

TUESDAY JUNE 23RD 2020 QUIRINDI HIGH SCHOOL Newsletter



Term 2 - Week 9



PRINCIPAL'S MESSAGE

It's hard to believe there are only two weeks left of term... and what an unusual term and time it has been - given the social distancing or COVID19 and the subsequent easing of the rules, we have all embraced online learning and the return to schooling in different ways. Through it all we have stayed united as a school community.

In response to the times, we have been conducting surveys to collect student and parent feedback - in relation to each family's experiences during the online learning. This will assist the school and teachers to help provide more support to parents and carers into the future. We are currently collating the feedback and will keep you updated on the outcomes.

Our one-on-one HSC Coaching continues to go well, with students encouraged to continue making the most of this amazing opportunity. Many schools don't offer this, so making the most of this coaching could make all the difference to student outcomes. Thank you to QHS HSC Coaching Coordinator, Mrs Stenner, for organising and overseeing this opportunity.

As a school, we recently reiterated to students the core values that form the heart of our school community. We spoke on respect, honesty, kindness, being mindful of others, and being mindful of how others treat you. It is an expectation at our school that we all reflect these qualities.

As Mahatma Gandhi once said, "In a gentle way, you can shake the world".

We would also like to take a moment to thank our generous benefactors for their support including both The William Ruhbenson Foundation and former student Clay McDonald for their donations. It is great that past students and external bodies show such a great interest in supporting our students.

As we draw to the end of the term, we would like to once again thank all of our students, parents, carers and staff for the unity shown through this term, it has certainly been one that will be recorded in history.

Ian Worley - Principal



UNIVERSITY TIMES



HELPING HANDS



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TEAM CANTEEN



SCHOOL PRIDE

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SWIMMING CHAMPIONS 2020

Recently, QHS celebrated the 2020 Swimming Champions and Award Recipients.

In Lieu of a presentation event – prohibited due to COVID-19 restrictions - Principal Ian Worley congratulated all recipients on behalf of the school community.

QHS are incredibly proud of all of our students, especially those who were unable to attend the State Championships due to the pandemic restrictions.

Congratulations to the following:

12 Years Girl Champion – Hannah Seymour

12 Years Boy Champion – Rudi Sangster-Walker, **Runner up** – Charlie Thompson

13 Years Girl Champion – Katie Martin, **Runner up** – Millie Anderson-Griffiths

13 Years Boy Champion – Harry Bartholomew, **Runner up** – Oliver Bratley

14 Years Girl Champion – Bella Pollard, **Runner up** – Jade Wilson

14 Years Boy Champion – Logan Quigley, **Runner up** – Steve Thompson (absent from photos)

15 Years Girl Champion – Ella Worley, **Runner up** – Hayley Morris (absent from photos)

15 Years Boy Champion – Keenan Davis, **Runner up** – Liam Durie

16 Years Girl Champion – Annabelle Avard, **Runner up** – Amelia Seymour

16 Years Boy Champion – Luke Wilson, **Runner up** – Thomas Boorer

17 Years Girl Champion – Zara McCarthy, **Runner up** – Sarah Edwards

17 Years Boy Champion – Liam Faulkner, **Runner up** – Sam Avard

Junior Girls Champion – Bella Pollard

Senior Girls Champion – Annabelle Avard and Bella Pollard (equal first)

Junior Boys Champion – Logan Quigley

Senior Boys Champion – Liam Faulkner

Scott Family Trophy – Sam Avard
Record Breakers

Oxley Girls Junior Relay - 4x50m Freestyle Relay (2.26.85min)

Bella Pollard, Katie Martin, Bella McCarthy, Molly Owen (absent from photos) QHS Sports Captain Lillie Clark in photo in place of Molly.

Bella Pollard - 14 Years Girls

50m Butterfly (33.53sec), 50m Freestyle (31.19sec), 50m Backstroke (37.00sec), 100m Freestyle (1.10.69min)

Liam Faulkner – Open Boys

50m Freestyle (26.84secs), 50m Backstroke (34.06secs), 100m Freestyle (1.03.47min)

Sam Avard – Open Boys

50m Freestyle (27.32secs), 100m Freestyle (1.03.31min), 50m Butterfly (30.56secs)

Winning House - Cunningham
Sports Captain, Sam Straney.
House Captains, Heidi Campbell, Montanna Bright, Sam Avard, Georgie Auld. Sports Captain, Lillie Clark.







a chat with Grace

QHS touched base with 2019 QHS Dux, Grace Pezzuto recently.

