

QUAKERS HILL HIGH SCHOOL

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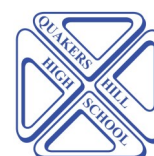


4 November 2022 CALENDAR DATES FOR TERM 4 2022

31 October— 11 November— Stage 4 Exams

Friday 4 Nov.	Newsletter issued, Pathways to Dreaming Year 8 Campus Experience Day, Pathways to Dreaming Yarning Session, The Barista Program, Drama Club, Farm Crew, PASS PSSA Blacktown Zone Gala Day
Tues 8 Nov.	Work experience & community access support unit, Code Club, After School Farm Crew, Debating Club, Year 12 Graduation Ceremony 4-6.30pm
Wed. 9 Nov.	Support students transition to Wyndham, Collegiate Year 12 Formal
Thurs. 10 Nov.	Pathways to Dreaming In School Mentoring, Afternoon Textile and Design Club, Year 12 Celebration Dinner 6-10pm
Friday 11 Nov.	The Barista Program, Drama Club, Afternoon Farm Crew
Monday 14 Nov.	P&C Meeting 7pm
Tues. 15 Nov.	Work experience & community access support unit, Code Club, After School Farm Crew, Debating Club
Wed. 16 Nov.	Senior Youth Leadership Encounter
Thurs. 17 Nov.	Pathways to Dreaming Yarning Session, Afternoon Textile and Design Club
Friday 18 Nov.	Newsletter issued, Year 7 Vaccinations 2nd dose, The Barista Program, Drama Club, Afternoon farm crew
Tues. 22 Nov.	Year 10 Orientation Day @ Wyndham College, - 9-2.40pm, Year 10 Parent Information evening @ Wyndham College—6pm, Code Club, After School Farm Crew, Debating Club
Thurs. 24 Nov.	Afternoon Textile and Design Club

**UNIFORM SHOP OPEN EVERY
MONDAY 8.10AM—9.30AM**



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

IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

Congratulations Year 12

This week saw the final HSC exams for our Year 12 students. Feedback on the exams was generally very positive, with students reporting they felt well prepared and that the exams were a fair test of their knowledge and skills. Next week sees some important celebrations, including the Year 12 Graduation, which will provide a wonderful opportunity to celebrate together as a school community. HSC results are released on Thursday 15 December, and we are hoping our graduating students will join us for a breakfast BBQ before school to mark the occasion. More details to follow.

School Communities Working Together

From time to time there are issues between students or community matters that have an impact on the learning, safety and wellbeing of students at the school. These issues are sometimes accompanied by strong emotions. One thing to remember with helping our young people manage friendship issues or disagreements with others, is the importance of contacting the school if needed to let us know of your concerns. Most issues are well handled by students themselves with the support of our staff, including classroom teachers, support staff, and our executive and wellbeing teams. How we, as adults, manage our part in supporting our students is crucial as parents, carers and educators are the most important role models for young people. The NSW Department of Education has developed a *School Community Charter* to support all of us in working together. For more information see: <https://education.nsw.gov.au/content/dam/main-education/public-schools/going-to-a-public-school/media/documents/school-community-charter.pdf>

Parents and Citizens Association

We are very fortunate to have a great group of parents and carers who are members of our Parents and Citizens Association (P&C). The P&C meets on the second Monday of each month, with the next meeting on Monday 14 November at 7pm at the school. If you have not yet attended a meeting, I encourage you to do so as it's an opportunity to learn more about our school and share your thoughts on issues of importance to you and your family. I look forward to seeing you there.

Mr Jason White
Principal

Upcoming Year 10 Events

This is a busy time of year with a great deal happening for all year groups and it is particularly busy for Year 10. Due to QHHS' participation in the EPP (Educational Pathway Program) we have many students (over 40) currently engaged in various TAFE based programs including Construction, Plumbing, Hair and Beauty, Aged and Child Care. Multiple students who are currently participating in the Bricklaying program have already been offered the opportunity for work experience with Eden Brae homes and possible apprenticeships for 2023 which is a very exciting opportunity.

Traditionally Year 10 has been the Work Experience year and it makes a great deal of sense that at least part of the post-examination period is spent engaging with work experience. Young people are so often asked what they are planning to do once they leave school yet many of them have little experience of life outside the classroom beyond a part time job. Thus Year 10 is the perfect time to take the opportunity to seek and experience work placements in areas and industries of interest.

Students who would like to participate in Work Experience are encouraged to use their own resources to seek opportunities, reach out to friends, family members and local service providers. With the significant skill shortage there is no better time in recent Australian economic history to be seeking these sorts of opportunities and placements. Students who would like some coaching in seeking out suitable placements are encouraged to speak to Mr Hutton, Mr McKean, Mr Head and Ms Mahon who are available to provide advice and support in these endeavours. Once you have secured a contact, see Mr Hutton for the relevant paperwork.

