

WEDNESDAY FEBRUARY 19TH 2020 QUIRINDI HIGH SCHOOL Newsletter



Term 1 - Week 4



QHS HOUSE Captains 2020

Congratulations to all QHS House Captains on your appointment to the role. As school leaders, we look forward to seeing you embrace your position in the year ahead, especially in coordinating your teams and peers at tomorrow's QHS Swimming Carnival.

2020 House Captain representatives include: Cunningham: Georgie Auld, Heidi Campbell, Montanna Bright, Sam Avard and Cody Burgess. Liverpool: Luke Fechner, Alicia Forsyth, Kelsey Hawkins and Ben Foody. Oxley: Tyra Nean, Nicole Rea, Caitlyn Petersons, Amber Perrett, Zara McCarthy and Brodie Nankivell. Taylor: Paige Ryan, Lachlan Sevil, Absent: Chloe Symington and Phoebe Roberts.

PRINCIPAL'S MESSAGE

I was in Sydney over the last 2 days completing some course work for the Masters of Instructional Leadership I am enrolled in. Being a student again is an interesting experience. Managing the workload whilst also working fulltime and having a family does start to add a bit of pressure into the mix.

It has caused me to reflect however on the supports that Quirindi High School has in place to support our students as they move through their schooling. One of the areas we pride ourselves on is creating pathways designed students, not forcing students into school decided pathways, particularly in the later years. As a school, we are dedicated to investing time into planning for students, mentoring them in their senior years and helping them build the bespoke pathway that they desire.

It is true that there are many compulsory components to gaining the award of an HSC and/

or an ATAR. Our focus is on the end point. We know that every child has a different life goal. That some are focused on the academic path while others want to work or develop skills in a trade. We encourage students to follow their passion. We pride ourselves not on the results students achieve-which are outstanding-but on the path they follow after school. *Have we helped this students get to where he or she wants to be? Have they found that job, gained that university entry, found the apprenticeship, developed successful life skills that will allow them to be an active, productive and caring member of society? These are the questions we pose to ourselves as a school and the answers to these questions are how we measure our success.*

Ian Worley - Principal



RESILIENCE PROJECT LAUNCHES



OLYMPIAN SAM WELLS VISITS



BOUNDARY ROCK EXCURSION



ONSTAGE ONTOUR



YEAR 7 AND 11 KEEPIT BOUND

QUIRINDI HIGH SCHOOL

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A GEM AT QHS

This week, Quirindi High School are rolling out a GEM of a project. The Resilience Project embracing: *Generosity. *Empathy. *Mindfulness.



The project will offer students positive mental health strategies in an emotionally engaging program with practical strategies to enhance their resilience and happiness.

The project is a pilot for the Liverpool Plains in partnership with the Hunter New England and Central Coast Primary Health Network.

Aimed at helping students feel happier and improve their overall wellbeing as well as providing them with tools and skills to help them thrive at school and in their personal lives, the lessons in The Resilience Project are focussed on four key strategies:

1. Gratitude The act of being thankful and appreciating what you have in life.
2. Empathy (Kindness) empathy is the capacity to understand and feel what another person is feeling. Did you know, every time you do something kind for someone else, your brain releases oxytocin?
3. Mindfulness is the practise of attention regulation.

This project offers students Emotional Literacy and gives them the opportunity to: develop their ability to understand and express emotions,

practise recognising their own feelings and learn ways to positively manage their emotions.

Emotional literacy skills help students to be able to: Cooperate, manage conflict, make friends, cope and be resilient when dealing with change.

"By recognising and managing their feelings, students can better manage stress, set goals and plan for the future, increase feelings of connectedness to school and their peers and increase feelings of acceptance from peers and teachers," said Head teacher Wellbeing, Mrs Saunders.

The Resilience Project curriculum has been produced to align with the Australian Curriculum standards and frameworks.

At rollcall, students will complete a variety of activities that introduce them to the Resilience Project key pillars of Gratitude, Empathy and Mindfulness.

The activities will give them a chance to practice these concepts, individually and in groups. Students are encouraged to develop habits of practicing these concepts on a daily basis outside of the lessons.

SEEING THE BEST ONSTAGE IN SYDNEY



Under the tutelage of QHS Teachers, Miss Cooper and Mr Turner, 12 students made the journey to Sydney last week to view the absolute best in live performances of OnSTAGE at the Seymour Centre.

Last Friday, the group headed via train from Quirindi to Central Station Sydney, booked into their accommodation at the YHA near Central Station, before heading to Darling Harbour for sightseeing, dinner, a game of laser tag and some shopping.

On Saturday, after pancakes at 'The Rocks' for breakfast, the group made their way to the Seymour Centre for a series of performances of OnSTAGE.

The event included two programs of outstanding Drama performances from the 2019 Higher School Certificate, delivered by the NSW Education Standards Authority and the NSW Department of Education.

The exemplary individual projects were well received by the QHS students, who enjoyed seeing a showcase of the best HSC drama works from 2019.

"The students were able to see design elements, undertake critical analysis, and view individual and group performances. This was an excellent opportunity for them to witness first-hand the standard of the work produced - and provided them an opportunity to assess their capabilities

against these benchmarks for their own HSC works," said teacher, Miss Cooper.

The students enjoyed looking at costume, set and promotion designs, they viewed engaging and entertaining theatrical pieces and enjoyed discussing and analysing their responses to the work.

Sunday saw the inspired group return from Sydney via bus.

Thank you to our outstanding teaching staff for ensuring our students access to the absolute best performances in their chosen field of study. This opportunity also offered students a taste of city life.



Recently, eight year 11 Quirindi Clontarf Academy Members attended a gathering at Boundary Rock, an Aboriginal (Gomeri Nation) sacred site situated in the Daruka

Hills outside of Tamworth. Hidden high in the Moonbi ranges, Boundary Rock holds treasures from our region's heritage, and the mountains conceal pieces

of priceless Aboriginal rock art that have been part of the landscape for more than 500 years.

Before entering through the gates staff sat the boys down and spoke to them about what this site represents and means to the wider Gomeri community - each individual academy member showed a positive attitude and respect to the land.

"The purpose of this gathering was to engage the boys to yarn with each other and to plan out what expectations and aspirations they want to put in place for themselves for the remainder of their secondary schooling - and where they would like to go as a group for their year 11 Clontarf trip," said Aaron Sampson from the QHS Clontarf Academy.

This pledge gives them ownership throughout the year, assisting them to stay focused on their expectations and more.

What a fantastic experience for all involved.



SCHOOL COUNSELLOR

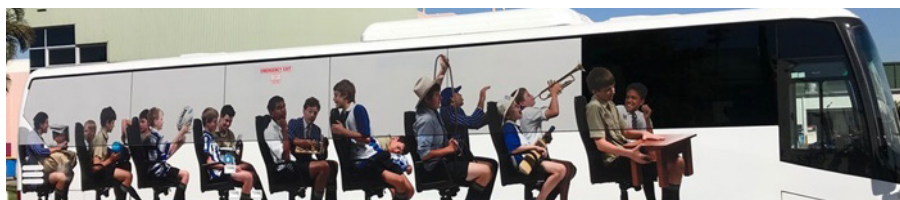
Quirindi High School Counsellor, Linda Berthon is in the school on:

* Monday's, Tuesday's and Friday's.

Linda, has qualifications in psychology and school counselling, and a background in secondary teaching.

As a member of school Learning and Support Teams, she is involved in programs that enhance the wellbeing of all students in a school or year group.

Students can ask one of their teachers to make an appointment on their behalf to meet with Linda, or they can speak to the front office staff to arrange an appointment.



2020 Bus Pass Moratorium Period Change Local Bus Companies wish to advise parents of students who are either applying for free travel for their children for the first time in 2020 or needing to update travel details (including moving from Year 2 to Year 3 or Year 6 to Year 7, changing address or changing schools) that the school free travel moratorium period, previously 8 weeks has now been reduced to 4 weeks at the start of each school year.

We encourage parents to make their applications early or update details with Transport for NSW to avoid being charged for travel. Students who do not have a valid 2020 bus pass by 25 February will be required to pay the normal daily fare until such time as a bus pass is issued by our office.

Bus passes will be issued to students on the bus the first time they travel after eligibility is confirmed to our office by Transport for NSW.

The following links provide information for parents regarding the application process. If you have any questions regarding the above or School Free Travel in general, please don't hesitate to contact Howards Bus & Charter Pty Limited on 6546 6178.

SCHOOL BUS PASSES FOR 2020

The School Student Transport Scheme (SSTS) provides eligible school students with free or subsidised travel from home to school.

The scheme includes:

- Free travel to and from home and school on approved services during the school term.
- Discounted travel on buses between home and school with a School Term Bus Pass.
- Subsidised travel to and from school in private vehicles in areas where there is no public transport available.

Please see the link below on how to apply: <https://apps.transport.nsw.gov.au/ssts/home#/howToApply>



Keep'n it Real





Last Wednesday 92 QHS students and five staff ventured off into the wilderness and wild of Lake Keepit.

The students were split into four groups, that throughout the next two and a half days would participate in a variety of different activities including; Keepit Komando, Rogaining, Monkey Climbs, Kayaking, Archery and my least favourite the Giant Swing. Students and staff were put out of their comfort zones testing their teamwork skills, patience and resilience.

The Year 7 students got to socialise and build friendships with students that they had not yet had the opportunity to spend quality time with. The Year 11 students showed great leadership, guiding, comforting and encouraging the younger students over the few days.

It was amazing to see the friendships grow and strengthen over the few days and sets a great foundation for friendships over the next six years. Students will be able to look back on the activities they participated in, in the future and use it as motivation to get through tough tasks of high school and life.

Thanks for a great camp - Miss McInnes



LIBRARY LOVERS DAY

QHS Librarian Mrs Owen has been working hard and arranged a number of Blind Dates in the Library on Valentine's Day. This year's theme is Uncover Something New.

Students and Staff who were looking for love enjoyed a date with a book in the library during lunch time..

Some "uncovered something new" and found their true love of reading!

While there, students and staff "uncovered" the reading loves of some of our staff. Some were inspired to find their love from one of the other staff members!

A love of reading is a life long pleasure.

Great work Mrs Owen!



2019 year 12 student and Vice Captain, Josie Saunders attended a law session at NewSpace (The city campus for the University of Newcastle) today. The talented youngster, who is undertaking a combined degree of Bachelor of Law and Communication, was given a tour of the precinct and watched a mock legal case today and will commence her readings this week before classes next week.

"I am definitely nervous but excited, it's great to be here," said Josie.

Any of Josies' Year 12, 2019 peers who would like to post a pic and few words about – what you are up to now – please do so to this post, so we can all cheer you on.



QHS JOINS ARINYA ZONE

QHS is now in the Arinya Zone and students will have to trial to be placed in the zone team first to be able to attend the North West trials. Zone trials dates will be available throughout the term.

Schools in the Arinya Zone include – Barraba CS, Farrer, Manilla CS, Oxley, Peel, Tamworth, Walcha and Quirindi.

Parents/Carers are reminded that if a student is traveling by private car they must fill out a "permission to travel in a private car" note, separate from the attendance permission note. They also must provide a copy of the insurance of the car they will be traveling in. This is a DET requirement.

Thanks - Mrs Elizabeth Saunders



Olympian, Samantha Wells spoke to students from Quirindi High School today.

"When goal setting, write down what you want to achieve, then break it down into smaller achievable pieces and then break it down further into everyday goals," said the award winning aerial skier, who lists Vegemite as one of her favourite foods.

When asked a question about equity in sports, Sam responded, "Women in sport opportunities are better now than previously."

"Financially we are equally paid across the board in the aerial skiing community, and funding available is dispersed equally. I didn't find any discrimination in my sport and nowadays there is a lot of support for women in all sports in team management, coaching, event management as well as participation in sport."

Samantha attended today as part of the 'Olympics Unleashed' program - taking Olympians and NSWIS Athletes into New South



Wales schools to inspire and motivate young Australians ahead of Tokyo 2020, and beyond.

"My annual training included over 3000 jumps with skis on into the pool in summer months and over 1000 winter location jumps as well as physio, stretching, weight and cardio training and eating healthy foods. I trained my mind as much as my body and stayed focussed on my university degree as well as my sport," said Samantha who holds a degree in the Health Science field including Sports and Health promotion.

Samantha encouraged students that, if we adjust our attitude to positive you can achieve anything.

"When you have a good attitude, you are more likely to attract a positive team around you. A positive team can help you achieve your goals. It's very important to have a cohesive team and cheer your peers on."

A former gymnast, it was an injury that led

Samantha to take up aerial skiing.

"I was layed up with an injury and my Dad handed me flyer on how to become an aerial skier, it combined my love of flips and skiing, So I was hooked."

Samantha made her second Olympic Games in Pyeongchang after making her debut four years earlier at the Sochi 2014 Games.

Wells has won two individual World Cup medals having claimed silver in Deer Valley in early 2016 and bronze in Beida Lake at the end of that year.

She went on to place 10th in the 2017 Sierra Nevada World Championships in Spain and rounded out 2017 with two strong results in China, making both finals to claim 5th and 6th.

Students and teachers alike asked some great questions today and QHS Sports Captain Lillie Clark thanked Samantha Wells for attending today.

What an opportunity!



Combined High School Sport (CHS) Knockout 2020

NORTH WEST TRIAL DATES

BOYS

SPORT

Opens Basketball
15's Basketball

TEACHER/coach

Cody Beresford
Cody Beresford

DATES – 1st round to be played by:

R2 14/2 v Gunnedah @home
R2 – 31/7 – play winner of Coonabarabran and Coonamble
R1 – 8/5 v Coonabarabran @ Away
R2- 8/5 v Gunnedah @ Away
R2 – 8/5 v Gunnedah @ Away
R2 20/3 v Gunnedah @home
R2 15/5 v Tamworth @ Home

Rugby League opens
Rugby League U14's
Soccer
Touch
Lawn Bowls Mixed

Greg Chambers
Greg Chambers
Peter Roberts
Wayne Harris
Lindi Owen

GIRLS

Opens Basketball

Cody Beresford

Gala day R1, 2 and 3 – 8/2 schools – Tamworth, Peel, Narrabri, Gunnedah and Quirindi

15's Basketball

Cody Beresford

R1 and 2 gala day – 14/8 v Coonamble and Coonabarabran

Netball Opens
Touch

Angela Eykamp
Wayne Harris

R2 – 29/5 v Gunnedah @ Home
R1 – 20/3 v Tamworth @ Home

Netball 15's

Angela Eykamp

R2 – 31/7 v Gunnedah @ Home

League Tag

Greg Chambers

TBA

Lawn Bowls Mixed

Lindi Owen

R2 15/5 v Tamworth @ Home

SPORT

TEACHER

NORTH WEST TRIAL DATES

Volleyball

M Turner

17th Feb – Boys and girls volleyball trials @ Armidale UNE. Entries close 10th Feb

Open Basketball

C Beresford

24th Feb – Boys and girls open basketball @ Tamworth sports dome. Entries close 17th Feb

Swimming

Parental supervision

3rd March – North West swimming @ Armidale pool. Entries close 20th Feb. swimmers must make qualifying times. CHS – 1st April – 3rd April Homebush Sydney

U15 touch football

Parental supervision

9th March Inverell

Rugby Union

Parental supervision

16th March – Open boys rugby union trials @ Farrer High. Entries close 9th March. Must have completed a "permission to play Rugby" form to hand to coordinator on day of trial.

Winter trials – Open boys Rugby League, 15's rugby league, open girls netball, open boys and girls soccer

Liz Saunders

27th March – North West winter trials @ Armidale UNE. Boys trialling for rugby league must complete a "permission to play League" form to hand to coordinator on day of trial.

Golf

Parental supervision

9th April – Golf @ Tamworth golf club. 18 hole individual stroke event. Must possess a handicap and a Golfink card.

Lawn Bowls

Parental supervision

8th March – South Tamworth bowling club

Open boys and girls touch football

Wayne Harris

11th May Inverell

Boys and girls squash

Parental supervision

12th May Tamworth

Cross country

Parental supervision

12th June – Mullaley. CHS 23rd July Eastern Creek

Athletics

Liz Saunders

31st July Tamworth ALEC arena

Greg Chambers

Boys Cricket

Parental supervision

24th September Tamworth Farrer High

Girls Softball 2021

Parental supervision

4th November Tamworth

educational excellence in a country atmosphere





Student POOL & GYM ACCESS IN 2020

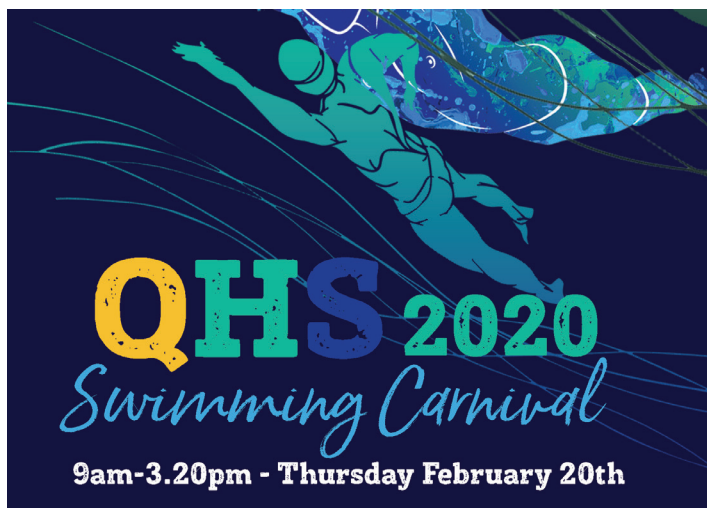
Quirindi and Werris Creek Swimming Pools and Plains Fitness access 1st of January 2020 to 31st December 2020 Student Access

- Access to the swimming pools in Quirindi and Werris Creek is available to students enrolled in NSW Government Schools in the Liverpool Plains Shire through the combined schools' arrangement.
- All students who are 10 years and older will need a student card to access the facilities. This card must be presented for entry.
- Students under 10 years of age will not need a student card as they must be accompanied by a responsible person. The student is still covered for entry under the

scheme.

- Only Quirindi High School Students have access to the Plains Fitness Centre. Students must present their student card to gain entry. Students must be 16 years of age to use the gym area or part of a PE/sports group with teacher or Plains Fitness staff supervision. Students under the age of 16 are free to use basketball court, squash court or to take part in most group fitness classes.

- Access to the facilities may be cancelled at any time if behaviour is not deemed acceptable by the facility's management. Any cancellation will be communicated to the respective school.



Incoming, Hunter North West, Regional Manager for The Clontarf Academy is visiting QHS today. Dan Lewinski, who hails from Newcastle was formerly the Regional Manager for Hunter North West based in Dubbo, but stepped into his new role this year. Dan - on the left - is pictured with QHS student Ben Sharp and Head of the QHS Clontarf Academy, Marcus Thomson.

"I have only been in this role for a short amount of time. I can't wait to work with Marcus and Aaron here at QHS as I have heard great things about the continued growth at QHS and its exciting to support them," said Dan, who continued having strong, positive leadership and connected students like the ones at QHS makes his job all the better.

"The connection the QHS Clontarf Academy has with the students and local communities is terrific

and I'm looking forward to meeting lots of great people here today." Welcome Dan, have a great time at QHS!

QUIRINDI HIGH SCHOOL 2020 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

Camel Races & Markets

Saturday March 21st 2020



What's on...

20 February 2020

QHS Swimming Carnival 9am-3.20pm

25 February 2020

QHS P&C Meeting 6pm

26 February 2020

Yr 11 Parent Information Evening (Study Skills & Assessment Support)

27 February 2020

University Showcase

3 March 2020

Year 6 Taster Day 9am - 3pm Health Careers Forum

4 March 2020

Aboriginal senior girls Wollotuka Visit

10 March 2020

Partner School meeting

16 March 2020

Tutankhamun Roadshow

17 March 2020

Science & Engineering Challenge Year 7/8

18 March 2020

Science & Engineering Challenge - Year 9/10

19 March 2020

Year 7 Immunisations

20 March 2020

Aboriginal Dance Workshop

21 March 2020

Quirindi Camel Races

22 March 2020

Stage 6 HSIE Excursion

30 March 2020

Gamilaraay Language Camp

3 April 2020

Yr 10 Meningococcal Vaccine

8 April 2020

Year 7 - 12 Parent Evening

10 April 2020

Good Friday - Last day of Term 1

Term 1 2020

Wk 1 B Jan 29 - Feb 31

Wk 2 A Feb 3 - Feb 7

Wk 3 B Feb 10 - Feb 14

Wk 4 A Feb 17 - Feb 21

Wk 5 B Feb 24 - Feb 28

Wk 6 A Mar 2 - Mar 6

Wk 7 B Mar 9 - Mar 13

Wk 8 A Mar 16 - Mar 20

Wk 9 B Mar 23 - Mar 27

Wk 10 A Mar 30 - June 3

Wk 11 B June 6 - June 9