



UPCOMING EVENTS

4 April

Vaccinations
Next Contact issued

9 April

Year 7 Parent/Teacher
night
Art Express Excursion

10 April

Cross Country
Barista Coffee excursion

11 April

Last day of Term 1

29 April

All students return for
Term 2

1 May

ANZAC Assembly

2 May

Final date for Taster Day
2 applications

6 May

Year 11 Subject Infor-
mation Evening

7 May

Year 8, 9 & 10 Parent/
Teacher night

9 May

Year 10 Online Subject
Selections
Zone Cross Country
Next Contact issued



Highlights in this issue

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TAFE News P.12

Support Unit News P.22

Teacher Exchange Program P.29

PRINCIPAL'S REPORT

COMMUNICATING WITH PARENTS

The staff at QHHS know the importance of keeping regular contact with parents regarding their children's progress at school. Next Wednesday we will have the first of our formal parent teacher interviews for the year. Year 7 parents are encouraged to go onto the school website, or call the front office if their child has neglected to bring the parent interview paperwork home. I would really encourage Year 7 parents to take up this opportunity to come up to the school and meet your child's teachers and discuss their transition to high school.

In saying this though, any parent concerned about their child is encouraged to contact the class teacher, or if it is a social issue contact their Year Advisers or Head Teacher Welfare to discuss how we can better support your child. Please make sure if there is a change in your contact details you notify the front office as soon as possible.

SMART EXPECTATIONS

Over the past few weeks the senior executive has been spending a lot of time with students who have been

struggling to adhere to our SMART expectations. These conversations may be around non completion of work, lateness to school, failure to wear the correct uniform and disrespectful behaviour in the playground and classroom.

So a gentle reminder for every one of what our SMART code means and I would encourage all parents to discuss these things with their children as my points below are some of the things that are leading to children getting into trouble at school:

Safe—

- Being in the right place at the right time
- Wearing correct uniform every day, especially the correct shoes and having your sports uniform to change into
- Adhering to the "hands off" policy
- Walking around school traffic areas
- Following safety practices and procedures in the school specialist rooms – science labs, food labs, workshops etc



Education &
Communities

- Providing a note to explain absences from school, on your return

Motivated -

- Bringing the correct equipment and books to school every day – this means packing your bag the night before
- Writing your timetable down in your diary so you don't lose it
- Using your diary to record homework and assessment tasks
- Getting involved in the school's many extra curricular activities

Academic -

- Completing ALL work to the best of your ability and seeking out assistance if unsure or experiencing difficulties
- Accessing the school's Homework Club" or "Learning Centre" if necessary
- Being on "time" to every lesson so you do not miss out on valuable material
- Make an effort to catch up on work missed through absence from school

Respectful -

- Being polite and cooperative in the classroom and all other learning spaces
- Following teacher's instructions at all times
- Ensuring that your behaviour does not disrupt the learning of others
- Realise that everyone learns at different rates

PARENTS INFORMATION SESSIONS REGARDING CHANGES TO THE SCHOOL CERTIFICATE

Notes were distributed to all Year 9 and 10 students this week by hand and through their student email 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 Wednesday 7th May

2014, 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 6pm.

UNIFORM

A sincere thank you again to our parents and students who support our school commitment to wearing uniform. Wearing uniform ensures the safety of all our students and also impacts on our image across the community. As we move into the cooler months and students will begin to wear jackets and sloppy joes to keep warm, can I please remind you that the Uniform Shop is open on a Monday morning 8.10-9.30 for students needing to purchase a new school jacket or sloppy joe. Unfortunately there are students who continue to come to school in the wrong shoes, there are disciplinary consequences for repeated uniform breaches.

HOLIDAY DATES

Please note the last day of first term is 11 April with school resuming on 29 April.

HOMEWORK AND STUDY TIPS

Homework helps distil and expand on concepts learned in the classroom. Relaxing, getting organised and using good time management are all ways to help make homework less of a stress for the whole family.

For a host of great tips that will have your teen blitzing their homework, see the School A to Z homework tips under the homework and study link:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips>

Have a great week.

Lauretta Claus

Principal

DEPUTY PRINCIPAL'S REPORT

GENERAL REMINDERS

The students were reminded about a few procedures at the recent assembly that may have caused a bit of discussion at home. These were:

1. **Making use of the diaries that were donated by the P&C** - some students have not been using their diary during class time. It is important that students have their diary with them at all times so they can be granted permission to leave the classroom to use the toilet in cases of emergency. We encouraged them to look for their diaries and start using them especially to get organised for the upcoming exams. If your child can't find it at home or you know for sure that they have lost it, they can purchase a replacement for \$10 which can be paid to the office.
2. **Detentions** - Most students have learnt the SMART chart and that the teachers will give warnings before class detentions etc. However, there are some behaviours that are not negotiable and there are no warnings required. These are:
 - ⇒ Handheld electronic devices - phones, iPods, tablets. If seen in class, will be confiscated and taken to the Deputy. It is recorded in First Class Welfare and monitored. 3 incidents = a phone call home; 4 incidents = Formal Caution of Suspension, 5 incidents = a suspension.
 - ⇒ Punctuality - if a student arrives late to school during roll call, without a note, the roll call teacher will issue the student with a detention to do with them. If a student is late after roll call they must sign in at the office. If the student does not have a note they will be issued with a lunch detention in A3. No warnings.
 - ⇒ Uniform - if a student comes to school out of uniform with a note, they will be issued with an orange slip. Without a note they will be issued with a lunch detention in room A3. No warnings.

MESSAGE FOR PARENTS—STUDENTS LEAVING EARLY

If you need to pick up your child early from school:

Write them out a note in the morning.

Tell your child to give the note into the office before roll call in the morning.

The office staff will issue your child with an Early Leavers Note which allows them to leave class at the time mentioned on the note.

Your child will be able to leave class at that time and will be sitting in the foyer waiting for you when you arrive.

REMINDER—EVERY WEDNESDAY ALL STUDENTS FINISH AT 2.25pm

THE QHHS UNIFORM SHOP IS OPEN EVERY MONDAY MORNING FROM 8.10—9.30AM

- ⇒ Misbehaviour during the assembly – the student will be moved to the front of the assembly and given a lunch detention in A3. No warnings.

ASSESSMENT BOOKLETS

The PBL focus last week was “Where to find assessment information”. During roll call teachers demonstrated how to access this information from the website. The students were also told that they were sent an email of their assessment booklet for easy access. All students need to open this email and save the document into a file that they can access readily to allow easy access. This is a great opportunity for students to check if their user name and password works. If they have difficulty they should go see Mr Brooks to get help. It is important that you as parents know when assessments are on so you can support your children through the assessment process. I would like to stress to the parents that the dates are only an indication and sometimes subject to change. While we would like to stick to a rigid timetable there are often interruptions beyond our control that will interfere with the planning. We appreciate your understanding on this matter.

