



UPCOMING EVENTS

Monday 8 February
Annual Swimming Carnival
Year 6 Taster Day No. 1

Tuesday 9 February
Year 5&6 GAT Information
Evening—7pm in the
library

Thursday 11 February
Barista Program

Monday 15 February
Zone trial afternoon

Thursday 18 February
Year 7 Vaccinations

Friday 19 February
Contact issued

Monday 22 February
Year 10 Elevate Seminars
9.10-10.15am
Primary Prosperitas
Meeting 3.30-5pm

Tuesday 23 February
Summit Program Info.
Evening 6.30-7.30pm

Thursday 25 February
Zone Swimming Carnival

Friday 26 February
Year 7 PCL excursion to
Australian Museum

Tuesday 1 March
Year 5/6 Information
Evening 7pm



HIGHLIGHTS IN THIS ISSUE

Sports Report Page 8

CAPA News Page 9

SUMMIT Program Page 11

Vaccinations Program Page 16

Canteen Menu Page 21

PRINCIPAL'S REPORT

WELCOME BACK TO THE 2016 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 Mr Umesh Kumar, who joins our Science faculty replacing Josefina Concepcion who retired last year. Mr Rhys McKean is filling in for Mrs Razbusek who is on maternity leave. Similarly Mr Nick Stamatis will be working in the PE faculty while Mrs Liversedge is on maternity leave and Mr Kyle Sun will continue to assist in the LOTE faculty for Ms Mutch's maternity leave. Mr Daniel Fabricato will support the PE staff covering for Mr Blench's vacancy and Mr Luke Cole is filling in for Ms Valatiadis. Mrs Josselyn will be Acting HT Visual Arts while we arrange to fill Ms Valatiadis' position

and Mrs Asgar will look after Year 10 during this time. The HT Visual Arts position will be published on Wednesday 17th February. Mr Josh Tomlinson will be remaining at our school assisting with our Year 8 Literacies for Life program that we started last year, while Ms Georgina Willmett will be replacing Mrs Walden while she is on long service leave and Ms Zoe Ross will be here part time covering Mrs Neylan and Mrs Dyer's part time days.

SCHOOL PRIORITIES IN 2016

1. Our students - Literacy & Numeracy skill enhancement through our ALARM program, grammar and language conventions focus, numeracy skill development and our PCL pro-



Education &
Communities

- gram
2. Our Staff - Teacher Quality & Leadership with a particular focus on assessment and how we can more accurately assess student performance.
 3. Our Community - Community Engagement & Links achieved through our ATSI community program, our Primary Prosperitas program and our new Summit Citizenship Program.

SCHOOL COLA

During the holidays the second part of our COLA was completed and we are hoping to have the final part of the roof installed in Semester 2. Later on this week there will be work done to refurbish our 2 school kitchens with new drawers, cupboards and work spaces.

SCHOOL FEES POLICY

Our school 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.

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

YEAR 7 SUBJECT CHARGES

TAS	Technology	\$50.00
	(incl. Industrial Arts, Home Economics & Agriculture)	
CAPA	Music	\$20.00
	Art	<u>\$50.00</u>
TOTAL		\$120.00

For Year 7 students, this additional annual fee of **\$120.00** is charged to cover all consumable materials used through the year in the **Creative & Performing Arts and Technology** faculties. The payment of this fee provides the school with funds to purchase all the materials necessary for use by students in these subjects, taking advantage of bulk buying and

GST free prices which can be obtained by the school.

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

Year 8 Mandatory Practical Subjects (Per Year)

TAS Technology \$50.00
(includes Industrial Arts,
Home Economics & Agriculture)

CAPA Music \$20.00
Art \$50.00

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.

Years 9 & 10 Practical Subjects (Per Year)

TAS Agricultural Technology \$40.00
Design & Technology \$80.00
Food Technology \$80.00
Graphics Technology \$20.00
Textiles Technology \$60.00
Industrial Technology –
Electronics \$70.00

Industrial Technology –
Engineering \$50.00

Industrial Technology –
Metal \$50.00 *

Industrial Technology –
Timber \$70.00 *

Information & Software
Technology \$20.00

Child Studies \$40.00

CAPA Music \$20.00
Photographic & Digital Media
\$80.00
Visual Arts \$60.00

* Higher quality materials available at an additional cost.

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.

Have a great week.

Lauretta Claus, Principal

PRINCIPAL'S AWARDS

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

Year 8—Caleb Olsibah

Year 9—Haoyang Cai, Cindy Despois

KEY PERSONNEL TERM 1 2016

Year 7 Advisers	Amy Nicholls (Music) Danielle Schryver (Support)
Year 8 Advisers	Louise Grantham (Maths) Ellise Barratt (PE)
Year 9 Advisers	Grace Del Pinto (TAS) Launce Roma (TAS)
Year 10 Advisers	Rob Andrews (History) Shelley Asgar (History)
Year 6 Transition	Melissa Lachevre (Library)
Year 11 Transition	Brendan Hutton (Careers Adviser)
Student Support Officer	Lauren Paa
School Counsellors	Andrew Stephens & Nicky Mayo
School Chaplain	Adele Wakeling

DEPUTY PRINCIPAL'S REPORT

HAPPY NEW YEAR

Welcome to all our families both existing and new; we look forward to working with you to best support your child in their educational journey at Quakers Hill High School. It has been a very positive and settled start to the year. Students have presented very well in their uniform and the tone in the assembly on Thursday was one in which students were focused and attentive. New students have appeared to negotiate their way around the school with the support of other students and overall there is a feeling that students are keen to get involved in their school work.

The beginning of the year represents a new start or a clean slate. Students can set new goals for the year and make plans to achieve these goals. As well as academic goals, students can also set personal goals. As a school community we all need to be mindful of continuing to work on our positive relationships with people to maximise our experiences here at school. Being an active participant in extra curricular activities and seeking opportunities to be involved in the many programs offered here at Quakers Hill High School is an ideal way to meet new friends and make connections with many people. Term 1 is always busy and we have several key events on our school calendar.

ORIENTATION WEEK

Thank you to Ms Lachevre and all the teachers and students who were associated with any of the sessions for Year 7 during Orientation Week. It was lovely to walk around at recess and lunch and see so many students and staff collaborating together at the various activities that were offered.



