

# QUAKERS HILL HIGH SCHOOL

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## 4 FEBRUARY 2022 CALENDAR DATES FOR TERM 1 2022

Monday 7 Feb.—Wed. 9 Feb.

Yondr Implementation

Friday 11 Feb. Newsletter issued

Monday 14 Feb. P&C Meeting 7pm

Wed. 16 Feb. Year 11 Assessment Evening

Tuesday 22 Feb. School Photo Day

Friday 25 Feb. Newsletter issued

Friday 4 March Back up Photo Day

Year 11 reports available on parent portal

Nirimba Collegiate Senior Course Guide distributed to Year 10

P&C Meeting 7pm

Thursday 17 March Pathways to Dreaming In School

Mentoring

Monday 21—25 March

Careers Program Year 11

Friday 25 March Bumper Contact

Monday 29 March Year 7 & 8 Vaccinations

Friday 8 April Newsletter issued

Last day Term 1

### TERM 2

Tuesday 26 April Staff Dev. Day

Wed. 27 April All students return

Friday 29 April Year 12 reports available on parent portal

## SPORTS CALENDAR

Tues. 15 February

School Swimming Carnival for competitors only

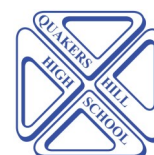
Monday 14 March

Zone Swimming Carnival

Wed. 16 March

Sydney West Swimming

**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**

Dear Parents and Community Members

I am so excited to be announcing that Quakers Hill High School is now once again a 7-12 high school. This is something that the staff have hoped for and worked towards over the last few years, and we could not be happier that it has finally come to fruition.

This being our fortnightly newsletter it will be primarily focused on news, upcoming events, and changes for the beginning of the school year. It will not be filled with information about Covid or the QHHS Covid response as this has been discussed and explored extensively elsewhere; however, I do want to relay some information about our specific response as a school should your child be a close contact or test positive.

When you call the office to report your child is a close contact or has tested positive, the SASS member will ask some questions about your child's last day at school, whether they have siblings at the school and so on. They will also remind you to register a positive result with Service NSW. From here you will be asked about how well or unwell your child is and whether you would like work for them. If they are in a position to do work, you will be asked about access to a device, internet and so on. From there Mr Kantek (HT Wellbeing) will email you about the work and how to access it.

If at any time you do want detailed information on our covid response, please go to the school website and listen to and watch the Principal's Address, Term 1 which contains a significant amount of relevant information and links to where further information can be accessed.

<https://quakershil-h.schools.nsw.gov.au/news/2022/1/principal-s-address-term-1--2022.html>

## **UNIFORM**

QHHS remains firmly focused on all students coming to school in uniform every day and the vast majority of students always comply. However, there are some students who persist in wearing incorrect uniform and unfortunately, we have already had a couple of students on detention for failing to wear full and correct uniform. Students who cannot afford complete uniform will be supported in its purchase hence there is no excuse for students to come out of uniform. Please remember that hoodies are absolutely banned items.

## **YONDR INTRODUCTION**

Yondr will be introduced in Week 3 (next week) and from that time, Quakers Hill High School will be a mobile phone free space for Years 7-10.

This has been an ongoing conversation between various staff teams including the executive team, the wellbeing team, and the SMART effective practices team. Our central focus, as always, is on improving student educational, social, and emotional outcomes and we have long been concerned about the limited and decreasing physical

activity, the limited verbal communication and the more obviously damaging – the use of phones to harass and intimidate, to mock and to film fights. Conversations with you, our parent community, have consistently demonstrated that you share our concerns.

We realise that there will be problems to overcome and special circumstances that require careful management, but we believe that if we work in concert, placing our students and their wellbeing at the centre of this implementation, then together we will succeed.

I have provided an extensive background to our reasons for implementing Yondr in a presentation that can be found on the website at the following address:

<https://quakershil-h.schools.nsw.gov.au/news/2022/1/yondr-introduction.html>

In upcoming days I will place a similar video on the website that is focused on our technology policy and how it works for us all.

## **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.

For 2022 we will continue our subscription to online learning resources such as Education Perfect, Edrolo and Screencastify. We are also exploring anti-plagiarism resources such as Turnitin. QHHS has partnered with 'Learning with Technology' to organise discounts on a range of suitable devices. If you are not able to afford a device for your child, there will be opportunities to use a school-owned device at school.

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

## **CANCELLATION AND ADJUSTMENT OF SIGNIFICANT EVENTS**

Due to various restrictions on mingling in large groups of people, we have had to move many events online, such as the Year 11 Assessment Evening and the Year 5/6 Information Evening. Much to our disappointment we have also had to move the Swimming Carnival to a competitor only event and cancel Taster Day. Orientation Week has also required significant structural change and the Leadership Assembly will also not be permitting visitors. Every effort is made to risk assess and risk manage each event but some events, such as Taster Day, require too much structural change and have therefore had to be cancelled.

