

70 Lalor Road, Quakers Hill NSW 2763

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### 10 MAY 2019 **CALENDAR DATES FOR TERM 2 2019**

Friday 10 May	Hawkesbury Show excursion	Wednesday 29 May	Peer Reading @ Barnier PS
	Chess competition	Thursday 30 May	Primary Prosperitas
13—24 May	EXAM WEEKS		Half Way Presenta
14 –24 May	NAPLAN ONLINE		tion 4-5.30pm
15 May	Peer Reading @ Barnier PS		Shakespeare: The Human Experience incursion Year 10
Friday 17 May	Chess competition		English
Monday 20 May	Big Science competition	Friday 31 May	Chess competition
Wed 22 May	Theatresports Schools Challenge	Monday 3 June	History Incursion Year 10
	Peer Reading @ Barnier PS		Bell Shakespeare Company Workshop
Friday 24 May	Newsletter issued		10-11am
	Chess competition		Bell Shakespeare Company Incursion
27—31 May	RECONCILIATION		1.40-2.40pm
	WEEK	Tuesday 4 June	SRC Collegiate
Monday 27 May	National Sorry Day		Planning Day
	Assembly	Wednesday 5 June	Australian History Competition
SPORTS	CALENDAR		Peer Reading @

Thursday 30 & Friday 31 May—Zone Athletics Carnival



Barnier PS

### IMPORTANT NEWS FOR STUDENTS & PARENTS

### **MESSAGE FROM THE PRINCIPAL**

We are pleased to start another happy and productive term at Quakers Hill High School. I hope that all students, staff and families had a restful holiday period.

### **STAFF CHANGES**

It is with great sadness that we farewelled some fantastic staff at the end of last term. Ms Tracey Drake from our TAS department received a transfer to Cherrybrook Technology HS. Ms Drake was a long term member of our staff who will be missed by all. Ms Brittany Ayden from our English department took up a position at Model Farms High School. Ms Ayden was a highly valued member of staff who will certainly thrive in this new role. Ms Helen Tran, also from our English department, took up a position at Bass Hill High School. Ms Tran is a dedicated teacher who taught English as well as worked with our EALD (English as an Additional Language or Dialect) students. Mr Justin Young moved to James Ruse High School as a Mathematics teacher. Mr Young is a highly professional and adaptable teacher who worked across a number of faculties at Quakers Hill High School, including our Support Unit. I'm sure the community will join me in wishing these great educators all the very best for the next chapter in their careers.

We congratulate Mr Sadik Zraika, who has been made a permanent member of our TAS staff following a temporary engagement last term. Ms Tracey Blane is working in the TAS faculty on a temporary basis while the recruitment process runs for the vacancy left by Ms Drake. Ms Rahat Syed joins us in English and Ms Suganya Nateshbabu in Science, also on a temporary basis.

### PARENT TEACHER EVENING

On Tuesday 2 April we held our first Parent Teacher Evening for the year. It was great to see a huge number of parents and carers in attendance. The partnership between home and school is a vital one for the success of all students and it is nights such as these that assist with essential communication. If a parent or carer was unable to meet with a teacher on that night and would like to, please contact the school.

### HALF YEARLY EXAMINATIONS AND NAPLAN

The Half Yearly Examination period begins at the start of Week 3 – Monday 13<sup>th</sup> of May. Students have been made aware of requirements now and will continue to be supported throughout the examination period.

NAPLAN will run for Years 7 and 9 in Week 4, beginning on Monday 20<sup>th</sup> of May. Mrs Critchley and Mr Daghel have led a team of staff who are busily preparing students and doing everything possible to ensure that the event will run smoothly. My thanks to these staff for their efforts so far. Any students who require assistance, are encouraged to speak to their class teachers or Year Adviser, who can direct them to the appropriate source of support.

### PROPOSED COLLEGIATE RECALIBRATION

There has been no update on the proposal for the Nirimba Collegiate Recalibration since our previous issue of *Contact*. As you will recall, proposed recalibration refers to the expansion of Quakers Hill, Seven Hills and Riverstone High Schools to full Years 7-12 campuses of the Collegiate. The community will be updated as soon as this is possible.

