

# QUAKERS HILL HIGH SCHOOL

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**29 JULY 2022**

## CALENDAR DATES FOR TERM 3 2022

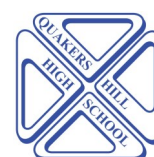
### **Tuesday 26 July—Wednesday 3 August—Trial HSC exams**

- Friday 29 July      Newsletter issued, Year 7 & 10 Vaccinations, Junior Science Olympiad, Friday after school farm crew
- Tuesday 2 August      After School Farm Crew, Homework Club, Debating Club, Aust Science Olympiad Physics
- Wed. 3 August      Barnier Reading Club, Homework Club, Aust. Science Olympiad Exam Earth & Environmental Science Support Swim School

### **Wednesday 3 August—Wednesday 21 September—Support Unit Swim School**

- Thurs. 4 August      Aust. Science Olympiad Biology, Primary Prosperitas Mentoring Meeting, Maths Comp. Textiles & Design Club, Caring for community project
- Friday 5 August      Aust. Science Olympiad Chemistry, After School Farm Crew
- Mon. 8 August      P&C Meeting
- Tues. 9 August      Support Unit work experience and community access, After School Farm Crew, Homework Club, Debating Club, Year 8 Subject Selection Evening
- Wed. 10 August      Barnier Reading Club, Homework Club
- Thurs. 11 August      Pathways to Dreaming Yarning Session, Textiles & Design Club, Caring for Community Project Year 6 diagnostic testing session
- Friday 12 August      Newsletter issued, After School Farm Crew
- Wed. 17 August      Barnier Reading Club, Homework Club
- Thurs. 18 August      Pathways to Dreaming Yarning Session, Primary Prosperitas Mentoring Meeting

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



**SMART Focus for Weeks 3 & 4: Properly organised bookwork**

# IMPORTANT NEWS FOR STUDENTS & PARENTS

## **MESSAGE FROM THE PRINCIPAL**

Greetings to all parents and caregivers,

Term 3 finds us in the usual post-Covid world situation of having to cancel, delay and adjust events that had already been planned. This relates to our 7-10 Parent Teacher Evening and our year 8 subject selection. We appreciate the cancellation of such events causes frustration for our parent community, but it is also extremely frustrating for our staff when significant planning and effort has gone into events that must subsequently be cancelled or changed. We thank you for your patience at these times and continue to encourage you to reach out if you have any particular questions or concerns.

In line with the reported increased transmission of COVID-19 in the media, we do continue to see staff and student absences impacted by Covid. We continue with our layered protection measures which include enhanced school cleaning occurring through the day in high traffic, high touch areas, encouraging anyone with symptoms to be tested and supporting any staff or students who wish to wear a mask. This week we rolled out another allocation of five rat kits per child. If your child was absent please send them down to the front office with a note and we will allocate them five kits. A final comment on our measures, we do not wish to clog up your email with continual notifications of positive cases; therefore, it is important to be mindful that there are ongoing cases across the school.

Please also be aware that we have had a sudden growth in recent cases (7 in total) of RSV, Respiratory Syncytial Virus. From the NSW Health Website: RSV mostly affects young children (and can cause a chest infection called bronchiolitis) but adults can also get it. Although RSV symptoms are usually mild, some children and adults get very sick and need hospital treatment. There is no vaccine for RSV.

### **Staff development day and Professional Learning**

A key DET goal is that every student, every teacher, every leader and every school improves every year. Our staff PDP's (performance development plan) are focused on improving student achievement and all school based professional learning is firmly focused on meeting this target. On Monday, 25th July, we had a NESA expert deliver a session to the staff on Effectively assigning grades to year 11 students. QHHS is firmly focused on quality assessment practices and this professional learning gave staff the opportunity to consider and reflect upon how they assign grades and the evidence they use.

Our staff development day was spent in faculties with head teachers leading their team in identified areas for faculty development. Areas included evaluation of teaching and learning programmes, assessment task coding, implementation of the physical literacy continuum, further work from several faculties in a key literacy area of using quality and authentic texts. Such days are incredibly valuable as they provide staff with the time to deeply immersed themselves in collegial discussion, evidence, problem solving and collaboration.

