



UPCOMING EVENTS

Tuesday 19 July

All students return for Term 3

Thursday 21 July

National Chemistry Quiz
Whole school NAIDOC
assembly

Drumming workshops @
HPS

Friday 22 July

CHS Cross Country
Barista Training Day

Monday 25 July

Year 8 Subject Selection
evening 6.30pm

Tuesday 26 July

Make a Difference Day

Wednesday 27 July

Opportunity Class Placement
Exam

Year 10 Enrolment Packages
due & subject selection
closes

ADOBE excursion
Support Unit Swim School

Thursday 26 July

Sydney West Athletics
Year 10 Fast Forward Skills
Day

Primary Prosperitas
Mentoring session
Drumming workshops @
HPS

Game training

Friday 29 July

Sydney West Athletics
Contact issued



HIGHLIGHTS IN THIS ISSUE

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Sport results Page 23

PRINCIPAL'S REPORT

STAFFING UPDATE

After the formal merit selection process Mr Daniel Nash has been appointed our new HT PDHPE. This means that the school now has a vacant HT Admin position which Mrs Maricic will be convening a panel to fill next term. Mr Rhys McKean has been formally appointed to fill the PE vacancy created by Mr Blench's departure.

Congratulations to Mrs Roseeta Prasad who has been appointed to Chifley College Bidwill Campus as Head Teacher Science. Her appointment commences Term 4. Next term I will begin endeavouring to fill her vacancy. Next term we also welcome Ms Jessica Pegg to our English faculty replacing Ms Ossington who has moved to TAS to fill the vacancy left by Mrs Walden retiring.

U14 GIRLS FUTSAL CHAMPIONS

On Monday 20th June the Under

14's Boys and Girls Futsal Team travelled to Dural Leisure Centre to play in the Futsal NSW Regional Gala Day. The boys put up a tremendous fight against excellent Futsal teams but were unfortunately unable to make the Qualifying Finals. They held their heads high and showed great passion and teamwork throughout the day. A special mention goes to Mitchell Tritton in goals who made numerous amounts of fantastic and impossible saves to keep the boys in the game.

The girls displayed excellent Futsal skill and teamwork allowing them to reach the final of the tournament. They came up against very organised, well drilled teams but our passion and desire to work as a team got us over the line to become Regional champions. All the girls displayed excellent sportsman-



Education &
Communities

ship and did Quakers Hill High School proud. The girls now go on to the State Championships which will be played early Term 3. We wish the girls the very best of luck going into that tournament. A big thank you to Mr Fabricato and Mr Stamatis for organising the event and coaching the teams.

MORE RENOVATIONS

In the school holidays the final, middle section of our COLA over the basketball courts will be completed. This will be an invaluable resource for outdoor sporting and cultural activities for our students as well as an additional wet weather learning space.

SEMESTER 1 SCHOOL REPORTS

Today all students will receive their Semester 1 report. The staff welcomes any questions or concerns that parents may have about the reports and their child's progress, so please feel free to call up and make an appointment to see either the teacher of a particular subject, or the child's Year Adviser if there are a number of concerns across a range of subjects. I know the Senior Executive is also happy to meet with parents to discuss their child's progress, but make sure you call up and make an appointment as soon as possible so measures can be put in place to support your child's learning.

May I take this opportunity to wish all our students and their families a safe and happy holiday and look forward to seeing you all back at school ready for another intense term of learning on Tuesday 19th July.

Lauretta Claus
Principal

DEPUTY PRINCIPAL'S REPORT

SEIZE EVERY OPPORTUNITY

One of my favourite movies, and a favourite for many teachers is the Robin Williams

classic *Dead Poets Society*. This film focusses on a class of boys at a private American high school and their inspirational English teacher who constantly encourages them to "Seize the Day". By this he means that they must take advantage of every opportunity, that they must strive to excel and he exhorts them to 'make their lives extraordinary.' One of the reasons why teachers love this movie so much is that he pushes the boys to be the best that they can be and it is this that all teachers want for all students. That our students will strive to do their personal best in everything that they undertake.

One of the main ways we want to see students doing their best is by seeing them seize all of the opportunities that are offered to them. At Quakers Hill High School we have long offered students opportunities in extra-curricular sporting activities such as carnivals, knockout competitions, grade sport and the Collegiate Cup. Students have the opportunity to engage in student mentoring via Primary Prosperitas and they have the opportunity to complete their own sustained Prosperitas project in an area of personal interest. Students can compete in ICAS competitions, play Chess, seek election in the SRC, volunteer as a peer support leader or a peer counsellor. They can undertake the Premier's Reading Challenge, they can get involved in groups, musical and dramatic performances. They can try out their arguing skills in debating, they can seek publication of their creative writing in the school magazine or on the school website. They can even get involved in cross-collegiate activities such as theatre sports and MADD nights.

For this reason it can be somewhat disappointing to see how many students do not take the opportunity to engage in the extra-curricular opportunities offered. Parents, when you receive your child's report this Friday take a few minutes to see whether or not your child was involved in any extra-

curricular activities. If they were not, and they are not involved in anything outside of school, please encourage them to seek out some of the opportunities that QHHS offers. It will help them in all sorts of ways, not least of all in developing new and wider friendship groups, building confidence, developing a stronger sense of connection and belonging to school. They will also develop skills and abilities that help them to stand out when it comes time for them to write a resume for a part time employment.



