My wife is an avid reader and seems to take after her grandmother in her collection of newspapers and articles. What this does mean is that we always have a supply of old newspapers around to read. I picked up a ‘Good Weekend’ magazine from the ‘Sydney Morning Herald’ last week and opened to an article on teenage use of technology, in particular, mobile phones. The article struck me as interesting as there are currently debates around banning mobile phones in schools. What was interesting in the article was that a number of the founders of tech companies, which are app based and rely on people using their phones, have banned their own children from having phones or significantly reduced the time their child spends on the phone. As I said, this is from the founders of tech companies. They recognise that the devices are addictive and have created a virtual world that holds a child’s attention 24 hours a day and doesn’t allow them to engage with the world around them.

As a society, is the fix as simple as banning mobile phones? As a teacher and a parent, it is something I think about often and struggle with.

In short, I would say no, it is not that simple. QHS is incredibly well placed as the previous administration implemented a workable and appropriate mobile phone policy. Yes, have it at school, when the bell rings, it disappears until the bell rings at the end of the day. If you don’t follow the rule, hand the phone in. Basically it is that simple. If a teacher requires a student to use a device as part of their learning, they can do so. This is the key point. The phone is not banned, its use is appropriate and monitored, hopefully helping the student learn to self-regulate their own use of the device.

We live in a world of rapidly changing technologies. They are inescapable and have become almost a necessity. Many people would not have known life without a device and can’t imagine it, just as we have all lived with electricity and geared our lives around it, mobile devices are here to stay and part of life, helping young people use them in a balanced and appropriate way is the key.

Ian Worley - Principal
Quirindi High School teachers have been selected to present at an International Conference on teaching. Congratulations to Mr Roberts and Mr Harries - who will be representing all of our teachers - when they present over two days at the upcoming Corwin Professional Learning Conference in Melbourne. Quirindi High School has been selected from across Australia to present workshops that outline how all our teaching staff have undertaken and developed a language of evidence based learning - that has transformed our school. Over the past three years, teachers at Quirindi High School have undertaken extensive Personal Professional Learning, this enables all our teachers to offer the best possible teaching practices and learning environments to our students," said Mr Harries. As part of the 3 year Corwin Professional Learning at Quirindi High School, Mr Roberts and Mr Harries have taken the lead as ‘Impact Coaches’ to their teaching peers. All teachers at Quirindi High School have navigated the highs and lows of this positive change process, and their work continues to transform the way our school has shifted from a focus on teachers and teaching, to learners and learning. “Developing ‘Visible Learners’ has presented multiple opportunities to celebrate, rethink and challenge our practice. This process has been a most effective cycle of improvement for both our students and staff,” continued Mr Harries. At the conference, the duo will be talking to their peers on how Quirindi High School teachers have collected their own evidence about how our students learn, assessed any gaps that may occur in our students learning and implemented strategies to correct any gaps – presenting workshops ‘Evidence to Implementation’. “Through our ongoing professional learning, Quirindi High School teachers have implemented approaches where the key goal is to have student learning front and centre and Mr Harries and myself will be talking to other teachers about this at the conference workshops,” concluded Mr Roberts. Throughout this process Quirindi High School teachers have activated students as learning resources for each other, including modelling success and improvement so that constant review and improvement becomes the norm. Congratulations to all QHS teachers, we are incredibly proud that Quirindi High School has been selected as a school of teaching excellence to present our journey over the past 3 years of Visible Learning. Best wishes to Mr Roberts and Mr Harries with your presentations.
Students from Primary Schools across the district participated in the QHS Year 5 ‘Taster Day’ last Tuesday. They had a ball undertaking classes in Computers, Agriculture, Wood/Metalwork, Language Other Than English and HISE.

Thank you to all our visiting Primary students (over 80) for making last Tuesday, such a fun-filled and energised day of learning and interaction.

Thank you to all the visiting teachers and staff who made the journey to QHS, your input has been invaluable.

Thank you also to our terrific Year 10 Students for being such great Buddies and to our staff for going above-and-beyond to create such a high standard of engaging classes for the ‘Year 5 ‘Taster Day’ students.

