



Quirindi High School

Weekly Newsletter



4th December 2015 – Issue 37

Message from the Relieving Principal

This week I experienced the most rewarding and affirming experience in education that I have ever had. On Wednesday evening students from across Years 8 to 10 who had participated in the enrichment program during Semester 2 presented the products of their project work. Parents, members of our local community, student peers, staff and Mark Young (the Regional director) gathered to celebrate the work of these innovative and creative students. Organised and promoted by Miss Emma Gilles and Miss Leanne Cooper the evening consisted of original performance pieces, technologies, and media and design projects generated by our students. For the first time in my educational experience I saw students who were excited and energised by what they had achieved in a way unlike any before. Their passion and commitment differed from what we see with completion of set projects in the state-wide curriculum. This was the realisation of one's individual talent and interest produced through self-directed learning; what we all saw on Wednesday evening was 21st Century Learning at its best. The students' joy in education and being able to showcase and share that learning clearly showed that we are on the right track with our delivery of quality learning experiences at Quirindi High School. Our challenge for 2016 and beyond is to extend this program so that all students in our school setting can share in this rewarding experience.

The enrichment class program would not have been possible without the foresight and innovation of the executive staff who aspire to provide excellent educational opportunities for our students that will build their capacity to succeed post school. The cooperation and support of the teaching staff who were willing to trial new delivery structures was also pivotal. Additionally, thanks must also go to the organisation and passion of Miss Emma Gilles and Miss Leanne Cooper who have student achievement at the heart of their professional practice and the students who were brave and trusted that we would guide them. Thank you also to all of the stake holders who made the program a reality. Wednesday evening was a credit to you all and just another example of the excellence that occurs within our setting.

Next week we send a good number of students off on well-deserved Merit Excursions. For the students who are not attending, classes will continue to run. Some cohorts may have combined classes but learning will still take place throughout the week and timetabled lessons for all classes will continue. Parents are also reminded that all elective fees should be paid in full before your son or daughter can attend the excursion.

As always, should you have any questions or queries regarding the educational experience of your son or daughter please contact us to make an appointment to come in and speak with us.

Sally Chad
Relieving Principal

Highlights from the QHS Awards Assembly Friday 27 November 2015

CAPERS Certificates



Back Row – Tavish Gillespie (Band), Erin Batterham, Sophie Robertson, Tahlia Carroll (Dancers) Sarah Stimson, Amber Perrett, Amy Crowhurst (Choir), Emily Cronin (Dancer), MaryJane Abbott-Blundell (Choir)

Front Row – Zara McCarthy (Choir), Jessica Forsyth, Lily McKenzie (Dancers), Chloe Partridge (Choir)

Absent from photo: Bella McKinley, Caitlin Garbutt, Abbey Lobsey, Courtney Burgess, Lucy Crane, Hanna Davis, Rebecca McKenzie, Chelsea Medway, Dayna Porter, Kori-Lee Young, Olivia Hearn

ASCA Awards



L-R: Matilda Eade, Lakara Martin, Josephine Saunders, Emma Bridge, Lia Robertson, Emily Cronin

Absent from Photo: Jade Norvill, Hanna Davis and Wade Clarke

Premier's Reading Challenge

Fayth Etherington and Joshua Redgrove



English Competition

Emily Cronin



Premier's Shield Debating



Mr Owen with
Lilly Nicholls, Josephine Saunders,
Grace Pezzuto and Lia Robertson



Library Happenings!

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



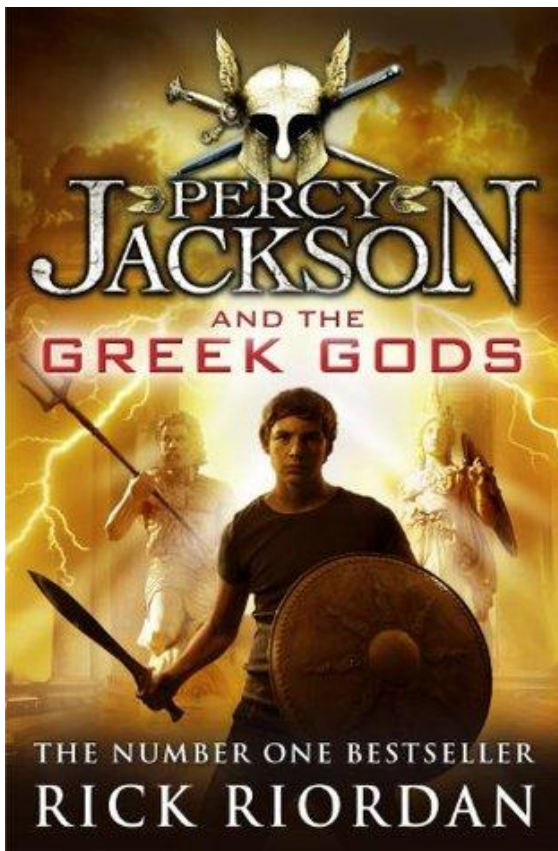
"The more that you read, the more things you will know. The more that you learn, the more places you'll go." -Dr Seuss



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

Percy Jackson and the Greek Gods

By Rick Riordan



If you like horror shows, bloodbaths, lying, stealing, backstabbing and cannibalism, then read on ...

Who could tell the stories of the gods of Olympus better than a modern-day demigod?

In this whirlwind tour of Greek mythology, Percy Jackson gives his personal take on the gods and goddesses of Ancient Greece – and reveals the truth about how they came to rule the world.

