

QUAKERS HILL HIGH SCHOOL

70 Lalor Road, Quakers Hill NSW 2763

Email address: quakershil-h.school@det.nsw.edu.au
Web address: www.quakershil-h.schools.nsw.edu.au

Phone: 9837.1533
Fax: 9837.1747



5 MARCH 2021 CALENDAR DATES FOR TERM 1 2021

Friday 5 March	Newsletter issued School Photo catch up	Tuesday 16 March	Year 6 Information Evening 6-8pm
Monday 8 March	AGM P&C Meeting Year 10 Senior Course Guide released Year 10 Year meeting Year 8 Incursion - Smashed Live 2-3pm	Thursday 18 March	QCCP excursion to Sydney Zoo P3 Geography competition Primary Prosperitas Mentoring session 8.30am-9.30am
Tuesday 9 March	Barista Training Day Support Unit Community Access excursion to Rouse Hill shops	Friday 19 March	Newsletter issued Year 10 Taster Day @ QHHS
Thursday 11 March	Selective High School Placement Test—8-2.30pm	Monday 22 March—Friday 26 March	Life Ready Program
Friday 12 March	Bell Shakespeare incursion 9-10am Exec Conference	Tuesday 23 March	Year 6 High Potential & Gifted Program Information Presentation
Monday 15 March—Thursday 1 April	Careers Program		

SPORTS CALENDAR

Friday 5 March—Open Girls Soccer @ Glenwood HS
Monday 8 March—Open Boys Soccer @ QHHS
Thursday 1 April—School Athletics Carnival



SMART Focus for Weeks 7 & 8:

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

CONGRATULATIONS

We would like to pass on sincere congratulations to Joshua Hand in Year 8 for his outstanding performance at the Zone Swimming Carnival on Monday 1st of March. Joshua beat the record previously held by Olympian Kendrick Monk, by more than a second, in both the 50m and 100m freestyle events. This is a fantastic achievement! Well done, Josh. I would like to acknowledge all other students, who competed extremely well on the day, as well as Mr Hill for managing the team.

Leadership Induction

On Monday 1st of March we celebrated the induction of our 2021 student leaders in the SRC, Peer Support and House Captains. This was a wonderful occasion for the students. Of course, we look forward to the time when we can have a full scale ceremony and invite our parents and carers. I would like to thank Mrs Maricic and her team of staff for their organisation of the event.

STUDENT REPRESENTATIVE COUNCIL

President—Ana Ward-Soares (Year 11)
Vice President—Lilliarna Matejus (Year 10)
Secretary—Caitlyn Brissett (Year 9)
Treasurer—Isabella Fickel (Year 10)
Communications Officer—Telissa Thorburn (Year 9)

Year 7	Catalina Landerer, Blake Neale, Ken Quisquino, Diya Sajith, Amber Tupper
Year 8	Tara Bullivant, Ashlin D'Cruz, Olivia Hayes, Agnel Joby, Manpreeth Kaur, Amber McLeod, Clara Williamson
Year 9	Summer Breese, Caitlyn Brissett, Majellia Faner, Chelsea Nowak, Telissa Thorburn, Jeyda Yilmaz
Year 10	Emily McGregor, Anirav Punj, Jaydon Singh, Ana Ward-Soares

PEER SUPPORT LEADERS

Miriam Acharya, Annida Aulia, Sahar Azimi, Isabella Bertoldi, Jenna Cross, Kyana Darouni, Isabella Fickel, Lachlan Gibbons, Peter Gourgy, Brooke Hansen, Victoria Hart, Jack Hassall, Carlos Jimenez-Maistry, Summer Lindsay, Jasmine Malone, Lilliarna Matejus, Chloe McLean, Valeria Mijas, Taylah Papworth-Buchanan, Kaushal Parthiban, Harrison Poulsen, Therese Richardson, Chloe Russell-Toefy, Kayla Shore, Alora Smith, Sienna Smith, Josh Squillace, May Stonham, Isabella Sutton, Matthew Thompson, Anthony Trovato, Emily Vella, Lucrecia Warren, Zante Wereta, Bethany Williamson, Matt Witenden, Latisha Woodhurst, Angela Zhong.