Having had to return to Australia last month from a Gap Year in the UK - due to the COVID-19 pandemic - Grace has been at home on the family farm at Spring Ridge for the past month.

"I was in the UK for only 3 months working as a Gap Assistant at Ashdown House. The school was beautiful and the connection and the closeness of London was great - sadly the school has been forced to close down as a lot of their students are International and the School Trust has decided they can't fund the school due to losing the International students. Approximately 1 in 10 independent schools in the UK have been forced to close down due to the financial effects of the pandemic," said Grace, who added she was hoping to head to New Zealand for the remainder of her Gap Year if Trans-Tasman travel becomes an option.

Grace is still enrolled for her double degree - Psychology and Business - at Wollongong

University for the 2021 intake, but, may withdraw her application to extend her Gap Year and then re-apply for the same course for 2022.

"I like the double degree of Psychology and Business - The psychology side has always been of interest to me and the business degree is a handy thing to have."

Grace added as well as the great friendships she has from her time at QHS, she is very appreciative of the life skills she learnt and opportunities she took during her time at the school.

"I was very well supported in my education and my learning by QHS. I was also given skills that enabled me to get myself to where I wanted to be. I wasn't spoon fed all the time, but, rather I was empowered with good education and tools for life. Looking back now I really appreciate that - in retrospect it gave me the capacity to cope with what I am currently facing."

Grace continued it was interesting working internationally at another school as she was

able to compare the education systems.

"I can now acknowledge all our teachers - especially our year Advisor, Mr Packer - did for us during our schooling, as I'm older and appreciate it more." she said before adding... "It is tough for the current Year 12 globally, and a difficult time for them all. They are not alone, we are all cheering for them, and looking back if they are able to say they made it through Year 12 during a pandemic then that's amazing. I encourage them to use the school resources and assistance available to them."

Thank you Grace for sharing your experiences and taking the time to cheer on others. We loved hearing what you're up to and we are exceptionally proud of you. Best wishes with the next leg of your adventures and have fun catching up with your friends - now social distancing restrictions have eased a little. Stay safe from all - past and present - in our QHS community.



MELODY MAKERS

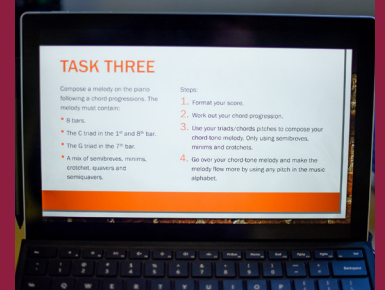
Mr Turner's Year 7 Music students are working on chord-progression when composing their melodies as well as ensuring a smooth flow and pitch to their work. Learning to play and compose music has a strong correlation to academic success, including: that the comprehension of musical language can benefit a child's overall mental development.

Musical training physically develops the left side of the brain known to be involved with processing language

and reasoning.

While understanding the musical language or learning to play an instrument can be challenging at times, those who learn music also learn to be disciplined in their focus and practice.

Through music, Mr Turner is teaching QHS students valuable life skills including some of our key 'Learning Dispositions' of self-regulations, reflection, curiosity and persistence.





THE VIBE

With only two weeks of the school term remaining, Principal, Worley and Deputy Principal, Loughrey took a moment recently to remind students and staff of the great core values that lie at the heart of our strong school community.

"Be aware of how people treat you, be aware of how you treat others, be aware of how you feel about the way people are treating you, and know you can always talk to your Year Advisor or a teacher if you need," said Miss Loughrey.

"The culture of QHS is that we have respectful students and staff and we expect all to reflect those qualities. You know what is right and we expect you to do the right thing. Be constantly mindful of others and be good people. Think about what you're doing, what you're saying, how you're acting, individually and as a group," said Principal Mr Worley.

Respect the Truth - Be honest in all situations.

Respect Other People - Be friendly and well mannered. Address people courteously, and seek assistance in learning.

Respect Yourself - Be proud of your uniform and your school. Be clean and tidy.

Respect People's Property - Hand in lost property, and report vandalism. Don't steal or damage or interfere with people's belongings.

Always Do Your Best - Make up your mind to pay attention, do your work, be properly equipped, join in school activities, and develop your skills while at school.

Look After Your School- Take care of the building, furniture, grounds, and all the property the community provides for you. Keep everything clean and tidy.

