

AMBARGRAM

Week 10 , Term 2 2025

YEAR 12 DIVE INTO CORAL REEF STUDIES IN CAIRNS



Our Year 12 Geography students recently travelled to Cairns, QLD, for an unforgettable field trip exploring coral reefs as part of their HSC studies – and what an adventure it was. Snorkelling and Culture at Green Island – Great Barrier Reef.

We began our journey at the stunning Green Island, travelling by boat from Cairns Port. Students snorkelled over parts of the Great Barrier Reef, observing an incredible variety of marine life including green sea turtles, parrot fish, anemone fish hiding in their anemones, sea grass meadows, giant clams, spaghetti and brain corals, and more.

The day also included a cultural talk where students learned about the traditional significance of the reef and island to Indigenous communities. We wrapped up the visit with a crocodile feeding show at Marineland Melanesia – a thrilling highlight for many.

Students also got hands-on with reef management strategies, including observing a dissection of a crown-of-thorns starfish, a species that poses a major threat to coral health.

Visit to Cairns Aquarium & Turtle Rehabilitation Centre: Back on land, we explored Cairns Aquarium and visited the Turtle Rehabilitation Centre. Here, students learned about the threats facing marine turtles and the important work being done to rescue and rehabilitate them.

This trip brought classroom learning to life, giving students a powerful understanding of marine ecosystems and conservation in action.



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A message from Mrs Fitzgerald

As we reach the end of Term 2, I would like to take a moment to reflect on what has been a busy and rewarding semester, filled with learning.

Semester 1 reports will be distributed in Week 10 of the term, and I encourage families to take time to review them together. These reports provide valuable insights into your child's progress—not only academically, but in terms of effort, collaboration and engagement with school life.

It has been pleasing to see so many students striving for their personal best and taking on feedback with maturity. Student Learning Conferences are a wonderful opportunity for parents and carers to engage in their child's learning journey in an authentic process. These will be available to book early in Term 3.

I would particularly like to acknowledge the hard work of our teaching staff, who have supported students with dedication and care throughout the term. The academic gains made this semester are a shared achievement between students, teachers, and families.

As this term draws to a close, I also wish to extend a very warm welcome back to our substantive Principal, Ms Barnott-Clement, who returns at the beginning of Term 3 from her term at Walgett Community College High School.

I would like to wish all students and families a safe and restful break, and I look forward to the new term ahead.

Mrs Elke Fitzgerald, Rel. Principal

Year 10 Child Studies

In Week 7, our Year 10 Child Studies class participated in an infancy first aid course. We had Emily and Matilda from 'How To Save A Life' come in and teach us about infancy and child first aid with a focus on CPR and DRSABCD.

Emily and Matilda are young mums and paramedics who are passionate about teaching people about the proper technique for CPR and other necessary medical treatment such as: burns, bee stings, choking, fevers, seizures and poisoning.

We learnt how to deliver back blows and chest thrusts to safely dislodge an object while a child is choking and know the signs before it gets serious. We learnt how to cover burns, remove stings and monitor fevers and febrile convulsions. Did you know that only 34% of Australian people are confident in the delivery of CPR? Now with the guidance of Emily and Matilda we can all agree we are confident in performing CPR.

Written by Amelia - Year 10 Child Studies Student



ABORIGINAL HUB

National Sorry Day

Monday 26 May was National Sorry Day. A group of representative students attended the Community Commemoration at Mt Annan Botanical Gardens. They participated in a range of cultural activities, including hand art, boomerang painting, weaving and wood carving. Ella W and Kenndra R performed many routines with their dance group in front of the large crowd and were cheered on by our AHS students.



Reconciliation Week

Ambarvale High School commemorated Reconciliation Week this term. We held an afternoon tea and reception filled with performances and important information regarding Reconciliation at our school. The theme of Bridging Now to Next was highlighted as a time to empower our students to look forward into the future of Reconciliation.

Personal Learning Pathways

Year 7 Parents and Carers,

We are well underway in the creation and updates of your students PLP. If you would like to join us for a meeting to discuss their process, please call 4627 1800 and request a call back from the Aboriginal Hub to organise a PLP meeting.

Upcoming - NAIDOC Week Term 3 Week 3

Keep an eye out for our upcoming NAIDOC week activities. There will be an invitation to families and community members to attend our NAIDOC week assembly. Looking forward to seeing you there.

ART CLUB

Students in our voluntarily run art club with Miss Tobin and Miss James on Tuesdays have been working away at their portrait projects for this term. We have been learning about faces, a range of artmaking medias and what makes a good portrait.



