

QUAKERS HILL HIGH SCHOOL

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11 MARCH 2022 CALENDAR DATES FOR TERM 1 2022

Friday 11 March	Newsletter issued	Friday 18 March	Barista Training Day
Monday 14 March	P&C Meeting	Monday 21—25 March	Year 11 Careers program
	Nirimba Collegiate Senior Course Guide distributed to Year 10	Tues. 22 March	Year 9 NAPLAN practice test Period 1
Tuesday 15 March	Artist in residence workshop		Year 6 HPGE Information Presentation Online Event 6.30pm
	Year 6 Information Evening Online Event 6.30pm	Friday 25 March	Bumper Contact Australian Geography Competition
Thurs. 17 March	Pathways to Dreaming in School Mentoring		Artexpress excursion to Art Gallery
	After School Textile & Design Extracurricular Club	Tuesday 29 March	Year 7 & 8 Vaccinations
	Primary Prosperitas Mentoring Meeting 8.30am		

SPORTS CALENDAR

Monday 14 March	Zone Swimming Carnival
Friday 18 March	Sydney West Swimming

**UNIFORM SHOP OPEN EVERY
MONDAY 8.10AM—9.30AM AND
WEDNESDAYS 2.45PM—3.45PM**



SMART Focus for Weeks 9, 10 & 11: Treating shared school amenities respectfully

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

Term 1, Week 7 Newsletter

What with one thing (Covid) or another (significant rainfall and flooding) it has not been a particularly easy start to the term but when the staff, students and community of QHHS continue to work together as they have done, then we will get through it all.

Parent Teacher Evening

In the last newsletter I talked about the cancellation of all school events that involved visitors to the school. Luckily restrictions have further lifted, and we are now able to hold our 7-10 Parent/Teacher evening on Tuesday 5 April. All bookings will be made through the Sentral Parent Portal so ensure that you are connected to the portal and that you keep an eye out for emails indicating that the portal is open for bookings. If you are not connected to the portal, call the office or email in order to get connected. Parent/Teacher evenings are a great opportunity to meet your child's teachers and to hear how they are going and how to support them in improving their level of achievement.

School Communications

Did you know that our QHHS Facebook page has over 2700 followers? There is a good reason for us having such a reach and that reason primarily comes down to the amount of positive and enlightening communications that you can find there. From beautiful photos of students showcasing their best work and their community spirit to lots of key pieces of information about upcoming events, Facebook is an important source of information. There are also Year 7, Year 8, Year 9 and I believe a Year 10 Facebook page that are administered by parents and are also a great way to ask questions that you don't want to post on the school page.

Should you be more of an Instagram fan you can also follow us on Instagram along with 1200 other people; however, it is important to note that Instagram is more focused on sharing photos and less on key reminders and information.

We also send out a lot of emails containing links, surveys and opportunities to get involved. One of our key targets for our Strategic Improvement Plan is to work more closely with you in educational partnership with your child firmly at the centre of everything we do so please follow us, like us, check SMS' and read emails and newsletters. If you think there are other ways that we can communicate better, then please get in touch.

P and C Annual General Meeting:

A notice from Kerry Ellis our President

NOTICE OF AGM FOR QUAKERS HILL HIGH SCHOOL (QHHS) P & C ASSOCIATION

Please be advised that in accordance with our constitution and By Laws, the QHHS P&C Association is holding it's AGM on

Date: 14 March

Time: 7pm

Location: Quakers Hill High School – Learning Support Room

All members and non-members welcome.

The AGM will be followed by the regular general meeting.

Some COVID restrictions are still in place regarding distancing. Please ensure you register for this meeting. The meeting link and invitation will be sent again this afternoon and on Monday morning.

Please note. All office bearer positions will be declared vacant at this meeting.

Positions requiring filling will be:

- President
- Vice President
- Vice President
- Secretary
- Treasurer
- Assistant Treasurer
- Finance committee representative
- Merit selection panel representative

Please consider supporting the parent, student, and wider community by electing to nominate for an office bearer position. If you would like to know more about the positions and responsibilities, please view the link below from the P&C Federation.

