



# Quirindi High School/ Weekly Newsletter

14 November, 2014 – Issue 35

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## Message from the Deputy Principal

As we near the end of term 4 it is important to realise that the focus on academic and non-traditional aspects of education continue at Quirindi High School. While end of year exams and assessments may have been completed by students, there is still plenty of academically rigorous learning happening in classrooms. We continue with our whole school Literacy improvement program 'Focus for the Fortnight', this strategy is in place to improve our student's understanding of words and the appropriate usage thus increasing their vocabulary. The junior word is "Conclude" and the senior word is "Imply". Please speak with your son or daughter and ask them if they have participated in this school competition and encourage them to have a go. Canteen vouchers will be presented to winning entrants on Monday 1<sup>st</sup> December.

Next Friday we will have a whole school "Pink" Mufti day to raise funds for the McGrath foundation. Students are encouraged to wear pink to school and bring a gold coin donation to support this very worthy cause.

Year 10 students who have applied and been accepted for the 2015 Peer buddy program will train on Thursday 20<sup>th</sup> November and Friday 21<sup>st</sup> November. Students will gain access to great leadership and communication skills. Thank you to Mrs Liz Saunders for her organisation and leadership of this valuable program.

As always, if you have any questions or concerns 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**” !

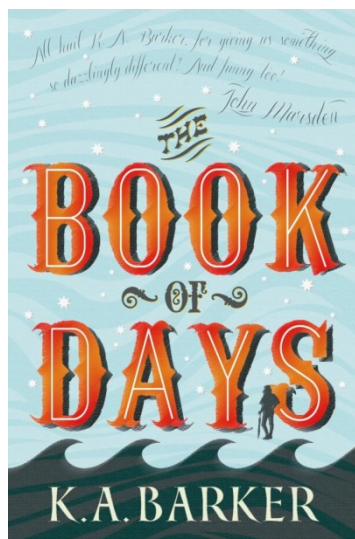


**Need a Book to Read?**

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

## ***THE BOOK OF DAYS BY K.A. BARKER***

Most people believe the best way to forget someone is to throw them down a well. Or lock them in a room with eight keys, or bury them at a crossroad in the thirteenth hour. But they're wrong. The best way to forget someone is for them never to have existed in the first place.



When sixteen-year-old Tuesday wakes from sleep for the first time, she opens her eyes to a world filled with wonder - and peril. Left only with a letter from the person she once was, Tuesday sets out to discover her past with the help of her charming and self-serving guide, Quintalion.

Along the way she runs into mercenaries, flying cities, airships, and a blind librarian. But what is her connection with the mysterious Book of Days - a book that holds untold power...

'Just when I thought nothing new could be achieved in fantasy, along comes *The Book of Days*. K.A. Barker has created an extraordinary world, a series of compelling landscapes and an unforgettable cast of characters. All hail K.A. Barker for giving us something so dazzlingly different! And funny too!' JOHN MARSDEN.

Source:

[http://books.google.com.au/books?id=aTySAgAAQBAJ&dq=the+book+of+days+barker&source=gbs\\_navlinks\\_s](http://books.google.com.au/books?id=aTySAgAAQBAJ&dq=the+book+of+days+barker&source=gbs_navlinks_s)

# Top 10 Tips for Students for Managing Technology Distractions:

1. **Allocate specific times for work and for technology** - this can be tricky given that much of the time students need to use technology for research. However, making a timetable which clearly identifies time for homework/study, games and other online activities, means you know that you will soon get an opportunity to get back online. It's best to make these blocks in the time when you aren't at your most "productive" with work.
2. **Turn off your technology distractions** - turn off as many things as you can eg. phone, ipad, ipod, Facebook, Instagram, even your computer if you don't need it for that piece of work. If you aren't aware of messages or notifications coming in, then you won't need to check them. Try it for half an hour and then get back to your messages once you've finished that work block.
3. **Set clear goals** - once you have achieved your work goal, reward yourself with technology. Allow yourself 20 minutes of guilt free online time.
4. **Set a timer** - if you can't stop gaming or checking facebook, even when your allocated time is up, set an annoying timer which you place away from where you are playing, so that you have to get up to turn off. Once it's off, you have already broken the connection to the game and it should be easier to get on with your work.
5. **Install software on your computer to help manage distractions** - there are lots of different packages available to assist you in controlling your computer use - how long you use particular programs for and what you use. More information is available in the Managing Distractions Unit of the Study Skills Handbook [http://www.studyskillshandbook.com.au/inside/inside\\_content/home5c.html](http://www.studyskillshandbook.com.au/inside/inside_content/home5c.html)
6. **Don't make in-App purchases** - lots of us have downloaded a "free" app only to get caught up in the cycle of "in app" purchases so we can just get one more level or win. Making a deal with yourself to wait for a while to have another go at a game both saves money and gives you 20-30 minutes to focus on schoolwork instead.
7. **Remember TV is technology too** - working in front of the TV can be just as distracting as other forms of technology. Save up your easy work - like title pages, or filing, to do in front of the TV and use your technology free time to focus on more challenging work.
8. **Enlist some help** - ask your parent or sibling to help you manage your technology distractions by sitting near you while you work to monitor what you are doing, testing you on your current topics or holding on to your devices for you.
9. **Find a different place to work** - some work can be done outside, or while you are exercising. Why not step outside to review your study notes, or read your novel? Record your notes or listen to a podcast when you are out walking the dog?
10. **Do some mental skills development** - if you really need to improve your focus, attention and memory, try doing some specific exercises. <http://www.cogmed.com.au/schools> offers a formal school based program. Also <http://www.lumosity.com/> <http://www.mindgames.com/brain-games.php>

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.