### A UNIFORM REMINDER

The start of Term 2 sees us advance to the cooler months of the year. Already there have been some cold mornings. I would like to remind all families that correct winter uniform is expected every day. Under no circumstances are students to wear "hoodies" to school and other jumpers must be correct uniform options. If securing uniform presents a difficulty, families are asked to contact the school for a confidential discussion of options.

### STUDENT REVIEWS

Mrs Maricic, Mrs Mahon and all of the Year Advisers have been working hard on the Semester One student reviews. The student reviews are an opportunity for us to address issues with students who are causing concern in areas such as attendance, work and exhibiting inappropriate behaviours. Students who have received multiple negative referrals will be formally interviewed by the Deputy Principal and their Year Advisers. Parents will also be contacted and may be requested to attend interviews with their child.

Teachers have also begun referring students who have demonstrated positive behaviours in areas such as motivation and consistently striving to improve as well as students who are working hard and demonstrating the SMART expectations. As always, the numbers of positive referrals significantly outweigh the negative referrals and this is indicative of the SMART attitude to school that is demonstrated by the vast majority of our students. Students who have been referred by one subject will receive a Merit Award, students who have been referred in two subjects will receive a Bronze Award with three or more referrals earn a Bronze Award and a Letter of Commendation. We will also be hosting a morning tea and an awards ceremony for those students who have done particularly well in the reviews. Over the last few days students who received no negative referrals in Term 1 received a merit award in recognition of their outstanding efforts. A total of 481 students did not receive any negative referrals which means they wore their uniform every day, attended every lesson, brought their books, followed reasonable requests and did their best to follow the SMART expectations in all areas of the school.

### **ANZAC DAY CEREMONY**

The Senior Executive would like to mention how extremely well the students behaved at our ANZAC Day Ceremony. It is always an enormous source of pride to us when we see our students sitting, listening and demonstrating such deep respect at significant ceremonies. Can I also encourage you to look at the wonderful video put together in recognition of Anzac Day and the photos on our Facebook page.

### Parent Portal

Earlier this week notices went out asking parents to provide their family email address. It is extremely important that we get this as all future Parent Teacher Evenings will be organised through the Sentral Parent Portal and we require your email address to invite you to join. The Sentral Parent Portal also gives you access to your child's attendance, school notices and daily announcements. Please send the notice back as soon as possible so that your email address can be entered into school records.

### **Online Safety for Parents and Carers**

### Online Safety Start the Chat



The internet is an essential part of your child's world — for education, socialising and entertainment.

As parents and carers, you can help your children explore their digital world and educate them about how to avoid harmful experiences online and deal with them if they arise.

Talk to your children early, and often, about what they are doing online. For tips and advice about how to help your children to stay safe online, go to the eSafety website at esafety.gov.au/parents

### Cyberbullying

Online bullying can take many forms such as sending insulting messages, hurtful images or videos, nasty gossip, or excluding or humiliating others online. Your child may be worried that if they talk to you, the bullying will get worse, or that you might remove their access to the internet or their mobile phone.

Some signs that might indicate that your child is being bullied include:

- becoming upset after using the internet or their mobile phone, or becoming secretive about their online activities and mobile phone use
- becoming withdrawn, anxious or angry, appearing to be lonely or distressed
- wanting to avoid school or a decline in their schoolwork

To find out more about how to talk to your children about respectful online behaviour from an early age, and make sure they know they can come to you about any concerns, go to the eSafety website at esafety.gov.au/parents/big-issues/cyberbullying

### **Unwanted contact**

Do you know who your child is talking to online? We all want to protect our young people from contact with strangers, especially anyone who could harm your child.

