



QUAKERS HILL HIGH SCHOOL

70 Lalor Road, Quakers Hill NSW 2763

Email address: quakershil-h.school@det.nsw.edu.au

Web address: www.quakershil-h.schools.nsw.edu.au

Phone: 9837.1533

Fax: 9837.1747

9 FEBRUARY 2024 CALENDAR DATES FOR TERM 1 2024

FEBRUARY

Mon 12 Feb	Hospitality F&B In School Event 3pm-7pm
Tues 13 Feb	Tuesday Afternoon Studio Sessions 3pm-4pm
Thurs 15 Feb	Art Express Excursion 8.20am-2.30pm
Fri 16 Feb	Camp 2nd Instalment due
Tues 20 Feb	Tuesday Afternoon Studio Sessions 3pm-4pm Year 11 Assessment Information Evening 6pm-7pm
Thurs 22 Feb	Swimming Carnival 9am-2pm
Fri 23 Feb	Final instalment of Camp due
Tues 27 Feb	Tuesday Afternoon Studio Sessions 3pm-4pm Camp meeting via Zoom Community Connect Yr 10 Assessment & ROSA presentation 7pm-8pm

MARCH

Mon 4 March-	Year 7 & Year 11 Camp
Wed 6 March	
Tues 5 March	Tuesday Afternoon Studio Sessions 3pm-4pm
Tues 12 March	Tuesday Afternoon Studio Sessions 3pm-4pm Year 6 2025 Information Night 6pm-8pm
Wed 13 March-	NAPLAN
Fri 22 March	

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



IMPORTANT NEWS FOR STUDENTS & PARENTS

MESSAGE FROM THE PRINCIPAL

Welcome to Term 1

Welcome to Quakers Hill High School for our incoming Year 7 students and our new students in other year groups. Our school strives to be a place where students can thrive in a welcoming and stimulating environment where their individual needs and aspirations are a priority.

Welcome to our new staff

We are very fortunate to have a fully staffed school to start the year, which is especially pleasing given the state-wide teacher shortage.

This year we welcome Ms Perez, our relieving head teacher Secondary Studies, Ms Doyle in Creative Arts, Mr Forrester in TAS, Ms Uppal in Science, Ms Xu in Languages, and Ms Tarasenko, our relieving Nirimba Collegiate deputy principal.

Welcome to Quakers Hill High School!

Enrolments at Quakers

With almost 900 students in Years 7-12, including about 80 in Year 11 this year, we are seeing high demand for places at our school. As a result, we have consistently applied a non-local (out of area) enrolment procedure where we will only consider students who are outside our drawing area who currently have a sibling enrolled at our school. With our reputation for HSC success growing, this is an important strategy to ensure we do not overcrowd our school with increasing numbers of senior students.

Freshening up the school

Students and staff returning for the new school year will have noticed that several areas of the school have been refreshed, with some projects ongoing:

- Science labs have all been refurbished now, with new workstations, equipment, ceilings, flooring, and modern furniture on the way.
- The remaining classroom ceilings are also being replaced, with a couple of classrooms at time and a completion date of mid Term 2
- Painting of our school will continue, though at a slower pace due to NSW budget constraints. I hope it will be completed by the end of the year, but this will depend on funding
- Our big ticket projects are all at various stages of planning and construction. These are funded by an accumulation of funds that had accumulated over many years and must be spent otherwise they are returned to the NSW Treasury. We took the opportunity to make sure we spent them to improve facilities for our students and community. They include:

- ◇ Eastern Carpark electronic gates, which are almost finished
- ◇ Basketball/Netball/Volleyball court on the grass area near the Quad starting in two weeks add planned to be completed by the end of the term
- ◇ New storage shed for hall equipment, PE and Sport, as well as general maintenance to replace the shipping containers near the hall, starting later this term
- ◇ Enclosure of the café area adjacent to the commercial kitchen for a flexible function/teaching space, starting later this term or early next term
- ◇ New bubblers and bins around the school, already completed
- ◇ Additional picnic tables around the school on concrete pads, particularly in the Quad and Oval areas, to be completed in the Term 1 holidays

A New School Plan

This term will be an important one for school planning, with a new Strategic Improvement Plan in progress. We are keen to have student and community input into our future directions and priorities. Our draft plan is to strive for excellence in the following areas that are already very strong:

- Explicit teaching in literacy and numeracy
- HSC strategies for success
- Student attendance
- Community engagement
- Student wellbeing and sense of belonging
- Post-school pathways to higher education, training and employment

Parents and Citizens Association (P&C)

Huge thank you to our P&C association committee, led by Annette Ward as President, with Linda Robertson as Treasurer, Kylie Estall as Secretary and Emma D'Angelo as vice-president. We have many other parents and community members who have supported the school and often attend meetings. I am particularly grateful for the work of Linda and our uniform shop volunteers, who have given many hours of service to our school community to ensure our uniform is easily accessible out of school hours in the summer holidays and is very good value.