TERM 1 STUDENT REVIEWS

Both Mrs Mahon and I, along with the Year Advisers, have been very busy collating information from the Student Reviews for all year groups. Teachers have referred students that are causing concern and also students who are worthy of a commendation. Depending on the findings some students will be interviewed / have a letter sent home / be placed on a level / have parent interviews etc while others may be referred for commendations with awards and some will have commendation letters sent home. Regardless of the outcome, we both feel that this is a worthwhile process to help

identify students who may not be working to their potential so we can assist them in improving and also to congratulate those students who have been achieving their goals.

FAST FORWARD

On Monday night the 24th of March, I was privileged to attend and announce our 2014 Year 9 students who have been selected to be involved in the Fast Forward program at UWS. These students will be involved in various projects and will have mentors working closely with them in helping them with study skills and learning other skills that will prepare them for University life. The students are:

Kayla Auld – Schuch, Jaimie Bonsall, Kane Dezius, Tarneil Duroux, Josh Frith, Joshua Hazell, Jackson Jones, Nicholas Savage, Tamara Savage, Luke Sim, Jayden Thompson, Breanna Williams.

Mrs B Maricic Year 7 & 9 Deputy Principal



ENGLISH FACULTY NEWS

Students in Years 7-10 have been producing some very creative and individual responses to class and assessment tasks in the last fortnight. Year 7 are finishing off their portfolios for their novel study for the term and have created some very interesting responses and pieces of work. Year 8 are busy writing poems as part of their poetry unit, with an example below. Year 9 are working on visual representations of important themes and ideas in their class novels, focusing on using the elements of visual design to emphasise ideas and communicate meaning. Year 10 are preparing for their formal essay assessment on Friday, practising their responses and polishing their essay writing skills.

Justin Bartolo, Year 9

A visual representation of the experience of refugees during war, inspired by the novel 'No Gun for Asmir' by Deborah Ellis.



Catherine Jayaprakash, Year 8

A collage of themes from the novel 'Onion Tears' by Diana Kidd.



Muskan Soni, Year 8 – *The Moon*

*It's like a sun at night
Shining really brightly
Trees sway and whoosh in the wind
It's like the moon has its own mind*

Dogs bark woof, woof silently
Birds chirp the young ones to sleep
Fishes move into the corals
And the water splashes on the rocks

*It guides someone through the dark
Shines over the mountains
Through the clouds
And puts the world to sleep.*

QHHS STUDENTS SHINE IN WORLDS OF WORK PROGRAM – (WOW)



During Week 9, Year 10 Work Education Elective students participated in a week long, city based program called Worlds of Work (WOW). This program is delivered by The Foundation for Young Australians (FYA). It is a national initiative that builds the skills and beliefs that young people need to make successful transitions into life beyond school. Over one intensive week, WOW takes Year 10 students on a journey through workshops that broaden their view on what it means to be successful in the changing world of work.

What do students learn about in their WOW Week Workshops?

- Students use images to represent their interpretation of success.
- The key transferable skills employers want are explained and developed throughout the week.
- Students interview members of the public to discover what success looks like to different people.
- Students identify strengths and combine them with their passions to identify relevant jobs.
- Students look at optimism/pessimism and cognition, and the role these can play in their lives.
- Students learn about communication and the importance of body language and non-verbal cues.
- **Workplace session. (ESPN & Henry Davis York Lawyers)** Students interview employees about their career paths, goals, inspirations, passions, strengths.
- Mind and body workout. Students explore the importance of physical health and work/life balance.

- **Workplace session. (PIMCO – Pacific Investment Management Company).** Students have lunch in a 'working world' boardroom while learning about an organisation.
- **Workplace session. (IBM Australia).** Students practice networking & communication by introducing themselves, chatting to employees and facilitating a Q & A Panel.
- Students visualise their future, gain a sense of direction and set themselves a series of short, medium and long-term goals.

Students present their learnings and share reflections with their teachers, working world mentors, special guests & each other. Congratulations to the following students for their outstanding participation and achievements during the WOW Program:

Sarah Andrew, Tamarah Bradley, Tyla Ferguson, Tayla Gordon, Jacob Harriss, Freyja Hewitson, Sally Husking, Caitlin Ives, Alyssa Manalo, Jessica Mason, Erin McCready, Toni McLean, Clare Miller, Ghouse Mohiuddin, Wasiullah Nusrat, Kate Poole, Avishaal Pratap, Krysten Rock, Kody Schoer, Kierra Shepherd, Joel Stanshall, Jordan Stephenson, Brock Styles, Jarrod Vaitusi

It is with great pleasure that Quakers Hill High School is able to share with our community some of the fantastic feedback that has been received regarding these students who participated in the Worlds of Work Program:

At the conclusion of the program last Friday, our students were genuinely told by the program facilitators from The Foundation for Young Australians that they are... **"...without doubt, the best group of young people we have worked with in any of our programs - nation wide..."**. The FYA staff were moved to tears by the achievements of our students during the WOW program last week. This organisation works with students from **ALL** school sectors across the country. It was such a proud moment for all involved to see 24 students from a PUBLIC High School in Western Sydney receive this feedback - and they absolutely deserved it!!

One of the facilitators explained to QHHS staff that The Foundation of Young Australians are occasionally involved in Networking Meetings with the CEO's from 25 of Australia's biggest companies. He suggested that he would like to explore opportunities for our students to be involved in these meetings in the future.

On Monday, the school received the following feedback in an email from Sarah Fenton who is the Manager of the WOW program and based in Melbourne:

"Hi,

I hope that you are well and that you and the students enjoyed the WOW week last week.

I've heard nothing but glowing reports about what a pleasure it was to work with your wonderful students and staff, so thank you for making the week such a positive and successful experience. Many thanks again for your participation and look forward to working with you again"

Once again, congratulations to the 24 students who took part in this great program. These students should be extremely proud of their achievements, as are their teachers - Mr Hutton, Mr Head, Mrs Paa, Mr Berg & Miss Tielman. It is because of their enthusiastic participation and positive attitude that the program was so successful.

The article below has been written by one of our Year 10 student participants, Alyssa Manalo.

Congratulations and thank you to Alyssa for taking the time to put together an explanation of the program from a student point of view.

Worlds of Work Program - What a Week!!! (By Alyssa Manalo)

During Week 9, 24 Year 10 Work Education Elective students took part in a week long employability skills program called Worlds of Work (WOW). This program is run by The Foundation for Young Australians.

If we could all explain our Worlds of Work Program in one word it would definitely be ... WOW! What a week! It was an experience we have all benefited from and will never forget.

We walked into the Y Hotel-Hyde Park on Monday 24th March having no idea of what to expect. Within a few minutes we were greeted by our wonderful mentors Pat and Mandy from The Foundation for Young Australians, who would be running the program for the whole week.