TEACHERS LOVE LEARNING TOO

On the 23rd June, the QHHS teaching staff stayed at school until well after 6pm engaging in a variety of activities around numeracy and providing feedback. Mrs Maricic opened the Twilight Session with a presentation on Numeracy before all staff went off to their KLA groups to work on creating class lists and using these to determine which areas of numeracy their class needed the most work on. Mrs Critchley then separated the staff into 8 groups to go off and prepare presentations on a range of aspects of Feedback, based on a variety of readings and articles in this area. Improving feedback is one of our focus areas as “when Professor John Hattie, the Director of the Melbourne Education Research Institute reviewed over 500,000 research studies, he found that

feedback had more impact on student results than any other teaching strategy.” Thank you to the staff who contributed to making it such a useful and productive afternoon. Thank you also to Mrs Maricic for organising the food – a task which she always accomplishes with grace and apparent ease.

Next term our Staff Development Day will be held at Wyndham and it will be a Nirimba Learning Community (NLC) joint initiative with Dr Justin Coulson speaking to the staff from all nine schools on issues such as positive psychology and building the emotional classroom.

Semester 1 Reports were issued today with Semester 2 timetables. If your child was not at school today, they can pick it up first day back next term from the front office.

To all staff, students and parents, have a wonderful holiday and enjoy some time relaxing and catching up with your loved ones. Be safe and we look forward to seeing you next term refreshed and ready to embrace the challenges of Term 3.

Remember, school resumes on Tuesday the 19th July and it will be Week A of the timetable.

Mrs Maricic and I wish you all a happy and safe holiday.

Mrs Mahon
Deputy Principal



MATHEMATICS FACULTY NEWS

Term 2 has drawn to a close and students as well as teachers are looking forward to a well-earned holiday. This has been a busy term with the Year 7 PCL task completed on top of the usual half-yearly exam. Congratulations to Year 7 students who have completed their PCL task on the Aboriginal Number System. This will be displayed at school in Term 3 on 4th of August.

In Term 3, Year 7 will start on the topic of Decimals and Percentages and Year 8 on Applications of Percentages. Topics for Years 9 and 10 will vary depending on the course.

The Maths staff of Quakers Hill High School would like to wish all students, parents and teachers a safe and most enjoyable holiday.

Year 7 PCL task

Symbols used in the Aboriginal number systems

- ▶ one=pinkie
- ▶ Two=ring finger
- ▶ Three=middle finger
- ▶ Four=index finger
- ▶ Five=thumb
- ▶ Six=inside the elbow joint
- ▶ Seven=the forearm
- ▶ eight=the elbow
- ▶ Nine=the biceps
- ▶ Ten=point of the shoulder



ENGLISH FACULTY - ENGLISH, DRAMA, LITERACY

The English Faculty would urge all students to take a well-deserved break, enjoy the time at home with family and encourage some holiday

Reading. Here is one novel highly recommended by Mrs Earl: The door series by Emily Rodda. Some of the Year 8 students may be studying this book in their novel unit next term. Some other good reads -

"Grimsdon and New City" by Deborah Abela - a survival story about children trapped in a city after a flood.

"Percy Jackson by Rick Riordan – Series about the quests of Percy Jackson, a demi-god (Half-blood).

"The Keepers" by Lian Tanner - story of Goldie, an independent free spirit who wants to embrace life on her terms.

The 'Tomorrow...' series by John Marsden.

This semester the Year 10 Drama classes have been very busy creating films. We look forward to seeing the final product at the Drama evening next semester.

Year 7 have settled into the routines in the English classroom and have been very responsive this semester to the DNAs (Do Now Activities) in their English and Literacy/ Numeracy classes.

The Year 9 cohort has completed a Novel unit and the Area of Study unit – The Human Footprint. Some outstanding work was received in the combined Science and English Project work that focussed on the sustainability of different ecosystems and whether humanity can change its negative impact.

Year 8 in their coursework this semester, have addressed issues of social justice and the ability of humankind to survive difficult situations and overcome these blocks to live purposeful lives. Students have discussed their heroes and recounted some very moving stories of survival in their assessment.

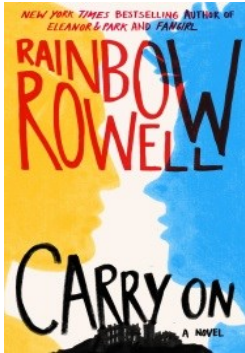
After such a busy semester have a safe and restful break. We will see you all next term.

Ms Earl

Reading Recommendations from Our Library Leaders

Rainbow Rowell– Carry On

Review by Roveilyn Espiritu (Year 10, 2016)



Simon Snow is the worst 'Chosen One' ever chosen. He can't pronounce spells properly, he can't control his magic, he sets fires when he 'goes off' and he is roommates with a vampire that is hell bent on killing him; his sworn arch nemesis, Baz. Then Simon entangles himself in the mysterious 'Watford Incident', helping his enemy Baz to find his Mum's killer and fighting the Humdrum as it devours magic. This book captures a journey full of mysteries, whiteboards, mythical creatures and fluttering kisses.

Carry On is a witty take on fan fiction writing, having being composed by the protagonist in author Rainbow Rowell's novel *Fangirl*, as a satirical homage to Harry Potter. This book contains many character's perspectives and yet the main action still centres around Simon Snow, the greatest, most powerful magician that ever walked on Earth. The book is engrossing, as it engages its readers with the character's complex and continually evolving relationships. The plot line featuring countless magical expeditions heightens the thrill, with the protagonist and his friends facing the Humdrum. As new characters are introduced, the mystery intensifies. The heightened suspense left me with huge expectations for a sharp and decisive ending, which unfortunately the book did not entirely deliver. (Hence, the two missing stars.) Overall, the book was enjoyable. Not for a hard-core fantasy book reader, but for teenage readers who enjoy a little romance on a battlefield.

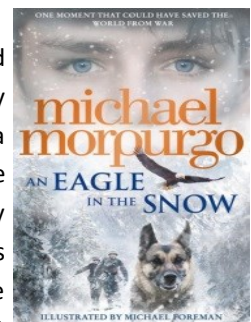
RATING: ★★☆☆

An Eagle in the Snow– By Michael Morpurgo

Review by Zoe Morgan (Year 8, 2016)

This is the story of a man who could have stopped World War 2 with a single bullet.