Our next P&C meeting is this Monday 12 February at 6.30pm on site in the café area towards the back left hand side of the school. Please come along and enjoy some light refreshments from our Year 12 Hospitality students. It is a great chance to have a look at our school, meet new people, learn about our initiatives, and raise issues or ask questions of the school senior executive. The main carpark gate will be open so you can use the staff carpark. I hope to see you there!

School fees and voluntary contributions

During the summer holidays the issue of public school fees and contributions was prominent in the media. The department of Education has asked schools to remind parents that the “voluntary contribution” that schools ask parents to pay is just that – voluntary. At Quakers Hill High school we have capped this amount at \$70 for several years now. This amount is separate from subject fees that relate to particular courses that students choose and which faculties rely on to purchase teaching and learning resources such as musical instruments, art supplies, ingredients for practical lessons in various subjects, materials for woodwork etc, artefacts and equipment for HSIE, books and textbooks across the school, and resources that we need to deliver quality teaching and learning beyond the basic level of funding we receive from the government. We do understand that cost of living pressures means that sometimes families may need extra time to pay these fees. Please reach out to our school office or your child’s deputy principal if you would like to request assistance or an accommodation with fees. I note that many of our parent community have already paid some or all the course fees, which we appreciate, and which goes a long way to enhancing our offerings here at Quakers Hill High School

New Student Behaviour Strategy

The department of education has updated and refreshed their Student Behaviour Strategy to assist schools to manage disruptive behaviours as well as unsafe and disrespectful behaviours in NSW public schools. This strategy works hand in hand with our school’s SMART Code, where we expect our students to be Safe, Motivated, Academic, Respectful and Tolerant learners.

Here is a link to further information on the updated policies and procedures:

<https://education.nsw.gov.au/schooling/school-community/attendance-behaviour-and-engagement/behaviour-support-toolkit/support-for-parents>

Jason White, Principal

IMPORTANT REMINDERS

SCHOOL SWIMMING CARNIVAL

When: Thursday 22 February 2024

Where: Blacktown Aquatic Centre, 2 Boyd Street, Blacktown

Time: 9am—2pm

Cost: \$5.00 payment due Wednesday 21 February

This is a compulsory event and all students are expected to attend as there will be no supervision at school. All students are required to make their own way to and from the venue.

Year 7 Camp

Quakers Hill High School acknowledges the very special place that the Year 7 Camp has in our school community, and we recognise the importance of the camp. It's an exciting opportunity for students to engage in team-building activities and develop valuable skills. Here are the key details summarized:

Camp Location: Lake Macquarie Aussie Bush Camp.

Dates: Monday, March 4th to Wednesday, March 6th (Week 6, Term 1).

Cost: \$370.

Camp Information Evening: Tuesday, March 27th, at 6 pm via Zoom. This is for parents of attending students to receive detailed information and address any concerns.

Contact: For any questions, you can reach out to Mrs. McCure at 9837 1533.

Parents are encouraged to ensure their children don't miss out on this valuable experience, even if the deposit deadline has passed. There is an expectation that all students engage in this opportunity. Medical and permission forms will be distributed soon to facilitate the registration process.

Year 11 Life Ready Camp

The Year 11 "Life Ready program" Camp will provide a valuable opportunity for all Year 11 students to connect with others, create strong relationships and build their resilience and collaborative skills over three days with small and larger group activities and team work. In addition to building skills, connections and leadership, this camp is an opportunity for our Year 11 students to complete the majority of their compulsory Year 11 Life Ready 25 hour program. Life Ready is a mandatory 25 hour course designed to prepare and support senior students as they encounter and navigate situations commensurate with increasing independence and maturity. The focus is on offering opportunities for students to build the functional knowledge and skills they need for post school life. In this camp the focus will be on communication, team building and leadership. Here are the key details summarized:

Camp Location: Lake Macquarie Aussie Bush Camp.

Dates: Monday, March 4th to Wednesday, March 6th (Week 6, Term 1).

Cost: \$370.

Camp Information Evening: Tuesday, March 27th, at 7 pm via Zoom. This is for parents of attending students to receive detailed information and address any concerns.

Contact: For any questions, you can reach out to Mr. Hawkes at 9837 1533.

Parents are encouraged to ensure their children don't miss out on this valuable experience, even if the deposit deadline has passed. There is an expectation that all Year 11 students will engage in this opportunity. Medical and permission forms will be distributed soon to facilitate the registration process.

Mrs Maricic, Deputy Principal

Years 7, 9, 11



Elevate Education's Term 1

Parent Webinar Series

Elevate Education delivers high-impact workshops to our students that help to develop their study skills, motivation, and exam preparation. Over the next term, you're invited to join their parent webinar series, where you can help support your child at home by reinforcing the skills they're learning at school.