Throughout the week we were challenged to seek a range of answers in relation to one key question – **What does it take to succeed in life and work?** A major component of the program was to work hard to further develop our employment related skills. The various workshops in the program allowed students to thoroughly learn about and work on core skills for work including:

- Perspective
- Communication
- Manage your career path
- Connect and work with others
- Understand roles, rights and protocols
- Plan and organise
- Make decisions
- Identify and solve problems
- Work in a digital world
- Create and innovate

Not only did we learn about these skills but we also participated in activities to develop these skills including; surveying people on the streets of Sydney about success, making a video about success and group discussions about these skills. We also completed activities which needed team work including; problem solving games, group challenges, networking at real workplaces, making the success video and other group work tasks. Through participating in these activities, we were able to get a better understanding of these skills and work with people we may not have worked with before. Many of us found this challenging but also very rewarding and helpful.

Another great aspect of the week was visiting the different workplaces. We were lucky enough to visit businesses including; ESPN, PIMCO, Henry Davis York Lawyers and IBM. These visits were a great experience as we were able to gain an insight into the different workplaces, see what their job is like as well as develop an interest for what we may like to do in the future. The highlight for many of us was talking to the mentors at these workplaces. They told us about what their career path has been like so far, their job descriptions, about the business where they work and any other advice they had for us. By talking to the wide variety of mentors, not only was it interesting but it was also very helpful. This was a great experience which we all benefited from.

As part of the program we also worked on identifying character strengths which are most important to us as individuals, how to balance different aspects of our life and the importance of having a healthy lifestyle. These topics and skills will definitely be very useful throughout our lives.

Overall the WOW program was amazing. Students and teachers were all so happy with the program and the end results and achievements. Every student was able to challenge themselves, improve, learn something new and achieve goals they had set. By participating in this program,

we were able to learn skills that will help us in the future in all aspects of life and work. It was definitely worth waking up early and travelling to the city for! A huge thank you to our wonderful teachers, students and mentors for making this excursion so great. This was such a memorable and eye opening experience.



RECOUNT ON CAMP

We left for camp on the 17th of March. We got up nice and early grabbed our bags, and got on the buses. We arrived at The Great Aussie Bush Camp and put our bags in our cabins, and we were then greeted by the friendly staff, while we had lunch. We then got ready for our first activity. There were groups that started with water activities, and others that started with activities including abseiling, and rock climbing. Another was the giant swing, which was one of the most popular activities. When we did the giant swing we were pulled in a harness by our fellow peers. Once at the top the person on the right would pull a cord to release the rope attached to the bar so we could swing down clipped on by our harnesses. The first few seconds you felt weightless, then the slack in the rope would tighten and you would swing. On the first night groups 1, 2 and 3 had a disco while 4, 5, 6 and 7 had trivia. The next night we swapped.

The rest of the time at camp was filled with adventurous activities, lots of fun and some not so scary stories from the teachers. Throughout our time at camp lots of students conquered their fears and were encouraged to have a go at everything. It was a great opportunity for us all to make new friends and get to know the teachers more.

We would like to thank the staff and teachers who came with us for a wonderful fun filled camp. Without them organising, and attending this camp we wouldn't have been able to go, and have the great time that we did.

By Laura Towell and Mitchell Schubert





TAFE NSW—WSI is now rolling out a new NSW Government funded program. This initiative is designed to help young people make informed decisions about which apprenticeship is right for them. The 5 day 'Trade Readiness' program will give NSW senior school students (Yrs 9-12) and people who have left school a chance to assess their suitability to undertake an apprenticeship. The voluntary program consists of four days of intensive hands-on training and assessment, with a fifth day involving literacy and numeracy screening, exit interviews, career advice and counselling. The program will initially be made available to young people interested in an Apprenticeship in Carpentry or Plumbing and may eventually be expanded to include many other trades-based occupations. Please see the following flyers detailing information sessions scheduled for 8 and 9 April 2014 at Nirimba and Mount Druitt Colleges for your information and appropriate distribution to potential students. Please note that places are limited, so if you have students interested in participating in the programs, please encourage them to register as soon as possible by emailing tradereadiness.wsi@tafensw.edu.au. Please contact me on the number below should you require any additional information or clarification.

Regards

Nicole Pearce, Business Coordinator, Nirimba College

Building T13, Nirimba Education Precinct, Eastern Road, Quakers Hill

Tel: (02) 92087071, Fax: (02) 9208 7010, Email: Nicole.pearce2@tafensw.edu.au

Website: wsi.tafensw.edu.au



Trade Readiness Program: Carpentry

Are you interested in a career in Carpentry? Let us help you decide!

At TAFE NSW—Western Sydney Institute (WSI), we are committed to helping you develop real skills for real careers. This course will help you make the right career choice and assess your suitability for a career in the Building & Construction industry. It is an intensive 'hands-on' program that will show you what is required to succeed as a carpentry apprentice.

You will be given an exit report that details your suitability for the Industry. This report will be an asset when you are seeking employment opportunities. You will also be given advice about further career development opportunities.

Information Session

Tuesday 8 April 2014
4.00pm – 5.30pm
Greenskills Hub Community Room
Building T12
Nirimba Education Precinct
Eastern Road, Quakers Hill NSW

Location and Fees

TAFE NSW—Western Sydney Institute
Nirimba College (Quakers Hill)

This is a **FREE** course for suitable applicants.

Required Attendance Pattern

Course dates as follows:
Group 1 – Monday 5 May to Friday 9 May 2014
Group 2 – Monday 26 May to Friday 30 May 2014
8.30 am to 5.00 pm each day

Duration

Each course is delivered over a period of five days. Four days of instruction and one day for evaluation and exit interview.

Entry Requirements

Participants must have a genuine interest in the Carpentry Trade.

Contact us
today!

For more information

Contact:

Nicole Pearce
Coordinator
Trade Readiness Program

T: (02) 9208 7071

E: tradereadiness.wsi@tafensw.edu.au

W: wsi.tafensw.edu.au

F: WSI—Nirimba College Business Unit

wsi.tafensw.edu.au

WSI



Trade Readiness Program: Plumbing

Are you interested in a career in Plumbing? Let us help you decide!

At TAFE NSW—Western Sydney Institute (WSI), we are committed to helping you develop real skills for real careers. This course will help you make the right career choice and assess your suitability for a career in the Plumbing industry. It is an intensive 'hands-on' program that will show you what is required to succeed as a plumbing apprentice.

You will be given an exit report that details your suitability for the Industry. This report will be an asset when you are seeking employment opportunities. You will also be given advice about further career development opportunities.

Information Session

Wednesday 9 April 2014
4.00pm – 5.30pm
Building D, Room DG19
Mount Druitt College
Cnr Mount Street & North Parade
Mount Druitt NSW

Location and Fees

TAFE NSW—Western Sydney
Institute, Mount Druitt College

This is a **FREE** course for suitable applicants.

Required Attendance Pattern

Course dates to be confirmed
8.30 am to 5.00 pm each day

Duration

Each course is delivered over a period of five days. Four days of instruction and one day for evaluation and exit interview.

Entry Requirements

Participants must have a genuine interest in the Plumbing Trade.

Contact us
today!

