

# QUAKERS HILL HIGH SCHOOL

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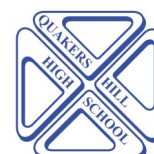


## 20 NOVEMBER 2023 CALENDAR DATES FOR TERM 4 2023

### Monday 20—Wednesday 22 November— Year 8 + Support Unit Camp

Monday 20 Nov.	Newsletter issued
Tues. 21 Nov.	Debating Club, QHHS Year 10 into Year 11 2024 Senior Preparation Day, Year 11 2024 Wyndham College Orientation
Thurs. 23 Nov.	Year 6 into 7 2024 Orientation Evening, Year 7 HSIE excursion, Music/Dance Performance rehearsal
Mon. 27 Nov.	Blacktown Cup Gala Day Boys and Girls Football, Greg Inglis Goanna Academy Excursion
Tues. 28 Nov.	Year 6 into 7 2024 Orientation Day, Debating Club, Year 7 Gala Day
Wed. 29 Nov.	CAPA Showcase bump in and technical run through 9-4pm, Inclusive Sports Day Seven Hills HS 11am-1.30pm
Thurs. 30 Nov.	CAPA Showcase dress rehearsal 8.30am—3pm, CAPA Showcase Night 1 5.30pm—8.30pm
Friday 1 Dec.	CAPA Showcase Night 2 5.30pm—8.30pm, TAFE NSW Start your Future Program 9am-3pm
Mon. 4 Dec.	Newsletter issued, Collegiate Chess Comp. 9am-2.50pm
Tues. 5 Dec.	QCCP Day, Debating Club
Wed. 6 Dec	Support Unit Wrap Up 10.45am-12.15pm
Thurs. 7 Dec	Uniform Shop open 5-7pm
Friday 8 Dec	Service to School/Sports Assembly 9.30am-11am

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



# IMPORTANT NEWS FOR STUDENTS & PARENTS

## MESSAGE FROM THE PRINCIPAL

### **BINS AND BUBBLERS**

As adults, we sometimes forget that the simple features of the school are often the ones that make a difference to students. In recent months I have had several students comment about the need for improved bubblers and water filling stations. As a result, we have investigated and ordered a range of new stand alone and trough bubblers and filling stations. These should be all installed and operational prior to school resuming in 2024.

Similarly, a couple of months ago, Liam and Olivia in Year 10 approached me with a proposal to revitalise our waste management on site. They had done a study of litter and waste disposal in the playground and realised our current methods were not adequate. They proposed a dual waste solution with side by side general waste and bottle/can *Return and Earn* bins. These have now been ordered and will be installed as soon as practical. We will make sure this is backed up by an education campaign. Any funds raised will be used on further environmentally beneficial projects around the school.

### **INCIDENTS IN THE COMMUNITY**

Occasionally there are incidents in the community which have a flow on effect at school. When this happens, we rely on information being shared so we can understand how it may impact the smooth running of the school and individual students. I will take this opportunity to also point out that much of our time is spent ensuring we have a balanced understanding of any issues and incidents. This takes time and for privacy reasons we are not always able to share the details. Your cooperation and communication are appreciated with these matters.

### **HSC SUCCESS**

Our HSC students have finished their exams and are no doubt relaxing and enjoying some down time. Two of our Music students have been asked to submit performances for NESA's annual Encore Concert at the Opera House early next year. This is a huge honour for Valeria and Brandon, as well as the students who accompany them and our dedicated teachers who have nurtured their talent from Year 7 to 12.

We will have our traditional HSC breakfast on Thursday 14 December when HSC results are released. With a very talented group of Year 12 students this year we have high hopes of sharing their many HSC success stories with you in the final newsletter of the year and likely via the media. Of course, the HSC is really just a stepping stone to further education, training and the workforce. On that note, I am happy to report that we have already had many students gain early entry to university.

### **END OF YEAR CELEBRATIONS**

Each year we have several opportunities to celebrate student success, achievement and talents.

This year we have:

- Two Creative Arts showcase evenings “30 – A Timeless Celebration” on Thurs 30 Nov and Fri 1 Dec (all welcome - see Facebook for details or [Try Booking](#))
- Our annual Service to School/Sports Assembly where students are acknowledged for their achievements in many areas (by invitation Fri 8 Dec)
- Our annual Presentation Day Ceremony where academic and other awards are presented (by invitation Mon 11 Dec)

As you can see the final weeks of the term are full of opportunities to acknowledge student achievement. I hope to see many of you there.

