



## UPCOMING EVENTS

**10 June**Music Mentoring prog.  
Science incursion**11 June**SW Cross Country  
10W Visit Wyndham**12 June**Stage 5 Life Choices  
Year 8 Bullying workshop**13 June**Chess Tournament  
Vaccinations  
AFL Year 7 P3&4**16 June**Writing Competition  
NSW Futsal competition  
P&C Meeting 7pm**17 June**Spelling competition  
Yr 9 Expo @ Wyndham  
Yr 10 Collegiate i/views**18 June**Combined G&T Meeting  
1.40pm  
Futsal Years 9&10**19 June**Year 11 2015 subject  
selections due  
Yr 9 & 10 Scripture sem.  
Yr9&10 Photo. Exc.**20 June**AFL Year 7 P3&4  
Futsal comp.  
Chess Tournament  
Year 8 Literacy Ass.  
Contact issued

## HIGHLIGHTS IN THIS ISSUE

Study Skills for June P.5

Chess Club News P.7

Dragon Boat Racing P.12

SRC Camp photos P.19

## PRINCIPAL'S REPORT

RECONCILIATION  
ASSEMBLY

Congratulations to Mrs Josselyn and her team for our wonderful Reconciliation Assembly last week. Our ATSI students led the assembly and talked about the importance of reconciliation and how crucial everyone's awareness of it was for our country to continue to move forward. Our guest speaker Chris Tobin, talked about the importance of us showing respect to the land which we are on. As the links that the Aboriginal people have with the land is so fundamental to their culture and by non ATSI people respecting the land, they are thereby showing respect to all Indigenous people.

Our students also did a wonderful job with their traditional Aboriginal dance and a beautiful rendition of "We Are Australian". Thank you to all the our fantastic students who were involved: Byron Roberts, Marley Hunter, Bailey Ralph, Reece Pritchard, Josh

McGivney, Blake Toman, Britney Toman, Tamika Pritchard, Jordan Roberts, Keeley Jane Fabian, Jayda Hunter, Laura May Debouter, Jaicob McGivney, Brodie Bevan, Emma Hedges, Wesley Maya Gundy, Jessica Johnson and Jesse Coe.

ZONE ATHLETICS  
CARNIVAL

Last week Mr Stamatis took a number of our best athletes to participate in the Zone Athletics Carnival. He was full of praise for how our students conducted themselves and there were some outstanding performances by some of our students over the two days. Well done to all students who represented our school with distinction.

CONSEQUENCES FOR  
INAPPROPRIATE  
BEHAVIOUR

It is important for me to remind parents that as part of our school Wel-



fare and Discipline Policy we have a series of detentions that are attempts by the school to allow the students to reflect on their behaviour and accordingly address this behaviour. So students who come late to school without supporting justification from parents will be given a lunchtime detention. Similarly students who fail to adhere to our full school uniform expectations will also be placed on a lunchtime detention. Many faculties also have lunchtime detentions so the student can report back to the faculty and attempt to address the behaviour in a lesson which has impacted negatively on their learning and the learning of the rest of the class.

Students who fail to attend a detention, or who simply forget, are given another chance to redress this and are issued with a second detention. If they fail to attend the second detention, they will then be given an After School Detention (held on a Thursday afternoon from 3.15 to 4.15 in H8). If a student fails to attend an After School Detention without a satisfactory explanation, they will be issued another detention or it may be escalated to a Deputy Principal's Detention (held Tuesday afternoons in the front Admin Office). If a student fails again to follow these expected consequences, a caution to suspend, or a suspension may be imposed by a member of the Senior Executive.

This system of detentions is about the school working with our young people to address their behaviour and ensure everyone works within our SMART expectations, so that we can continue to be a caring educational community shaping a positive future.

**Can I please remind all parents and students that BLACK SOCKS are NOT part of our school uniform.**

Have a great week

**Lauretta Claus**

**Principal**



## DEPUTY PRINCIPAL'S REPORT

### GENERATION NEXT MENTAL HEALTH FORUM

Last Friday I spent the day at an annual mental health conference that brings together experts from Australia and the world to discuss some of the issues facing young people today. The conference had a combination of expert speakers from Education, Health, Research, Science and the Law. I found the material immensely interesting as an educator and as the parent of a 12 and 15 year old and I would like to share some of the information with you.

