

CONTACT



VOLUME 21—ISSUE 6

10 MAY 2013

NW Department of Education & Training

PRINCIPAL'S REPORT

WELCOME BACK

Upcoming Events

10 May
Zone Cross Country

13 May/24 May
P&C Meeting 7pm

14—16 May
NAPLAN (Yrs 7 & 9)

14 May
Years 8, 9 & 10 Parent/
Teacher night

21 May
Computer Skills Competition
Fast Forward Year 10 Skills
Day

23-24 May
SRC Camp

29 May
Year 10 Taster Day @
Wyndham

5 June
Science competition

6 June
Wyndham Subject Selection
Evening

6-7 June
Zone Athletics Carnival

The students and staff are already back into the swing of things, with lots of programs and activities underway. Most importantly we have reached exam time and next week all Year 7 and 9 will be sitting for their 2013 NAPLAN tests, while Year 10 will be taking on their important half yearly exams. At the end of this term all students will receive their Semester 1 report and this will be a great indication to parents as to how their child is going at school. I would also encourage parents of Years 8, 9 & 10 students to come along to our Parent Teacher Evening on Tuesday 14 May.

Last week during our two staff development days, the staff spent considerable amounts of time planning for the introduction of the new Australian curriculum, which will commence for English, Maths, Science and History next year. Staff also had the opportunity to work and collaborate with teachers in the same faculty areas across the Nirimba Learning Community, which comprises of 8 local high schools (Seven Hills HS, Riverstone HS, Wyndham College, Mitchell HS, Blacktown Boys HS, Blacktown Girls HS, The Hills Sports HS and Quakers Hill HS).

TANIESHA RICHTER & MADDISON MCVICAR

Congratulations to these two Year 10 students who have been awarded a Gili Secondary School Aboriginal Scholarship for 2013. Taniesha was also successful in her application to undertake a Stage 5 VET course at Richmond TAFE in Animal Studies. There were over 50 applications from Year 9 and 10 students across the region and Taniesha was able to get one of the 24 placements. Well done.

PARENTS' INFORMATION SESSIONS REGARDING CHANGES TO THE SCHOOL CERTIFICATE

Notes were distributed to all Year 9 and 10 students with the details of parent information sessions on changes to Year 10 schooling. These changes include the termination of the *School Certificate* and the introduction of the *Record of School Achievement*. These information sessions will cover details of the new *Nirimba Collegiate Stage 5 Certificate of Education* which our students will be awarded when they graduate from Quakers Hill High School. It will also provide details as to how these will impact their eligibility to

commence Stage 6 studies at Wyndham College.

We have arranged two different times for these information sessions on Tuesday 14 May 2013, the same evening as our Year 8, 9 & 10 Parent Teacher Evening. These information sessions will be held in our school library the first starting at 5pm until 5.45pm, the second one commencing at 7pm.

ATHLETICS CARNIVAL AND YEAR 6 TASTER DAY

Last Friday thanks to the efforts of Mrs Liversedge and the PE faculty the school staged another excellent Athletics Carnival at Blacktown Olympic Sports Stadium. The weather was perfect and there were some outstanding individual performances that were complemented by the good sportsmanship and participation rates of students. A big thank you to all the staff who worked so hard on the day to support Mrs Liversedge.

While many of us enjoyed the sun and demonstrations of athletic prowess and skill, Ms Lachevre had a band of hardworking staff and students put on our second Year 6 Taster Day back here at school. With over 250 Year 6 students from primarily Quakers Hill East PS and Hambledon PS, these Year 6 students got to experience a day in the life of a high school student. Talking to the students at the end of the day, they were full of praise for what the day had given them and what they had learnt about high school. Clearly Ms Lachevre's commitment to excellence in delivering the school's transition program is one of the reasons there is such a high demand of students wanting to enrol at Quakers Hill High School.