**Jason White, Principal**

### **GOLD AWARDS**

Congratulations to the following students on receiving their Gold Principal's Award:

Sid Bahel—Year 8

Jessica Glen—Year 8

Oliver Landerer—Year 8

Bohde Linfanti—Year 8

Kaden Linfanti—Year 8

Zoe Masters—Year 8

Matthew Manliclic—Year 8

Jessica Pizzey—Year 8

Jacqueline Portelli—Year 8

Lorelei Strachan—Year 8

Sofia Theodorou—Year 8

Taheri Armeda—Year 10

Sarmad Bajwa—Year 10

Jameson Clarke—Year 10

Sofia De Santa Brigida—Year 10

Jayden Ferns—Year 10

Floyd Gilchrist—Year 10

Liam Hainsworth—Year 10

Hayley Hawkes—Year 10

Olivia Hayes x 3—Year 10

Kylie Ironside—Year 10

Agnel Joby—Year 10

Alex Markham—Year 10

Ali Monem—Year 10

Renee Moore—Year 10

Ashely Taylor—Year 10

Benjamin Thurmer x 3—Year 10

Daniela Vidal—Year 10

## 30<sup>TH</sup> ANNIVERSARY CELEBRATIONS



Thank you to everyone who joined us to celebrate the 30<sup>th</sup> anniversary of QHHS. I'd like to share the lovely words that the 2010 School Captains Paul Mills and Naomi Chilcott shared on the night.

*When I ponder over my time at Quakers Hill High School, the impact this community had on my life and why I was asked to speak here tonight, I think of friendship. In our 2010 captain farewell speech, Naomi used the lyrics from The Beatles song, "With a Little Help from My Friends" to capture the shared influence this school had on our graduating class. The lyric she specifically chose was, "I get by with a little help from my friends". Thinking back, I never realised how literal an impact her choice of words would have on how I would traverse through life. Let me explain. Last year, I was at a friend's engagement party. That friend happened to be related to my former business studies teacher, Catriona Kreiss. He was getting engaged to another friend of mine. This friend happened to be the son of former TAS teacher, Greg Wright. I happened to be the friend that introduced them to each other. At the same party I met the ever so bubbly Beaty Maricic who invited me to speak at the school...I get by with a little help from my friends. A year later, my political party won the NSW State Election. A couple of weeks later I received a message from Naomi. She tells me she is photographing my good friend, the now Deputy Premier and Education Minister of NSW. Funnily enough Naomi ends up being employed by the Deputy Premier and Education Minister. I get by with a little help from my friends. A couple of months later, Naomi meets our former Principal, Laurretta Claus at a press conference. At the conference, Laurretta invites both of us to speak at tonight's reunion. And so, with a little help from my friends I now stand here alongside my good friend. Former co-captain and now work colleague to celebrate this auspicious occasion. Standing here to celebrate friendship.*

I am extremely thankful I bumped into Laurretta Claus earlier this year at Canterbury Girls High School. Despite the fact I am a grown woman now, I couldn't help but say - "Hey Mrs Claus, do you remember me?"

There's no argument that teachers make permanent impressions on our lives, and it's clear to me now I did not appreciate this back then as much as I do now. It's probably because my frontal cortex has finally fully developed. In all seriousness, there have been moments and lessons in high school that changed the course of my life. I certainly didn't see myself having a career with social media - back in high school we were all exchanging luv on bebo and thinking Facebook was only for old people.

Mr Wong dedicated his time to fostering my creativity. Mr Papanis, Ms Robinson, Mr Christian and Mrs Xerri guided me to channel my creativity through writing. Ms Kriess taught me to hold my own as a woman, being confident in myself and basically being a feminist icon. These were all lifelong lessons that were given for me to use for the rest of my life. Now to my dear friend Paul. He taught me how to fix my tie. He taught me the importance of school leadership democracy. He taught me that no matter the amount of time that passes, no matter how much our lives have changed, that I have a friend for life. We used to exchange songs we ripped from LimeWire and play them from the DJ booth at lunchtimes. Now we're exchanging urgent emails and requests and giving reunion speeches. We walked through the halls of NSW Parliament as student leaders, now we're pacing those same hallways venting about the issues of the day. I could easily mark this experience down as serendipity - everything went full circle by chance. Rather, every moment was purposeful. Each step taken over 10 years ago led to the leaps we're taking today.

*So why are we all here? Is it to immerse ourselves in a nostalgic pool of former high school acquaintances. Possibly.*

*Is it to catch up on the latest gossip. Hmm... maybe.*

*Is it the intrigue of seeing what became of your high school sweetheart. Probably...*

So why are we all here?

For all of us, this 30 year milestone has given us a moment of pause.

A moment of pause to remember the journey.

A moment of pause to share precious moments.

A moment of pause to celebrate our community.

*Importantly - we'd like to think that the reason why we are all here can be summed up by a quote from American writer Richard Bach who once said: Don't be dismayed by good-byes. A farewell is necessary before you can meet again. And meeting again, after moments or lifetimes, is certain for those who are friends.*

*There are many reasons why it is appropriate to celebrate tonight, 30 years of Quakers Hill High School with the pomp and circumstance this milestone musters. It is because it is appropriate to celebrate this school's remarkable teachers, who have fostered a caring educational community. It is because of the alumni and students, who have gone on or will go on to shape positive futures. But thinking on Richard Bach's quote, most importantly, we think that tonight, we meet again. Some of us after moments. Some of us after lifetimes. Because it is certain that we are all friends. And friendship is worth celebrating.*

## UPCOMING YEAR 10 EVENTS

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 Hawkes, Mrs Ahn and Mrs Maricic 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: 21 November

Wyndham College: 21 November

Seven Hills High School: 28 November (VET Induction – only students enrolled)

If students have been invited to the Service to School/Sports Assembly and or Presentation Day, they will be required to attend the rehearsal as well. The dates for these events are:

7th December – Rehearsal for Service to School/Sports Ceremony Period 3&4

8th December – Service to School/Sports Assembly Period 1 & 2

8th December – Rehearsal for Presentation Day Ceremony Period 3&4

11th December – Presentation Day Ceremony Periods 1 & 2

11th December – Year 10 will receive a copy of their report during Period 5.

