

TUESDAY APRIL 7TH 2020 QUIRINDI HIGH SCHOOL Newsletter



Term 1 - Week 11



A MESSAGE FROM OUR CAPTAINS

JOCK BARNETT

QHS captain, Jock Barnett, likes to start his school work early.

"I like to plan my workload the night before and get into the day early. I'm finding that is working best for me and I can pace my online learning through the day as the lessons fall."

Jock, recommends his peers head out into the fresh air for breaks and to keep fit doing an exercise routine they enjoy.

"Taking a break is important, it gives you time to be active and let your learning sink in. I like to take a ride on my motorbike, help around the house or fix some machinery."

While, Jock continued he'd rather be learning face-to-face at school, he's getting more familiar and accustomed to online learning. "I'm still getting used to online learning and at home, the internet can be good sometimes and bad other times, so it's still a work in progress."

The Year 12 student is undertaking studies in Mathematics, English, VET Metals, Industrial Technology Woodwork and Business Studies.

"I am focussing on my maths more at the moment and getting the harder subjects done first to get the stress out of the way for the day."

Jock, says he stays in contact with his peers online and via social media. "We get together and play computer games as a group for a bit of a brain break and to spend time together online."

For Year 12 students across the nation, the current situation has been a steep learning curve.

"We are all in the same boat and the teachers at QHS have worked hard to support us through this change and plan for our future learning and on behalf of the student body, I would like to say thank you."

Jock, hopes to get into the Army after school, but, his acceptance depends on his hearing tests, so he is also preparing for a future trade like Engineering.

"I would like to finish by encouraging everyone to keep talking to one another and keep supported. We can get through this better, together."

Thanks Jock for letting us interview for this article and for being such a positive school leader during what is an unusual time.

MIA CONSTABLE

Hello to all my fellow students, I'm sure at this stage we are all feeling the same emotions. Stressed, over whelmed and maybe even scared and that's definitely normal.

The situation we have been faced with is something no one could've seen coming, times are tough but we can and will get through this.

I know working from home is something we are not used to and it is definitely something we have had to adapt to very quickly. But through these scary times we need to be proud of ourselves and realise we are doing our best - and that's all we can do.

We also need to be thankful for our teachers. They have been reassuring us everyday that things will be okay and that we are not alone, they are working tirelessly to make sure we are not disadvantaged by these current circumstances. All our teachers have been faced with the same circumstances as us and it is not easy for them to over come this either, and just as I am, we should all be so grateful for them and their dedication to us.

Whilst working at home try and remain positive, take breaks as you normally would at school and step outside often to clear your head. This might not work for everyone but it is something I do when I am feeling overwhelmed.

I hope everyone is keeping safe and settling in to their new working environment, remember you are not alone and we will get through this together.

Here's a little quote I'm going to leave with you all, it helps remind me that no matter what you're faced with a positive attitude can change that situation. "Happiness can be found even in the darkest of times, if one only remembers to turn on the light" - Albus Dumbledore



PRINCIPAL'S MESSAGE

QHS Principal, Mr Worley today offered thanks to all in our QHS community, plus an update on the current unprecedented learning situation due to the pandemic.

"Thank you so much as a school community for helping us get established for whole school online learning. We are living this with you - as parents, teachers and staff - we thank the entire QHS community."

In and presentation, Mr Worley outlines how, the staff at the school are working to get the online resources up for students and simultaneously upskilling themselves to access the best possible resources and online tools.

"All students have been sent an email with every teachers email address and can contact their teacher or the school direct if needed. The school is currently open and students at school are working on the same work as students at home - as all QHS teachers and staff make sure students are progressing through a quality learning platform."

Thank you for supporting QHS and the QHS community through this unprecedented time and keep being kind and communicating with one-another.

Keep your eye out for the twice-weekly updates via video link.

Ian Worley - Principal

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RENEWABLE RECYCLABLES



Engineering in Society students have completed their project of electrical and mechanical engineering with Mr Miggins. The mechanical engineering aspect focussed on forces, gears and speed and the electrical focusses on alternative power – solar - and wiring diagrams and practice.

Students then gave Mr Miggins an assignment on renewable energy and then created their own vehicle out of recycled bottles, cane and wires.

"Students listened well and really enjoyed the involvement in the design and research – including solar panels and how to make something that can move and they really immersed themselves in the learning and the fun and they understood the aspects

Students get to keep their own work and they really enjoyed using the tools hacksaws, tin snips, hand tools and cordless drills and measuring.

Throughout the term Mr Miggins has been teaching Year 7 metalwork how to engineer solar powered cars.

"We have learnt everything from wiring components together to placing cogs on the correct way. Mr Miggins has given us amazing tips and ideas along the way and we are extremely thankful for all his help," said student Bronte.

"We have all enjoyed adding extra parts and accessories to our cars each week. We cannot wait for the next lesson," continued student Evie.

*Please note, pic of Bronte and Evie – with their Year 7 Metal work project, was taken prior to official social distancing.