NEW CANTEEN LEASE

This week saw the opening of our canteen under the management of Healthy Canteens P/L. The range and variety that their new menu has to offer is very impressive and already the school has had to make changes to our playground duty roster at lunchtime because of the new canteen's popularity. We now require another staff member supervising the canteen area during second half of lunch because there are so many more students lining up to purchase canteen fare.

SCHOOL ENHANCEMENTS AND IMPROVEMENTS

The school, over the holiday break, has completed the renovation of the new senior area and the seating and covered spaces up near H Block. The new demountable girls' toilet blocks are now fully operational. We are still awaiting the installation of the additional staff demountable toilet, however the new girls' toilets should reduce some of the congestion at recess and lunchtime. Thanks to the generosity of the SRC new soap and towel dispensers have been installed in all toilets to make things easier for our students.

NATIONAL PARTNERSHIPS - LITERACY PROGRAM

In the school holidays I was advised by Head Office that Quakers Hill HS had been selected to participate in the Improving Literacy and Numeracy National Partnership. Under the National Partnership the Commonwealth Government will provide \$59 million to 409 public schools in NSW to improve student performance Kindergarten to Year 8 through:

- Effective school leadership and whole school engagement with literacy and numeracy
- Monitoring student and school literacy and numeracy performance to identify where support is needed and improvement has occurred
- Implementing effective and evidence based teaching of literacy and numeracy.

The funding is a grant to enable a review and refinement of current whole school approaches to literacy. It is intended that the review will lead to a development of an action plan in literacy. Actions arising from the review should increase the capacity of staff to identify, and then plan to support, students at risk of falling behind in literacy.

As a result of the school's participation in the National Partnership, we are expected to:

- Participate in an analysis of the effectiveness of the current whole school approaches in literacy.
- Develop a series of National Partnership actions to underpin the implementation of the refined

whole school approach in literacy.

- Introduce or strengthen the use of the Department's literacy continuum.
- Provide baseline data on the students' current progress in literacy
- Participate in evaluation processes as requested.

Over the next few weeks I will provide parents with more explicit information as to how we intend to use this grant to support our students' literacy needs.

NAPLAN – A SKILLS SNAPSHOT

If your child is in Year 3, 5, 7, or 9, they'll sit NAPLAN tests on May 14-16. And despite what you may have heard there's no need to panic or start an intensive study program with your child. Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/all-about-naplan>

ASSIGNMENTS DUE?

Is your child unsure how to work to a deadline? Teach them how to find the end date and work backwards to plan their preparation activities. These assignment starters on popular topics also help kids to kick-start their projects. Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments>

READING CHALLENGES

Older children with reading problems often have misconceptions about how reading works and they need additional strategies to help them. Knowing what they're good at and what they value can help you to encourage their selections. <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/when-older-kids-struggle-with-reading>

HOMEWORK DRAMA

Demystifying Shakespeare can be challenging for the best of us. Ask your child to concentrate on the characters and who they identify with, to relate it back to modern day. Or try suggesting to your teen they are like a detective who has to do some sleuth work to really understand the play. Find out more: <http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/helping-kids-cope-with-shakespeare>

Have a great week

Lauretta Claus, Principal

"NEW SUBSCRIPTION TO ONLINE STUDY SKILLS HANDBOOK.

Our school has recently subscribed to the ELES Study Skills Handbook. This is a great online resource for parents and students to address all their study skills issues and concerns as well as learn new ways to improve students' results at school. The handbook has a huge amount of information for both students and parents as well as lots of interactive activities, multimedia experiences and useful resources. To access the handbook, go to www.studyskillshandbook.com.au and **login as a subscriber** with these details:

user name: **quakershillhs**
password: **45success**

Please note, the above user name and password is for the use of the parents and students AT OUR SCHOOL ONLY – please do not pass our school's details onto students or parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook. We encourage all parents and students to take advantage of this opportunity to further develop their students' study skills abilities through this great online resource."