An Eagle in the Snow is the story of a soldier in World War 1 who could have prevented World War 2 from occurring with a single bullet through a man's head. When Barney and Ma meet a stranger in the train, he tells them the story of William "Billy" Byron, a soldier in World War 1. When Billy meets little Christine and views firsthand what the horror of war can do to people, he is determined to end the war as soon as he can. Billy earns many medals and honours along the way, becoming more and more famous as the story unfolds. One fateful day there is a battle, and on the spur of the moment, he makes a decision which he thought was the right one. However, this decision turns out to be the biggest mistake he has ever made. Will he be able to live with the resulting grief or will he have to finish what he started all those years ago?



An Eagle in the Snow delivers a rich story with a unique point of view; this is undoubtable an intriguing and dramatic novel, with thought provoking ideas. As the story unravelled, it kept you guessing as to what the 'event that could have stopped World War 2' could have been. This book is extremely well written. The author begins with a minimalist style and then slowly begins adding more complex detail to the scenes, the characters, and the action, compelling you to read on. The mysterious scenes were extremely well composed, delivering a sense of drama and creating a tense atmosphere with emotive language.

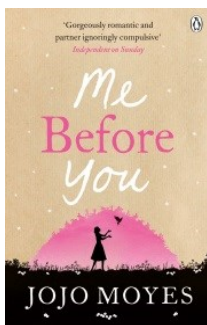
I would recommend this book to fans of Michael Morpurgo's work or people who enjoy reading historical fiction

about World War 1 and 2. It encouraged readers to take on a different perspective and I give it four out of five stars. I would also recommend reading other books by Michael Morpurgo, such as *War Horse*, *Kensuke's Kingdom*, *Waiting for Anya*, *Why the Whales Came*, *Friend or Foe* and *Twist of Gold*.

RATING: ★★★★★

***Me Before You* – By Jojo Moyes**

Review by Vipneet Kaur (Year 10, 2016)



Me Before You is a romantic novel about the unlikely pairing of 26-year-old Louisa Clark and a wealthy man, Will Traynor. Will was very successful and enjoyed all aspects of his life, until he became paralysed. Then Lou makes an entrance into his life, on her quest to find work she gets offered a job as Will's personal carer. Suddenly Will's world changes, his despondency, unhappiness and disconnection from life is challenged by this woman who feels deeply, laughs loudly and reawakens his thirst for life.

This book is thoroughly engaging and very thought provoking; you become completely invested in the characters and their dilemma. Jojo Moyes presents a complex juxtaposition of a stirring love story set against great personal tragedy. Even though it was a little predictable or clichéd at times, the ending of the book contrasted beautifully with the beginning. The novel challenges the reader in many ways, inspiring us to reflect on how we would fare in a similar situation. This emotional tale explores a rich tapestry of themes, such as acceptance, family, friendship and life. I encourage you to read this novel, before viewing the recent film adaptation.

RATING: ★★★★★

***The Ice Dragon* – By George R.R. Martin**

Review by Iluka Jelley (Year 7, 2016)

The Ice Dragon by George R.R. Martin is a fantasy novel about dragon's, endless war and the cold, harsh winter. Adara is a winter child, born in the coldest of winters ever seen. Isolated from others, she grew up counting the days until the arrival of winter, when she could visit the Ice Dragon who came every year. Then war erupted, soldiers mounted upon terrifying dragons threatened her village and in the midst of terror Adara was required to make a pivotal choice.

This short novel is an easy read that keeps you on the edge of your seat in anticipation of what's to come next. It has wonderful illustrations that depict scenes of terror and wonder, making it an excellent read for all years. The accessible language ensures that it is easy to understand and can be well appreciated by all lovers of quality fantasy.



Recommended for years 7-9.

RATING: ★★★★★

The 2016 Premier's Reading Challenge – The End is Near

...and the aroma of delectable pizza permeates the air.

Readers, you need to 'get your hustle on', you need to turn on the steam, step on the gas, make tracks, make haste, shake a leg and *go like lightning*. The 2016 Premier's Reading Challenge is poised to wrap up in Week 5 of Term 3. So take a moment to reflect on the wondrous books you have read in 2016 and then **swiftly** document your mighty achievement. Your reading list (or 'reading log' for those in the know) needs to contain only twenty of those books. You can put pen to paper and submit that list to Ms Lachevre the old fashioned way (after your parents or guardians have co-signed the list) or you can log on to the PRC site and enter your books directly at - <https://online.det.nsw.edu.au/prc/home.html>. (Remember, that spare reading logs can be picked up from the Library ASAP.)

TO RECAP:

The QHHS PRC entries need to be finalised by **Friday the 19th of August** (Term 3, Week 5)

You need to have read 15 books from the PRC List and 5 of your own selection

You need to see Ms Lachevre in the Library to ensure your entry is validated & then...

You need to select your pizza preference for the celebratory Lunch on Friday in Week 6 of Term 3

You need to pick up your 4 merit awards from Ms Lachevre

You need to prepare yourself to potentially win a \$30 Hoyts movie voucher

And get ready to receive your letter of commendation and to bask in your parents' love and pride

"If we encounter a man of rare intellect, we should ask him what books he reads."