YEAR 7 CAMP

I am looking forward to the Year 7 Camp later this term. The cost of the camp is \$292 and if you haven't paid already, we encourage you to pay your deposit of \$100 asap. The instalments are as follows:

- * 2nd instalment of \$100 is due by 15th February
- * Final instalment of \$95 is due by the 29th February
- *

If these payments are a problem, feel free to pay in weekly amounts. Any questions, please contact Mrs Amy Nicholls or Mrs Danielle Schryver.

BIKE AND SCOOTER LICENSE

Any new students who would like to obtain a license will be required to present their completed form to Mrs Maricic. Forms are available from the front office. All students with existing licenses are required to renew their bike license at the start of each year. They can then be placed on the register.

SWIMMING CARNIVAL

The School Swimming Carnival will be held at Blacktown Swimming Pool on Monday 8 February 2016. 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. Permission notes must be returned to the office by Monday. 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.

Mrs B Maricic, Deputy Principal (Years 7 & 9)

SCIENCE MATTERS

The Science Faculty would like to welcome all returning and new students and look forward to a successful year of teaching and learning!

Students are expected to attend all classes with the correct equipment (note book, pens, pencil, ruler, eraser, a pair of small scissors, a stick of glue and calculator) for both theory and practical lessons.



The following is a list of Term 1 topics that each year group will commence with:

Year 7: Welcome to Science in which students learn skills and practises involved in safe lab work and science report writing, and then they will begin their study of Living Things.

Year 8: Fizz, Crackle and Pop is a topic that explores the area of Chemistry and the reactions that occur in everyday life.

Year 9: Ecosystems investigates the relationships between living things and their environment, and the importance of making responsible decisions so maintain sustainability. This year students will undertake an assessment task that is to be done jointly with their English lessons.

Year 10: Mystery Solutions looks at the world of Chemistry in greater depth, focusing on the history of the Periodic Table, chemical reactions, radioactivity and its impact on man.

For assessment task information students can refer to the email sent to them and caregivers have access to the same on the school website. Please refer to the Study Skills section of the *Contact* to get some valuable tips on how to plan and achieve your study goals for 2016.

HISTORY FACULTY NEWS

The History Faculty would like to welcome all students to the start of another year at QHHS. Over the coming week all History students will be issued with assessment schedules and booklets advising of all approaching assessment tasks and due dates. Students will be issued both a paper and an electronic copy of each task.

Term 1 topics for History include:

Year 7	Introduction to Civilisations
Year 8	Overview of the Medieval World
Year 9	The Industrial Revolution
Year 10	The Holocaust
Year 10 Elective	100 hours 100 Ways to Die

Homework Club will also be starting up again in Week 3. It will be held in the Library on Tuesdays and Wednesdays 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

Tuesdays - Mr Krlic

Wednesdays - Ms Fensom

MATHS FACULTY NEWS

Welcome back everyone. Just to let you know each student needs to make sure they have a calculator that needs to be brought to every lesson. If you do not have one, they can be purchased from the front office for \$15.

Shortly assessment tasks from the last year will be made available for students to practice with in the lead up to assessment tasks. Also, Year 9 and 10 students through OLE you can have access to electronic textbooks to assist in your learning. Just go to the school's website, click on OLE on the top row of tabs and students use their windows username and password.



Yours in numbers,

Mrs Khehra

Head Teacher Mathematics

SPORTS REPORT

Term 1 for 2016 is going to be an exciting and busy term. Our first major event is our annual Swimming Carnival which is held on Monday the 8th of February 2016 (Week 3). The whole school will be heading to Blacktown Aquatic Centre where they will compete for their houses in a variety of swimming events. **The swimming carnival is a compulsory event** and all students are required to attend normal roll call at the school in the morning. Students will then be escorted to the bus bay where we will travel to the aquatic centre. Students will also be returning to school on the buses by 3:00pm that day. All parents or spectators are welcome to come along to the pool and support our talented students at the carnival.

Our second main event is our annual Athletics Carnival which will be held on Friday 18th March 2016 (Week 8). The athletics carnival will be held at Blacktown International Sports Park using the synthetic athletics track and facilities provided. This event is also a whole school compulsory event which requires the attendance of all students. Attendance will be recorded in a roll call at school and students will be taken to and from the venue by buses. Each year we have new records broken and we encourage spectators to come along for the day and cheer on our athletes.

Our final event for Term 1 is our annual Cross Country carnival. This event is an in-school event and is competitors only. The Cross Country will be held at Quakers Hill High School on Friday the 1st April 2016 (Week 10). Students who are keen competitors or wanting to give it a go are encouraged to sign up at the PE staffroom with Ms Portelli. They will then be allocated a race time slot which will be during school hours to compete with their age group.

We enjoy watching our students strive in all aspects of sports and physical education. Each student who does attend and compete in the carnivals receives a merit from Mrs Claus for being an enthusiastic and motivated student at Quakers Hill High School. We look forward to seeing everyone cheering on their friends and making our school proud.

Ms Portelli

Sports Coordinator

SUPPORT UNIT INFORMATION

A warm welcome to our new families, and a happy new year to all our Support Unit community. I hope all our families had an enjoyable festive season. We have definitely had a busy first few days and we look forward to a number of enjoyable times ahead. Over the next two weeks there may be a few changes to the timetable as we run through the first fortnightly cycle.

A reminder to our parents that each of our students have received a school diary, and we encourage all families to utilise the diaries as a means of daily communication. Could I please ask all our parents to check student diaries daily for notes and correspondence.

Our four classes each have a home room teacher and homeroom SLISO; they are:

S1: Teacher is Ms Beange, SLISO is Mrs Cranfield

S2: Teacher is Mr Charan, SLISO is Mrs Innes

S3: Teacher/HT is Mrs Payne, SLSO is Mrs Shields

S4: Teacher is Mrs Schryver, SLSO is Ms Harkness

SWIMMING CARNIVAL

This Monday (8th February) is our school Swimming Carnival. Communication has taken place regarding attendance and the day. Just a reminder, there are no classes running at school on Monday, so if your child is not attending the carnival you will have to organize alternate arrangements. We are looking forward to an enjoyable day.

SUPPORT UNIT CAMP

Just a reminder, the camp note and deposit was due in on Friday (5th February). As mentioned previously, would you be able to communicate to myself or home room staff if your child is or isn't intending camp, as we need to finalize numbers for both camp and potential classes at school if students are not attending.

Jennifer Payne

Support Unit Head Teacher

CREATIVE & PERFORMING ARTS NEWS

Music

On behalf of the Creative and Performing Arts faculty, welcome to 2016! Year 7 music students are beginning their high school musical journey studying "Instruments of the Orchestra", followed by "Music for TV and Radio" in the second half of this term. They will begin learning practical skills on the keyboard/piano and will create musical instruments from odds and ends they can find lying around at home.

