

CONTACT



VOLUME 20—ISSUE 14

7 SEPTEMBER 2012

NSW Department of Education & Training

PRINCIPAL'S REPORT

TOURNAMENT OF MINDS

Last weekend our TOM teams competed in the WSR Tournament of Minds Competition. All three teams were outstanding both in the competition but also in the way they conducted themselves being supportive of each other, treating other teams and the venue with great respect. They also, over the preparation time, showed great respect by cleaning up well when they made a mess and approaching teachers when they needed time out.

The Social Science team won the regional final and will compete at State on Sunday 9 September. If they are successful here they compete in Perth. Even though the Language /Literature teams did not take out a prize, their performances were outstanding on the day.

Thank you to Mrs Neylan, Ms Breen, Mrs Naicker, Ms Earl, and Mr Head for their support of the TOM team throughout the year and a very big thank you to Mrs Critchley for her guidance and management of the whole program. Her passion and commitment to our students is amazing.

Our winning team was

1. Georgia Blundell
2. Rose Lewis
3. Daniel Scott
4. Megan Warner
5. Rhyannah Torrance
6. Bethany O'Malley
7. Lara Sharpe

Our other team members were

Language Literature

Team 1

1. Gemma Hewitson
2. Aidan Bath

Upcoming Events

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

12 September
Year 8 Subject Selection
Evening

13 September
Textiles/Drama Excursion

14 September
Fast Forward Day Year 9
Community Planting
SWS Basketball Gala Day

17 September
Year 7 Gala Day

18 September
Year 8/10 Collegiate Cup
Years 8, 9 & 10 Parent/
Teacher night—hall

3. Shivam Kaushal
4. Sarah Drage
5. Michael Emerson
6. Mitchell McLeod
7. Sally Bowers

Team 2

1. Avnoor Guron
2. Palwasha Anwary
3. Austin Burke-D'Rozario
4. Bradley Elliott
5. Rebekah Wojcicka
6. Kate Poole

ELECTIVE FEES

By now all parents should have received updated invoices from the school regarding your child's elective fees, or other outstanding monies. Could you please arrange to reconcile this money as soon as possible as it will assist the school in facilitating the clearance process for the end of the year. A reminder to all Year 10 parents that students will not be able to complete payment for the Year 10 Formal until all outstanding fee money is paid. In Term 4 Year 9 will be able to start ordering their jerseys for 2013 but once again outstanding elective money will need to be paid before any deposit for the jerseys is accepted.

STUDENT SAFETY

Of late we have had a number of complaints from parents and community members in the morning dropping off their children to school. They have been disturbed by the behaviour of a few of our students using the pedestrian crossing. In an effort to monitor this behaviour and assist in the heavy traffic that uses Lalor Road, one of the senior executive has tried to be out the front to facilitate the student's crossing.

I would encourage all parents to remind their children of the importance in being aware and alert near roads and be very careful when using the pedestrian crossing. Our student's safety is of utmost concern to us.

GUIDE TO LEAVING SCHOOL

If your child is finishing school at the end of this year and would like to explore their options, check out the department's leaving school information page at: www.schools.nsw.edu.au/leavingschool/index.php. Here you will find a host of information about further study and training, apprenticeships, work and taking a gap year. Young people now must be in work or study or a combination of both until the age of 17.

THE ULTIMATE SKILLS CHALLENGE

Five hundred of Australia's best students, trainees and apprentices compete in 50 categories at a skills and trade competition later this month.

The skills range from traditional trades, such as plumbing, bricklaying and hairdressing, to the more contemporary professions like web and fashion design. Visitors can also join the program to test themselves in more than 25 skill areas, seek careers advice and discuss study options.



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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.

Go online to find out more: 2012 Worldskills Australia National Competition.

<http://www.worldskills.org.au/activities/competitions/2012-worldskills-australia-national-competition-sydney/>

FUN WITH FRIENDS AND FAMILY

Want to encourage your child to try something new outside of school? Try the range of options provided by NSW Sport and Recreation – from camps and sailing to a variety of disability sport activities. Go to: What's on around NSW – Sport and Recreation.

<http://www.dsr.nsw.gov.au/active/whatson.asp>

NOTE: We have received complaints from Quakers Hill Tyres and Wheels about parents parking in front of their business before and after school. Management has indicated this parking is for patrons only. Parents who continually park in their customers' parking spaces will be fined.

Have a great week.

Lauretta Claus, Principal

DEPUTY PRINCIPAL'S REPORT

S.M.A.R.T. SOCIAL MEDIA POLICY

We know that many of our parents struggle to cope with their children's on-line behaviour and safety and wonder how they can assist. This new policy provides advice for students, teachers and parents. Below is a summary of the bits that parents may find useful:

"Today's social media tools are incredibly powerful communication vehicles that allow organizations to connect and engage with many different audiences. With more than seven million users, Twitter is growing at an annual rate of 1,382 per cent, Facebook boasts over 250 million active members, and aspiring writers have started more than 133 million blogs.

