

QUAKERS HILL HIGH SCHOOL

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7 FEBRUARY 2020 CALENDAR DATES FOR TERM 1 2020

13 February Smashed drama performance

17 February Meet and Greet for Year 7
parents, 6-7pm

P&C Meeting 7pm

20 February Presentations to Stage 3
parents Hambledon 6.30-7pm

21 February Newsletter issued

25 February School photo day

MARCH

3 March School photo catch up day

4 March Collegiate Subject Information
Night @ Wyndham 6.30-
8.30pm

6 March Newsletter issued

9 March P&C Meeting 7pm

10 March Year 5 & 6 Information Evening

11 March Wyndham College Open Night

12 March Selective Schools test
8-2.30pm

17 March Stage 6 Subject Information
Night @ QHHS

20 March Newsletter issued

Harmony Day & Multicultural
Day

24 March Year 5/6 G&T Information
night

25-27 March Year 7 Camp

31 March Year 7 Vaccinations
Parent/Teacher Evening
3.30-7pm

APRIL

7 April Australian Bush Foods
excursion

9 April ANZAC Day assembly
Last day Term 1

27 April Staff Development Day

28 April All students return

SPORTS CALENDAR

19 February Zone Swimming Carnival

19 March School Cross Country

20 March Sydney West Swimming

3 April Athletics Carnival



SMART Focus for Weeks 3 & 4: Properly organised bookwork

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

I would like to welcome back all students and their families to what will no doubt be another productive and rewarding year at Quakers Hill High School after what was hopefully a restful holiday break. Of course, it was far from a peaceful period for a great many people over the school holidays as many communities across the state faced the perils of the bushfire crisis, which is not yet over. It is hoped that sufficient rain falls soon so that the fires and preceding drought both ease.

We warmly welcomed our Year 7 group at the start of last week and have been impressed with how they are adapting to life in the high school environment. Likewise, students from Years 8-10 have also made a positive start to 2020.

I encourage all new parents and caregivers to follow our school on Facebook and Instagram.

YEAR 7 MEET AND GREET & CAMP

Year 7 parents and caregivers are invited to our Meet and Greet afternoon/evening on Monday February 17th. This will be a great opportunity for parents and caregivers to hear about what their students have been doing and will do in the coming year. That being said, it is important that parents and caregivers understand that due to this event being held early in the year, it is not equivalent to a formal parent/teacher interview where specific aspects of a child's progress are discussed. It is as the title suggests – an opportunity to “meet and greet.” We will also provide an update on the Nirimba Collegiate Recalibration on that night for those who are interested.

Notes for our Year 7 camp were distributed last week and payments are now being accepted. This was posted on our school Facebook page and the school website, where a copy of the note is attached.

UNIFORM

It is a firm expectation of Quakers Hill High School that all students comply with our uniform policy every day. If a student is out of uniform in the short term, a note must be provided. If this does not occur, the student is placed on a lunch detention. For longer term uniform issues or in the case of financial hardship, students or parents must raise the matter with myself or the Deputy Principal of their year group.

ASSESSMENT SCHEDULES

Assessment schedules for all year groups have been emailed to students, posted on the school website and a link has been published on Facebook. All parents and caregivers are encouraged to ensure their child accesses these so that they can plan for their assessment tasks effectively.

UP TO DATE DETAILS

Parents and caregivers are asked to ensure that the school has their current contact details. An up to date email address is essential to enable access to the parent portal. Please contact the office as soon as possible if changes need to be made.

NIRIMBA COLLEGIATE RECALIBRATION

Please see below for an update on the Nirimba Collegiate Recalibration from the Principals of the four schools:

Dear Parents/Caregivers and Students,

2020 is a significant year in the history of the collegiate as we continue preparations for all our schools to offer senior courses, beginning with Year 11 in 2021.

During the holidays, members of the Collegiate Management Group met with representatives from the NSW Department of Education to support the process of identifying the immediate and long term physical resources required by our schools to deliver Year 11 and 12 courses as well as cater for anticipated increases in student enrolments across the collegiate.

Our Collegiate Deputy Principal, Beth O'Connor, has developed the 'Nirimba Collegiate Senior Course Guide', which provides those entering Year 11 next year with valuable course information and indicates which courses will be offered to students at each of the collegiate schools. This booklet will be provided to students within the next few weeks. Following its dissemination, Careers Advisors at each school will guide the students through the booklet and each school will hold senior 'Open Nights' to explain their course offerings.

Finally, this term, consultation with staff, parents and students will occur for the selection of senior uniforms for Quakers Hill, Seven Hills and Riverstone High Schools.

As always, your opinions are valued. If you wish to discuss any issues related to the recalibration, please email the school and attention it to the Principal.

Yours Sincerely,

Andrew Skehan, Karen Downie, Greg Johnstone and Karen Smith

IMPORTANT DATES FOR YEAR 10 STUDENTS & PARENTS DURING TERM 1

February 10	Senior Course Guide available to view on school website
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
Principal

STUDY SKILLS HANDBOOK

Our school is a subscriber to the study skills website www.studyskillshandbook.com.au

This is a website that helps students develop essential skills for academic success. There are units of work on topics such as improving time management skills, how to study, research skills, summarizing, technology use, brain and memory.

