



QUAKERS HILL HIGH SCHOOL

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3 JUNE 2022

CALENDAR DATES FOR TERM 2 2022

Friday 3 June Newsletter issued, History Competition, Chess comp 3-5pm, SLR Gym excursion, Year 10 History incursion, After School Farm Crew

Monday 6 June—14 June—Senior Subject Survey

Mon. 6 June Year 9 History Incursion, Year 11 Half Yearly Reports on Parent Portal, Deadly Dreaming Program

Tues. 7 June Year 11 Parent Teacher night, Debating Club, Homework Club, After School Farm Crew, Caring for Community Project, Textiles & Design Extra Curricular Club

Wed. 8 June Homework Club, Barnier Reading Club

Thurs. 9 June Pathways to Dreaming In-School Mentoring, After School Duke of Ed Caring for Community Voluntary Activity, Primary Prosperitas Mentoring Meeting

Friday 10 June Chess comp 3-5pm, Year 11 Biology excursion, After School Farm Crew

Monday 13 June Queen's Birthday Holiday

Tuesday 14 June Homework Club, Debating Club, After School Caring for Community Project, Farm Crew, Textiles & Design Extra Curricular Club

Wed. 15 June Homework Club, Barnier Reading Club

SPORTS CALENDAR

Wednesday 8 June—Sydney West Cross Country

Wednesday 8 June—Western Sydney Regional Girls Oz Tag Schools Tournament

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 7 & 8: Completing Tasks on Time

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

Some Highlights from the last fortnight:

- Election Day Fundraising saw Year 12 raise over \$1,100 from the BBQ and the SRC raised \$678 from their bake stall. Year 12 are raising money towards their Formal at the end of the year and SRC are raising money to support school projects, such as the G Block mural. While the P&C donated the money to pay for the artist to design and paint the mural, the SRC have raised money to prepare the surface and undercoat that will be required. Congratulations to all involved in the fund-raising.
- Year 11 & 12 attended the Careers Market and really enjoyed finding out more about their options beyond school.
- The QHHS subject selection evening on Tuesday 24 May was an excellent opportunity for parents and carers to come along with their child to ask questions about the various subjects that are on offer.
- Following on from this, on Monday Year 10 had their Taster Day at QHHS which allowed them to experience the subjects they may be interested in doing in Year 11.
- Last but not least, we were finally able to run the Athletics Carnival after rescheduling several times. Special thanks must go to Mr Hawkes, Mr Hill and Mr Nash for persevering and organising the day. A fun day was had by all who attended., though I am sure that some students went home with tummy aches after some of the picnics that were had.

SMART reminders



All members of the Quakers Hill High School community know that we are a SMART school. However, every now and then we feel it is important to revisit the SMART expectations with our students. They know what SMART means but often they forget what it stands for. While all behaviours are important, we feel that being Respectful ensures that all else can happen. When a student has respect for:

- themselves and others
- their belongings and others' belongings
- the environment

regardless of where they are, they can be safe, motivated, academic and tolerant. I'm sure we have all heard the saying "*Good manners don't cost anything, but mean everything*". If you are seeing this at home could you share this message in support of what we are doing at school. There will be a focus at our next student address about students being more respectful in the way they interact with others including when they come to the office. Speaking politely and being respectful when they enter the office will go a long way to getting a positive outcome.

Opal cards

Some students are travelling on the bus without an Opal card. If your child has lost or damaged their Opal card, it is important to go online and replace it. The bus drivers have also requested that we remind our students to tap on and tap off. This records the number of students who use the service. If our numbers get low, they will stop some of the buses that come to the school.

Uniform Reminders

In our last newsletter there was a reminder to all parents about the school uniform. We understand that the weather has turned cold this week and we encourage our students to wear the winter uniform. We have spoken to many students this week about wearing hoodies and trackpants and then their joggers instead of the black leather shoes. If any family requires assistance, please contact us so we can discuss your needs. I have added the email that was sent out to all parents this week.