#### Internet Addiction

The first speaker was Professor Douglas Gentile who spoke on Internet Addiction. Professor Gentile outlined how this has only just been internationally recognised as a problem with about 10% of young people (8-18 years) diagnosed as being at clinical levels of addiction. Some of the results of addiction were poor results, more aggressive behaviours, higher levels of obesity, poor sleeping patterns, preference for ever more violent games and increased hours online. Boys tended to be more addicted to games whereas girls were more likely to struggle with disconnecting from social media. Children were more likely to have a dysfunctional relationship with the internet if there were no rules or boundaries in the home. The current statistics in Australia suggest that over 50% of parents do not have rules or routines around internet use or screen time and this is where the problems start. So the message for all us parents is to limit recreational screen time to no more than 2 hours a day, monitor internet use and encourage them to get outside. However, it is not all bad news as surgeons who play games are better at laparoscopy

surgery than those who do not!

### **Bullying and the Law**

Another session was from the Honourable Alastair Nicholson who spoke about bullying and the law. Cyber bullying was a central theme in his presentation where he strongly focussed on it being “an offence to use a carriage service in a way that reasonable persons would regard as being menacing, harassing or offensive”. An offence that can lead to up to 3 years in gaol. What this means for our young people is that if they use Facebook, Snapchat, Twitter or any form of phone messaging or other social media to bully others, then they can face police action and criminal charges.

Sometimes students can be quite surprised to discover that cyberbullying – which is usually conducted at home and far away from school – does have school based consequences. If your child has been the recipient of menacing, harassing or offensive messages please take screen shots and report the bullying at school or take it straight to the police if necessary. Please do not make the mistake of getting online yourself or approaching the bully in any way.

It is also important for students to remember that they are not to use social media to follow or attempt to befriend staff. Teachers are not allowed to be ‘friends’ with students and all students need to be respectful of teacher privacy. So called ‘upward bullying’ where a student may create a fake account purporting to be authored by a staff member or containing slanderous or offensive comments about a staff member is an offence under Commonwealth Legislation.

Once again the message to all parents is clear. We need to monitor our children when they use digital media and we need to talk to them about their rights and their responsibilities. The message to students is to behave appropriately on the internet and never say or do anything that you would not be prepared to say or do at a school assembly.

At Quakers Hill High School we take bullying and school community wellbeing very seriously and we have established a range of appropriate policies and procedures that we take all reasonable care to follow.

### **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 take the note to 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 nominated time.

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 MON-  
DAY MORNING (except  
public holidays) FROM  
8.10—9.30AM**

### **Preventing Anxiety and Sadness**

Prof Gavin Andrews; Head of St Vincent's Hospital Anxiety Disorders Clinic presented an internet-based learning system that provides health and wellbeing courses for school students. There is a primary school program and a high school program. The program is focussed on preventing stress, anxiety and so on. It is currently available for free at the following address: <https://thiswayup.org.au/schools/> and has resources for parents to download and use at home.

### **N Award Warnings**

Over the past week the Year 10 Year Advisers and myself have been contacting parents and interviewing students about outstanding N Award Warnings. N Award Warnings are generally issued to students who have failed to submit an assessment task or to sit for an examination. N Awards can also be sent for students who have such a high level of absenteeism that their poor attendance is impacting upon their ability to meet the course outcomes. If your child gets an N Award Warning, it is important that you talk to them about it. Find out why they didn't do the work. Did they understand the task? Check what your child has to do to resolve the warning and if they are not sure, contact the teacher.

When students choose not to complete coursework and/or assessment tasks and they fail to meet outcomes they do not get a Record of School Achievement. These students will have more stringent measures applied including meeting with the Student Review Panel which looks at alternative arrangements. Next week Mr Nash will be convening the initial Student Review Panel to meet with students who have placed themselves in serious danger of not receiving a ROSA.

### **Merit Awards, Achievement and Action Parks**

You may wonder what these three things have in common. Well, at QHHS we hold a Big Day Out to reward students who have demonstrated their adherence to the SMART code throughout the year. Last year we went to Jamberoo Action Park and this year's date has already been booked. Come Tuesday 2 December, 150 of QHHS' SMART'est students will be screaming down the Funnel Web, sliding down the bobsled and relaxing on the Rapid River – not mention eating their body weight in ice cream.

Currently many students are achieving highly and collecting a number of merits. In Term 1 Year 7 were in the lead but in Term 2 Year 10 have rocketed to the front. Here are the current tallies:

**Year 7 – 172**

**Year 8 – 122**

**Year 9 – 125**

**Year 10 – 355**

It takes time, effort and dedication to write all of those reports and I would like to highlight the efforts of the following group of teachers – all of whom have written at least 15 merits each.