Keep up to date with the sites and apps your child is using and encourage them to talk to you if someone online is asking them to do something that doesn't feel right. Help your child to be alert to the signs of unusual online contact, such as being asked:

- a lot of questions about personal information soon after first contact
- for favours, with reward of gifts and promises in return
- to make contact in other ways, such as online chat and texting
- who shares their computer and what room it is in
- for intimate information
- to keep their relationship secret
- to meet them in person

To find out how to block unwanted contact and for a more comprehensive guide to managing unwanted contact go to the eSafety website at esafety.gov.au/parents/big-issues/unwanted-contact





eSafety.gov.au

### Sexting and sending nudes

It is important to talk to your children as they get older about the possible consequences of sending or sharing intimate or explicit photos or videos, also known as Nudes or Noods.

While sexting may not be as common as you and your children think, it is important to be aware of the risks of sharing intimate images. Even with trusted friends, things may go wrong.

Unwanted sharing of very personal images may result in humiliation, bullying and damage to a young person's reputation. Once an image is shared, the child loses control of the image, and it may be published anywhere on the internet.

NOTE: Creating or sharing sexualised images of children and young people under the age of 18 years is illegal and may result in criminal charges and penalties.

To learn more about how to talk to your child about sexting and sending nudes, and for tips on what to do if your child has sent or received a nude image, go to the eSafety website at esafety.gov.au/parents/big-issues/sending-nudes-sexting



### Tools, tips and advice

You can play an important role in helping your child stay safe online. Being open, engaged and supportive is important in helping them develop good online habits and digital intelligence.

Get to know the digital devices your child is using, and together, agree the rules for online access. These rules can be reviewed as the child grows.

Most of all, keep the channels of communication open, listen to them and don't judge.

Go to eSafety.gov.au/languages for more information.

Help your child stay safe online.

Start the Chat.





eSafety.gov.au

### **Online Safety**

### Start the Chat



**Keeping kids** safe online starts with you

We all have a role to play in keeping kids and young people safe online. For tools, tips and advice go to...

لدينا جميعًا دور نلعبه للمحافظة على سلامة الأطفال والشباب الصغار عند استخدامهم الإنترنت. لمعرفة الأدوات المساعدة والنصائح العملية والمشورات توجّه إلى...

确保儿童和青少年安全 使用互联网,我们都有应尽的责任。请访问我们的 网站,获取工具、提示和 建议。

我們都應各自發揮作用, 確保兒童和年輕人安全 使用互聯網。尋求工具、 提示和建議請瀏覽...

همه ما نقشی در حفظ آمنیت کودکان و نوجوانان در انترنت داریم، برای رهنمایی، أسباب و مشوره به ویبسایت یائین مراجعه كنيد... Yok anon nhiim luoi abën bënë mith ku riënythi tiit bī ciën kë reec ëke yök ë lanyic/onlany. Kuer ë luoi, kuer ë nyuuth ku luup ë nhom loor në...

همه ما در امن نگه داشتن کودکان و نوجوانان در فضای مجازی نقشی داریم. برای ابزار، نکات مفید و رهنمود به وب سایت زیر مراجعه کنید...

Lahat tayo ay may papel na gagampanan sa pagtiyak na ligtas ang mga kabataan sa online. Para sa mga paraan, tulong at payo puntahan ang... همه مو در قسمت نگه داشت اطفال و نوجوانان از آنلاین امن (انترنت) نقش داریم. بلدی ابزار, رهنمایی و مشوره بروید وبسایت زیر...

Bachchon aur kishorkishoriyon ko online safe rakhane main hum sabhi ko zimmedaari nibhani hai. Tools, tips aur salaah ke liye neeche dee gai website par dekhen.

យើងទាំងអស់គ្នាមានតួនាទីក្នុងការរក្សា កុមារ និងមនុស្សវ័យក្មេងទាំងអស់ ឱ្យមានសុវត្ថិភាពតាមអនឡាញ។ សម្រាប់ឧបករណ៍ គន្លឹះដ៏មានប្រយោជន៏ និងដំបូន្មាន សូមចូលទៅកាន់វិបសៃថ៍...