STUDY SKILLS TIP FOR MAY: Improving Handwriting

To improve your handwriting, you need to first assess how healthy you are in the four elements of legible handwriting: letter formation, sizing, alignment on the line and spacing between words. Then use the steps below to start to improve your handwriting:

- **FIND BEST PEN:** Experiment with different pens to see which is the easiest to write with and which one gives you the neatest handwriting. Use the same pen all the time.
- **GOOD GRIP:** Hold the pen/pencil gently and do not grip too tightly or push too hard on the paper.
- **USE ARM MUSCLES:** Always write with your forearm and shoulder NOT with your fingers or wrist. This way your strokes will flow much better. It may take you some time to retrain your arm and hand but be aware of these movements when you practise. The muscles in your forearm and shoulder tire less easily than your fingers.
- **BEGIN WITH LARGE STROKES:** practise initially on a whiteboard (or even tracing letters in the air) using large strokes until you feel comfortable with using your forearm and shoulder muscles. When you feel you have conquered this, it is time to begin practising on paper. Keep using large strokes, gradually reducing them in size as your control of the muscles increases. Once you have accomplished this it is time to begin practising in your exercise book forming normal sized letters.
- **POSTURE:** Ensure you practise your handwriting skills at a desk or table. Sit up straight using a good chair.
- **RULED LINED BOOK:** Buy a ruled exercise book (like a primary cursive pad) for practice use. Always write on lined paper and take note of how you are writing and how your work looks on the page.
- **COPY STYLE:** Look for an example of a handwriting style that you like and can use to copy from. Keep this in front of you at all times to inspire you towards improving your style.
- **INDIVIDUAL LETTERS:** Begin with individual letters and practise writing at least one letter per day concentrating on the four elements of legible handwriting.
- **WHOLE WORDS:** Once you have worked your way through individual letters in the alphabet practise writing whole words. Be aware of the flow from one letter to the next as well as spacing between each word.
- **TEST SENTENCE:** Choose a test sentence for yourself and write it at the top of your first practice page. Each week write this sentence at the top of a new page to check for improvement in your writing.
- **SPECIAL SENTENCE:** Frequently practise writing the sentence 'the quick brown fox jumps over the lazy dog' in small and capital letters. This sentence contains all the letters in the alphabet and gives you good overall practice of each letter.
- **WRITE SLOWLY:** Write slowly when practising.
- **REALISTIC GOALS:** Don't set impractical goals for improvement. Improvement will take time and is a matter for persistence – it all comes down to practice, practice and then more practice!

Once your handwriting style has improved, you can then focus on improving the speed of your handwriting. Every day, practise writing at speed. Choose a particular passage and write it out neatly. Time yourself. The next day write it out neatly again but try and speed up a bit and time yourself again. The goal is to get to the point where you can write the passage out quickly but still maintain neat handwriting. Doing this for just 5 minutes every day will really help you to improve your handwriting. If your cursive (running) writing is really bad, you may find it easier to learn to print really fast in exams rather than focus on improving your cursive style.

You can also try writing with a pen that is weighted on the end to build up the muscles in your hand used for writing. When you get to the exams take the weight off the end and feel the benefits of a lighter pen! And for people with serious handwriting issues, check out this amazing pen: www.ringpen.com.

Learn more useful tips to help you achieve your personal best at school at the Study Skills Handbook website. Our school's subscription details to www.studyskillshandbook.com.au are -

Username:quakershillhs
Password:45success

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Lauretta Claus

Deputy Principals

Robert Bredin

Beatrice Maricic

P&C President

Joanne Warner

School Captains

Megan Warner & Daniel

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DEPUTY PRINCIPAL'S REPORT

I've had a great start to the term getting to know the staff and students at Quakers Hill High School and have been very impressed by everyone's warm welcome. The Staff Development Days gave me the opportunity to see many of our teachers network with other teachers in the Nirimba Learning Community in their specialised areas. Many of our Head Teachers are leading the way in the implementation of the National Curriculum.

