CONTACT



VOLUME 21—ISSUE 1

8 FEBRUARY 2013

NSW Department of Education & Training

PRINCIPAL'S REPORT

WELCOME TO 2013!



15 February Swimming Carnival Year 6 Taster Day

18 February P&C Meeting

22 February Contact Issued

27 February School Photo Day

1 March Zone Swimming Carnival

5 March Year 5/6 Information Evening History Incursion

7 March Harmony Day Photo Back Up Day

> 8 March Contact Issued

> > 11 March P&C AGM

13 March Sydney West Swimming Carnival As I welcomed students to the 2013 school year, I talked about New Year's Resolutions and explained that such a resolution is a promise that you make to yourself; a promise that will improve your life or the lives of those around you. I provided a few suggestions:

Arrive at school and at every class on time

Wear full school uniform

Make the most of your time at Quakers Hill High School and take advantage of all the opportunities that we provide

Contribute to the positive reputation of our school and its community

I mentioned how proud and pleased I was to be approached by so many parents and community members during the holiday. I am not sure how they recognised me in my holiday "uniform" of stubbies, T-shirt and thongs but was quite gratified at the positive comments they made about our school and the job we were doing. This feedback had me smiling for the whole holidays and I haven't stopped smiling yet (fingers crossed!) The fact that we have a record 290 students in Year 7 must mean that we are doing something right.

I did mention my own lack of success (so far anyway) with my own resolution to lose weight but wished them luck (and much more success) in achieving their specific resolutions as well as encouraging one resolution for all staff and students:

"I WILL MAKE 2013 MY BEST YEAR EVER!!"

STAFF CHANGES

As you would be aware, Ms Hourigan started this year as Principal at Crestwood High School. I spoke to her last week and she is thoroughly enjoying her new role. Ms Critchley will fill the DP position for this term.

Mr Barry is relieving as DP also, while I stand in for Ms Claus who is enjoying long service leave with her family.

We welcome back Ms Romerosa, Ms Tong and Madame Valkenburg to our school in 2013.

Mr Stamatis is filling in for Mr Ghobrial in PE, Mr McCall has taken Mr Longstaff's position also in PE, Ms Del Pinto takes over from Mr Hewitt in TAS, Ms Rajendran joins the Science staff and Ms Attwood is with the Support faculty. Ex-QHHS student Ms Alfred is taking Ms Critchley's classes for this term. We have a vacancy in TAS which we are trying to fill. With Ms Berthold moving to South Australia, Ms Wang joins Ms Mayo as School Counsellor. Mr Kantek takes over the Student Learning Centre.

Congratulations to Mr Longstaff on the birth of twin girls in December.

SCHOOL SERVICE ASSEMBLY 2012

On 13th December, we held our first Service to the School Assembly. This will become a regular addition to the school calendar. At our school, we have always encouraged and valued service to one's community so we thought it highly appropriate to formally recognise those students who have so self-lessly and generously served others during the year.

Students were recognised for their efforts across a broad range of activities – library monitors, hall and sound crew, peer reading tutors, SRC representatives, house captains and peer counsellors. We are proud of their efforts and strongly recommend that others consider ways that they can make the lives of others better through service.

Once again, welcome to 2013 which TOGETHER we CAN make our BEST YEAR EVER!

Robert Bredin Relieving Principal

DEPUTY PRINCIPAL'S REPORT

At our last assembly I addressed the simplicity of being successful in a SMART school. I have asked students to consider if they have set themselves up. I challenged the students by asking if they had set themselves up to be successful by having books, pens, and a calculator. I asked students to think did they set themselves up by making sure the shoes they asked their parents to buy were the correct leather shoes that are on display or shoes that they know cannot be worn in a Science Lab or Woodwork room as they are unsafe. Are they setting themselves to waste time by not having a pen or paper when they could be asking about assignments or clarifying something discussed in class? Are they on time to class and know what is going on or are they late to class, having to speak to someone about being late and miss the instructions for the lesson. Students often set themselves up for a day where by not having a uniform note or a late note they start the day on the wrong foot instead of moving through the day being able to focus. Success at school seems unattainable to some students but when broken into small chunks success at school becomes simple. Calendars on the wall for due dates, using a diary, having your bag packed with what you need means that learning, no matter how difficult the topic becomes, is so much more simple. In all these things they are getting ready for lifebeing on time, being prepared, being ready and being open to learning. If you get the simple things in place, you can move on to focus on your dreams and aspirations.

