



Quirindi High School

Weekly Newsletter



20th November 2015 – Issue 35

Message from the Relieving Principal

On Monday night Four Corners on the ABC aired a show entitled “Our Kids- Why Are They So Stressed?” This show spoke with a number of kids ranging in age from 12 to 18 to gain an insight into what causes stress and concern for our kids today. Information provided by the show stated “One in four kids say they worry about the future all the time.” This worry was not restricted to the often talked about bullying issue but also highlighted concern about future employment, safety based on global conflict and being able to provide a loving family situation when they grew into adulthood.

In today's society that is centred on technology and immediate access to information from around the world and being connected, our kids are exposed to situations in a manner that has never been seen before. While we as teachers, parents and carers for our kids often talk about bullying and harassment that occurs via Facebook, Twitter, Instagram and Snapchat we easily overlook the other articles of information that students are relentlessly being exposed to.

The international events that have occurred over the past weeks have not just been covered by the mainstream media; we no longer sit and watch a news report at 6pm or read a newspaper article. Feeds via social media have provided information (some factual, some not), opinion, images, bias, emotion and division to our kids which is having an impact that may be seen or unseen. It is not the norm for positive stories to become the focal point of this technology, thus exposing our kids to what is negative in our world; it is little wonder that kids are becoming stressed.

What can we do? It is easy to point out what is going wrong, but not as easy to present a solution. During the Four Corners episode the kids interviewed were asked what advice they could give to parents, and I have included some of their responses below:

“I have a mother who I can talk to anything about. And no matter what it is, even if I've done something wrong or something, I can always talk to her because I know that she's, like, there and she cares. And no matter what, we'll get through it. And I feel like a lot of the kids don't have that with their parents.”

“Always be by their side to help them when they need you.”

“Let them - not do what they want, but don't wrap them up in cotton wool.”

“Yeah, not wrapping them up - as much as it is important to wrap 'em up in love”

Now more than ever it is important we remind our kids that the world is not such a terrible place and that they should not despair. Humans are incredible creatures; we do as much good as we do evil. Talk with your kids about the positive actions that occur in our community and around the globe as much as you talk with them about the destruction that can occur.

Here at Quirindi High School we see the greatness of humans on a daily basis; students who are active in their learning, individuals that ask questions in class to deepen their understanding of knowledge about how things work in the world. Students who gather together to raise money to contribute to causes in our community, students who are looking out for others and reporting concerns they have about their peers to make sure they are okay.

We often celebrate the successes of students in our school and recognise the great contributions they make whether it be academically, culturally, sporting or civically. We are developing young people who contribute and who will ensure the positive continuation of human society. This week alone we can congratulate Jordan Allan for his selection in the NSW under 16 Indigenous All Stars Rugby League team and Daniel Rea for his selection in the North West Open Boys cricket team. While both of these boys demonstrate individual talent, their ability to work with a team adds to their contribution towards the continuation of our culture and they are just a small representation of the great work our kids do every day.

As always should you have any questions or queries regarding the educational opportunity provided for your son or daughter at Quirindi High School please contact us to make an appointment to come and speak with us.

Sally Chad
Relieving Principal

Congratulations Daniel Rea on being selected for the CHA North West Cricket Team.



The following article is an excerpt out of the Northern Daily Leader.

North West coach likes what he sees at trials

By Geoff Newling

Nov. 18, 2015, 5 p.m

ANDREW Curry believes North West will take a strong side to February's State CHS Boys' Cricket Championship in Sydney after an impressive set of selection trials at Tamworth's Farrer School on Tuesday.

Talented Lachlan Cooke glides this delivery behind point on his way to a berth in the North West CHS side.

Almost 30 boys turned up to trial, making it a tough task for Curry and his fellow selectors.

Curry is taking over the coach-manager role from Gunnedah's Kel Walls, who was there as a selector on Tuesday as well.

A teacher at Armidale High for the past eight years, Curry is also a former Hillgrove Colts and Northern Tablelands paceman who could move the ball around in the air and off the deck.

He's hoping to have the same excellent control at the helm of the new-look NW side which has half a dozen survivors from the side which finished third in this year's State CHS Carnival.