AGRICULTURE

NEWS FROM THE FARM

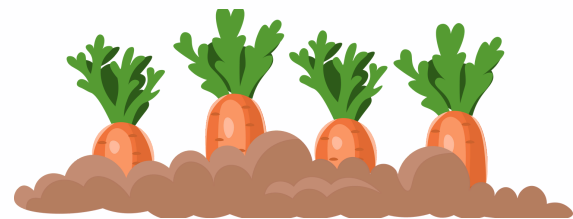
Winter has hit the farm and the harvest of the winter veg has begun.

Year 10 have worked tirelessly to prepare the veg and have now managed to see the fruits of their labour with the harvest of the cauliflower and broccoli. In the coming weeks, we hope to plant some more seedlings so that we are able to continue to produce huge quality vegetables for our school community.

With the farm out of action for students for a few weeks, Year 10 have been looking into alternative industries that we could implement and explore on the farm. One of the industries that has caused some excitement is the introduction of mushroom cropping. Student will grow a variety of mushrooms in the warmer, darker areas of the farm and hope to be able to see the differences in growth between the varieties of mushrooms.

Students have also started prepping the seeds for a spring planting of flowers. We hope to grow a variety of different flowers that we are able to cut and make bunches from. The seeds planted range from native flowers all the way to Ranunculus, Sweet peas and Daffodils.

Theres always lots to do on the farm and Year 10 are working hard to make it an inviting, productive space.



Student Football Recognition

Congratulations to Amelie L of Year 9 for being selected to represent the NSW Under 15s Girls Metro team at the 2025 Emerging Matildas Championships being held in July. This tournament, formerly known as the National Youth Championships, showcases the top Under 15 Female Football players from across the country. Another amazing achievement for Amelie. We wish her the best of luck in the tournament.

 ISLA BELANSZKY WESTERN SYDNEY WANDERERS	 LUCY HAYES NWS SPIRIT FC
 KEZIAH BEHRINGER WESTERN SYDNEY WANDERERS	 JENNA JOBI WESTERN SYDNEY WANDERERS
 GRACIE BISHOP MANLY UNITED	 EMILY KOT WESTERN SYDNEY WANDERERS
 MARLI CAYLESS WESTERN SYDNEY WANDERERS	 AMELIE LOPEZ WESTERN SYDNEY WANDERERS
 GRACE DUGGAN ILLAWARRA STINGRAYS	 GRACE McCREERY WESTERN SYDNEY WANDERERS
 GABRIELLA EDWARDS SYDNEY UNIVERSITY SFC	 JESSICA PULIS MANLY UNITED
 KYAH GALLEN SYDNEY UNIVERSITY SFC	 ELS VAN DER ZANDEN NWS SPIRIT FC
 LOLA GREENBERG NWS SPIRIT FC	 EMMA USLJEHRKA ILLAWARRA STINGRAYS
 ZOFIYA GWOZDECKY WESTERN SYDNEY WANDERERS	

 **EMERGING MATILDAS**
- CHAMPIONSHIPS -

GIRLS METRO
U15 NAVY

 **FOOTBALL**
NSW

SUPPORTUNIT

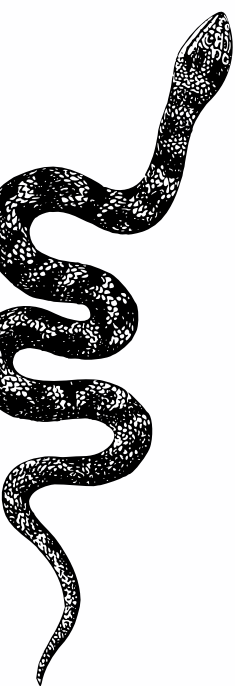


It was an exciting and busy term for our Support students.

PROFECTUS

Our Profectus topic this term is 'Animals and their Habitats'. In Week 2, we organised an incursion from Dragon Training Mobile Zoo. This experience provided students with the opportunity to learn about reptile habitats and feeding habits as well as a petting opportunity.

To further our understanding of native animals and their endangered habitats in Week 6, we took the students to Symbio Wildlife Park, located in Helensburgh. Rangers took the students on a tour of the Wildlife Park, and we experienced a unique day.



COMMUNITY ACCESS

Community Access supports students to develop skills in community participation and social skills through interactive experiences in the community and environment. The aim is to strengthen their independence skills and their knowledge of the Campbelltown community and surrounds.

In Week 2, Students engaged in actively moving about the community by catching a public bus to Koshigaya Park and socialising with their peers in a public environment.

In Week 4, staff and students went bowling at Macarthur Square. Which involved catching a public bus to Macarthur Square and participating in a game of bowling. Afterwards, students had the opportunity to purchase lunch from the food court, practising their skills with the community and social interactions.