How to Get (And Keep) Your Child Motivated

14th February 6:30pm

How You Can Help Your Child Manage Their Time

28th February 6:30pm

How You Can Make Technology an Ally

13th March 6:30pm

How You Can Help Improve Your Child's Memory

27th March 6:30pm

Register today at: <https://go.elevateeducation.com/auschoolwebinars>



Guidelines for Goal Setting

Embarking on a new school year provides an excellent opportunity to establish meaningful goals for personal and academic growth. Setting goals not only enhances your focus but also helps shape the kind of student you aspire to become. To ensure your goals are both attainable and inspiring, consider the following SMARTIES criteria.

SPECIFIC: Make goals as detailed and specific as possible. Avoid vague goals like 'I want to do better in Maths', instead make them very detailed and specific. Exactly what do you want to achieve?

MEASUREABLE: A crucial aspect of goal-setting is having a way to measure your progress. Define clear indicators that signal achievement, enabling you to track your success along the way. This could involve setting specific targets, such as achieving a certain grade or completing a set number of tasks.

ACTION-ORIENTED: Your short-term goals should be the action steps you need to take to achieve the medium and longer-term goals.

(Another version of SMARTIES uses aspirational instead of action-oriented, i.e. your goals should inspire you and stretch and challenge you beyond your comfort level.)

RELEVANT & REALISTIC: Goals change, so if your goal is no longer relevant, you need to change it too. Although your goals should stretch you beyond your comfort zone, they need to still be based in reality. Create challenging goals by all means, but not totally unrealistic ones.

TIME-BASED: Your goals need to have a 'to complete by' date to give you something to aim for. Assigning deadlines to your goals provides a sense of urgency and direction.

INTERESTING: Choose goals that genuinely interest you and align with your values. Pursuing objectives that are personally meaningful increases motivation and commitment. When you find your goals interesting and worthwhile, you're more likely to stay dedicated to achieving them.

EMOTIONAL: Express the emotion behind your goals using powerful language. This emotional connection enhances your commitment and helps



you stay connected to the purpose of your objectives. When you can articulate the significance of your goals, they become more compelling and personally resonant.

SUCCESS ORIENTED: Frame your goals in a positive and success-focused manner. Instead of focusing on what you want to avoid or improve, emphasise the positive outcomes you aim to achieve. A positive mindset fosters resilience, optimism, and a greater likelihood of success.

By incorporating these SMARTIES guidelines into your goal-setting process, you increase the likelihood of turning your aspirations into tangible achievements throughout the school year. Remember that the journey of goal-setting is as valuable as the destination, fostering personal growth, motivation, and a sense of accomplishment.

You and your parents can learn more about how to achieve your academic goals at www.studyskillshandbook.com.au by logging in with the details below and working through some of the units.

Our school's access details are:

Username:

Password:

2024 CANTEN MENU QUAKERS HILL HIGH SCHOOL

SKIP THE QUEUE AND PRE-
ORDER ONLINE!



ORDER THROUGH
SPRIGGYSCHOOLS.COM.AU

CHECK THE CANTEN BLACKBOARD
FOR DAILY SPECIALS

TURKISH ROLL

\$7.00

1. CHOOSE ONE MEAT
CHICKEN SCHNITZEL, HAM OR
MEATBALLS
2. CHOOSE FILLINGS
CHEESE, CAPSICUM, BABY SPINACH,
TOMATO FRESH AVOCADO
3. CHOOSE SAUCE/DRESSING
CAESAR, PERI-PERI, PESTO,
KEMPJE MAYO, SRIRACHA
MAYONNAISE, SWEET CHILLI

SUB ROLL

\$6.00

1. CHOOSE ONE MEAT
CHICKEN BREAST, HAM, TUNA,
MEATBALLS OR ROAST BEEF
2. CHOOSE FILLINGS
CARROT, CHEESE, TOMATO,
LETTUCE, CUCUMBER OR BEETROOT
3. CHOOSE SAUCE/DRESSING
CAESAR, GARLIC AIOLI, SWEET
CHILLI, TOMATO, BBQ OR
MAYONNAISE

Classroom Catering
supports a focus on
healthy eating and
drinking and is fully
compliant with the NSW
Healthy School Canteen
food & drink
benchmarks.

CLASS
ROOM
CATERING

HOT FOOD

SPICY CHICKEN WINGS	EACH (X3)	\$2.50 \$5.00
HOT CHEESE ROLL		\$3.50
HOT DOG W/ SAUCE		\$5.00
SPINACH & RICOTTA ROLL		\$4.50
PIZZA WRAP		\$4.50
HOT CHICKEN ROLL W/ GRavy		\$5.00
WEDGES ADD SOUR CREAM & SWEET CHILLI		\$4.50 \$5.00
TRAVELLER PIE		\$5.50
POTATO PIE		\$5.50
CHICKEN SCHNITZEL ROLL		\$6.00

LUNCH
ORDERS
MUST BE
PLACED
BY 9AM

HOT WRAPS

TOMATED CHEESE WRAP	\$4.50
TOASTED HAM/CHEESE WRAP	\$5.00
CHICKEN SCHNITZEL WRAP LETTUCE & MAYO	\$6.00
CHICKEN CAESAR WRAP	\$6.50

PASTA & RICE

MACARONI & CHEESE	\$6.00
BEEF LASAGNA	\$6.00
VEGETABLE LASAGNA	\$6.00
BUTTER CHICKEN & RICE	\$6.00

BURGERS

CHICKEN CHEESE, BACON BURGER	\$6.00
BEEF SALAD BURGER LETTUCE, TOMATO & BBQ SAUCE	\$6.00
CHEESE BURGER MAYO, CHEESE & BBQ SAUCE	\$6.00
VEGGIE BURGER LETTUCE & MAYO	\$6.00
CHICKEN BURGER LETTUCE & MAYO	\$6.00
PERI-PERI CHICKEN BURGER LETTUCE, CHICKEN & BBQ PERI SAUCE	\$6.00
CHICKEN CAESAR BURGER LETTUCE, CHICKEN AND CAESAR SAUCE	\$6.00

2024 CANTREEN MENU

QUAKERS HILL HIGH SCHOOL

SKIP THE QUEUE AND PRE-ORDER ONLINE!



ORDER THROUGH
SPRIGGYSCHOOLS.COM.AU



SNACKS

GARLIC BREAD	\$2.50
LOW FAT MUFFINS	S \$3.00 L \$4.50
BANANA BREAD SLICE	\$3.50
FRUIT SALAD	\$4.50

COLD SNACKS

FROZEN JUICE CUP	\$2.00
ICE MONY	\$2.00
JUICIES TUBE	\$2.00
SNAP STIX ICE BLOCK	\$2.00
ICE CREAM CUP	\$3.00
FROZEN YOGHURT	\$3.50

LUNCH ORDERS
MUST BE PLACED BY
9AM!

SALADS

GARDEN SALAD	\$5.00
CAESAR SALAD	\$6.50
CHICKEN PASTA	\$6.50
EXTRAS AND YOUR CHOICE OF PROTEIN: CHICKEN BREAST, SMOKED HAM OR BOILED EGG	\$2.00

SUSHI ROLLS

CHICKEN & CUCUMBER	\$5.00
TUNA & CUCUMBER	\$5.00
CHICKEN TERIYAKI	\$5.00
VEGGIE SUSHI	\$5.00

CLASS
ROOM
CATERING

SANDWICHES & WRAPS

UPGRADE TO WRAP	\$0.50
EGG, LETTUCE & MAYO	\$4.00
TUNA, LETTUCE & MAYO	\$4.00
HAM, CHEESE & TOMATO	\$5.00
SALAD SANDWICH	\$5.00
LETTUCE, TUNA, CHICKEN, BACONBIT & CARROT	
CHICKEN, LETTUCE & MAYO	\$5.00
SALAD W/ HAM	\$5.50
SALAD W/ CHICKEN	\$5.50
EXTRAS (INCLUDING TOASTING) CHEESE, AVOCADO, SPRIGS	\$0.70

DRINKS

BOTTLED WATER	\$2.50
JUICE BOMB	\$3.50
SPARKLING JUICE	\$3.50
FLAVORED MILK 300ML - 3 FLAVORS	\$5.00
FLAVORED MILK 500ML - 3 FLAVORS	\$4.00
UP 'N' GO	\$5.00
POWERADE - NO SUGAR	\$3.50
NO SUGAR CANS	\$4.50
FRESH JUICE 400ML	



YOU ARE INVITED TO ATTEND THE

2024 QHHS YEAR 6 INFORMATION EVENING

Change & Innovation. Civic Responsibility.
Academic Excellence.
Distinction in Sport & the Arts.

The event is designed to inform interested students & their parents of the educational programs & facilities at Quakers Hill High School & to assist them in making a smooth and harmonious transition to high school.

Tuesday, March 12 2024 | 6:00PM QHHS Hall

A BBQ will be available prior to the commencement of the event (At 5:00 pm)





YOU ARE INVITED TO THE

2024 QHHS HPGE (GAT) INFORMATION EVENING FOR YEAR 6 PARENTS

Learn about our HPGE application process.
Discover the HPGE programs on offer at QHHS.
Understand how we can enrich, extend and challenge
your child to achieve and succeed through a creative,
innovative and rigorous curriculum.

Tuesday, April 9 2024 | 6:30PM to 7:15PM

The QHHS School Library

The evening will conclude with a Q & A session

