

QUAKERS HILL HIGH SCHOOL

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21 FEBRUARY 2020 CALENDAR DATES FOR TERM 1 2020

25 February	School photo day	17 March	Stage 6 Subject Information Night @ QHHS 6.30-8.30pm
27 February	Support Unit community access excursion to Castle Hill shops		Year 7 & 8 PATHE P1 & 2
	Support Unit community access excursion to Blacktown Westpoint		Year 9 & 10 PATHE P3 & 4
	<u>MARCH</u>	20 March	Newsletter issued
3 March	School photo catch up day		Harmony Day & Multicultural Day
4 March	Collegiate Subject Information Night @ Wyndham 6.30-8.30pm	23 March	Australian Geography competition P1 & 2
		24 March	Year 5/6 G&T Information night 6-7pm
6 March	Newsletter issued	25-27 March Year 7 Camp	
9 March	P&C Meeting 7pm	30 March—3 April	HSC Minimum Standards Writing Test—English classes
10 March	Year 6 Information Evening 6—8 pm		
11 March	Wyndham College Open Night	31 March	Year 7 Vaccinations
12 March	Selective Schools test 8-2.30pm		Parent/Teacher Evening 3.30-7pm
16 March	Year 7 Camp Information Evening 6-7pm		<u>APRIL</u>
		7 April	Australian Bush Foods excursion

SPORTS CALENDAR

10 March	Premier's Sporting Challenge
18 March	NSW Girls Oztag
19 March	School Cross Country
20 March	Sydney West Swimming
3 April	Athletics Carnival
8 May	Zone Cross Country



SMART Focus for Weeks 5 & 6: Using appropriate and respectful language to others

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

RECENT EVENTS

The school swimming carnival went ahead, despite the poor weather, on Friday 7 February. Students were well behaved and participated in the right spirit. Thanks to Mr Hawkes, Mr Hill, Mr Nash and the staff for their work in organising and managing this. We also look forward to hearing the results of the Zone Swimming Carnival.

Our first Year 6 Taster Day was also held on Friday 7 February. This was a highly successful event and provided Year 6 students with a great “taste” of what a day in high school is like. This assists a great many students to become familiar with the high school environment so that the transition can be as smooth as possible. Thanks to Ms Lachevre and her team of staff who made this such a fantastic experience.

Mr Head and his team have conducted the initial meeting for the Australian Geography tour, which will run at the end of Term 3 this year. This last ran in 2018 and was extremely successful. There is a significant amount of organisation that goes into a trip of this size, which was outlined to the students and their parents on the night, along with the costs involved. Interested students have submitted their expression of interest forms and staff are now working on the next phase of organisation.

The SRC raised approximately \$1200 selling roses on Valentine’s Day. This was a great effort on the part of the students involved. Thanks to Ms Willmetts for her ongoing leadership of the SRC.

COLLEGIATE RECALIBRATION

The staff have continued to work extremely hard in preparation for Year 11 in 2021. Sessions on our Staff Development Day were dedicated to academic writing and HSC compliance processes. We have other professional learning sessions to be delivered by NESA and other personnel booked for 2020.

Year 10 students will be given the Collegiate subject selection book for Year 11 2021 shortly. This contains descriptions of all subjects offered Collegiate wide, with lists of what the individual campuses will offer. This will assist students greatly in the process of determining a curriculum pattern for their senior high school years. Staff will be on hand to assist students throughout the subject selection process.

P&C

The Quakers Hill High School P&C will hold their Annual General Meeting on Monday March 9 at 7pm in the Learning Centre. In this meeting, office bearers are elected for 2020. All are welcome, so please come along and support our wonderful P&C team.

YEAR 7 CAMP

A reminder that Year 7 Camp deposit was due on Friday February 21. Payments must be made to secure a spot at camp. This also applies to the Year 10 Peer Support Leaders who wish to go.