Please also note that not all positions must be filled on the evening of the AGM, however, to continue the smooth running and effective voting process, the Association will be looking to fill at least President, 1 x Vice President, Secretary and Treasurer.

If you would like to nominate for any of the abovementioned positions and you are unable to attend the meeting, please contact QHHS P&C Association Secretary at quakershillhighschool@pandcaffiliate.org.au for the required form or email your intent and the position you would like to be considered for to quakershillhighschool@pandcaffiliate.org.au.

On behalf of the QHHS P&C Association, we hope to see you there as we welcome any new members and visitors.

Kerry Ellis

QHHS P&C Association President

[Office Bearers Roles & Responsibilities – Federation of Parents & Citizens Associations NSW \(pandc.org.au\)](https://pandc.org.au)

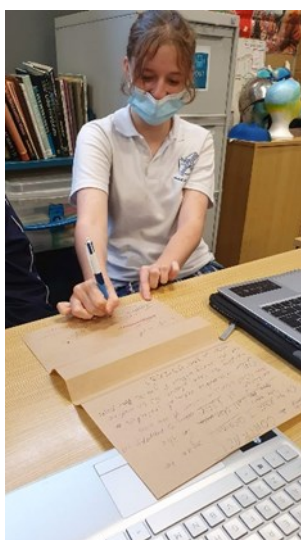
LEADERSHIP ASSEMBLY

On Monday 28 February we held our Leadership Assembly to welcome our new and existing leaders for 2022. Once again we had to have a virtual assembly which was disappointing for us all but students, staff and presenters worked together to create a beautiful ceremony. Thank you to all Ms Maricic, Mr Hawkes, Mrs Cooper, Ms Lachevre, Mr Dacey, Mr Cole, Ms Rodriguez, Mr Brooks. Ms Pinto and Mr Kantek for all of your work is putting this assembly together . Such a seamless event requires many hands, and your work is greatly appreciated.



Figure 1 The SRC taking their pledge

BYOD



A reminder for all parents that we have now completed our transition to BYOD with all year groups being asked to bring their own device for learning. Quakers Hill High School has invested heavily in technology over the past six years, and we will continue to invest time and funds into ongoing staff/student learning to support the success of BYOD implementation.

Mrs Maricic and Mr Nash are currently working hard to determine those students who do not have a laptop. Last year we supported those families who could not afford a device in the purchase of a device as we do not want any student to miss out. In 2022, we are following the same system to ensure that we have 1 to 1 laptop engagement. For the remainder of this term, we will support students with the loan of school-owned devices where necessary, but this does not meet student needs when they are at home and needing access to a reliable device. Staff will be reaching out and talking to parents about devices and how we can partner in ensuring your child has a device.

If your child does have a device but chooses not to bring it, we ask that you talk to them about the choice this impact is having on their ability to effectively engage in learning opportunities. BYODs are an essential piece of school equipment and forgetting to charge it is not a suitable explanation for ongoing failure to bring the laptop to school.

For more information on how to purchase a device and device specifications please visit the BYOD section of the QHHS Website.

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.

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 considered 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>

COMMUNITY CORNER: AN ONLINE OPPORTUNITY TO LEARN MORE ABOUT OUR SCHOOL

We had a very strong response to parents expressing interest in various aspects of our school vision, school values and processes and practices. The first Community Corner session was held on Tuesday night and focussed on Stage 4 Assessment to support new parents to understand our Assessment processes. We had 70 parents attend the evening and there was lively chat and questions at the end. Upcoming sessions will feature Wellbeing at QHHS and what learning looks like in QHHS classrooms. The best evening for us is Tuesday night and the most popular time according to the survey was 7pm to 7.30pm. Some sessions will be recorded so as to be made available for parents who were unable to attend.

Some fantastic questions were asked, and some really good suggestions were made—two of which we have already acted upon. Such sessions really do show that when we all work together, with our students/your children—at the centre of our thinking and planning then the partnership and student achievement can only strengthen.

ATTENDANCE MATTERS: PARENTS ROLE IN SUPPORTING ATTENDANCE

Every day at school counts, as regular attendance helps students to:

- develop a sense of belonging
- develop and maintain friendships

- be more engaged at school
- progress with their learning
- be more aware of career and life options

Supporting positive school attendance is a shared responsibility - everyone has a role.

