



# Quirindi High School Weekly Newsletter

7 November, 2014 – Issue 34

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## Message from the Deputy Principal

Week 5 of Term 4 2014 is now finished and it has been another full week for staff and students of Quirindi High School.

Thursday evening saw the final farewell for the graduating class of 2014 with a wonderful Formal evening held at the Quirindi RSL. With well over 120 guests, the students were celebrated in style. A big thank you to Miss Jenny Lees and Mr Andrew Harries for their outstanding organisation for the evening, thank you also to Ms Margie Cooper for making the graduation cake and to Mrs Joanne Miller for delivering the parents' speech. We now wait with anticipation for the HSC results that will be available on the 17<sup>th</sup> of December.

End of year examinations have taken place for students in Years 7-10 over the past two weeks and teachers are now well and truly into the marking phase. Students should be receiving their results in the coming weeks and teachers will use these to help guide class placements for 2015. If you have a particular concern or request regarding your child's placement in 2015 now is the time to make contact with Year Advisors and faculty Head Teachers to discuss the options available.

We have had a number of staff involved in a variety of Professional Learning throughout the week. The Maths faculty have been working on pedagogical practice and improved implementation of their syllabus to further enhance student learning for 2015 and future years. We have had a number of Year Advisors and welfare support staff attend a two day workshop on Mental Health first aid. It is wonderful to know that our staff continues to develop their skill and deepen their knowledge of issues facing young people today, allowing us to continue to provide the highest quality education available in our local area.

The Year group Merit excursions are drawing closer and it is satisfying to note a large number of students are able to attend due to excellent behaviour throughout the year. Parents are reminded that for students to be eligible to go, all elective fees must be paid in full. We understand that at this time of the year there are a number of financial commitments that people are meeting, with this in mind we are happy to discuss a number of payment options and school assistance should you need to do so.

As always, if you have any questions or queries regarding your child's educational experience at Quirindi High School please make an appointment to come and speak with us.

Sally Chad  
Deputy Principal



# Library Happenings!

## Reading Challenge

Have you challenged yourself to read a book each month yet?

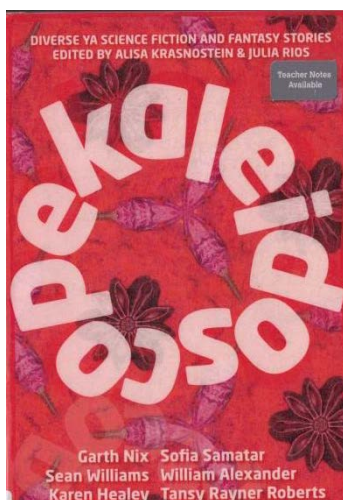
Pick up a book and you just might

“ **Discover or rediscover the joy of reading**” !



**Need a Book to Read?**

**Come and browse the shelves and try out our Reading Chair!**



## KALEIDOSCOPE

What do a disabled superhero, a time-traveling Chinese-American figure skater, and a transgendered animal shifter have in common? They're all stars of Kaleidoscope stories! Kaleidoscope collects fun, edgy, meditative, and hopeful YA science fiction and fantasy with diverse leads. These twenty original stories tell of scary futures, magical adventures, and the joys and heartbreaks of teenage life.

### TOP 10 TIPS FOR PARENTS TO MANAGE CHILDREN'S TECHNOLOGY USE

Parents are often at a loss about how to manage the amount of time children spend using technology. This is becoming particularly difficult as students are required to not only undertake their research electronically, but also to complete their work from school either on-line or at least on the computer. It can be hard to tell whether your child is doing legitimate work, or working legitimately with “study buddies” online, or whether or not they are getting distracted with gaming, social media and the like.

Here are the Top Ten tips to help you manage your child's technology use.

#### 1. **Model good technology behaviour**

Parents are the number one role model for students. If you are always on your phone, ipad or computer, even if it's for work, you are sending the message that this is appropriate. Make sure you regularly take time to “unplug” and demonstrate that it's more important to engage with people than technology. For example turn off your phone when you are having family time (even for a short burst) or rather than watching a family movie, organise a family outing.

#### 2. **Try to understand the technology your child is using and why**

Some students will happily use the technology available to help them with their homework without getting distracted. Many will easily become distracted by, or will prioritise, social media, online gaming, apps related to their interests, YouTube etc. To help your child manage these distractions it is useful to spend time with them understanding what they are using technology for and why. Developing this understanding will help you set limits which are reasonable to both parties.

### **3. Set clear limits in relation to technology time**

Parents need to decide what they consider to be a reasonable amount of technology time per day and per week. As mentioned above, understanding why and how your child is using technology will inform this decision. What works for each family will be different, but options include: no technology before school, technology for a particular amount of time each day, electronic games on the weekend only. It's vital to be consistent with whichever system you choose for it to work well.

