



QUAKERS HILL HIGH SCHOOL

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20 MAY 2022

CALENDAR DATES FOR TERM 2 2022

Friday 20 May	Newsletter issued, Under 15 Girls Soccer, SLR Gym excursion Chess comp 3-5pm, After School Farm Crew
Mon. 23 May	Year 12 Parent Teacher night, QCCP Connecting with Community Program
Tues. 24 May	Open night for senior students @ QHHS, Debating Club, Home work Club, After School Farm Crew, Caring for Community Project, Textiles and Design Extra Curricular Club, WSU Fast Forward Program Year 10 Skills Day
Wed. 25 May	Barnier Reading Club, Homework Club
Thurs. 26 May	Pathways to Dreaming Yarning Session After School Duke of Ed Caring for Community Voluntary Activity
Friday 27 May	Chess comp 3-5pm, Friday After School Farm Crew
Monday 30 May	Year 10 Subject expo @ QHHS
Tues. 31 May	Subject Taster Day for QHHS students @ Wyndham College Debating Club, After School Farm Crew, Caring for Community Project, Textiles and Design Extra Curricular Club, Homework Club
Wed. 1 June	Barnier Reading Club, Homework Club
Thurs. 2 June	Pathways to Dreaming Yarning Session After School Duke of Ed Caring for Community Voluntary Activity Primary Prosperitas Mentoring Meeting 4-5.30pm
Friday 3 June	History Competition, Chess Competition, Newsletter issued After School Farm Crew, Year 10 History Incursion, SLR Gym excursion

SPORTS CALENDAR

Friday 27 May—Athletics Carnival
Wednesday 8 June—Sydney West Cross Country
Thursday 30 June & Friday 1 July —Blacktown Zone Athletics Carnival

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



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

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

P&C Matters

Quakers Hill High School is extremely lucky to have an active P&C who work hard in support of our school. Every student who attends QHHS has benefited in some way from the generosity of our P&C. They annually fund the purchase of school diaries, ensuring that every student has a diary at no cost to themselves or their families. Over the years the P&C have funded a new sign for the front of



the school that displays photos and images as well as text. They have paid contributions towards students competing both nationally and internationally in areas such as netball, gymnastics, and soccer. They have paid for an artist in residence to work with our students on creating a mural that represents our school vision. Their most recent donation is of a piano (played here by the talented Valeria) to support our stage six music students as they progress through their studies. We are truly lucky to have such a committed team in our corner and we encourage you to consider joining the P&C also.

Uniform Reminders

As the weather continues to grow cooler now is a good time to remind all members of the parent and student community that hoodies are completely banned at Quakers Hill High School. Any student who wears a hoodie to school will be required to remove it and swap it with a uniform item from the wellbeing uniform store. It is also important to remember that tracksuit pants, irrespective of their colour, are not school uniform and students are required to bring a note of explanation for being out of uniform if they are unable to wear uniform on a particular day. We thank the vast majority of our students who wear uniform daily. Our uniform is a very attractive one and the students look very good when they're wearing it.

School Examinations

Over the past two weeks our Stage 4 and 5 students have been undertaking their examinations. Even though it has been quite a long time since most of our students have undertaken exams as a whole cohort, we have been pleased with student behaviour and how seriously they have taken their exams. We are hoping that all students

do very well and have been able to demonstrate their best work and understanding. Reports will come out on the Sentral Parent Portal on the last Thursday of this term. We encourage all parents to ensure they are connected to the portal as we will continue to utilise it as a means of communicating student results and appointments for parent teacher nights.

Yondr pouches and technology use at home

It has now been 14 weeks since we first introduced our Yondr pouches. Overall, the introduction of the pouches has been highly successful and the vast majority of students have followed expectations and pouched their phones each morning at 8:30am as requested. Of course, there are those students whom we continue to need to monitor to ensure their phones are where they need to be. In the initial surveys conducted after implementation, it was interesting to see the answers to the question “what do you see as the positives of Yondr.” Invariably, students began their response with “there is nothing positive about Yondr” but then concluded their answer with a range of responses such as: ‘but I am learning more in math now’ or ‘but I have met new people now’ or ‘now my friends are playing handball with me.’ In general, the students have seen and embraced the positives and staff have reported more interaction in the classroom. To further support parents who are looking to learn more about the impact of technology and how to help their child navigate the increasingly murky waters of social media use in the 21st century, we have booked an online session with Dr Kristy who is a leading national expert on raising teenagers in a digital world.