Thank you to all the parents of our surrounding primary school students for encouraging your children to attend - for a taste of future learning at QHS.

It was another wonderful day at QHS!
Last Friday we celebrated our Athletics Champions with our annual Athletics Awards Day. Congratulations to all who placed and to our outstanding team of students who ran the assembly.

The winning point score house was Taylor on 1224 points.

The assembly ran well and we appreciate the support of our parents and carers and the fabulous performances by our talented musicians and Choir.

**AWARD WINNERS 2019**

**12 Years Girls - Champion – Annabelle Carter**, first in: high jump, long jump, triple jump and 800 metres.


**12 Years Girls – Lily Owen – first in: Javelin**

**12 Years Boys – Champion – Tyler Summers**, first in: 800 metres, 400 metres and 200 metres.


**12 Years Boys – Jayden Etheridge – first in: 100 metres, long jump, shotput, discus, highjump.**


**13 Years Girls – Jessica Butler – first in: 100 metres and 200 metres**

**13 Years Girls – Emily Daw first in: highjump.**

**13 Years Boys – Champion – Riley Fleming – first in: 200 metres, 100 metres.**

**13 Years Boys – Runner Up – Keenan Maskell**

**13 Years Boys – Nicholas Boorer – first in: Javelin.**

**13 Years Boys – Tom Parson – first in: discus, highjump and shotput**

**13 Years Boys – Logan Quigley – first in: 800 metres.**

**13 Years Boys – Jaiden Summers – first in: triplejump, longjump and 400 metres.**

**14 Years Girls - Champion – Jayde Ferguson – first in: highjump, 100 metres.**

**14 Years Girls – Runner Up – Molly Owen – first in: highjump, triplejump, 400 metres, 800 metres.**

**14 Years Girls – Jamiah Hunt – first in: shotput, javelin, longjump.**

**14 Years Girls – Eve Porter – first in: highjump.**

**14 Years Girls – Shelby Saunders – first in: 200 metres.**

**14 Years Girls – Jasmine Verrall – first in: discus.**

**14 Years Boys – Ella Worley – first in: highjump.**

**14 Years Boys – Champion – Aaron Frost-Guider – first in: 100 metres, 200 metres, discus, highjump, longjump, triplejump.**

**14 Years Boys – Runner Up – Luke Quigley – first in: 800 metres, 400 metres, shotput.**

**14 Years Boys – Daniel Robertson – first in: javelin.**

**15 Years Girls – Champion – Molly Elford – first in: discus, shotput, javelin, longjump, triplejump, 100 metres, 200 metres, 400 metres.**


