



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

UPCOMING EVENTS

10 February

5.30—7.30

BREED presentation—Parents As Career Transition Support—in room B1 followed by P&C meeting

11 February

Swimming Carnival @ Blacktown Pool

Year 6 Taster Day for Barnier PS & Quakers Hill Primary School

21 February

Contact issued



Highlights in this issue

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PRINCIPAL'S REPORT

WELCOME BACK TO THE 2014 SCHOOL YEAR

Welcome back to all of our students, those returning and all of the students who are here for the first time. Presently we are busy enrolling students who have moved into the area, setting up classes and finalising timetables.

A special welcome to our new staff: Ms Celeste Notley Smith joins our English faculty replacing Deborah Franco who transferred to Wyndham College. Ms Barbara Watanabe replaces Madame in the LOTE faculty. In History we formally welcome Mr Rob Andrews from Riverstone HS who has filled the vacancy left by Tim Macintyre. We also welcome Ms Danielle Schryver who will look after our new Support Class 7M and she will be assisted by our new SLSO Mrs Leslie Harkness. In the Science prep room Ms Hayley McBain has assumed the vacancy created by

Maureen Mandl's retirement and we are very happy she has joined our hardworking SASS team.

We are still waiting on staffing to process our Support Unit SLSO vacancy created by the departure of Coby Ferretti. In the meanwhile Mrs Karen White will be supporting the students under the care of Ms Schryver.

SCHOOL PRIORITIES IN 2014

1. Literacy & Numeracy skill enhancement
2. Teacher Quality & Leadership
3. Community Engagement & Links

These priority areas are built on the school's commitment to ensuring the following educational environment for our students:

- Improved levels of numeracy and literacy achievement for every student



- Students learn in a Safe, Motivated, Academic, Respectful and Tolerant (SMART) community.
- A curriculum that is responsive and reflects the needs of students with extensive technology integrated into all quality teaching and learning.
- Strong educational learning communities with collegiate schools, partner primary schools and the wider community.
- School culture and practice that respects and responds to every student's aspirations and learning potential and that fully prepares our students for the challenges of global citizenry of the 21st century.
- Continuum of learning from 7 – 10 which provides for every student with particular emphasis on transition points.
- A team of professional educators and administrators working together for the benefit of all our students.

MADAME

It is with a sad and heavy heart that I report Madame (Maria-Louise Valkenburg) our long serving LOTE teacher passed away on Friday 24th January 2014, after a long battle with cancer. Madame was farewelled by family, friends and colleagues on Monday 3rd February at Epping Presbyterian Church. Staff and students will miss her perennial optimism and her willingness to share life stories and experiences. Madame was a passionate advocate for public education and was a strong believer in the importance of quality education for all children irrespective of the postcode they live in, or their family background. May she rest in peace.

SCHOOL FEES POLICY

At the end of the year Mrs Mahon and Mrs Maricic worked with the school executive to review our current Fees Policy. The new policy is based around the collection of fees being undertaken in a timely and systematic manner with a range of supporting procedures that are understood by staff, students and parents. Failure to have a clear policy regarding the collection of course fees could lead to reduced curriculum offerings.

There are two categories of school fees:

- Voluntary School Contribution fee: this helps to enhance QHHS provision of educational, sporting and other extra-curricular programs.
- Course fees: These fees are mandatory and go towards paying for materials consumed during the production of student work and projects i.e. food, wood, textiles, paints, canvas and so on. All course fees are kept to a minimal rate and any changes are negotiated with the Principal and published for the information of students and the school community.

VOLUNTARY SCHOOL CONTRIBUTION FEE or GENERAL SCHOOL CHARGE

\$80.00 has been set for payment to assist in the development of the school and its resources in order to ensure a first rate educational opportunity for all students. Much of the funds raised by this fee will be directed to library resources, technology facilities, musical instruments, sporting equipment and teaching resources. If paid during Term 1, the fee is reduced to \$60.00 to act as an incentive.

Parents are requested to approach the Principal directly should there be some difficulty making this

Information for Parents and Students:

Great news!

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

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

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

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

Username: quakershillhs

Password: 45success

The topics currently covered by the handbook are:

AT HOME

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

AT SCHOOL

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

SPECIFIC SKILLS

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

TESTS AND EXAMS

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

EXTRA 'GENERAL' MINI-UNITS

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

EXTRA 'TECHNOLOGY' MINI-UNITS

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



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

www.studyskillshandbook.com.au

Please note:

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

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Enhanced Learning
Educational Services
"the study skills specialist"

- Suggest your student takes any study notes they make to school and asks their teacher to have a quick look to check they are on track and see if there is any way they could improve the notes they are making.
- Students with handwriting issues may like to visit www.ringpen.com to find out about a pen that could be useful!

8. ACTIVE STUDYING:

- When studying, students should be using a wide range of study techniques.
- One of the biggest mistakes students make is just to read their notes over and over and hope it sticks in their head instead of testing themselves on the content like they should be doing.
- In addition to retaining the content, students need to practise applying the skills of the subject, doing as many revision questions and past exam papers as possible. You may like to look at purchasing an additional textbook in a different brand so that students have more questions to use as revision.
- If students struggle in an exam situation, they need to do more practise under exam conditions (i.e. under time limits and not looking at any notes or answers as they do the practise exam).



9. LIFESTYLE AND BALANCE:

- The best students are those with a healthy lifestyle and good balance in their lives. Think about the types of food your student eats, whether they drink enough water, if they exercise regularly and most importantly if they are getting enough sleep (amount needed varies but the average is around 8 hours).
- It is also important that students have time to do the things they enjoy, spend time with family and friends and also have 'down time' just to relax.

10. PERSONAL BEST:

- Rather than having students competing with others, stress the concept of 'personal best', the idea that while not everyone can be at the top of the class, everyone is able to work towards achieving the best results they are capable of.
- A great read for all parents: *'How to Motivate Your Child for school and beyond'* by Andrew Martin.

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contribution or if payment by instalments is required. Payments as minimal as \$5 a month are acceptable.

SUBJECT CHARGES/COURSE FEES

For Year 7 students, an additional fee of \$60.00 is charged to cover all consumable materials used throughout the year in Visual Arts and Technology. The payment of this fee provides the school with the necessary funds to purchase all the materials necessary for use by students in these subjects, taking advantage of bulk buy and GST free prices which can be obtained by the school.

For Year 8 students, an additional fee of \$60.00 is charged to cover all consumable materials used throughout the year in Technology Mandatory which includes Industrial Arts, Home Economics and Agriculture. The payment of this fee provides the school with the necessary funds to purchase all the materials necessary for use by students in these subjects, taking advantage of bulk buy and GST free prices which can be obtained by the school.

ELECTIVE COURSE FEES

Some courses attract additional fees as a result of their use of consumable materials. All costs are kept to a minimum but are necessary in order to provide the materials necessary to meet the practical components of the course. Students who elect to take these courses are required to pay for the materials that they use. Students who have not paid their fees or negotiated a fee paying schedule will not be able to participate in practical lessons and may be moved to a non-fee paying subject. In consideration of this it is important to note that there are many non-fee paying electives that students can choose.

NOTE: All fees are payable to the school office before school, at recess or lunch and a receipt is issued.

I encourage parents to contact me directly if there is any particular concern with the payment of elective fees. Student Assistance Funds given to the school will not be available for students to participate in fee paying electives, these funds will be used to support families with uniform issues or other financial hardships.

READY FOR HIGH SCHOOL

Can you recall what you were most apprehensive about when you started high school? This video of Year 7 students explain why teens shouldn't be worried about starting high school, and how they can get off to a great start in the first few days. Watch the videos: <http://www.schoolatoz.nsw.edu.au/wellbeing/development/what-happens-in-year-7>.

KIK MESSENGER

Does your child use Kik? Police have described it as "the No.1 social media problem involving teenagers", but most parents would barely have heard of messaging app Kik before last week.

Find out what it is: http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger

Why cyber safety experts are concerned: <http://www.smh.com.au/digital-life/digital-life-news/experts-warn-of-apps-hidden-dangers-20131130-2yif3.html#ixzz2mYlKXFyd>

BOYS AND BODY IMAGE

AUDIO: Rachel Friend talks with paediatrician Associate Professor Michael Kohn about the issue of body image and how it impacts on young men in particular. <http://www.schoolatoz.nsw.edu.au/wellbeing/health/boys-and-body-image>.

Have a great week.

Lauretta Claus

Principal

KEY PERSONNEL TERM 1 2014

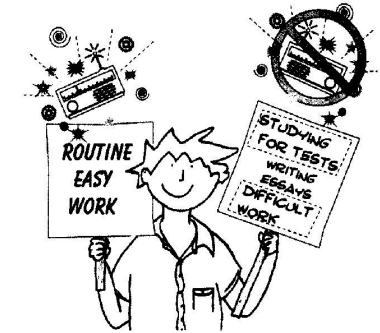
Year 7 Advisers	Bree Mutch (Social Science) Lenae Razbusek (PDHPE)
Year 8 Advisers	Emily Gray (English) Marissa Josselyn (CAPA)
Year 9 Advisers	Launce Roma (TAS) Shelley Walker (History)
Year 10 Advisers	Nicole Neylan (History) Oliver Meredith (TAS)
Year 6 Transition	Melissa Lachevre (Library)
Year 11 Transition	Brendan Hutton (Careers Adviser)
Student Support Officer	Lauren Paa
School Counsellors	Tina Wang & Janet New
School Chaplain	Adele Wakeling

At the 2013 Year 10 Graduation Ceremony, the following students received a stand up acknowledgement and received a Certificate of Outstanding Achievement from Mrs Michelle Rowland's office:

Fazilat Ahmed, Hakki Aykut, Shannon Barker, Corey Butcher, Kyle Butcher, Danielle Douglas, Taylan Haydardedeoglu, Lisa He, Brody Herbert, Teigan Hi, Joshua Hinzmann, Emily Huang, Jason Lee, Rose Lewis, Maryam Mandehgari, Christopher McRae, Kiesha Mealey, Dylan Mottram, Dev Nanavati, Anita Omoruyi-Uwaila, Rachelle Perceval, Aruneshwaran Sayanthan, Maria Sow, Jack Steel, Benjamin Talintyre, Rhyannah Torrance, Abdulsameh Wahabzadah, Megan Warner, Guy Watson, Nicole Yallop.

4. MANAGING WORKLOAD:

- Students should have a term planner visible in their room that shows due dates for tests and assignments.
- Check that students are using their diary as a planner by breaking down larger pieces of work and scheduling when they will do each step (this can be done in pencil so can be changed as needed).
- Some students may need help in chunking down tasks and putting together a plan to complete each step.
- Check how students keep track of the work they have completed and check that uncompleted work is moved forward in the diary to the current day.
- If students are feeling overwhelmed, help them list everything they need to do and prioritise the tasks.



5. DEALING WITH DISTRACTIONS:

- The best way to deal with distractions is to work in half hour blocks with no distractions during this time. This means during the half hour blocks allocated to schoolwork, no Facebook, TV etc – not for the whole night, just for those half hour blocks.
- The general rule with music is that if students are doing easy work it is ok, but for anything that requires concentration, particularly if there is memorisation involved, students should either switch off the music or have baroque classical music playing softly.
- Many families have an Internet capable computer in the main living area where students can research and save information onto a zip drive, and small cheap notebooks not connected to the Internet for students to use in their room.

6. IMPROVING CLASSROOM SKILLS:

- Check with teachers at parent/teacher night who your student sits with in class and how well they work together. If it is not an effective partnership, request they be moved to a different seat for future lessons.
- Have students keep a list of questions they need to ask their teacher about and encourage them to ask about these in class or else make an appointment to see their teacher outside of lesson time.

7. SUMMARISING:

- One of the biggest mistakes students make is leaving their study notes until just before their exams. One of the best habits students can get into is doing their study notes throughout the year – at the end of each topic is a good time to do this. Whenever students don't have much homework, they should be working on study notes.
- Another mistake is writing too much and not breaking the content down into short key points in their own words. Have a look at the sorts of notes your students make and see if you can provide suggestions for improvement.

Helping Students Develop Effective Study Skills

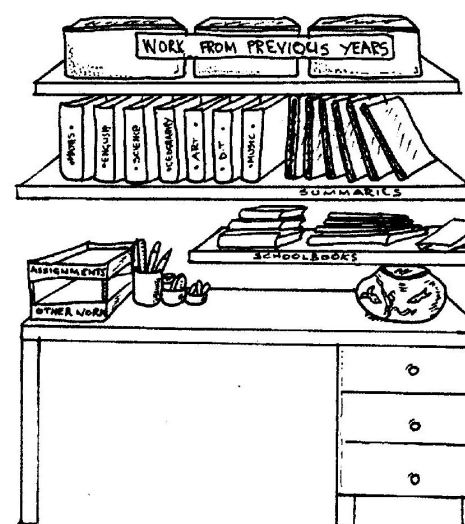
ELES Top 10 Tips for Parents



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"the study skills specialist"

1. HOME STUDY ENVIRONMENT:

- Ensure your student has a well-set up and organised space to work in.
- Consider if their chair and the lighting in their room need to be upgraded.
- Provide storage space and a noticeboard.
- You may like to have the Internet capable computer in the main part of the house, students can collect their research onto a memory stick and then use this to work on assignments on a cheap notebook computer (not connected to the Internet) in their room.



2. ORGANISATION AND FILING:

- Discuss with your student whether they use exercise books or folders and how well this is working for them. How do they manage loose sheets of paper?
- It is a great idea to set up a folder for each subject that stays at home – somewhere to file away past tests, assignments, completed topics and to keep everything together.

3. TIME MANAGEMENT SKILLS:

- Clarify with your student the concept that in secondary school students are expected to do a set amount of schoolwork each night (as opposed to just getting the homework done as quickly as possible).
- Juniors should be spending around 1 hour per night on schoolwork, seniors from 1.5 up to 3 hours per night.
- Students should work on homework first, then assignments or test preparation. After this students need to look for other things they can do to enhance their understanding of their subjects, such as making study notes, doing extra questions, revising earlier topics.
- It is best to either have a timetable with slots allocated to schoolwork or else have students do a certain number of half hour blocks each night.

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DEPUTY PRINCIPALS' REPORTS

NEW SCHOOL YEAR

Welcome to all the new families and to all our existing families. The students have transitioned well into the school year and are to be congratulated for their adherence to the SMART values and encourage them to continue to follow them. Students have been issued with a school diary, which is funded by the P&C, to assist them with their organisational skills. All students will be required to have their diaries with them every day. While we encourage students to go the toilet before school and during breaks, we understand that sometimes there are emergency situations that require students to use the amenities during class time. Students will need to have their diary signed by their teacher to give them permission to go to the office in order to access the key. This is to ensure that students are not missing valuable class time and are only utilising the amenities in emergency situations.

YEAR 7 CAMP

This year we are moving the Year 7 Camp to the Kincumber site. We are looking forward to using this venue as this will be a new experience. The cost of the camp is \$265, but if you prefer to follow a payment schedule:

- Deposit \$90 by Monday 10th February
- 2nd instalment of \$87.50 is due by 24th February
- Final instalment of \$87.50 is due by the 3rd March

If these payments are a problem, feel free to pay in weekly amounts. Any questions, please contact Ms Bree Mutch or Mrs Lenae Razbusek

CHANGES TO YEAR ADVISERS & TO THE ROLL CALL STRUCTURE

A reminder that there is a change to the roll call structure and that each year now has 2 year advisers.

Roll Class Organisation 2014

Year	Advisers	Roll Class	Teacher	Room	HT	DP
7	Mutch / Razbusek	7.1	Roy	B14	CRITCHLEY / KHEIRA	MARICIC
		7.2	Ossington	B15		
		7.3	Daghel	B16		
		7.4	Cole	B17		
		7.5	A Prasad	B18		
		7.6	S Concepcion	B19		
		7.7	Andrews	B20		
		7.8	Alex	L6		
		7.9	J Concepcion	L1		
8	Gray / Joselyn	8.1	Drake	G6	WRIGHT / BROOKS / VALATIADIS	MAHON
		8.2	Pratap	G7		
		8.3	Cameron	G8		
		8.4	Van Boom	H5		
		8.5	Watson	H6		
		8.6	Spring	H7		
		8.7	Krilic	H8		
		8.8	Wong	H11		
		8.9	Nicholls	H12		
		8.10	Tong	H14		

9	Roma / Walker	9.1	Sultana	L2	NAUCKER / HEAD	MARICIC
		9.2	Rajendran	L3		
		9.3	R Prasad	L4		
		9.4	Breen (Dyer Thurs	L5		
		9.5	Notley-Smith	D6		
		9.6	Moodley	D5		
		9.7	Grantham	D4		
		9.8	Singh	D3		
		9.9	Nisar	D2		
		9.10	Watanabe	D1		
10	Meredith / Neylan	10.1	Longstaff	A2	BLENCH / NASH / EARL	MAHON
		10.2	Hutton/Somerset	A3		
		10.3	Liversedge	A4		
		10.4	Wallia	B9		
		10.5	Hely	B10		
		10.6	Soliman	B11		
		10.7	Tweeddale	B12		
		10.8	Romerosa	B13		
	All	SRC	Del Pinto	LIBRARY	BARRY / WHITE	BOTH
		T.1 (Reading)	Azad (Kantek Mon's	B4		
		T.2 (Reading)	McKean	B5		
		T.3 (Reading)	Fensom	B6		
		T.4 (ESL)	Ravikumar	B7		
	All	Sport	Stamatis	A1	PAYNE	
		T.5	Schryver	D10		
		T.6	Beange	D9		
		T.7	Charan	D8		
		T.8	Walden	D7		