Source: <http://d.gr-assets.com/books/1428216932/22022035.jpg>

7 Ways Mindfulness and Meditation Can be Helpful to Students

Want to try something new over the school holidays? Why not give meditation a go? There are lots of great Apps out there, for example 'Mindfulness', 'Headspace', 'Relax' and 'Positivity'. These will guide you through simple meditation and mindfulness exercises. You could even try the new mindfulness colouring-in books for adults that are all the rage. But what is it all about and why should you try it?

What is Mindfulness?

Headspace (www.headspace.com) defines mindfulness as “the intention to be present in the here and now, fully engaged in whatever is happening, free from distraction or judgement, with a soft and open mind”.

What is Meditation?

Meditation is a way of transforming the mind, making it calm and silent. According to the Australian Teachers of Meditation Association meditation is a discipline that involves turning the mind and attention inward and focusing on a single thought, image, object or feeling.

How does meditation and practicing mindfulness help you with your schoolwork?

1. **Reduces anxiety and risk of depression** - By becoming mindful, a person stops judging themselves and those around them and recognises that every situation “is what it is”. When you stop judging and comparing, you are able to reduce anxiety.
2. **Increases resilience** - resilience is the ability to experience something bad but to not internalise it and to be able to move on, still gaining benefit even from a negative experience. Practicing mindfulness and meditation quietens the mind and enables acceptance without judgement, which is key for achieving resilience.
3. **Improves ability to learn and recall information** - research by the University of Miami has shown that practicing mindfulness for 12 minutes a day improved attention and memory.
4. **Improves concentration** - regular practice of meditation may help improve concentration by enabling the brain to focus more accurately and to filter out unwanted or unhelpful messages.
5. **Improves creativity** - practicing mindfulness and meditation has the potential to allow the brain to unlock and unleash creativity. Creativity is of benefit to all students, not just in terms of artistic talents but also in relation to problem solving.
6. **Helps manage exam stress** - meditation can help you calm and focus your mind which helps to manage stress related to exams. This tool can be used in the lead up to the exam and also during the exam if stress levels begin to rise.
7. **Leads to better sleep** - getting enough sleep is crucial to ensure students have the mental and physical energy to learn. However, as academic and social pressures increase, this can lead to students having difficulty falling asleep or staying asleep. By reducing anxiety and stress you can ultimately sleep better and longer.

Further Mindfulness and Meditation Resources

- <http://www.meditationinschools.org/wp-content/uploads/2013/06/Mind-Space-Tips-for-Dealing-with-Exam-Stress-.pdf>
- <http://smilingmind.com.au/>
- <http://www.meditationinschools.org/resources/>

**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 student 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
Assistant

Dear Families

Quirindi Preschool Kindergarten, Quirindi Public School and Quirindi High School are very excited about the up and coming release of our combined schools cookbook. It is anticipated that the cookbooks will arrive in Quirindi in early December.

Many families have supported us by providing delicious recipes that are family favourites and photos of the local area. Local families and businesses have also supported us by placing advertisements found within the cookbook.

Should you wish to purchase a book, an order form is available at the end of the newsletter. All funds raised will be equally distributed amongst our schools and will be used to support various school programs.

Books are able to be purchased for \$30.00 each. If you purchase three or more books the price is reduced to \$25.00 each. You will be notified via email when and where you are able to collect your books. Please note that all payments will be via Quirindi Public School.

If you have any further questions, or would like more information please contact the schools using the details on the order form.


We appreciate your support and look forward to sharing this book with you.

Many thanks

The Plains on a Plate Cookbook Team

Charmiane Frith, Shelley McInnes, Jane McKenzie, Natasha Cowan & Lindi Owen

Dates to put on your Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
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 Full school uniform required	16 th Dec Last day of school for students	17 th Dec	18 th Dec	19/20

End of Year Awards Day Assembly

Tuesday, 15th December 2015

10.00am in MPC (Hall)

Parents/Caregivers are invited to attend

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*

Plains on a Plate, recipes from the Liverpool Plains & beyond.



Order form

Date: _____

Name: _____ Email: _____

Address: _____

Phone no: _____ Signature: _____

Recipe books cost \$30 each. When purchasing three or more books the cost is \$25 each.

I would like to secure/order quantity _____ cookbooks at \$ _____

Payment

Thank you for purchasing a cookbook(s) from Quirindi Preschool Kindergarten, Quirindi Public School and Quirindi High School. All profits are going to a great cause and we appreciate your support.

Cheques made payable to: **Quirindi Public School**

Total cost: _____

Online POP Go to - <http://www.quirindi-p.schools.nsw.edu.au> and click on \$ Make a payment.

payment: to: Enter fields marked with a green asterisk. Use your name and any date for the Student Details section. For Payment Options click Other.

In Payment Description 1 type **Recipe book x** the number of books you require. eg Recipe book x 3

OR

Credit card (if applicable):

Expiry date: - Mastercard Visa CRN: _____

Name on card: _____ Signature: _____

Quirindi Public School

Address: Munro Street, Quirindi 2343

Contact: Jane McKenzie or Kathy Bromage

Phone: (02) 6746 1565

email: quirindi-p.school@det.nsw.edu.au

Quirindi Preschool Kindergarten

49 Allnut Street, Quirindi 2343

Shaz Harris or Alison Thompson

(02) 6746 1894

qdipreschool@bigpond.com

Quirindi High School

Hill Street, Quirindi 2343

Lindi Owen or Natasha Cowan

(02) 6746 1177

quirindi-h.school@det.nsw.edu.au