Ms Mutch, Ms Gray, Mr Wong, Mr Meredith, Ms Kaur, Mrs Maricic, Mrs Mahon, Mrs Naicker, Ms Grantham, Ms Earl, Ms Valatiadis, Ms Khehra and Ms Lachevre. All of these teachers are to be congratulated on their determination to see students rewarded and recognised but the biggest congratulations go to Mrs Claus who wrote a hand cramping total of 307 merits!

**Ms Rebecca Mahon**  
**Deputy Principal (Years 8 & 10)**



## STUDY SKILLS TIP FOR JUNE – HAVING SET TIMES FOR SCHOOL WORK

Many students when they come home from school end up just waiting until they might 'feel' like doing schoolwork. Or else they drag the work out over the whole night. A much better way to work is each night have set allocated times for schoolwork, 2—3 half hour blocks. During this time students should do homework first, and then work on any assignments or upcoming tests, then use the rest of the time allocated for schoolwork to independent learning activities. All distractions should be removed during this time, so students learn to focus for 20-30 minute blocks of time. Some of the benefits for students of having set times allocated for schoolwork are:

- You are more likely to do the work if you know when to start and when to end.
- You will be more effective when you remove distractions and learn to focus for 20-30 minute blocks.
- In all the times NOT allocated to schoolwork you can do whatever you like without feeling guilty about it.
- Having set times stops arguments between students and parents as everyone has agreed when the timeslots allocated to students will be.
- You know that you are definitely doing enough work for school. Keeping schoolwork and personal life separate means you will be able to manage all of the distractions in your life and still complete your work for school.



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](http://www.studyskillshandbook.com.au)

Our school's access details are:

Username: quakershillhs

Password: 45success

**Ms K Naicker**

## *PRINCIPAL'S AWARDS*

**Congratulations to the following students on receiving their Principal's Awards:**

**Year 7 — Caitlin Rock**

**Year 8 — Adam Coleiro**

**Year 9 — Kayla Auld-Schuch (Gold), Eva Hooper, Jayden Thompson (Bronze), Paige Vornfett, Sarah Wakeling (Silver), Elliot Wilson (Silver)**

**Year 10 — Jaime Cumbo, Fardeen Mohiuddin (Gold), Nicholette Watts**



## **RECONCILIATION WEEK ASSEMBLY**

Last week Quakers Hill High School celebrated Reconciliation Week and we had an array of talented Aboriginal students perform at our assembly. We welcomed guest speaker Mr Chris Tobin who spoke to us about traditional land and why it is a great idea to come together and reconcile as one. We watched a traditional Aboriginal dance performed by Blake Tobin, Marley Hunter, Bailly Ralph, Joshua McGivney, Jessica Johnson, Tamika Pritchard, Reece Pritchard, Byron Roberts, Jayda Hunter, Jordan Roberts and Wesley Maya-Gundy. We also saw students partake in the reading of a Traditional Aboriginal Dreaming story about the Southern Cross and present a PowerPoint about what Reconciliation means. We watched a strong singing performance by Laura May Debouter and Brodie Bevan performing "I am Australian" which was a great way to finish off our Reconciliation Assembly.



## CHESS CLUB NEWS

We're up to the 4th week of the Metropolitan Secondary Schools Chess Competition. Quakers Hill High School has 5 teams competing this year. One team from Year 10, one from Year 9, a Year 8 team and two Year 7 teams. They have all had some home and away matches playing a variety of local public and private schools, including Holroyd, Castle Hill, Toongabbie and James Ruse, as well as Kings, St Andrews and Terra Sancta. A number of teachers volunteer to drive the teams to away matches each week. The competition runs for about 10 weeks and the students practise twice a week at lunch time and play on Friday afternoons after school. They show a lot of school spirit and are great sports. Congratulations to all the students representing our school. Keep up the good work!



## LIBRARY STOCKTAKE

There will be an 'Internal Library Stocktake' taking place from Wednesday 18 June (Week 8) to Wednesday 25 June (Week 9). We encourage students to borrow the resources they require before this time. Holiday borrowing will commence on the final Thursday of the term.

Ms Melissa Lachevre, School Librarian

**Library**  
the original search engine



## QHHS VOLUNTEERING PROGRAM

The Personal and Social Capability team led by Lauren Paa and Launce Roma are introducing a Volunteering Program to Quakers Hill High School. The aim of the program is to engage our students in service to the community. Up to 30 students will have the opportunity to visit Quakers Hill Nursing Home. Students will interact with the residents through activities such as board games, scrapbooking, reading and bingo. Our first visit to the nursing home will take place on Wednesday 25th June. We have organised to visit the nursing home once per term including an end of year Christmas concert for the residents. Visits will take place after school on Wednesday afternoons from 2:25 – 3:45pm. The Volunteering Program is open to all students. Students will need to complete an application form and hand it in by Thursday 12th June. Application forms are available from the Welfare Staffroom and Lauren Paa's office.

Some of the benefits of volunteering include:

- Gaining new skills and knowledge
- Develop personally and boost self esteem
- Enjoy a sense of achievement and fulfilment
- Connect to and better understand your community
- Meet new people and make new friends

**Lauren Paa**

**Student Support Officer**

## CREATIONS FOR A CAUSE

Creation for a Cause is a group that initially started to engage Year 7 students during lunch time in a fun activity that would allow them to meet and make new friends. Since then students from all grades have joined and social justice has become the focus.

We meet together on Wednesdays during lunch time in the library. During Terms 1 and 2 we have been making loom bands and friendship bracelets in many different colours and styles. We sold our creations at Parent Teacher Evenings and lunch time and were able to donate \$150 to The National Breast Cancer Foundation. I have enjoyed being part of Creations for a Cause because it is fun and I have met new people. Thank you to Ms Lachevre and Lauren Paa for their support.

**Victoria Smith Year 7**







Nirimba Collegiate

*"Widening Horizons through Innovative Education"*



**YEAR 10 TRANSITION PROGRAM 2014-2015  
PARENT REQUEST FOR CAREERS INTERVIEW**

Dear parent / Guardian,

To assist your child in their transition into year 11 at Wyndham College in 2015, we have included an additional step in the transition program this year. This new step provides parents with an opportunity to discuss their child's subject choices and options to assist them in making the best choices for next year.

Students will be able to book in a time with the career advisor at their school. Each interview will run for 15 minutes. The date for interviews at **Quakers Hill High School** is **Thursday 12<sup>th</sup> June 2014**.

These career interviews are only for students and parents who can attend together. Students can access advice about subject selection through their career advisors at school without their parents at any time throughout the term.

Students should have already thought about their options and have questions organised for these career interviews to facilitate the best outcome for them. The last date for booking these career interviews is **Tuesday 10<sup>th</sup> June 2014**.

Yours Sincerely,

Anthony Head,

Collegiate Deputy Principal (Rel)



## 2014 ZONE ATHLETICS CARNIVAL

Last week, on Thursday the 29th and Friday the 30th of May, students from Quakers Hill High represented our school during the 2014 Zone Athletics Carnival, held at the Blacktown Olympic Centre. Students participated in events such as discus, long jump, javelin, high jump and various running, relay and hurdle events over the 2 days. They were up against students from Girraween High School, Blacktown Boys & Girls High Schools, Mitchell High School, Evans High School, Wyndham College, Seven Hills High School and Riverstone High School. All students were enthusiastic and performed greatly for our school, with quite a few smashing the past carnival records and others beating their own personal best records. Tamara Savage of year 9 broke the shot put record for her age group, wonderfully throwing 8.81 metres. She wasn't the only one, with another student of Year 8, Taya Mclean, breaking the 13 year old girls' javelin record. She threw an excellent 27.8 metres. There were also many other outstanding participants, including Toni Mclean, Chloe Silva, Waheed Shinwari, and Nikolas Savage, who also was the carnival's 15 year old boys champion. Our school wasn't shy, and continuously from the stands, supported anyone participating in an event wearing the red Quakers Hill High School singlets and that was certainly another positive thing to see. One of the many highlights over the course of the 2 day period was definitely how well our school competed in the various relay races. Quakers Hill High School were excellent with working as a team, dominating and placing well in almost all of the races. Overall, our school placed 2nd out of all schools in the 2014 Zone Athletics Carnival, which is an outstanding achievement that everyone should be proud of. Both days went by smoothly and that's thanks to all the teachers, students and parents that came along to simply help out and add to the support. The 2014 Zone Athletics Carnival was a success and congratulations to all participants on their efforts.


**By Natasha Fabiano**

## BILL TURNER TROPHY NEWS

The Under 15 girls soccer team got to the 3rd round of the Bill Turner Trophy. We played at Greystanes High School and at home and eventually lost in a penalty shoot out against Glenwood High School. I was goalie in the match against Glenwood so I was pretty nervous when we went to the penalties. We might have lost, but we had a great time playing! Some of us are only in Year 7 and 8, so we can play again next year too. Thank you to the teachers that drove us and coached us.

**By Gemma Hewitson**





## Teen TRIPLE P

### Positive Parenting Program

Teen Triple P aims to make parenting easier and is designed to support you in your parenting role. It offers suggestions on positive parenting to help you promote your teenager's development.

**Time & Day:** Tuesdays 5:30pm-7:30pm  
**Date:** 20th May to 24th June  
**Location:** 43 Fourth Ave, Blacktown

**Registration:** Please contact Justine on 9626 6620  
 (Wesley Family Centre, Quakers Hill)

This is a FREE 6 week program run in partnership with  
**Blacktown Adolescent & Family Counselling**  
 during term 2, 2014.

\*Food will be provided\*

Young People 12 – 17 years

## VACCINATION NEWS

### Year 7 and 9 boys Urgent Vaccination Information

Vaccination day will be Friday 13 June.

Year 7, 2nd dose HPV (all students)

Year 7, Varicella

Year 9, 2nd dose HPV (boys only)

This program is **ONLY FREE** when delivered via the school program run by the Department of Health. Forms can be collected from the Welfare Faculty. They are due by Wednesday 11 June in the Vaccination box at the front office.



## SUPPORT UNIT INFORMATION

We are proud to have two fabulous pieces of information related to our talented students.

Firstly, a huge congratulations to Cooper Boswell (7M) who competed in the Australian Dragon Boat Championships earlier this year. Cooper was the energetic drummer in the boat, who set the paddling pace, leading his team to win medals at the Australian Championships.

Cooper received a personalised letter from the Australian Dragon Boat President congratulating him on his impressive accomplishment, and will receive a certificate for his fabulous efforts in his first Australian Championships.

Australia will be hosting the World and Asian Dragon Boat Championships in 2016 and Cooper has been asked to name their dragon mascot, which will be famous with all the publicity it will receive, with the likelihood of hosting 6,000 competitors. I'm sure Cooper will be displaying his amazing sportsmanship too. Well Done and Good Luck Cooper!!



If anyone is interested in trying Dragon Boat Racing, please see the attached flyer.





The second piece of exciting news - Mrs Schryver choreographed a dance routine and taught this to four of our students. This was filmed and submitted in order to be accepted into the 2014 Schools Spectacular. We were delighted to hear that our students were accepted and will be part of an amazing event later this year. Congratulations: Sarah Thomas, Tomas Dobell, Bradley Lannoy (one other student to be determined) and to Mrs Schryver. We look forward to seeing further creative flair.

**Mrs Jennifer Payne**

**Support Unit Head Teacher**



# Recruiting now for 2014/15

## Under 18 and Under 24 dragon boating crews

Male and Female • No experience necessary

(Minimum age 12)






Come to our Open Days

11am to 1pm

Free drink and sausage sizzle

Sunday 25 May – DSA site, Uhls Point Reserve, Concord Road, Rhodes

Sunday 15 June – DSA site, Uhls Point Reserve, Concord Road, Rhodes

Sunday 13 July – Rodd Park, Henley Marine Drive, Rodd Point

www.dsadragon.org

0414 714 898

## ENGLISH FACULTY

Year 7 are continuing their unit on poetry, studying a variety of poems and learning about poetic techniques and how they are used to create and enhance meaning in poems. Students are experimenting with using poetic techniques and a variety of poetic forms in creating their own poems. We are looking forward to seeing the creativity that our Year 7 students have to offer!

Year 8 are studying a film unit for the rest of the term. Students are learning about film techniques and how they are used to enhance the themes, characters and elements of the plot as well as the visual effects of films. Some of the films being studied are: *Brave*, *Edward Scissorhands*, *Lord of the Flies* and *Shrek*.

Year 9 are currently starting a creative writing unit in which they are learning writing strategies, with a particular focus on descriptive writing skills. Students are completing a variety of activities and writing tasks aimed at assisting them to practise creating atmosphere through focused descriptions of settings and characters. Students are practising 'showing' rather than 'telling' to build complex layers of information about characters. Below is a creative writing piece written under exam conditions by Allison Turner before the start of the creative writing unit. She used the visual stimulus provided to write a short creative narrative. Her result is a very evocative reflection and an outstanding example of student creativity.

Year 10 are completing their unit on Macbeth. All students are working on their Macbeth Visual Representation Assignment due on Friday 13 June - Week 7. This assignment requires students to choose one theme from the play and visually represent on a poster how this theme is used and developed throughout the play. Students have been studying the use of visual symbols and design strategies in representing information and ideas as part of the skills required for visual literacy. This task gives them the opportunity to explore and practise these skills. Students are also required to write a 500 word analysis of the theme they chose, examining how it is used and developed in the play and explaining the design techniques they used to visually represent it. This is a formal assessment task worth 20% and must be submitted by the due date.

***She has seen the rise and fall of men. The victories they cherished are all but a whisper from ghosts of days long gone. The failures they encountered were grand but were nothing compared to their failure in The Great War.***

***The Earth is a barren wasteland. Tombstones are the only sign that life ever existed. A constant fog kept her from seeing further than a few feet. Even at her peak of power she could not have lifted the lonely wisps of cloud.***

***She had grown weak from her isolation. With nothing to look after and cherish she had become inconsolable. The regret she held inside was unbearable and impossible to be relieved of.***

***Her anger is a much stronger force. The rage she felt when they cut down her loved ones. Brutally stealing them from their home, burning them for warmth. Using them to make such pointless things.***

*They once stood so tall, but no longer. She understood that some needed to go. Evolution had to occur, but they were not replaced. They did not foresee her uncontrollable rage when the last one fell.*

*The world went quiet, the earth shook violently. 'Earthquakes' they called them. They thought the shaking would stop, but they were so wrong. The shaking went on for years. The humans tried so hard to stop it, but she would have none of that. They would pay for what they had done.*

*Pets turned on their owners, crops would not grow. After all those years of torture, the Earth would fight back. She killed many, mothers wept for their children but their tears would not save them. Nothing would; they had to learn.*

*Years would pass and few remained. She was so lonely. She mourned for the dead yet she was their killer. She erected tombstones in their honour. Vowing never to kill again, she watched over them for eternity.*

*She may be immortal, but inside she died long ago.*



**Allison Turner – Year 9**

## **2014 SRC BOOK FAIR AND CAFE**

In Week 5 of Term 3 – Wednesday 13 August to Friday 15 August - the SRC is hosting a book fair to raise money for faculty resources, with a percentage of our profits being given to Galston High School whose library and resources were destroyed in a fire. We are requesting donations from students and their families and would appreciate the following items:

- Novels suitable for high school age children
- Manga/graphic novels
- Magazines
- Non-fiction books
- Poetry

Books will be sold for between \$2 and \$10. We will be selling hot beverages and baked goods at recess and lunch for students and teachers. Donations can be handed in to the front office. Your contributions will be greatly appreciated.



**SRC Committee**



## CONTACT ARTICLE – MATHEMATICS

With the Half-Yearly Exams over and reports being prepared, it's business as usual in the Mathematics Faculty. Term 3 will see all years issued with a formal assignment in Week 1 (due Week 3) and class tests occurring in Week 7. All students are encouraged to keep up to date in the classroom and see your teacher if you do not understand any of the content presented.

### Things you might not know about the number 81

81 is the only number whose square root (9) is equal to the sum of its digits

$$\frac{1}{81} = 0.012345679 \ 012345679 \text{ etc}$$

Homer's boss in *The Simpsons*, Mr Burns is usually 81 years old, except in the episode "*Who Shot Mr Burns*" when he was 104.

### Things you might not know about the number 99

Muslim rosaries may contain 99 pearls, which represent the 99 names of Allah and the 99 names of Muhammad

$$99^2 = 9801 \quad 98 + 01 = 99$$


According to *Time* magazine, a staggering 99 % of Finnish 18 – 24 year olds own a mobile phone

99% of the earth's water is undrinkable

$$99 = 2^3 + 3^3 + 4^3$$





If Barbie were life size, her measurements in centimetres would be 99-58-83 and she would be 218 centimetres tall.

**(SOURCE – Adam Spencer's Book of Numbers)**



**Nirimba Collegiate**  
"Widening Horizons through Innovative Education"

**YEAR 10 TRANSITION PROGRAM 2014-2015**  
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Yours Sincerely,  
  
 Anthony Head,  
 Collegiate Deputy Principal (Rel)



## MAKE YOUR OWN FAKE MUCUS

As the winter begins, more people will be walking around with a cold and a pocket full of tissues to prevent their mucus literally flying all over the place!

As disgusting as it may seem mucus actually serves an important purpose in our body. For all you lucky ones who escape this part of the effects of winter, why not make some mucus—this experiment is not all about grossing out our friends, although that's certainly part of the fun!!!

### What you'll need:

- Boiling water (be careful with this)
- A cup
- Gelatine
- Corn syrup
- A teaspoon
- A fork

### Instructions:

1. Fill half a cup with boiling water.
2. Add three teaspoons of gelatine to the boiling water.
3. Let it soften before stirring with a fork.
4. Add a quarter of a cup of corn syrup.
5. Stir the mixture again with your fork and look at the long strands of gunk that have formed.

As the mixture cools slowly add more water, small amounts at a time.

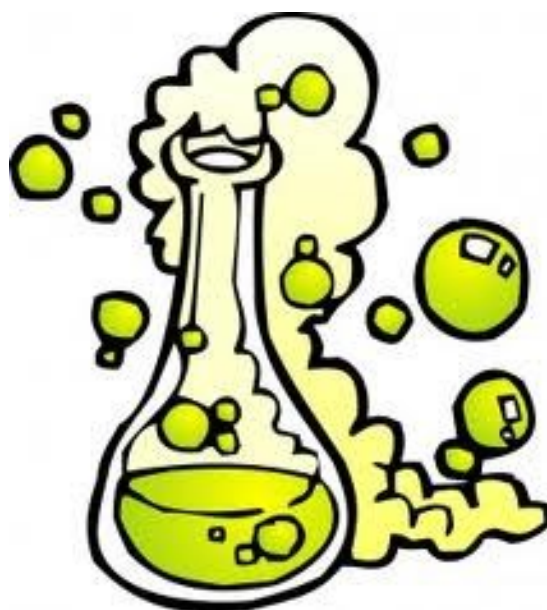
### What's happening?

Mucus is made mostly of sugars and protein. Although different than the ones found in the real thing, this is exactly what you used to make your fake mucus. The long, fine strings you could see inside your fake mucus when you moved it around are protein strands. These protein strands make mucus sticky and capable of stretching.

To win a prize, bring a photograph or a video clip to the Science Faculty showing how you were able to gross out your family and/or friends!

The closing date for this is Friday 20<sup>th</sup> June.

**Ms Naicker**  
**HT Science**



## **SRC LEADERSHIP CAMP 2014**

Last week the SRC went on a leadership camp at Bundilla Training centre at Winston Hills. On the first day we had some special guest teachers that ran some different activities. Ms Naicker ran the 'confidence in public speaking' activity. It was nerve racking to stand up in front of everyone and speak off the top of our head on a given topic but it was also fun to see everyone give it a go. Ms Gray also came to visit and she taught us some valuable leadership skills, such as problem solving and decision making through some fun activities.

After some bonding time we had a cook off! This was our team building challenge. It was just like Masterchef. We were given a mystery box containing ingredients that we had to cook with. We had to cook a two course dinner, using one or all of the ingredients in our box. The teachers had to judge us based on taste, appearance, hygiene and teamwork. The teachers who judged us were Mrs Valatiadis, Mrs Maricic, Miss Del Pinto and Mr Roma. The judges chose the best students and gave them an award - Chef of the Day! Joshua Ahmad, Jacob Chin and Sean Mulvany were the winning chefs! All the teams did such a good job - the winning team was the purple team (Jacob Chin, Sean Mulvany, Boaz Villarosa, Genesis Asuncion and Chloe Silva).

At night we sat around the bonfire listening to Mr Roma's Lion King solo while toasting marshmallows. After that we had a MAD night where people showed their talents. There was singing, dancing, magic tricks and even impersonations.

On the second day we had a visit from the school Chaplin Miss Wakeling who showed us that we had many qualities that we could contribute to the SRC. We then spent most of the day bonding with each other, playing a game called spoons with the teachers.

We also worked very hard planning an upcoming PBL lesson around Tolerance.

Camp taught us many leadership skills such as, negotiating, public speaking, perseverance and team building, all important SRC skills. We had a fun time and are looking forward to utilising these skills this year through SRC projects and events.

**By Neridah McRae & Katie Towell, SRC Representatives**

## **PDHPE FACULTY NEWS**

Term 2 has been a very busy term in PDHPE. Our Year 10 students have completed many fantastic Power Point presentations on alcohol and drug use. There were several absolute outstanding presentations that increased students' knowledge about the dangers of using drugs. Year 8 students have also been busy producing some unbelievably detailed and well thought out board games on diseases and illnesses. They certainly enjoyed having the opportunity to play their games they created in class with their friends. Aboriginal Games have been a big focus for our Year 7 students and many have loved the opportunity to participate in games such as Wana, Kai, Koolchee and Buroinjin to name a few.









## ENGAGING ADOLESCENTS™ PARENT COURSE

*Parenting skills for resolving teenage behaviour problems*

A **three-session** program for **parents and carers** at the  
**Western Area Adolescent Team (WAAT)**  
Buran Close, Mount Druitt, NSW 2770

**Monday** 10:30am till 12:30pm:  
7<sup>th</sup> of July, 14<sup>th</sup> of July, & the 21<sup>st</sup> of July  
**(must attend all 3 sessions)**

### Things you will learn:

- ✓ Things parents have in common
- ✓ New understandings of your teenager and what to expect from them
- ✓ Know how to talk and make decisions with your teenager
- ✓ Building relationship with your teenager
- ✓ Skills for tough conversations for handling those problems you just can't ignore

### Registration Fee

This course is free

Afternoon Tea Included.

