

# QUAKERS HILL HIGH SCHOOL

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## 13 DECEMBER 2019 CALENDAR DATES FOR TERM 1 2020

Thursday 18 Dec.	Last day for students and staff	Wednesday 4 Mar.	Collegiate Subject Information Night @ Wyndham
	<b>2020</b>		
Tuesday 28 Jan.	Staff Development Day	Tuesday 10 March	Year 5 & 6 Information Evening
	Uniform Shop open 9am-12o'clock	Thursday 12 Mar.	Selective Schools Test in the hall 8am—2.30pm
Wednesday 29 Jan.	Year 7 students start	Tuesday 17 March	Stage 6 Subject Information Night @ QHHS
	Uniform Shop open 2pm-4pm		
Thursday 30 Jan.	All students return	Friday 20 March	Harmony Day & Multicultural Day
Monday 3 Feb.	Subject Selection Book lets issued to Year 10	Tuesday 24 March	Year 5/6 Info GAT
Friday 7 Feb.	Swimming Carnival	Wednesday 25 March—Friday 27 March	
10-14 Feb.	SRC selling Valentine's Day roses		<b>YEAR 7 CAMP</b>
Thursday 13 Feb.	Smashed: drama performance	Tuesday 31 March	Year 7 Vaccinations 1st dose HPV & dTpa
Tuesday 25 Feb.	School Photo Day		Parent Teacher Evening 3.30-7pm
Tuesday 3 March	Catch up day for school photos	Thursday 9 April	ANZAC Day Assembly

## SPORTS CALENDAR

Friday 7 February—School Swimming Carnival  
Wednesday 19 February—Zone Swimming Carnival  
Thursday 19 March—School Cross Country  
Friday 20 March—Sydney West Swimming  
Friday 3 April—School Athletics Carnival



**SMART Focus for Weeks 1 & 2: Safely and respectfully exit the classroom**

# IMPORTANT NEWS FOR STUDENTS & PARENTS

## **MESSAGE FROM THE PRINCIPAL**

*The following is my speech from our Presentation Night on Monday 9/12/19. This was a wonderful event, capping off the series of celebrations we have had to mark the end of another successful year at Quakers Hill High School.*

In 2019, Quakers Hill High School has had much to celebrate. It would be impossible for me to accurately review every single achievement in this address, however, I do feel it is important to go over some of them.

On the sporting front, we held a successful round of carnivals which produced a healthy number of competitors for Zone and above.

There was another group of baristas trained, whose handiwork is on display twice a week for the staff to enjoy. I must admit those days are very much looked forward to.

Our SRC ran a number of successful mufti days and fundraisers for various charities. These have included the National Breast Cancer Foundation, the Red Nose Foundation, the White Wreath Foundation and Bear Cottage. This is alongside a current campaign to support communities impacted by fires through a non-perishables drive.

This year our wonderful Administration and Support Staff were named the best team in New South Wales and Australia – these were two separate awards. This came about following a nomination written by Ms Mahon for these awards run by the Public Service Association in recognition of all that these staff members do to support teaching and learning in our school. With roles as diverse as office staff, kitchen, lab and farm assistants as well as our learning and support officers, and our General Assistant. I would like to once again thank this great team and recognise their enormous contribution to the successes at Quakers Hill High School. Perhaps next year they can have a go at the world titles! If such an award exists.

Our Quakers Connecting Communities program continued strongly this year in support of the Aboriginal students at Quakers Hill High School. Ms Lawson Cohen, Ms Foresheew and Mrs Walker worked extremely hard to ensure there were a diverse range of planning, support and enrichment activities on offer, in addition to the establishment of our very own junior AECG.

The Quakers Hill High School Creative and Performing Arts Program went from strength to strength, with the production of Peter Pan, numerous successful band and choir performances, the dance events such as Pulse and Synergy as well as our recent CAPA evening which also showcased the talents of our visual artists. I also thank Mrs Tong for her work with the choir here this evening as well as Mr Cole for his work with the band and other instrumental performances.

Our Duke of Edinburgh Awards group successfully completed their Bronze level award, led by Ms Lawson-Cohen and Mr Tomlinson. This was a significant undertaking, requiring a great deal of personal time spent by the staff and students.

The Prosperitas and Primary Prosperitas programs ran successfully once again and showcased the great skills of students which fall outside the usual curriculum structures.

