

QUAKERS HILL HIGH SCHOOL

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11 AUGUST 2017 CALENDAR DATES FOR TERM 3, 2017

Monday 14 August P&C Meeting @ 7pm
Tuesday 15 August Maths ICAS Assessment
Wednesday 16 Aug. Ski Trip Information Night
6.30-12pm
Thursday 17 Aug. Primary Prosperitas Mentor
ing Meeting 6.30-8pm
Friday 18 August Slam Poet incursion
Monday 21 August SRC Activity Day
Mon 21 & Tues 22 August
Blacktown Music Festival 6-9.30pm
Friday 25 August Forensic Science
Workshop
Contact issued
Monday 28 August Online Valid Testing
for Year 10

Monday 28—Thurs 31 August—Ski Trip
Monday 4 –Friday 8 September -
NAPLAN Online Readiness testing
Monday 11 Sept. P&C Meeting @ 7pm
Musical Matinee
Tuesday 12 Sept. QCCP Day No. 3
Wed 13 & Thurs 14 September—
Musical evenings
Thursday 21 Sept. Multicultural Day
Assembly Period 3
Friday 22 Sept. Stage 5 Scripture
Seminar
Last day Term 3
Monday 9 October First day Term 4
Friday 13 October Year 7 Vaccinations

EXAM WEEKS 3 & 4 Term 4
Monday 23 October—Friday 3
November

SPORTS CALENDAR

Every Friday—PASS Officiating Program

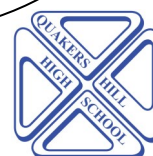
Monday 14 August—Girls Knockout Netball

Tuesday 15 August—Premier's Sporting Challenge

Friday 18 August—U/15 Boys Basketball Gala Day
State Knockout Basketball

SUPPORT UNIT EVENTS

Work Experience—every
Tuesday Week B Term 3
Swim School every Wednes-
day Term 3



SMART FOCUS FOR WEEKS 5&6 : Treating shared school amenities respectfully

IMPORTANT NEWS FOR STUDENTS & PARENTS

FEEES

Thank you to all of our parents and school community members for your patience as we have been transitioning to our new school finance system (LMBR). Students can now pay fees and we are working with students and their families to ensure that all mandatory course fees are cleared. This is particularly important for year 8 who are not able to enrol in fee paying Stage 5 subjects if they still have course fees owing and for year 10 who cannot make a formal deposit with fees still owing. Remember that if fees are an issue it is important to call the school to make part-payment arrangements.

COMMUNITY COMPLAINTS

On two separate occasions this year we have had complaints from local community members about students causing damage to their property. It is important for students to be aware that they are representing Quakers Hill High School at all times and that negative behaviour in the school community will lead to a school based consequence as well as possible police action.

ATTENDANCE

The importance of attendance was raised in the last school newsletter. This week several students and their parents have received notice that they are unable to proceed to the next year based on their level of attendance. Although these are extreme cases, poor attendance directly impacts on students' learning outcomes and their consequent life outcomes. Under the Education Act it is a legal responsibility for parents to ensure their child attends school.

YEAR 8 SUBJECT SELECTION PROCEDURE

Quakers Hill High School's subject selection process for Year 8 students is well under way, with students choosing to have electives of interest in the 2018 curriculum via a survey. The data have since been organised into line structures with 100 and 200 hour course options.

Students received their subject selection forms and I have outlined how this needs to be filled. If your child was absent from school on Thursday 10th August or has misplaced their form, they can pick up a new one from me in the Social Science staffroom.

Students need to select their top 5 subjects in each of the 4 boxes and then return the form to me with a parent or caregiver's signature. Instructions are explained on the reverse side of the form.

Forms must be submitted by 3pm on Friday 18th August (week 5). It is not a first-in-first served process, so any time before the due date is acceptable. There is a box in the office for students to put their completed forms into or they can hand them to me in my office.

Please do not hesitate to call me should you have any questions.

Mr Anthony Head
Curriculum Coordinator

STUDY SKILLS FOR AUGUST

HOW CAN PARENTS HELP DURING STRESSFUL ASSESSMENT TIMES?

The second semester often heralds blocks of examinations or assessments for students.

Some students cope well with the pressure and stress while others find it overwhelming. Of course, the more prepared students are, the less stress they are likely to experience. Encourage students to start their preparation for examinations and assessments early, in particular their study notes. If your student has examination blocks this semester, these tips will help you provide the support they need.

Lifestyle makes a big difference to results: healthy eating, lots of water, lots of sleep, exercise and time for relaxation are essential. Make sure students are eating as healthily as possible. Provide healthy snacks and drinks and healthy meals. It is important that students look after their health during this period as stress can take a huge toll on the body. A nutritious diet and a bit of exercise not only help students think more effectively, but will help them deal with stress as well. Some students will try and sacrifice sleep during this time, remind them that the last stage of memory takes place while students are sleeping.

Ask students what they need from you and what you can do. Offer to help with revision, to go and buy any books or stationery needed. Be their personal assistant and help with exam timetables, preparation, lunches etc. Many students find it helpful if their parent tests them on the material they need to memorise.

Focus on a positive outlook and personal best: encourage students to be proud of their successes and what they achieve and constantly assure them that all you want is for them to do the best they can and walk away feeling proud of their efforts this year. Praise the effort they put into their study. Avoid criticism and negativity. Remember there are always multiple paths in life for your student to get to where they want to go.

Keep communication lines open. Listen. See if you can have a weekly meeting to give students a chance to talk through where they are with each subject and what is going on and if they are having any difficulties. Remember that you are the convenient target for anger (that isn't really directed at you) but you also might be a good shoulder to cry on. Seek professional help if you feel your student is not coping and needs it.

If students are stressed or worried, first let them vent, then talk together ways they could approach their issues. Who could they talk to at school on ways to improve or ways to manage their stress? What outside resources do they have? What is it they feel most anxious about? Is there specific help they need? What can parents do to help?

You and your student can learn more about how to study effectively at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Username: quakershillhs

Password: 45success

PRINCIPAL'S AWARDS

Congratulations to the following students for achieving their Gold Principal's Awards:

Year 7—Tama Brown-Phillips

Year 8—Chaelea Thomson

Year 9—Amelia Stannard