For more information

Contact:

Nicole Pearce
Coordinator
Trade Readiness Program

T: (02) 9208 7071

E: tradereadiness.wsi@tafensw.edu.au

W: wsi.tafensw.edu.au

F: WSI—Nirimba College Business Unit

wsi.tafensw.edu.au



TAS FACULTY NEWS

The Technology Faculty is very much looking forward to sending 42 students to Coffee school next week. They will come back with increased confidence in hospitality skills, beverage making training and a Barista Certificate. Students have been helped with the cost of this by the Careers Department in the hope that this will assist them gaining satisfying employment. We appreciate parents supporting this venture. We have had an eventful term with lots of new skills learned in TAS and look forward to more new experiences after the holidays.

PEER COUNSELLOR REPORT

Friday 21st March was the 2014 National Day of Action against Bullying and Violence. This annual day provides a message for all schools to say Bullying. No Way! And also to strengthen their existing everyday message that bullying and violence at school are not okay at any time whatsoever. To celebrate this day the Peer Counsellors organised a book display in the library, a drama skit for assembly and a mural. The mural says "QHHS stands together against bullying." All students were encouraged to sign their name on the mural to show their support. The mural will be displayed in the Learning Centre. Students also had the opportunity to sign up for The String Movement which is a student led anti-bullying campaign. All the students signed an agreement and were given a string to tie around their wrist to show that they support the campaign. The Peer Counsellors would like to thank Ms Lachevre, Ms Valatiadis, Ms Grantham and Ms Paa for their support on this day.

Vrinda Talwar – Year 9

STRING MOVEMENT AGREEMENT

I will not bully others

I will not be a bystander to bullying

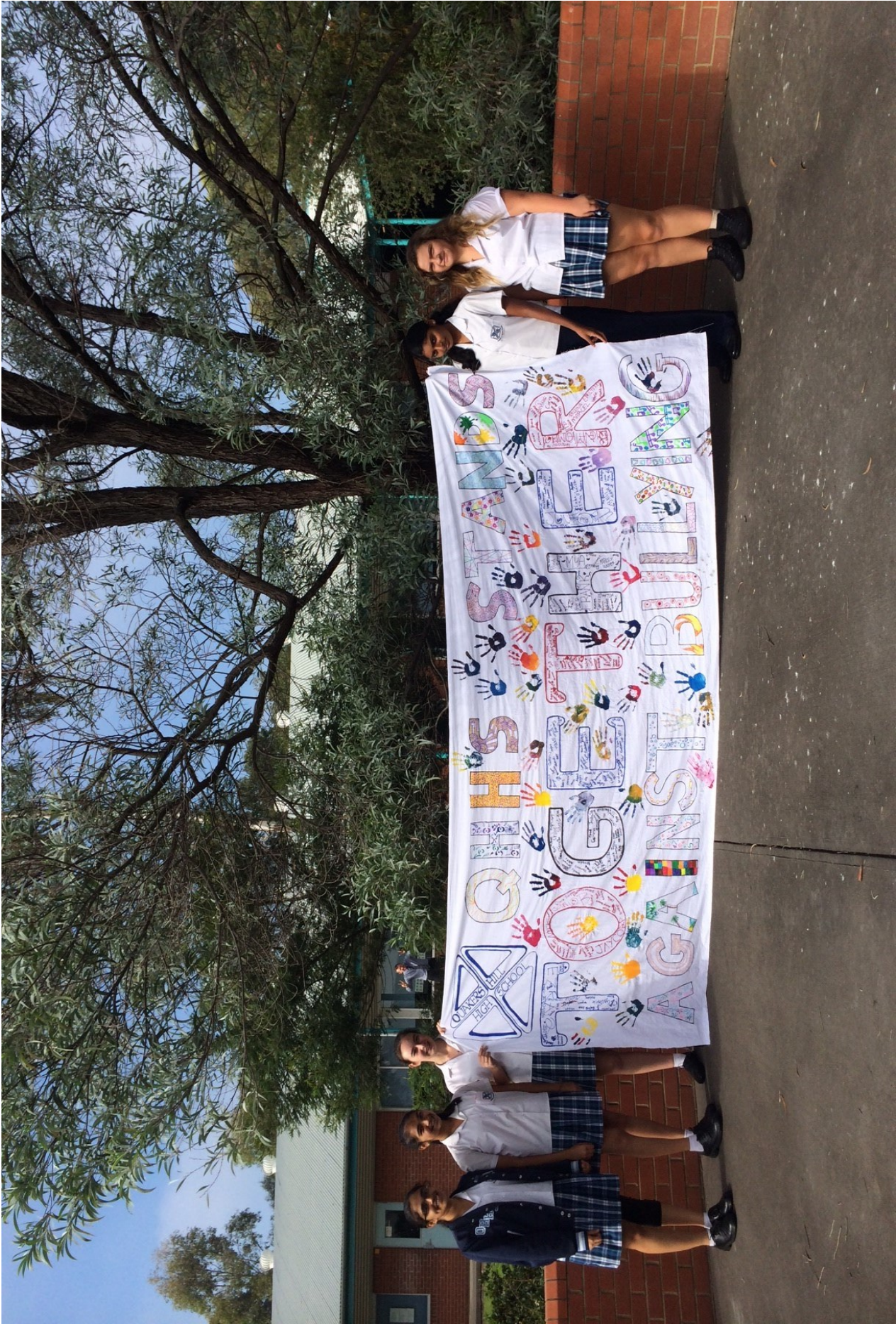
I will report bullying to staff who can assist

I will tell bullies that their behaviour is unacceptable

I will give support to victims of bullying

I will be part of the SOLUTION, not part of the PROBLEM

The String Movement



STUDY SKILLS TIP FOR APRIL – WHY DO WE HAVE TO DO HOMEWORK?

Homework in secondary school serves many purposes. It could be to consolidate or check or extend the learning from the day or prepare for the learning to come in subsequent days. It could be to do with longer term work such as assignments or preparing for tests and examinations. Ultimately it comes back to what school is all about – learning! Learning is not just content, but learning and developing skills. At times students feel that the work they are doing at school is not relevant to their lives, however sometimes we need to look beyond the content to the purpose of the learning exercise. At times the content will be a vehicle to teach particular skills. Much of what we learn in Mathematics develops the problem solving circuits in our brain. When you are analysing Shakespeare you are learning not just about Shakespeare, but to think critically and expand your point of view and broaden your experience of the world through examination of different lives, emotions and experiences. The message is that everything you learn at school has purpose and value, even if you cannot quite see it at the time.

One of the biggest problems for students transitioning to the senior years is that they have not learnt to work effectively and efficiently in the home environment. This is why developing good habits and learning to do at least a solid hour a day of home study is essential in Years 7-10. It is also about developing the qualities of discipline and perseverance, both essential for senior studies. Students will not like every subject equally; students need to learn how to make themselves do the work even for their least favourite subjects.

