

Our wonderful Chelsea McInnes, State Finalist in the NSW Training Awards, also has the opportunity to win the People's Choice Award. Please support Chelsea by voting and sharing the link with family and friends.

[https://www.training.nsw.gov.au/training\\_awards/peoples\\_choice/finalists/chelsea\\_mcinnes.html](https://www.training.nsw.gov.au/training_awards/peoples_choice/finalists/chelsea_mcinnes.html)



As AHS Student Support Officer (SSO), my role is to support YOU in YOUR journey through high school by helping YOU navigate relationships, emotions and creating optimal wellbeing!

My background is social work and I LOVE travelling, craft and sport.

I am available to catch up online- my email is

[Yasmin.mouftakir@det.nsw.edu.au](mailto:Yasmin.mouftakir@det.nsw.edu.au)



## Upcoming Events

Oct 7	Year 12 Picnic
Oct 8	Year 12 Graduation assembly
Oct 25	Year 10 Exam week
Nov 8	Year 7-9 Exam week

### Principal

Sandra Rosner [sandra.rosner@det.nsw.edu.au](mailto:sandra.rosner@det.nsw.edu.au)

### Deputy Principal

John Parker

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### Deputy Principal

Aaron Perkins [aaron.perkins3@det.nsw.edu.au](mailto:aaron.perkins3@det.nsw.edu.au)

### Year Advisors

#### Year 7

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#### Year 8

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#### Year 9

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#### Year 10

Bryan Mullard

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#### Year 11

Andrew Larrescy

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#### Year 12

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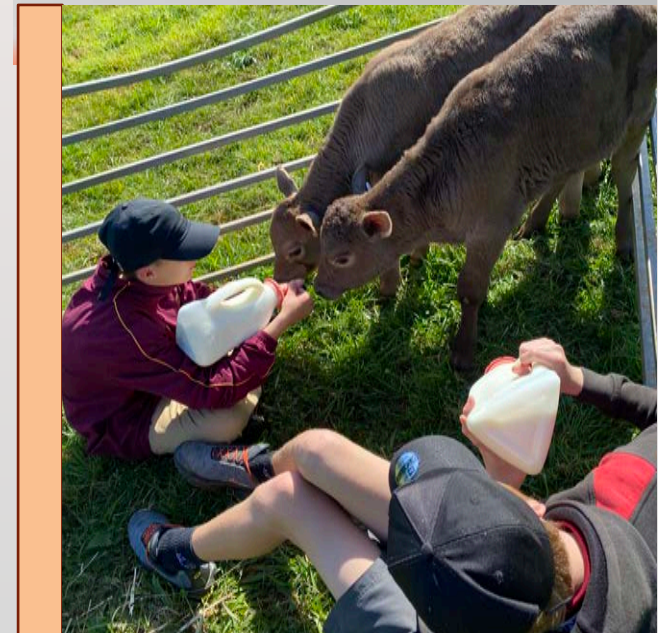
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# ALSTONVILLE HIGH SCHOOL



TERM 3 WEEK 9



Once again, we've all pivoted, perforce, into offsite learning and the challenges that brings. We're having to cancel, postpone or modify many aspects of school life and that has been difficult and frustrating all round.

I am so grateful to lead a school community of wonderful students, staff and families working with goodwill and commitment to ensure we navigate the situation we find ourselves in. I'm encouraged by what I see around me. The strength in all of us. The fundamental capacity and willingness to overcome this challenge. Creativity. Kindness. Generosity. I have every confidence that our students will achieve their personal goals. This generation of students will develop superior strength and resilience through adversity that will stand them in good stead for the rest of their lives. Together we will make this happen. Please contact us whenever you need our support.

Kind regards,  
Sandra Rosner (Principal)

## TAS

Online learning. It is a challenge to us all however we have done it before and can do it again. The students are not at school, however the results they are producing keep coming in on our online platforms. They are excellent! I would like you to enjoy these few samples of home baking work being created during online learning.



In our current times, baking can provide a calming ritual to look forward to each week or each day. Many wellness programs recommend incorporating positive routines such as baking, into our life, especially in times of stress or hardship. I therefore encourage you all to get in the kitchen and have a bake off! Well done to our amazing students on your efforts so far! Happy baking!

Mrs Christmas  
Head Teacher TAS



Former student, Georgia Redmayne (Graduated Dux in 2011), has been selected in the cricket squad to play for Australia in tests and One Day Internationals vs India in the coming series (21 Sept -10 Oct).



The Junior Science Olympiad is a program for students in years 7 to 10. It consists of enrichment programs and exams. Selected students will represent Australia at the International Junior Science Olympiad.

Lauren Singh has been selected for, and has accepted, a place in the 2021 Junior Science Olympiad Spring School.

The purpose of the spring school is to train 24 students from across Australia so that we can then select a team of six to compete at the International Junior Science Olympiad in December.

Lauren is currently doing the Spring School online on top of her usual studies.



## Australian Olympic Change-Maker Award

Congratulations to two of our Year 12 students Madeline Mitchell and Korin Caldwell on both being awarded the Australian Olympic Change-Maker Award in 2021, which has evolved from the Pierre de Coubertin Award.

The Australian Olympic Change-Maker program recognises and rewards students who are demonstrating the Olympic spirit through leadership and driving positive change in their communities.

Madeline Mitchell has been a dynamic force in the success of a number of our netball and volleyball teams, she has also volunteered to referee numerous games over the years. Madeline is an exceptional netball and volleyball player and was selected into the North Coast Open Girls Teams to compete at the state championships for both sports.

Korin is an avid water polo player and has attended, and lead ,early morning water polo training sessions as a year 7 student onwards. He has represented the school in many State Finals and plays in the local water polo competitions. Korin referees for CHS and Club water polo meets.

Both students are deserving recipients of the Australian Olympic Change-Maker Award.