### **4. Monitor technology use**

If you aren't sure what your child is doing when they are on the computer (homework or something else), then move the computer to where you can monitor what they are doing. This can be difficult depending on your family and space available. If it's not possible to move the child/computer, consider doing quiet activities in the space they are using, such as reading or ironing, to monitor their use.

### **5. Establish "screen free" systems - days, spaces etc.**

Make sure technology doesn't dictate your home and family life. Establish "screen free" spaces eg. the kitchen and dining table. Perhaps have a screen free day on the weekend? This encourages the whole family into more active pursuits and positive interactions.

### **6. Centralise storage of handheld devices**

Have a rule that all handheld devices are stored in the one place (along with their chargers) so when it's not an approved technology time, the device is away and not causing a distraction.

### **7. Use technology time as a reward**

Show that you can be reasonable and flexible. If your child has done all their schoolwork and has enjoyed other activities/completed chores etc. there is no reason why some additional screen time can't be used as an occasional reward. However, mixing up the rewards with other activities will benefit the whole family.

### **8. Provide lots of opportunities for physical activity and socialising**

Time which used to be spent in physical activity or more creative leisure pursuits is now often spent on technology. Providing opportunities for students to participate in meaningful and enjoyable activities away from technology helps them to find other interests and connect with people. Options include organised sports, playing music, learning a new skill etc.

### **9. Use parental controls to block particular sites**

Parental controls are useful to block particular websites which have inappropriate content or which your child gets easily distracted by. The Australian Government's CyberSmart program makes various recommendations

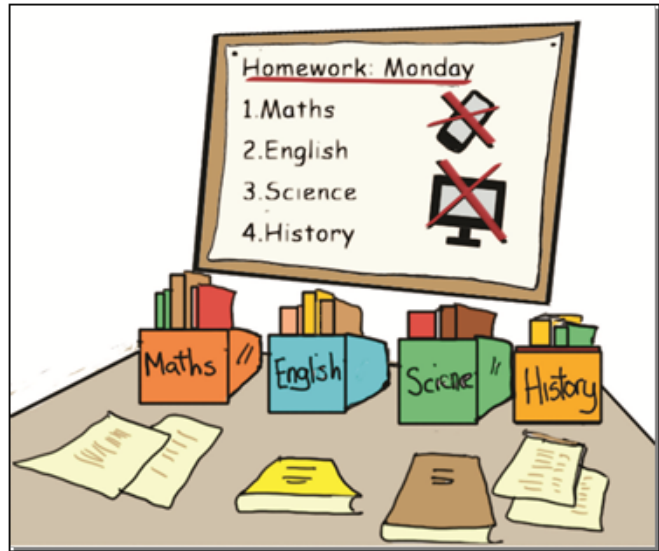
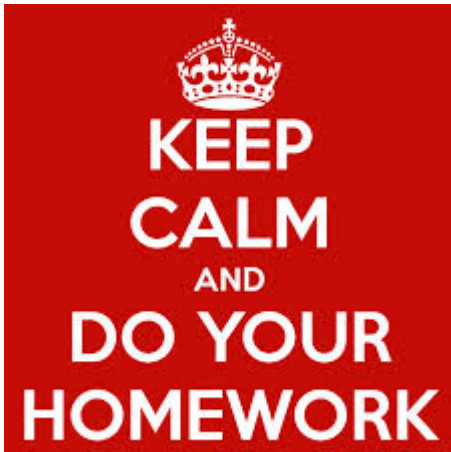
<http://www.cybersmart.gov.au/Parents/About%20the%20technology/Parental%20controls.aspx>

### **10. Change the WiFi password**

If nothing else works, and your child is constantly on social media or surfing the net, consider changing the WiFi password. Whilst it's an extreme measure it is sometimes useful as a reminder that there are other things that need to be done.

Learn more this year about how to work effectively at home and manage distractions by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au).

QHS students have direct access to this handbook through the school's Moodle site. They use their DET username and password to access QHS Moodle.



**Need Help?**  
**Make sure you ask us for help.**  
**Happy Reading!**  
**Mrs Owen – Teacher Librarian**  
**Mrs Sweep – SAS Library**

## Vaccines to be offered in 2015

### ALL Year 7 Students:

- Varicella vaccine (chicken pox) as a **single dose** - for any student who has not had the disease
- Diphtheria, tetanus and pertussis (whooping cough) (dTpa) adult vaccine – as a **single dose** to all year 7 students who have not received a previous dose.
- Human Papillomavirus (HPV) vaccine – in a **3-dose schedule with 2 month gap between doses 1 & 2 and a 4 month gap between doses 2 & 3.**

### All Year 11 & 12 students:

- MMR (measles, mumps, rubella) vaccine as a **single dose**. **ONLY FOR STUDENTS WHO HAVE NOT RECEIVED TWO PREVIOUS DOSES.** Approximately 5% of students will require this vaccine.