Year 8 are commencing the year learning about "Popular Music" and later "Film Music". Students will be assessed on instrumental skills for performance development and will complete an in-class listening task focusing on conceptual analysis.

Year 9 will be discovering "African Music" with West African griots, East African dance, North African drumming and South African vocals. They will also perform a traditional song "Humelela" which originates from Central Africa, and complete a musical culture research and conceptual analysis task during class time this term.

Year 10 will be stepping back in time to learn about the history of "Western Art Music". They will travel through Medieval, Renaissance, Baroque, Classical and Romantic music styles, discovering key musical features and stylistic characteristics of each musical period. With this, students will continue to develop their performance skills as soloists and ensemble members, along with completing a research and conceptual analysis task.

All music assessment tasks will be completed during class time, which means there are no take-home assessment tasks. Students are also reminded to bring their music books, pens, pencils, ruler, glue and eraser to all classes, along with a USB for students in Year 9 and 10 elective music classes.

Extra-Curricular Music Activities

This year, the following musical ensembles will be running:

- Junior Choir: Monday lunchtimes (Mrs Nicholls)
- Senior Choir: Friday lunchtimes (Mrs Tong)
- Instrumental Ensemble: Wednesday 3pm-4pm (Mrs Nicholls)

Any students who are interested in joining a music ensemble is asked to see Mrs Nicholls or Mrs Tong in the CAPA staffroom for more information.

Visual Arts and Photography

Please ensure that all necessary equipment is brought to classes. This includes a sketch book, pencil case (with all general stationery) and a USB. Assessment Tasks will be distributed to students over the next few weeks, with Year 7 and 8 assessments to be completed during class time and Year 9 and 10 will have take-home essays.

Mrs Amy Nicholls

ENGLISH FACULTY - ENGLISH, DRAMA, LITERACY

Welcome back to all of our students and to our new students we encourage you to take advantage of what is on offer this year in English, Drama and Literacy.

In week 6, Thursday 3rd of March there is an opportunity to compete in the Collegiate Theatresports Cup. Have a word to Mr Dacey or Mr Andrews if you want to be a part of the evening.

It is time to also sign up for the ICAS English competition. A note will be sent home in week 3. Speak to Ms Earl if you need more information about this prestigious competition.

All students are reminded to follow the SMART expectations in English and achieve their best. In Year 7 students are working on their literacy skills and completing a poetry unit this term. An area of study is the focus for Years 8 and 9. Year 8 are exploring ideas around 'Survival' and Year 9, the impact of the human footprint on ecosystems. Year 10 will be completing a close study of a poet throughout the term.

It is an exciting term and the English Faculty are looking forward to teaching and working with each and every student in the school.

YEAR 7 - PROJECT CENTRED LEARNING

One of the important lessons in school is the relationship between subjects. In Year 7 each year we complete Project Centred Learning where a theme is taught in all subjects to show the interconnection. This year the theme is Aboriginal and Torres Strait Islanders Histories and Culture.

As part of this project, students in Year 7 are invited to attend 2 events to extend their learning:

1. On the 26th February an excursion to the Australian Museum has been booked at a cost of approximately \$20.00 to pay for the bus and a guest lecturer at the venue. The museum is free entry for students.
2. Students are also invited to attend an incursion. In LET'S BRIDGE THE GAP , Fred talks on the history of his people and of the Daingattie tribe's traditional way of life. With the assistance of one or more of his children Fred demonstrates dances, artefacts, the meaning behind the music and sounds of the didgeridoo as well as the design and symbolism of the dress and body-paint that he and his children are wearing. The cost of this incursion will be \$4.50 and will be held on the 1st March.

This is a very exciting and very busy start to the year for Year 7 with camps, incursions and excursions. This project will be celebrated in Term 3 where students will demonstrate their learning with an evening display held in the Hall for parents and the community.

Mrs K Critchley

HT. Teaching and Learning/History

SUMMIT



2016 marks the beginning of an exciting initiative – the Summit citizenship program. Developed by the Quakers Hill Learning Community (Hambledon Public School, Quakers Hill Public School, Quakers Hill East Public School & Quakers Hill High School), Summit provides the opportunity for students to achieve a 'Citizenship Medal'.

The mission of the program is to:

“Develop student confidence by encouraging active and responsible citizens who strive to be lifelong learners, problem solvers and creative thinkers. Individuals who set personal learning goals and work towards achieving their personal bests, engage as a global citizen via 21st century technologies and work collaboratively with the wider community.”

Throughout the program students will work towards demonstrating the Department of Education's 9 core values:

Integrity, Excellence, Respect, Responsibility, Cooperation, Participation, Care, Fairness & Democracy.

Applications for the program are now open. For more information and an expression of interest form, see Mrs Asgar in the History staffroom.

Expressions of interest forms are due on 8th February 2016 (Week 3).



QHHS Year 5 & 6 GAT Information Evening

2016

TUESDAY THE 9TH OF FEBRUARY 2016

7:00 PM - 8:00 PM

QHHS LIBRARY

*Learn about our GAT application process.
Discover the GAT programs on offer at QHHS.
Understand how we can enrich, extend and challenge
your son or daughter to achieve and succeed
with a creative, innovative and rigorous curriculum.*

The evening will conclude with a Q & A session.

RSVP to melissa.lachevre@det.nsw.edu.au by
Wednesday the 3rd of February 2016.

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



Languages

Welcome to the Languages programmes for 2016. Classes are organised as follows:

Years 7 & 8	All Year 7 & 8 students will study JAPANESE as their main language. There are 3 classes per fortnight.
Year 9	Year 9 Elective French (100 hour course, 1 year) offered again this year. There are 3 classes per week.
Support Unit	Students studying language in the Support Unit will be studying German this year.

EXERCISE BOOKS & EQUIPMENT REQUIRED

Your child should bring an exercise book to use in their language classes. Some students find that an A4 size, 64 or 96 page exercise is the most practical, but any exercise book is fine. Please check their bookwork from time to time to see what they are doing in class.

Pens and pencils, highlighters, glue stick and scissors are also useful in the classroom.

