

CONTACT



VOLUME 20—ISSUE 13

24 AUGUST 2012

NSW Department of Education & Training

PRINCIPAL'S REPORT

NAIDOC WEEK

Two weeks ago as part of the school's Education Week celebration the school's Education Week celebration the school held a special assembly to recognise NAIDOC Week. This assembly saw players from the Penrith Panthers NRL team come and talk to our students about the importance of staying on at school and making the most of the opportunities available to all our students, not just our Aboriginal students. The assembly was a very successful event and wonderful recognition of the tapestry that our Aboriginal community brings to the Australian community. Many thanks to Ms Jo Anderson for organising this assembly.

P&C GENEROSITY

I would like to take this opportunity to once again acknowledge the generosity of our hardworking, committed P&C. They have paid over \$4000 to secure the internet access for our school hall to assist with school assemblies and special presentations. They have also recently agreed to pay for new display boards which are very much needed for our annual CAPA Showcase as well as the displays of student work at Parent Teacher Evenings and other information nights. Similarly this year they supported our TAS faculty with the purchase of 2 industry standard coffee making machines. So our future baristas get to regularly practice making cappuccinos and I know the machines got lots of use during our school musical. Thank you to our wonderful P&C.

ELECTION DAY BBQ

On Saturday 8 September the school will again be a polling booth for the local government elections. Mrs Neylan and the SRC, with the support of some of our P&C, will be holding a BBQ and cake stall. Any parent who could assist with supplying cakes for the day would be most appreciated as all monies raised will go to the school. Any families able to provide a cake for the stall if you could bring it in on Friday or deliver it to the stall on the Saturday morning that would be fantastic.

Upcoming Events

24 August, 7 September
Contact Issued

26—30 August
Alpine excursion

31 August
Year 9 Geography Field trip

3 September
Year 8 Gala Day

6 September
Year 8 Geography Field trip

29/8, 5, 12, 19 September
Support Unit Swim School

6-7 September
CHS Athletics

10 September
P&C Meeting 7pm
Year 7 Science incursion

10 or 12 September
ESSA Readiness Test

13 September
Textiles/Drama Excursion

14 September
Fast Forward Day Year 9

Mr Roma has also organised some of our talented baristas to come on the day to serve hot chocolate and cappuccinos to our voting public. Parents who can offer some help on the stall or BBQ would also be greatly appreciated. If you can spare a few hours please call the school office and leave your name, phone number and times you are available.

PERFECT PUNCTUATION

Want to help your child with their punctuation? Help them remember when to use a semi colon and when to use an apostrophe with a downloadable help sheet from the School A to Z website. The site also has a range of help sheets on English terms and usage. Go to:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/help-sheets>

CAREERS INFORMATION

Is your child thinking about what they'd like to do when they finish school? The Myfuture website is a careers information and exploration service with thousands of resources, from occupation profiles and job seeking tips to articles and videos. The website includes information for both students and parents. Go to: <http://www.myfuture.edu.au/>. Have a great weekend.

Lauretta Claus

Principal

DEPUTY PRINCIPAL'S REPORT

BULLYING

At our school we take bullying seriously. That is not to say that it doesn't occur but it is dealt with (if reported). A recent survey of students provided excellent data on the problem and how best to tackle it. An action group consisting of staff and students has been formed and some creative ideas to combat this problem have been discussed. All of this week's assembly will be about bullying. Below is the text of my assembly talk:

"What does IBI mean?"

You would have noticed IBI signs appearing around the school this week. IBI means I'm a Beautiful Individual. And by 'beautiful' I am not talking about physical beauty. For example, I am a Beautiful Individual but I would never suggest that I am the most attractive Deputy Principal in the school. By beautiful, I am referring to the WHOLE individual—how you behave, how you treat others, how happy you are with your life, what you believe, how S.M.A.R.T. you are—Safe, Motivated, Academic, Respectful and Tolerant.

I am reminded every day of the beautiful individuals in our school:

- The person who gives a hug to someone who is upset
- The person who stands up for a bullying victim
- The person who says something positive on facebook
- The person who goes to every musical rehearsal
- The person who shows good sportsmanship whether they are winning or losing
- The person who picks up some rubbish without being asked
- The person who is not very athletic but has a go anyway
- The injured dancer who continues to perform despite the pain rather than let her friends down
- The student who works hard in class to achieve their life goals
- The student who lights up a room just by smiling



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Principal

Lauretta Claus

Deputy Principals

Robert Bredin

Therese Hourigan

P&C President

Jannette Nigl

School Captains

Alana Duncan & Luke Agius

The paid advertisements in this newsletter are not necessarily endorsed by this school although we thank our sponsors for their support.