Earn Your School a Good Name - Dress properly, behave well, play sport fairly and do your best in all school activities.

Be in the Right Place at the Right Time - Never miss school or a lesson without proper permission, be on time, and always be in bounds.

HELPING HANDS



QHS would like to extend a HUGE Thank You to the generous support of both The William Rhubenson Foundation and to former student Clay McDonald for their donations towards helping our students.

After consultation with the donors, funds have been allocated to assist with student uniforms and lunches.

Head Teacher Wellbeing, Mrs Saunders – pictured right with Head Teacher Boys, Mr Beresford and Head Teacher Girls, Mrs Lawson - said the donations are welcomed by QHS.

"It's actually overwhelming to have people donate to assist student. Having access to uniform items and lunches makes such a difference to their physical, social and emotional wellbeing. It offers them equity with their peers and a full-belly to help with their studies and learning. Thank you so much to our donors," said Mrs Saunders.

If students are seeking assistance in regards to any of the above items, please see Mrs Saunders in PE.

Are you studying AND looking after a loved one?



If you care for a family member or friend with an illness, disability or mental health issues, you could be eligible for one of the 1,000 bursaries available to young people juggling study and care.

The Young Carers Bursary offers \$3,000 towards continuing your study.



APPLY NOW

Applications for 2021 open from 28 July to 8 September 2020

To be eligible you must be a young carer who is:

- aged between 12-25
- studying or completing an apprenticeship
- an Australian citizen or permanent resident
- not receiving another scholarship.

What are you waiting for?

For more info and to apply check out:

YoungCarersNetwork.com.au



WORK HARD & stay Humble

"Don't say there's nothing you can do, inspire yourself and create your own opportunities."

Is the mantra former QHS student Josie Saunders recites for motivation.

QHS had a great chat with 2019 student, Josephine, on life after the HSC and how she's going with University given the recent trying circumstances.

Josie, who is currently undertaking a Bachelor of Laws and Bachelor of Social Science majoring in Criminology at the University of Newcastle, said it has been an unusual start to her University life.

Josie, had only just moved out of home and was settling into university, she had spent just 3 weeks undertaking face-to-face classes, before COVID19 restrictions saw her having to return to Quirindi to do university online.

"With law, the workload is substantial, but, it has kept me busy during isolation as I've done my best to stay motivated and optimistic. I was also very disappointed as I was looking forward to sitting in for a consultation at the Newcastle Legal Centre for an assignment but that was cancelled due to COVID-19."

A dedicated student, Josie said she learnt so much in terms of balancing work load and staying committed to studies during her time at QHS.

"I had such a great environment when I attended QHS and am so grateful that I was given the skills that have allowed me to spread my wings and continue independent study."



In regards to support for students currently undertaking their HSC, Josie added... "For me personally the greatest support was reaching out to teachers. Don't be afraid to ask for advice and direction, they've been in your shoes and they want you to do the best you possibly can."

Creating good habits that will not only carry you through the HSC but into later aspects of your life, was also a handy tip from Josie.

"Stay organized, stay productive, but, remember it's so important to have a balance. Oh, and although I used to dread hearing "do past papers", I'm really not kidding when I say that you honestly should!"

Josie continued, one of the best things post HSC is the... "freedom knowing you have control over your life and the direction you can go! However, in saying that it can be an equally scary thought."

As a popular school leader, Josie says she had many people she looked up to at QHS... "but

if I did have to choose a single person I would say, Mrs Stenner. Not only was she my Year 12 Coach, she was also my teacher for Advanced English and English Ext 1 and was always there for me and I loved that as she would push me that extra mile to excel. When I was accepted into my degree I remember telling her and she was so excited for me, it was so comforting to get her praise as throughout year 12 she continually supported me in working towards that goal of degree."

Hopefully, Josie will be back in Newcastle for face -to-face classes next semester.

"For now, I just have to keep doing online work and prepare for take home exams in the next few weeks!"

Josie, it's always inspiring to share a moment with you and on behalf of the QHS community we wish you all the very best... Thank you for your time and insight in cheering on our students.

TEAM CANTEEN focus on healthy foods



The QHS Canteen staff are delighted with their new branded clothing.

"It's terrific to have a united professional presence for our school canteen and we really like the design and functionality," said Canteen Manager, Mrs Crouch.

