

QUAKERS HILL HIGH SCHOOL

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6 NOVEMBER 2020 CALENDAR DATES FOR TERM 4 2020

9 November	P&C Meeting @ 7pm
16 November	Year 10 AMOW
19 November	Support Unit Year 10 Transition visit to Wyndham College
20 November	Newsletter issued Year 7 "Aim Higher" Incursion
23 November	5-6.30pm—Uniform Shop & office open for Year 6 parents from Quakers Hill East PS
24 November	5-6.30pm—Uniform Shop & office open for Year 6 parents from Hambledon PS Year 11 preparation day @ QHHS Year 10 Parent Zoom meeting for Wyndham 2021 6-7pm Year 10 Orientation Day @ Wyndham College 8am-3pm Parent Orientation Evening @ Wyndham College
25 November	5-6.30pm—Uniform Shop & office open for Year 6 parents from Barnier PS
26 November	5-6.15pm—Uniform Shop & office open for Year 6 parents from Marayong Heights PS 6.15-7.15pm—Uniform Shop & office open for Year 6 parents from Quakers Hill PS
27 November	Service to the School/Sports Assembly Stage 5 Period 1, Stage 4 Period 2

**Guides in School
Program every
Monday 10-11am**

**Top Blokes
Program every
Thursday
9-10am**

**Haka Warriors
Program every
Tuesday**



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

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

RECALIBRATION UPDATE

Staff met on Monday the 2nd of November after school to review our planning across all areas of the Nirimba Collegiate recalibration. Our initial planning is nearing completion and there is a lot of excitement about the implementation stage of the process at the start of next year. School Infrastructure NSW representatives have attended the site a number of times this term to continue planning for asset requirements into the future. My sincere thanks to the staff for their ongoing efforts in preparing for this great moment in our school's history.

SCHOOL PLANNING UPDATE

The school executive met for an extended planning and professional learning session on Tuesday the 3rd of November. Our Relieving Director Educational Leadership, Ms Jo Wilcher, gave a detailed presentation on the role school leadership teams play in ensuring ongoing student growth and attainment. We were able to reaffirm our shared beliefs around what good teaching and learning "looks like" and how we ensure that we continue to provide outstanding opportunities for the full range of learners.

A significant portion of our planning is also dedicated to our Bring Your Own Device Program, which will expand to include all of Years 7, 9 and 11 in 2021. Our school executive has been busy leading the adoption and adaptation of resources to support this in the classroom. We are grateful for the expertise of Mr Brooks, Ms Mahon and Mr Daghel who are driving this initiative for the benefit of our school.

SAFETY AT 7/11

I would like to take this opportunity to again remind all members of our school community that students must not congregate on the Quakers Hill 7/11 site before or after school. There are significant safety risks associated with loitering in that area, given the fact that it is a busy service station with many vehicles entering and exiting in the morning and afternoon.

SMART EXPECTATIONS

The Quakers Hill High School SMART code (Safe, Motivated, Academic, Respectful and Tolerant) underpins all that we do. Students receive regular lessons on aspects of the code and are encouraged to reflect on their choices in relation to it. The "Respectful" element of the code comes into sharp focus often when addressing less desirable or disruptive behaviour. This is especially true when addressing a situation where students may have spoken or acted in a disrespectful way towards each other or staff. Verbal abuse is not accepted at school and serious consequences are enforced when it occurs. Likewise, students will be given a consequence for offensive or inappropriate language. The good news is that the vast majority of students respond well and follow the SMART code consistently.

EXAMINATION PERIOD

We are nearing the completion of another examination period and I would like to take this opportunity to thank the students for their engagement in the process. I would also like to thank Ms Lawson-Cohen for managing this huge undertaking. Remember, if a student misses an examination or assessment task due to illness or misadventure, it is essential that an Illness/Misadventure Form be completed. In the case of illness, a doctor's certificate must also be included and equivalent supporting documents for misadventure. The illness and misadventure form is available via

the following link: https://quakershil-h.schools.nsw.gov.au/content/dam/doe/sws/schools/q/quakershil-h/assessments/Assessment_Task_Illness-misadventure.pdf.