What is your IBI sign?

Your IBI Sign is how you feel about yourself. You start each day with a big, shiny IBI sign (hold up). You walk in the gate thinking "I'm a Beautiful Individual".

And then the day starts

A student runs by, deliberately bumping you, knocking some books onto the ground then runs off shouting "Loser" over their shoulder. (RIP) Three other students pass you by, laugh and keep walking. (RIP) (You're not feeling so beautiful right now.)

On the way to roll call, someone snatches your book and throws it back and forth to another student before throwing it in the bin. (RIP) Your friends do nothing. (RIP) You approach the bin to shouts of "Scab! Scab!" (RIP) and decide to leave it there.

Your roll call teacher gives you a detention for not having a book (RIP). You are too scared to explain but nobody else stands up for you either (RIP).

So before Period 1 even starts, your IBI Sign, your feeling of self-worth and happiness, has taken quite a beating.

If someone had stopped to help you pick up your books, you'd have felt a bit better (BIT REPLACED). If the passing students had stopped to ask "Are you OK?" (BIT REPLACED)

PE prac Periods 1 & 2. Someone in the change room says loudly "You're fat and ugly." Even though they are wrong, you feel really embarrassed and hurt. (BIG RIP) At recess a few students continue the "fat and ugly" comments. (RIP) (RIP)

A friend tells them to back off and leave you alone and puts a sympathetic hand on your shoulder (BIT REPLACED) We are only up to recess and look at your IBI Sign.

Your friend takes you to a teacher who makes you feel a bit better (BIT REPLACED). The teacher speaks to the other students and two of them see you at lunchtime and apologise (BIT REPLACED).

Period 6 and you sit on some chewing gum and the class laughs (RIP).

Now many students go home to supportive parents who listen (BIT REPLACED), remind you how valued you are (BIT REPLACED) and give you lots of hugs (BIG BIT REPLACED). So by the time you get up the next morning your IBI Sign is renewed ready to start again.

But for some, home is not a happy place and your IBI Sign is ripped even more (RIP) OR you go on Facebook where the bullying continues (RIP).

Now when you start the new day, your IBI Sign is in really bad shape. What happens if you have another day like yesterday? Or like the last 50 yesterdays?

Misery! Depression?Self harm? Truanting to avoid more rips?

I challenge you all to think about the last 24 hours.

How many times did you, by what you did or didn't do, did you rip a piece off someone's IBI Sign? How many times did you stick a piece back on? How many times did you tease, insult, hit, spread a rumour or bully—in person or online? How many times comfort, support or compliment—in person or online?

Of course, such bullying is not always so destructive. With supportive and caring friends and family, you can rebound, smiling and ready to face another day. But you don't know about those you pick on or bully. Those with little or no support, whose life is more like hell than heaven.

You ALL have the right to arrive at school with a HUGE IBI Sign, confident that you are a Beautiful Individual!

BUT, you all have the responsibility to ADD to the IBI Signs of others and NOT rip them to shreds.

How can your next 24 hours differ from your last 24 hours?

Let's make this a school where EVERY student can walk through the gate smiling and thinking "I'm a Beautiful Individual".

Together and individually YOU have the power to do just that..

Can you? Absolutely! Will you?

Robert Bredin

Deputy Principal

PARENT TEACHER EVENING

Semester 2 Parent/Teacher Evening will be held on Tuesday 18 September 2012 between 3.30pm and 6.30pm for all Year 8, 9 and 10. Semester 2 Parent/Teacher Evening will be held on Tuesday 16 October 2012 between 3.30pm and 6.30pm for all Year 7. All parents are invited to attend and discuss their child's progress with **all** of their teachers.

I encourage all parents to discuss with their children what times they would prefer to visit the school so that when students receive their booking sheets, they can record your preferred times and start making appointments immediately. The longer these bookings are left the more difficult it will be to record appointments within your preferred times. It will be the responsibility of each student to arrange interview times with their teachers on your behalf within your preferred times. Please ensure that interviews have been arranged to your satisfaction. Year 7, 8, 9 & 10 students will receive their booking schedule in Week 6 of Term 3 during roll call and they can then immediately begin to make appointments.

Appointments will be restricted to 7 minutes in order to accommodate all parents unless the teacher requires an extended interview and it is highly recommended that you allow 7 minutes between each interview to give parents time to move between teachers. Students are also invited to help their parents find their teachers and also to listen to the discussions about their progress.

The library would greatly appreciate if any parent would like to donate a book or some computer software that could be used as a resource to help student learning.

Teachers of Quakers Hill High School look forward to meeting with parents and carers for an informative night.