Many teachers are leading excellent programs across the school giving our students the opportunity to show their strengths. The Anzac ceremony led by Mr Tim Macintyre and the student leaders was an excellent display of students honouring our soldiers. The Year 6 taster classes, organised by Ms Mel Lachevre, saw staff and leaders working together to accommodate 120 students for the whole day as they experienced high school life. Congratulations to the Buckley Shield team and the coach Mr Tim Macintyre on their runaway win and of course Ms Alex Liversedge for her organisation of the Athletics Carnival.

I have met with many students this week and have noticed that there are a number of students who are accessing social networking sites. My concern is that there have been times where inappropriate comments have been posted. I encourage parents to monitor their child's use of computers to ensure that they use the technology safely. Once a comment has been posted you can't take it back.

I'd like to wish our students all the best in their preparation for the upcoming exams as Vincent Van Gogh once said:

"Great things are not done by impulse, but by a series of small things brought together."

Every little bit that a student does to be prepared for their exams will show in their results.

I'm very proud to be a part of this community. I look forward to meeting you.

Mrs Beaty Maricic

Deputy Principal Year 8 & 10



Information for Parents and Students:

www.studyskillshandbook.com.au

Great news! Our school has subscribed to the ELES Online Study Skills Handbook.

The ELES Online Study Skills Handbook provides a comprehensive and interactive online guide for the school community (students, parents and teachers) as to the study skills needed for success in high school studies. This approach taps into students' affinity with technology to create a new and effective way to improve students' study skills.

This is a great online resource for parents and students to address all their study skills issues and concerns and enable students to learn new ways to improve their results at school. The handbook has a huge amount of information for both students and parents as well as a large number of interactive activities.

To access the handbook, go to www.studyskillshandbook.com.au and **login as a subscriber** with these details:

Username: quakershillhs
Password: 45success

The topics currently covered by the handbook are:

at home

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

at school

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

specific skills

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Language Skills
5. Research Skills
6. Presentation Skills
7. Science Skills

tests and exams

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

extra 'general' mini-units

1. Starting Secondary School
2. Becoming a Senior Student
3. Bullying: Issues and Strategies
4. Managing Part-Time Jobs
5. Your Brain and Memory
6. Live Your Best Life
 - + Educational Kinesiology
 - + Living Across 2 Houses
 - + Travel: A Motivator to Learn
 - + Uni: Lecture Note-Making

extra 'technology' mini-units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
 - + Useful Apps for iPads
 - + Microsoft OneNote

In addition to the huge amount of content, the systematic program for students to work through includes: online quizzes, summary sheets, worksheets, lots of FAQs answered, articles and links, online polls, facility to submit questions, helpful guides and planners, jokes and quotes, student thoughts, images and photos, students can submit ideas to win, competitions, audio and video files, streaming audio (to allow students the option to read or listen to the content) And: new content added regularly, new units added each year, new features added regularly. There is also a tracking system where students save the results of their end of unit quizzes and modules over the years.

Please note:

The above user name and password is for the use of the secondary school parents and students **AT OUR SCHOOL ONLY**. Please do not pass our school's details onto students or parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook.

We encourage all parents and students to take advantage of this opportunity to further develop their students' study skills abilities through this online resource.

Ph: 0416 293 087 Fax: 02 9908 1893
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www.enhanced-learning.net
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**Enhanced Learning
Educational Services**
"the study skills specialist"

2013 ATHLETICS CARNIVAL

Congratulations to all the students who attended the Athletics Carnival at Blacktown Olympic Park on Friday 3 May. The weather was amazing and it was great to see student participation levels high.

Many records were broken in both field and track events, highlighting the talent we have at Quakers Hill High. A big thank you to the students who volunteered to help at events and also to the teachers for their help and support. Congratulations to the following age champions:

12yrs Taya McLean & Iqbal Khurassani

13yrs Afraa Jumma & Domenic DiGhionno

14yrs Toni McLean & Pita Faulalo

15yrs Sara Vukasinovic & Waheed Shinwari

16yrs Rachelle Perceval & Joshua Marshall

The Zone Athletics Carnival is on Thurs 6 and Fri 7 June. Permission notes with full details will be distributed to students over the next week. Finally, good luck to all those runners competing in the Zone Cross Country Championships tomorrow at Nurranginy Reserve.