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.





## How Much Sleep?

### How much sleep?

We all know that sleep is important for general health, for growth and development and for emotional well-being. However, you may not know that important memory processes take place while you are sleeping, ensuring you retain what you are learning and studying.



Perhaps you have heard that teenagers need between nine to ten hours of sleep per night. But where does this come from and how valid is this claim? In 1980, Mary Carskadon of Stanford sequestered a group of adolescents in the university's sleep laboratory for several days, letting them sleep for as long as they wanted, up to 10 hours. She found that the teenagers slept just over nine hours, with very little variation. This single "naturalistic" study is the primary basis for the adolescent sleep recommendation. However, some researchers argue that just because teenagers slept nine hours when left alone does not mean that this is the best thing for them, just like letting people eat whatever they want is not necessarily the best thing for their health. So there is no definitive answer at this point in time.

The amount of sleep needed by teenagers is most likely very individual, just like it is for adults. It is probably safe to assume that adolescents need more sleep than adults and that the average for most people is at least 8 hours of sleep per night. Pay attention to the signs and have students listen to their body. If they lie down in bed and fall asleep instantly, this is a sign they are not getting enough sleep for their body. It should take at least 15 minutes to fall

asleep. If they wake up in the morning and are feeling exhausted, then check all lifestyle factors: are they getting enough sleep, eating healthily and getting enough exercise?

If teenagers are sleeping in for many hours on a weekend, unfortunately this does not mean they are "catching up" on their sleep. According to University of Texas Southwestern sleep specialist Dr. Gregory Carter, when we think we're catching up on sleep, what we're really doing is messing with our circadian cycle – the body's internal clock which dictates sleep patterns. Excessive sleeping in is in fact a signal that during the week students need to go to bed earlier. The aim is to work out the optimum bedtime so that the need to catch up on large amounts of sleep on the weekend is eliminated.

There is nothing wrong with having a power-nap in the afternoon when students get home from school, as long as the nap is no longer than 40 minutes. A short nap can help students regain their energy levels and allow them to focus on the work they have to do that evening. However, a longer nap will also disrupt sleeping patterns for that night.



Check out the unit in the Study Skills Handbook on Lifestyle and Balance to learn more about sleep and other lifestyle factors for success.

Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au)

Our School's access details are:

Username:

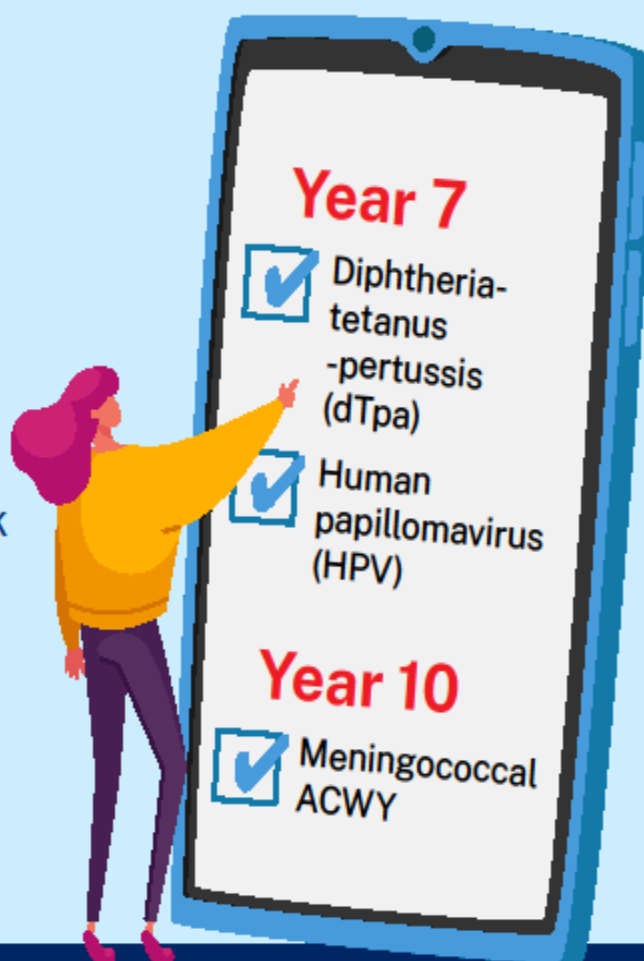
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# Will your child be in year 7 or 10 next year?



Provide consent for your child's routine school vaccinations online in 2024.

At the beginning of the school year, your child's school will share the link to complete the online consent form.



More information on the school vaccination program:  
[health.nsw.gov.au/schoolvaccination](https://health.nsw.gov.au/schoolvaccination)

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