For this term we will continue our focus on developing teacher skills in identified aspects of literacy and numeracy development and effective classroom practises.

It would be remiss not to mention Marion Nartates in any discussion about Staff Development Day. Marion came in at 7am on what was a day off for him and he spent the day preparing three hearty, warming and very tasty soups for all staff to enjoy at lunchtime. Marion has undertaken a variety of such initiatives to support Year 12 fundraising, congratulate the SRC and of course, to cater for the staff. Thank you, Marion, for your commitment and delicious catering. Thanks also to Ms Lawson-Cohen who works closely with Marion in all these endeavours.

## **Rebecca Mahon Relieving Principal**

### **Buses**

Parents may or may not be aware that the senior executive and some headteachers are rostered on for bus duty of an afternoon. This is quite an extensive duty often not ending until an hour after the conclusion of the school day. As part of this duty, we are required to support Busways, by ensuring that students tap onto the bus. Parents, please encourage your child to do so as this data is used by Busways to determine whether certain buses and routes will continue to run. There has already been one occasion this year when Busways looked to cancel what appeared to be an underutilised service.

We have had recent instances of parents collecting their children in the bus bay. This is both illegal and highly unsafe. Please refrain from endangering your child in this way.

### **Uniform**

Most students continue to wear full school uniform each and every day and those students look fantastic. We all appreciate that the weather has been cold, but this does not excuse students not wearing uniform. Remember that the uniform shop is open Monday mornings and Wednesday afternoons, you can also send your child in with a uniform order that can be filled and then collected at the front office.

### ***Please Pay Particular Attention to:***

**Jewellery** must be kept to a minimum. **Earrings** are to be studs or sleepers **ONLY** (this is for safety reasons).

**Wristbands & Necklaces** – spiked are **NOT** to be worn.

**Additional Clothing** (for warmth) – may **ONLY** be worn under items of uniform and must **NOT** be visible at any time. T-Shirts – White **ONLY** permitted under school shirts.

**Footwear** –

**White Socks** must be worn at all times (not black)

**SHOES** must be **black leather** which **fully enclose and support** the foot. Ballet/Slipper type shoes are not permitted.

**Track pants** – not permitted other than the QHHS Sport Track pants that can only be worn on sport day.

Boys' pants must not be elasticized in the legs; this is not part of our school uniform.

Tights/Leggings – are NOT to be worn

**Hoodies are banned at Quakers Hill High School for safety reasons and should NOT be worn.**

## **Fees**

We are beginning the process of reaching out to parents about unpaid school fees. Invoices went out at the beginning of the year and we would like to thank all of those parents who have either paid those fees in full or contacted us and started the process of a part payment plan. A second invoice send out is beginning next week.

A reminder that the only compulsory fees are those where your child consumes materials that are bought for them to undertake that subject i.e. in food technology the fees go towards the purchase of the food that is prepared, cooked and eaten by the students. If you are contacted about outstanding fees and the payment of these would cause hardship, remember that there is the opportunity to pay small amounts fortnightly.

## **Exams and Stage 6 Events**

A save the date has been sent to all Year 12 families for the Year 12 Graduation Assembly (4pm on 22nd September). It is a catered even so when the formal invitation is sent later in the term you will need to RSVP.

The Trial HSC has been going well with our students using all the time allocated to them and busily writing throughout. This is a very stressful time for students and parents and staff as we are all anxious to see our students do well and demonstrate their knowledge, skills and understanding.

## **Tell Them From Me and School Communication**

In the upcoming weeks we will be undertaking our bi-annual Tell Them From Me surveys. In this we survey staff, parents and students about different elements of school curriculum, leadership, communication and connection to the school. Last year we had over 137 parents complete the survey which is a resounding success – though the QHHS parents are always a shining example of commitment when asked to complete surveys and provide feedback. Once again, the survey will be placed on, and promoted via Facebook and email.

If you are not currently following our Facebook page, you owe it to yourself to get

on and like it. 2700 plus followers cannot be wrong! In addition to being an informative source, it is also beautifully curated by Ms Lachevre and a showcase of so many of the wonderful things that are continuing to happen at our school. An example is the current series of promotions of artists in residence.

Here we have Matthew of year 7. Matthew created a captivating neurographic design during his Semester 1 unit on portraiture.