Students who are currently employed in a part-time capacity and who would like to apply for an exemption to work full time will need to provide an official letter (on letterhead) from their employer stating that they will be engaged in more than 25 hours per week employment. Once this letter from the employer and a letter of permission from the parent is provided, the school will work with the family on providing an exemption. This only applies to students who have completed all outstanding commitments, including HSC All My Own Work, HSC Minimum Standards testing and any incomplete assessment tasks.

Students who do choose to undertake these opportunities are reminded that they are required to attend school for their transition days. Students will need to negotiate these days with their employer or work placement.

Quakers Hill High School: 22 November
Seven Hills High School: 28 November (VET Induction)
Wyndham College: 22 November

Students who will be attending school full time for the remainder of the year are reminded that all aspects of the SMART expectations remain in place and must be adhered to. This includes full uniform, pouching phones each day and attendance at all classes for the duration of the lesson.

Examinations, Assessment and the power of Feedback

Over the last few weeks students from Years 7 to 10 have been undertaking their Semester 2 examinations. Overall, student behaviour has been settled and focused with the majority of students demonstrating significant commitment to high achievement. Once the examinations have concluded teachers will be returning the papers and going through them in class. Students will be provided with feedback on what they did well and areas wherein they could demonstrate improvement. Teachers will also dedicate learning time to working with students on how they can improve in the identified areas. In a recent lesson with my Year 8 class, we spent some time looking at feedback, what it is, why it is important and how we can use it to improve our achievement of outcomes.

John Hattie, a well-known educational researcher, has completed several studies which have consistently demonstrated that feedback has the second highest impact on student achievement and that it has the most immediate impact. Join with us in encouraging your child to reflect upon their feedback. Ask them to share their feedback with you and discuss with them how they can use that feedback to improve into the future. Read more about the importance of feedback by following the link below.

<https://visible-learning.org/2013/10/john-hattie-article-about-feedback-in-schools/>

In the final weeks of the year, it is quite common for parents to report the reasons for their child's absence as being 'nothing is happening at school' or 'we have finished learning for the year.' This is not an accurate reflection of the waning weeks of any year at Quakers Hill High School. In the Week 6 newsletter, we will be publishing an outline of all sequences of learning that will take place in the post examination period. Year 10 students will be working on autonomous projects that will allow them to undertake work experience and complete TAFE commitments.

Year 12 Events

Week 5 is a very busy one for our 2022 HSC students. On Tuesday afternoon we will be holding the Year 12 Graduation Assembly which will officially signal the conclusion of secondary studies for our 2022 Year 12 cohort. I would like to thank and recognise the many people who will have played a substantial role in the organisation of this significant event. I would particularly like to recognise Mr Shane Hill who has worked closely with the students as their Year Adviser. I would also like to recognise the substantial contribution of Ms Lawson-Cohen and her hospitality



team who have been working and planning for this event for several months. On Wednesday night some of our students will be attending the Nirimba Collegiate Formal and on Thursday night we will be holding our own QHHS graduation dinner.

SMART sessions on inclusion

An ongoing theme of SMART lessons for 2022 has been inclusion with a particular focus on inclusive language. Our first lesson for the year focused on the values of public education and celebrated the importance of diversity within our schools and our communities. The second lesson focused on how knowing and using each other's correct names promotes connection, feelings of being valued and belonging. Our third lesson was on 'racism no way' where students had the opportunity to engage with a range of scenarios and to explore how these could be addressed within the school's anti-racism framework. Our final SMART inclusion lesson for the year looks at how we can provide and ensure a safe space for LGBTQI+ young people. We work hard to make Quakers Hill High School a safe and inclusive space, a place where individuals are celebrated for who they are and for the diverse range of experiences, beliefs, values and ideas that they bring. All public schools are a rich tapestry and this is celebrated and appreciated in word and in action at QHHS where we are all on the same team.

WORLD TEACHERS' DAY

Everyone has a teacher they remember. Someone who shaped, advocated, encouraged, challenged, empathised, listened or believed ... and that's without everything that happens in the classroom. Schools are magical places and teachers are magical thinkers who look at young people in light of their possibilities as well as their actualities.

Last Friday it was World Teachers' Day, an opportunity to thank teachers past and present for everything they have done in our lives. On World Teachers' Day we celebrated the teachers of Team QHHS. A hard working committed bunch who want the very best for all our students.