Ms A Liversedge

Sport Coordinator



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PEER COUNSELLOR REPORT

Peer counsellors in Quakers Hill High School are students who volunteer their time to help the school community. The role motivates us to be confident leaders who encourage positive behaviours around the school and to help in situations where a student requires some kind of assistance from a peer rather than an adult.

This year the peer counsellors have worked hard to get the school involved in taking a stand against bullying. We strongly believe in a friendly and welcoming school environment where all students can feel safe and happy in the school. Our anti-bullying campaign is based on the '*String Movement*'. It is a major campaign within our school which involves students signing a contract where they promise to not bully or be a bystander. Students wear a wrist band or string to show that they are against bullying. We promoted an anti-bullying week during Week 7, Term 1 in conjunction with the 'National Day Against Bullying and Violence'. We ran music competitions at lunch, encouraged students to design banners and performed a theatrical piece in assembly that reflected what victims of bullying go through.

Every year we run a fundraising event for the Bandaged Bear Day appeal which raises money for the Westmead Children's Hospital. Peer counsellors sell cupcakes, donuts, cookies as well as Bandaged Bear merchandise at recess and lunch. This year we are happy to say that the school raised \$451.

The Year 6 Orientation Day, Taster Days and Information Evening are run so Year 6 students can experience high school before they start Year 7. Peer counsellors and other peer helpers help students to familiarise themselves with Quakers Hill High School. These are crucial events that help Year 6 students to transition into high school smoothly. In these events peer counsellors are expected to behave as role models who emphasise our SMART school expectations, take leadership rolls, help the teachers run their lessons, maintain rolls, collect the students for each class and most importantly help the students feel like they have a mentor and friend.

We also delivered PBL lessons to Year 7 during Roll Call in the first term. These lessons target our SMART code and expectations.

Lastly, but not least, on behalf of all the peer counsellors, a big, warm thank you to Miss Romerosa, Ms Lachevre and Ms Paa, for helping and mentoring us. Without these teachers' dedication and hard work we would not have accomplished the work done so far!

NETHANGIE RANHOTTY

VACCINATIONS SCHEDULE

Friday 14 th June 2013	Yr7, 2 nd Dose HPV (All students) Yr7, dTpa Yr9, 2 nd Dose HPV (Boys only)
Friday 2 nd August 2013	Yr7, Varicella
Friday 18 th October 2013	Yr7, 3 rd Dose HPV (All students) Yr7, 2 nd Dose Hep B Yr9, 3 rd Dose HPV (Boys only)

This program is only free when delivered via the school program run by the Department of Health.

If your child has not brought home the Vaccinations Forms please ask them to collect it from Mrs Brakell in the Welfare Department. Forms are due back by 28th March 2013 and to be placed in the front office in a Vaccinations box provided.

Please be aware any enquiries about the program, especially those of a medical nature, should be made to the Department of Health on this number: 9840 3603.

HUNGRY MINDS SATIATED

Our final Year 6 Taster Day for 2013 went off without a hitch, courtesy of a sublime cast of expert teachers, attentive student leaders and animated and motivated Year 6 guests. Our prospective 2014 cohort came from Hambledon, Quakers Hill East, William Dean, Vardy's Road, Marayong Heights and more. Whilst their school of origin may have differed, they were united in their desire to understand, enjoy and fully experience the unfamiliar world of high school. The feedback was unanimous: our Taster Day was 'interesting', 'great', 'awesome' and 'creative', our leaders were 'very helpful', 'totally likeable' and 'very, very cool' and our staff were 'enthusiastic', 'really humorous' and 'so nice'. All in all, I think that sounds pretty affirmative.