**15 Years Girls – Annabelle Avarad – first in: 800 metres**

**15 Years Boys – Champion – Thomas Boror – first in: 100 metres, 400 metres, 800 metres, longjump, triplejump.**

**15 Years Boys – Runner Up – Michael Scholz – first in: 200 metres.**

**15 Years Boys – Ruben Wallace – first in: javelin.**

**16 Years Girls – Champion – Caitlyn Etheridge – first in: Highjump, 100 metres.**

**16 Years Girls – Runner Up – Lacey Newcombe – first in: discus, longjump, triplejump.**

**16 Years Girls – Georgie Auld – first in: 200 metres, 400 metres, 800 metres.**

**16 Years Girls – Shelby Porter – first in: Javelin**

**16 Years Boys – Champion – Jayden Shields – first in: 100 metres, 200 metres, longjump, highjump.**

**16 Years Boys – Runner Up – Scott Batterham – first in: 800 metres.**

**16 Years Boys – Nathan Evans – first in: shotput.**

**16 Years Boys – Charlie Parsons – first in: javelin.**

**16 Years Boys – Dylan Smith – first in: highjump, discus, triplejump.**

**16 Years Boys – Bailey Swain – first in: 400 metres.**

**17+ Girls – Champion – Bridget Swain – first in: shotput, javelin, 400 metres.**

**17+ Girls – Runner Up – Lilly Nicholls – first in: highjump, longjump, triplejump, 100 metres.**

**17+ Girls – Maddie Hearn – first in: discus.**

**17+ Girls – Chloe Powdrell – first in: 400 metres.**

**17+ Boys – Champion – Hamish Slade – first in: javelin, highjump, discus.**

**17+ Boys – Runner Up – Hudson Shaw – first in: 800 metres, 200 metres, longjump.**

**17+ Boys – Brendan Balderson – first in: 100 metres.**

**17+ Boys – Lachlan Bradfield – first in: 400 metres.**

**17+ Boys – Taylor- Jordan Jarrett – first in: shotput.**

**17+ Boys – Riley Medway first in - Triplejump.**
QHS took a group of 6 students to the Tamworth Show Junior Judging information and competition day recently.
In the teams event QHS competed against other local schools where the group of 4 had to work as a team, (Beau Mulholland, Sarah Hutchins, Hayley Morris and Brad Forsyth) to judge each event and nominate two students to speak in the junior judging. QHS was awarded Reserve Champion against all other schools.
Claire Robinson was very consistent in a large age group of 15-18, placing in three events the meat sheep, steer and dairy judging classes, probably the most consistent student of the day. “We are extremely proud of all the students efforts and the terrific outcomes they attained,” said Teacher, Miss Sozou.
This was also Year 7 student Grace Hutchins first cattle show where she had a great time.
Congratulations to all students for your agricultural excellence and to Miss Sozou for again preparing our students for their own personal and team success - Outstanding!!!

TWO WINS for DEBATING

Congratulations to both QHS Junior Debating teams who debated successfully against Tamworth High School on Wednesday. The teams comprised: Bella Pollard, Paige Sevil, Grace Hutchins, Molly Owen, Ella Worley, Morgan Green, Lily Stewart and Katie Martin - with Coach/teacher Miss Stock.
Debate one was QHS A team v’s Tamworth High School A team. “We were affirmative and the topic was: ‘We should ban all technology in schools.’ Our students performed convincingly and took the win,” said teacher and coach, Miss Stock.
Debate two was QHS B v’s THS B. “We were negative and the topic was: ‘All secondary schools should be co-educational’ our team established strong ground, put up strong arguments and won the day. Well done students!!

SHOWTIME SUCCESS
Today QHS hosted a eight invigorating speeches by the candidates for the 2020 School Captaincy positions. The formal assembly, opened by teacher, Mr Owen and chaired by current School Captains Bridget Swain and Angus Nicholls, also featured the National Anthem by Molly Owen and the Welcome to Country by Sam Fechner and Dylan Smith. Principal Worley, who congratulated the outstanding group of students for nominating for the positions, also spoke on the importance of resilience in all and the ability for students to pick themselves up and continue on after meeting obstacles in life and learning. The candidates were warmly welcomed to the stage and supported by family, friends and fellow students as they presented in a ballot selected order. Boys Candidates: LIAM FAULKNER: Spoke on how he leads by example and believes his undertaking of accelerated Modern History in Year 11 and a School Based Apprenticeship with Tamarang Engineering display his work ethic. LUKE FECHNER: Spoke on how he would encourage all students to be the best version of themselves and that making mistakes is not a bad thing, it’s a platform for learning. JOCK BARNETT: Spoke on having a go and encouraging others to take on opportunities for growth. He also said he would try his hardest to represent the school to the highest standard. Girls Candidates: KELSEY HAWKINS: Spoke on being open and approachable to others, representing their ideas and how everyone has the potential to be amazing. MIA CONSTABLE: Spoke on how she would strive to keep QHS a positive and fun environment and how good leaders lead from passion not the position. EMILY CRONIN: Spoke on being organised and honest as a representative of the school and how she is proud of the history of the school and excited by the future of the school. ZARA MCCARTHY: Spoke on how she would be there to represent the students at the school and would not be afraid to speak up on their behalf. And the amazing opportunities that are on offer at QHS. TAYLAH DOUGLAS: Spoke on how she would continue to help the school grow and flourish and wanted to give back to the school that has given her so much. Immediately following the presentations, the entire school assembled into their year groups and voted in preferential order for their 2020 representatives. The announcement of the 2020 Captains and Vice Captains will be held as part of the Year 12 Farewell Assembly on Friday the 27th of September.
For the first time ever at QHS, the Adjudicators for an interschool debate were linked up via video conference. Meaning both teams, QHS and the Armidale Secondary College presented to panel of three Adjudicators from the Arts Unit in Sydney. The debate - an Inter-zone final between the Zone winners for Tamworth Zone – QHS and the Armidale Zone, Armidale Secondary College – did feature an audience of QHS students.

"The topic…. ‘That we should abolish the ABC’ was a challenging topic for the age group. Students were given the standard 1 hour prep time with Quirindi as the affirmative - which is tougher to argue," said Teacher and Debating Coach, Mr Owen.

The Quirindi team included: McKenzie Mizzi, Indiah Nean, James Redgrove and Millie Slade, the Armidale Secondary College team consisted of Ella Vu, Casey Rainger, Rubi Ainsworth, Fynn Eastwood.

The QHS team, raised some solid issues about ‘Government Bias, with the ABC being Government owned’ they also spoke on the cost to taxpayers and how in the modern era with other media sources the cost could be better spent on other projects. QHS also spoke on how, if they removed the free to air children’s programs, it would encourage kids to be more active and go outside.

Armidale picked strong holes in the QHS arguments and proved too strong on the day, taking the win.

“There was some networking between the students afterwards, it was a great sportsmanship and both sides are to be congratulated on presenting a strong debate,” said Mr Owen.

While this brings to an end the campaign for the QHS year 9/10 Debating Team. However, we are hoping that we may be able to get a member selected for the team to go to Regionals in Sydney.”

Congratulations to all involved.

Inter-Zone Debating Finals

Year 12 QHS student Gemma Hawkins is ecstatic to once again have been selected to participate in the Schools Spectacular in Sydney in November. This year’s theme for the event is ‘STARS’.

Gemma has been chosen to be part of the Hunter Signing Choir, and will commence rehearsals in Newcastle and Sydney in Term 4. "The Choir are very flexible and understand I am undertaking my HSC, they post the rehearsal videos online which is great.”

This will be the fifth and final performance with the Choir for Gemma, who enjoys hanging out with her friends and the scale of the event, which features over 5,000 performers.

“It’s such an impressive production to be part of, its large scale and seeing it all come together is awe-inspiring, as is being on stage during the performances,” said Gemma.

The bubbly 18 year old who was born with moderate to severe hearing loss - and currently wears two hearing aids - jokes there are perks to her condition: including that she can remove her hearing aids at night and not hear any traffic or her dad’s snoring in the other room!

Congratulations Gemma on another selection to represent all those with hearing impairments and our school, we are very proud of you.

WELDING WONDERS

QHS Year 9 students, Madison Potter and Piper Sampson have created this fantastic BBQ to top a fire pit. Under the guidance of teacher Mr Miggins the students designed, planned and constructed the BBQ, which included welding wrought iron - which, gives a ‘grain’ resembling wood visible when it is etched or bent. Wrought iron proved tough, malleable, ductile, corrosion-resistant and readily welded by the talented duo.

"It’s been great to work together on this project and we look forward to testing it, by cooking up some bacon and eggs,” commented Madison. Well done students, you should be rightly proud of the standard of your work.
Legacy Week is a time when Legacy sells its iconic badges and other merchandise to raise funds for the vital work it does for families of veterans. Legacy Week is always the first week of September and has been held since World War II. Quirindi High School SRC has a proud tradition of volunteering each year to support our local Legacy branch.

Last Friday, our Junior SRC Representatives, Grace Hutchins, Lily Owen, Paige Sevil, Zach Hamblin, and Darcy Robinson took time out from their school day to volunteer their services to the Quirindi Legacy Branch. Students visited businesses along George Street offering a variety of Legacy badges and merchandise for sale. The businesses of Quirindi were very supportive of this worthwhile cause, as were the general public who stopped the students along the George street to support Legacy.

A special thank you must be extended to Kerry Challenger and staff from Sugar Plum Tea and Coffee House who generously provided the students with a delicious ice cream sundae on this particularly hot Spring day. Their kindness and generosity was very much appreciated, as well as their support for legacy. Thank you to the Quirindi Legacy Branch for their ongoing support of Quirindi High School.

The QHS Boys 15s basketball team travelled to Tumut on Wednesday September 11th and faced a well drilled Tumut High School. The boys were defeated 103-31. Their opposition were just too good on the day and came out strong from the first whistle.

The QHS Boys played hard, never gave up and improved as the game progressed.

The team enjoyed a great night at their accommodation and it was so good to see some green grass and water for a change. Coach, Mr Cody Beresford said the trip was well worth the enormous effort and overall it was a great learning curve as the young team now know what level they need to reach in the future.

Congratulations to Levi Allan, Keenan Davis, Liam Durie, Ben Slattery Saunders, Eric Peatling, Daniel Robertson and Tom Parsons. Thank you to Teacher Mr Cody Beresford and parent Mr Adam Davis for taking the team on such a rewarding journey - it is much appreciated.
Term 3 Parent Teacher Night is scheduled for Tuesday September 24th from 4-7pm for all Year levels.

To book an interview:
1. Go to the parent portal and login https://web1.quirindi-h.schools.nsw.edu.au/portal/login
2. Click on the interviews button and select the Parent Teacher Night.
3. For each teacher click “Select Timeslot” and choose a timeslot or click “Not required” if you do not wish to see that teacher. Timeslots that are greyed out are unavailable.
4. Click “Confirm Appointments” to confirm your selection.

Please note: If you do not have a login please contact the school to arrange a login on 02 6746 1177

QHS has a long tradition with athletic excellence, and last weeks Combined High Schools State Athletics finals at Homebush in Sydney, again proved fruitful. Seven students headed to the big smoke to compete in the State finals, with great results, listed below:
- Georgie Auld – competed in the 16 yr girls 400m to place 9th and was invited into the 4x400m relay as part of the North West Team – placing 4th in the state.

Georgie, is one of several QHS students who has qualified for State level for Athletics for many years, achieving many placings - including, placing fourth in the 800m when she was in Year 7. She was especially delighted to have been asked to join the North West team this year for the 4x400m – the team were thrilled to place fourth in the event.

“1 really enjoy athletics for the fitness it brings and setting personal goals in regards to outcomes. It’s also terrific to be part of a group of successful athletes from Quirindi High School and I would to thank my sports teachers at school and Ab’s Ranken, my family and supporters,” said Georgie.

Outstanding fellow athlete, Molly Elford – competed in the 15 yr girls 90m hurdle and 200m hurdle - Molly placed 11th in the 90m hurdle and 7th in the 200m hurdle. Up and coming, Jayden Etheridge – competed in the 12 yr boys long jump and High jump – placing 18th in long jump and 17th in the High jump.

Year 8 student, Aaron Frost Guider – competed in the 14 yr boys high jump, placing 10th.

Proactive student, Bridie Douglas – competed in the 13 yr girls discus and javelin, placing 9th in discus and 13th in javelin.

Always focussed, the 16 girls relay Team members – Caitlyn Etheridge, Lacey Newcombe, Georgie Auld, Molly Elford competed to place 9th.

Dedicated sports star, Caitlyn Etheridge – competed in the 16 yr girls 100m, long jump, 200m, 400m and 100m hurdles – placing 9th in 100m, 5th in long jump, 11th in 200m, 13th in 400m, 7th in 100m hurdles, and was invited to participate in the triple jump to place 11th.

Caitlyn also competed in the Team relay placing 9th - participating in 7 events over 3 days, achieving a Personal Best in every single event.

“It was a blast as I love athletics so much. Thank you to our coach Abs Ranken and all the parents for their ongoing support. I’m focussed on the future and really proud of how we all did,” concluded Caitlyn.
Recently, QHS celebrated the end of 2019 Book Week with a fabulous spread of delicious treats and a whole lot of fun centred around learning. Thanks to the hard work and creativity of QHS Teacher Librarian, Mrs Owen, students and staff were encouraged to participate in today’s Book Week Cafe in the Library during lunch. The Cafe - which embraced this year’s theme ‘Reading is my Superpower’ offered participants the opportunity to sit down to some delightful treats whilst reviewing some of the fascinating new books on offer in the QHS Library. During the Cafe, Grace Hutchins and Lukas Sutton-Large won the lucky door prizes for finding special bookmarks in their chosen books. Morgan Green and Kelsey Hawkins were the winners of the My Favourite Book Competition. Both students received a book, kindly donated by Tamara Rogers, the NSW Premier’s Reading Challenge State Coordinator, and some chocolate pencil treats. Mrs Craswell, also received a prize for her Favourite Book choice. The Book of the Year for Older Readers Competition was won by Charde Bobbine. Charde has won a copy of the winning book, ‘Between Us’ by Clare Atkins - and will receive her book when she has completed her Trial HSC exams.”

“Thank you to all the students and staff member, Mrs Valentine, for taking the time to visit the Library and enjoy some Book Week feasting and reading. It’s great to see that ‘Reading is a Super Power’ for students and staff at QHS,” said Mrs Owen.

Well done to all attendees and a big Thankyou to Mrs Owen for sharing not only your passion for reading and the empowerment that comes with absorbing newfound knowledge, but also your talent with cake making!
**SELECTIONS complete**

Year 10 Students met with teachers to finalise their Senior Subject selections.

Well done to all students for being so prepared for your interviews and for planning so well for your future.

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**Vietnam Veterans Day**

Today marks the commemoration of Vietnam Veterans Day. Australia's most significant battle was the Battle of Long Tan which happened on this day in 1966. Quirindi High School Captains and SRC member Molly Owen participated in the ceremony with:

- Joshua Redgrove (Vice Captain) reading the prologue.
- Josephine Saunders (Vice Captain) reading the Prayer for the Fallen.
- Angus Nicholls (Captain) reading the Prayer for the Nation.
- Bridget Swain (Captain) reading the Prayer for the Queen.
- Molly Owen (SRC member) singing the National Anthem.
- SRC coordinator and teacher, Chris Owen, laying the wreath on behalf of Quirindi High School, and Josh Redgrove laid the wreath on behalf of the Liverpool Plains Shire.

Congratulations to our Quirindi High School students and staff for representing all of us on this significant occasion as we remember and honour those who have served for us.

Thank you also Mrs Owen for the words and photo of the ceremony.

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**Gamilaraay word of the week**

Thank you students Nathan Evans, Georgie Auld and Lillie Clark for presenting the QHS Gamilaraay Language - 'Word of the Week' all the way from AgQuip.

The Hospitality students were busy serving delicious Santa Gertrudis steaks at this year’s event and decided to associate their Gamilaraay word with their excursion, thus, today’s word is ‘DHIIDJUUL’ meaning ‘PIECE OF MEAT’.

Well done to all students and teachers. Until next week… ‘Yalaau’

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Thank you student Lachlan Tickle (pictured with Clontarf Academy Director Marcus Thomson) for presenting the QHS Gamilaraay Language - ‘Word of the Week’, last week.

This week’s word is ‘GIDJAA’ which, is Gamilaraay for the word ‘ANT’. "Language is the expression of our culture and our land. We cannot describe our culture and our land if we do not have language," said QHS Aboriginal Community Liaison Officer, Megan Outerbridge - in this the International Year of Indigenous Languages.

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The Quirindi Branch of the CWA are continuing their mammoth effort of sorting and distributing much appreciated Drought Relief donations for the community - including donations to QHS.

Recently the local organisation donated dry food items, which were gifted to QHS students to take home to their families. The items were very popular and appreciated by students. The local CWA also worked with Mary Pengilley and Jodie Stanbrough from Challenge Community Day Choices to sort and prepare pamper packs for attendees at the upcoming ‘Mum and Me, High Tea’ next Wednesday evening for Year 11 and 12 girls and their mothers.

Thank you to our local branch of the CWA and Challenge Community Day Choices for their generosity and support.
All year 10 QHS students are encouraged to apply for outstanding Scholarships on offer by local group ‘Farming for Kids’ – each scholarship is valued at $5,000.00. Farming for Kids, in partnership with the Quirindi High School, is offering the $5,000 scholarships to support students achieve their ambitions in their chosen field of education and future career.

The Scholarships are:

*Dream Believe Achieve* - The Dream Believe Achieve Scholarship has been established to help students from the Quirindi High School achieve their educational and future career goals. The aim is to broaden opportunities available to students and offers students a way to move forward with their goals and take the next step in their career path.

*Agriculture into the Future* - The scholarship is designed to support students attending the Quirindi High School gain the skills necessary to become active members of the agricultural community.

Application forms for the two scholarships, are available on the link below – also a copy of both scholarships were hand delivered to students on Monday – if they were not at school - copies will be posted out. All applications must be signed by the Principal Mr Worley, include a reference from a teacher and a copy of their most recent school report.

***Applications Close at 3.00pm on Monday 23rd September 2019. It is the applicant’s responsibility to submit the application by email to info@farmingforkids.org by the due date. If any student has questions regarding the application process please contact Ms Alden in the Media Office. Thank you to Mr Harries and Mr Hamilton for your assistance in supporting Year 10 students through this application process for these outstanding scholarships. Thank you ‘Farming for Kids’ for these amazing scholarships – giving our students the assistance to pursue their educational goals. [https://www.farmingforkids.org/scholarships.html](https://www.farmingforkids.org/scholarships.html)

NIAS (Northern Inland Academy of Sport) held their first Academy Awards night for 2019 recently. The Awards Night recognizes the achievements of local athletes. QHS would like congratulate three of their outstanding students. Congratulations to the winners-

Athletics: Most Dedicated: Georgie Auld
Basketball: Girls Most Improved: Jamiah Hunt
Athlete of the Year: Basketball: Keenan Davis

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**FARMING FOR KIDS SCHOLARSHIPS OPEN**

**HEALTHY EATING**

School canteens set the tone for healthy eating across the whole school as students learn by experience. At QHS, when students are taught about healthy eating in the classroom, it aligns with what can be purchased in the school’s canteen.

Thank you to our school staff for making healthy eating the easiest choice for our children.

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The QHS Clontarf Academy headed to the bright lights of Sydney for the Annual Ross Kelly Cup rewards excursion, last week. This carnival is a highlight on the annual calendar - Academy members must ensure their attendance, behaviour and schoolwork are maintained to a high standard all year in order to be eligible to attend. Students were treated to a dinner on arrival at Luna Park with NRL special guest Phil Gould imparting wisdom to the boys throughout the night as well as many other guest speakers. The next day, Quirindi and Narrabri joined forces to play in the Ross Kelly Cup Carnival.

“It was amazing to see such quality Rugby League as well as positive Clontarf values displayed throughout the event. Quirindi were also lucky enough to be involved in a partners visit to Fox Sports while they were in Sydney. A great experience for all,” said Aaron Sampson from the QHS Clontarf Academy.
The QHS Open Boys Touch team are home after some intense, fast-paced, top level football, as expected when playing at such a high level as the State Finals. The dynamic team, which consists of: Dylan Smith, Sam Fechner, Stevie Smith, Ben Sharp, Wade Picton, Riley Richardson, Riley Medway, Levi Allan, Luke Quigley, Lachie Bradfield, Hudson Shaw, Sam Palmer and Angus Nicolls – is supported by Coach Mr Wayne Harris and Team Manager Mr Greg Chambers. In the State Final rounds - QHS went down to Warners Bay 6-2, tied with Castle Hill 6-6, went down to Young 5-2 and went down to Orange 11-2. “The competition was fierce and the boys kept themselves composed, and gave it their all for every match. We are exceptionally proud of our team and the level of competition they attained. QHS is a small regional school and to come up against schools triple our size is a remarkable achievement,” said Mr Chambers.

“We came into the competition ranked third and it’s been a great way for our Year 12 students to finish their representative Touch Football for the school. Every student tried very hard and played with great spirit. We have some talented younger players and look forward to next year. Congratulations!” said Coach Mr Wayne Harris. Outstanding effort team – we are proud of each and every one of you!