Have a great weekend, remind your children to hand in their merit awards and checkout the QHHS Facebook for some fantastic photos



of students, engaging, connecting and learning!



QHHS: Creating tomorrow's citizens today

Rebecca Mahon, Deputy Principal, Years 8, 10 & 12

A Message from Busways

In Term 4, across the western Sydney bus region, Busways will be running a campaign to increase the correct use of Opal Cards on the bus network. If students don't tap on and tap off every time, then school bus services will appear to be underused with low passenger numbers, which can affect planning of services for your school.

Our campaign message is simple - tap on and tap off your Opal card, every time you travel by bus.



School Opal Cards for bus travel

Busways has been conducting checks at your school regarding Opal card usage.

Your child did not have an Opal card today when travelling on the school bus.

Opal data gathered by tapping on and off is used to determine demand for bus services. If students don't tap on and tap off then school bus services will appear underutilised and may be considered for cancellation based on low passenger numbers.

Please ensure that your child has a valid Opal card (either a School or Child/Youth Opal card) and taps on and off when travelling to and from school.

For more information and to apply for a School Opal card call 13 67 25 (13 OPAL) or apply online at www.opal.com.au/en/about-opal/opal-for-school-students/.

For other enquiries, our customer service team is happy to help. Call 1 300 69 2929 (Monday to Friday 7am-5.30pm) or email infoline@busways.com.au.



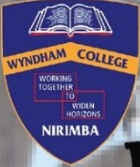
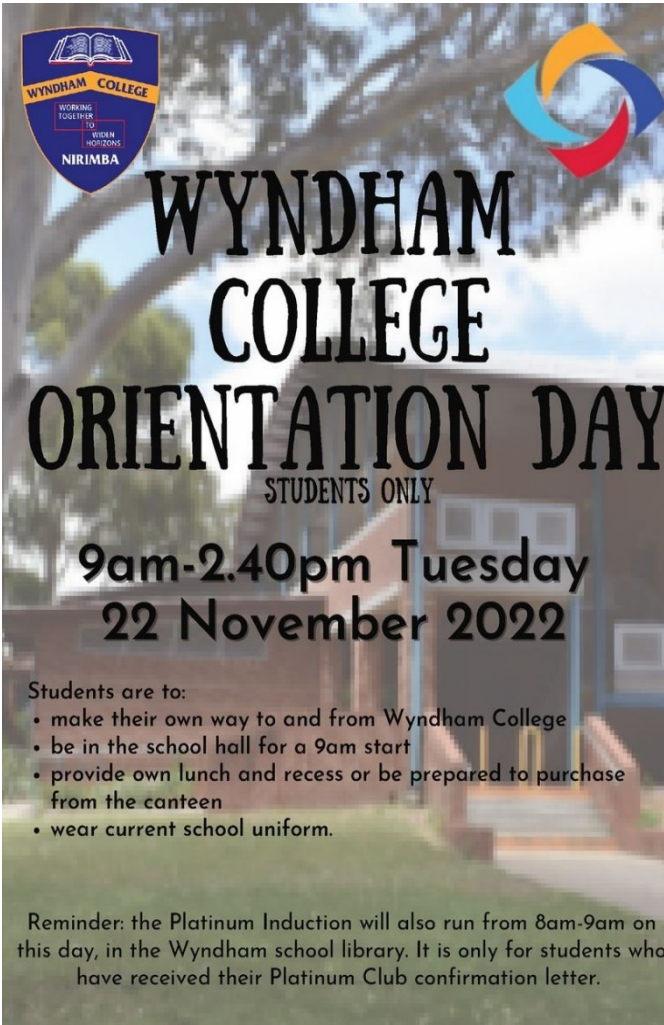
www.busways.com.au

Attendance Matters

The first four weeks of Term 4 have seen a high attendance rate among all students, with 59% of students attending more than 90% of the time and 40% of students attending 95% of the time or more. We strongly encourage students to aim to maintain this as we progress through Term 4.

We would also like to encourage parents to continue explaining their child's absence, either through the Sentral parent portal, responding to the text message from the school, via phone, or by a note within 7 days of the first. 7R1 are currently leading this term's Attendance Matters competition to explain all absences, with zero unexplained, closely followed by 8R2 with 1.

**Mr Dacey
Head Teacher Administration
(relieving)**

WYNDHAM COLLEGE ORIENTATION DAY

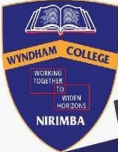
STUDENTS ONLY

**9am-2.40pm Tuesday
22 November 2022**

Students are to:

- make their own way to and from Wyndham College
- be in the school hall for a 9am start
- provide own lunch and recess or be prepared to purchase from the canteen
- wear current school uniform.

