

AMBARGRAM

Week 10, Term 3 2025



Celebrating

NAIDOC WEEK



We celebrated NAIDOC week in style during week 3 of this term. Our students participated in a range of cultural activities, from Art workshops with local artist Michael Fardon, to in class activities learning about Indigenous Astrology and The Dreaming. We held a whole school assembly with ex-student Rhett Burraston holding a Smoking Ceremony which helped celebrate the Aboriginal Culture here at Ambarvale High School. Thank you to our amazing performances from the Aboriginal Girls Dance Group, Choir, Rosemeadow Public School's Dancers and Didgeridoo players and to the parents, carers and guests who attended.

A few student leaders were also selected to help out with Rosemeadow Public School's NAIDOC Damper Rotation. Students Tyler, Giselle, Logan, Ella, Mia and Matilda demonstrated how to make damper and assisted with cooking it on the fire.



Year 8 had the opportunity to complete a painting workshop in their CAPA classes. Students learnt information about NAIDOC Week and had a refresh on painting techniques before choosing a wooden cut out of Australian flora and fauna. Students then created an individual design inspired by NAIDOC week and the world around them. The students' works are now displayed in a collaborative installation in the art block!



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A Message from Mrs Fitzgerald

As we approach the final stretch of the academic year, I want to take a moment to acknowledge and extend my very best wishes to our Year 12 students who are preparing to sit their HSC examinations which begin on Thursday 16th October, 2025.

This is a significant milestone—not only in their schooling journey but in their personal growth. The HSC is the culmination of many years of learning, dedication and perseverance and reaching this point is an achievement in itself.

We understand that this period can be both exciting and challenging for students. We encourage students to put effort into their studies and approach each exam with integrity.

We encourage students to maintain a healthy balance in the weeks ahead—get enough rest, eat well, stay active, and make time for small moments of calm. Most importantly, don't hesitate to reach out for support if you need it. Your teachers, Year Advisers and the Wellbeing team are all here for you.

To the families and caregivers who have supported our students throughout this journey—thank you. Your guidance, encouragements and patience have played a crucial role in getting them to this point.

To our HSC students—go forward with confidence. You are capable, prepared and supported. We believe in you and look forward to celebrating your efforts and achievements in the weeks to come, at your Picnic Day, Graduation, HSC and Formal.

Wishing you all the very best in your HSC exams!

Mrs Fitzgerald
Deputy Principal

YEAR 10 PDHPE - SEPEP PROGRAM

Our Year 10 PDHPE students have been diving into SEPEP (Sport Education in Physical Education Program) as part of their learning this term. Through SEPEP, students explored all aspects of sport – from organising round robins to taking on important roles such as scorer, captain, coach, timekeeper and even media manager - and more!

The highlight was seeing students take the reins of the lessons, running their own competitions and putting their own flair into presentations. Not only did they sharpen their sporting skills, but they also built teamwork, leadership and organisational abilities along the way.

Here are some snapshots from Mrs Smith's 10 PDHPE 1 class in action!



Boundless Ballers



1st

The blue team [our winning team], played a wonderful game with amazing team work as everyone played their part. They were consistent in how they played, coming up with a successful strategy.



Our orange team [second place], showed determination but also a lack of communication. This led to a lot of funny moments with the team bickering. Aside from communicate issues, this team played a wonderful game.



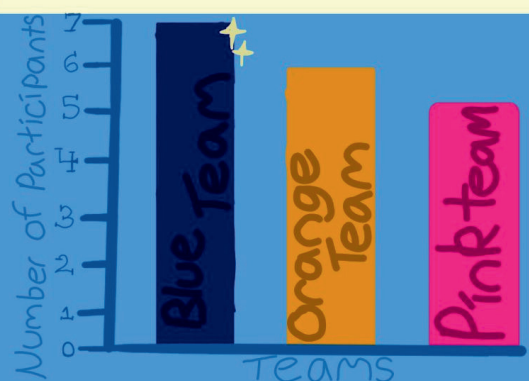
2nd

The pink team initially struggled with a lack of enthusiasm and participation, however those willing to play tried their very best and despite some setbacks, were impressive as a team



3rd

The participation levels for 10.1 PDH Netball competition was an amazingly high 90% of the class, with 17 players giving it a go! We appreciate 10.1 PDH's participation, which contributed to making this event a positive welcoming enviroment



TOURNAMENT OF THE MINDS

On Saturday 30th August, our Tournament of Minds team, made up of seven Year 9 students, competed in The Arts discipline of the Sydney South West finals, supported by team facilitator Miss Oehm and a group of very proud parents. This was the first time AHS had competed in the competition in over 10 years!