—Ralph Waldo Emerson

The Term 2 Library Events Calendar



(The Hip & Happening Rock their Talents for All to See)

Our Library leaders are magnanimous individuals and this term they hosted a monumentally diverse Library Events Calendar for our student body. Our resident henna artists ran workshops for those seeking to turn their hands into the ultimate canvas and our gamers ensured that their love of the Super Smash Flash Tournament and Minecraft was shared with game enthusiasts school wide, with a competitive edge to up the ante. Our Literary geniuses were engaged in an 'epic creative dialogue challenge', with dramatic results and our ardent fans of crazed, high stakes, mini competitions, indulged in the Minute to Win It Challenge, accompanied by the fiendish shrieks of their overly supportive friends. Finally, our leaders ensured that karaoke trivia and a karaoke singing challenge went off with a bang, and all crooners serenaded our guest with a fair amount of bravado.

Stay tuned for an equally fabulous Term 3 Library Events Calendar.

Come on in. Challenge yourself. Meet new people. Have fun. Win.

There are so many possibilities!

		
<i>Ms Mediratta and Karn battle it out in the 'Jelly Bean Challenge'</i>	<i>Grace & Zoe collaborate together and smash the 'Spaghetti Challenge'</i>	<i>Saraf shares a little 'henna magic' with a willing customer</i>

An Important Message for Students Enrolling in QHHS for 2017

All Year 6 students enrolling in QHHS for 2017 are required to complete a Student Interest Survey through Survey Monkey. This diagnostic tool allows our teachers to better understand the needs and interests of their future students. To access the survey, go to: <https://www.surveymonkey.com/r/2016YR6>

If you have any questions regarding the survey or the transition program at QHHS, please don't hesitate to contact me.

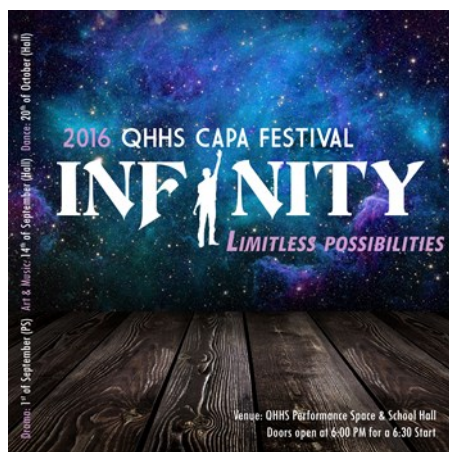
Regards,

Melissa Lachevre

Yr 6 Transition Coordinator

Email: Melissa.lachevre@det.nsw.edu.au

INFINITY – THE 2016 CAPA FESTIVAL



Just to recap the particulars of our 2016 CAPA Event...

With an abundance of light footed groovers, soulful crooners and musical virtuosos, we had no choice but to give each performance style a night of their own in 2016.

Our classic 'CAPA Showcase' has been transformed into a festival spanning three nights, across two terms, with

guest performances from our equally talented partner primary schools. The variety, the talent, the sheer energy and passion of our cast of artists and performers, is simply out of this world.

The Key Dates In Question Are:

Drama Performance Evening	Thursday 1st of September
Art & Music Performance Evening	Wednesday 14th of September
Dance Performance Evening	Thursday 20th of October

Purchasing Tickets for this Fabulous Event

Tickets for Infinity go on sale at the start of Term 3 and can be purchased by students at the Front Office, or alternatively, at the door on the performance evenings.

How to Order Your CAPA Showcase Tickets:

Collect your '2016 CAPA Showcase Ticket Order Form' from the front office, download it from the school website or use the copy included within this edition of Contact, then follow the steps below...

Step One: Select the event you wish to attend, the tickets you require and record this data on the lower portion of the form.

An Ordering Example:

EVENT	COST	TICKETS REQUIRED	TOTAL DUE
Drama Performance Evening Thursday the 1st of September	Ticket = \$2	x 10	\$20
Dance Performance Evening Thursday the 20th of October	Ticket = \$2		\$14
TOTAL DUE:			\$34

Step Two: Present your form to the Front Office Staff when finalising your ticket purchases. After payment is complete, our Office Staff will provide you with your tickets.

Step Three: Bring your tickets to your chosen event and have a riotous night of unparalleled entertainment. As there is no record of seating this year, lost tickets cannot be replaced. We advise you to keep your tickets in a safe place until the performance.



KILDARE ROAD MEDICAL CENTRE INTRODUCING...

Dr. Shyam Sharma:

- interested in adolescent and adult mental health, diving & hyperbaric medicine, aviation medicine and travel advice and minor surgical procedures, including skin cancer surgery. Works in the KRMCC Skin Cancer Clinic

Dr. Amit Patel:

- graduated from University College, London in 2006
- interested in general and preventative medicine
- speaks Gujarati

To make an appointment with Dr. Sharma or Dr. Patel, book online at kildaremedical.com.au, via the free Appointit App or call Reception on 8822 3000

36 Kildare Road, Blacktown, NSW 2148 kildaremedical.com.au

CAPA NEWS

The Creative and Performing Arts faculty have had a busy last few weeks of term, finishing up Semester practical work in Year 7 and 8 Visual Arts ready for our students to swap to Music for the rest of the year. Here are some lovely Portrait works by Year 7 students in Mrs Josselyn's class, a job well done! We also have success in Music with our Pulse students arriving at the Opera House with their performance on Thursday night. Well done to all and Ms Tong for leading the choir! A reminder to Year 7 and Year 8 students who are doing Visual Arts next Semester to bring a sketchbook with them for day 1. Have a safe and happy holiday, and keep warm!