★ Youth Excellence Awards ★

On Thursday 22 May, 13 Ambarvale High School students, their supporters, as well as 4 staff members attended the Rotary Club of Campbelltown Youth Excellence Awards at Wests Leagues Club.

Everyone enjoyed a fantastic two-course meal, musical performances, inspiring speeches and the opportunity to celebrate our amazing young people. The students relished the chance to dress up for a special occasion – a special nod to the creative and performing arts students, whose outfits would not have looked out of place at Fashion Week.

The Rotary Club of Campbelltown invited each student to the stage and acknowledged them for their hard work in the category for which they were nominated. This was the first year nominating our students, and although they did not receive any awards, the opportunity to celebrate and recognise these young people in such a special way with their families was warmly received.

Below is the full list of students nominated.

Thank you to their nominators and Senior Executive for initiating and supporting this initiative.



Amelie F was nominated by Ms Nunes for the Sport Award.

Ajay T was nominated by Ms Nunes for the Sport Award.

Amy H was nominated by Ms Nunes for the Academic award.

Hayley L was nominated by Ms Nunes for the Academic Award.

Zara A was nominated by Ms Nunes for the Academic Award.

Tailey R was nominated by Ms Tobin for the Creative Arts Award.

Will T was nominated by Ms Tobin for the Creative Arts Award.

Shejana R was nominated by Ms Tobin for the Creative Arts Award.

Layla Z was nominated by Ms Tobin for the Creative Arts Award.

Maia T was nominated by Ms James for the Creative Arts Award.

Addi B was nominated by Ms James for the Creative Arts Award.

Bella J was nominated by Ms James for the Creative Arts Award.

Sina B was nominated by Ms James for the Creative Arts Award.

Tobias T was nominated by Ms Sutton and Mr Williams for the Performing Arts Award.

Mariah C was nominated by Ms Sutton and Mr Williams for the Performing Arts Award.

Joyce T was nominated by Ms Sutton and Mr Williams for the Performing Arts Award.

AHS Cross Country Carnival

Ambarvale High School's School Cross Country was held on the 7 May. This was for competitors only who wished to represent both themselves and their house groups. Unfortunately, due to rain events in Term 1, this carnival had to be postponed but this didn't stop our runners from thriving and representing their houses.

With a beautiful sunny day, the competitors were ready and had their running shoes on for this wonderful event. This event took place on the back oval of our school with a new exciting track waiting to be tested. The alternative track didn't stop the enjoyment of everyone. Smiles from the start to finish and hard work paying off, you can say it was a good day.

Boys Age Champions: Girls Age Champions:

13 boys - Ilias O
14 boys - Xavier R
15 boys - Saied O
16 boys - Justin W
17 boys - James R

13 girls - Stevie D
14 girls - Demi S
15 girls - Tyrah P and Amelie L
16 girls - Lani W
17 girls - Hayley-Leigh P
18 girls - Aniela W



Well done to **Fraser** who were the winning house group on the day followed by **Goolagong**, and a congratulations to all our Age Champions.

Special thank you to Miss Smith, Mr Spruce, Mr Sorenson, Mr Keough and the Year 11 & 12 Sport Coaching students for helping out and organising this day. Well done to all of the competitors who gave it their all and participated on the day.

Written by: James Rintoul - Sport House Captain

ZONE AND REGIONAL CROSS COUNTRY

Well done to all our students who competed at the Zone and Regional Cross Country.

A shoutout to the following students who were Zone Age Champions, Hayley-Leigh, Aniela and Ilias.

Goodluck to James, Aniela and Ilias who have all qualified for the CHS competition.



AHS Athletics Carnival

On Thursday the 5th of June, the annual Ambarvale High School Athletics Carnival was held. Both the staff and students were enthusiastic and eager to support their peers and represent their sport houses on the day.

During the carnival, students had the opportunity to participate competitively or non-competitively in Long Jump, High Jump, Javelin, Shot Put, Discus, 100 Metre Sprint, 800 Metre run, and 1500 Metre run. Although there was some tough competition between all age groups, everyone worked together to earn house points for their house.

Upon arrival all students received a raffle ticket to go into the draw to win a prize. At the end of the day the raffle was drawn with a total of 9 prizes up for grabs. These included water bottles, Rebel gift vouchers, and handballs. All students were eagerly listening to the tickets being drawn and, in the end, all of the prizes were claimed.

Overall, this year's athletics carnival was an unforgettable experience. Seeing everyone out there giving it their all, whether they were racing, cheering, or just getting involved, it made me very proud to be a House Captain. It wasn't just about winning points, it was about showing spirit, supporting each other, and making memories as a school.