ASSESSMENTS

YEAR	TERM 1	TERM 2	TERM 3	TERM 4
7	Week 6: Culture Task Week 8: Speaking Task		Week 8: Listening, Reading and Writing Task	
8 and 9 (Elective French)	Week 10: Listening, Reading and Writing Task	Week 9: Culture Task	Week 8: Speaking Task	



After-school Japanese Club

Any student wishing to attend will be welcome. Topics include Introductions, time and dates, shopping, restaurants, travelling in Japan. There will be no assessments or homework. Club will start Week 3.

ANIME CLUB is also running this year – Friday Lunch in D02.

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"

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Health
Western Sydney
Local Health District

TRIM NO: 16/3548

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

** The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised. Parent Information Kits will be sent home to parents/guardians.*

To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

un Fatima
rey Garcia
ma Goldsworthy
ssa Gowans
jia Gregory
lin Heggen
ma Hewitson
raf Hossain
sey Jobson
len Johnson-De Si
ob Karley
ep Kaur
et Kaur
ani Krishnar

Public Health Unit
Gungahra, Building 68
Cumberland Hospital
LMB 7118, Parramatta BC NSW 2124
Tel 9840 3603 Fax 9840 3608



Quakers Hill High School

HIGH SCHOOL TASTER DAY

2016

Building confidence.

Demystify high school.

Garnering enthusiasm for learning.

Building invaluable support networks.



YEAR 6 HIGH SCHOOL TASTER DAY #1

For Quakers Hill, Barnier, Hambledon & Quakers Hill East PS
Monday the 8th of February 2016

Quakers Hill High School Hall

70 Lalor Road, Quakers Hill

Year 6 students will meet in the Hall by 8.35 am
and can be picked up from 2.20 pm.

Year 6 uniform should be worn by all students.

Enclosed leather shoes **must** be worn in order for students to
participate in Science and TAS lessons.

The canteen will be operational on the day.

"Shaping a positive future"

Our First Taster Day for 2016 Is About to Take Off

On Monday the 8th of February our very first Taster Day for 2016 will take place. During this time Year 6 guests from Quakers Hill, Barnier, Hambledon & Quakers Hill East primary schools will engage in diverse lessons ranging from Art, Music, Metal Work, and Drama, to Science, English, History & Maths. The day endeavours to promote student confidence about the high school transition process, to familiarise students with the staff, the subjects on offer & the geography of the school, and most importantly to provide them with an opportunity to meet new friends and begin to forge those relationships that will enrich their high school journey.

A Few Important Points about the Day for Our Year 6 Guests:

- All students will meet in the school hall
- The hall will be open and supervised from 8:00 am for those students that need to be dropped off early
- The day will officially begin at 8:30 am and will conclude at 2:20 pm
- The school canteen will be operational on the day
- There will be no BBQ provided (that feast is reserved for Orientation Day)
- Students are encouraged to bring a pencil case and a writing pad in their school bag
- Students are to bring their hats along for recess and lunch
- Students will need to wear fully enclosed leather shoes for practical subjects
- Students will need to wear their PS school uniform
- (Their sports uniform will be more than acceptable, so long as their sports shoes are fully enclosed leather shoes, with no mesh windows.)

A Few Important Points about the Day for Our Peer Support Leaders:

- All leaders should confirm their placement within the Taster Day by checking their school email account. (If they have not submitted a permission note and their name is not on the recent emailed list, they will not be allowed to participate.)
- Full school uniform is mandatory
- They will need to arrive early to school (at 8:00 am) to assist with the event set-up and to support our guests as they arrive
- They will not be dismissed from the Hall until the end of our school day (2:55 pm)

When is the Second Year 6 Taster Day Taking Place?

Our second Taster Day for 2016 is scheduled for Friday the 18th of March in Week 8 of Term 1. This day is open to any interested student that does not attend one of feeder primary schools. If you are interested in having your son or daughter participate in the event, then please contact Melissa Lachevre (Transition Coordinator) for an application form. (Melissa.lachevre@det.nsw.edu.au)

Year 6 GAT Information Evening

On Tuesday the 9th of February we will be presenting a Year 6 GAT Information Evening in the school Library for those primary school parents that are interesting in learning about the intricacies of our numerous GAT initiatives, the Stage 4 GAT stream and the process of applying for access to the GAT program at QHHS. The evening will commence at 7:00 pm and the presentation will be delivered by the HT Teaching and Learning and the facilitator of our

school's GAT program, Karen Critchley. The later portion of the evening will be dedicated to a Q & A session to enable parents to clarify any issues of concern and perhaps discuss their individual child's needs. The event will conclude at 8:00 pm. We look forward to seeing you there.

Year 5 & 6 Information Evening

On Tuesday the 1st of March in Week 6 of Term 1, we will be holding our annual Year 5 & 6 Information Evening. During this night we will have presentations by our Senior Executive about the various facets of our school and then will cap the night off with a guided tour of our school facilities and our various KLAS, with displays and presentations within most faculty areas. The evening will commence in the school hall at 7:00 pm. The agenda for the evening includes:

- Preparation for high school;
- The Year 6 to 7 transition process;
- The welfare and support programs provided to assist your children;
- The formal curriculum offered at QHHS (an extensive curriculum which caters for the needs of each individual);
- The informal curriculum;
- How Quakers Hill High School caters for individual differences in students;
- The Nirimba Collegiate and its benefits for our students;
- An open forum where your questions will be answered and any concerns can be addressed;
- A tour of the school's facilities (we're a LOT bigger than the view from Lalor Road suggests).

If you have any questions about the event, please contact Melissa Lachevre (Transition Coordinator).
(Melissa.lachevre@det.nsw.edu.au)

Calling For Students Leaders to Showcase their Past Prosperitas Projects

All students that have produced projects for the Prosperitas Competition over the past 4 years are invited to have their project showcased as part of the Year 5 & 6 Information Evening on Tuesday of Week 6. All those individuals that contribute their project will receive a merit award. This will be upgraded to an Executive Award if you are able to attend on that evening and talk to parents about your project and your experience of the competition. (You will also receive a letter of commendation and this will appear in the Extra-curricular section of your report.) Permission notes can be picked up from the Library today. Projects can be dropped by ASAP.

Enter the PRC Competition Today And Become an Instant Winner

Enter the PRC Competition today and become an instant winner. The competition is open to students in Years 7—9 and requires that they read 15 books from an extensive PRC list and a further 5 books of their own choosing. (So that's 20 in total!) You simply record the title of the book, the author and the special PRC code on your reading log, which can be collected from the library. You then have you parents, guardian or English teacher verify that they have seen you read that book, and they do this by signing your Reading Log.