Please call and speak to Kerri Saunders if your child will be in year 11 or 12 in 2015 and requires a vaccination that has been previously missed.

## ***9/10 TEXTILES- Costume Unit***

**Design Brief:** “Design and produce a mask that demonstrates a clear link to a cultural inspiration”.

Went MASK CRAZY!! On completion of their project, students peer assessed each-other’s Mask Project, to determine how well they each met the marking guidelines and criteria. Students did a very thorough job at assessing each-other’s work. Below are some of the Learning Goals we used to help guide our learning through the mask design project process:

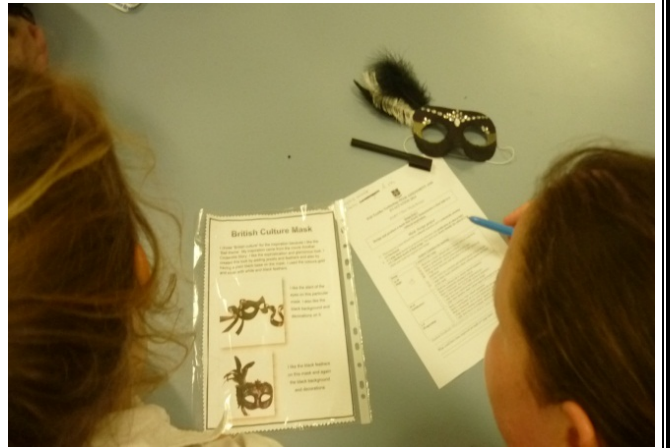
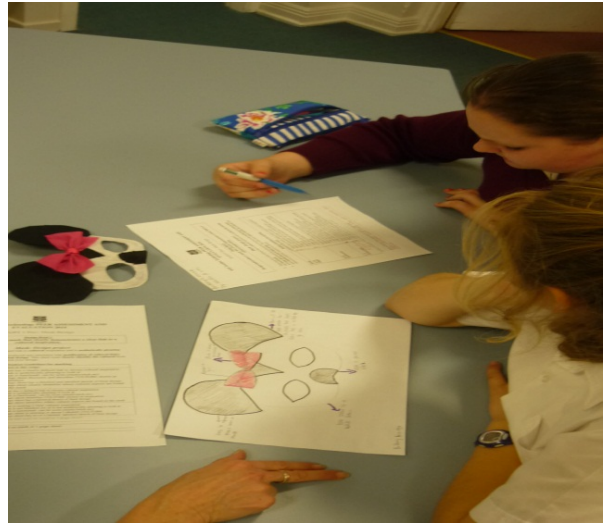
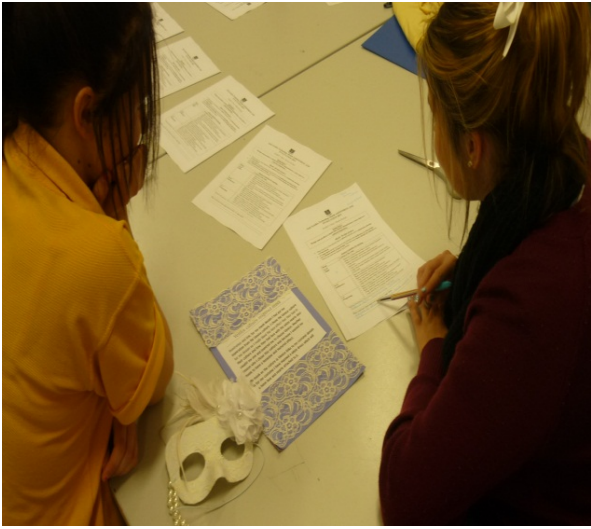
### **Learning Goals**

#### ***(WALT) We are learning to:***

- *Understand the requirements of our Costuming Unit of work*
- *Develop knowledge of the types of costume genres*
- *Identify a variety of cultural inspirations towards mask design*
- *Experiment with a variety of ideas based on an identified design brief*
- *Apply our cultural mask design idea to the product*
- *Develop knowledge of the Peer Assessment process*
- *Develop knowledge of and the skills of the Evaluation process*
- *Apply our understanding and skills in peer assessment and evaluation based on our mask project*
- *Analyse peer feedback using a PMI format.*