Perhaps the year's biggest announcement was Quakers Hill High School, alongside collegiate partners Riverstone and Seven Hills High Schools will begin offering senior school courses as of 2021, beginning with Year 11, with Wyndham College remaining a specialist senior school campus. Planning for this incredible expansion, known as the Nirimba Collegiate Recalibration, is well under way. Whilst there has been a lot of hard work done and much still to do, it represents a

unique opportunity to build on the strong collegiate structures already in place. I would particularly like to acknowledge the enthusiasm and dedication of the Quakers Hill High School staff in this process so far, alongside the leadership of our Head Teachers and Deputy Principals.

The Quakers Hill High School SMART code underpins all that we do in our school. Supporting our students be Safe, Motivated, Academic, Respectful and Tolerant is at the very core of our daily work. We teach the SMART code both explicitly in lessons and in numerous subtle ways through our whole school events. These values are highly relevant both inside the school environment and in employment contexts.

Of course, it is essential to acknowledge the incredible amount of work that has gone into making this Presentation Evening possible. Our assemblies team, led by Mrs Maricic, consists of a number of staff across the faculties. In particular, I would like to acknowledge Mrs Cooper, Mrs Walker, Mr Dacey and Mr Kantek for their roles in bringing this assembly, plus our Service to School and Sports Assembly and the Year 10 Graduation, together. We are very lucky indeed to have such talented people to make celebrations like this possible.

As we enter the final weeks of our school calendar, I want to thank and acknowledge all students of Quakers Hill High School. Your energy and enthusiasm makes this place truly wonderful. This cannot be over stated. I thank our wonderful teaching and executive staff who spend copious hours planning and delivering quality teaching and learning experiences to the full range of students. This is no easy task and requires significant dedication and energy.

Finally I thank the Deputy Principals, Mrs Maricic and Ms Mahon. Their workload is incredibly high yet they get things done with great professionalism and efficiency. Their passion for Quakers Hill High School is evident in all that they do and I thank them most sincerely for their support of this entire community each and every day.

As Principal of this school, I count myself very lucky to be part of such a dynamic and diverse school community, supported by strong and established relationships in the Nirimba Collegiate.

Quakers Hill High School has a very busy and productive 2020 ahead of it, which I greatly look forward to. It will be a year for extremely hard work, but there is much to be optimistic about.

Congratulations again to all award recipients this evening. You have earned this great moment of recognition, so make sure you enjoy it.

I wish the students, staff and community a safe and restful holiday break.

Thanks very much.

**Andrew Skehan**  
**Principal**

## FUNDRAISING

We can happily conclude that the SRC had a successful fundraising year. From selling pies, to roses, to the opportunity to capture memories with your friends in a photo booth, the SRC have been planning, organising and undertaking countless fundraising initiatives this year to spread awareness for various charities and raise favourable money towards the school. This money will contribute to improving school resources and enhancing school life in and out of the classroom.

### VALENTINE'S DAY ROSES

Love was well and truly in the air at Quakers Hill High School in Term 1, Week 3 as the Valentine's Rose sale begun. The sale, as it is every year hence the continuity of it, was an enormous success and the SRC grossed over \$1,000.

The success of this fundraiser lays in the hands of the fundraising team who remained dedicated and on the ball for the sales. Special thanks go out to Brooklyn, leader of the fundraising team and Kayla, Jenna and Abby for their dedication to ensuring the success of the sales.



### PI DAY SALES

International PI Day takes place annually on 14 March, in celebration of the mathematical constant 'PI' ( $\pi$ ). Quakers Hill High celebrated the event on Thursday of Week 7, Term 1, selling \$2 apple pies with vanilla ice-cream outside of the TAS block. It's fair to say the fundraiser was a success as the sales made \$235 all together with a \$100 profit.

### CHARITY MUFTI DAYS

2019 was an experimental year for the prosperity of school Mufti days, a fundraising initiative intermittent in previous years. Each term a charity-based Mufti day took place to raise awareness and money for a particular cause. The SRC prioritised the importance of ensuring appropriate dress wear to allow us to prolong these types of fundraising days in future years. This involved ensuring students didn't arrive in ripped or distressed jeans, spaghetti straps, exposed shoes or any other kind of inappropriate or unsafe dress for the school day.

## BREAST CANCER AWARENESS



The first Mufti day to take place for the year was on Thursday 7 March (Week 7, Term 1). Countless students arrived dressed in various variations of the colour pink to spread awareness and symbolise the fight against breast cancer in which, unfortunately, many women face all around the globe. On the day, the school raised \$775 towards this vital charity.