Prosperitas is coming soon.

Karen Critchley

Relieving Deputy Principal (Years 8 & 10)

NSW Department of Education & Training



\	\bowtie	70 Lalor Road, QUAKERS HILL NSW 2763	Principal	Lauretta Claus
	M	(02) 9837 1533	Deputy Principals	Robert Bredin
	_			Karen Critchley
		(02) 9837 1747	P&C President	Jannette Nigl
		quakershil-h.school@det.nsw.edu.au	School Captains	Megan Warner/Daniel Marsh

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

WELFARE NEWS

Vaccination documentation will be handed out next week to Year 7 students as well as Year 9 boys. These will be the dates of the Vaccinations days this year:

Thursday 4 April 2013 Yr7, 1st Dose HPV (All students)

Yr7, 1st Dose Hep B

Yr9, 1st Dose HPV (Boys only)

Friday 14 June 2013 Yr7, 2nd Dose HPV (All students)

Yr7, dTpa

Yr9, 2nd Dose HPV (Boys only)

Friday 2 August 2013 Yr7, Varicella

Friday 18 October 2013 Yr7, 3rd Dose HPV (All students)

Yr7, 2nd Dose Hep B

Yr9, 3rd 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 28 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.

MESSAGE FROM THE OFFICE LADIES

Just a reminder to all parents—when writing out an absentee note for your child, please put the student's full name on the note. Thank you.



WILDARE ROAD MEDICAL CENTRE ULTRASOUND NOW AVAILABLE

KRMC is delighted to be able to offer patients the following Ultrasounds on-site:

- Early pregnancy
- Morphology (18 22 weeks pregnancy)
- 22 + weeks pregnancy
- Renal
- Pelvic / male pelvic
- A full range of musculoskeletal ultrasounds

Available Monday to Friday 10:00am – 2:00pm. GP referral necessary (KRMC or external).

Bulk-billed for Medicare card holders

For more information, please call Reception on 8822 3000

BULK-BILLING PRACTICE, WALK-INS WELCOME

Book your appointment online at: www.kildaremedical.com.au

36 Kildare Road, Blacktown 2148 (next to Westpoint)



Also available:

- Bootcamp
- Group Outdoor Fitness
- Aqua Aerobics
- Personal Training
- Nutrition Planning



SATURDAY 7.00AM, ST ANDREWS PRIMARY 9.30AM, QUAKERS HILL HIGH

Contact Kathryn Wahby

Ph: 0422 264 970

E: kathryn@b2bpt.com.au W: www.b2bpt.com.au

Play Hockey

Register now with Kings Langley Hockey Club for the 2013 winter season:

- · 6 to 9 year old beginner programmes
- Junior competition for 10 to 17 year olds
- Open Age 4-a-side programme

Based at Cavanagh Reserve Tennis Courts Lalor Park

For more information phone Lyn on 9674 2876

http://www.kingslangleyhockey.org.au



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Australia's Leading Coaching College

Enrol Now for Academic Success!!

Free Assessment Test Free Tutorial Class \$100 OFF
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We will BEAT ANY REASONABLE PRICE offered by competitors



Registration Dates

Saturday 2nd February 2013 11am —3pm

Saturday 9th February 2013 11am — 3pm

Wednesday 13th February 2013 6pm-8pm

At Harvey Park, Benalla Cres, Marayong

Contact

Registrar-0415 624 162

Email-theflamingonetballclubinc@hotmail.com

www.flamingonetballclub.com.au

INTERESTED IN PLAYING NETBALL?

Register with The Flamingo Netball Club

We're a fun, family club and looking for players aged 7 and up!!

New members under 18 must provide copy of birth certificate

All members must supply 2 passport size photos