P. Sultana

Organiser

EVE'S LEGACY

This year's production of 'It Began with Eve' was an unequivocal success, which was met with riotous applause. The secret formulae to a smashing theatrical extravaganza? An indefatigable commitment to the performing arts by both the staff and local business community, the creative genius of one Ms Franco and the support of dedicated parents, combined with the skill of our young cast and crew. As with any great endeavour, it is only right to celebrate those that sunk their teeth into this challenge, and invested time, energy and considerable love into the production of a musical that showcased the best that Quakers Hill High School has to offer.

OUR STUNNING Parents....

Mrs Banks	Mrs Monalo	Mrs Joseph	Mrs Thompson
Mrs Creswell	Mrs Bradley	Mrs Iacono	Mrs Curran
Mrs Ford	Mrs Ives	Mrs Rana	Mrs Auld
Mrs Warner	Mrs Morgan	Mrs Ives	Mrs Iacono
Mr Ford	Mr Agius	Mr Coleiro,	Mrs McLeod
Mrs Coleiro	Mrs Rana	Mr Churchward	Mr Court

OUR GENEROUS Sponsors...

Quakers Hill High School is incredibly appreciative of the following businesses for their willing and generous support of our 2012 production.

Ruby Slippers Performance Studio, Westmead; The Outback Steakhouse, Parklea; Target, Rouse Hill; Australia Post, Stanhope; Terry White Chemists, Stanhope; Kennards Hire, Kellyville; Allan's Men's Hairdressing, Rouse Hill; KMART, Stanhope; Nando's, Rouse Hill; Griddle, Rouse Hill; Hog's Breath Cafe, Blacktown; Dymocks, Rouse Hill; Big W, Rouse Hill; Flight Centre, Rouse Hill; Fresh Nails, Stanhope; Reading Cinema, Rouse Hill; Hoyts Cinema, Blacktown; AMF Bowling, Blacktown; Quakers Hill Cellars, Quakers Hill; Dan Murphy's, Kellyville Ridge; Napoleon Perdis, Blacktown; Fone Boutique, Rouse Hill; Northwest Community Baptist Church; Blacktown City Council, Blacktown.

OUR TALENTED CAST & CREW....

Luke Agius	Sarah Andrew	Kayla Auld-Schuch	Callista Banks
Nichollette Watts	Jacqui Bryan	Ashleigh Bernecic	Jessica Bobbin
Sally Bowers	Mikaela Blair	Jaimie Bonsall	Tamarah Bradley
Ashley Bushell	Courtney Churchward	Lauren Court	Bradley Coleiro
Rohan Comey	Laura-May DeBouter	Tahisia Creswell	Sarah Curran
Kari Davis	Gemma Deering	James Delfino	Kate Duncan
Alana Duncan	Michael Emerson	Mark Fomiatti	Caitlin Ives
Jackson Goldsworthy	Juliette Harrington	Gemma Hewitson	Jade Olsson
Jourdan Heintz	Danielle Iacono	Jasmine Joseph	Selin Kement
Hannah Kemp	Alyssa Manalo	Sanjana Madhyasta	Jessica Mason
Jack Marshall	Toni McLean	Emily Morgan	Sarah Mottram
Kyle O'Beirne	Corrine Padilla	Kate Poole	Emma Smith
Kyle Thompson	Riley Sparks	Zac Oliphant	Lotus Rana
Shania Tweedie	Brooke Petersen	Mark Robertson	Megan Ogle
Jasmine Pagliari	Georgia Blundell	Rose Lewis	Lisa Lewis
Emma Shepherd	Katelyn Commings	Jade Dyer	Chloe Payne
Rosina Musameci	Kavya Mathuu	Tiarne Robertshaw	Taniesha Richter
Kadiatu Jalloh	Mel Walden	Jack Pearce	James Bushell
Joshua Elliott	Krishna Pelman	Jeremy Bushell	Daniel Scott
Mitchell McLeod	Joshua Richards	Matthew Lutz	Jenard Castro
Isabella Woodfield	Mark Kennedy	Matthew Dwyer	Vittorio Fabiano
Kevin Shelt	Elizabeth Brissett	Jenard Castro	Chris Ford
Rhyannah Torrance	Megan Warner	Cherish Ojera	Michael Bassine
Joanna Martin	Keely Batten	Kelsie Ojera	Genna South

Neelam Singh
Allison Turner
Jake Wilson
Rebecca Walden

Tynesha Caruana
Georgia Brown
Corey Dickson
Jessica Davida

Madeline Iacono
Zilan Hashemi
Ghouse Mohinddin

Anupa Abeysinghe
Nikhil Deo
Campbell Deaves

SOME THINGS TO Keep IN MIND...