Each time you complete 5 books, Ms Lachevre will present you with a merit award and you will then go in the running to receive a Hoyts movie card.

You have until the 19th of August to complete your 20 books. (That's more than enough time.) Each student that successfully completes the reading challenge and returns their log to Ms Lachevre (by the due date), will be invited to attend a celebratory pizza lunch and will receive a letter of commendation and a certificate of recognition. Your participation in the event will also appear on your school report. Pick up a reading log today and talk to Ms Lachevre about the PRC books we have in our library. Register your participation on the student interest form found on the library front desk.

BELL TIMES - 2016

MON TUES FRI	GO TO CLASS	8.40	8.45	5'
	ROLL	8.45	8.55	10'
	1	8.55	9.45	50'
	2	9.45	10.35	50'
	RECESS	10.35	11.00	25'
	GO TO CLASS	11.00	11.05	5'
	3	11.05	11.55	50'
	4	11.55	12.45	50'
	LUNCH	12.45	1.10	25'
	GO TO CLASS	1.10	1.15	5'
	5	1.15	2.05	50'
	6	2.05	2.55	50'

THURSDAY	GO TO CLASS	8.40	8.45	5'
	ROLL	8.45	9.05	20'
	1	9.05	9.49	44'
	2	9.49	10.33	44'
	RECESS	10.33	10.58	25'
	GO TO CLASS	10.58	11.03	5'
	3	11.03	11.47	44'
	Assembly	11.47	12.32	45'
	LUNCH	12.32	12.57	25'
	GO TO CLASS	12.57	1.02	5'
	5	1.02	1.46	44'
	6	1.46	2.30	44'

WED	GO TO CLASS	8.40	8.45	5'
	ROLL	8.45	8.55	10'
	1	8.55	9.35	40'
	2	9.35	10.15	40'
	RECESS	10.15	10.40	25'
	GO TO CLASS	10.40	10.45	5'
	3	10.45	11.40	55'
	4	11.40	12.35	55'
	LUNCH	12.35	1.00	25'
	GO TO CLASS	1.00	1.05	5'
	5	1.05	2.00	55'
	6	2.00	2.55	55'

BELL SIGNALS SYSTEM

There are various bell signals which tell students and staff what to do.

SINGLE RING indicates the start of the day, end of lessons or breaks and the end of the day.

TWO RINGS indicate an assembly in the quadrangle has been called. All students and staff should assemble in the quad as quickly as possible.

THREE RINGS indicate that the oval is closed due to extreme heat or rain. Undercover walkways become in-bounds for that break.

WHOOP SOUND indicates that an evacuation is necessary. Students and staff must evacuate the buildings and assemble on the oval.

DOORBELL SOUND indicates a lockdown is required. All students and staff must remain in the buildings, close and lock all doors and wait for the all clear (which is two rings calling everyone to the quadrangle).

High School Canteen Menu 2016

Available Everyday

BREAKFAST

HASH BROWN	\$ 1.00 H	
TOASTED CHEESE WRAP	\$ 2.50 H	\$ 4.00
BACON & EGG ROLL	\$ 3.50	\$ 5.00
TOASTED SANDWICHES From	\$ 2.80	
MUFFINS Blueberry, Apple + More	\$ 3.00 H	\$ 4.50
BROWNIE Made in the Canteen	\$ 1.00 H	
FRUIT SALAD	\$ 3.80	\$ 5.30
YOGHURT With Berries	\$ 3.50 H	
HOT CHOCOLATE	\$ 2.00 H	

FRESH SALADS

GARDEN Lett, Tomato, Cuc, Carrot, Caps, Beet	\$ 4.00 H	\$ 5.50
CAESAR Lettuce, Bacon, Croutons, Cheese	\$ 4.00	\$ 5.50
CHICKEN CAESAR	\$ 5.00	\$ 6.50
GREEK Tomato, Cucumber, Olives, Fetta, Caps	\$ 4.50 H	\$ 6.00
CRISPY NOODLES & CHICKEN	\$ 5.00 H	\$ 6.50
POTATO SALAD *	\$ 4.00 H	\$ 5.50
PASTA SALAD *	\$ 4.00 H	\$ 5.50
HAWAIIAN RICE SALAD *	\$ 4.00 H	\$ 5.50
TABOULI *	\$ 4.00 H	\$ 5.50
SEAFOOD *	\$ 4.50 H	\$ 6.00

* Available selected days only

WRAPS & SUBS

SALAD Lett, Tomato, Cuc, Carrot, Beet	\$ 4.00 H	\$ 5.50
CAESAR Lettuce, Bacon, Croutons, Cheese	\$ 4.30	\$ 5.80
SWEET CHILLI CHICKEN Lettuce, Cheese	\$ 4.50 H	\$ 6.00
HAM & SALAD	\$ 4.50	\$ 6.00
ROAST BEEF & SALAD	\$ 4.50 H	\$ 6.00
TURKEY & SALAD	\$ 4.50 H	\$ 6.00
ROAST CHICKEN & SALAD	\$ 4.50 H	\$ 6.00
CHICKEN CAESAR	\$ 5.30	\$ 6.80

TURKISH BREAD PRE ORDER ONLY

SCHNITZEL Chicken Avocado Sun Tomato Cheese	\$ 5.50 H	\$ 7.00
VEGETARIAN Roasted Veges, Cheese	\$ 5.50 H	\$ 7.00
TURKEY Cranberry Sauce, Cheese	\$ 5.50 H	\$ 7.00

BURGERS

CHICKEN Lettuce, Mayonnaise	\$ 4.50 H	\$ 6.00
BEEF Lettuce, Tomato, Beet, BBQ Sauce	\$ 4.50 H	\$ 6.00
CHEESE Beef, Tomato Sauce	\$ 4.50 H	\$ 6.00
CHICKEN & CHEESE Mayonnaise	\$ 4.70 H	\$ 6.20

AUTHENTIC INDIAN

BUTTER CHICKEN With Steamed Rice	\$ 5.00 H	\$ 6.50
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PIES & PASTRIES

MEAT PIE	\$ 3.30 H	\$ 4.80
SAUSAGE ROLL	\$ 3.00 H	\$ 4.50

HOT SNACKS

GARLIC BREAD	\$ 2.00 H	\$ 3.50
HOT DOG Tomato Sauce Add Cheese 20c	\$ 2.90 H	\$ 4.40
CUP OF NOODLES Chicken, Beef, Tom Yum	\$ 3.00 H	\$ 4.50
NACHO DOG Hot Dog & Nacho Sauce	\$ 3.70 H	\$ 5.20
NACHOS VEGE Salsa & Sour Cream	\$ 4.50 H	\$ 6.00
NACHOS BOX Bolognese & Sour Cream	\$ 4.70 H	\$ 6.20