"We've got a good mix," he said.

"We've got some good young kids. Another four or five could have easily made the side too, we had that much talent."

Outstanding young all-rounder Ryan Meppem will captain the side.

He had played for the Central North Zone senior side in the Northern Country Championships at Gunnedah on the weekend and will be aided by talented Tamworth batsman Tom Fitzgerald as his vice-captain. Fitzgerald currently leads the Tamworth first grade best and fairest award.

Unfortunately, Inverell's Tom Scoble, who played for the NSW Country/ACT Under 17s in Brisbane earlier this season with Meppem, has stress fractures in the back and is out for six months.

However, fellow Inverell all-rounder Sage Cook, who has been playing and starring for Inverell in the War Veterans Cup, is in the side along with Joe Smith and Declan Drake.

Farrer's Lachlan Fauchon, a fixture at the top of the North Tamworth first grade batting order this season, City United first grader Lachlan Cooke, outstanding young Bective Bull first grader Lachlan Davidson and impressive all-rounder Cooper Barnes all fly the Farrer Memorial Agricultural High School flag.

Then there is Narrabri wicketkeeper Coby Cornish, an outstanding young wicketkeeper, so neat with the gloves and good with the bat.

Oxley High all-rounder Matthew Bryant can give the ball a thump too and Quirindi's Daniel Rea might need some work on his batting but his bowling was a highlight at Tuesday's trials.

"He was a bit of a surprise packet," Curry said.

"We all asked 'where is he from'? He looks a very good bowler, put them on the spot."

Good Luck Daniel!



Library Happenings!

Pick up a book and you just might
"Discover or rediscover the joy of reading"!



"The more that you read, the more things you will know. The more that you learn, the more places you'll go." -Dr Seuss



**Need a book to read?
Come and browse the shelves and try out
our Reading Chair!**

IN A HEARTBEAT

By Loretta Ellsworth



When a small mistake costs sixteen-year-old Eagan her life during a figure-skating competition, she leaves many things unreconciled, including her troubled relationship with her mother. From her vantage point in the afterlife, Eagan reflects back on her memories, and what she could have done differently, through her still-beating heart.

When fourteen-year-old Amelia learns she will be getting a heart transplant, her fear and guilt battle with her joy at this new chance at life. And afterwards when she starts to feel different—dreaming about figure skating, craving grape candy—her need to learn about her donor leads her to discover and explore Eagan's life, meeting her grieving loved ones and trying to bring the closure they all need to move on.

Told in alternating viewpoints, *In a Heartbeat* tells the emotional and compelling story of two girls sharing one heart.

Source: <http://www.lorettaellsworth.com/books/inheart1.html>



OVERDUE LIBRARY BOOKS & TEXTBOOKS



The end of the school year is getting closer so don't forget to return overdue library books, textbooks and calculators to the library as soon as possible. Please check your emails for any overdue notices.

Need Help?

Make sure you ask us for help.



Happy reading and studying!

Mrs Owen – Teacher Librarian & Mrs Sweep – SAS Library

HEALTH WARNING

WHOOPING COUGH CONFIRMED CASE AT QUIRINDI HIGH SCHOOL

Please look out for any symptoms and contact your health care professional.

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night. Children with these symptoms should see a doctor.

If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

Class of 2015 Formal







Dates to put on your Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
8 B	23 rd Nov Work Experience Week	24 th Nov	25 th Nov	26 th Nov Mod History Yr 12 2016 to Singleton	27 th Nov Formal Assembly	28/29
9 A	30 th Nov	1 st Dec	2 nd Dec Enrichment Class Presentation Evening	3 rd Dec Year 7 2016 Orientation Day	4 th Dec	5/6
10 B	7 th Dec Excursion Week	8 th Dec	9 th Dec	10 th Dec	11 th Dec	12/13
11 A	14 th Dec	15 th Dec Awards Day 10am	16 th Dec Last day of school for students	17 th Dec	18 th Dec	19/20

Term 1, 2016

Year 7, 11 & 12 return Thursday 28 January 2016
 Year 8, 9 & 10 return Friday 29 January 2016
 to Friday 8th April 2016

School Office Hours

Office hours are
 8.30am to 3.30pm