***Well done girls!! Mrs Cowan.***





## Dates to put on your Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6 B	10 <sup>th</sup> November	11 <sup>th</sup> November RSA course	12 <sup>th</sup> November RCG course	13 <sup>th</sup> November	14 <sup>th</sup> November	15/16
7 A	17 <sup>th</sup> November	18 <sup>th</sup> November	19 <sup>th</sup> November	20 <sup>th</sup> November	21 <sup>st</sup> November	22/23
8 B	24 <sup>th</sup> November Year 10 Work Experience Commences	25 <sup>th</sup> November	26 <sup>th</sup> November	27 <sup>th</sup> November	28 <sup>th</sup> November	29/30
9 A	1 <sup>st</sup> December Year 10 Work Experience Continues	2 <sup>nd</sup> December	3 <sup>rd</sup> December Year 7 <u>2015</u> Orientation Day  Year 7 <u>2015</u> Parent Information Evening	4 <sup>th</sup> December Year 5 Taster Day	5 <sup>th</sup> December	6/7
10 B	8 <sup>th</sup> December Excursion Week	9 <sup>th</sup> December	10 <sup>th</sup> December	11 <sup>th</sup> December	12 <sup>th</sup> December	13/14
11 A	15 <sup>th</sup> December	16 <sup>th</sup> December Presentation Day Starts at 10am	17 <sup>th</sup> December Students finish for the year	18 <sup>th</sup> December Staff Development Day	19 <sup>th</sup> December Staff Development Day	20/21



# Check It Out!

## COMMUNITY SERVICES EXPO

**When** ~ Tuesday 11th November 2014

**Where** ~ Quirindi Royal Theatre, Henry Street, Quirindi

Commencing at 10am thru till 2pm

***Morning tea and light lunch provided to all visitors***

Come down and check out services available in your community –  
Quirindi, Werris Creek, Willow Tree, Caroon, Walhallow, Currabubulla,  
Wallabadah, Spring Ridge, Premer, Blackville

- ✓ Transport Services
- ✓ Children & Family Services
  - ✓ Aged Services
  - ✓ Health Services
- ✓ Cancer Support Services
- ✓ Local Government Services
  - ✓ Youth Services
  - ✓ Disability Services
  - ✓ Education Services

A one stop opportunity to find out what services are available in your community for you and your family.

***If you are wise you won't miss it!!!***

*For further information please contact*

*Shaen Fraser 02 6763 0904 or [shaenf@nswcc.org.au](mailto:shaenf@nswcc.org.au)*

*Nicole Harding 02 6763 4802 or [pbadmin@careersnetwork.org.au](mailto:pbadmin@careersnetwork.org.au)*



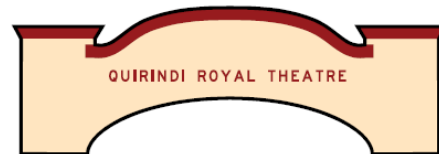
# EVENTS IN LIVERPOOL PLAINS



NOVEMBER		
1 to 30	Qdi Rural Heritage Village Art Show	Local artists showcase their work from Friday to Sunday, 10am to 3pm, all November Entry by donation. Contact Linda: 0425 316 314 or Beryl 6746 1479
3	Wallabadah Public School Horse Sports	Quirindi Racecourse, 8.30am start. Canteen all day, great prizes. For info, call Vicky Hawthorne 0487 266 436 or Mandy Reedy 0408 669 011
5	Waste to Art Design Competition	Entry forms and artwork have to be returned to Liverpool Plains Shire Council by 5. November. Artwork will be displayed at Werris Creek Library from 5.11, Presentation at Werris Creek Library on 12. November. Contact Belinda Eykamp on 6746 1755.
8	Quota Markets	Fresh produce, plants and crafts at Rose Lee Park, Loder Street, Quirindi. Contact: Jan 6747 1490
8 & 9	Royal Theatre Movie Weekend	Saturday and Sunday, 1.30pm: The Boxtrolls Saturday and Sunday, 4.00pm: The Equalizer
11	Quirindi Race in the Country	Race meeting at Quirindi Racecourse, gates open at 11.00am Contact Quirindi Jockey Club 6746 2476
22 & 23	Royal Theatre Movie Weekend	Saturday and Sunday, 1.30pm: Gone Girl Saturday and Sunday, 4.00pm: Tammy
23	Quirindi Village Miniature Railway	The Miniature train at Quirindi Rural Heritage Village on the Kamilaroi Highway operates from 10am to 3pm. Other times and group bookings per arrangement on 6747 1264.
29	Party in the Park	Quirindi Chamber of Commerce invites to a Christmas Party at Rose Lee Park with jumping castle, chocolate wheels and lots more.

## GREAT VALUE

**Adults \$10.00**  
**Children \$5.00**  
**Kiosk**  
**Loyalty Cards**



NOVEMBER  
2014

**Saturday 8th**  
1.30 pm The Boxtrolls PG  
4.00pm The Equalizer MA

**Sunday 9th**  
1.30 pm The Boxtrolls PG  
4.00 pm The Equalizer MA

**Saturday 22nd**  
1.30 pm Gone Girl MA  
4.00pm Tammy M

**Sunday 23rd**  
1.30 pm Gone Girl MA  
4.00 pm Tammy M