Good afternoon, Parents and Caregivers,

Winter is upon us and we can certainly feel it in the air today, thus I wanted to send out a quick email as a reminder about school uniform.

Hoodies and tracksuits pants, irrespective of colour, are not permitted as school uniform. Any time a student wears a hoodie it will be confiscated and replaced with either a jumper or a jacket from the wellbeing store. Students are allowed to wear long sleeved white undershirts underneath the white polo shirts and they can wear scarves and woollen beanies also for additional warmth – though these need to be in school colours.

Boys are encouraged to wear the school pants or they are allowed to purchase navy blue dress pants.

Girls are encouraged to wear the school pants in cold weather or they may choose to wear navy blue tights under their skirt.

A reminder that shoes must be black leather shoes - this is a state-wide requirement for work, health, and safety (WHS) reasons.

We realise that uniform comes at a cost and we are always ready to work with parents to provide clean, second-hand uniform where available or assist in the

purchase of new uniform.

Remember that the uniform shop is open on Monday mornings from 8am and on Wednesday afternoons from 3pm.

We believe that our uniform is an attractive one and our students look very smart and professional when wearing it; moreover, we work closely with the P&C to ensure uniform is a priority for our school community. Whenever we go on excursions or providers attend our school, people always comment on how good our students look in their uniform.

Please support us and your child by ensuring your child is wearing uniform to school each day.

If you have any questions or concerns about this communication, you are welcome to email me at rebecca.mahon@det.nsw.edu.au.

Reports

Now that the exam period is over the staff have been busy collating their data to write reports. It is a good time to discuss with your child if any incomplete assessments or N determination warnings letters have been sent home. It is their last chance to resolve the issue before their teacher writes the report. Years 7 – 10 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.

Dr Kristy Seminar coming soon

In our last newsletter, we introduced an upcoming event to further support our 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.

Dr Kristy is a leading national expert on raising teenagers in a digital world. The 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. Senior students are encouraged to engage with the session as part of the 25 hour Life Ready program that senior students need to undertake as part of their Stage 6 expectations.

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

Raising Screenagers

Realistic strategies to navigate the online world with your adolescent.

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.

DR KRISTY
GOODWIN



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

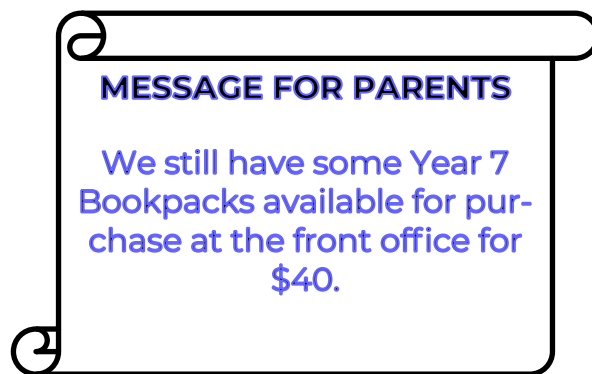
Dr Kristy Goodwin is one of Australia's leading digital wellbeing researchers, speakers, authors & media commentators. She provides brain-based solutions to help children and teens thrive in a digital age. Kristy arms parents with science-backed, yet simple solutions to help their 'screenagers' develop 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.

Upcoming Events

- Year 11 reports will come out on Monday 6 June.
- Year 11 Parent Teacher interviews Tuesday night 7 June. Parents are invited to book in a time through the parent portal to meet online via Zoom.
- Year 10 Senior Subject Survey opens 6 June and closes on 14 June.
- Stage 4 ROSE breakfast Thursday 16 June – students invited only before school.
- Stages 5 & 6 ROSE breakfast Friday 17 June – students invited only before school.

Have a great weekend,

Beatrice Maricic
Deputy Principal (Years 7, 9 & 11)



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