HOUSE CAPTAINS

RAVENSWORTH—Marion Alie & Veronica Baillo
OBERON—Jenna Cross & Lachlan Gibbons
YALLAH—Brooke Hansen & Abby Kitto
GUNDAGAI—Adam Madi & Jasmine Malone
BATHURST—Harrison Poulson & Kayla Shore
PERISHER—Hayley Stephen & Emily Vella

THE SCHOOL STRATEGIC IMPROVEMENT PLAN 2021-2024

Our strategic improvement plan is nearing completion for the next 4 year cycle, beginning in 2021. Our 3 strategic directions are as follows:

- ⇒ Student growth and attainment
- ⇒ Excellence within and beyond the classroom
- ⇒ Excellence within and through partnerships

Added to this, we have drafted a new school vision statement, which was explored with all students in a SMART lesson designed by Ms Mahon for their feedback. Many students provided feedback and suggestions most specifically in the area of “Every student is known, valued and cared for”.

Alongside the vision statement, our key high impact initiatives for the planning cycle are:

- ⇒ explicit teaching practices in literacy and numeracy;
- ⇒ a high challenge;
- ⇒ high support learning environment;
- ⇒ outstanding instructional practice;
- ⇒ planned and innovative pedagogies;
- ⇒ community engagement and effective learning communities.

These initiatives will drive the activities we undertake as a school in order to put our plan into action.

The strategic improvement plan relies heavily on data and evidence, especially related to student achievement. State wide targets in reading, numeracy, wellbeing, attendance, HSC attainment and Aboriginal student attainment are key external indicators of success. The plan also utilises a range of internal evidence sources to measure progress.

YEAR 6 INFORMATION EVENING

The Year 6 Information Evening (for prospective Year 7 students in 2022) will be held on Tuesday 16th of March, beginning at 6:00pm. In order to manage this event within Covid safe guidelines, it is essential that only one Year 6 student and one parent/carer per student attend. Our Hall based information sessions will be repeated to allow for the appropriate physical distancing. Please see the flyer for the event for further details.

P&C AGM

The Annual General Meeting of the Quakers Hill High School P&C will be held on Monday 8th of March, commencing at 7:00pm in the school library. Any parents or carers wishing to attend the AGM are required to register their interest by emailing the school or contacting our P&C President, Kerry Ellis. The school email address is as follows: quakershill.school@det.nsw.edu.au.

BRING YOUR OWN DECICE (BYOD)

The roll out of Bring Your Own Device is progressing well at Quakers Hill HS for students in Years 7, 9 and 11, with the majority of students opting to purchase a device. For those families unable to do so, students will still have access to a school device.

At present, we are exploring an option for Year 7 students to borrow a school device each day, returning it at the end of the day to a member of our learning and support team. For students in Year 9, a separate loan scheme is being considered whereby students would take a long term (likely one year) loan of a laptop, entering into an agreement with the school. There would be a cost involved for families with the Year 9 option; however, this

would be significantly less than the cost of outright purchase. The school will utilise equity funding through the Resource Allocation Model to support these initiatives to ensure that all students have access to the same high standard of learning resources. Students whose families have purchased a laptop, must bring it to school every day (except Wednesdays) and submit their user agreement. Loan devices are not available to those who own a laptop themselves.

I have included below a letter written by Ms Mahon regarding students bringing books and their laptop to school. This was published last Tuesday 23rd of February on Facebook.

Dear Parents,

At last night's P&C meeting concerns were raised about the weight of student bags, particularly the bags of BYOD student cohorts. Please be assured that every faculty has a plan and a place for students to leave their books at school. This has been confirmed with all faculty head teachers on two separate occasions.

Although there may be some occasions where students would be required to take their books home, this would be an exception.

When this issue was raised again in this morning's executive meeting, several teachers identified scenarios where they have provided students with a box to store their books and the students have elected not to do so. In one Year 9 class only 4 students out of a possible 28 elected to leave their books.

In summary, there are planned opportunities for students to leave their books at school. If your child is transporting multiple books to and from school, please encourage them to avail themselves of the opportunity to leave books at school.

If you have any questions or concerns, please email me at rebecca.mahon@det.nsw.edu.au or call the school. If your child indicates that they were told they could not leave their books at school, please let me know of this via email or phone also.

VAPING

I would like to remind all students and families that vaping is strictly prohibited. Likewise, no student should be in possession of a vaping device for any reason. In Term 4 last year, we published a significant amount of information on our approaches to managing this. I have re-published the information compiled by Ms Mahon on vaping from these issues of Contact below:

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 ecigarettes 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>

ENERGY DRINKS

Energy drinks are banned from school as there are vast safety concerns around their consumption. If a student is seen with an energy drink it will be confiscated. It has been brought to our attention that some students are filling their drink bottles and consuming the energy drink at school. If your child is caught we will follow the school discipline code.