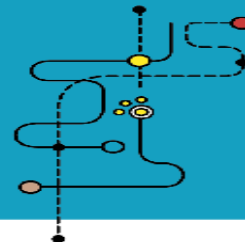
Education



EDUCATION WEEK : 2016

Prosperitas 2016
Years 7 to 10
School Hall
4th August
6:30pm- 8:00pm

SHARED STORIES
BETTER LEARNING
STRONGER COMMUNITIES



#EDWEEKNSW



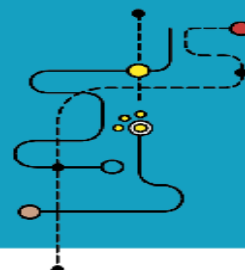
Education



EDUCATION WEEK : 2016

Project Centred Learning
Display 4th August, 2016 in the
School Hall
6:30pm to 8:00pm

SHARED STORIES
BETTER LEARNING
STRONGER COMMUNITIES



#EDWEEKNSW



EDUCATION
WEEK : 2016

HISTORY FACULTY NEWS

Happy Holidays! From the History Faculty, we all hope you have a fun and safe time and will be looking forward to seeing you on your return.

Incursions

The History Faculty hosted an Incursion on Friday the 24th of June. This event was to assist our students develop a greater understanding of the topic currently under study: Australians at War. This incursion was a resounding success and all the attending students are to be congratulated on their outstanding conduct during this event.

Competition News

National History Challenge 2016 - Triumph or Tragedy

The National History Challenge is a research-based competition for students. It gives students a chance to be an historian, researching world history, examining Australia's past, investigating their community or exploring their own roots. It emphasises and rewards quality research, the use of community resources and effective presentation. Please go to the following website for more details

www.historychallenge.org.au

Closing Date: 26th August 2016

History Topics Term 3

Year 7: Overview, Investigating History

Year 8: Overview, Vikings

Year 9: Australians at War

Year 10: Changing Rights and Freedoms

Elective History: History of Crime

History Assessment Task Due Dates – Term 3

Year 7: Unit Test – Due Term 3 Week 5

Year 8: Unit Test – Due Term 3 Week 4

Year 9: Australians at War Research Task – Due Term 3 Week 5

Year 10: Civil Rights Empathy Task – Due Term 3 Week 6

Elective History: Research Task – Due Term 3 Week 2

Quakers Hill High School History Faculty Website

Welcome to the QHHS History Podcast Website! www.tinyurl.com/zh3oe8p

Here you will find links to your assignment sheets with Podcasts that you can download and listen to help you along your way. This site is a work in progress, so keep checking back regularly for updates. Good luck!!

Homework Club

Homework Club is now open. It will be held in the Library on Tuesday and Wednesday after school. This is to provide assistance to students needing help with homework activities and assessment tasks. Students will need a new permission note for 2016. Notes can be obtained in the Library at Recess or Lunch.

Times: 3:10pm - 4:10pm

Tuesday: Mr Krilic Wednesday: Ms Fensom

SCIENCE MATTERS

Students of Year 9 enjoyed a day at the University of New South Wales, taking a tour of the campus, attending a lecture and viewing specimens in the Museum of Human Disease. The lecture included information about the causes of diseases, strategies to prevent diseases developing and the need to treat specimens with respect and dignity, remembering the pain

and distress caused to the patients who experienced the illness.

Next term, Year 7 will be studying Astronomy, Year 8 will continue to learn about human body systems, Year 9 will continue to experiment with electricity, while Year 10 will study Genetics and Inheritance.



All students will have an assessment task in Term 3, and, as always in class, literacy and numeracy will be incorporated into lessons. The Science staff would like to wish our students a safe and exciting holiday, returning to school on 19 July with books and pens and plenty of enthusiasm for learning about the world inside us and around us.

SRC CAMP 2016

This year the SRC went to Bundilla Scout Camp. We went on 26 and 27 May and spent our time studying and analysing how to be an effective leader through fun learning based games and activities. We all really enjoyed it and we all learnt new things.

One of the activities we did at camp was a teamwork building activity. In this activity we had to work together in groups to build a catapult that we would then have to use to throw water balloons at our school captains. This activity was run by Mr Head and was really enjoyable for everyone at camp. We learnt how to work well as a team and how to follow instructions well. In the activity he only assigned one person in our group to come and learn how to tie the knots for the catapult which meant we all had to listen carefully to that one person and learn the skill off them. Once the catapult was complete the captains of each group had to sit in a chair and get water balloons thrown at them from their team members.

After the captains got water balloons thrown at them they were able to get revenge on their team mates and threw the water balloons back at them. We definitely learnt many skills from this activity like communication when we have to listen to someone explaining an idea or skill. Also teamwork skills, being able to cooperate with the people in your team and being open to other people's opinions. Overall this activity was very enjoyable for everyone and we all had a great time.

Mr Meredith ran a session on goal setting which we all found excellent! The best thing from this session was learning about the SMART rules of setting a goal. He taught us how to use an acronym to help us remember how to set personal and school based goals.

S- Stands for *Specific*, which means that you have to know in detail of what, how, when and why you want to achieve this goal.

M- Is for *Measurable*, this means that there always should be a way to evaluate whether or not they were accomplished.

A - Is for *Attainable*, meaning your goals must be something you are capable of reaching.

R- Is for *Relevant*, which means that you must make your goal be about the important thing/s to you and your lifestyle.

And lastly, **T-** is for *Time*, make sure that you have a time set as a 'dead line' so your goal is not unending.

In the days after the camp the SRC students had to think of a goal about something we wanted to accomplish, like learning a new skill or improving on a current one. We have all selected a goal using this framework and plan to accomplish them by the end of the year! Watch this space!

Part of being an effective leader is being able to develop good communication skills. Across the span of the camp Ms. Khehra, Ms. Critchley and Mr. Meredith taught and explained to us the importance of knowing how to utilise both of these skills. We learnt how to apply good communication and use it to resolve

conflict and to get our point across to large audiences or small groups. We practiced this across the span of the camp. We developed good posture, clear vocal projection and engaging ideas and we try to apply these in SRC presentations at assemblies and roll call announcements. We understand that conflict resolution is important if we as a collaborative group ever wish to make a positive impact on our school.