## **STUDENTS WHO HAVE PAID FOR THE SWIMMING CARNIVAL BUT DID NOT INTEND TO COMPETE**

We received multiple Year 7 payments for the Swimming Carnival at the Orientation Evening. This money will not be refunded, rather it will be placed against existing or future fees. If students are intending to compete, the money will remain as a carnival payment.

## **P&C**

QHHS has a small and committed P&C team who meet twice a term to hear about what is happening at the school and to provide feedback, suggestions and consultation about new initiatives. They are a friendly and inclusive team who are always looking for new members. No one is asked to do anything onerous and really turning up and lending an ear and a voice are the main things they are looking for. The next P&C meeting will be held online via Zoom on Monday 14 February. If you are interested in attending, please email the school at [quakershil-h.school@det.nsw.edu.au](mailto:quakershil-h.school@det.nsw.edu.au) so that a secure link can be sent to you. The school email address is as follows: [quakershil-h.school@det.nsw.edu.au](mailto:quakershil-h.school@det.nsw.edu.au).

## **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 2021, we published a significant amount of information on our approaches to managing this and it is replicated here for parent information.

### **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 after-school 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.

### **Bell Time Change**

At the end of last year, we decided to make some changes to roll call lessons and we moved the extended SMART roll call to Monday. This means that Monday no longer ends at 2.40pm but now ends at 2.50pm. This does not impact buses in any way. Wednesday home time remains 2.45pm and every other day concludes at 2.55pm.

### **Some other changes**

Just a reminder that for Term 1, Rebecca Mahon is relieving as Principal and Daniel Nash is relieving as Deputy Principal. Mr McKean is relieving as HT PDHPE.

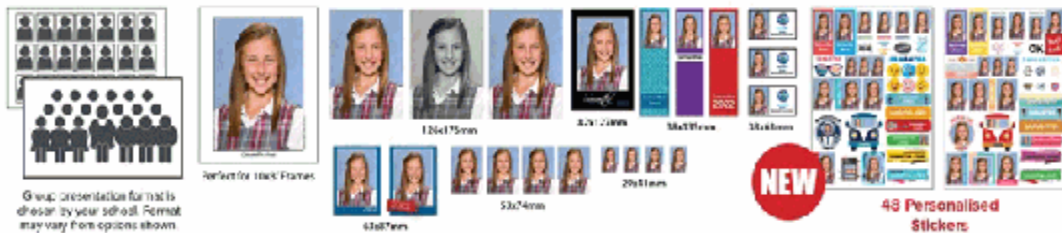
Remember to get in touch with any questions or concerns about anything to do with your child's education or wellbeing.

Have a great weekend.

**Rebecca Mahon**

**Relieving Principal**

## school photographs are coming up soon



**Please note:** Traditional or Composite group and the presentation format are chosen by your school. Sibling photos, if available, can also be ordered online and must be ordered prior to your photo day. A late fee will apply for photos purchased after ordering has closed.

## how to order

### order online

Online payment options include Visa, Mastercard and PayPal. Alternatively, you can choose to pay over 10 weeks using LatitudePay.

#### STEP 1

Go to [www.advancedlife.com.au](http://www.advancedlife.com.au) on your computer, phone or tablet.

#### STEP 2

Enter your school code:

**XZR MHV ZLF**

in the 'order and download' box. This will take you to your school's secure online ordering site.



#### STEP 3

Click on 'Order Photos' and complete your details and procedures. During this process you can place orders for additional children at your school and sibling photos, if available



### cash/envelope ordering

Your school prefers orders to be placed online. However, if you are unable to order online, please complete your order using the order envelope provided.

#### STEP 1

Complete a separate order envelope for each individual child's package/s ordered. If ordering for more than one child, payment should be enclosed in the envelope of the eldest child and this should be indicated on the envelope of the other child/children (the envelope that does not have cash enclosed).

#### STEP 2

Enclose exact cash payment in one envelope for the package/s you are ordering. Payment for more than one child should be in the eldest child's envelope and marked at the bottom of the envelope in the space provided.

#### STEP 3

Return your completed envelope/s, with correct cash payment, to our photographers on the day.

**Please note:** You must enclose exact correct payment, as change is not available. Credit card payments can only be made online and we no longer accept cheques. There is a separate envelope for sibling photo orders, should your school choose to offer sibling photos.

School photographs will be returned to your school 4-6 weeks after the day of  
photography

#### IMPORTANT - "not for publication" students

If you have instructed your school that your child's image is "not for publication" (sometimes called "do not publish" or "not for media release" instructions), the school will ensure that your child is not presented to our photographers on photo day and school photographs will not be available for purchase. If you wish to change your instruction, then you must notify your school, so they change their records and identify your child as able to be photographed for school photography purposes. All students presented to our photographers by your school on photo day will be photographed, their images will appear in school photography packages with their fellow students and these packages will be available to purchase by all families.

Contact us: [www.advancedlife.com.au/contact](http://www.advancedlife.com.au/contact)

**advancedlife**  
school photography & print specialists



## 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