking to sign up as a first responder, then that's okay! The app also features:

- ▶ Triple zero dialling function
- ▶ GPS locator
- ▶ Defibrillator (AED) locator
- ▶ First aid guides and special offers

Available free at:



For more information visit stjohnambulance.com.au

For the Service of Humanity



FREE FIRST AID
TRAINING FOR
YOUR STUDENTS

ST JOHN AMBULANCE FIRST AID FOCUS PROGRAM

FIRST AID
-in-focus



Skills that are covered include:

Kindergarten

- What is an emergency?
- Recognising danger
- Who can help? How to help?
- How to call triple zero (000)

Primary

- How to call for an ambulance
- Identifying situations that require the help of emergency services
- Dealing with an unconscious casualty
- Recovery position demonstration and practice
- Management of external bleeding
- How to treat a burn

Secondary

- Dealing with an unconscious casualty
- Assessing the risk
- Clearing a blocked airway
- CPR
- Managing a bleed
- Treating burns

Students receive a certificate of completion, giveaways and helpful first aid resources and information.

Course delivery is flexible and designed to cater for school's individual needs. Session times range from 45 to 90 minutes depending on age group.

The training sessions can be delivered to individual year groups or even the entire school.



WOULD YOUR STUDENTS
KNOW WHAT TO DO IF THERE
WAS AN EMERGENCY?

Accidents can happen anywhere, anytime to anyone. Sometimes the only person around to help is a child or young adult. Everyone regardless of age can assist in an emergency.

St John Ambulance offers FREE first aid training to all school aged students from kindergarten to secondary school.

The first aid training is a practical training session which is skills based and aligns to curriculum content from the Australian Curriculum including the General Capabilities.

St John Ambulance training instructors do hands on demonstrations and students have the opportunity to practise and rehearse these life-saving skills.

The aim is to train and equip school aged children with the necessary skills to assess and respond to first aid situations, while developing strategies to seek help for themselves or others.



ENROL YOUR
SCHOOL TODAY.

To get involved, register your school at youth.stjohnambulance.com.au and our program co-ordinator will contact you for further details and training options. Or if you have any questions, just call us and we'll be happy to assist.

Tel: 9841 4212

Fax: 9841 8931

Email: GSFirstAid@StJohnAmbulance.com.au

Website: youth.stjohnambulance.com.au

*Maximum of 30 students per class. We require a minimum of 2 classes, per school.

FIRST AID
-in-focus





Stressed about school costs?

Would \$500 help pay for uniforms, books, excursions, tutoring, a laptop or tablet?

Saver Plus matches your savings for school costs, dollar for dollar, up to \$500!

You may eligible if:

- you have a Health Care or a Pensioner Concession card and,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work.

Visit **www.saverplus.org.au**
Call or SMS your postcode to **1300 610 355**

Saver Plus is an initiative of Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and The Benevolent Society and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.

Lions Mobile Skin Cancer Screening

Albany South Coast Lions Club is Sponsoring Free Skin Cancer Screenings. The Lions Cancer Institute Mobile Screening Unit will be at the:

**Scout Hall
Sanford Road
9:00 am to 3:00 pm
Saturday, 12 & 13 May 2018**

If you are 20 years or older and can say 'YES' to three (3) of the following you may be at risk:

- A family member who has had a malignant melanoma (Mother, Father, Brother, Sister, Grandparents)
- Five or more moles (not freckles) on your forearms.
- Previously had moles removed that were not cancers.

- Previously had skin cancer.
- A mole or freckle which is changing size, colour or shape.
- Fair skin that always burns rather than tans.
- Had blistering sunburn as a child enough to stay off school.
- Any inflamed skin sores that do not heal.

Appoints Necessary

To make an appointment, please call in or telephone the Albany Plaza Discount Drug Store, 9841 5855, who are handling appointments for the Liouons Club.

Take advantage of this FREE SCREENING. It could save your life.



Dental Therapy Centre

Spencer Park Dental Therapy Centre will be open 8am to 4pm during the school holidays, we will only be closed on Friday 27th April. If your child requires emergency dental treatment on this day please contact Yakamia Dental Therapy Centre on 9841 3498. For emergencies outside of opening hours, please contact your own private dentist or Albany Regional Hospital on 9892 2222.

Your child will be eligible to attend a Dental Therapy Centre from ages 5 to 17. If you no longer intend to use our service please let us know as soon as

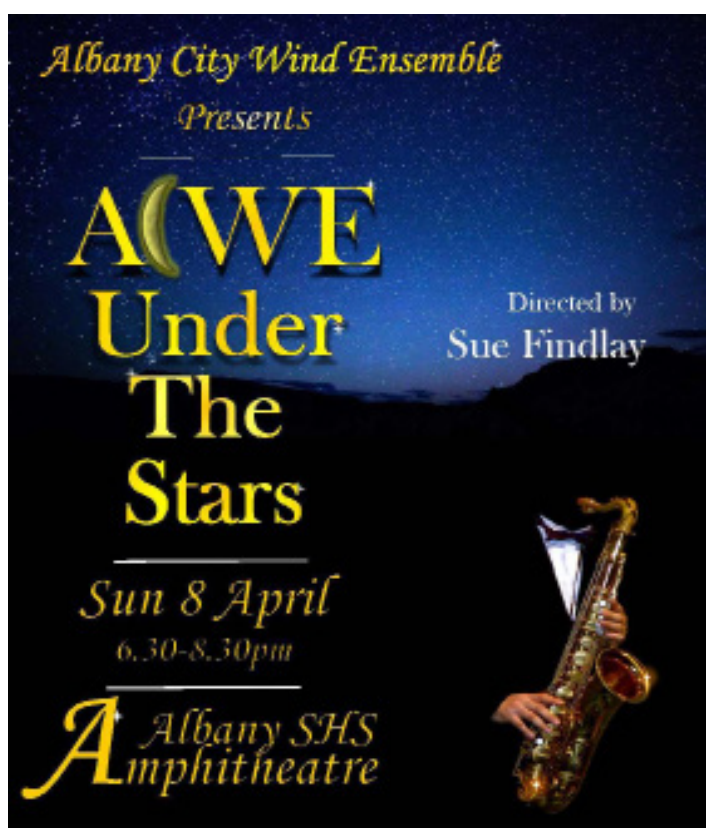
possible as your valuable appointment could be used by someone else.

All appointments are now sent to your home address. If you have moved in the last few years we may not have your correct address and your child could miss out on their check-up, please contact us to update your details either by phone: 9841 3967 or e-mail: spencerparkdtdc@dental.health.wa.gov.au The staff at Spencer Park Dental Therapy Centre would like to wish all children and parents an enjoyable break, keep smiling



CHILDREN'S DENTAL HEALTH

Albany City Wind Ensemble



Tickets @ Frangipani Florist, the door and online
 \$28 standard \$15 child incl. Refreshments
www.albanycitywindensemble.com.au

As the sun goes down on a still autumn evening ACWE will transform the grand amphitheatre at ASHS into a fairyland of lights for a delightful evening of light classics. Never before has a public performance of this kind taken place in this magnificent setting with its pillars and stunning architecture.

The evening will be punctuated with countless highlights including "Lord of the Dance", "Dance of the Hours", "Light Cavalry Overture" and "Auld Lang Syne". Vocal group About FACE will bring their own special flavour to the evening with a jaunty sea shanty and some high-speed traditional Gaelic mouth music.

Sue Findlay will host with her trademark warm and often humorous style, while complimentary hot drinks and treats will be served to the audience throughout the evening. This is an experience that your whole family will love.

Don't miss this first for Albany

Youth Week

This year's youth week runs from Friday the 13th of April to Sunday the 22nd of April. The theme this year is Illuminate - Djoondal Djoomba. This theme has a twofold meaning. Illuminate relates to space; time; the future of young people, bringing light to young people, and shining bright, and positive mental health. Djoondal Djoomba was inspired by the 'Carers of Everything' Nyoongar Dreamtime story of country, which is about the star woman and spirits coming from darkness to light.

There are several events running throughout the 10 days including:

- Games night at the Albany Public Library on the 17th April from 6pm -8pm with Elandrial Games facilitating Dungeons and Dragons, Magic the Gathering,

and lots of other games and activities. This is a free event for ages 12 and above, register online <https://library.albany.wa.gov.au/events/game-on>

- 3x3 Basketball comp at Eyre Park on Friday the 20th April for details contact Nev Clarke or Stuart Roberts at Palmerston Association on 98922100 this is a youth event for ages 12 and above.

- Youth Fest 2018 Music festival in the town square on Saturday 21st April 6-9pm gates open at 5pm. This is a free event with live bands, food vendors and fun activities. This event is a youth event for people aged 12 – 25 only and is not suitable for children or families.

- Denmark Youth Fest Sunday the 22nd April at McLean Oval, skate comp and demo live bands

and a silent disco, stalls and workshops. Contact Denmark Shire for details

- School Holiday programs and activities will be running at ALAC, VAC and the Library for all school aged children and young people throughout April check the City of Albany website for details.

If you want to get involved, volunteer or ask any questions contact Lesley Yates Youth Development Officer at the City of Albany on 6820 3130.



Elleker Marathon

JUNE LONG WEEKEND

SOMETHING FOR THE KIDS

ELLEKER

ASICS HALF MARATHON

AND

RETRAVISION 10KM ROAD RACE

SUNDAY 3RD JUNE 2018

8.30AM

10KM SCHOOL KIDS TEAM OF 4 COMPETITION

Event Info: - Team of 4 runners aged between 13 and 16 years.

- At least 1 runner to be of the other gender.
- All 4 runners run 10km.
- The team with the lowest combined run time wins.
- Everyone receives a Finisher Medal and Subway Lunch.
- Team Entry Fee = \$120.

2KM KIDS DASH

Event Info: - Age Categories 6 to 8 years, 9 to 11 years & 12 to 14 years.

- Medals for the first 6 runners in each age category.
- Entry Fee = \$10 per child

FOR MORE INFO

ENTER ONLINE www.albanyaths.myclub.org.au

EMAIL albanyaths@hotmail.com



Australian Airforce Cadets



Adventure • Leadership • Confidence • Mateship • Teamwork

AUSTRALIAN AIR FORCE CADETS

Cadets – Air Force's future

www.aafc.org.au




If you are:

Aged between 13-17

Able to march, camp and fly as a passenger

An Australian permanent resident

And have Parental permission,

[You can join the Australian Air Force Cadets](#)

Contact:

0422 780 092 or email co.705sqn@aafc.org.au



*Albany Senior High School
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