So what can you do to manage your homework effectively? Try these top tips:

1. As soon as you get home unpack your bag before you have a break and something to eat. Lay out all the work first. It is easier to get started if you have everything ready to go.
2. Before you start work, write a list of what needs to be done and decide what order you will do it. Focus on what is most important, not just what subject you like best! Also write down how long you think each task will take to do.
3. Keep in your mind that it is all about learning. Try and look beyond the actual content to what type of skill this homework might be developing in you – analysing, critical thinking, writing skills, or problem solving skills for example.
4. Do your work in 20-30 minute blocks with no distractions during that time. So switch off the TV, turn off your phone for that 20-30 minutes. When you just focus on the work that needs to be done you'll be amazed at how much work you complete. Of course if you are on a roll, you can keep going past the 30 minutes.
5. If there is a task you really don't want to do then alternate this with a task you enjoy doing. For example 15 minutes on the homework you like, 5 minutes on the homework you don't like. When you chip away at it you will be surprised how quickly you get through the work.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au

Our school's access details are: Username: quakershillhs Password: 45success

Ms K Naicker

Holiday Book Recommendations from Our Library Leaders

Harry Potter & the Philosopher's Stone – J.K. Rowling

Review by Iordan Ayyad (Year 7, 2014)

Are you the kind of person who loves fantasy and magic, with a little bit of humour?

Then look no further, because Harry Potter & the Philosopher's Stone has that and then some. This novel is the first volume in an epic and gripping series, filled with twists and turns that will keep you guessing right up until the final battle unravels. J.K. Rowling is a masterful author, using such great imagery in her story that it feels totally cinematic and completely riveting.

This novel is incomparable and by far one of the best books ever published.

RATING:

The Book Thief – Markus Zusak

Review by Kavya Mathur (Year 10, 2014)

'The Book thief' is a historical work of fiction written by Markus Zusak. It follows the story of a girl named Leisel Meminger and her severe passion for books. The story is unexpectedly narrated by Death, who is following her every step, just because he finds her life fascinating. As a narrator, Death is considered consistent with his narration.

The plot is based in Germany during WW2 and begins with the sudden death of Leisel Meminger's brother, whilst Leisel, her mother and little brother embarked on a journey to a safe haven. The book thief first surfaced when Leisel picks up a book that she found by her brother's grave. When she reaches the home of her foster parents, she learns to read with her foster father. Soon she realizes that the Nazis had started to destroy anything that had a foreign influence, including books. How could she just stand by and watch the books burn? That is when Death gives her the moniker, 'The Book Thief'. Those were dangerous times and things became even more risky when her foster parents hide a Jewish boy in their basement.

The book is very meaningful and inspiring. It motivates you to treasure every moment in your life and especially encourages you to read books. I found the novel engrossing and as I got to the end, I felt as if I myself were part of the tale. I definitely recommend this book to everyone, it doesn't matter what age group you belong to. This book will hold your interest to the very end.

RATING:

Percy Jackson & the Lightning Thief – Rick Riordan

Review by Kopal Mathur (Year 7, 2014)

The novel 'Percy Jackson and the Lightning Thief', written by the Author Rick Riordan, is a fantasy/fiction adolescent novel.

This story is set in present-day America, and the author artfully weaves Ancient Greek mythology into a very contemporary and unexpected setting. This book blurs the boundaries of many genres; it is a thriller, a mystery and a fantasy, it explores mythology and the supernatural and it inadvertently creates an appealing new style of fiction. Rick Riordan has written many books about Greek, Roman and Egyptian mythology. He has written 'The Kane Chronicles', 'The Percy Jackson' series and 'The Heroes of Olympus' series. All these series are equally accessible, highly readable and very compelling.

In this book, Percy discovers that he is the son of the Greek God of the sea, Poseidon. He goes to 'Camp Half-Blood' and finds out that the gods are accusing him of stealing Zeus' master lightning bolt. To clear his name and save the world from another war between the Olympian Gods, he sets out to find the real thief and retrieve the lightning bolt. Percy Jackson and his friends, a satyr named Grover Underwood and Annabeth Chase, a daughter of Athena, start on a journey to the underworld and face numerous mythological monsters on the way.

I enjoyed reading this book as it was very intriguing. My favourite character was Annabeth Chase, since she was shown to be very knowledgeable. Although, Percy Jackson was the central protagonist, Annabeth is a very composed and self-possessed female character. I would definitely read more books by this author and I would recommend this particular novel to anyone who enjoys an enthralling tale.

RATING:

***Diary of a Wimpy Kid: Hard Luck*– Jeff Kinney**

Review by Bradley Coleiro (Year 10, 2014)

Diary of a Wimpy Kid: Hard Luck was released in 2013 by Jeff Kinney and is the 8th installment in the series. Greg Heffley, the main character, is starting to get used to losing his best friend, Rowley Jefferson, who now has a girlfriend. He is also having problems with his family and school. Greg then decides to use a Magic 8 Ball to lead him through the dark days.

It's hard to say who my favorite character is, as they are all unique and entertaining. This book featured real life problems and dilemmas faced by so many of us in school, so you can relate to the characters easily. The story did keep me guessing, as Jeff Kinney created a novel that isn't remotely predictable. There are a lot of comic moments, and a lot of well written passages.

The book was created to make you laugh, and Kinney hit the nail right on the head with this one, as this book is hilarious. It is also easy to read, is only 217 pages long, and contains illustrations throughout. This is a really good book to borrow, but if you are new to the series, I recommend borrowing the first Diary of a Wimpy Kid and working your way up, so that you can fully appreciate the series. Don't watch the movies in order to get your head around the story, as the movies are rubbish in my opinion, and books are better than films anyway.

RATING:

UNIFORM SHOP

EXTRA

OPENING HOURS

Shop early in time for Winter. The Uniform Shop gets very busy after the April holidays so we are giving you the opportunity to be prepared early.

After the April holidays the 1st opening day for the shop will be on 5 May as 28 April is a pupil free day.

Uniform Shop Committee

WEBSITE

INFORMATION

On our website there is now a tab under "Our School" called Excursions where you will find all the permission notes for the current excursions running.

NEWS FROM THE MATHEMATICS FACULTY

All students have shown a consistent and mature approach throughout the testing period of Term 1. The trial Numeracy NAPLAN was a success with an overall pleasing result.

A reminder to students that the Year 7 and Year 9 Numeracy NAPLAN exam will be held early next term in May. All students are required to have their calculators in order to achieve optimal marks.

Any student interested in participating in the Australian Mathematics Competition need to collect a note from the Mathematics staffroom.

Any students wanting extra help in Mathematics are encouraged to join the homework club. Notes are available in the staffroom.

With the end of term fast approaching, the Mathematics Faculty would like to wish the students and their family a safe and enjoyable holiday.

PARENT TEACHER EVENINGS

Semester 1 Year 7 Parent / Teacher Evening will be held on Wednesday 9th April 2014 between 3.30pm and 6.30pm. Semester 1 Years 8, 9 & 10 Parent / Teacher Evening will be held on Wednesday 7th May 2014 between 3.30pm and 6.30pm. 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 students will receive their booking schedule in Week 8 in Term 1. Years 8, 9 and 10 students will receive their booking schedule in Week 9 in Term 1 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.