TOASTED WRAPS

MELTED CHEESE	\$ 2.50 H	\$ 4.00
SWEET CHILLI Chicken Tenders & Cheese	\$ 4.50 H	\$ 6.00

DRINKS

OAK FLAVOURED MILK 300ml	\$ 2.40	\$ 1.50
OAK FLAVOURED MILK 600ml	\$ 3.60	
OAK ICED COFFEE 500ml	\$ 3.80	
UP 'N' GO 250ml	\$ 2.50	
JUICE 350ml 100% Juice	\$ 2.80	
WATER 600ml	\$ 2.00	\$ 1.50
SOFT DRINK 375ml Various Diet	\$ 2.20	\$ 1.50
SOFT DRINK 600ml Various Diet	\$ 3.80	
PUMP SPORTS WATER 750ml	\$ 3.80	
ICED TEA 500ml	\$ 3.90	
POWERADE 600ml	\$ 4.00	

MONDAY

BURGERS

CAESAR BURGER	\$ 5.00	\$ 6.50
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PASTA OF THE DAY

LASAGNE BEEF 220gm	\$ 3.80 H	\$ 5.30
MACARONI & CHEESE 220gm	\$ 3.80 H	\$ 5.30

TOASTED WRAPS

ROAST CHICKEN Cheese & BBQ Sauce	\$ 4.50 H	\$ 6.00
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ASIAN DISHES

HONEY CHICKEN With Steamed Rice	\$ 5.00 H	\$ 6.50
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HOT SNACKS

POTATO WEDGES CUP	\$ 2.50 H	\$ 4.00
CHICKEN NUGGETS x 5	\$ 3.00 H	\$ 4.50

PIES & PASTRIES

CHEESE & SPINACH ROLL	\$ 3.90 H	\$ 5.40
CREAMY CHICKEN PIE	\$ 4.00 H	\$ 5.50

PIZZA MADE FRESH DAILY

MARGARITA Cheese & Pizza Sauce	\$ 3.70 H	\$ 5.20
PEPPERONI Cheese, Pepperoni & Pizza Sauce	\$ 4.00	\$ 5.50

DAILY DEALS

SPICY WINGS (2) & WEDGES	\$ 4.80 H	\$ 6.30
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TUESDAY

BURGERS

BACON CHEESE & BEEF BURGER	\$ 5.00	\$ 6.50
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PASTA OF THE DAY

CHICKEN FETTUCCINE CARBONARA	\$ 4.50 H	\$ 6.00
SPAGHETTI BOLOGNESE	\$ 4.50 H	\$ 6.00
LASAGNE BEEF 475gm	\$ 5.50 H	\$ 7.00
SOUP OF THE DAY	\$ 4.50 H	\$ 6.30

TOASTED WRAPS

ROAST CHICKEN Cheese & BBQ Sauce	\$ 4.50 H	\$ 6.00
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ASIAN DISHES

HONEY CHICKEN With Steamed Rice	\$ 5.00 H	\$ 6.50
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HOT SNACKS

POTATO WEDGES CUP	\$ 2.50 H	\$ 4.00
CHICKEN NUGGETS x 5	\$ 3.00 H	\$ 4.50

PIES & PASTRIES

CHEESE & SPINACH ROLL	\$ 3.90 H	\$ 5.40
CREAMY CHICKEN PIE	\$ 4.00 H	\$ 5.50

PIZZA MADE FRESH DAILY

MARGARITA Cheese & Pizza Sauce	\$ 3.70 H	\$ 5.20
PEPPERONI Cheese, Pepperoni & Pizza Sauce	\$ 4.00	\$ 5.50

DAILY DEALS

SPICY WINGS (2) & WEDGES	\$ 4.80 H	\$ 6.30
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WEDNESDAY

BURGERS

CAESAR BURGER	\$ 5.00	\$ 6.50
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PASTA OF THE DAY

LASAGNE BEEF 220gm	\$ 3.80 H	\$ 5.30
MACARONI & CHEESE 220gm	\$ 3.80 H	\$ 5.30

TOASTED WRAPS

ROAST CHICKEN Cheese & BBQ Sauce	\$ 4.50 H	\$ 6.00
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ASIAN DISHES

HONEY CHICKEN With Steamed Rice	\$ 5.00 H	\$ 6.50
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HOT SNACKS

POTATO WEDGES CUP	\$ 2.50 H	\$ 4.00
CHICKEN NUGGETS x 5	\$ 3.00 H	\$ 4.50

PIES & PASTRIES

CHEESE & SPINACH ROLL	\$ 3.90 H	\$ 5.40
CREAMY CHICKEN PIE	\$ 4.00 H	\$ 5.50

PIZZA MADE FRESH DAILY

MARGARITA Cheese & Pizza Sauce	\$ 3.70 H	\$ 5.20
PEPPERONI Cheese, Pepperoni & Pizza Sauce	\$ 4.00	\$ 5.50

DAILY DEALS

SPICY WINGS (2) & WEDGES	\$ 4.80 H	\$ 6.30
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THURSDAY

BURGERS

BACON CHEESE & BEEF BURGER	\$ 5.00	\$ 6.50
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PASTA OF THE DAY

CHICKEN FETTUCCINE CARBONARA	\$ 4.50 H	\$ 6.00
SPAGHETTI BOLOGNESE	\$ 4.50 H	\$ 6.00
LASAGNE BEEF 475gm	\$ 5.50 H	\$ 7.00

TOASTED WRAPS

ROAST CHICKEN Cheese & BBQ Sauce	\$ 4.50 H	\$ 6.00
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ASIAN DISHES

HONEY CHICKEN With Steamed Rice	\$ 5.00 H	\$ 6.50
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HOT SNACKS

POTATO WEDGES CUP	\$ 2.50 H	\$ 4.00
CHICKEN NUGGETS x 5	\$ 3.00 H	\$ 4.50

PIES & PASTRIES

CHEESE & SPINACH ROLL	\$ 3.90 H	\$ 5.40
CREAMY CHICKEN PIE	\$ 4.00 H	\$ 5.50

PIZZA MADE FRESH DAILY

MARGARITA Cheese & Pizza Sauce	\$ 3.70 H	\$ 5.20
PEPPERONI Cheese, Pepperoni & Pizza Sauce	\$ 4.00	\$ 5.50