A special congratulations goes out to the following outstanding school ambassadors that contributed to a successful school event:

Gemma	Hewitson	Emily	Huang	Britney	Roe
Bridget	Aitchison	Emma	Jeffrey	Amanjeet	Sahota
Emily	Alberts	Megha	Kapoor	Daniel	Scott
Marzia	Ali	Shivam	Kaushal	Bryce	Simpson
Sarah	Andrew	Stephanie	Kegg	Harkirat	Singh
Kayla	Auld-Schuch	Mital	Kerai	Emma	Smith
Leesha	Bayode	Elisa	Keyte	Muskan	Soni
Layton	Bellamy	Georgia	Lee	Maria	Sow
Ashleigh	Bernecic	Rose	Lewis	Kayla	Thompson
Dominique	Burke	John	Lewis	Kyle	Thompson
Jeremy	Bushell	Alexandria	Lloyd	Jayden	Thompson
Kelly	Chamberlain	Keira	Mackie	Dale	Tilsted
Regan	Clifford	Elijah	Mackie	Rhyannah	Torrance
Adam	Coleiro	Brody	Martin	Sonia	Vella
Abey	Couzins	Kavya	Mathur	Megan	Warner
William	Deng	Maddison	McVicar	Rebeka	Wojcicka
Emily	Dive	Kiesha	Mealey	David	Wojcicki
Emily	Elder	Clare	Miller	Isabella	Woodfield
Lauryn	Fewtrell	Elsa	Pita	Shania	Tweedie
Christopher	Ford	Nethangie	Ranhotty	Sarah	Thurecht
Racheal	Hannaford	Nicholas	Robinson	Laura May	Debouter

What our guests had to say:

"I enjoyed all the subjects and now I like QHHS." Shubham Kapoor (William Dean)

"It was fun doing new things, and the teachers were really nice." Justyce (Glendenning Public)

"I enjoyed experiencing things and making new friends." Kent (Quakers Hill East)

"I liked Science because of the Van Der Graph." Gaven (Quakers Hill East)

"It was cool." Joshua Nweke (Quakers Hill East)

"I liked the idea of knowing what will happen next year." Erin Wilson (Quakers Hill East)

"I really loved our peer leaders, the experiments were so SO cool. Ms Fensom and Ms Earl were the best. Cooking was excellent!" Lubava Dmitrieva (Hambledon)

"I liked doing the Taster Day because it was interesting doing stuff that we don't do in primary school like Cooking, Science and Drama." Kayleb (Quakers Hill East)

"I liked Drama because I felt happy there." Allison Futialo (William Dean)

Melissa Lachevre

Year 6 Transition Coordinator

The thrills, spills, comedy and drama of last year's production of 'It Began with Eve' is now available for your viewing pleasure at home. Yes, the DVD is ready to make its way into your lounge room and onto the small screen.

All orders must be placed by Friday 24th of May and all DVD's will be available to be picked up from the Library on Friday the 31st of May.

Melissa Lachevre

Handwriting practice line with 10 sets of dashed lines for tracing, each starting with a small figure of a person.



Signed: _____ (parent) Date: _____ Contact No: _____



KILDARE ROAD MEDICAL CENTRE

ANDREW MACEROLA, *B.Ex.Physio* – EXERCISE PHYSIOLOGIST

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EMBRACE EXCELLENCE

Applications for the 2014 **QHHS GAT** classes must be submitted to the QHHS Administration Office by Monday the **20th of May 2013**

WHAT YOU NEED TO DO .

STEP ONE:

Download the Parental Nomination Form from the school website

(forms can be found on the school website, under the heading "Curriculum & Activities" & "Learning extension".)

STEP TWO:

Read the 'Information for Parents' section

Complete the 'Parental Checklist'

Have your child's classroom teacher complete the 'Teacher Checklist'

Compile work samples of your child's best work

Have this work verified by your child's classroom teacher

STEP THREE:

Submit all documents in a file, sleeve or envelop to the

QHHS Administration Office by the 20 of May 2013.

Address these documents to:

Karen Critchley (HT Teaching & Learning)

Quakers Hill High School

70 Lalor Rd, Quakers Hill NSW 2763



If you have any questions about the process call Karen Critchley on 98371533