## SIDS AWARENESS

On Friday 28 June Quakers Hill High School students arrived dressed in variations, this time, of the colour red to spread awareness for SIDS. SIDS stands for Sudden Infant Death Syndrome, a saddening medical condition in which is the unexplained death of an infant, generally in their sleep. Red Nose Day is Australia's leading authority on safe sleep and pregnancy, and bereavement support for families affected by the death of a child. All the funds raised by the SRC on this day go towards this life changing charity.



## SOCK IT TO SUICIDE

We continued our fundraising efforts in Term 3 with our "Sock It to Suicide" campaign, which raises funds for those impacted by mental health issues and their families. Both students and staff came out in force with crazy socks for the day. The campaign is particularly pertinent to our context, as mental health issues are on the rise, especially amongst children and adolescents. A special shout out to Mr Dacey, who is known for his exceptional socks and turned them into an epic sock-scarf for the occasion!

## SUPERHERO DAY

The final charity fundraiser for the year was our hotly anticipated "Superhero Day".



This was a day to channel your inner hero (or villain) and come together to raise funds for Bear Cottage, who do wonderful work to support families who are tragically impacted by childhood illness. The creativity, flair and passion for the day was wonderful. Special mentions to Ms Mahon's Maleficent and Ms Earl's Luigi costumes!



## **SRC PLANNING DAY**

The Nirimba Collegiate planning day was an epic day of activities and brainstorming for future collegiate projects, our focus being random acts of kindness (NARK). The day took place at Taronga Zoo, Sydney on 26 August Term 3.

## **A BIG 'THANK YOU'**

Miss Willmett and the SRC would like to thank the school community for their generous support this year. In particular, we would like to thank the staff, students, family and community members who have so generously donated to our non-perishables drive to support those whose lives have been devastated by the fires.

## **SRC CAMP (see photos over page)**

### **Quakers Hill High Uniform Shop Opening Hours**

#### **Special Opening Hours 2020**

Wednesday 15th, Thursday 16th and  
Tuesday 21st January 2020  
9am—12 noon

Tuesday 28th January (Pupil Free) 9am - 12  
Wednesday 29th January (Year 7 Start) 2pm - 4pm  
Thursday 30th January 12—2pm

#### **Normal Shop Hours**

Monday's 8.10am – 9.30am from 3rd February

**Please Remember!!**  
**Be Patient!!!**



## **2019 GOAL SETTING PROGRAM**

“The trouble with not having a goal is that you can spend your life running up and down the field and never score.”

*Bill Copeland*

Like any aspect of life, you need to train your muscles and practice with regularity to succeed. Practiced goal setting means you understand that long term success is accomplished through setting and attaining smaller, enabling goals that support your long term goals. To that end, Quakers Hill High School embarked upon a school-wide goal-setting program for our students in 2019. Our mission, is to equip our students with the capacity to think critically about what they want to accomplish in their lives.

The core of this seemingly simple task, is self-reflection and awareness of what an individual values, the need to envision the person they want to become and the life they want to lead. Students need to understand their talents and unique skill sets and perhaps identify areas of potential development. They also need to learn that goals change, as they change, and that so long as they're heading somewhere with purpose, they have a meaningful trajectory.

Goalhub is the online tool that was chosen to accomplish this objective, enabling our teachers to better understand their students, and ultimately connect them to relevant experiences that enrich, inspire and motivate them in their lives. We endeavour to provide students with ongoing coaching, challenging them to qualify an idea, to flesh out a process, to think in a more measurable and concrete manner, and push themselves to imagine the bigger picture.

On a practical level, students will reconnect with the program during school time each term, to set new goals and reflect on their previous objectives. They are encouraged to logon and address their goals in their own time – all students have a unique login and password. If students are having trouble remembering their password, there is an 'I forgot my password' option on the Goalhub website – <https://www.goalhub.com/>. Password reset details are sent to your school email.

We encourage you to take the opportunity to talk your children and see where they are on their goal setting journey. You may just find that you'll have a new pet being added to the family, just in time for Christmas! Or perhaps you've been nominated to proof read their resume, transport them to a driving test or asked to support a burgeoning babysitting, lawn mowing or photography business for an up and coming entrepreneur. The diversity of endeavours is truly inspiring.