Mr P.Sultana, Organiser

LITERACY NATIONAL PARTNERSHIPS

One of our amazing new teachers has recently pointed us in the direction of a fantastic resource to help support student literacy. It's an online resource that was used by students in her previous school, and one that the Literacy National Partnerships Team highly recommend. The main features of this terrific resource are twofold:

- It's a free online learning tool
- It covers all the skills that are required to write fantastic essays (topics include written responses to questions, writing sentences, modality, nominalisation, persuasive devices, grammar and text types)

The site was created in a teen-friendly format by teachers, with some of the pages that appear at first glance to be "blank" actually being small e-books (if you click at the bottom right of the "book", it will open up to show more information.) The site is well worth a look and I hope that you will encourage your children to use it.

You will find this exciting resource at: <http://www.band6.org/#!vstc14=page-2>.

Our thanks to Mrs Barbara Watanabe for sharing this invaluable resource with us!

Gail Attwood

On behalf of the Literacy National Partnerships Team



2014 ASSESSMENT BOOKLETS AND SPREADSHEETS

I am pleased to advise you of some very important information that you should find very useful in helping your child complete their Assessment Tasks in 2014. On the School's website under Assessments and Reporting there is a booklet relating to Assessments as well as a Spreadsheet. The Booklet has an enormous amount of relevant information which will assist your child in their learning this year. It has a message from Mrs Claus, it explains what happens when you are sick and they need to complete a Misadventure Form or lodge an appeal; it has the QHHS Assessment Policy, examples of how to do an assessment task, a flow chart explaining "N" awards, an example of the Nirimba Collegiate Certificate for Stage 5 and a sample of Stage 5 assessment tasks. More importantly, it also has a detailed assessment schedule for all subjects outlining what types of assessments your child will need to complete and when they are due in 2014. There is also an Excel spreadsheet that allows you to filter information about due dates, subjects, types of tasks etc.

Mr Blench

National Assessment Program – Literacy and Numeracy 2014

LETTER TO PARENTS

In May 2014 the National Assessment Program – Literacy and Numeracy (NAPLAN) will be completed by students in Years 3, 5, 7 and 9. NAPLAN has the support of all State and Territory Education Ministers and will assess the literacy and numeracy skills of students across Australian schools.

The results of the tests will provide important information to schools about what each student can do, and will be used to support teaching and learning programs. Parents will receive a report indicating their child's level of achievement. Each student's level of achievement will be reported against the national minimum standard.

Background information (student name, gender, date of birth, language background and Aboriginality) will be collected as part of the National Assessment Program. This information is treated confidentially and held securely to ensure that every student's right to privacy is maintained.

The NAPLAN tests will be conducted from 13 - 15 May 2014.

TUESDAY 13 MAY	WEDNESDAY 14 MAY	THURSDAY 15 MAY
Language Conventions (Spelling, Punctuation and Grammar) Writing	Reading	Numeracy (Number, Algebra, function and pattern; Chance and data; Measurement and Space)

In the Numeracy tests students do not require any measuring tools such as rulers or protractors. In Years 7 and 9 there will be two Numeracy tests: one where a calculator is allowed and one where calculators are not to be used. For the calculator test, the student should use the calculator that they currently use at school.

In 2014, as in previous years, the Writing task will be a single common task for all students. The 2014 Writing test will require students to respond to either a persuasive or narrative Writing prompt. However, the genre of the prompt will not be disclosed prior to the test period.

Wherever possible, schools will organise for individual students who are absent at the time of testing to complete missed tests at another time during testing week. Individual students are not permitted to sit tests after Friday 16 May 2014.

Students may be considered for exemption from the tests if:

- they are newly arrived in Australia (less than one year before the test) and with a language background other than English, or
- they have significant intellectual disability and/or significant co-existing conditions which severely limit their capacity to participate in the tests.

All other students are expected to participate in the tests. Disability adjustments which reflect the student's normal level of support in the classroom may be provided. Large print, Braille, coloured paper versions and electronic tests are available to meet the needs of individual students.

Access to disability adjustment or exemption from the tests must be discussed with the school Principal and a parent or carer consent form must be signed. Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents in consultation with the Principal. If you wish to withdraw your child from the tests, a parent or carer consent form must be signed.

Please make an appointment with the Principal of the school your child attends if you would like to discuss your child's participation in NAPLAN.

Additional information about NAPLAN can be found at www.nap.edu.au/NAPLAN/Parent_Carer_support/index.html.

SUPPORT UNIT NEWS

CAMP

During Week 8 the Support Unit held their camp at The Great Aussie Bush Camp, Kincumber (the same venue as Year 7). It was fabulous to see our students giving most, if not all, of the activities a good go. For some it was their first camp they have ever attended. It was wonderful to see the smiles on their faces having overcome challenging obstacles and achieving their personal goals. I would like to congratulate our students on their positive contributions to an enjoyable camp. The Support Unit would like to thank Mr Robert Bredin (Wyndham DP) and Rouse Hill Rotary club for their generous donation to assist some of our students to attend the camp. It is greatly appreciated.

PLANTING DAY

Last Friday three of our support classes joined with Mrs Walden's Year 7 Science class to help out the community by planting trees at Glendenning. Even though the weather was dicey leading up to the day and there was a bit of mud, we all enjoyed getting involved, giving back to the community. Thank you all our helpers, great work by all.

WORLD AUTISM DAY

Last Wednesday 2 April was World Autism Day. Like last year our school embraced such an important day by wearing a blue shirt and donating a gold coin for a great cause. The Support Unit raised further funds by selling Spider drinks during Wednesday lunch and sold raffle tickets to win a family pass worth \$160 to the fun filled Tree Top Adventure Park. Many thanks to Mrs Wakeling who sourced this pass as well as Tree Top Adventure Park for their generous donation. A big thank you to Mrs McEwan who purchased our spider ingredients and Ms Del Pinto and our SRC crew who assisted the Support Unit sell tickets, spiders and collecting donations. In total we raised \$450. Thank you to everyone who supported the day. The raffle tickets will continue to be sold till the last Thursday of Term 1, so if you would like to purchase a few tickets we will be coming around during roll call. If you don't purchase one then, please visit the Support Unit staff room (between the demountables and music staff room). Tickets are 1 for \$1, 3 for \$2, 10 for \$5. We would also like to thank Troy Hawke from Teacher's Mutual Bank for the donation in assisting the Support Unit purchase food for our fundraiser on World ASD Day. Wishing everyone a safe and relaxing Easter break, we look forward to seeing the students on Tuesday 29 April.

Mrs Payne, Support Unit Head Teacher















Teacher Exchange 2013

Australia to Scotland

This year my family and I were provided with the opportunity of a year teaching overseas under the Commonwealth Teacher Exchange Program. This program runs in a number of countries with 45 Australian teachers this year exchanging to Canada, the USA, Switzerland, Denmark, England, Ireland and, of course, Scotland.