어린이와 청소년들이 온라인을 안전하게 이용하도록 하는데 우리 모두 도움을 줄 수 있습니다. 도구, 도움말, 조언이 필요한 경우 아래 웹사이트를 방문해 보십시오.

Dhammaan waxaan leenahay door aynu ka ciyaarno ku ilaalinta carruurta ivo dadka dhalinyarada ah interneet amaan ah. Wixii qalab ah, tilmaamo iyo tallo, gal...

เราทกคนมีบทบาทในการ ป้องกันเด็กและเยาวชน จากภัยออนไลน์ สำหรับ เครื่องมือ เคล็ดลับ และ คำแนะนำไปดูที่

Çocukların ve gençlerin internette güvenli olmaları konusunda hepimizin oynayacağı bir rol vardır. Yardım gereçleri, ipuçları ve tavsiye için bakınız...

Tất cả chúng ta đều có vai trò trong việc bảo vệ con cái và thanh thiếu niên được an toàn trên mạng. Để có các công cụ, chỉ dẫn và lời khuyên hãy vào trang mạng...

### eSafety.gov.au/languages





eSafetyCommissioner

eSafety.gov.au

### What is Saver Plus?

- A free ten-month savings program providing financial education, budgeting and savings tips.
- Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society
- Participants receive up to \$500 in matched savings for education costs for themselves or their children.
- across Australia in every state and territory. and The Smith Family and other local community organisations.



### A Saver Plus Participant's Journey



Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over 10 months



### Saving

Opens an ANZ Progress Saver account and makes regular deposits

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

### Who can join?

Participants must meet all of the below criteria:

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (themselves or their partner)
- have a child at school or attend vocational education themselves

### Benefits for participants<sup>1</sup>



87%

continue to save the same amount or more

up to three years after completing the program



81%

expenses

were better equipped for unexpected

93%

reported increased self-esteem



85%

had more control over their finances

### How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 32,000 people, making it the largest and longest-running program of its kind in the world.

### Since 20041:

32,000+ participants

\$17.3m - total amount saved by participants

\$14m - matched funds paid by ANZ

\$753 average amount saved per participant

### Find out more

- C 1300 610 355
- saverplus@bsl.org.au
- www.saverplus.org.au



<sup>&</sup>lt;sup>1</sup> RMIT University, 2016. A number of Saver Plus program evaluations have been carried out since 2004. For more information see anz.com/saverplus

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



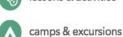
### Could \$500 help with your child's start at school?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.



lessons & activities









To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.

### Contact

Domenic Rosina your local Saver Plus Coordinator

### **Phone**

0466 745 311

### **Email**

domenic.rosina@ thesmithfamily.com.au

### Web

www.saverplus.org.au



everyone's family



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.







### Stressed about high school costs?

Would \$500 help pay for uniforms, books, excursions, tutoring, a laptop or tablet?

Saver Plus can match your savings for school costs, dollar for dollar, up to \$500!

### You may eligible if:

- you have a Health Care or a Pensioner Concession card and,
- you or your partner have some regular income from work such as full-time, part-time, casual or seasonal work.

Contact Domenic Rosina
your local Saver Plus Coordinator:
0466 745 311 / 0466 745 311
or domenic.rosina@thesmithfamily.com.au

Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in the Blacktown and Penrith area by The Smith Family. The program is funded by ANZ and the Australian Government. Find more information at saverplus.org.au.

### STUDY SKILLS TIP FOR MAY: BARRIERS TO DEVELOPING A GOOD MEMORY

Many students say 'I don't have a good memory' but there are many barriers to developing a good memory that are able to be overcome. Here are the top 3:

### 1. NEGATIVE MINDSET / ATTITUDE

Henry Ford once famously said, "Whether you believe you can, or you can't, you are right". This refers to your mindset or mental attitude, and the concept that your mind is powerful enough to enable your thoughts to cre-



ate your reality. If you have a negative attitude to your memory, it will likely reduce your chance of developing and maintaining a good memory. There are some simple steps you can take to start making changes to negative thoughts. Be aware that negative thoughts are just a habit, and habits can be changed with a little effort. Awareness is the key to changing a habit, as you need to consciously be aware of the current habit before you can change it — so start catching yourself in the act of making negative statements. Affirm your intention to improve the way you think. Then correct the negative statement you just made, and make it into a more positive one.