Written by Ricci Santangelo - Sport House Captain



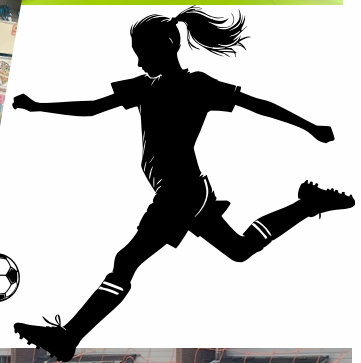
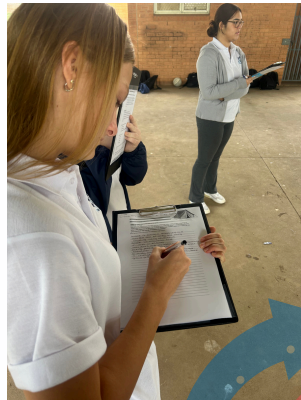
SPOTLIGHT ON COMMUNITY AND FAMILY STUDIES

This term, our Year 11 Community and Family Studies (CAFS) students have been diving into the topic of Individuals and Groups. They have explored the roles people adopt within groups, the reasons groups form, and what makes a group cohesive.

One engaging activity saw students working in a team to put up a tent, with some secretly assigned roles such as being task-oriented, relationship-focused, or even deliberately disruptive. Meanwhile, other students observed the group dynamics and took insightful notes on how these roles impacted teamwork and the group's success.

The students have also delved into Power and Leadership. To bring this topic to life, they participated in fun and fast-paced 'Minute to Win It' challenges. These games encouraged them to adopt different leadership styles and reflect on how these approaches influenced their team's performance.

The hands-on approach to learning has been both engaging and educational, helping students better understand the complexities of group dynamics and leadership in real-world contexts.



BILL TURNER CUP

Congratulations to our Under 15s Girls Soccer team who competed against Picton High in Round 2 of the Bill Turner Trophy.

The girls showed incredible teamwork and individual skill to dominate the game, winning 3-1.

Special shout out goes to hat-trick hero, Amelie!

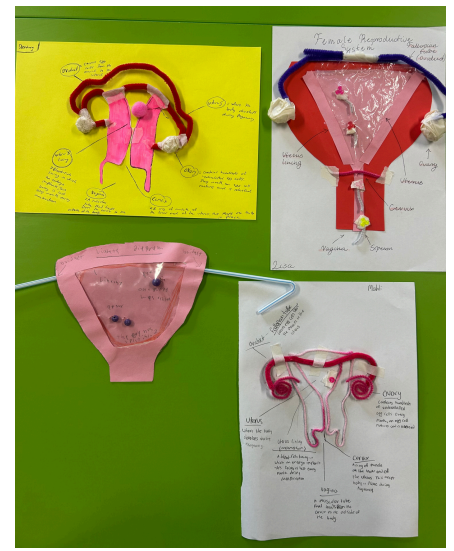


Year 9 Child Studies: Exploring Conception to Birth

This term, the Year 9 Child Studies class has been exploring the fascinating journey from conception to birth.

As part of their studies, students demonstrated their creativity and understanding by crafting impressive replicas of the female reproductive system.

These hands-on projects not only showcased the students' artistic talents but also deepened their knowledge of human anatomy and the processes involved in reproduction. Well done to all students for their fantastic work.



FUTSAL

Congratulations to all our school Futsal teams for their outstanding performance at the Regional Futsal Championships in Week 2. All participants displayed exceptional skills and teamwork. Thank you to all senior student coaches for their hard work and professionalism. A special shoutout goes to our Open Girls, who clinched the championship title with a 2-1 grand final win. We wish them luck at the State Championships later this year.

WELLBEING

As we approach the end of a busy Term 2, it's been a vibrant and purposeful time for Wellbeing across the school. We've hosted a range of activities, from planning upcoming wellbeing days and student camps, to delivering the Year 7 and 10 vaccination programs. Our attendance initiative is now in full swing, and Year 7 students have been enthusiastically engaging in SLAM (Student Led Attendance Monitoring). We also recognised Men's Health Week with a special morning tea, sparking important conversations and connection across our staff and students with our special guest Danny from Breaking Chains.

This term also marked our move into the new Wellbeing Hub in B Block – a dedicated space that's already making a difference. Looking ahead to Semester 2, this space will be transformed with fresh furniture and a calm, welcoming environment designed to support the students who need it most. We're also proud to have welcomed Mrs Foxall (formerly Miss Nunes who got married this term) as our substantive Head Teacher Wellbeing – a familiar face stepping confidently into a role where her passion and commitment to student support will continue to shine.

