

CONTACT



VOLUME 20—ISSUE 3

9 MARCH 2012

NSW Department of Education & Training

PRINCIPAL'S REPORT

STAFFING UPDATE

We formally welcome Mrs Alex Liversedge to our school. Mrs Liversedge has been a regular face at QHHS for the past year assisting in the PE faculty and also the CAPA faculty. She was successful through the merit selection process to fill the vacancy left by Vicki Piper's retirement.

YEAR 5/6 INFORMATION EVENING

Congratulations and a big thankyou to Ms Melissa Lachevre for her organisation and coordination of the Year 5/6 Information Evening. This activity was very well attended by prospective Year 7 students and their families. This evening is an integral part of the school's transition strategy as well as an opportunity to promote the wonderful students and staff we have at this school and our quality facilities.

ZONE SWIMMING TEAM

The school's best swimmers, under the guidance of Mr Ghobrial, represented the school at the Zone Swimming Carnival last week. The team performed very well and as always behaved in an exemplary manner. Thanks to Mr Ghobrial, Mr Macintyre and Mr Hewitt for their supervision of the team on the day.

THE SCHOOL CAR PARK

Parents are reminded that when dropping off, or picking up, their children from school that Blacktown City Council parking officers have been monitoring the school closely, ticketing offenders who park in *No Parking* zones. I have made formal representations to council to remove these *No Parking* zones in an effort to alleviate some of the traffic congestion inside the school car park, particularly at the end of the day. I would ask any parent accessing the school car park, not to double park and a reminder that children are about and great care needs to be taken near the pedestrian crossing both in the car park and outside the school entrance.

The staff car park in the morning and afternoon has been raised as an OHS issue because of the amount of parent traffic. Greater care needs to be taken by parents or the school may have to close the car park off to parent access. Our children's safety is our number one priority.

CONTACTING THE SCHOOL

You can visit, phone or email to discuss any matter that concerns you. Please remember that schools are busy places and it is better if you phone and make an appointment. Many times the Deputy Principals and Head Teachers are on class and not available and I also teach classes

Upcoming Events

10 March
Musical Photos 9-2pm

12 March
Yr 9 Norton Street excursion
P&C Meeting AGM — 7pm

14 March
Art Express excursion
Musical rehearsal 3.30-5pm

16 March
Year 7 Vaccinations
Narrabeen/Dee Why exc.
Castle Hill Show excursion

19 March
SW Swimming

20 March
Warragamba Dam exc.

20-22 March
TRIAL NAPLAN

22 March
Fast Forward Awards Night
UWS Parramatta

23 March
Contact issued
Debating—Glenwood HS

and therefore am not available to speak to a parent.

ANTI-BULLYING ENVIRONMENT

Our school actively prevents bullying by having programs such as peer support to encourage appropriate behaviour and build self-esteem and respect for others. We also have plans in place to deal with bullying or harassment and staff are trained to deal with these situations. If you think your child is being bullied, please do not hesitate to contact your child's House Adviser, the Year coordinator or the school office. You can also access our Anti Bullying plan and Anti Bullying Policy on our new school website.

INTERNATIONAL WOMEN'S DAY 2012

March 8 is International Women's Day (IWD), a global event that celebrates the economic, political and social achievements of women past and present. This year the theme is: Connecting Girls, Inspiring Futures. For events around Australia including talks, exhibitions, concerts and fundraisers, go to: www.internationalwomensday.com.

GIVE BACK TO THE COMMUNITY

Volunteering can be a great way for your teen to discover more about interesting work or career options. Being a volunteer has lots of positive benefits. Research suggests that volunteering can improve health, lower stress, reduce social isolation and raise self esteem. Volunteering can also provide an opportunity for you to develop new skills or enhance existing ones and it looks great on your resume. Anyone can be a volunteer and there are many different areas in which you can offer your time and expertise. For more info: www.volunteering.nsw.gov.au.

Have a great week

Lauretta Claus
Principal

WORLD'S GREATEST SHAVE


Nicholas Robinson's mum passed away in January this year due to cancer. He has signed up for the World's Greatest Shave to raise money for the Leukaemia Foundation. People can sponsor Nicholas via the website, so they don't have to send in money. <http://www.worldsgreatestshave.com/> and search for Nicholas Robinson on the sponsorship page. Thank you, Craig Robinson




Buckley Shield Team coached by Mr Brett Longstaff Defeated Plumpton HS - wearing their new uniforms

 70 Lalor Road, QUAKERS HILL NSW 2763
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Lauretta Claus

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Therese Hourigan

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P&C President

Jannette Nigl

School Captains

Alana Duncan & Luke Agius

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2012 SWIMMING CARNIVAL

As the school year began so did the sporting events at QHHS and there was no better way to begin than with our Swimming Carnival. Over 550 students turned up on the day ready to compete, support or just join in the fun. Despite the forecast and the prediction of a rainy day, the weather turned out to be fantastic and the parents who came and supported were rewarded with beautiful sunshine. All the races were extremely competitive and with our growing talent pool of high quality swimmers, made the day more exciting and enjoyable to watch. By midday you couldn't tell who would be the 2012 swimming champions, with our added novelty events to accumulate more points and push other houses further up the ladder. As the day drew to a close and points were tallied, it was Gundagai who would be the overall winners of the 2012 swimming carnival. A big congratulations goes out to Kori McMaster who broke records in each event for her age group. We would like to take this opportunity to say thank you to all the students and parents who attended and supported the carnival on the day and good luck to all the students who qualified for the Zone Swimming Carnival that will be held on 2 March at Blacktown Aquatic Centre. **Age Champions from the day were the following students:**

Girls Age Champions	Boys Age Champions
Katie Towell (12 years)	Hayden Moran (12 years)
Kori McMaster (13 years)	Nikolas Savage (13 years)
Maddison Smith (14 years)	Luke Micallef (14 years)
Zoe Savage (15 yrs) & Courtney Browne (15 yrs)	Caleb Hansford (15 years)
Kaylah Godley (16 years)	Thomas Dunn (16 years)

Yours in Sport,
Mr M Ghobrial, Sports Coordinator





FACT SHEET - What is bullying and harassment?

Bullying and harassment occur when people use and abuse power to trouble, annoy or oppress a person.

As many as 20 per cent of students in Australian schools have experienced bullying and harassment. The real figure may be even higher, because many problems are not reported.

Bullying and harassment can often be based on perceived differences such as

- culture
- ethnicity
- gender
- sexuality
- economic status
- sexual orientation
- ability or disability
- economic status
- religion
- body size
- physical appearance
- age
- marital status

Bullying and harassment can...

- come in many forms for example:
 - Physical bullying:** Being hit, tripped, kicked, pinched etc
 - Verbal bullying:** being called names, teased, put down etc
 - Psychological bullying:** being threatened, stalked, gestures etc
 - Social bullying:** being ignored, having rumours spread about you, excluding someone etc
 - Sexual bullying:** unwanted touching or brushing against someone, picking on someone because of their sexual orientation etc
 - Cyber bullying:** insulting someone in chat rooms, sending cruel or threatening emails/text messages; using the web, chat rooms or mobile phones to spread rumours or information about someone etc
- be motivated by jealousy, distrust, fear, misunderstanding or lack of knowledge
- make people feel threatened
- continue over time
- be hidden from adults
- continue if adults and peers take no action.

I WOULDN'T BULLY ANYONE! Whether we're younger, older, an adult, a friend, we can all be bullied or use our power to bully and harass others.



The stats – Did you know?

Who/when/where/what

- Between 1 in 5 and 1 in 7 students report being bullied once a week or more¹.
- Around 62% of students with Autism Spectrum disorder report being bullied once a week or more².
- Bullying most often occurs in the last years of primary and the first couple of years at secondary school³.
- Males typically report being bullied more than females⁴.
- Children with positive relationships with their parents are less likely to bully⁵.
- Around 85% of bullying incidents happen within peer groups⁶.
- Generally verbal bullying such as name calling is the most common form of bullying⁷.
- Physical bullying is the least common and declines with age⁸.
- Students are more likely to experience bullying from individuals than groups⁹.
- Bullying often occurs when there is little or no supervision around¹⁰.
- Data from Kids Helpline shows that children 15-18 years old are more likely to experience continual harassment (13%) than younger children (7%)¹¹.
- Bullying is the fourth most common reason young people seek help from children's help services¹².

Impacts

- Children who are bullied are more likely to have higher levels of stress, anxiety, depression and illness¹³.
- People who bully are more likely to drop out of school, use drugs and alcohol and engage in criminal behaviour¹⁴.
- Young people who bully have a one in four chance of having a criminal record by the age of 30¹⁵.
- Positive and supportive school relationships between principals, teachers, students and parents can have a positive impact on reducing bullying¹⁶.



Cyberbullying:

- Research studies show great variations in the amount of cyberbullying. Eg for 2007 results fluctuated between 14%, 48% to 58% of young people who reported being cyber bullied.
- Cyberbullying is a recent phenomenon as such there are very few major research findings available. Most data collection so far has involved very small sample sizes and varying definitions for bullying and cyberbullying.
- There is disagreement amongst researchers, teachers and community members on the definition of what cyberbullying is.
- Clear definitions and clearly stated sample sizes are needed to assess validity and the significance of the findings.

