

THURSDAY SEPTEMBER 10TH 2020 QUIRINDI HIGH SCHOOL Newsletter



Term 3 - Week 8

PRINCIPAL'S MESSAGE

We are now entering the last two weeks of term. It has certainly been a very busy one for staff and students. The current Covid situation has seen us working in a very different way.

Students and staff have certainly felt the impact of the restrictions and what it has meant in relation to extra-curricular activities. We will be acknowledging Year 12's completion of 13 years of school at the end of this term. Whilst we are not able to hold a graduation ceremony, we have planned an acknowledgement that family will be able to watch via a livestream. I know there has been a recent announcement from the Premier in relation to graduations and formals for Year 12. At the time of writing this, we do not have the details. Hopefully we will have the details in the near future and can make decisions around a formal for the students.

Year 11 students have completed their yearly exams and are receiving feedback from their class teachers. It is vitally important that students reflect

on this feedback and understand what it is they need to do to progress. Staff take a great deal of time to provide feedback and it is one of the most effective ways to assist students to improve. I would encourage all parents and carers to discuss the exams with their student and ask about the feedback provided and what the student is going to do next to improve on their results.

Our captain nominees for 2021 have recorded their speeches. These will be shown to students next week then a vote taken. We will make an announcement at the Year 12 recognition event we hold in the last week of this term. This has been a different process due to Covid 19 but it is a consistent process for all of the nominees. We have some great candidates - Good Luck to all!

Ian Worley
Principal

Congratulations 2021 CAPTAIN NOMINEES

Thank you to all nominees for putting yourselves forward to represent our school community.



THOMAS BOORER



MARK BATTERHAM



MILLIE SLADE



SAM FECHNER



JAMES REDGROVE



ISABELLE DAVIS



JERSEY DAY



OLYMPIC CHANGEMAKERS



THE ART OF FRANKENSTEIN



YR 12 V TEACHERS



MR O'S BIGGEST BATTLE

QUIRINDI HIGH SCHOOL

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OLYMPIC CHANGE-MAKER NOMINEES



QHS are excited to have two dedicated Year 12 students nominated for this year's Olympic Change-Maker program.

Liam Faulkner and Lillie Clark have both been nominated for their significant lifetime contribution to sport in our school community and across our region.

The Olympic movement aims to

build a better world through sport.

The Australian Olympic Change-Maker program recognises and rewards students who are demonstrating the Olympic spirit through leadership and driving positive change in their school and communities.

Best wishes to both students, we are very proud of you.

THE ART of FRANKENSTEIN

Mrs Craswells' class at QHS have been working towards developing their learning dispositions of 'Academic Bravery' and 'Resilience'.

"In English, they have been looking at visual texts and techniques, and how these enhance our literacy and text experiences," said Mrs Craswell.

Specifically, the class has been looking at the biography of Mary Shelley, author of *The Modern Prometheus* (a novel better known as *Frankenstein*).

"Throughout the unit, each visual technique taught was reinforced by symbolic body parts e.g the rib cage represented text while the skull represented salience. At the end of the unit they then put all the body parts together to create their own visual representation of what they had learnt."

Everything from the colours, to the eye shapes and limbs (or lack thereof) are representative of an aspect of visual techniques used in English.

"Students also compared and contrasted the production value

in the 2017 Mary Shelley film and the 1931 (black and white) *Frankenstein* film starring Boris Karloff. (Which they are happy to report is not scary in the slightest.)"

By the end of the unit, students were able to explain the importance of visual techniques and how they are used to engage those who read and view different types of texts.

"While the life of Mary Shelley was filled with tragedy, she modelled both resiliency and bravery as she fought to have her book published under her own name, and if nothing else, was a lived example that obstacles could be overcome when these learning dispositions are used throughout someone's whole life." Awesome effort!



QHS 2019 Year 12 student, Hamish Slade is enjoying life after the HSC in his role as a Trainee Town Planner with the Liverpool Plains Shire Council.

Recently, Hamish and representatives from local council applied for a Youth Opportunities Program grant with the State Government.

Part of the application process was to host a meeting to establish a sense of direction for a potential youth representative body in the shire.

"As a group we were able to brainstorm the beginning of the list of possible activities and events that we could bring to the shire during the holidays and weekends to liven up the area for youth in our communities," said Hamish, who continued it is important to listed to the young people in our communities as in a community that has over 50% of the population in the age demographic of 50 and above, the opportunities that arise

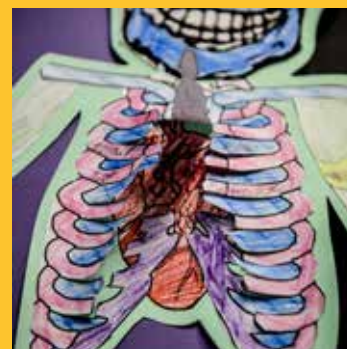
for youth may be limited.

"By forming a Youth Council and listening to our younger people, we can better understand what is missing from our communities and what changes need to occur to create a more enjoyable environment. Not just for the younger individuals of the community but also for families that have children and would like to be able to attend events as a family."

Council currently offers youth casual employment opportunities as Lifeguards at the Quirindi and Werris Creek Pools. A role that Hamish continues to be active in alongside his current position at Council.

If successful in the grant application, council will be seeking people from Years 7 to 12 to join the Youth Council when it commences in 2021.