DAILY DEALS

SPICY WINGS (2) & WEDGES	\$ 4.80 H	\$ 6.30
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FRIDAY

BURGERS

CAESAR BURGER	\$ 5.00	\$ 6.50
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PASTA OF THE DAY

LASAGNE BEEF 220gm	\$ 3.80 H	\$ 5.30
MACARONI & CHEESE 220gm	\$ 3.80 H	\$ 5.30

TOASTED WRAPS

ROAST CHICKEN Cheese & BBQ Sauce	\$ 4.50 H	\$ 6.00
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SEAFOOD

CALAMARI RINGS JUMBO x 5	\$ 3.50 H	\$ 5.00
FISH FILLET BURGER Lettuce & Mayo	\$ 4.50 H	\$ 6.00
CALAMARI RINGS x 4 \$ HOT CHIPS	\$ 5.00 H	\$ 6.50
FISH FILLET & HOT CHIPS	\$ 5.00 H	\$ 6.50

HOT SNACKS

POTATO WEDGES CUP	\$ 2.50 H	\$ 4.00
CHICKEN NUGGETS x 5	\$ 3.00 H	\$ 4.50

PIES & PASTRIES

CHEESE & SPINACH ROLL	\$ 3.90 H	\$ 5.40
CREAMY CHICKEN PIE	\$ 4.00 H	\$ 5.50

PIZZA MADE FRESH DAILY

MARGARITA Cheese & Pizza Sauce	\$ 3.70 H	\$ 5.20
PEPPERONI Cheese, Pepperoni & Pizza Sauce	\$ 4.00	\$ 5.50

DAILY DEALS

SPICY WINGS (2) & WEDGES	\$ 4.80 H	\$ 6.30
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Everyday Meal Combo



Includes Your Choice Of Any
600ml Water
300ml Milk
375ml Can





SCHOOL TIMETABLE

WESTERN SUBURBS REGION

Quakers Hill High School

Timetable effective from Monday 30 November 2015

Amended 18/11/2015

(R) Bus Turns Right - (L) Bus Turns Left

MORNING

Bus Number	Route Number	Time	Locations Serviced	Route Description
6072	-	7:55 AM	Glendenning Dean Park	Departs Adrienne St & Lamb St via Adrienne St (R)Armitage Dr (L)Golding Dr (L)Richmond Rd (R)Yarramundi Dr (L)Hoyle Dr (R)Symonds Rd (L)Richmond Rd (L)Quakers Hill Pkwy (R)Grady St (R)Lalor Rd into School Bus Bay.
-	T72	8:01 AM	Quakers Hill	Departs Burdekin Rd and Alex Ave via Burdekin Rd (L)Walker St (L)Bali Dr (R)Hambledon Rd (R)Lalor Rd to Quakers Hill Station turns around and returns Lalor Rd to School Bus Bay.
-	745	8:03 AM	Glenwood Stanhope Gardens Quakers Hill	Departs Glenwood Dr & Peak St via Glenwood Park Dr (L)Forman Ave (R)Glenwood Park Dr (L)Sorrento Dr (R)T-way (L)Stanhope Pkwy (L)Sentry Dr (R)Quakers Hill Pkwy (R)Farnham Rd (L)Quakers Hill Pkwy (R)Grady St (R)Lalor Rd.
6031	-	8:05 AM	Blacktown Marayong Quakers Hill	Departs Blacktown Stn via Richmond Rd (R)Breakfast Rd (L)Quakers Rd (R)Quakers Hill Pkwy (R)Hambledon Rd (L)Lalor Rd.
-	T72	8:05 AM	Quakers Hill	Departs Quakers Hill Station via Lalor Rd (L)Hambledon Rd (L)Bali Dr (R)Walker St (R)Burdekin Rd (R)Hambledon Rd (L)Barnier Dr (R)Farnham Rd (L)Kennington Ave (R)Farnham Rd (L)Quakers Hill Pkwy (R)Pye Rd (R)Highfield Rd (R)Lalor Rd.
-	752	8:06 AM	Quakers Hill	LAST PICK UP ARNOTT RD & WARRIMOO DR Departs Blacktown Interchange via Richmond Rd (R)Davis Rd (L)Quakers Rd (R)Arnett Rd to Warrimoo Dr then direct to School.
6035	-	8:07 AM	Blacktown Marayong Quakers Hill	DOES NOT PICK UP ON ARNOTT RD AND WARRIMOO ST Departs Blacktown Interchange via Richmond Rd (R)Breakfast Rd (L)Quakers Rd (R)Narrabri St (R) Bombala Cr (R) Ottley (L) Arnett (L) Warrimoo Dr (L)Chaplin Cr to Quakers Rd then direct to School.
-	745	8:18 AM	Glendenning	Departs Adrienne St & Lamb St via Adrienne St (R)Armitage Dr (L)Golding Dr (R)Richmond Rd (L)Quakers Hill Pkwy (R)Grady St (R)Lalor Rd into School Bus Bay.
6020	-	8:23 AM	Arnett Rd Warrimoo Dr	Departs Arnett Rd & Quakers Rd via Arnett Rd (L)Warrimoo Dr (L)Chaplin Cr to Quakers Rd then direct to School.

AFTERNOON

Bus Number	Route Number	Time	Locations Serviced	Route Description
6584	-	3:09 PM	Quakers Hill	Departs School via (L)Lalor Rd (L)Hillcrest Rd (L)Pye Rd (R)Wilson Rd (L)Chase Cr (L)Quakers Hill Pkwy (R)Farnham Rd (L)Kennington Rd (R)Farnham Rd (L)Barnier Dr (R)Hambledon Rd.
6568	-	3:12 PM	Arnett Rd Warrimoo Dr	Departs School via (L)Lalor Rd (R)Hambledon Rd (L)Quakers Hill Pkwy (L)Quakers Rd (L) Chaplin (R)Warrimoo (R)Arnett Rd.
6544	-	3:15 PM	Quakers Hill	Departs School via (L)Lalor Rd (R)Hambledon Rd (L)Bali Dr (R)Walker St (R)Burdekin Rd to Hambledon Rd.
6540	-	3:20 PM	Blacktown	FIRST SET DOWN DAVIS RD Departs School then express to Davis Rd then (L) Richmond Rd to Blacktown Interchange.