(Campbell, M., 2008. **Cyberbullying: An old problem in a new guise.** Powerpoint presentation)

¹ Rigby, K. and Slee, P.T. (1999) Suicidal ideation among adolescent school children, involvement in bully/victim problems and perceived low social support *Suicide and Life-threatening Behavior*, 29, 119-130.

² Bottroff, V. and Slee, P.T. (2008) *Developing Inclusive school Communities: Addressing bullying of students with an Autism Spectrum Disorder*, Powerpoint Presentation p23. <http://www.cheri.com.au/documents/bottroff.pdf>

³ Kids Help Line (2004) *Bullying*. Kids Help Line Infosheet. Available from www.kidshelp.com.au

⁴ Rigby, K. and Slee, P.T. (1999)

⁵ Rican, P., Klicperova, M. & Koucka, T. (1993). **Families of Bullies and Their Victims: A Children's View.** *Studia Psychologica*, 35(3), 261-266 and Rigby, K. (1993). **School children's perceptions of their families and parents as a function of peer relations.** *Journal of Genetic Psychology*, 154(4), 501-513

⁶ Atlas, R. & Pepler, D. (1997). *Observations of bullying in the classroom*. LaMarch Centre for Research on Violence and Conflict Resolution, York University and Craig, W.M. & Pepler, D.J. (1997). *Naturalistic observation of bullying and victimisation on the playground*. LaMarch Centre for Research on Violence and Conflict Resolution. York University. Unpublished report.

⁷ Rigby, K. and Slee, P.T. (1999)

⁸ Rigby, K. and Slee, P.T. (1999)

⁹ Rigby, K. and Slee, P.T. (1999)

¹⁰ Olweus, D. (1991) *Bully/victim problems among school children in Scandinavia*. In J.P. Myklebust & R. Ommundsen (Eds.), *Psykologprofesjonen mot år 2000*, Universitetsforlaget, Oslo and Pepler, D.J., Craig, W., O'Connell, P., Connolly, J., Atlas, R., Sidigdelami, F., Smith, C. & Kent, D. (1997). *Prevalence of bullying and victimisation among Canadian elementary and middle school children*.

¹¹ Kids Help Line (2004)

¹² Kids Help Line (2004)

¹³ Cox, T. (1995). *Stress coping and physical health*. In A. Broome & S. Llewelyn (Eds.), *Health Psychology: Process and Application*. London: Singular Publication Group; Rigby, K. (1998). *The relationship between reported health and involvement in bully/victim problems among male and female secondary school students*.



Journal of Health Psychology, 3(4), 465-476; Rigby, K. (1999). *Bullying – no way! ... a commentary*. Educational Views, March 26.

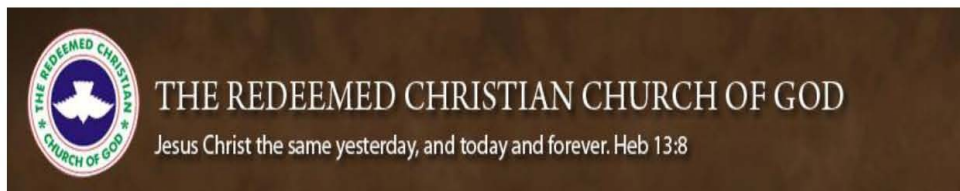
¹⁴ Gottfredson, G. & Gottfredson, D. (1985). *Victimisation in Schools*. New York: Plenum

¹⁵ Huesmann, L.R., Eron, L.D., Lefkowitz, M. M. & Walder, L. O. (1984). *Stability of aggression over time and generations*. Developmental Psychology, (20), 1120- 1134

¹⁶ Olweus, D. (1987). *Bully/victim problems among school children in Scandinavia*. In J.P. Myklebust & R. Ommundsen (Eds.), *Psykologprofesjonen mot år 2000*, Universitetsforlaget, Oslo.

UNIFORMS FOR SALE—AS NEW CONDITION (WORN ONLY 4 DAYS)

Boys shorts (x2) size 14 (\$24), Boys shirt (x2) size 12 (\$12), Polo shirt size 12 (\$10) Jacket (brand new) size 12 (\$30), Sports shirt size 12 (\$12), Sports shorts size Small (\$10). Please contact Mrs Cooper in the office for contact details for the parent.



SUNDAY SERVICE:

SUNDAY SCHOOL: 10.00AM-10.40AM

MAIN SERVICES: 10.40.AM-12.15PM

DIGGING DEEP/PRAYER MEETING: FRIDAY-7.00PM-9.00PM

NIGHT VIGIL: EVERY LAST FRIDAY OF THE MONTH- 11.00PM-1.00AM

ADDRESS: 14 ENTERPRISE DRIVE- GLENDONNING NSW

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