### 2. ABSENTMINDEDNESS / NOT PAYING ATTENTION

The first stage of the memory process is encoding the information that is to be remembered – thus the brain uses the senses and emotions to process the information and form a memory. Here are some ways in which you can be less absentminded:

- Setting an intention to become more attentive.
- Sitting up front where there are less things to distract you, especially if you have difficulty paying attention in class.
- Taking notes in class to ensure you listen.

### 3. STRESS / ANXIETY

Stress will increase the likelihood of being distracted, resulting in low concentration meaning that information may not be encoded accurately – and thus cannot be later retrieved. Stress may also result in mental blanks. For example, if you're stressed before an exam, you may not be able to think clearly and access and retrieve the information you need. The best thing to do is to take ten deep breaths and calm down to allow your mind to focus. Learn more at the Brain and Memory unit of <a href="https://www.studyskillshandbook.com.au">www.studyskillshandbook.com.au</a>. Our school's subscription details are -

Username: quakershillhs Password: 45success



### QUAKERS HILL HIGH SCHOOL



O Lalor Road, Quakers Hill NSW 2763 PHONE: (02) 9837 1533 FAX: (02) 9837 1747 E-MAIL: quakershil-h.school@det.nsw.edu.au PRINCIPAL: Mr Andrew Skehan

6.5, 2019

Dear Parents and Caregivers,

Many of you are aware that we have opened the Sentral Parent Portal. Over 250 out of a possible 700 parents have connected to the portal and in doing so they have been able to view information about their child's attendance, upcoming events and access daily school announcements. In future, Parent/Teacher night interviews will be booked via this system thus it is important that all parents connect to the portal.

In order to send you an invitation to connect to the parent portal we require your email address. If you are already connected to the portal you need not respond.

Please return this note with your current email address or email the school on <u>quakershilh.school@det.nsw.edu.au</u>.

Parents Name: ...... Name of child/children .....

Current email address (please use block letters)

Yours sincerely

Mr Andrew Skehan



### COME AND TRY SCOUTING FOR FREE

### 1<sup>ST</sup> QUAKERS HILL / DOONSIDE SCOUT GROUP

INVITES YOU TO A 4-WEEK TRIAL.

JOEYS - TUESDAY 6PM - 7PM AGES 5 - 8 YRS

CUBS - MONDAY 6.30 - 8PM AGES 8-11 YRS

SCOUTS - FRIDAY 7.30 - 9.30PM AGES 11-15 YRS

GOLLAN PARK - DOONSIDE RD, DOONSIDE

FOR FURTHER INFORMATION PLEASE EMAIL QUAKERSHILLDOONSIDESCOUTS@GMAIL.COM

GIRLS AND BOYS WELCOME ACTIVE KIDS REBATE APPROVED LEADERS NEEDED



### **UNIFORM SHOP ORDER FORM**



ITEM	PRICE	QUANTITY	SIZE	AMOUNT
GIRLS 7, 8, 9 & 10				
Tartan Skirt	\$50.00			
Blouse White with Logo	\$27.00			
Polo Shirt White with Logo	\$27.00			
Long Pants – Navy	\$40.00			
Navy Shorts (must pre-order)	\$30.00			
14avy Chorts (must pre-order)	Ψ30.00			
BOYS 7, 8, 9 & 10				
Shorts – Navy	\$25.00			
Long Pants – Navy	\$30.00			
Business Shirt White with Logo	\$27.00			
Polo Shirt White with Logo	\$27.00			
Sloppy Joe-Dark blue with Logo	\$30.00			
Jumper Navy with Logo	\$55.00			
Tie – Unisex – Optional	\$20.00			
School Scarf	\$10.00			
SPORTING ITEMS				
Sports Shirt	\$30.00			
Sports Shorts	\$25.00			
Sport Trackpants	\$35.00			
Sport Jacket (Microfibre)	\$55.00			
Super Trackpants (extra long)	\$40.00			
DATE OF PURCHASE:		TOTAL AMOU	JNT:	
OFFICE ASSISTANT:				
SASS REQUIRED: YES	NO	STUDENT'S N	IAME:	
RECEIPT NO:				
CASH / CHEQUE / CREDI	T	STUDENT'S Y	EAR:	
Credit Card No: Expiry Date:/		GOODS TAKE	ΞN:	
		YES / NO	כ	
Name on Card:				
Signature:				