This online presentation is free for parents, the full cost having been incurred by the school, and we strongly encourage you to engage with this session. We know that evenings are a busy time but even if you have the zoom presentation on as you are moving around undertaking your evening activities you will still gain something from the session. We believe that attending this online session will further support our goal of improving student wellbeing in the area of mobile phones, social media and positive online interactions.

Given the busy nature of Term 2, Dr Kristy’s presentation is likely to be our only Community Connect session for this term.

Free Hygiene Products

After a successful trial in a number of pilot schools, NSW public schools are introducing free menstrual hygiene products in dispensers that will be installed across schools. In upcoming months Quakers Hill High School will be having free menstrual hygiene dispensers placed in the main girls’ quad toilet and in the Student Support Officer’s office. We are really pleased with this innovation as although these products have always been available through Deputy Principals, some students have not felt comfortable in asking. Therefore, having these freely available in the toilets will allow students to access when necessary.

LED Lighting Upgrade at QHHS

The LED Lighting Upgrade Program (LED LUP) commits \$157.8 million to re-

Raising Screenagers

Realistic strategies to navigate the online world with your adolescent.

DR KRISTY
GOODWIN



I arm parents with research-based information and realistic solutions (that don't involve phone bans or digitally disconnecting your teens) so that your teen can thrive online & offline.



Quakers Hill High School is delighted to offer a presentation with Dr Kristy Goodwin. This presentation will help confused and concerned parents navigate the digital world with their 'screenagers', without suggesting that they 'digitally amputate' them. Dr Kristy will arm parents with research-based yet realistic advice to help parents feel confident about how they can best support their adolescent's physical health, mental wellbeing and learning online.

Kristy will explore:

- // Why young people are susceptible to POTENTIAL PITFALLS ONLINE given their BRAIN DEVELOPMENT;
- // Why the online world is APPEALING to adolescents (there's science to explain your teen's digital infatuation);
- // A simple (& realistic) formula to determine healthy SCREEN TIME limits for teens of various ages (based on their BASIC NEEDS);
- // Why parents need to be the CO-PILOT of the DIGITAL PLANE and establish 5 BOUNDARIES to ensure their teen's time online supports her PHYSICAL HEALTH and MENTAL WELLBEING;
- // How to support their teen's 'DIGITAL DNA' especially when using social media or playing multi-player video games;
- // Why DIGITAL DISCONNECTION is critical for your teen's PHYSICAL HEALTH and MENTAL WELLBEING.

DATE - 21 June 2022

TIME - 7:00pm

LOCATION - Online

REGISTRATION - <https://bit.ly/3FPBFGN>



About Kristy

Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators. She provides brain-based solutions to help children and teens thrive in a digital age. Kristy arms parents with science-backed, yet simple solutions to help their 'screenagers' develop healthy and sustainable digital behaviours. Kristy's former clients include the NSW Department of Education, the Reserve Bank of Australia, Westpac, Optus, Apple, Macquarie Bank, Randstad, DLA Piper and public and private schools across Australia.

place inefficient lights with new LED lights, in up to 1,200 public schools across NSW over a two-year period. This is expected to reduce operating costs for schools as well as deliver over 1,200 jobs for NSW.

Schools have been selected and prioritised according to factors such as greatest impact on savings, educational outcomes and other benefits and our school has been included in the first tranche of the program.

The benefits of LED lighting include:

1. Energy saving – reduced electricity usage and lower bills over the long term by replacing inefficient fluorescent lights with efficient LEDs.
2. Lower maintenance and repair costs when compared with fluorescent lights.
3. Improved learning outcomes in the classroom as a result of improved lighting.

The LED Lighting Upgrade Program will be planned to minimise interruption to school classes or learning. The installation will be planned outside school hours where possible and a typical installation program is expected to be completed within 4 to 8 weeks.