### **Love Books? Want to add to your collection at home?**

Check out the **Scholastic Book Club Brochures** we have available in the Library for all students.

### **Sick of using Google? Try this search engine**

<http://www.duckduckgo.com>

DuckDuckGo is a search engine that does not track you. It respects your privacy.

You can search for anything - news, images, places etc!

Give DuckDuckGo a try for another searching experience!

### **Need help with a Research Assignment?**

**Make sure you bring your assignment to the Library and we can help you locate the best information to get your assignment done.**



### **Need Help?**

Make sure you ask us for help.  
Happy Reading and Searching!

**Mrs Owen – Teacher Librarian**  
**Mrs Sweep – SAS Library**

## Focus for the Fortnight literacy competition - last round for 2014

This fortnight's words are:

For years 7, 8 and 9 – **conclude**

For years 10, 11 – **imply**

Deadline for entries is 3.30pm Monday 24th November. This is your last chance to win the 'big one' students!

Mr D Wood – for the Literacy Committee.

## ASX Stock market Game

Throughout terms 3 and 4 the senior Business Studies students have been taking part in a nationwide competition. The competition is to see who the best group of student investors in Australia is. In total, there were over 15500 entrants, from both public and private schools. The winners this year for Quirindi High School were Andrew de Roos and James Patton. They came 3339<sup>th</sup>, meaning they were in the top 22% of Australia. Well done! While they do not get a cash prize for this effort, Mr Packer will be buying their dinner on the Year 12 Business Studies Excursion, which is even better!

## **Messages/Books/Money Left at Office for Students**

At school we have a Year 8 runner available periods 1 and 4 to assist office staff with the running of messages and delivering of absentee notices etc.

Outside this time frame, we cannot guarantee that messages/books etc will be delivered to students as staff may not always be available to leave the office. **Obviously this does not apply to emergency situations.** Please be aware that on Thursday afternoon, students are at sport and this involves many different locations, both inside and outside the school grounds.

If you know that you will be collecting students for appointments etc, please ensure that you send a note to school requesting a leave pass (through the normal channels as outlined in the school handbook) or if you are unsure of the time, please ask students to check for messages at the front office at each break.

Likewise, if you are leaving books, clothes, money at the office, please ensure that students are aware that you will be dropping items and ask them to keep checking during breaks to see if items have been left.

Your help with this would be greatly appreciated.



## Josh gives the old 'swoosh' a Focus for the Fortnight literacy makeover

Our fortnightly literacy competition has seen many creative and clever entries, but none quite as graphically professional as year 9 student, Josh Quayle's use of the word 'justify' for round 8. Well done Josh; and thanks to Mr Field for his inspirational guidance. The final round for this year, includes the words 'conclude' for years 7, 8 and 9; and 'imply' for years 10 and 11. Entries are due Monday 24<sup>th</sup> November.

Dave Wood



## Dates to put on your Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
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

## WERRIS CREEK PUBLIC SCHOOL TWILIGHT FETE 2014

**When: Friday 21<sup>st</sup> November 2014**

**Where: Werris Creek Public School**

**Time: 4.00pm to 8.00pm**

**For further information re store holders etc please contact Tricia Landrigan on 6768 7880 or the school office on 6768 7065**



# quickbeds

**Grassroots Fundraising Program**

Supporting local sport & community groups

BROUGHT TO YOU BY THE  
**FLIGHT  
CENTRE**  
TRAVEL GROUP™



## Help raise funds for **Quirindi High School P & C**

Next time you are booking accommodation,

Go to [www.quickbeds.com](http://www.quickbeds.com)

Enter our unique grassroots ID: 1258

By doing this you will be helping our school



Every time **any member or supporter** uses **your unique Grassroots Code** to book a hotel anywhere in Australia or New Zealand, **they raise money for our P&C.**

### **Why Quickbeds?**

Here are four more reasons to book your holiday or business accommodation with Quickbeds...

#### **Best rate guarantee**

- If we don't have the best price, we'll beat it. Or you'll stay for free.

#### **Huge range**

- Get the best rates from over 180,000 hotels, motels, apartments in more in 150 countries.

#### **No fees**

- NO credit card fees, NO booking fees, what you see is what you pay. No surprises.

#### **A name you can trust**

- Quickbeds is part of the Flight Centre Travel Group, Australia's largest travel company.

*Just remember our unique ID: 1258*



Party on the Village Green  
Friday 28<sup>th</sup> November 2014  
Tennis Courts, Milner Parade  
Quirindi  
6 pm to 9 pm

Chocolate Wheel, Lions BBQ, Cupcake & Coffee, Fruit  
Salad & Ice Cream, Fruit Smoothies, Chicken Kebabs  
Jumping Castle, Face Painting, Children's Entertainer,  
Snow Cones, Pop Corn, Fairy Floss

The man in the red suit with treats

Children please come dressed in your favourite Christmas  
outfit: prizes will be given

There will be a bar operating in the Clubhouse

**Enjoy the spirit of Christmas at this  
fun family night**

**Don't forget your chair or blanket**

Proudly organised by Quirindi Chamber of  
Commerce