These are some of the safety concerns:

- Large amounts of caffeine may cause serious heart and blood vessel problems such as heart rhythm disturbances and increases in heart rate and blood pressure. Caffeine also may harm children's still-developing cardiovascular and nervous systems.
- Caffeine use may also be associated with anxiety, sleep problems, digestive problems, and dehydration.
- Guarana, commonly included in energy drinks, contains caffeine. Therefore, the addition of guarana increases the drink's total caffeine content.
- Excessive energy drink consumption may disrupt teens' sleep patterns and may be associated with increased risk-taking behaviour.
- A single container of an energy drink may contain 54 to 62 grams of added sugar; this exceeds the maximum amount of added sugars recommended for an entire day.

Mr Andrew Skehan

Principal

UNIFORM SHOP NEWS

The Uniform Shop has been very busy over the last few weeks. We thank you for your patience if you have had to wait.

Uniform ordering—if you cannot make Monday mornings, there are other ways to order your uniform.

1. Leave your order form and cash or card details at the school office. Your order will be processed on the next Monday and left back at the office for collection.
2. Send your order via email to: quakershillhighschool-uni@pandcaffiliate.org.au. You can scan through the order form (available on the school website and at the school office), add your card details or pay online into the P&C account. Once funds are cleared, your order will be processed on the next Monday and left at the office for collection.

Bank details

Quakers Hill High School P&C Association
BSB: 062-425
Account No: 010014308
Reference: (your surname)

If you are unsure of your size, you are best to come into the shop.

You are able to return or exchange sizes as long as the swing tag is attached and you have a copy of your receipt.

UPDATE ON SENIOR UNIFORM

The soft shell jackets should hopefully be arriving soon. We have been told end of February.

I would like to take this opportunity to thank everyone who gives up their time to help me in the uniform shop throughout the year, at Orientation Nights and every Monday morning. A very big thank you to Shirley, Annette and Kylie who came everyday these school holidays. Your help is always appreciated.

Regards, Linda (QHHS Uniform Shop Manager)



UNIFORM SHOP ORDER FORM



ITEM	PRICE	QUANTITY	SIZE	AMOUNT
GIRLS				
Jnr Tartan Skirt (Yrs 7-10)	\$50.00			
Snr Navy Skirt (Yrs 11-12)	\$50.00			
Blouse - White (Yrs 7-10)	\$27.00			
Blouse - Blue (Yrs 11-12)	\$27.00			
Long Pants - Navy	\$40.00			
Shorts - Navy	\$30.00			
BOYS				
Shorts - Navy (sizes 8-2XL)	\$25.00			
Shorts - Navy (sizes 3XL up)	\$30.00			
Long Pants - Navy (sizes 8-2XL)	\$30.00			
Long Pants - Navy (sizes 3XL up)	\$40.00			
Business Shirt - White (Yrs 7-10)	\$27.00			
Business Shirt - Blue (Yrs 11-12)	\$27.00			
UNISEX				
Polo Shirt - White (Yrs 7-10)	\$27.00			
Polo Shirt - Blue (Yrs 11-12)	\$27.00			
Sloppy Joe - Dark blue	\$30.00			
Woollen Jumper - Navy	\$55.00			
Soft Shell Jacket - Navy (Yrs 11-12)	\$70.00			
Microfibre Jacket	\$55.00			
Tie - (Yrs 11-12 only)	\$20.00			
School Scarf	\$10.00			
SPORTS UNIFORM				
Sport Trackpants	\$35.00			
Sport Shorts	\$25.00			
Sport Polo	\$30.00			
RECEIPT NO: CASH / CHEQUE / CREDIT Credit Card No: Expiry Date: ____/____/____ Name on Card: Signature: ONLINE BANKING DETAILS Bank deposit (attach banking receipt) CBA Bank Account: QHHS P&C Association BSB: 062 425 Account No: 010014308 Ref: (your surname)		OFFICE ASSISTANT: SASS REQUIRED: YES / NO DATE OF PURCHASE: TOTAL AMOUNT: STUDENT'S NAME: STUDENT'S YEAR: GOODS TAKEN: YES / NO		

Effective: March 2021 (uniform shop open Mondays 8:10-9:30am or by appointment)