

# QUAKERS HILL HIGH SCHOOL

70 Lalor Road, Quakers Hill NSW 2763

Email address: [quakershil-h.school@det.nsw.edu.au](mailto:quakershil-h.school@det.nsw.edu.au)  
Web address: [www.quakershil-h.schools.nsw.edu.au](http://www.quakershil-h.schools.nsw.edu.au)

Phone: 9837.1533  
Fax: 9837.1747



## 2 AUGUST 2019 CALENDAR DATES FOR TERM 3 2019

Friday 2 August      Youth Coach Mentoring Program  
Aim Higher  
Work experience @ The Secret Garden (Support Unit)

### Monday 5—Friday 9 August EDUCATION WEEK

Thursday 8 Aug.      Primary Prosperitas 8.30-10am  
Prosperitas evening  
Top Blokes Boys Program

Friday 9 August      Youth Coach Mentoring Program  
Youth Frontiers

### Monday 12—Friday 23 August

#### Wyndham College HSC Dance Composition Examinations

Tuesday 13 August      Year 8 into 9 Subject Selection Parent

Peer Reading @ Barnier PS Wednesday mornings 8-9am

Thursday 15 August      Top Blokes Boys program  
Friday 16 August      Youth Coach Mentoring Program  
Contact newsletter issued

## SPORTS CALENDAR

Friday 9 August—Blacktown Zone Gala Day

Support Unit Swim School every Wednesday during Term 3 @ Stanhope Gardens

**SMART Focus for Weeks 3 & 4: Placing litter in the bin**



# **IMPORTANT NEWS FOR STUDENTS & PARENTS**

## **MESSAGE FROM THE PRINCIPAL**

We have gotten off to a great start in Term 3 and I would like to welcome all students and staff back to what promises to be a happy and productive term at Quakers Hill High School.

### **STAFFING**

I would like to extend a warm welcome to some staff joining and re-joining us as of this term. Ms Begam will be teaching in TAS taking classes following Ms Drake's transfer earlier in the year. We welcome back Ms Romerosa, who will return to her role of HT Wellbeing two days per week. Mr Kantek will remain in the relieving HT Wellbeing position as an additional support to students. This semester, we have appointed Ms Neylan to a temporary executive position – HT Literacy and Numeracy. This role aims to further assist the school in meeting targets for student growth in literacy and numeracy. In this new role, Ms Neylan will work across faculties to assist teachers and contribute to whole school planning. Whilst these programs are running we welcome Mr Esmundo to the History department who will teach the majority of Ms Neylan's classes along with some others.

### **PLAYGROUND IMPROVEMENTS**

You will recall from our last issue of Contact that the major works between D and G blocks were nearing completion. I am pleased to report that this area has been reopened to students. It has already been used as an outdoor learning space by some classes and will return to being a senior area during breaks.

### **COOLER CLASSROOMS**

Last year we announced that we were successful in our application to be part of the Cooler Classrooms program. Under this program, 45 learning spaces across the school will be air conditioned. This will make our learning environment significantly more comfortable in the summer months. Our application is making its way through the process and we are hopeful that installation will begin soon.

### **UPCOMING EVENTS**

A reminder that Week 3 is Education Week across the state with many varied and exciting things happening in public schools. Our Prosperitas evening will take place on Thursday 8 August from 6:30pm. This will showcase the wonderful project based activities that our students have been involved in through the Prosperitas program. Our Future Focused Learning showcase will occur on the same night and will be a wonderful opportunity for parents and carers to see what our Year 7 students have been doing in their Future Focused Learning classes.

The Year 8 Subject Selection Evening will take place on Tuesday 13 August, beginning at 6:30pm. This will be an opportunity for parents, carers and students to hear from key staff on the elective subject selection process and take in the faculty displays. It is essential that families settle any outstanding practical subject fees or make arrangements to do so to ensure their elective choices are not limited in any way.

### **UNIFORM**

A reminder that all students are required to follow our school uniform policy every day. The vast majority of students achieve this and are congratulated for it. A reminder that black leather shoes are a requirement of the school uniform and that hoodie style jumpers are prohibited at all times, including mufti days. Also, students must not wear tracksuit pants as part of their school uniform.

The only acceptable tracksuit pants are those that are part of the sports uniform and can only be worn during sports activities or on a Wednesday. If a student is out of uniform on a particular day, they are required to bring a note from home explaining why. For longer term concerns, families should contact either myself or one of the Deputy Principals. We intend to undertake a uniform survey in the coming weeks.

**Andrew Skehan**  
Principal

## **STUDY SKILLS TIP FOR AUGUST**

### **THE IMPORTANCE OF QUALITY SLEEP FOR STUDENTS**



Sleep is crucial not just for physical and mental well-being, but for the consolidation of learning, and to ensure you perform in all your endeavours in peak condition. The absolute last resort should be to sacrifice sleep time in order to get things done.

How much sleep is right for you? This is tricky as everyone is different. Some lucky people need only 6 hours a night, most people need about 8 hours and some people need 10 hours!

### **TWO WAYS TO TELL IF YOU ARE GETTING ENOUGH SLEEP**

- How quickly do you fall asleep at night? If you fall asleep instantly that can be a sign you are not getting enough sleep, it should take 10-15 minutes to fall asleep.
- How do you feel when you wake up in the morning? If you feel tired and sluggish then that can also be a sign that you need to get to bed earlier.

### **IMPROVING THE QUALITY OF YOUR SLEEP**

- Avoid caffeine (cola drinks, coffee, energy drinks, and chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Try and have a half hour to an hour before you go to bed without computers, TV, phone or any electronic devices or homework or chatting to friends. If you can't do that, at least put the devices on night mode or turn the brightness down.
- Set up a relaxing 'wind-down' routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!

- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain. Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.
- A healthy breakfast will help to kick-start your body clock for the day.

Learn more about lifestyle habits of successful students at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au). Our school's subscription details are:

**Username: quakershillhs**

**Password: 45success**

**1988 to 2019**



## *Celebrating* 31 Years of God's Goodness

**Sunday 4th August 2019, 9:30am**

**Quakers Hill High School Hall**

*Join us for a time of celebration and praise for all that God has done through Northwest since it first began at Rouse Hill in 1988, followed by a special lunch.*

In August, NWCBC will be merging with Rouse Hill Community Baptist Church to reach out to the growing Rouse Hill area.

**We warmly invite all past and present members to our *final Northwest CBC service* to celebrate God's incredible goodness through friendships and ministries that have grown during the past 31 years.**

It will be a time to:

- Take a trip down memory lane through photos, videos and music.
- "Where Are They Now" - hear from people who grew up at Northwest.
- Thanksgiving Wall - share what you have been thankful for at Northwest\*
- Enjoy catching up with old and new friends over a special lunch.

**RSVP by 28 July, [office@northwestcbc.com.au](mailto:office@northwestcbc.com.au) / ph: 9676 2412.**

**Or Facebook Event Page.** Include number of people for lunch & dietary requirements.

\* If you are unable to attend this event but would like to contribute to the Thanksgiving Wall, please email us a few words of thanksgiving and we will make sure you are included.

*Thanksgiving*