Reminder: the Platinum Induction will also run from 8am-9am on this day, in the Wyndham school library. It is only for students who have received their Platinum Club confirmation letter.




FOR PARENTS AND STUDENTS

WYNDHAM COLLEGE

YEAR 11 2023 INFORMATION EVENING

wyndhamcol-h.schools.nsw.gov.au

**6 PM TUESDAY
22 NOVEMBER 2022
WYNDHAM SCHOOL HALL**



nirimba.collegiate.schools.nsw.gov.au



QHHS ATTENDANCE MATTERS COMPETITION



Which roll call will win?

For the rest of Term 3 and for Term 4 we are running a whole school competition on explaining absence. If you are absent ensure you bring a note or that your parent responds to the SMS, calls the school or emails to let the school know of the reason for your absence. The roll call with the least unexplained absences will win a pizza lunch at the beginning of Term 4.

LET THE BATTLE FOR BEST ROLL CALL BEGIN!!



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PRINCIPAL: Mr Jason White



CHECK-IN ASSESSMENT FOR YEARS 7, 8 & 9

Dear Parents and Carers,

During Weeks 6 & 7 of Term 4 this year students will participate in the Check-in Assessment.

The Check-in Assessment is a NSW Department of Education online literacy and numeracy assessment available to support schools to assess and monitor student learning.

The assessment can supplement existing school practices to identify how students are performing in literacy and numeracy and to help teachers tailor their teaching more specifically to student needs. Students with a disability may receive the same level of support during the assessment they would normally receive in the classroom.

- The assessment will be scheduled for Years 7, 8 & 9 students during Weeks 6 & 7
- All students complete a reading assessment and a numeracy assessment.

Students will be asked to bring headphones or earbuds that plug into a computer to enable them to hear audio during the assessment. Earbuds used for mobile phones or other portable devices may be suitable for use during the assessment.

We will have a limited supply of headphones available to provide for students.

If you have any further questions, please contact the school on (02) 9837 1533 or access the [Check in Assessment 2022](#) information on the Department's website.

Yours sincerely

Geoff Dacey
Check in Assessment Coordinator
2 November 2022

STUDY SKILLS TIPS FOR OCTOBER

7 Ways Mindfulness and Meditation Can be Helpful to Students



Do you experience feelings of anxiousness? Why not give meditation a go? It can be as simple as closing your eyes, breathing deeply and counting your breaths in and out. There are lots of great Apps out there, for example 'Mindfulness', 'Headspace', 'Relax' and 'Positivity'. These will guide you through simple meditation and mindfulness exercises. You could even try the new mindfulness colouring-in books for adults that are all the rage. But what is it all about and why should you try it?

What is Mindfulness?

Headspace (www.headspace.com) defines mindfulness as "the intention to be present in the here and now, fully engaged in whatever is happening, free from distraction or judgement, with a soft and open mind".

What is Meditation?

Meditation is a way of transforming the mind, making it calm and silent. According to the Australian Teachers of Meditation Association meditation is a discipline that involves turning the mind and attention inward and focusing on a single thought, image, object or feeling.

How does meditation and practicing mindfulness help you with your schoolwork?

1. **Reduces anxiety and risk of depression** - By becoming mindful, a person stops judging themselves and those around them and recognises that every situation "is what it is". When you stop judging and comparing, you are able to reduce anxiety.
2. **Increases resilience** - resilience is the ability to experience something bad but to not internalise it and to be able to move on, still gaining benefit even from a negative experience. Practicing mindfulness and meditation quietens the mind and enables acceptance without judgement, which is key for achieving resilience.
3. **Improves ability to learn and recall information** - research by the University of Miami has shown that practicing mindfulness for 12 minutes a day improved attention and memory.
4. **Improves concentration** - regular practice of meditation may help improve concentration by enabling the brain to focus more accurately and to filter out unwanted or unhelpful messages.
5. **Improves creativity** - practicing mindfulness and meditation has the potential to allow the brain to unlock and unleash creativity. Creativity is of benefit to all students, not just in terms of artistic talents but also in relation to problem solving.
6. **Helps manage exam stress** - meditation can help you calm and focus your mind which helps to manage stress related to exams. This tool can be used in the lead up to the exam and also during the exam if stress levels begin to rise.
7. **Leads to better sleep** - getting enough sleep is crucial to ensure students have the mental and physical energy to learn. However, as academic and social pressures increase, this can lead to students having difficulty falling asleep or staying asleep. By reducing anxiety and stress you can ultimately sleep better and longer.

You can learn in the *Managing Stress* unit at www.studyvskillshandbook.com.au by logging in with these details:

Username: quakershillhs

Password: 45success

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