The cabins at Bundilla were very clean and well kept. They were large and spacious, with many bunk beds for everyone. The food was all made and prepared by Ms Portelli and Mr Kantek, with help from Mr Meredith and the SRC students. We had delicious meals and great hospitality over the duration of the two-day camp. Another thing we enjoyed was the free time we got at night where



we got to sit around the campfire and roast marshmallows while playing fun camp games.

Overall camp was interesting and taught us some useful skills including leadership, communication and teamwork, in order to become a successful leader and repre-

sentative for this school. It was a great experience and we would like to thank all the teachers involved! Especially Mr Meredith for organising the camp, Ms Portelli for looking after the food preparation and Mr Kantek, Mr Head, Mrs Critchley and Mrs Khehra for running our sessions!

THANKS FROM THE SRC!

This year the SRC was fundraising for the Charity 1step1life. The two fundraising initiatives that we used to raise this money was the Valentine's Day Rose sale and the Egg Extravaganza. These two fundraisers meant that we were able to raise \$1000 for this awesome charity. 1Step1Life is working towards building schools and providing better educational opportunities for those in Cambodia, through teacher and scholarship programs. This \$1000 donation is a significant amount of money in Cambodia and does make a significant difference to the charity and the work that they do!

The founder of this program is a young Australian named Jake Stalker. He is a local who grew up in Riverstone and attended Riverstone High School. Jake has sent us a short Thank You Video which we played at a student assembly last week.

1Step1Life is also having a promotion at Grill'd at Rouse Hill. During the month of July 1Step1Life are one of their "Local Matters" jars. So if you or your family and friends are eating at Grill'd make sure they put their token into the 1step1life Jar!

On behalf of the SRC and 1Step1Life we Thank You for your support!



Our School Captain Genesis giving Karen Stalker (Jake's Mother) the \$1000 cheque.

SUPPORT UNIT NEWS

SCIENCE: Year 7 students have been studying 'Living Things' this semester. They have learnt the differences between living and non-living organisms and the characteristics of living things. The class performed an experiment to determine whether yeast released carbon dioxide during respiration when given ideal living conditions. In the experiment yeast, sugar and warm water were placed in one conical flask while only sugar and water were placed in another flask. Each flask had a balloon stretched over the top. After a 15 minute wait, students measured the circumference of each balloon to determine the extent of inflation and to test their theory. Students have enjoyed the scientific discoveries they have made this term.

POTATOES: the potatoes planted in Term 1 are ready for harvest! Year 7 students from S1 will harvest potatoes from one of the three large containers tomorrow and leave the rest to keep growing until after the holidays. We shall discover the difference a few extra weeks of growing can make to *size* (new potatoes) and *flavour* (old potatoes). We are expecting approximately twenty potatoes from each plant; if all goes to plan, expect some little spuds tomorrow afternoon!

MINI MARKET GARDEN: speaking of harvest, Work Education students will begin planting for their Mini Market Garden early next term! This will take place in specially prepared beds down in the Agriculture plot. Plants will be fertilised courtesy of the kindly chooks and ducks (and maybe even a little extra help from Fred and Jupiter; QHHS resident goats!)

TERM 2 EXCURSION: a wonderful and exciting time was had by all students attending the excursion to *Planet X Indoor Trampolining* this week. Students bounced and jumped and had a great time wearing themselves out on the wall-to-wall trampolines (including two Olympic quality ones) for an hour in Richmond. Students were impeccably behaved both on the train and at the venue. Everyone adhered to the safety rules, were friendly to each other, respectful to staff and thanked the trampoline supervisors profusely on their way out. This was a most successful outing.

OPAL CARDS: as advised previously, all students in the Support Unit will need to purchase an Opal Card in the near future. As we found out at this week's excursion, tickets can no longer be purchased from the ticket office at the train station. Staff members were forced to buy tickets from the electronic ticket machine *one by one*! This was a frustrating experience that took a great deal

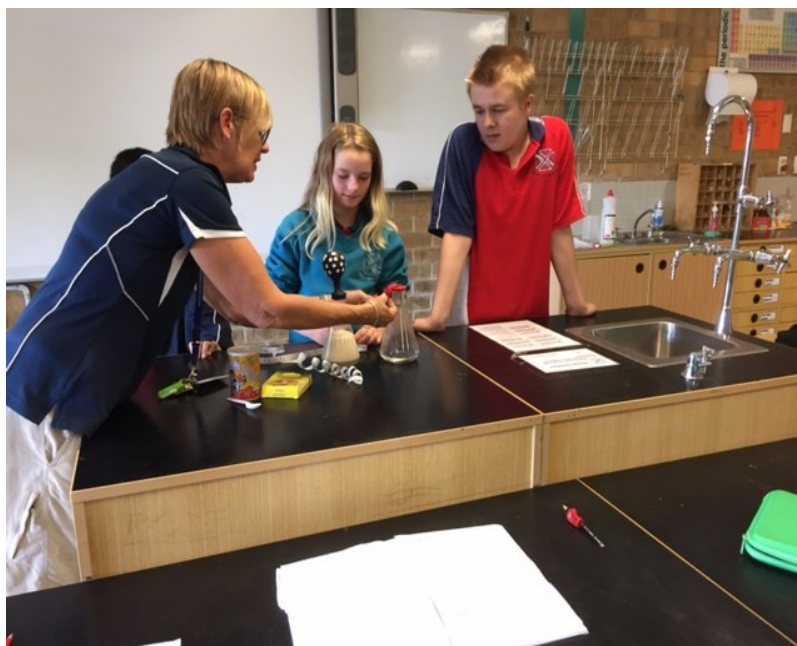
of time and will not be an option in any future excursions. Opal Cards are readily available and all students will be required to purchase one during Term 3 and ensure that adequate credit is maintained.