HOUSE COORDINATORS

I am pleased to announce the House Coordinators for 2014:

House Coordinators	House	House Colour
Mr R. Andrews	Ravensworth	Red
Mr M. Berg	Oberon	Orange
Ms L. Soliman	Yallah	Yellow
Mr A. Watson	Gundagai	Green
Mr R. Latty	Bathurst	Blue
Mr M. Daghel	Perisher	Purple

The School Swimming Carnival will be held at Blacktown Swimming Pool on Tuesday 11th February 2014. This is a compulsory event and all students are expected to attend the carnival as there will be no supervision at school. The cost of travel, pool hire and entry is \$10 and the students will depart from the school immediately after roll call at 8.45am and will return to school by 3.01pm.

Notes can be obtained from the office but all money is due by Monday 10th February. Students are expected to wear their house colours or sport uniform on the day. We encourage them also to bring their lunch and drinks, hat and sunscreen. The pool has a canteen that will be in operation on the day if students would prefer to buy their lunch and drinks. *SLIP SLOP SLAP* and have a great day!

Mrs B Maricic Year 7 & 9 Deputy Principal

FEES POLICY

Sometimes there can be confusion about fees at public schools and members of the community can start to believe that all fees are voluntary. With this in mind it is important to understand that not all school fees are a choice. Course fees in subjects such as art, photography, woodwork, food technology and textiles are mandatory fees that go towards paying for the materials that are used by students during class. The school needs to purchase consumable materials such as wood, recipe ingredients, paints and canvases to support these subjects hence these fees are not voluntary

and they must be paid. Students who make no attempt to pay their fees will either be moved to a free elective or they will no longer be allowed to participate in the practical lessons. Within the next three weeks we will be sending home invoices outlining monies owed to the school and we would appreciate invoices being settled as soon as possible.

We do recognise that paying fees can cause some families economic hardship which is why we offer payment plans and free electives. If you do wish to begin a regular part payment plan please contact Mrs Claus.

SMARTCHART

This year as part of our ongoing focus on Positive Behaviour for Learning (PBL) we have introduced the Quakers Hill High School SMARTchart. The SMARTchart is a classroom management system that encourages teachers to use the same language and the same systems when a student is not behaving appropriately. The SMARTchart encourages students to focus on their own behaviour and take responsibility for what they do in the classroom. Teachers will be asking questions such as 'what are you doing?', 'what should you be doing?' These questions allow students the opportunity to fix their behaviour before their name is written on the board, before they are isolated, detained or placed on a conduct card.

Students are encouraged to **always** take the opportunity to improve upon their behaviour and to reflect on the consequences of their actions. Choosing to behave appropriately is supported through meetings with the teacher, filling out SMART reflection cards, conduct cards and possible isolation within the classroom. Parents are also informed and involved. All students have had the system explicitly taught and explained to them to further help them to behave appropriately in all school settings.

Mrs R Mahon Year 8 & 10 Deputy Principal

PARENTS AS CAREER TRANSITION SUPPORT (PACTS)

Do you know much about the career options for your child?

Will you know how to support them if they—

- A. Don't get into University or TAFE?
- B. Decide not to stay at school, TAFE, University or in employment?
- C. Have difficulty getting a job?

Would you like to be better informed in helping your son or daughter plan for their future?

Do you want to know more about Apprenticeships, Traineeships, Job Services Australia, TAFE and University?

BREED in partnership with your school is making available a program for parents called PACTS (Parents as Career Transition Supports). The PACTS Program is a series of information and education workshops specifically developed for parents of secondary school students at all year levels.

An information session will be held for parents interested in learning more about the PACTS Program at the school on Monday 10 February from 5.30 to 7.30 in room B1 (before the P&C meeting). We need at least 10 or more interested parents.