6562	-	3:21 PM	Blacktown Marayong	PICKS UP STUDENTS FROM SCHOOL BUS BAY FIRST SET DOWN WARRIMOO DR AND ARNOTT RD Departs School via (L)Lalor Rd to Quakers Hill Station Roundabout returns Lalor Rd (L)Hambledon Rd (L)Quakers Hill Pkwy (L)Quakers Rd (L)Chaplin Cr (R)Medlow Dr (R)Quakers Rd (R)Chaplin Cr, Warrimoo Dr (R)Arnett Rd (L)Quakers Rd (R)Davis Rd (L)Richmond Rd to Blacktown Interchange.
-	T72	3:21 PM	Quakers Hill	Departs School via (L)Lalor Rd to Quakers Hill Station, turns around & returns Lalor Rd (L)Hambledon Rd (L)Bali Dr (R)Walker St (R)Burdekin Rd to Hambledon Rd.
-	745	3:24 PM	Glenwood	Departs School via (R)Lalor Rd (L)Grady St (L)Quakers Hill Pkwy (R)Farnham Rd (L)Quakers Hill Pkwy (L)Sentry Dr (R)Stanhope Pkwy (R)T-way (L)Sorrento Dr (R)Glenwood Park Dr (L)Foreman Ave (R)Glenwood Park Dr (L)Meurants Ln to Greenhill Dr.
-	752	3:28 PM	Marayong	Departs School via Lalor Rd to Quakers Hill Station, turns around & returns Lalor Rd (L)Hambledon Rd (L)Quakers Hill Pkwy (L)Quakers Rd (L)Chaplin Cr (R)Warrimoo Dr (R)Arnett Rd to Quakers Rd.
6545	-	3:31 PM	Glendenning Dean Park	Departs School via Lalor Rd (L)Grady St (L)Quakers Hill Pkwy (R)Richmond Rd (R)Symonds Rd (L) Hoyle Dr (R)Yarramundi Dr (L)Richmond Rd (R)Golding Dr (R)Armitage Rd (L)Adrienne St to Lamb St.

QHHS

invites all prospective

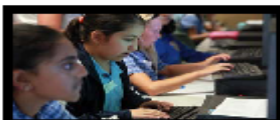
Year 5 & 6 students and their families to our

2016 Information Evening

DISCOVER



EXPLORE



CONNECT

Tuesday 1st March at 7 p.m.
Quakers Hill High School Hall

This evening is designed to inform interested students and their parents of the educational programs and facilities at Quakers Hill High School and to assist them in making a smooth and harmonious transition to high school.

STUDY SKILLS FOR JANUARY

IT'S GOAL SETTING TIME!

The start of the year is a great time to set yourself some academic goals along with any personal goals you might plan to achieve this year.



There are lots of great reasons to set goals:

- Setting goals gets you to think about possibilities.
- Goals give you a direction to work towards.
- Goals give you a clear picture of where you want to go.
- Goals help you to push yourself just that little bit more.
- Goals help you have a more fun and fulfilled life.
- Goals can give you motivation and focus.
- Setting goals helps you do all the things you want to do in life!
- Goals give us the motivation to do things that are difficult and challenging in order to reach a particular desired state.
- Goals help us achieve our dreams, hopes and desires.
- Goals help us look for an achievable balance between the different areas of our life.
- Goals make us feel good about ourselves and our achievements and help us to increase our self-esteem and sense of self-worth.
- Goals give us a greater feeling of control over our lives and experiences.
- Goals allow us to prioritise and create action plans.

There are different types of goals you can set based on the timeframe in which you want to achieve these goals:

- *Short-term goals:* are things you want to do today, tomorrow or within the next few weeks and sometimes months.
- *Medium-term goals:* are things you want to achieve in the next few months or sometime even within the next year.
- *Long-term goals:* are things you want to do later on in life, whether it is next year, two years' time, ten years' time or even longer.

You may decide to set a mix of these types of goals. To give yourself the best chance of achieving your goals, it is a good idea to make sure your goals are SMARTIES – so keep in mind these guidelines for setting effective goals:



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: _____

STUDY SKILLS FOR FEBRUARY

ACHIEVING YOUR GOALS

A big step towards achieving your goals is developing and maintaining a goal setting mindset as the attitudes you have learnt and develop will influence the way you view goal setting. Approaching a task with a negative and self-defeating attitude makes it much harder to actually be successful at that task.



You need to have a positive attitude when you are setting and trying to achieve your goals. A positive attitude means you are looking for ways to succeed rather than focusing on the difficulties and obstacles that could be in your path.

To create a more positive attitude:

- Each day note down something you did towards achieving your goals.
- Note down any changes someone else has noticed eg. your teacher says well done on your work.
- Don't stop trying if something goes wrong, rather reassess your goals or decide you need to work harder to achieve them.
- Find a mentor or helper to encourage you to achieve your goals, possibly someone who is interested in the same things or is good at the same subjects, but is a bit further ahead of you.

Other reasons why we don't achieve our goals:

- No action plan.
- No true commitment to the goal.
- Not rewarding yourself along the way.
- Trying to focus on too many goals.
- Not preparing yourself for success.
- Fear of failure.

If you are still not achieving your goal try this:

- Clarify your goal.
- Write a list of actions.
- Analyse, prioritize and prune.
- Organise your list into a plan.
- Monitor the execution of your plan and review your plan regularly.

You can learn more about how to support your student's learning at www.studykillshandbook.com.au by logging in with these details:

Username: quakershillhs

Password: 45success

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: _____



KILDARE ROAD MEDICAL CENTRE

FEELING THE HEAT?

IT'S TIME FOR A SKIN CANCER CHECK!

Exposure to the sun's ultraviolet rays can cause sunburn and skin cancer and contribute to visible signs of ageing. There is a higher risk of skin damage, which can lead to skin cancer, during the summer months and that is why it is important to have regular skin checks with an accredited skin cancer doctor.

If necessary, KRMCM®'s GPs will use mole-scanning technology to detect any suspect moles and to build up an accurate picture of changes to the skin over time. Our GPs and Nurses are able to perform excisions of moles that appear to be of concern and to send them for laboratory analysis via our on-site Pathology department. If required, follow up treatment and referrals are available.

*For more information and to make an appointment at KRMCM®'s Skin Cancer Clinic,
please call Reception on 8822 3000.*

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

Kildare Road Medical Centre / 36 Kildare Road, Blacktown, NSW 2148 / kildaremedical.com.au