YEAR 10 – IMPORTANT DATES FOR TERM 1

The following are some reminders for Year 10 students regarding their senior school choices:

- February 10 – March 6 - Year 10 Careers & Subject Selection lessons - delivered by Careers Team. Senior Course Guide issued to students.
- March 4 - Nirimba Collegiate Senior Studies Information Night 6.30 - 8pm, Wyndham College Hall. Copies of the Senior Course Guide will be available to parents.
- March 11 - Wyndham College Open Night/ Subject Information Night.
- March 17 - Quakers Hill High School Stage 6 Subject Information Night.

Andrew Skehan



16th January 2020

Quakers Hill High School SCHOOL BUS 6072 - AM SERVICE

Dear Parents and Students

Commencing **Monday 17th February 2020** there will be a change to the Morning School Bus 6072. As detailed below:

School Bus 6072 will operate 20 minutes later than currently (there is no change to path). New timing point departure times as follows:

- Adrienne St & Lamb St at 8:06am
- Dean Park Shops at 8:14am
- Quakers Hill High School at 8:30am

For further information please contact Busways Customer Service on **1300 69 2929**.

Alternatively you can view your new School Timetable at www.busways.com.au/school-services/school-timetables and select the link next to your Schools name "New timetable | 17 Feb 2020".

Yours sincerely

BUSWAYS BLACKTOWN PTY LTD
(2775i) SB 6072 202B

busways.com.au

IS YOUR CHILD ASTHMA READY?

According to hospital [data](#) from the Australian Institute of Health and Welfare, asthma admissions peak during late February for children aged between five and 14 years.

In 2017, the rate of admissions was four times higher during the early school year than in January.

While the exact causes of the spike are unknown, it is believed to be linked to a reduction in the use of preventer-medication over the summer holidays when symptoms are reduced.

Other factors are believed to be the impact of viruses when students return to school, allergens and stress.

But there are ways to try and minimise the risk of an asthma flare-up.

Asthma Australia advises parents of children with asthma to follow its simple [Back to School Asthma Checklist](#) to make sure their kids are “asthma ready” for the return to school.

Visit a doctor to update your child’s written [Asthma Action Plan](#) and visit your local pharmacy to buy the appropriate medication – often a combination of relievers, preventers and a spacer.

Discuss with the pharmacist the way your child uses their medication – especially the effective use of [a spacer](#).

Once school has gone back, speak with your child’s teacher. Advise educators and school staff your child has asthma, tell them about their Asthma Action Plan, and give the school an extra reliever medication and spacer. This is to be used in the event of an asthma flare-up at school.

It is also a good idea to speak with your child, to remind them to tell their teachers when they experience symptoms, and any triggers they might be aware of.

As children return to school, Asthma Australia wants parents and kids to be “asthma-ready”.

February is often a time of increased risks of asthma flare-ups, when kids can experience more symptoms. There are increased presentations and admissions for asthma to hospital.

Asthma Australia is making it easier to be prepared with their Back to School [Asthma Checklist](#).

It encourages a check in with your child’s doctor for an asthma review and up-to-date Asthma Action Plan, to visit your local pharmacy to purchase spare asthma medication and check spacer technique, and to talk with school staff about your child’s asthma management.

Asthma Australia has also partnered with TerryWhite Chemmart to help break the cycle of back to school asthma.

With more than 450 [TerryWhite Chemmart](#) pharmacies across Australia, pharmacists are offering parents free consultations to discuss their child's asthma management and check their technique using a spacer.

Asthma is a lifelong condition and right now, there isn't a cure. But, for most of the one in nine Australians who have asthma, it can be managed well.

To prepared for Back To School, download the [Asthma Checklist](#).



Quakers Hill High School

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON:

Tuesday 25 February 2020 and Tuesday 3 March 2020

**ORDER NOW go to www.advancedlife.com.au and enter the code
XZR MHV ZLF**

Dear Parents,

School photographs are scheduled to be taken by *advancedlife*. Whilst an envelope and flyer will be distributed shortly, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit *advancedorder* code. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au