**Effective: September 1<sup>st</sup> 2018** (uniform shop open Mondays 8:10am-9:30am or by appointment)

## NAPLAN Exams Week 3A 13/05/19 to 17/05/19

# Quakers Hill High School Exam Organisation Weeks 3 and 4

Period/Day	Monday 13/05/19	Tuesday 14/05/19	Wednesday 15/05/19	Thursday 16/05/19	Friday 17/05/19
Roll Call	Roll Call	Roll Call	Roll Call	Roll Call	Roll Call
Pd 1	No NAPLAN Today	NAPLAN Yr 9 Writing	No Exam/ Recess after Period	NAPLAN	NAPLAN (70 min pd)
	See other exam template		בן	Yr 9 Language Conventions	Yr 7 Numeracy
	for Yr 7 & Yr 9 exams on				1
	Monday				
Pd 2		MAPLAN Yr 7 Writing	NAPLAN (70 mins)	NAPLAN	
		1	Yr 9 Reading	Yr 7 Language Conventions	
Pd 3					NAPLAN (70 min pd)
					Yr 9 Numeracy
Pd 4			NAPLAN (70 mins)		
			Yr 7 Reading		
Pd 5		No Exam for Yr 7/9	Change in Bell times	No Exam	Change in Bell times
		AND DESCRIPTION OF DE			10

## KLA Exams Week 3A 13/05/19 to 17/05/19

Period/Day	Monday 13/05/19	Tuesday 14/05/19	Wednesday 15/05/19	Thursday 16/05/19	Friday 17/05/19
Pd 1	Yr 9 Mathematics	Yr 10 History	No Exam	Yr 10 Mathematics	No exam
Pd 2	Yr 9 Mathematics	Yr 10 History	Yr 10 Science	Yr 10 Mathematics	No exam
Pd 3	Yr 7 Science	Yr 8 History/Geography	Yr 10 Science	Yr 8 Music	Yr 8 Science
Pd 4	Lunch	Yr 8 History/Geography	Yr 8 Mathematics	Yr 8 Music	Yr 8 Science
Pd 5	No Exam finish 2.40 pm	No Exam	Yr 8 Mathematics	No Exam	No exam
VI A F	VIA F	4 /05 /40			

## KLA Exams Week 4B 20/05/19 to 24/05/19

No exam	No Exam	Yr 7 History & Geography	No Exam	Yr 9 & 10 Metal	Pd 5
			Child Studies		
Yr 7 Mathematics	Year 7 Music	Yr 7 History & Geography	Yr 9 & 10 Timber& Yr 10	Lunch	Pd 4
			Child Studies		
Yr 7 Mathematics	Year 7 Music	Yr 9&10 Food Technology	Yr 9 & 10 Timber& Yr 10	Yr 9 & 10 Electronics	Pd 3
Yr 9 History	9&10 Visual Arts	Yr 9&10 Food Technology	Yr 9&10 Photography	Yr 9 Science	Pd 2
Yr 9 History	9&10 Visual Arts	No Exam	Yr 9&10 Photography	Yr 9 Science	Pd 1
Friday 24/05/19	Thursday 23/05/19	Wednesday 22/05/19	Tuesday 21/05/19	Monday 20/05/19	Period/Day