GOLD AWARDS

Congratulations on the following student receiving their Gold Principal's Award:

Year 8—Peter Madrid

Mr A Skehan
Principal

VAPING: AN EMERGING HEALTH ISSUE FOR TEENAGERS

Lately we have been experiencing a rise in the number of students vaping, buying, swapping and selling vapes. Although we have had issues with vaping and e-cigarettes in the past it seems to have considerably grown in the past few months.

WHAT IS VAPING?

Vaping, the smoking of e-cigarettes, is a relatively new phenomenon. E cigarettes were originally designed for adults who were trying to quit smoking cigarettes but they are now being illegally sold and marketed to young people – sometimes even as young as primary school. These devices often look either like a small highlighter or a USB and are therefore very easily concealed in bags, pockets and even pencil cases.

WHAT IS A VAPE?

Vapes, or electronic cigarettes, are battery-operated devices that heat a liquid to produce a vapour that is inhaled. The devices are designed to deliver the aerosol directly to the lungs. Some look like cigarettes while others look like everyday items such as pens, highlighters or USB memory sticks. Because the vapes look like everyday items that we would expect to see in a student's personal belongings they are not easily identified – by teachers or by parents.

IS VAPING DANGEROUS?

Currently, the most common vape is referred to as a 'stig'. It contains high doses of nicotine, it is addictive and can be very dangerous to the health of users. Emerging evidence is strongly suggesting a link between vaping and lung disease requiring intensive care for users.

Most products that involve inhaling chemicals into the lungs go through a long testing process to prove they are safe and effective. These tests have not been conducted on the e-cigarettes that are available in Australia.

WHY ARE YOUNG PEOPLE DOING THIS?

At many high schools across NSW we are seeing young people who don't smoke cigarettes and who wouldn't normally try 'real' cigarettes being attracted by vaping. Young people are probably trying vaping for the same reasons that young people have tried cigarettes in the past – peer pressure, to look cool, a false belief that smoking reduces stress and so on. The added attraction with vaping is that the innocent sounding names : Gummi Bear,

Pineapple Crush, Cherry Blossom and so on, encourage the false belief that vaping is not dangerous. These are being marketed on social media, particularly Snapchat and Instagram, thus furthering their appeal and making them dangerously attractive to adolescents who do not understand the health risks.\

HOW ARE WE HANDLING VAPING WHEN IT OCCURS AT SCHOOL?

At QHHS we are managing each instance of vaping based on its individual circumstances. The age and the specific actions of students are taken into account when we determine a consequence. If your child is caught vaping you will be contacted and your child will be issued with an after school detention as a minimum. During the afterschool detention (which will usually occur under the supervision of a Deputy Principal) your child will be required to complete some activities on vaping and its inherent dangers. All students who have completed these activities have expressed surprise at discovering that e-cigarettes are unregulated, untested and very dangerous. Students who are repeat offenders or who have been previously warned in relation to these or other behaviours will receive more serious consequences.

HOW CAN YOU HELP YOUR CHILD?

Talk to your child about vaping and its dangers. Talk to them about ways that they can safely reduce stress (meditation, exercise, healthy eating, more sleep) rather than turning to unhealthy stimulants. You may find the links below useful in seeking further, more detailed information.

<https://www.youtube.com/watch?v=6JCAYb3IDTo> (a very short video, this would be helpful to watch together)

<https://www.healthdirect.gov.au/e-cigarettes-vaping>



QHHS BYOD (BRING YOUR OWN DEVICE)

Years 7, 9 and 11 at Quakers Hill High School are going BYOD in 2021. There will be weekly reminders and updates about this on Facebook with links to the website, to learning with technologies and a myriad of other helpful reminders and tips.