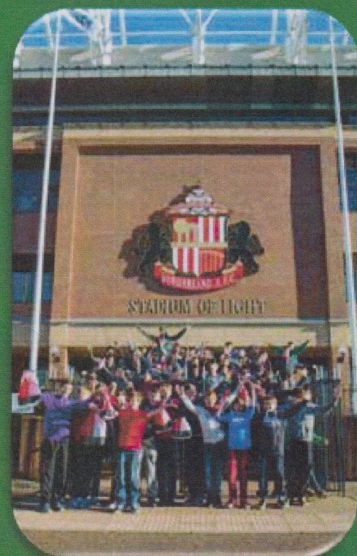
After filing the required paperwork I had soon heard back that my exchange would be with Mr McCall at Jordanhill School in Glasgow with Mr McCall teaching at my school of Quakers Hill High in Sydney. I had never visited Glasgow, but the first thing that struck me on getting over was the warmth of the Glaswegians who, like us Aussies, were super keen to help out and always up for a chat and a good laugh.



We moved into our 2013 home in Milngavie and the correct pronunciation came a fair while later. Our 2 year old son Sidney soon became a superstar in sledging and snowman making and with Mugdock Park as our backyard we had plenty of space to explore. With my wife Emma becoming pregnant leading up to our exchange year, our twin girls Roxy & Stella were born at the Southern General hospital and we walked out the doors on the 24th of December for a special Scottish Christmas we won't forget.

Over the year that ensued there were a heap of highlights, but here are just a few:

- Surviving sleet and gale force winds during 'Spring' Athletics
- Fumbling through tongue twisting pronunciation of Scottish names which resembled a flipped over Scrabble box
- Teaching Australian Rules Football and witnessing the students' brilliant progress
- The P6 Burns Supper and the hilarious toast to the lasses
- Being involved with all the primary and secondary football squads, coaches and parent volunteers. Seeing our under 15's great Cup run and our tour to Sunderland.
- The magic of the soup and Morton's rolls in the refectory.
- Teacher v Students hockey played in blizzard conditions
- Entertaining staff and students with my attempts to master the art of Ceilidh dancing
- Taking out the 'boot camp' challenge with my tutor group



It's hard to sum up the whole experience in words but Scotland, Glasgow and Jordanhill School in particular will hold so many amazing memories. I would like to thank Dr Thomson for allowing the exchange opportunity to progress and all of the friendly staff for making me feel so welcome over the year.

Extra special thanks goes to the team in PE who have become not only colleagues, but also good mates. To all the students, it has been a pleasure working with you all. Make sure to love life and not let short term failures, excuses or hard work get in the way of what you wish to achieve.

Thank you all
Brett Longstaff



Teacher Exchange 2013

Scotland to Australia

In 2013 we were given the amazing opportunity to participate in a teacher exchange to Australia. This was our first trip Down Under and, after a stop off in America for Christmas, we landed in Sydney on the 8th January. We had big plans to explore the city on the first day and were looking forward to some sunshine, but we were not prepared for the 43 degree heat! So instead we decided to seek shelter in the Sydney Aquarium. Fortunately, the weather settled to a more pleasant 30 degrees for the rest of the summer.



We were both teaching at schools in the Western suburbs about 40km from Sydney, in schools that were much larger than Jordanhill. I was teaching in a Year 7-10 school which is equivalent to S1-4, but the school was the same size as Jordanhill Primary and Secondary combined. Miss Hull was in a primary school with 800 pupils. It was a great experience to see how these different schools worked, and the staff were fantastic in welcoming us to their departments.

Teaching PE in Australia was very different, with half of our teaching time spent in the classroom. The most popular sports in New South Wales were rugby league and 'soccer' and the kids would be out playing at every lunchtime.



Many of the pupils loved the English Premiership and would get up before school to watch the live games. I had the opportunity to coach an indoor futsal team who performed really well and qualified for the state competition.

We tried to see as many Australian sports as we could, although I don't think we're any closer to understanding Aussie Rules!

We set ourselves a big challenge of running our first marathon when we were away. We completed the Sydney Marathon in September and raised £800 for charity. The course was amazing as we started by running over the Sydney Harbour Bridge and finished at the iconic Opera House. It was the hardest physical challenge we have ever done, but we rewarded ourselves with a trip to Thailand afterwards!

Highlights from our year in Australia include:

- A trip down to visit friends in Melbourne and driving the Great Ocean Road
- Spending ANZAC day on Fraser Island
- Visiting Steve Irwin's Australia Zoo
- A trip to Byron Bay where we saw boxing kangaroos and migrating whales
- Snorkelling and scuba diving the Great Barrier Reef
- Getting tickets for the deciding Lions rugby test match vs Australia
- Going to see live music and comedy including Kings of Leon, the Stereophonics, Jack Johnson, Aerosmith, Billy Joel & Michael McIntyre.
- Watching a variety of live sport; Aussie rules, Basketball, Rugby League (including the State of Origin), Australia qualifying for the Football World Cup

It has been a great year and we are grateful to Dr Thomson for the opportunity to have this amazing experience. The Scottish winter has been a bit of a shock, but we have been made to feel very welcome back at Jordanhill!

Mr McCall and Miss Hull





HOLIDAY CLINICS

Western Sydney Wanderers FC

Powered by
Soccer Kickstart
com.au

Come and see what all the fuss is about with the **NEW STANDARD** in Holiday Clinics!

Participants will have a great time developing their football skills in dynamic high quality technical sessions with our fully qualified and highly experienced coaches.

All clinics are led by our full time professional coaches.

BLACKTOWN

BEGINNER/INTERMEDIATE

Blacktown Football Park (Blacktown Association – Eastern Rd Rooty Hill)
9 – 12pm Monday 14th – Wednesday 16th April

ADVANCED

Blacktown Football Park (Blacktown Association Synthetic Field – Eastern Rd Rooty Hill)
9 – 12pm Monday 14th – Wednesday 16th April

PARRAMATTA

ALL LEVEL CLINIC

Pirtek Stadium
9 – 12pm Tuesday 22nd – Thursday 24th April (Includes Stadium Player Experience)

MACARTHUR

ALL LEVEL CLINIC

Lynwood Park Rangers Rd St Helens Park
9am – 12pm Monday 14th – Wednesday 16th April

NEPEAN

ADVANCED (BOYS and GIRLS)

Cook Park, Wilson Street, St Marys
9am – 12pm Tuesday 22nd – Thursday 24th April

These sessions will follow through on proven development systems which follow the FFA curriculum. The first two days will focus on skill development with the final day being a super fun World Cup.

All clinics include a Western Sydney Wanderers FC Holiday Jersey.

Powered by Soccer Kickstart these clinics will be of the highest quality.

The Advanced Clinic is an intense immersion in technical development and tactical understanding. This clinic is only for the serious footballer who wants to make themselves the best they can be.

For details go to www.wanderersfc.com.au and click on Community.