Against a very strong group of participants, the team came away with the WIN! This was a fantastic achievement for a team of first-time participants, and all members of the team are to be congratulated. The team will now compete in the NSW State finals on Sunday 14th September against the winners of all the other divisions across the state.

All students represented Ambarvale High School with pride and had an excellent day showing off their skills and making new friends.



This term has been a huge one for the English Faculty, with students and staff throwing themselves into a whirlwind of competitions, performances and the celebration of Book Week. This year's theme was 'Book an Adventure' and it was celebrated at Ambarvale High School with a number of fun activities.

Book Week set the stage with colour, creativity and plenty of laughs. The much-anticipated Staff vs Senior Students Dress-Up Competition did not disappoint, with both sides showing off clever, quirky and downright hilarious costumes inspired by their favourite characters. The friendly rivalry had the crowd cheering during the lunch time fashion show and highlighted just how much fun literature can be when we bring it to life.

Our Slam Poetry Competition was another standout moment, showcasing the incredible talent and bravery of our students. Performers delivered their poetry with passion and energy, sharing original works that ranged from funny to heartfelt, bold to deeply personal. The audience was blown away by the honesty, rhythm and power of their words – proving that poetry is alive and thriving in our school. Congratulations goes to Joyce Tam whose amazing piece 'Storm' was the winner of the competition.

Adding to the buzz, we welcomed Bradley Christmas, author of 'Saltwater Boy', who inspired students with behind-the-scenes stories of writing and publishing. His insights into the creative process encouraged students to think about how their own voices and ideas can shape the stories they tell.

These events created an amazing atmosphere across the school. The English Faculty is proud of the enthusiasm and talent our students displayed, and we cannot wait to see what next year's Book Week will bring.

Slam Poetry Winner

by Joyce Tam

Storm

It's that... sometimes I get this lingering, choking pain
That is slowly eating me
With a soft chew
Pearly whites that dig deep into my neck
Keeping me away from the light

My stomach flutters with moths, rather than butterflies
I yearn for something that I can consume
Even if it's rainwater, that I forever open my mouth wide for

The weight of the pain weighs down my smile
My face is as I have aged ten times quicker
Snatches my hope like whirling wind
A category five storm had entered my world

Powerful winds as fast as an airplane blast through my beautiful gardens
Rainfall harder than a heartbreak destroy what I call home
I yell with all my heart at the storm,
"Who are you to ruin my world?"

The storm continues to rip my carefully considered sculptures, carelessly
Nothing but what seems to be anger in our eyes
My eyes start to water, trying to protect the land I have loved for, growing up
Watering the seeds my peers and I have sowed using my personal tears
I take a closer look at the storm
I've had symptoms of a rainy day
Yet I cover it up with sunshine I force out of the sun

I longed to hear an answer from the storm
Though the whole time it was only here to cause a mishap
I think to myself,
"Natural disasters... are natural..."
Meaning it was destined to happen
I just have to prepare myself for whatever comes my way
Again, I think
"Natural... nature... There is nature all around me. I shouldn't have to blame nature for being itself and doing its job."

I look back at my world after the storm had left
Oh, the potential this land has for the future and its residents
And me, myself

Now I know that I should keep my head up at all times
Even when it seems impossible

SUPPORT UNIT

Work Experience

This term, our students have embarked on an enriching work experience program, gaining invaluable skills in real-world settings. Our partnerships with Hoxton Park Industries and Best & Less have provided our students with opportunities to develop essential work-ready skills, including teamwork, procedural understanding and punctuality, under the guidance of supportive staff.



Warragamba Dam

A highlight of the term was our visit to Warragamba Dam, where our students participated in engaging, hands-on activities led by knowledgeable educators. This experience not only deepened their understanding of the dam's significance and operations but also fostered a greater appreciation for the importance of water management.



Book Week

To celebrate Book Week, our Support Unit hosted a range of exciting activities, including a drawing competition, book raffle, Wednesday Adam's dance lessons and a costume competition. This vibrant celebration showcased our students' creativity and enthusiasm, making it a truly memorable week.