### **Thought about your Book Week costume yet?**

A favourite event with staff and students alike, Book Week is happening in Week 6 and the theme is "Dreaming with eyes open". Students will have to register their interest and they will have the opportunity to win a Booktopia Card for most creative costumes.

You will have read in previous communications that Mr Jason White, will be starting at QHHS as Principal in Week 4. As a school we are all very excited about Mr White joining us and having the opportunity to resume our substantive roles. With this being my last newsletter as relieving Principal, I would like to thank the staff, students, and wider school community for their efforts over the last 6 months. Staff shortages have not made this an easy semester, but the QHHS community is lucky to have such committed and dedicated staff as we have. Mrs Maricic and Mr Nash have done an outstanding job this semester and we are lucky to have such high calibre professionals as we do.

### **Jamberoo: Reward Excursion**

We have booked a date for Jamberoo for the end of the year and it is our best hope that nothing derails this. For those students who have not attended Jamberoo, it is a reward excursion for those students who have consistently demonstrated adherence to the SMART values of QHHS.

A reminder for all students that you need to submit your merits for collation and for them to be converted to bronze and silver awards. Years 7 and 8 are very good at this but it is important for older year groups also. Overall, students are doing well in terms of receiving merits. A big shout out to Mr Choi who has written a hand cramping 1299 merits!

### **Positive Referrals**

Year 7 3643

Year 8 2559

Year 9 2245

Year 10 1848



# SUBJECT SELECTION

## QHHS Stage 5 Subject Selection Evening (For Year 8 Students 2022)

Due to current conditions around COVID-19 our stage 5 subject selection evening will not be able to be delivered through our traditional method at school.

Instead, We will be running an online presentation through ZOOM on Tuesday 9<sup>th</sup> August (Week 4) starting promptly at 6:30pm.

During this presentation, Mr Head will be going through what electives are being offered and how students will be selecting their subjects for year 9 & 10 (Stage 5)

It is important for all students and parents to hear this information to ensure they receive the correct information about our subject selection processes

Students and/or parents can always contact Mr Head to discuss this process further.

ZOOM link details will be emailed to all year 8 students and parents prior to the date

Year 11 686

Year 12 263

What an achievement. Our goal as a school is maintain at least 4 positives for any negative ferral and we are on track with this at one negative for every five positives.

### MESSAGE FOR PARENTS

We still have some Year 7 Bookpacks available for purchase at the front office for \$30

to re-



## 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



## Top 10 Tips for Overcoming Procrastination

Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn't make the assignment go away, or the deadline change, it just gives you less time to get the work done. To manage this, try the following:

1. **Become aware of the excuses you use** - make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like "is this the best use of my time at the moment?" and "am I doing this as a way of avoiding what I really should be doing?".
2. **Reduce or eliminate distractions** - creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It's easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the *Home Study Environment* unit and *Dealing with Distractions* unit.
3. **Make a prioritised list** - before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the *Time Management Skills* unit on techniques for prioritising.
4. **Break down projects into chunks** - if you have a big task that you have to do, or something that you really don't want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it's easier to commence.
5. **Just start** - stop focusing on getting it done perfectly, or even well, just make a start, even if it's just for a few minutes. Starting the task makes you realise it's not as daunting as you originally thought

and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.

6. **Reward yourself** - set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you've done the work and to give you the reward! Learn more about this in the *Goal Setting* unit.
7. **"Twofer Concept"** - when you are working on a difficult or boring task, break it up by having a more interesting or easy task that you work on in the same study block. You get 2 lots of homework done, but when you are losing focus on the difficult one you can switch to the easier one for a bit of a break.
8. **Create routines** - establishing a routine can help you avoid procrastination as you get into the rhythm of working for a set time each day at a set time of the day. Making this routine known to your family and friends also helps keep you accountable and stops them interrupting you during your work time.
9. **Find a study buddy** - perhaps starting that difficult work will be easier if you have someone to work with. This could be a school friend or a sibling. You could share resources and help each other to get started with similar work.
10. **Schedule in breaks** - breaks give you time to think and process information that you have been working on and give you an opportunity to do the things you really enjoy. Plan them as much as you plan your work.

Our school's subscription details to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) are –

Username:

Password: