

Newsletter

QUIRINDI HIGH SCHOOL

THURSDAY NOVEMBER 7 2019



Term 4 - Week 4



CAPERS is the biggest biennial showcase of emerging talent in New England and North West. QHS students have been practicing under the guidance of Teacher, Mrs Hinsley since the start of the year for the 'Carnivale' themed showcase. As part of CAPERS tenth season at the TREC, the event will feature over 2000 student performers hitting the floor in an opening spectacular Grande Parade.

PRINCIPAL'S MESSAGE

"Enlightenment is a person's emergence from his self-sustained dependency. "Dependency" is the inability to make use of one's intellect without the supervision of another. One's dependency is "self-sustained" when its cause lies not in defect of intellect but in lack of the decisiveness and courage to make use of one's mind without the direction of another. Sapere aude! "Have the courage to make use of your own mind. (Immanuel Kant: "An Answer to the Question "What Is Enlightenment?")"

As a school, we have an Enlightenment Day. Our Enlightenment Day encompasses many facets, perhaps one of the most important is the recognition of Aboriginal culture and place within our society. Helping our students appreciate and perceive what is happening around them, allowing them to become enlightened and to think for themselves about the many aspects of their society is crucial.

Our Enlightenment Day is designed to open the minds of our students to the many different cultural aspects of our society; allowing them to think freely about what has come before and what is in front of us as a society, to understand, appreciate and

respect different points of view and the interests of their peers, to see the big picture of the world in which we live, to appreciate the arts and the expression it allows and importantly, to help them develop the qualities of good citizens - open minded, understanding and tolerance.

Our visit to CAPERS, as a whole school, is designed to work toward and hopefully, in many instances, achieve these ends. Students will see the works from a variety of schools, the Aboriginal item designed and choreographed by QHS and QPS, listen to the music composed, played and sung by our students-in Gamilaraay language, see our students, boys and girls, tell a story through dance and movement.

The school, as a whole, will have the opportunity to witness a collaboration of around 50 schools from our area, they will be able to appreciate what can be achieved when we work together as a whole for a common purpose.

Ian Worley - Principal



LANGUAGE AND MUSIC



SCONE BEEF WEEK



RAP4CHANGE



UNICEF DROUGHT SUMMIT



WR FOUNDATION VISIT

QUIRINDI HIGH SCHOOL

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Year 7 & 8 Debating Regional Finalists

This week Quirindi High School Team B hosted Armidale Secondary College in the Regional Semi-finals of the Premier's Debating competition for years 7 and 8. The topic of the debate was 'that we should reserve two seats in parliament for school age students'. Quirindi won the coin toss and were the affirmative team. After an hour of preparation, the two teams presented well organised and evidenced arguments resulting in a closely contested debate. The adjudicator, Mr Rob Lewis, said that he has been adjudicating debates for 8 or 9 years now and it was the best year 7 and 8

debate that he has adjudicated. Due to the arguments raised, the persuasive rebuttal and the precise structure of a debate, he awarded the debate to QHS. The team will now debate Peel High School in the Regional Finals of the competition. The winner of that debate will progress to the State Finals in Sydney in December.

Members of the debating team were Ella Worley, Jade Wilson, Molly Owen and Grace Hutchins. A bit thank you to Mr Lewis for adjudicating the debate and for Bella Pollard and Keenan Davis for their roles of Chairperson and timekeeper.

MUSIC Makers

We never stop learning here at QHS. Teacher, Mr Turner and QHS Bandmaster, Mr Garrett were photographed at the school recently.

"I taught myself the clarinet during the school holidays – to add another instrument to my repertoire - and Mr Garrett is giving me a clarinet lesson today, so I can pass on my learning to students," said Mr Turner, who plays piano, trumpet, guitar, violin, cello, percussion, sing and will learn any instrument that the students want to learn.

"I will learn any instrument the students want to learn to play," said Mr Turner.

Well done gents, keep on learning.



Hands on Ancient History

Research indicates that students benefit when construction incorporates additional elements, including: building from templates and engaging in cooperative projects.

As part of their core HSC topic 'Pompeii and Herculaneum', Year 12 QHS students reconstructed the Forum in Pompeii.

Historically, Pompeii was a resort town inhabited by wealthy Romans who were known for lavish spending on their homes. The fertile, volcanic slopes of Vesuvius provided an ideal climate for grapes and olive groves.

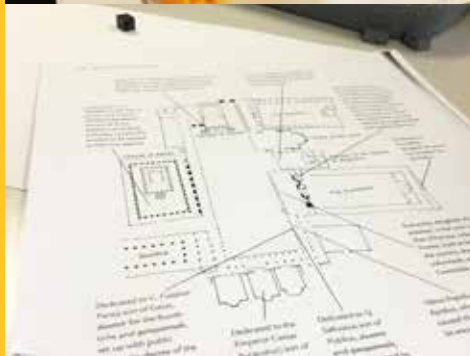
The town had imposing temples, a beautiful forum, a perfectly built theatre and a stadium.

It was lunch time in August 79 AD when Vesuvius began 19 hours of spectacular eruptions. All the people in the 700-year-old town of 20,000 could have escaped. There was time to flee. But no one recognized the inherent danger of the mountain's warnings.

By the time Vesuvius stopped belching poisonous gas, the bustling city of Pompeii was silent, completely buried by volcanic ash and debris. It remained silent for 1700 years.

Herculaneum underwent the same destiny, although it was immediately destroyed by hot toxic gasses, and only later covered with layers of lava.

Students reconstruction of the Forum in Pompeii allows them to collaboratively visualise the political, religious and commercial role of the Forum.





Emily wins public speaking award

On Monday evening Quirindi Rotary hosted their annual Public Speaking competition and well as a dinner and meeting.

HSC student Emily Cronin from Quirindi High School was delighted to present as part of the competition.

"My speech was on 'The Importance of Immunisation' when I wrote the speech there was a large measles outbreak and I wanted to have my opinion and my voice heard amongst the many anti-vaxers," said Emily, who thanked the Quirindi Rotary for the opportunity to present. "I spoke for 5 minutes to the gathered audience and feel my presentation was well received," said Emily who heads to Tamworth on November 25th for the Cluster Round of the competition to represent Quirindi Rotary.

(The winner of the Tamworth round then heads to Walcha in March 2020 for the District Competition, the winner of that round will head to New Zealand).

Emily encourages all students to take advantage of ASCA and any public speaking opportunities because it helps you frame your thought process which is beneficial for critical thinking and essay writing.

Well Done Emily!

"Last year, Emily made it to the final 4 in the District Competition, which was sensational. Emily was outstanding on Monday night, her presentation was wonderful, she captured the attention of the audience and researched her topic and interesting and informative ay way.



CLONTARF 2020 Goal Setting

Recently, six members from Quirindi Clontarf Academy travelled to Newcastle and the surrounding area for the Hunter and North - West Year 12 of 2020 Leadership camp.

The two day camp included; The Raw challenge, goal setting and employment discussions, guest speakers, workshops, beach football, a leadership pledge and discussion about Year 12 and beyond.

Ray Kelly, a former Quirindi High School student was one of the guest speakers, and was delighted to see Quirindi High School students in the crowd. This leadership camp provided students with an opportunity to discuss with fellow peers and staff members from around the region strategies and action plans that help in achieving their specific goal throughout 2020.





GENEROSITY of SPIRIT

William Rubensohn Foundation Trustees – Mrs Rubensohn, Mr Scott, Mrs Barlow and Mrs Harman visited QHS on Wednesday.

The generous Foundation are proud supporters of the QHS Breakfast Club program, and last year funded a new multi-door refrigerator for the Hospitality Department.

The Foundation visit to QHS gave the enthusiastic Trustees the opportunity to meet with our talented teachers and staff and most importantly, with students, including 4 students who have received four year Scholarships.

"The visit gave us the opportunity to review how the scholarship program is going at the school and to meet the students, teachers and staff. We are very impressed with the school and the opportunities offered at the school. Thank you

for having us," said Mrs Rubensohn on behalf of the foundation.

The visit also gave the QHS community the chance to genuinely reciprocate its appreciation to the Foundation trustees.

"QHS would like to extend a very big 'Thank You' to the Foundation, whose support has assisted the entire school...It was very special to meet you all today and share the spirit of generosity and opportunity being offered to our students," said Principal Worley.

The William Rubensohn Foundation offers scholarships to students who apply themselves with 100% effort in their studies and work hard. The scholarships offer 2 students the chance to receive \$1000 each year from Year 9 through to Year 12 to help them with their education.

MAXIMISING LEARNING OUTCOMES AT QHS

Following on from the successful introduction of Quirindi High School's Senior Coaching Program with year 12 in 2019, we are excited to offer this opportunity to our incoming HSC students to begin now in term 4 2019.

The Senior Coaching Program was implemented to assist the HSC students to prepare successfully for their assessments and final HSC examinations. The Coaching program is designed to maximise every student's learning potential here at QuiriAndi High School. It involves informal meetings with a teacher chosen by the student in year 12.

Coaches can offer support with:

- writing study timetables,
- ensuring the students are on schedule for submitting assessment tasks,
- listening, encouraging and helping students stay connected to their study program,
- assisting with organisation skills,
- providing practical help with goal setting and time management,
- providing extra assistance leading up to examination time.

This week students were informed of who their coach would be, based on the preferences that they had submitted. Staff will undertake training on Monday afternoon and the program will officially commence next week.

Janelle Stenner

HT Secondary Studies (English/CAPA)



SOCIETY & CULTURE

Year 11 HSC students are focussed on their Society and Culture - Personal Interest Project (PIP); attending workshops and skills training in Sydney to prepare for their Major Research Project.

Head Teacher, HISE, Mrs Valentine assisted the students as they attended the workshops and State Library undertaking processes, to access university level academic literature for their PIP research.

"Students will complete a 5000 word university level research paper as part of their PIP. They can choose any social or cultural topic they are passionate about and must complete a variety of secondary and primary research to investigate their chosen topic or question," said

Mrs Valentine.

The project can be made personal by referring to micro, meso and macro perspectives on the topic being researched. Students can write in the first person (e.g. 'I think...', 'I believe...', 'In my experience...'). Using cultural experiences about family, school and peer groups can be a way of personalising the PIP, but these issues need to be referred to objectively and appropriately.

"Our students this year have begun their research into - veganism and the social conflict that may exists between their own community and the nation - and cross cultural constructions of beauty through a study of Instagram," concluded Mrs Valentine. Fantastic!!





POWERFUL PERFORMANCES



Watching the divine talents of our young performers - from across our region, is best described as awe-inspiring, it's even more powerful to see them under stage lights, surrounded by two and a half thousand of their peers.

Final rehearsals for the biggest biennial showcase of emerging talent in New England and North West, is currently underway at TREC in Tamworth.

The performance blockbuster, the Creative Arts in Public Education Regional Spectacular features a number of talented QHS students and students of all ages from the Quirindi region. Congratulations to all students, teachers, lighting

and sound crew, stage managers, directors, parents and who have worked so hard as part of the (CAPERS) tenth season at the Tamworth Regional Entertainment and Conference Centre. Book your tickets for the 7:00pm public performances on Friday and Saturday, 8 and 9 November.

Tickets are available for both evening performances by: Telephoning 02 67662028

Online through www.trecc.com.au

In person at the Capitol Theatre, Tamworth or at The Big Golden Guitar, Tamworth.

Congratulations to all our students, teachers, parent and school community for your support and involvement in this years' spectacular!

SHARING LANGUAGE & MUSIC

Intertwining their exceptional gifts of language and music, QHS students Jackson Worley and Indiah Nean have created a 'Special Tribute' to our beautiful Kamilaroi Country as a feature of this year's Creative Arts in Public Education Regional Spectacular.

In a moving collaboration, the duo have produced and composed a unique 'Acknowledgement to Country' as part of the Opening Act performed on both Friday 8th and Saturday 9th.

"Through their performance, they will acknowledge our past and remember the people who have made a difference for Aboriginal people. When our students form a connection from their own passion and strengths, inspirationally powerful things happen." said QHS Aboriginal Liaison Officer, Mrs Outerbridge, who continued, this creation is one of four parts produced for the Indigenous Segment.

This segment, has offered students immersion into many aspects of performing arts such as singing, dancing costume design, photography and strengthened their connection to country. Indiah said she and Jackson have an immense appreciation for all those who have helped them along their journey.

"This astonishing experience has allowed us to immerse ourselves fully into our culture. Through this, we have been able to learn more of our Gamilaraay language. I have been able

to polish my performance and we have both formed relationships with people who have offered us a deeper, fuller appreciation for our culture and the arts as a whole," concluded Indiah.

As the biggest biennial showcase of emerging talent in New England and North West, QHS will play a massive part of CAPERS this year – Mrs Hinsleys' Dance Troop will appear throughout the show with 5 costume changes, Mr Turners' students are playing in the mass band.

Molly Owen and Jackson Worley are featured artists, and the Indigenous segment is 4 parts that flow into 1. This year, QHS performing students have been exposed to choreography, costume design, story-telling, cultural connections, composed music for a dance item and Indiah and Jackson have composed and will perform a unique QHS (copyright) song in Gamilaraay language which is the opening act which encompasses the 2019 Naidoc theme VOICE & TRUTH.

QHS is cheering all of our students, teachers and parents who have worked so hard as part of the Creative Arts in Public Education Regional Spectacular (CAPERS) tenth season at the Tamworth Regional Entertainment and Conference Centre.

Congratulations to all our students, teachers, parent and school community for your support and involvement in this years' spectacular!





We won't stop fighting for the people and places we love

Sarah – who attended Q&A on Monday evening to ask some questions.

"I did not get a chance to ask any questions as time ran out, overall we were very disappointed with the politicians on Q&A, who once again avoided actually answering questions put to them by Australians needing help," said Sarah. Both students said the Summit gave them more than they had anticipated.

"We realised through-out the event, that we were not only representing our farms we were representing the Liverpool Plains region and we are humbled to be ongoing advocates for our region and the agricultural industry," said Sarah.

"Every single young person who attended the summit has a passion to be heard and a passion to not only survive, but to thrive," concluded Brad. At the summit, children and young people told UNICEF Australia that they are struggling under significant pressures.

They are not receiving the support they need to alleviate some of the worst effects of the drought. While a number of measures exist to support relief for families, there are few child and youth specific interventions.

In listening to these findings and our wider community, Quirindi High School is eager to bring 'The Resilience Project' to its students, teachers and parents.

A number of Primary Schools from across the region are joining Quirindi High School on their 'Resilience' journey. The entire project is funded by Primary Health Network – Hunter New England Central Coast and delivers emotionally engaging programs to schools, sports clubs and businesses, providing practical, evidence-based, positive mental health strategies to build resilience and happiness.

Through presentations, wellbeing journals, school curriculum, teacher diaries, the project seeks to help all participants become mentally healthy.

Thank you Brad and Sarah for speaking up on behalf of the young people of our communities and we will support you to keep fighting for the people and places you love!

Two outstanding Quirindi High School students recently joined a panel of Young People at a significant Unicef Drought Forum.

Brad Forsyth and Sarah Hutchins - both off the land and wanting a career in Agriculture - attended the NSW Youth Summit on Living with Drought organised by UNICEF Australia.

The summit was organised to give young people a voice on the hidden impact of prolonged drought on children and young people and to offer them the chance to be heard by those making decisions on their future.

At the forum, young attendees met with decision-makers and one-another to discuss the challenges they face living with drought in NSW and how responses can be improved.

"It was great to meet other young people going through the extreme challenges we are facing on farm with the drought. It was also refreshing to have a break away from the farm, feeding livestock and seeing the daily horror of drought," said 14-year-old Brad, who continued he is so sick of seeing dying sheep and cattle...

"The toll it takes on my heart and mind is huge, its heartbreaking to see my family going through this and it is stressful not knowing what we will survive on once they are all gone."

The participants worked in Summit Circles to discuss their views on options for the future of agriculture and water management as well as other relevant topics.

"My family and farming friends would also send me questions, when I was at the Summit and I

was able to ask their questions - it's sad that my Dad said he felt more heard through the Unicef Summit than he has when speaking to politicians or those making political decisions," said 15-year-old Sarah, who lives with her family at 'Wombalong' a 10,000 acre – irrigation and dryland farming and livestock property, managed by her Dad.

"Points raised included that we need more water infrastructure to enable water security for the future. We want action now to get through current conditions and to prepare for the future," continued Sarah.

Both students agreed the overreaching message felt by participants was that the young people on farms experiencing drought want action.

"We don't need sympathy, we need immediate, effective support in the form of fodder and water for our livestock and water for our homes and we need action in preparing for the future taking actual steps to drought proof the country," continued Brad, who lives with his family on a 6,000 acre sheep and cattle family farm.

The 88 delegates, aged from 14 to 25, who attended the summit presented their call to action at the conclusion of the summit.

"We called for practical action to help drought-stricken communities, and suggested a range of measures from serious and immediate investment in water infrastructure and mental health support, to proactively supporting farmers and rural communities," continued

TREE SAFETY

Due to current drought conditions QHS called upon the services of Caterpillar Tree Services to check and ensure the safety of trees in the school, including the cherished large gum-tree located near the hall, that had branches removed due to signs of drought stress

"While it is great to have had the trees checked, we advise all students,

teachers, staff and visitors to stay away from all large trees as they are stressed due to the drought conditions and branches can fall and injure people," said Principal Worley.

Thanks to Hughie for these great pics and for your help in assisting the team today in ensuring the safety of our school community.





In its third year, the QHS P&C Christmas Markets and Lights event will kick off in the school grounds from 5.00pm until late on November 29th.

Already 70 stall holders have been booked and P&C President Mrs Lawlor is delighted to share the festive spirit with the entire community and thanks event sponsors for providing so many free children's activities.

Last years' event drew a massive crowd of over 2000 people, which united our local High School and wider community and saw many families enjoy an evening of entertainment, dinner and Christmas shopping.

All funds raised from the event will go directly back to the school through the P&C.

"Santa will be arriving to distribute lollies to masses of gathered children,

The event, will feature unique market stalls and lots of free activities for children including a jumping castle, monkey maze and kids face-painting," said Mrs Lawlor.

As well as the official lighting of the Christmas tree, local primary schools are joining in with their own market stalls, and the event will include performances by talented local musicians and the High School and Primary school are offering their Big band Bash.

Quirindi Rotary are set to host their ever-popular Chocolate Wheel. And as well as coordinating the event, the hardworking High School P&C will run a BBQ, with the school Student Representative Council selling show bags and a gift wrapping station.

In this our third year, we are looking forward to celebrating all that is joyous about our wonderful school and region, when family and friends gathered on the cool green lawns for a night of shopping, festivities and Christmas wonder," concluded Mrs Lawlor.



Scone Beef Week



The Upper Hunter Beef Bonanza is an exciting annual event, which enables beef enthusiasts and established producers to showcase their cattle, learn more about the beef industry and network with other producers.

More than 800 school students from across the state gathered in Scone last Friday as part of the annual three-day Upper Hunter Beef Bonanza, hailed as the largest school beef show in the world. A full Friday schedule of educational sessions and the Junior Australian Intercollegiate Meat Judging competition at JBS Scone was followed by a weekend of open led cattle classes and carcass competition, open unled prime classes and carcass competition, interactive unled judging display, junior meat judging competition and junior judging and parader's competitions.

Quirindi High School took a group of 12 students to this years' Scone Beef Bonanza; Grace Hutchins, Steve Forsyth, Eric Peatling, Shelby Saunders, Brad Forysth, Elle Flanagan, Macy Holden, Sarah Hutchins,

Claire Robinson, McKenzie Mizzie and Caitlyn Petersons.

With such dry and trying conditions, Teacher Miss Sozou was very proud of the team who represented themselves with pride and professionalism. The students have spent many hours preparing the cattle for the event. To be able to place in such a large field in each division is a massive achievement and the students should be congratulated on their skills and knowledge they have been working hard towards achieving.

The following students received results:

Grace Hutchins 2nd - 13 years heat
McKenzie Mizzi 5th - 14 years heat
Macey Holden 4th - 14 years division
Sarah Hutchins 1st - 14 years heat

Animal Health is a large component to the Primary Industries school program. Students benefit by learning how to provide for the basic needs of an animal, animal welfare concepts, feeding cattle, ruminant digestive systems, breaking in cattle, presentation of a steer for the show ring and parading.