The biggest tip for this week is that you don't need to purchase expensive software for your device.

INSTALLING SOFTWARE ON YOUR BYOD COMPUTER

1. Sign-in to the Student Portal.
2. Locate the 'Learning' block and select Show more.
3. You will find links to Microsoft Office 365 and Adobe Creative cloud (Adobe DoE software download). These titles can be installed on Windows and macOS.

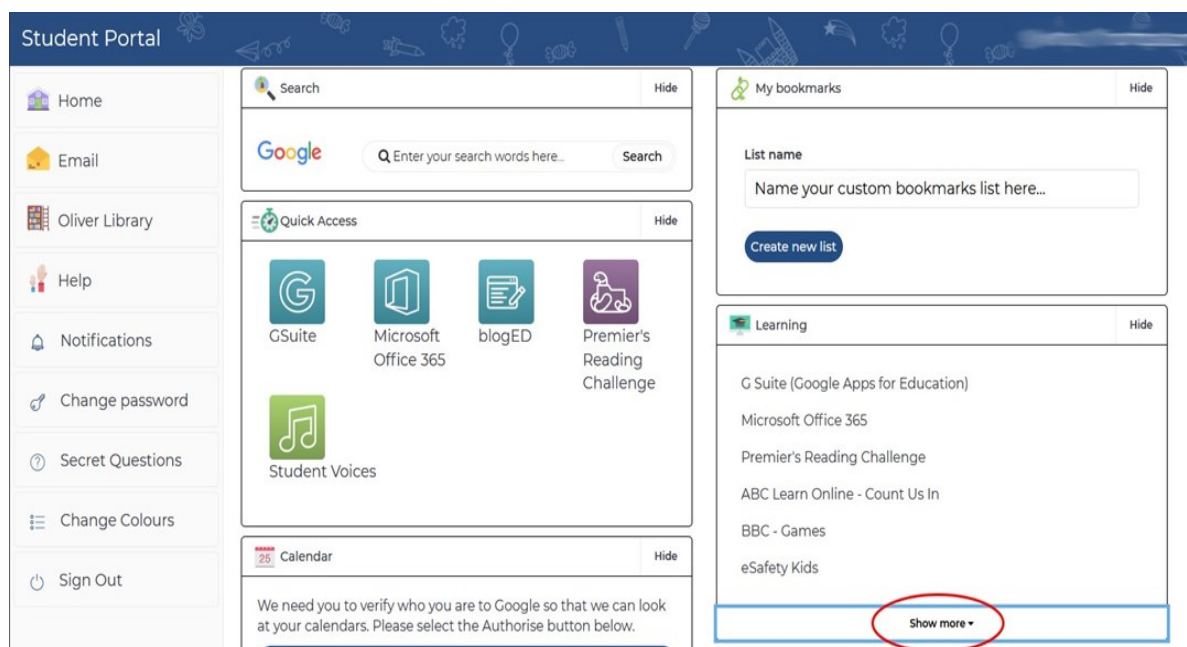
Please note

- Google G Suite for Education is web-based and does not require installation.
- Use your school username and password to sign-in to titles from Adobe, Google and Microsoft.

Helpful Links

All of our BYOD publications are now easily found on our website. At the following page you will find links to the Frequently Asked Questions, the BYOD Policy and Agreement and links to where you can purchase a personal device for your child.

<https://quakershil-h.schools.nsw.gov.au/learning-at-our-school/byod.html>



YEAR 10 END OF YEAR CELEBRATION

Currently only 40 students have purchased tickets for the Year Ten End of year Celebration. In order for the event to go ahead we need at least 50 students to purchase tickets. If you intend for your child to go to the event, it is essential that you purchase tickets as soon as possible. Remember that 87 students can attend and there will be a dance floor.