Outdoor Education

Snow Camp

In Week 7, our Year 10 Outdoor Ed and Silver Ambassador students had the incredible opportunity of attending Snow Camp, an unforgettable experience in the mountains. For many, it was their first time seeing snow and the trip was filled with challenges, laughter and new skills.

Students took part in daily skiing lessons, starting on the beginner slopes and working their way up to more advanced runs. With the support of instructors, they learnt the basics of balance, turning and stopping safely on the snow. By the end of the camp, many students were confidently skiing down slopes they never imagined tackling at the start of the week.

In addition to skiing, students also completed a guided snow hike. This was a chance to explore the alpine environment, take in the breathtaking scenery, and learn about the unique features of the snowy landscape.

Snow Camp was not only about building skiing skills but also about strengthening friendships, developing independence and creating memories that will last long after the snow has melted.

We congratulate Year 10 Outdoor Ed and Silver Ambassadors on their enthusiasm and determination throughout the camp and thank the staff who supported them over the three days in making this experience possible.



Outdoor Education

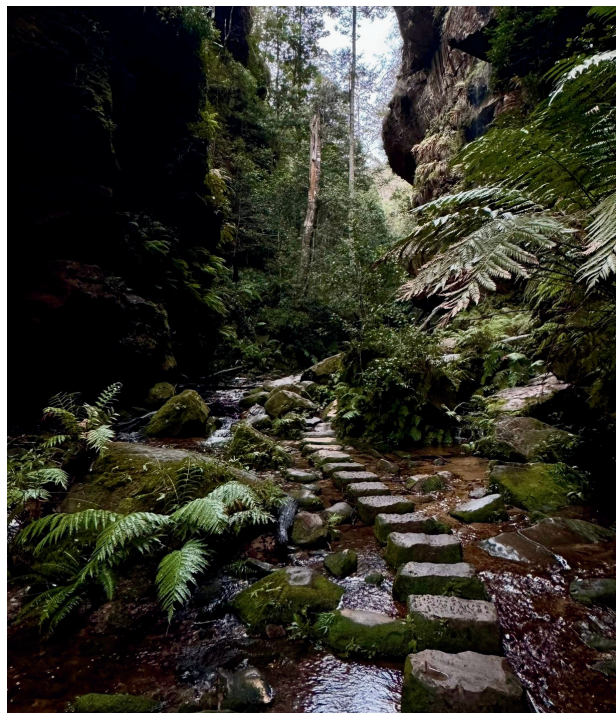
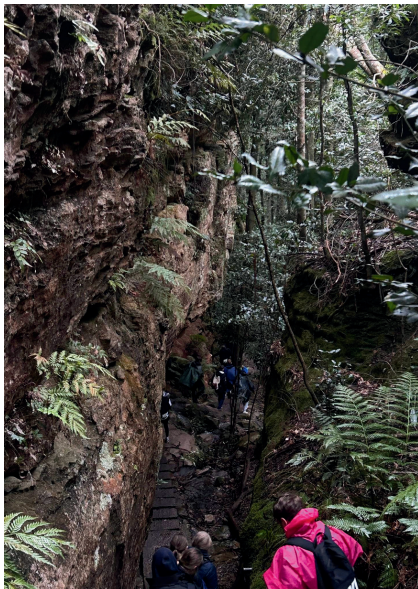


Blue Mountains Hike

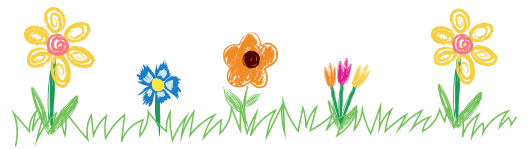
Our Stage 5 Outdoor Education students recently set out on an exciting day trip to the Blue Mountains to complete the famous Grand Canyon Hike at Blackheath. Known as one of the most scenic walking tracks in New South Wales, the hike gave students the chance to experience towering sandstone cliffs, lush rainforest, and winding creeks as they made their way through the canyon.

The track challenged students with steep staircases, narrow pathways, and slippery sections, but their determination and teamwork shone through. Along the way, they learnt about the natural features of the area, practiced safe bushwalking skills, and built their confidence in the outdoors. After completing the hike, the group rewarded themselves with a well-earned stop at the local pie shop. A 'hot pie and drink' was the perfect way to finish off a big day of adventure and to celebrate their efforts.

This excursion was a great opportunity for students to connect with nature, develop resilience and enjoy one of Australia's most iconic bushwalking experiences.