- We encourage all those generous individuals that donated to our musical café to collect their plates and containers from the front office from Monday 20 August. Prior to this, they will be available for collection from the library by your son or daughter.
- A big congratulations goes to Emily Janes of Year 8, for winning the Café Contribution Raffle. She gets to take home a \$30 gift voucher for Hoyts Blacktown in recognition of her generosity.
- Musical photos should be available for collection from the library from Friday 17 August. All images will be given directly to students, unless alternate arrangements have been made prior to this date.
- Musical programs are still available for purchase from the library. Only a few copies remain. So don't delay.
- If any student has failed to receive their Musical Certificate, Executive Award and Letter of Commendation, they are to see Ms Lachevre ASAP. If any anomalies appeared in your letter, you are encouraged to see Ms Lachevre to arrange a reprint.

YEAR 8 ESSA READINESS TEST

A reminder to all Year 8 students that on 10 September 2012 or 12 September 2012 all Year 8 students will conduct an ESSA Readiness test on line in the computer room during Science classes. Students must remember their windows password, the DET password and bring in headphones or ear buds on that day. Students need to revise Year 7 and current Year 8 work. Any problems with DET passwords or windows passwords, please see Mr Sultana before the test.

Mr P. Sultana, ESSA Coordinator

STUDENT SUPPORT OFFICER—INFORMATION FOR FAMILIES

My name is Lauren Paa and I have been working at QHHS since the beginning of Term 3 as the Student Support Officer. I have a Bachelor of Community Welfare—Youth Work and have been working with high school students for 5 years. Student Support Officers are a new role, created to support student wellbeing. Currently 50 schools in NSW have a Student Support Officer. I will be working closely with the Learning Support Team, Welfare Team and School Counsellors.

A large part of my role involves working with students individually and in small groups. Students may be referred to me for support with a wide range of personal issues including behaviour, anger, bullying, family breakdown, poor social skills, low self esteem, stress and lack of motivation. Students can be referred by the Principal, Deputy Principals, Learning Support Team, Welfare Team or themselves.

My role has a large anti-bullying focus and involves researching and implementing student wellbeing and anti-bullying strategies. I will be providing staff with resources and information around digital citizenship programs, cyber bullying and social networking initiatives. I will also be assisting with support programs to help students make a successful transition from primary to high school.

In addition to face to face work with students, my role involves building relationships and partnerships with community organisations. I will be attending interagency meetings to network with community organisations in the local area and will promote youth services, opportunities and events throughout the school.

My office is located in the study space opposite B10. You can contact me via email: lauren.paa@det.nsw.edu.au or by calling the office and leaving a message.

Lauren Paa, Student Support Officer

YOUTH CONNECTION SERIES

BULLY
PREVENTION
WEEK



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FOR MORE INFO OR
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02 8850 9755

BUY TICKETS ONLINE AT EVENTCINEMAS.COM.AU OR AT THE CASTLE HILL BOX OFFICE.

MONDAY
27
AUGUST

TEACHER PERSONAL DEVELOPMENT NIGHT

Watch new documentary film *Bully* which brings human scale to this startling statistic, offering an intimate, unflinching look at how bullying has touched five kids and their families.

6.00pm Arrival
6:20pm Film Commences
Cost \$8

A must for all teachers, principals and PDHPE teachers. A take home study guide and bullying collateral will be provided

WEDNESDAY
29
AUGUST

ANTI-BULLYING + PREVENTION EVENING BRETT MURRAY

Join National Anti-Bullying Authority Brett Murray, leader in his field for over a decade, who will tell his story and give his audience the tools to prevent bullying and protect lives. The presentation will then be followed by a screening of *Bully*.

Murray has impacted millions of teenagers over the last 22 years through his high school presentations, speaking at conferences and youth Forums, on television, radio and in print media, not to mention through his amazing books.

6.00pm Arrival
6.20pm Brett Murray presents
7.00pm Film commences
Cost \$8

A must for parents and children - leave empowered, encouraged, educated and inspired

FRIDAY
31
AUGUST

BEST ENEMIES WORKSHOP

Don't miss the Best Enemies workshop which aims to address the causes and consequences of the serious social problem of cyber bullying and cyber safety. The Best Enemies workshop focuses on bullying, cyber safety, digital reputation, use of information online (including gossip sites) and online privacy. They use key characters in the film and their roles to actively engage each student to reinforce the messages in the film and present strategies which are student led. The workshop will then be followed by a screening of *Bully*.