PREPARING AHEAD

Like many teachers at QHS Science teacher, Mr Roberts is busy preparing ahead with teaching resources - including recording and uploading lessons to the internet for Senior students.

"Some of our students have limited internet coverage and the large amount of data in classes may be too much for their server, so we are planning ahead loading lessons to stream from the internet to use less data. We are all learning new techniques and options as we embrace online lessons and learning."

Great job QHS always thinking!



CUPBOARD OF CONSIDERATION

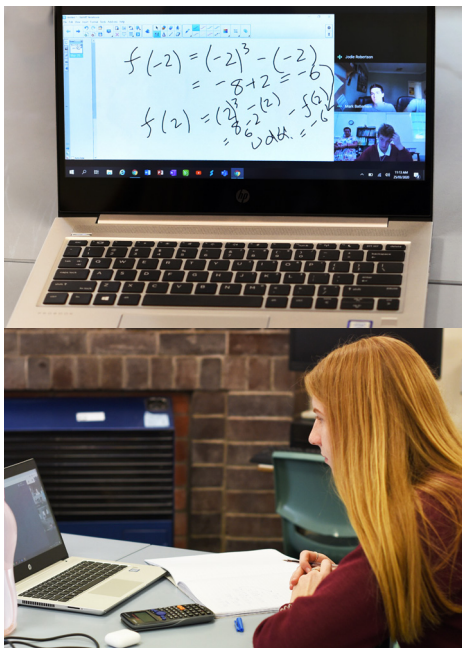


Year 9-10 Hospitality QHS students recently created from the cupboard' under the guidance of teacher and Head Teacher Girls, Mrs Lawson. "We spoke as a group on how we can support locals during this time of extra demand on food availability - due to the flow on effects of the pandemic - and students decided they wanted to make something from supplies already in the school pantry. They did this as they elected to leave available food at supermarkets for other members of the community," said Mrs Lawson, who was impressed with the students consideration, unification and creativity.

"Students wanted to not only learn baking skills, but they wanted to have fun as well, so they decided to get creative with cupcakes. It was terrific to see them all so engaged and supportive of one another," continued Mrs Lawson who added... "We should be very proud of our students, their consideration for others, unification in their task, and wisdom in utilising products from our pantry is commendable, they did all of this and had great fun while doing it!" Well done students, great attitude and humility.



MATHEMATICAL MEETS



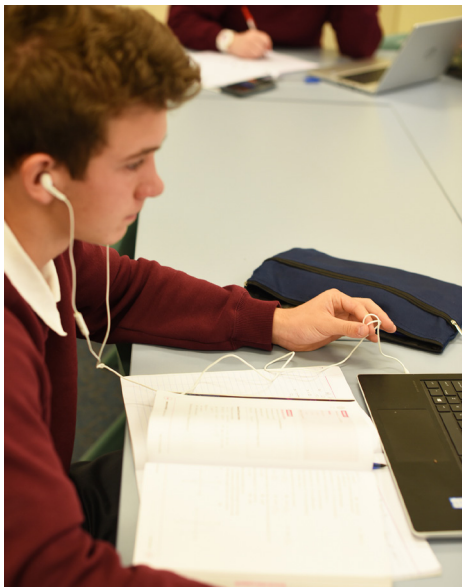
Students in Mrs Robertson's maths senior class met with her through google meets last week. The interactive software enabled virtual group learning for students located remotely at home and students in school to assist one-another and undertake live learning with their teacher.

"It was a great class to work with. The combination of using a graphing app and writing app as well as explaining concepts, using resource books, answering questions and ensuring all students are understanding the work was full of multi-tasking, but well worth the effort and experience to see progress of student learning," said

The software enabled unified and equitable learning through video conferencing, screen sharing and chat.

Well done to teachers and students at QHS for moving so fast to adapt to new methods of educational delivery.

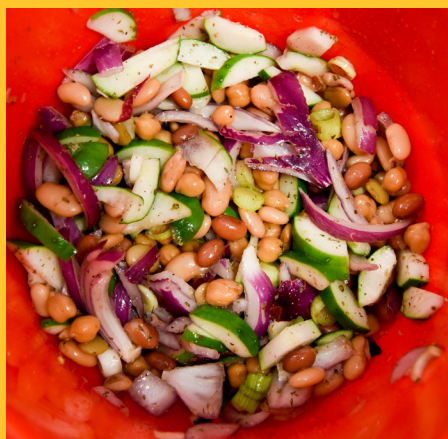
We thank all our teachers, our parents/carers and students for staying calm and focussed on educational excellence during this time of extreme change.



COMMUNITY SERVICE

During lunchtime 3 weeks ago, QHS students stayed focussed on health through humour as well as offering a school community service.

With Social distancing in schools enforced across the nation, to reduce the spread of germs, students today donned some clear indicators and shared social distancing policy with their peers.



HEALTHY HEARTS

QHS Year 9/10 PASS class - physical and sports science based class - students are currently undertaking a unit of study on the Cardiovascular System.