"While the wild popularity of these apps has opened up a world of opportunity for developing brands and building communities, the social and extremely public nature of these services also brings potential hazards. That's why organizations are developing policies on the use of social media for staff and users alike."

What is Social Media? - Social Media is a group of online applications that allow people to easily publish, share and discuss content. Conversations in social media are a dialogue, an opportunity to listen, share, collaborate and respond to our communities.

Social Media Includes blogs, social networks (e.g. Facebook), wikis, podcasts and Skype.

Why Have a Social Media Policy? The benefits of social media for the personal use of members of our school community outside the classroom are clearly evident even though the negative impacts receive a lot of attention and cause significant anguish for many students and create a significant extra workload on teachers and administrators attempting to come to grips with this technology.

The benefits of establishing a social media presence for educational and effective communication purposes both inside and outside school are becoming increasingly apparent but are still somewhat confronting for educators coping with the negative impacts on a daily basis.

A Social Media Policy can establish clear guidelines for all groups in our school community

HOW CAN PARENTS HELP THEIR CHILDREN WITH THEIR ON-LINE LIVES?

Posts, status updates, comments, instant messages, video uploads, tweets, and texts have become a regular part of our kids' lives. In today's 24/7 digital world, kids are logging on from everywhere, including smartphones, gaming devices, tablets, and laptops, and many parents simply don't know what their kids are up to, much less much about the social media they're using.

While no one knows what effect increased social networking has on kids' development, it's clear that young people do need some guidance around use.

Parents are urged to encourage your children to:

- **Understand what information should stay private.** Tell your kids why it's important to keep some things to themselves. Information like their school, street address, phone number, family information and even their suburb is private and should stay that way.
- **Be safe and use common sense.** An 'online friend' that you don't know in real life is a STRANGER. They should regularly change their passwords and make them hard for anyone to guess. They should never share their passwords (except with you).
- **Avoid bullying and harassment.** They may become either targets or perpetrators of cyberbullying (or both). Misuse of the internet and associated technology (bullying/harassing someone) is a crime. Don't break the law and risk getting a criminal record. If your child is being bullied or harassed online by fellow pupils, talk to the school.
- **Think before they post.** Remind them that everything can be seen by a vast, invisible audience. Once they put something on their pages, it's out of their control and can be taken out of context and used to hurt them or someone else. Tell them that online stuff can last forever and **that once they post it, they can't take it back.** If they wouldn't put something on the wall at school or if they would not want their grandmother to see it, they shouldn't post it online.
- **Create safe screen names.** Encourage your kids to think about the impression that screen names can make. A good screen name won't reveal much about how old they are, where they live, or their gender. For privacy purposes, your kids' screen names should not be the same as their email addresses.
- **Set their privacy settings.** Privacy settings aren't foolproof, but they're important. Take the time to learn how privacy settings work on your kids' favorite sites, and teach your kids how to control their privacy.
- **Understand that online politeness counts.** You teach your kids to be polite offline; talk to them about being courteous online as well. If your children wouldn't say it to someone's face, they shouldn't post it.
- **Maintain a balance in their lives.** Watch the clock. Social network sites can be real time suckers. Hours and hours can go by -- which isn't great for getting homework done or socializing in the real world or keeping fit or getting enough sleep. ge them to STOP (responding to the other person), BLOCK (the other person from sending them more) and TELL (you). Make sure that your children feel comfortable coming to you with concerns and questions and don't over react if things go wrong.

- **Communicate with you** if they feel threatened by someone or uncomfortable because of something online. encourage them to STOP (responding to the other person), BLOCK (the other person from sending them more) and TELL (you). Make sure that your children feel comfortable coming to you with concerns and questions and don't over react if things go wrong.

Parents can assist their children with social media by:

- **Going online themselves.** If you don't have one already, get an account for yourself. See what kids can and can't do.
- **Talking to your children about the nature of their digital world.** Remind them that anyone can see what's on their pages -- even if they think no one will. Potential employers often surf social networking sites. Ask your teens to think about who might see their pages and how they might interpret the posts or photos.
- **Setting some rules for what is and isn't appropriate for your kids to communicate, play, and post online.** Posts with photos or comments about youthful misbehavior could come back to haunt them.

Keeping the computer in an area where it can be monitored, like the family room, kitchen or living room, not in your child's bedroom. Your child will be using computers and the technology for the rest of their lives – you are in the great position of being able to get them off to a safe, positive start.

Robert Bredin

Deputy Principal

Future is in their hands

page 37 Koori Mail 11/7/12

Photos by JOSEPH MAYERS, courtesy of the National Congress



IF the passion and smarts of the 90 or so Aboriginal and Torres Strait Islander young people who attended a historic gathering in Sydney's Redfern earlier this month is anything to go by, our collective future is in good hands.

The lively group came together from cities and regional and remote areas in every state and territory as participants in the National Congress of Australia's First Peoples' inaugural youth program.

Designed to boost the next indigenous generation's skills and increase their understanding and participation in Congress, the



Participants Eddie Fuschtel, from Port Augusta, and Jyi Lawton, from Brisbane.

any young person aspiring to play a leadership role in their community.