RHYTHM & POETRY



Did you know the word RAP stands for Rhythm and Poetry?

Last Friday, Rap 4 Change ran a variety of different programs for Year 7 students at QHS. They offered a range of programs from creative arts, music, sports and health and fitness.

"One thing I have noticed about the students of this region is that they have resilience. We know you are going through a tough, tough time with the severe drought and to see so many students optimistic and positive is

something else," said 'Free' from Rap 4 Change, who ran the rapping workshops.

"When I am rapping I don't like to make sense all the time, I like to have a message in my music that people can interpret their own way."

Thank you to Blacktown City Council and Liverpool Plains Shire Council for funding the event that included a Rap Workshop, a Touch Football game and a DJ'ing workshop by Rap 4 Change. What a great experience for our students, thanks Rap 4 Change.



TOUCH FOOTBALL CARNIVAL

Year 7 and Year 8 QHS students, recently made the journey to Tamworth for the All Schools Touch Football Carnival at Tamworth's Gipps Street Oval. Students had a terrific time on and off the field. The Boys team had a narrow loss to Narrabri in an exciting match for the Semi-final. The QHS Girls team won their first game and then narrowly lost their other games.

"It's been a day of close matches and we are really proud of the students. Today has been a good opportunity to draft some students into the Senior Teams of 2020," said Teacher, Mr Chambers. Good job teams and thank you to Mr Chambers, Ms Lees and Mr Harris for supporting and coordinating the day for QHS students.

Term 4 2019

Wk 4 B Nov 4 - Nov 8
Wk 5 A Nov 11 - Nov 15
Wk 6 B Nov 18 - Nov 22
Wk 7 A Nov 25 - Nov 29
Wk 8 B Dec 2 - Dec 6
Wk 9 A Dec 9 - Dec 13
Wk 10 B Dec 16 - Dec 20



Thursday 7 November

CAPERS - TREC rehearsal
Sport Excursion - Tamworth

Friday 8 November

CAPERS
Enlightenment Day

Saturday 9 November

CAPERS Performance

Monday 11 November

The Resilience Project
- Student /Teacher
Presentation

Tuesday 12 November

Biology Exam HSC Prep
Partner School meeting
The Resilience Project -
Student/Parent Presentation

Wednesday 13 November

2020 Support Transition
The Resilience Project -
Student Presentation

Thursday 14 November

Year 12 Formal

Friday 15 November

Clontarf Foundation
Tamworth Agricultural
Institute Worksite Tour

Tuesday 19 November

2020 Support Transition

QHS Potential Parent QA

Wednesday 20 November
2020 Support Transition
RSA/RCG Course

Thursday 21 November

RSA/RCG Course

Monday 25 November

Year 10 Work Experience
(all week)

Tuesday 26 November

Biology Exam HSC Prep
The Big Band Bash

Thursday 28 November

Yr 6 Indigenous Transition
Day

Friday 29 November

QHS P&C Markets

Saturday 30 November
NSW Aboriginal Land
Council Election

Sunday 1 December

Year 12 Major Camp -
Clontarf

Tuesday 3 December

Year 6 Orientation Day

Thursday 5 December

2019 AWARDS DAY

Wednesday 11 December

Year 8&9 Rewards
excursion - Coffs Harbour

Wednesday 18 December

Last Day of Term 4

QUIRINDI HIGH SCHOOL 2019 SCHOOL TIMETABLE

MON, TUES, WED & FRIDAY

Roll Call	9.05 - 9.20	15 min
Period 1	9.20 - 10.35	75 min
Recess 1	10.35 - 10.50	15 min
Period 2	10.50 - 12.05	75 min
Recess 2	12.05 - 12.20	15 min
Period 3	12.20 - 1.35	75 min
Lunch	1.35 - 2.05	30 min
Period 4	2.05 - 3.20	75 min

THURSDAY-SPORT

Roll Call	9.00 - 9.10	10 min
Period 1	9.10 - 10.25	75 min
Recess 1	10.25 - 10.40	15 min
Period 2	10.40 - 11.55	75 min
Recess 2	11.55 - 12.10	15 min
Period 3	12.10 - 1.25	75 min
Lunch	1.25 - 1.55	30 min
Sport	1.55 - 3.20	85 min