Students are researching the circulatory system, types of cardiovascular diseases and heart friendly foods through a sequence of self-paced lessons accessed through an online learning platform called Google Classroom.

Last week's lesson gave students an opportunity to put their learning into action by preparing a heart healthy lunch.

"Students worked in small groups to cook their dish and share it with their peers. Each student also undertook peer evaluation on their meal, and contributed to class discussion over lunch, on how their meal supports heart health," said teacher Mrs Sutherland.

The outcomes of this activity cemented the students' understanding and application of how best to eat for a healthy heart, as we all know, heart disease is a leading cause of death in Australia and throughout the world.

"It also adds an essential 'string in their bow' to their set of life skills they will walk away with upon completing their schooling and entering into the real world," concluded Mrs Sutherland.

AMESSAGEFROMOURVICECAPTAINS



Thank you Taylah and Liam for responding to our request for you to share your Home Learning environment. Please see below a message of support from our Vice Captains.

I'd like to speak on behalf of the student body in thanking all of the QHS staff and teachers for always going above and beyond and being so supportive of us students and keeping us on track as best as they possibly can in situations out of their control like these. We appreciate your dedication and efforts.

I never pictured completing my last year of school through an online classroom while practicing social distancing sitting 2 metres away from my sister at the other end of the dining table. I'm a little shattered that I can't be sharing this last year with my peers reminiscing the memories from all the years past and looking at how far we've come with school. Hopefully this will all pass sooner rather than later and we can get back to school and have the Year 12 experience.

To the student body, I hope you are all settling in well and keeping on track with your schoolwork from home. It is a steep learning curve for all of us, it's a huge change that we are not used to but showing resilience in times like these we can bounce back. We can maintain a routine and adapt to the new online learning by following the protocols set by school and completing the classes on your school timetable during the scheduled timeslots. While doing school a little differently it's allowed for us to explore above our limitations and discover new levels of learning capabilities. Remember we are all in this together, be

ambitious and keep thriving on your education.

To my fellow Year 12 peers, we've got this. I know this is not how we planned our last year of school to go. Look how far we've come, we have conquered everything that's been thrown at us. Despite the situation and the nerves we are all experiencing, just take things as they come and keep working towards our goals.

I wish you all good health through these crazy times and can't wait to see you all back at school.

Taylah Douglas - QHS Vice Captain

QHS contacted Vice Captain, Liam Faulkner, to see how he was travelling during this time of extreme transition and he said, while it had been a steep learning curve for everyone, he now feels more established in his daily routine of learning from home.

When COVID19 started to spread throughout Australia, Liam said the changes for him at school and in his day-to-day life happened fast.

"We all had to make the change to learning from home, and support one another as well. I'm currently finding I work best if I stick to the school timetable and also wait for work to come in from my teachers and complete it as it comes in," said Liam, who added... "For me, I've set it up so it's pretty much the same as what we do in the class, I encourage other students to find a routine that suits them and stick to it with support from their teachers."

The Year 12 student, said it was a confronting and unexpected way for he and his peers to be completing their HSC and he was also taking to technology in his role as a school leader.

"I've been skyping my peers, using



social media and making calls to discuss what we are learning and how we are all doing. It's really important to stay connected and on top of our work, so we're supporting one another in a digital way compared face-to-face."

Liam, who is studying, Mathematics, English, Business Studies and SBAT in Metal Fabrication and Welding did one day per week at TAFE in Year 11 and is grateful for the opportunity to continue his school based traineeship.

"I feel very fortunate to have local business Tamarang Engineering support me through my traineeship and at the moment, it's about balancing things and staying focussed."

Liam also encourages his peers to make sure they have set up the right work environment at home and seek support from their parents/carers and teachers.

"Some parents are also doing some work from and have been able to support their kids through this time, others are staying in contact with their friends and teachers and being supported that way. We are all in the same boat and we know our teachers and school are working hard to fully support us."

While he is focussed on his daily school work, Liam also added it's important to get outside and have a break.

"I head outside and hop on the motorbike and do some exercise at home, this makes me feel better as we all know our mental health is important, especially during this time."

When asked how he was feeling about the future, Liam said he was taking it one day at a time at the moment.

"Things change so fast. We are really focussing on doing our work and supporting one-another as we know it will balance out in the end. I just want to thank all the teachers, staff and parents who are assisting us."

"Thanks to the school staff for keeping up the drive for us to achieve and for students to just stay committed to their schooling. Use the time wisely and get the most out of this experience that you can."

Thank you Liam for taking time to share and encourage your peers, congratulations to all our students for embracing the change and in some cases leading the way with technology.

Liam Faulkner - QHS Vice Captain

Term 2 2020

Wk 1 A Apr 28 - May 1
Wk 2 B May 4 - May 8
Wk 3 A May 11 - May 15
Wk 4 B May 18 - May 22
Wk 5 A May 25 - May 29

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