CHILD STUDIES



Our Year 10 Child Studies students have been busy (and having a lot of fun!) with their continued visits to Open Arms Early Learning Centre. They've loved spending time with the children, joining in on play activities, and even having the opportunity of being part of the centre's Book Week Celebrations.

Below are some quotes from the students about what they enjoy about their visits to Open Arms Early Learning Centre:

"I enjoyed having a baby fall peacefully asleep in my lap. I love getting cuddles and the baby felt safe" - Hayley

"I love seeing all the kids happy and they look up to us as role models" - Madi

"The preschool is very enjoyable and a fun 2 hours. It's so hands-on and filled with many fun interactions" - Natasha

"I personally enjoy the interactive and hands-on experience to reinforce all the learning we've had in class. It's a wholesome experience that I constantly look forward to" - Caitlin



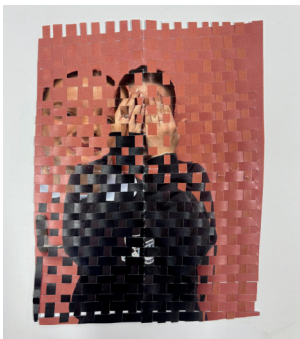
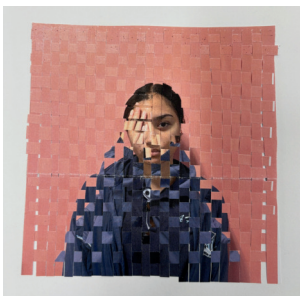
Back at school, the class has kicked off planning a mock 5th birthday party as part of their assessment. From decorations to games and party food, there's no shortage of creativity and excitement.

We can't wait to share their final party plans with you in the next edition of the Ambargram!



YEAR 10 PHOTOGRAPHY

Miss James' Year 10 Photography class have finished off their abstract photography unit with a range of experimental images, such as their mixed-media portraits and photo weaving.



Year 12 Ceramics Deep Learning Day

As part of their Deep Learning Day, Mrs McAteer's Year 12 Ceramics class visited Black Duck Studio in Towradgi Beach. Students were able to create an individual clay piece using white earthenware clay in their 2.5 hour workshop. It was a great experience for students to get outside the classroom and work within a ceramics studio. All student's showed amazing maturity and had a fantastic time.



YEAR 9 PHOTOGRAPHY

Miss Tobin's Year 9 photography class has been undertaking a series of workshops with a focus on improving their skills and confidence in manipulating the DSLR camera settings. This term, students have a focus on movement where they have had to work together to navigate the shutter speed setting on their cameras in order to capture images of moving objects.



YEAR 8 VISUAL ARTS

Miss Tobin's Year 8 Visual Arts class has been working hard to complete their ceramic boxes inspired by one of the narratives, The Rainbow Serpent or Alice in Wonderland! Their boxes are all complete in the making process, now they will dry for a few weeks before being fired in the kiln. Students will then paint their designs on their boxes – watch this space to see how they turn out! In the meantime, students are completing mini workshops with Miss Tobin to refresh on painting techniques and colour theory.



YEAR 11 CERAMICS

Miss Tobin's Year 11 Ceramics class has been designing and creating their own 3-piece tea set. Each student is required to make their own teapot, with a teacup and object of choice such as a sugar pot, or saucer. Students have been using the coiling technique to build the walls of their tea pot. Alongside this, students have been continuing to master their skills on the pottery wheel. Students have been learning how to centre their clay, open their forms and pull the walls of the forms up. All of the students are producing amazing ceramic forms and are improving their skills every lesson!



AHS Girls Futsal Teams Shine at State Championships

Ambarvale High School is proud to congratulate our Under 16s and Open Girls Futsal teams on their outstanding performance at the recent State Championships. Both teams demonstrated exceptional skill, determination and teamwork throughout the tournament, competing against some of the strongest schools from across the state.

Despite falling just short of making the finals, the girls played with passion and resilience, representing our school with pride and sportsmanship. Their efforts on and off the court were a credit to themselves and the Ambarvale High School community.

We thank all the players involved for their commitment and look forward to building on this success in future competitions. Well done, girls!

Year 9 Wellbeing Camp

Year 9 students ventured out to The Tops campsite during week 7, where they had the opportunity to participate in a number of fun and thrilling activities. Students used their communication skills to work together in a series of mini team building games during the survivor task. They pushed themselves out of their comfort zone during abseiling where they went backwards down a 15 metre cliff! Students' problem solved while playing bubble soccer and encouraged their peers to go to the top of the giant swing. Students had a fantastic 2 days, and it was a pleasure to see them work together, make new friends, and encourage their peers to try new things.