Research highlights a clear correlation between student attendance and the achievement of quality academic, socio-economic and health outcomes. This research tells us that students with an attendance rate below 90% are educationally at risk. Above 95% is our expected student attendance.

When I hold interviews with parents, attendance is always a key point for discussion and parents are often surprised to discover exactly how many days their child has been absent. Remember every 5 days is a week missed from school – and that is little more than one day a term.

Teachers are *mandatory reporters* which means that for us poor attendance is about more than educational outcomes. If your child is absent for more than 2 consecutive days without an explanation, we need to call you to ensure there is a justifiable reason for that absence but also to ensure that your child is safe. Remember that an attendance call from the school is us showing that we care about your child. About their social, emotional, and educational wellbeing.

Please let us know on the day of the absence that your child is going to be absent. Please do not send medical certificates over the SMS system. You can email them to the school email. If you have two or more children who are all absent, please reply separately to the SMS. Sometimes messages that are meant to capture more than one child get mixed up with one absence being explained and the other being overlooked.

Please remember that every day counts.

Figure 3 Days missed equals years lost



A notice from a member of our community

Students from QHHS were seen playing in the flooded stormwater drains at the park. This is extremely dangerous at any time and particularly with local flooding meaning that there is fast flowing water. Do not go near any storm water drains.

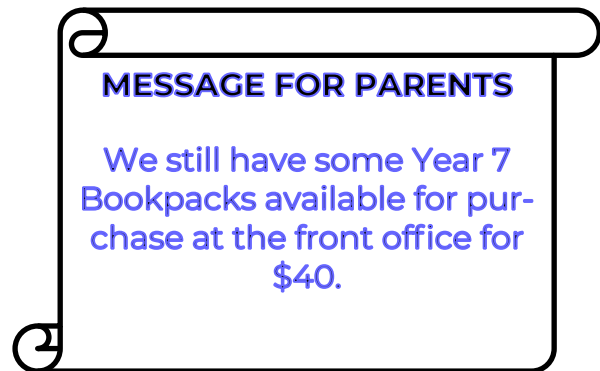
All students were reminded of this last week but we ask you all to please remind your children of the extreme dangers of flooded stormwater drains.

Don't forget the P&C AGM because:

Parents + School x Working Together = improved student learning.

Have a great, safe and hopefully dry weekend everyone.

Rebecca Mahon
Relieving Principal



BELL TIMES - 2022

TUES THURS FRI	ROLL	8.45	8.55	10'
	1	8.55	9.55	60'
	2	9.55	10.55	60'
	RECESS	10.55	11.25	30'
	3	11.25	12.25	60'
	4	12.25	1.25	60'
	LUNCH	1.25	1.55	30'
	5	1.55	2.55	60'

MONDAY	ROLL	8.45	9.05	20'
	1	9.05	10.05	60'
	2	10.05	11.05	60'
	RECESS	11.05	11.35	30'
	3	11.35	12.35	60'
	ASSEMBLY	12.35	1.20	45'
	LUNCH	1.20	1.50	30'
	5	1.50	2.50	60'

WEDNESDAY	ROLL	8.45	9.05	20'
	1	9.05	10.05	60'
	RECESS	10.05	10.35	30'
	2	10.35	11.30	55'
	3	11.30	12.25	55'
	LUNCH	12.25	12.55	30'
	4	12.55	1.50	55'
	5	1.50	2.45	55'

BELL SIGNALS SYSTEM

There are various bell signals which tell students and staff what to do.

SINGLE RING indicates the start of the day, end of lessons or breaks and the end of the day.

TWO RINGS indicate an assembly in the quadrangle has been called. All students and staff should assemble in the quad as quickly as possible.

THREE RINGS indicate that the oval is closed due to extreme heat or rain. Undercover walkways become in-bounds for that break.

WHOOP SOUND indicates that an evacuation is necessary. Students and staff must evacuate the buildings and assemble on the oval.

DOORBELL SOUND indicates a lockdown is required. All students and staff must remain in the buildings, close and lock all doors and wait for the all clear (which is two rings calling everyone to the