It is a good idea to have a look at the site so you know what topics are covered and what resources are available. You will also see lots of useful handouts, grids and planners on the 'Things to Print' page.

To access the handbook, go to www.studyskillshandbook.com.au and **login as a subscriber** with these details:

Username: quakershillhs

Password: 45success

STUDY SKILLS TIP – TOP TIPS FOR A NEW YEAR

With the beginning of the new year, it's always a great time to reassess your academic approach. The key to making the most of this opportunity is focusing on the things which will bring the biggest return.

1. Simplify Your Organization System

Every student has an organization system. True, the definition of "organization" may be looser for some students than others, but everyone has a way they stay organized (or attempt to).

Maybe you're the "Type-A" student and you have a clearly defined system. You'll know that you're "Type-A" by the file folders you both own and use, the folded socks in your drawer, and all the lists by which you keep track of important information. You probably have a calendar, a planner, and you know exactly which clothing is clean and which is dirty.

But not everyone fits in such a naturally organized world. These students can be called "Type-B."

If you're a "Type-B" student, you're not alone, but organization probably requires more effort. "Type-B" students tend to prefer "piling systems" to filing cabinets. Calendars often seem like too much work, so they'd rather just put everything in their backpacks and find it later. Students on the far end of the "Type-B" universe may even find themselves sorting laundry via the "smell check" method.

Regardless of whether you are a Type A or B student, though, one of the biggest difference-makers this year is your organization system. Few things will save time and improve academic performance the way an effective organization system will.

A great organization system has at its centre one goal: replace your brain.

The more organized you are, the less you have to think. Your organization system should be simple enough that you don't have to make any decisions about where you put new assignments, where to find completed assignments, or what to do with graded assignments. You shouldn't have to go through a mental checklist every time you study because your organization system does it for you.

The fewer decisions you need to make, the more your thoughts and energy can focus on

things that matter. Consider these four questions to determine how simple your organization system is right now:

- Do you have good systems in place to manage and organize both the paper and digital resources for school?
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 - Do you have a system to make sure that all assignments and due dates are marked on your calendar / planner?
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- Do you have a system to focus on what needs to be done today and not just what's due tomorrow?

When you can answer each of these four questions without thinking, you'll know that your organization system is simple enough to be a major asset this year.

2. Break the “Cram Cycle” Before it Starts

By the end of the semester, students often find themselves overloaded and overwhelmed, having to rely on cramming for final exams to get through to the break. They are exhausted and in survival mode. Thriving academically no longer matters. All that matters is the break at the end.

If you've ever felt this way, you've experienced what we call the “Cram Cycle.” Students get busy during the semester, which leads to exhaustion. When you're exhausted, the only thing you want to do is zone out for a bit. After an afternoon of zoning, students are forced to put all their effort into completing assignments that are due tomorrow. We call this “cramming.” As students work on only that which is due tomorrow, long-term assignments pile up and create even more busyness, which leads to exhaustion, and the “Cram Cycle” begins to accelerate.

Most students only get out of the “Cram Cycle” when the semester ends.

But this year can be different. If you want to stay out of this dreaded cycle, commit yourself to doing some independent learning at least five days a week, even when you don't have anything due the next day. Use every day as a review day, spreading out your study sessions for big tests and projects across multiple days instead of letting them pile up. This approach takes more effort initially to create these habits, but you'll reap the benefits when you're free of the “Cram Cycle” and the stress that follows it come finals season.

3. Supercharge Retention with Scientifically-verified Study Strategies

Everyone knows that taking notes is a good idea. Reading your textbooks seem like a great thing to do. And you've probably learned that it's best to have a consistent place to study, one which is quiet, clean, and comfortable enough (but not TOO comfortable).

But what are the strategies that have been scientifically-verified to boost your retention?

One of the best things you can do is to take a break in the middle of your study sessions. In one study psychologists wanted to find out whether there was any difference in “spacing” a study session (this means to take a break in the middle) or “massing” instead (which means that you hammer it out all at once).

The researchers took two randomly-chosen, equal groups of students, gave them the same amount of study time, gave them the same material, and tested them on the material afterward. The only difference was that one group took a short break in the middle and the other group didn't. The results were incredible.

The group that studied with “spacing” did 50% better than the group that studied with “massing.”

That means in the same amount of study time, you could potentially boost your retention by 50% by just taking a ten-minute break.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on www.studyskillshandbook.com.au . Our school's access details are:

Username: quakershillhs

Password: 45success

Please find attached information in regards to an upcoming change to your School Bus Service(s) commencing Monday 17 February 2020 for your records. Information letter attached to this E-mail explaining the upcoming change will be distributed to all students on affected services by Busways Drivers. For further information please contact Busways Customer Service on 1300.692929. Alternatively visit our website at www.busways.com.au.



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




GOALHUB 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

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

Melissa Lachevre
Goalhub Facilitator

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