CALL 1300 139 938 TO BOOK IN NOW

LEARN TO PLAY THE WANDERERS WAY



Busways Group Pty Ltd
ABN 48 114 855 551
Level 1, 5 Bridge Street, Pymble NSW 2073
(Locked Bag 61, Pymble NSW 2073)
Telephone: (02) 9497 1800
Facsimile: (02) 9440 1022
Website: www.busways.com.au

7 March 2014

The Principal
QUAKERS HILL HI SCHOOL
70 LALOR ROAD
QUAKERS HILL NSW 2763

Dear Sir/Madam

RE: Travel authority letters issued to students on Busways Services.

Transport for NSW has advised Busways that the current practice of issuing students with a travel authority letter is invalid and should cease **immediately**.

Please advise your staff not to issue these authorities and destroy any Busways travel authority letters they may have on hand.

From Monday 24 March 2014 Busways drivers will no longer accept travel authority letters as a permit for free travel.

In line with NSW Government's Terms and Conditions of Issue, students who cannot produce a valid 2014 bus pass when boarding a Busways service will be expected to pay the appropriate fare for that trip; otherwise travel may be refused.

Your assistance in relation to this matter is appreciated. I apologise for any inconvenience caused with regards to this change.

Yours sincerely

Lyn Coleman
SSTS Manager
Busways Group

Busways Ltd	Busways Camden Pty Ltd	Busways Campbelltown Pty Ltd	Busways Gosford Pty Ltd	Busways Wyong Pty Ltd	Busways North Coast Pty Ltd
g Rd	5 Anzac Ave	37 College Rd	42 Empire Bay Dr	9 Arizona Rd	2370 Pacific Hwy
61	Smeaton Grange 2567	Campbelltown 2560	Kincumber 2251	Woongarah 2259	Heatherbrae 2324
0	T: (02) 4647 7785	T: (02) 4625 8922	T: (02) 4368 2277	T: (02) 4392 6666	T: (02) 4983 1560
8	F: (02) 4647 7964	F: (02) 4628 4482	F: (02) 4368 2077	F: (02) 4392 5831	F: (02) 4983 1569
437	ABN 74 003 081 230	ABN 40 000 572 145	ABN 79 817 812 619	ABN 17 000 044 726	ABN 75 106 202 340

SECONDARY SCHOOL STUDENT TAXFILE NUMBER PROGRAM – THE EASY WAY TO GET A TAX FILE NUMBER

Parent Information Letter

Dear Parent / Carer,

The Australian Taxation Office (ATO), with the cooperation of schools, offers students aged 13 years or over the opportunity to apply for a tax file number (TFN) through school. This is a voluntary program and makes it easier for students to obtain a TFN. Students need a TFN for employment, applying for Centrelink benefits, opening a bank account or deferring university fees.

Applying for a TFN through school is easier because students do not need to show identifying documentation to the ATO. The application form is available from the school and students can complete it at home. The form requires information such as the student's name, address and date of birth. Students also need to provide the following details:

students born in Australia will need to provide their

- birth certificate number, state of issue and year of registration, or
- Australian passport number and date of issue.

students born overseas will need to provide their

- overseas passport number and country of issue, or
- Australian citizenship certificate number and date of issue, or
- Australian passport number and date of issue.

It is important that the application form is fully completed and **signed by the student**. All information provided on the form will remain confidential.

The school will certify the application form by cross-checking against the information held on their records. Students are not required to show identifying documentation to school or the ATO.

PLEASE NOTE: Quakers Hill High School will post completed applications to the ATO 2-3 times each term (approximately every 3 weeks). Students will receive their TFN via a notification letter sent to their postal address within 28 days of the application being received by the ATO.

Enquiring on your child's behalf

Due to privacy provisions, parents of children aged 14 or older may enquire about their children's tax affairs only if they are registered as an authorised contact with the ATO. After your child has received their TFN they can authorise you by phoning the ATO on **13 28 61** between 8.00am and 6.00pm, Monday to Friday. **For more information – Contact Mr Hutton at QHHS on 9837 1533.**

EMAIL ADDRESS REQUEST

Greetings Parents and Carers

I am sure that you would agree that effective communication between the school and home is important. One means of communication is the school newsletter 'Contact'.

We have been concerned for some time that our Contact newsletter is not as effective in communicating as we would wish. It often does not reach home, lost without trace at the bottom of a school bag and sometimes our teenagers actively prevent the school communicating with you as parents and carers.

On top of this is the notion that a paper newsletter is expensive (over \$5000 every year) and given the increasing number of parents who use email and actually prefer it, we really need to get with the times and communicate with parents electronically. Of course, a paper version would still be available for those who require it.

Be assured that we are not aiming to overflow your IN tray with school emails.

We would like to start sending out newsletters by email thus ensuring that they reach the desired destination and saving money which would be better spent on resources for your children.

Please carefully and legibly complete the following and return it to school with your child.

Lauretta Claus

Principal

February 2014

_____ " " " " " "

QUAKERS HILL HIGH SCHOOL - EMAIL ADDRESS REQUEST

CHILD NAME: YEAR:

PARENT'S EMAIL ADDRESS:

[illegible][illegible]

PARENT/CARER SIGNATURE: _____

CHANGE OF PERSONAL DETAILS FOR STUDENTS

(PLEASE PRINT)

NAME OF STUDENT: _____

YEAR: _____

ADDRESS: _____

HOME PHONE: _____

WORK PHONE: _____

MOBILE NO: _____

CARER 1 NAME: _____

PHONE/MOBILE: _____

CARER 2 NAME: _____

PHONE/MOBILE: _____

EMERGENCY CONTACTS: _____

MEDICAL PROBLEMS (IF ANY) _____

KILDARE ROAD MEDICAL CENTRE

ANGELINE VIOLI

Exercise Physiologist, B.App.Sc.(Ex.Sp.Sc) ESSAM

Angeline completed a degree in Exercise & Sport Science at Sydney University and is an Accredited Exercise Physiologist with Exercise and Sport Science Australia (ESSA). With experience in aged care, rehabilitation, weight loss and chronic disease management, Angeline will create an individualised exercise program to help you achieve your goals. Angeline has developed diabetes management and falls prevention programs for the community and believes in a multidisciplinary approach for all health concerns.

The correct exercise regime can assist in the management of many conditions, including diabetes, hypertension, joint replacements (pre- and post-operation), metabolic syndrome, MS, musculoskeletal conditions, neurological conditions, obesity, osteoarthritis, osteoporosis, Parkinson's disease & more.

To make an appointment with Angeline, call Reception on 8822 3000.

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

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

36 Kildare Road, Blacktown 8822 3000

Next to Westpoint

STUDENT OFFER 1

½ Head of Foils Cut & Blow dry for \$99!

*Subject to availability

*Must mention this offer when booking

*Must present voucher to redeem

OFFER 2

20% off any Colour, Cut & Blow dry

*Subject to availability

*Must mention this offer when booking

*Must present voucher to redeem

*Subject to availability

OFFER 3

High School Guys

Cuts \$15

* Subject to availability

* Must mention this offer when
booking

* Must present voucher to
redeem

Aspire Hair & Beauty, where your hair ambition is our ultimate goal!

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2763**

Ph (02) 9626 0032