TRAVEL TRAINING: a Travel Training program is currently being developed for all students in the Support Unit. We expect to begin travel training in Term 4 this year. Students will take public transport to a variety of locations, learning about appropriate behaviour, safety, reading timetables, troubleshooting and other vital independent living skills. We are planning a dynamic program where students have the opportunity to access a variety of places in the community. *Individual student Opal Cards will be a requirement of this program.*

MRS PAYNE'S VISIT: staff and students were delighted to see Mrs Payne when she dropped in to visit last Tuesday! Mrs Payne stayed for the morning visiting each support class and chatting with students.

PARENT COMMUNICATION: parents and carers are reminded that they are most welcome to communicate with Support Unit staff via student diaries, the school telephone or email system. It is a requirement that any face-to-face meeting needs to be arranged ahead of time and visitors cannot present at the staffroom or classroom without an appointment. Visitors also need to sign in at the front office before proceeding through the school grounds. We are always happy to discuss any issues with you.

HAPPY HOLIDAYS: all staff wish you a happy and safe holiday and look forward to beginning an exciting Term 3.



STUDY SKILLS FOR JULY

MID-YEAR CHECK-UP

As we approach the second semester now is a good time to do a bit of a check-up to see if you can improve your approach to school:



- Have you set yourself goals to strive for over this year? **YES / NO**
- Do you know what motivates you to do work? **YES / NO**
- Do you try to take a positive approach to your studies? **YES / NO**
- Do you make an effort to make the thoughts in your head positive ones? **YES / NO**
- Are you making the most of class time, listening and focusing and completing all work? **YES / NO**
- Have you been asking for help if you don't understand something? **YES / NO**
- Have you been writing all your homework into your diary or online planner and getting it done? **YES/NO**
- Have you been breaking down bigger tasks and scheduling the work in your diary/planner? **YES / NO**
- Have you been keeping track of what you complete and rescheduling unfinished work? **YES / NO**
- Have you organised your folders for papers and digital resources for school? **YES / NO**
- Do you have folders or somewhere at home to file away all your work for your topics? **YES / NO**
- Have you decided what you will keep or do your study notes in? **YES / NO**
- Have you been working on study notes each time you finish a topic for a subject? **YES / NO**
- Do you have a term planner above your desk where you can easily see the heavy weeks? **YES / NO**
- Have you set up a good study environment at home, a place where you can focus and work? **YES / NO**
- Are you doing around an hour and a half of schoolwork most nights (2-3 hrs for seniors)? **YES / NO**
- Have you thought realistically about whether you have too many outside school activities? **YES / NO**
- Have you allocated set periods of time for school work (e.g. at least 3 x half hour blocks)? **YES / NO**
- Do you remove all distractions etc. when you are focusing on your schoolwork at home? **YES / NO**
- Do you prioritise each afternoon what you will work on that night? **YES / NO**
- When you make study notes, are you making them visual with mind maps, highlighting etc.? **YES / NO**
- When you study for a test, do you both 'learn' the content and 'practice' the skills? **YES / NO**
- Do you try to do lots of the practice under examination conditions? **YES / NO**
- Have you reviewed the different study techniques that you should use for your learning style? **YES / NO**
- Are you doing more than 'just reading' when you study for an assessment? **YES / NO**
- Have you thought about how you will overcome the obstacles you face in achieving your best? **YES/NO**

Have you set up some routines to try and create habits that will help you this year? **YES / NO**

You can learn more about being more effective and efficient in your schoolwork at www.studyskillshandbook.com.au by logging in with these details: **Username: quakershillhs Password: 45success**

TEACHING AND LEARNING NEWS

Well it is that time of the year. Students in Year 7 are nearly complete in their study of Aboriginal and Torres Strait histories and cultures. Students in Year 7 have been diligently studying this topic across all subjects and have created some amazing projects. On the 4th August in the school hall we will celebrate their work with a display. This will coincide with the annual Prosperitas display. Prosperitas is a Gifted and Talented Program where students have developed their own projects. This culminates with the awards night. Over the past few years students have never failed to amaze us with the creativity, their resilience, their talents and their ability to project manage.

Parents and the community are invited to attend our display evening from 6:30 pm until 8:00pm. Awards will be presented at 7:45pm.

K.Critchley - Head Teacher - Teaching and Learning/History

PRINCIPAL'S AWARDS

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

Year 7—Joshua Andrijich, Ysabella Miguel

Year 8—Hannah Branson, Maddison Latham

Year 10—Dominique Burke x 2, Arashdeep Kaur



LEARN KARATE

KIDS and ADULTS

Quakers Hill Community Centre
7 Lalor Road (Near the police station)
Beginners Tuesday 7pm (From 5y/o)
First lesson FREE
No appointment necessary,
Join fee \$65pp (includes a uniform)
Term fee \$100pp (School term)

Other classes at Glenwood, The Ponds, Ropes Crossing,
Glendenning, Hassle Grove and Castle Hill
All of our instructors are Senior First Aiders
and have current Working with Children Certificates

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 ☒ Positive Association to Learning
 ☒ Fun and Friends

Information for Parents and Students:

www.studyskillshandbook.com.au

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

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

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

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

user name: quakershillhs

password: 45success

The topics currently covered by the handbook are:

<i>Working Better At Home Units</i>	<i>Improving Your Skills Units</i>	<i>Extra General Mini-Units</i>
<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 1. Reading Skills 2. Writing Skills 3. Mathematical Skills 4. Science Skills 5. Foreign Language Skills 6. Assignments Skills 7. Research Skills 8. Presentation Skills 	<ol style="list-style-type: none"> 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 7. Educational Kinesiology 8. Living Across 2 Houses 9. Travel: A Motivator to Learn 10. University: A New Adventure
<i>Working Better At School Units</i>	<i>Improving How You Study Units</i>	<i>Extra Technology Mini-Units</i>
<ol style="list-style-type: none"> 1. Will we ever use this? 2. Using Classtime 3. Asking for Help 4. Dealing with Conflict 5. Groupwork Skills 	<ol style="list-style-type: none"> 1. Summarising 2. Active Studying 3. Preparing for Exam Blocks 4. Test-Taking Techniques 5. After Tests & Exams 	<ol style="list-style-type: none"> 1. Technology Tools 2. Basic Computer Skills 3. Be CyberSmart 4. Apps for iPhone, iPad or Android 5. Microsoft OneNote

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

Please note:

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

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



**Enhanced Learning
Educational Services**
"the study skills specialist"

From: www.studyskillshandbook.com.au Copyright © Enhanced Learning Educational Services 2006 www.enhanced-learning.net

HOST A JAPANESE STUDENT



Quakers Hill High School has been invited to host a group of students from Nagasaki Nishi High School Japan.

The students will be visiting our school from 2nd until 7th August 2016.

The school is seeking families to host either one or two students in their home for the duration of the visit.

The students will arrive at QHHS on 2nd August at 2pm and they will require accommodation (home stay) for the evenings of 2nd, 3rd, 4th, 5th and 6th August. The student will need to be returned to the school by 9am on Sunday 7th August (for their departure home to Japan).

Host families are paid \$180 per students that is being hosted.

Students from Nagasaki will be involved in English lessons in the morning of 3rd, 4th and 5th August. In the afternoon they will be integrated into the classes of their host students. On Saturday 6th August they will spend a day with their host family.

If you are interested in hosting a Japanese student/s could you please indicate on the slip below

For further information please see Mr Head or Mrs Watanabe or contact the school on 9837 1533.

EXPRESSION OF INTEREST TO BE A HOST FAMILY Nagasaki Nishi High School Japan

Quakers Hill HS Student Name..... Roll Class

I would be interested in hosting a student from Nagasaki High School.

Parent / Caregiver (please print)

I would be prepared to host one / two (please circle) students.

Parent / Caregiver contact phone number

Parent / Caregiver signature

MACQUARIE ZONE SECONDARY SCHOOLS SPORTS**ASSOCIATION****GRADE SPORT POINT SCORE RESULT SHEET SEASON 2, 2016**

FAX / ATTENTION: Vincent Capano

EMAIL: vincent.capano@def.nsw.edu.auFROM: QUAKERS HILL HIGH – melhem.daghel@def.nsw.edu.aubrooke.portelli@def.nsw.edu.au


16/06/16

QH	<i>VERSUS</i>	GW1	KV	CR	GW2	RH
-----------	---------------	------------	-----------	-----------	------------	-----------

GRADE SPORT ROUND	1	2	3	4	5	6	7	8	9
--------------------------	----------	----------	----------	----------	----------	----------	----------	----------	----------

SPORT	WON BY	RESULT <i>Your school's result first</i>	
JUNIOR GRADE			
MIXED			
Girls Oztag A	-	N/A	N/A
Girls Oztag B	-	N/A	N/A
Girls Frisbee A	-	N/A	N/A
Girls Frisbee B	-	N/A	N/A
Girls Netball A	QH	9	3
Girls Netball B	QH	23	4
Boys Oztag A	-	N/A	N/A
Boys Oztag B	-	N/A	N/A
Boys Futsal A	QH	8	1
Boys Futsal B	DRAW	4	4
Boys Frisbee A	-	N/A	N/A
Boys Frisbee B	-	N/A	N/A
SENIOR GRADE			
MIXED			
Girls Oztag A	-	N/A	N/A
Girls Oztag B	-	N/A	N/A
Girls Frisbee A	-	N/A	N/A
Girls Frisbee B	-	N/A	N/A
Girls Netball A	DRAW	6	6
Girls Netball B	QH	12	7
Boys Oztag A	-	N/A	N/A
Boys Oztag B	-	N/A	N/A
Boys Futsal A	CW	1	2
Boys Futsal B	CW	0	1
Boys Frisbee A	-	N/A	N/A
Boys Frisbee B	-	N/A	N/A

MACQUARIE ZONE SECONDARY SCHOOLS SPORTS



**SATURDAY 2 JULY
ELECTION DAY**



**SAUSAGE
SIZZLE**



CAKES



FACE PAINTING



EVERYONE WELCOME



DRINKS

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 2016

QUAKERS HILL HIGH SCHOOL - EMAIL ADDRESS REQUEST

CHILD NAME: _____ YEAR: _____

PARENT'S EMAIL ADDRESS:

[illegible][illegible]

PARENT/CARER SIGNATURE: _____

INFORMATION FOR PARENTS

STUDENTS LEAVING EARLY

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

1. Write them out a note in the morning.
2. Tell your child to take the note to the office before roll call.
3. The office staff will issue your child with an Early Leavers Note which allows them to leave class at the nominated time.
4. Your child will be able to leave class at that time and will be sitting in the foyer waiting for you when you arrive.

STUDENTS WHO ARE LATE TO SCHOOL

If your child is late to school and have missed roll call, they need to go straight to the front office to be marked in late. If they are accompanied by a parent or have a note covering their lateness, they will not receive a lunchtime detention.

If your child is late to school and they do not have a note or a phone call explaining their lateness, they will be put on a lunchtime detention.

MEDICAL

Any students who is on an anaphylaxis or severe asthma plan will need to send in an updated copy of their current Action Plan from their doctor to the office.

EVERY THURSDAY ALL STUDENTS FINISH EARLY AT 2.30pm

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

PLEASE CHECK OUR WEBSITE AND FACEBOOK PAGE REGULARLY

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) _____

Signed: _____

Date: _____

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



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