### **TERM 4 UPDATE**

With the generous support of a few like-minded and community focused businesses, we were able to source 'incentives' to inspire and reward students that actively engaged with the program this year and were happy to share their experiences. The Wellbeing Team would like to thank Western Sydney Treetops, The Sydney Trapeze School and the Hawkesbury Valley Equestrian Centre for supporting the growth and developing vision of our students.

The recipients of these inspiring gifts are:

- \$50 Visa Gift Card: Fatima Yazdan
- Horse Riding Experience: Macayla Baker
- Trapeze Experience: Latisha Woodhurst



- Western Sydney Tree Tops High Ropes Experience: Joshua Prothero

## A SNAPSHOT OF STUDENT INSIGHTS

### JOSHUA

**What was your most significant goal this year?** Learning to count to 100 in Spanish.

**What was the most important step in achieving your goal?** Getting through the difficult task of trying to understand the language, as well as getting the motivation to do it with all the complications of life.

**Why was this goal important to you?** I wanted to expand my knowledge base.

**What did you learn from the Goalhub experience?** That in order to achieve goals you need to make the steps as clear as possible.

**What advice would you give to others about achieving their goals?** Whilst you need to set a big goal, celebrate your little accomplishments along the way to give yourself a sense of achievement.

### ANNIDA

**What was your most significant goal this year?** To become more organised.

**What was the most important step in achieving your goal?** The most important step for me in achieving this goal, was to never delay any task and to stay focused on one task before continuing on to the next one.

**Why was this goal important to you?** It's important because I tend to lose track of a lot of stuff and I believe being organised can help me get back on track.

**What did you learn from the Goalhub experience?** I learnt that breaking my larger goal up into smaller steps made things easier to complete.

**What advice would you give to others about achieving their goals?** Never give up and perhaps try rewarding yourself with something nice once you complete a goal in order to stay motivated.

### FATIMA




**What was your most significant goal this year?** To improve in Mathematics.

**What was the most important step in achieving your goal?** Studying more and asking teachers for help if needed.

**Why was this goal important to you?** Because Math helps us think analytically and have better reasoning abilities. Math is a powerful tool for global understanding and communication and by using it we can make sense of the world and solve complex and real-world problems.

**What did you learn from the Goalhub experience?** That having a framework like Goalhub can serve as a useful reminder, as you plan and work through your goals.

**What advice would you give to others about achieving their goals?** Don't give up, keep trying until you achieve it.

<i>Our generous sponsors</i>		
		
<b>Western Sydney Treetops</b> Western Sydney Parklands, Plough & Harrow East, 749 Elizabeth Dr, Abbotsbury NSW 2176	<b>Sydney Trapeze School</b> Building 2K, 1-7 Unwins Bridge Rd, St Peters, NSW 2044	<b>Hawkesbury Valley Equestrian Centre</b> 26 Hillcrest Rd, Yarramundi NSW 2753

*Melissa Lachevre*  
**Goalhub Facilitator**

## **ADULT MIGRANT ENGLISH PROGRAM**

The Adult Migrant English Program (AMEP) provides up to 510 hours of free English lessons which can be delivered face to face, by distance Learning or in the community with a volunteer tutor. It is funded by the Australian government and includes free childcare.

You can find out more about the AMEP on the TAFE NSW Website or at the YouTube link below and you will be able to access translated information for the parents at the website provided below.

[www.tafensw.edu.au/amep](http://www.tafensw.edu.au/amep) TAFE NSW website

[https://www.youtube.com/watch?v=iGbS\\_YuPaRM](https://www.youtube.com/watch?v=iGbS_YuPaRM) Learn English with TAFE NSW and AMEP

<https://immi.homeaffairs.gov.au/settling-in-australia/amep/information-in-languages> Translated Information



## TAFE NSW AMEP VOLUNTEER TUTOR PROGRAM

### BE CONNECTED

Would you like to help adult migrants and refugees learn English and become part of your community?

- TAFE NSW trains volunteers as part of the Adult Migrant English Program (AMEP).
- Tutors complete an online course at their own pace and receive on-going support once they start tutoring.
- Tutoring is conducted at a mutually convenient location such as a library

Volunteers are urgently needed in your area.

**PHONE** 9942 0644

**EMAIL** [AMEPhts@tafensw.edu.au](mailto:AMEPhts@tafensw.edu.au)

**VISIT** [tafensw.edu.au/amep](http://tafensw.edu.au/amep)

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