With more than half of our peoples aged under 25, the Congress made a decision to 'invest in the future of our communities and the organisation'.

Congress co-chair Jody Broun said the youth program had proved a great success in supporting young people's involvement in the representative body, and the participants gave her great hope for the road ahead future.

"They inspired me and each other with energy and a commitment to work for our mobs," she said.

"We now have another group of ambassadors to help us spread the word and explain how Congress can be a national and unifying organisation."

four-day program encompassed workshops, panel discussions and other activities around ethics, values, goal-setting, working

with media, advocacy and campaigns including the current community conversation on Constitutional Reform – all fundamental for

YEAR 9 GEOGRAPHY FIELD TRIP – LEICHHARDT

On Friday 31 August 56 Year 9 Geography students attended an excursion to Norton Street Leichhardt. On the day, students had the opportunity to observe and experience the characteristics that make Leichhardt an Italian community.

We began our day with a tour along Norton Street where students observed “Café Sport”, where the first Cappuccino in Australia was sold, the building of La Fiamma and Rete Italia, the Italian newspaper and radio station, and visited Mezzapica, a café specialising in delicious Italian cakes and pastries.

We then made our way to the Italian Forum where we looked at Italian architecture and specialty shops, before choosing from a selection of Italian restaurants’ to try some authentic Italian food. Most students managed to find some room left in their tummies for gelato after lunch!

We finished our day with a brief tour of St Ficare’s Catholic Church. Here, Brother John spoke to us about how the church catered for the Italians when they first came to Leichhardt. After World War II, the church helped these migrants by finding them jobs and homes, and speaking their language.

It was a fantastic day, where students were well behaved and enthusiastic.

Miss Walker and Social Science staff

PREMIER’S SPORTING CHALLENGE PASSES HALFWAY MARK

In order to boost participation and activity levels amongst our students, Year 7 and 8 students have been participating in the Premier’s Sporting Challenge. Each week students fill in their personal log books, recording all physical activity they have taken part in both inside and outside of school over a 10 week period. After calculating total minutes for each week, results have been polled and logged at the halfway mark. Our twenty classes taking part are awarded on a group average, promoting teamwork and total participation. Students have responded well to the challenge, with many taking part in extra activity to boost their class’ results. Each student will receive a certificate after the 10 week challenge based on their class average. At halfway, it is a very tight leader board. Here is the medal tally after Week 5.



| TEAM | On track for AWARD |
|-------|--------------------|
| 7A | SILVER |
| 7EK | SILVER |
| 7G | GOLD |
| 7H | GOLD |
| 7I | GOLD |
| 7L | SILVER |
| 7Q | SILVER |
| 7R | GOLD |
| 7S | SILVER |
| 7U | SILVER |
| 8PE1 | DIAMOND |
| 8PE10 | BRONZE |
| 8PE2 | GOLD |
| 8PE3 | GOLD |
| 8PE4 | SILVER |
| 8PE5 | SILVER |
| 8PE6 | GOLD |
| 8PE7 | GOLD |
| 8PE8 | GOLD |
| 8PE9 | GOLD |

YEAR 9/10 PASS BECOME COACHES AT QUAKERS HILL EAST

As a part of the Coaching component of the PASS course students have been visiting Quakers Hill East Primary and leading year 3 and 4 students in a variety of sports such as Netball, Touch, AFL and Soccer. Students have been assigned a group and have had the task of preparing a number of session plans including warm up, skill development and modified games. Primary students then will get the opportunity to combine the skills learnt in a game format. I have noticed a massive rise in student confidence, teamwork and skills in both the coaches and participants. It has been a 'buzz' to see some of our potential future leaders in action.

Mr B. Longstaff (PDHPE)



FITNESS CLUB SEES BIG RESULTS

Recent statistics have shown that the abundance of 'sit down' forms of recreation is having a negative effect on the physical and social well-being of teenagers. Last year we took extra steps to tackle this problem and QHHS Fitness Club was born. This year up to 50 students per session have braved the frosty winter mornings to attend. These sessions run two mornings a week over a 6 week program followed by a healthy breakfast of cereal, juice, toast and fruit. Student participation has been brilliant which has led to noticeable improvement in physical fitness, attitude, general well-being, self-esteem, teamwork and most of all, enjoyment. A huge 'Well Done' to all involved.

Mr B. Longstaff (PDHPE)



THE COFFEE SCHOOL EXCURSION TO THE CITY

GET YOUR BARISTA CERTIFICATE AND GET FULLY ACCREDITED TO PREPARE AND SERVE BEVERAGES!

This excursion is open to any Year 8, 9 & 10 students who are seeking casual, part time employment in the hospitality industry. What you will get is a nationally accredited certificate and something awesome for your resume or CV. The cost of this excursion is \$96 which includes a free Coffee Art Book and Barista DVD valued at \$50. Please note: all elective fees for 2012 will need to be paid before paying for this excursion. Please see MR ROMA ASAP at the G-BLOCK to get more information and to get your permission note! Thanks Mr Roma (TAS Dept).

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



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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.

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