Canteen Manager, Mrs Crouch, outlines some of the healthy food choices on offer at QHS.

"With fresh healthy food made on premises, the school 'hot box' lunches from Tuesday to Friday - based on seasonal vegetables and locally sourced ingredients - is proving very popular with students in these cooler times," she said.

"We offer a range of healthy snacks including vegie sticks and homemade hummus, fresh granola, with fruit and yoghurt, homemade soups and more."

Research shows, that students are able to learn better when they're well nourished, and eating healthy meals has been linked to higher grades, better memory and alertness, and faster information processing.

One reason for this is that foods that are rich in fibre, protein, and healthy fats such as eggs,

yoghurt, apples and oatmeal keep the body feeling full longer, providing enough energy to focus and stay alert throughout the entire day.

If any student requires a canteen voucher, please talk to our Head Teacher Wellbeing, Mrs Saunders.

Well done to our talented QHS canteen staff, we are a proud 'Healthy Canteen' school.





QHS Year 7 Advisor, Miss McInnes congratulated her year on their great focus to their schooling so far for 2020. "An overwhelming number of students have done well in earning a Merit Certificate/s.

We were endeavouring to hand them out in the short time we had in our year meeting, but did not get through them all. The remainder of Year 7 certificates will be handed to students in their classes early this week."

Well done all, due to the COVID-19 pandemic it's been an unusual start to your higher schooling, and you have remained committed to your education and educational opportunities at the school.

UNIVERSITY EARLY ENTRY

Senior students at QHS are reminded to speak to Careers Advisor Ms Saunders, as soon as possible, in regards to University Early Entry requirements.

"There will be a limited (Australia only) GAP year next year due to COVID-19, so there may well be a lot of students applying for universities, so, please speak to Mrs Saunders about your early entry as soon as you possibly can," said Principal Worley in this-mornings assembly address.

***Early entry can come under many areas including a Principals Recommendation, so, any student/s or parent/carer that has questions relating to university enrolments are encouraged to contact the school and ask to speak to Ms Saunders.

***Also, if a student is looking at enrolling at university, the UAC fee is \$70.00 if paid before the 30th September, it jumps dramatically to a cost of \$200.00 after that date to register.

***Students interested in researching for scholarships to assist them through study after school can go to the following website for further information's. Ms Saunders will also be posting scholarship information as it becomes available.

<https://www.gooduniversitiesguide.com.au/scholarships>

EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



EMBRACING THE POSITIVES



QHS students are being proactive and positive during this time of change.

While COVID19 restrictions continue to lift, there are still some activities that are limited, including the use of certain community sporting locations.

As the school can't currently access these locations, teachers have initiated a series of different sporting activities in the school grounds.

From croquet to Tai Chi, walking,

yoga and frisbee golf, students are undertaking a range of activities.

Years 11 & 12 are busy embracing study time in the library, while other students are busy with health and wellbeing, netball or mindfulness and some are assisting Mr Miggins and Ms Saunders with the School Shed beautification of the schools grounds.

Well done to all for a great day and thank you to those enriching and enhancing our school grounds for all to enjoy.



HSC COACHING

QHS is proud of the ongoing one-on-one HSC Coaching offered to our students - with one of our many talented teachers offering invaluable assistance.

"Students are encouraged to continue making the most of this amazing opportunity offered by QHS, many schools don't offer this, and given the changed learning environment due to COVID 19, making the most of this coaching could make all the difference," said QHS HSC Coaching Coordinator, Mrs Stenner.

QHS Captain, Jock Barnett making the most of his weekly one-on-one HSC Coaching with his mentor Mr Worley.

"It's positive to have the assistance of our HSC Coaches at the school and is greatly assisting with our

exam preparation, school work and study flow," said Jock.

Mrs Stenner continued students have been gaining a great deal from their face-to-face coaching.

"HSC Coaching continued through the 'online at home learning', with coaches in contact with their student in via phone, email or Teams. The return to face-to-face coaching is reinforcing students skills on how to best organise their time and much more," said Mrs

Stenner.

With the HSC Trials commencing August 17, students and their coaches are working on strategies for best exam preparation.

"Coaches and students are meeting weekly and students are encouraged to speak to their coach if they have any issues. They are currently undertaking feedback tasks to maximise results and see where any student learning gaps may be," continued Mrs Stenner.



Term 2 2020

Wk 9 A June 22 - June 26
Wk 10 June 29 - July 3

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