YEAR 10 CHANGES TO 2020 ORGANISATION

Several Year 10 students have been requesting 'leave' or 'sign out' passes once the Year 10 exam period is over. As a school we have worked very hard to develop a Stage 6 preparatory program that taps into academic preparedness and whole student (social, emotional, physical and spiritual wellbeing) preparedness for the challenges of 2021 and be-

yond. Some of these programs are for students to sign up for and others will be running through normal timetabled classes.

Students who have an opportunity to engage in work experience are encouraged to use a week of this time to do so as long as they are present for the QHHS or Wyndham Orientation Days. If you are interested in a week of work experience, speak to Mr Hutton in order to secure the paperwork you need to complete.

2020 QHHS ORIENTATION EVENT IS GOING DIGITAL!

The 2020 QHHS Orientation Event will be digital and begins Friday 6 November 2020. A special video presentation, featuring our Principal Andrew Skehan and Year Advisers Christine Marin and Rhys McKean, has been prepared for all families joining the QHHS community in 2021.

You will also find a wealth of support material to guide you through the extracurricular and leadership opportunities available at QHHS and parental notes for key school initiatives, such as BYOD.

Please pay particular attention to our Year 7 Handbook, which is a comprehensive document providing an overview of key dates, personnel, events and procedures. It also highlights bell times, our SMART expectations, rewards framework and level system. It provides a centralised quick summary of key information.

All this and more can be found on the Transition to School Page: <https://quakershilh.schools.nsw.gov.au/supporting-our-students/transition-to-school.html>

Rebecca Mahon
Years 8 and 10 Deputy Principal

STUDY SKILLS FOR NOVEMBER- IMPROVING YOUR MEMORY

When a student says that they have a bad memory, it usually means that actually they do not encode the information they are trying to remember into their memory in an effective way.

Memory is really a 'process' as opposed to a 'thing' in your head that you are born with.



Rather than 'improving your memory', you want to improve the process of memory creation to ensure memory retrieval goes smoothly! The reason why many students do not retain what they are learning is that the way they study only gets the information as far as their short term memory, and then before long it is forgotten instead of being encoded into long term memory.

The first stage for students in improving their retention of information is to try and find ways to make what they are learning **INTERESTING** to themselves, **EMOTIONAL**, **ENJOYABLE** and if they can't do this then at least create the firm **INTENTION** to remember the information. It is all about their approach to what they are learning.

The next step in memory creation is the encoding process. To improve in this area, students need to improve:

- **CONCENTRATION AND FOCUS** (making notes about what they are learning, studying using techniques that suit their learning style, studying when they are most alert)
- **ORGANISATION OF MATERIAL** (making brain friendly notes: lists, highlighting, categories, grouping, graphics)
- **MAKING ASSOCIATIONS AND LINKS** between the new material and previously learned material.

Next stage in the memory process is facilitating the storage of memories. Students can improve the way memories are stored by ensuring they **BREAK THEIR STUDY BLOCKS UP** with at least a few minutes break every half hour (giving the brain a chance to encode and file that chunk of content) and **CHUNK DOWN** the information to be learnt into manageable chunks. Getting enough **SLEEP** is also essential as fundamental memory processes take place during sleep. The other thing that is really important in this stage is **REPETITION AND REGULAR REVIEW**. Each time a review takes place the brain fires all the neurons connected to that memory and the more often that happens the stronger the connections between the neurons and the more intense and powerful the memory that is created.

So in summary, the top three things to improve the process of creating powerful memories are:

- i. focus, positive attitude and intention to remember are essential (reading something half-heartedly while bored pretty much guarantees it won't be retained)
- ii. an active approach to learning where students are 'doing' (making notes, testing themselves using a wide range of study techniques) rather than just 'reading'
- iii. repetition and constant review of the material over a period of time.

To learn more about the brain and memory and advanced memory techniques visit the Brain and Memory unit on www.studyskillshandbook.com.au (click on the For Students tab).

Our school's subscription details are -

Username: quakershillhs

Password: 45success