10.00am Best Enemies film commences
10.10am Workshop - Lee-Ann Simon, actress from the film, will present
11.00am Bully commences
Cost \$8

Bully is a beautifully cinematic, character-driven documentary. At its heart are those with huge stakes in this issue whose stories each represent a different facet of America's bullying crisis. Filmed over the course of the 2009/2010 school year, *Bully* opens a window onto the pained and often endangered lives of bullied kids, revealing a problem that transcends geographic, racial, ethnic and economic borders. It documents the responses of teachers and administrators to aggressive behaviours that defy "kids will be kids" clichés, and it captures a growing movement among parents and youths to change how bullying is handled in schools, in communities and in society as a whole.



Do you want Healthy • Active • Happy • Kids?

Join in the fun and learning that is Go4Fun!

Go4Fun is a **FREE** nine week healthy lifestyle program for children to become fitter, healthier and happier. The program is fun and interactive and supports 7 – 13 year old children and their families to adopt a long lasting and healthy approach to living.

Go4Fun **Riverstone** will be starting in **Term 3, 2012**. Sessions will run every **Tuesday** and **Thursday** from **4pm** to **6pm** for nine weeks.

BOOK NOW! PLACES ARE LIMITED!

To register your family or for more information

Call: 1800 780 900

Visit: au.mendcentral.org

Evening Numeracy Classes

Evening courses are being offered to members of the community in Numeracy strategies to assist your child. The sessions will be interactive and hands on, as well as being informative.

Where: Quakers Hill High School, Common Room

When	Strand to be covered
Wednesday 22 August	Number and Algebra
Wednesday 29 August	Measurement and Geometry
Wednesday 5 September	Data and Probability

Time: 7:00pm to 8:30pm

Cost: Free

You may attend as many sessions as you wish.

A light supper will be provided

Enquires or to register to attend please contact
Kuldip Khehra, Head Teacher Mathematics
(02)9837 1533
kuldip.dhesi@det.nsw.edu.au



Quakers Hill High School P & C Uniform Shop Opening Hours

Open Every Monday Morning until 17th December 2012

8.10am-9.30am

Also open end of term on the
Pupil Free Days 20th and 21st Dec
9am—10am

2013 Year 7 Information Night

Wednesday 28th November 2012

Open 5.30pm - 9pm

Special Opening Hours 2013

School Holidays - Wednesday 23rd, Thursday 24th
and Friday 25th January – 8am-1pm

Tuesday 29th January (Pupil free day) 2pm—4pm

Wednesday 30th January (Yr 7 start) 2pm—4pm

Thursday 31st January (Yrs 8-10 start) 2pm—4pm

Return to Normal Hours

Monday 4th February: 8.10am—9.30am



Note: Try to buy your uniforms as early as possible. You can
always exchange sizes.

Please Remember!!

Be Patient!!!

WANTED—TABLE TENNIS TABLES

Any families that may have an unwanted table tennis table at home, QHHS would gladly take them off your hands. We are looking for the ones with metal fold out legs that are easy to store (see picture below). If you have one and it could be delivered to the school, we would be very appreciative.

David Blench, HT PDHPE



H-100

QUAKERS HILL CRICKET CLUB REGISTRATION

Register to play cricket on Saturday 25 August 2012 and Saturday 1 September 2012 from 2pm to 4pm at the corner of Hambledon Road and Quakers Hill Parkway at the Quakers Hill training net. Please go to main menu, scroll into library, you will find BC&DCA and QHCC rego form from website: <http://quakershillcc.nsw.cricket.com.au> and Email to stewart.nathan12@gmail.com

Mobile—0425.383005

Thank you for helping Quakers Hill Cricket Club.



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caring for our community

KILDARE ROAD MEDICAL CENTRE

rushton's pharmacy

Rushton's Pharmacy has operated on the KRMC site for over 25 years. Owners Peter and Louise Rushton have always focused on providing the best possible care for their customers and believe that the delivery of key information and advice is a core part of this. Services include:

- Dispensing prescriptions and vaccines
- Providing dose administration aids and disposing of unwanted medications
- Home Medication Reviews
- Diabetes care and support and NDSS Agent
- Hire and sale of Ameda breast pumps and kits, nebulisers, crutches and wheelchairs
- Free drop-in Baby Health Clinic every Thursday morning

We stock a range of prescription medicines and Australian natural medicines, first-aid kits and sports bandages, SRC pregnancy shorts, Making Life Easy home healthcare products, Molimed incontinence products and Venoscan compression garments. At Rushton's pharmacy we put your family's health first. We provide asthma care advice, eczema and skincare products and the latest head lice treatments.

OPEN 7 DAYS 8:00AM TO 8:00PM