To register for this course, contact **Sarah-Jane** at **WAAT** on **9881-1230** by the Wednesday the 30<sup>th</sup> of June

### What parents have said...

*A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.*

*A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had*

*had a far more favourable discussion with him than would previously have been the case.*

### Who's running it?

Sarah-Jane, and Paula will be facilitating. They have completed Parentshop's Engaging Adolescents training.

For more information contact Sarah-Jane on 9881-1230



**Health**  
Western Sydney  
Local Health District

- An end to the arguing and yelling!
- It saved our lives
- Simple, sane, effective
-



## TRY SENIOR SCHOOL DAYS

I was really pleased with the way that our Year 10 visitors used their two days at Wyndham to assist them with their subject choices. Many students I spoke to found that the experience confirmed that they had made good choices. Some others said that it made them realize that some of their choices were not good thus allowing them to change course. Here is some of what I said to them:

“Ask yourself: Is it worth working hard for just 7 terms when the reward is 40 years enjoying a better quality of life with more career choices? OR: Do you want to spend 40+ years regretting what might have been?

There are three types of workers:

- A. Those who are unhappy with their job, wish they had worked harder at school and stay in that job;
- B. Those who are unhappy with their job, wish they had worked harder at school and undertake further study to get a better job; and
- C. Those who are happy with their job.

Which third are you planning to belong to? If your answer is ‘C’, then you need to make some commitments. Commitments are promises that you make to yourself. Educationally, they should include:

- Know the Board of Studies Requirements

It is your responsibility to ensure you are meeting the pattern of study requirements at all times. IN THE BEGINNING AND WITH ANY CHANGES LATER ON.

- Know the ATAR requirements
- Satisfactorily Complete your Courses
- Take a Balanced Approach to Homework, Study and Work

School should be your number one priority in Year 11/12. One way that you will demonstrate this is by how much work you do at home and how often you do it. Also, ensure that casual work is compatible with your school work in term of how many hours and how late you work on a school night. Sporting activities are beneficial but should also be kept in balance.

- Wear School Uniform

Senior students are expected to wear full school uniform. In an adult learning environment, you need to dress appropriately.

- Seek Help When You Need It

Your performance in the HSC is your responsibility. However, you are not expected to make it without support and assistance from others. Asking for help is important and crucial to your success. This applies equally to both curriculum and welfare issues. The

school will always try to meet your individual needs as long as you talk to us. At Wyndham College we look after each other. The following people are always available to you: Your parents, your friends, your teachers, Year Advisers, the HT Welfare, the Careers Adviser, the School Counsellor, Deputy Principals and Principal. There is also online assistance if you prefer.

- **Make Goals:** As I suggested on Subject Selection Evening, Work out a shortlist of jobs or courses that interest you even if it changes over time. In my experience, students without goals do not do as well because they have nothing to aim for.

Rights: You have the right to an adult learning environment which has many benefits for you.

BUT, there is a cost! You have a responsibility to ACT, DRESS and STUDY like an adult.

### My Commitment

- To have you working hard – if you need a kick in the butt, I am happy to provide it.
- ♦ Engagement Reviews
- ♦ Ongoing 'N' Award Reviews
- ♦ Attendance checks
- Help + Advice + Jellybeans
- To care about your future (perhaps more than you do)

Ask yourself again: Is it worth working hard for just 7 terms when the reward is 40 years enjoying a better quality of life? OR: Do you want to spend 40+ years regretting what might have been?

Make your commitments today. Make that promise to yourself!

“Once you say you’re going to settle for second, that’s what happens to you in life.”  
John F Kennedy

Henry Ford said “You can’t build a reputation on what you are going to do.” You’ve gotta DO IT!

**Robert Bredin**  
**Year 11 Deputy Principal 2015**  
**Wyndham College**



## 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

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## 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)** \_\_\_\_\_

## Quakers Hill High School

70 Lalor Road

Quakers Hill NSW 2763

Phone: (02) 9837 1533

Fax: (02) 9837 1747

email: quakershil-h.school@det.nsw.edu.au

Website: www.quakershil-h.schools.nsw.edu.au

Principal: Mrs Lauretta Claus

### **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  
redeem

\*Must mention this offer when booking

\*Must present voucher to redeem

\*Subject to availability

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

**Shop 4, 206 Farnham Rd, Quakers Hill 2763**

**Ph (02) 9626 0032**

### **OFFER 3**

High School Guys

Cuts \$15

\* Subject to availability

\* Must mention this offer when  
booking

\* Must present voucher to