The Quakers Hill 7-11

Every afternoon the siren call of the Quakers Hill 7-11 looms large for many of our students and a vast number of them rush over each day. As a school leadership team, we have been working hard to reduce the impact of our students at the 7-11. Some ways in which we have been trying to do this include using our Year 12 leaders to monitor the school driveway and ensure that students are using the pedestrian crossing rather than the driveway to exit the school. A member of the school leadership team daily monitors the pedestrian crossing to support a smooth and safe exit from the school whilst ensuring that there is not too much traffic build-up from waiting cars. Once the majority of students have left the school we then move on to monitor the 7-11, moving students on once they have made a purchase and trying to keep them out of the driveways. The best way that parents can support us in keeping the 7-11 area safe is by choosing another place to collect your children. Over the next few weeks, we will be calling the parents of any students who are regularly collected at the 7-11 to request that they choose another point of collection for their children. Picking your children up from the 7-11 adds to congestion, contributes to a less safe environment, and encourages other students to loiter.



Celebrating Student Achievement

If you are one of our many Facebook followers (over 2,700 followers to date) you will have seen some of the wonderful achievements of our young people. Emily of Year 9 who won several medals at the National Gymnastics Championships and is now an Australian Acrobatic Champion. You will also have seen the achievements of Josh, an outstanding swimmer and athlete who achieved great success in recent events. Caleb Gardener of Year 7 completed a 3 day bike ride with Police Legacy to Canberra. This is his first year of participation. This weekend, Jade and Ana and other students from Year 12 are participating in the Relay for Life to raise funds for cancer research.

We have a large, active and community minded student body many of whom engage in activities to support the community that we often don't get to find out about until it is too late for us to add our support to their actions. If your child is doing something to raise funds or raise awareness for an issue in the community, we would love to hear about it so that we can support our students in their endeavours, shine a light on what they are promoting and also recognise them and celebrate their commitment to the community. Our young people are our future and it is always heartening to me to see how very many of them are committed to working with and supporting others.



Upcoming Events

Make sure you cast your vote at QHHS tomorrow and bring along \$5 for a sausage roll and a drink. Coffee and cake is also available. Sausage sizzle funds go to the Year 12 Formal with funds from the cake and coffee to go to SRC designated school improvement projects.

The Athletics Carnival is on Friday 27 May 2022. Don't forget.

QHHS Subject Selection Evening is on Tuesday 24 May starting at 6.30pm in the hall. The best way to ensure you make a good decision regarding your future educational options is to be informed. Go to events, ask questions, and listen carefully to the answers. Never before has there been more opportunity for our students.

Hope to see you all on Saturday at the election or Tuesday night at the Subject Selection.

Have a great weekend.

Rebecca Mahon
Relieving Principal

ELECTION SWEET TREATS & COFFEE STALL



FUNDS GO TOWARD THE
SRC FUNDRAISERS

VOTE NOW AND
ENJOY A SWEET
TREAT
AFTERWARDS

WHEN: 21ST MAY SAT - 7:30AM - 3:30PM

WHERE: NEAR THE SCHOOL CANTEEN

PRICES:

SWEET TREAT \$3:00

COFFEE \$2:00

COMBO = SWEET TREAT + COFFEE \$4:00



MESSAGE FOR PARENTS

We still have some Year 7
Bookpacks available for
purchase at the front of-
fice for \$40.



Stage 6 Subject Selection Evening



Tuesday 24th May : 6:30pm

This evening will provide students and parents the information they need to make informed decisions about Stage 6 Subjects



During this evening you will learn about:



THE SUBJECT
SELECTION
PROCESS AT
QHHS



EXTERNAL
COURSE
OPTIONS



ADVICE ON
HOW
STUDENTS
SHOULD
SELECT THEIR
SUBJECTS



PATTERNS
OF STUDY



COURSES
BEING
OFFERED AT
QHHS FOR
YEAR 11, 2022

The most valuable part of this evening will be where students and parents have the opportunity to consult with experts from each subject in order to make informed decisions about their pattern of study for Year 11 2023. QHHS' staff know your children as individuals and as learners, and can provide deep knowledge about which subjects would be the best fit for them.



Shaping a Positive Future



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