Challenge Cup



On Tuesday, 2 September, four Ambarvale High School students proudly represented our school at the Challenge Cup. This event brought together sixty students from thirty-five schools across the Macarthur region, providing an exciting opportunity for high-potential and gifted (HPG) learners to collaborate, problem-solve and showcase their talents.

Throughout this day, students worked in mixed-school teams to plan, design and build a tabletop game. This fast-paced task required them to apply abstraction to explore the concepts behind their designs, while also working within the added challenge of a strict budget and limited materials. The activity encouraged both critical and creative thinking, giving students autonomy to manage their time and ideas as they developed innovative solutions to real-world problems.

Students also engaged in a puzzle challenge, testing their persistence and problem-solving skills in a fun, competitive format. (We've included one puzzle below - See if you can solve it! If you're stuck, Ms Davey has the answer.)

We congratulate our four outstanding students on their creativity, teamwork and dedication:

Bruce Heinrich (Year 7)

Silas Ryan (Year 7)

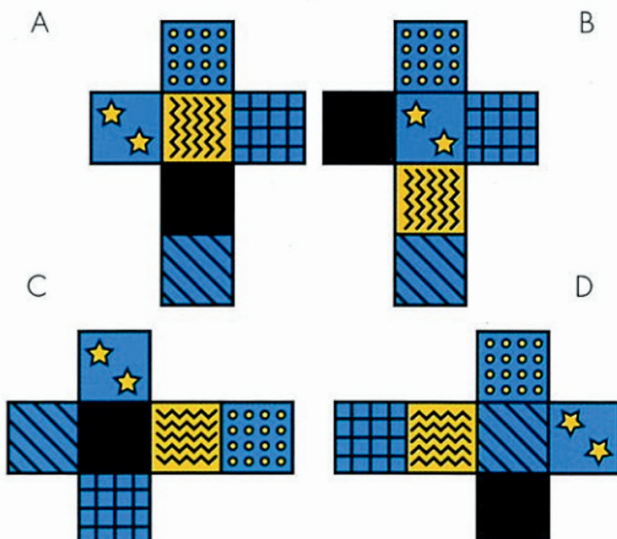
Aryan Lodhia (Year 8)

Aaminah Shaik (Year 8)

Their efforts were a credit to themselves and to our school community.

Cubed

Which of these four flattened cubes matches the one below?





Term 3, 2025

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 3 topics:

- **Recognising online coercive control in young people's lives (45 minutes).** For parents and carers of young people in upper primary and secondary school.
- **Understanding AI Companions: What parents and carers need to know (45 minutes).** For parents and carers of young people in upper primary and secondary school.
- **AI-assisted image-based abuse: Navigating the deepfake threat (45 minutes).** For parents and carers of young people in upper primary and secondary school.
- **The changing face of cyberbullying: Protecting your child in 2025 (45 minutes).** For parents and carers of children in primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



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Term 3, 2025

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 3 topics:

- **Understanding and using parental controls to help protect your child online (45 minutes).** For parents and carers of children in primary and secondary school.
- **Sexual extortion: What parents and carers need to know (45 minutes).** For parents and carers of young people in upper primary and secondary school.
- **Exploring the online experiences of boys and young men (45 minutes).** For parents and carers of young people in upper primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)



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Term 4, 2025

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 4 topics:

- **Algorithms and adolescents: The rewards and risks of recommender systems for young people (45 minutes).** Suitable for parents and carers of young people in upper primary and secondary school.
- **The changing face of cyberbullying: Protecting your child in 2025 (45 minutes).** Suitable for parents and carers of children in primary and secondary school.
- **AI-assisted image-based abuse: Navigating the deepfake threat (45 minutes).** Suitable for parents and carers of young people in upper primary and secondary school.



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Term 4, 2025

eSafety parents and carers webinars

Join eSafety's free live webinars for parents and carers.

Term 4 topics:

- **Supporting healthy tech use as your child transitions into secondary school (45 minutes).** Suitable for parents and carers of children in upper primary school (ages 11 to 12) and Year 7.
- **Understanding and using parental controls to help protect your child online (45 minutes).** Suitable for parents and carers of children in primary and secondary school.



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