Great job Hamish, We look forward to hearing how this opportunity for our youth progresses.





of the Globe



QHS Year 10 student Josie Green is embracing her Rotary Exchange opportunity.

While the COVID-19 pandemic has caused some serious uncertainty for the youngster, she is enjoying what opportunities she can.

Josie, who has now been in Denmark for over 7 months is due back in Australia in January 2021.

"We have just had summer holidays and I was fortunate to be able to head to France with one of my host families. We were down south in a town called Merindol and did many things including kayaking and hiking," said Josie.

Before heading back to school, Josie was able to attend a two-week mountain biking camp with other Exchange students – mostly from Australia.

"Some of the tracks were a bit hard, but we tried it out and had fun. I am now back at school and have moved to a new house to my third host family," concluded Josie who wished her brother, Morgan a Happy Birthday.

Good on you Josie.



SO MUCH ON OFFER

Did you know QHS is the only public High School in NSW to act as a stand-alone center for the Australian Speech Communication Association?

ASCA as it's known, is popular at our school and QHS acts as a center for participating public primary schools including: Willow Tree, Wallabadah, Nemingah, Timbumburi, Quirindi and more.

QHS Head Teacher English, Mrs Stenner is our current ASCA Coordinator and encourages students to contact her join.

"Students who undertake ASCA learn how speeches are constructed, they find it easier to write essays, they develop their confidence in public speaking and as every student from Year 7 to 12 undertake an oral presentation in class, ASCA provides them with the tools to do this well," said Mrs. Stenner.

With only a few weeks of school left, before sitting her final her HSC exams, Year 12 QHS student, Emily McGilchrist says she is looking forward to a Gap Year next year.

The talented youngster was recently awarded a 'Diploma of Communication' by the Australian Speech Communication Association – a qualification usually awarded to Professionals.

Emily, commenced her journey with ASCA when she started her schooling journey and worked hard, gaining High Distinctions in the examinations throughout her school career.

"I started ASCA in Kindergarten and it has been a gift throughout all my learning. The skills and the confidence I've obtained along the way have assisted me through all my schooling."

The Diploma of Communication – enables Emily to receive recognition-of-prior-learning for future Communications study and also allows her to apply for two additional marks towards her ATAR, through the Elite

Performers Award.

"It's fantastic to walk away from school with a Diploma, the skills and the benefits, including time management, confidence, public speaking skills, essay prep and writing skills, I can totally recommend it."

As well as ASCA, Emily entered local Rotary and Lions Clubs Youth Speaking competitions and was a member of the QHS debating teams since Year 8.

"I plan to study teaching after my Gap year, and I am glad that I have my Diploma under my belt already." Concluded Emily.

Former QHS Teacher, Anne Scott – who established the ASCA center at QHS was Emily's ASCA teacher for some 6 years.

"In my role as coordinator and then coach of the public speaking program at QHS, I have had the privilege of teaching Emily. In that time, I've witnessed her development into a mature and confident young communicator," said Anne, who continued... "Emily has achieved outstanding results for a very difficult level of examination in the ASCA program, she is now eligible to use this qualification to assist her with her ATAR results and is on her way to mentoring other students.

Currently QHS have 12 QHS students enrolled to participate in ASCA this year, if any other students would like to find out more, please see Mrs Stenner and sign your name on the form outside the English staffroom + get the syllabus for exams, scheduled for Week 4 next term depending on COVID restrictions - if not in person it will happen via zoom.

ASCA covers speech and it also covers performance as well, offering a range of options and different interests.

Well done Emily and thank you to Mrs Anne Scott and Mrs Stenner.



EXPIRING 18th SEPT - SHOP LOCALLY VOUCHER 2019

Any student, who received an AWARDS DAY 2019 'Shop Locally Voucher' from last year's Awards Day - must use their voucher by September 18th 2020.

The expiry date has been extended to this date and will not be redeemable after the above listed date.

QHS is proud to support our local businesses and our The Liverpool Plains Business Chamber Inc.



ARTWORK ON DISPLAY

An artwork of Netball superstar, Sophie Garbin by QHS Student, Heidi Lamb has been contributed to Match Day Magazine.

"I am very inspired by Sophie. I love playing netball and she is a member of the New South Wales Swifts team that won the 2019 Suncorp Super Netball title," said Heidi, who plays with netball teams from Quirindi and Tamworth.

The artwork was undertaken as part of QHS Art Teacher, Mr Fields' portraiture class.

"I've really enjoyed the project and it's great the magazine is interested in running the artwork," concluded Heidi.

Congratulations Heidi.

If students would like information on netball in Quirindi, please see QHS Teacher Mrs Cowan in the TAS staff room as interested players can nominate for the following 2021 Junior team/s.. in 12s, 13s, 14s, 15s, & 17s.

MENTAL FITNESS CHALLENGE



With recent changes due to covid maybe your feeling stressed or just tired of not being able to do the usual stuff! I am challenging you to do the Mental Fitness Challenge

Improve your friendships, learn how to deal with stress, how to set goals and stick to them as well as having the chance to win 1 of 6 \$50 vouchers for your favourite brand with our Mental Fitness Challenge.

Go to this website to find out more or talk with Linda in the school counselling office or when she is out and about with Malo! Enjoy your week!

<https://www.biteback.org.au/MentalFitnessChallenge/FindOutMore>

What's NEW in the Library

Get your read on with some great new additions to the bookshelves in the Library!

Reading is a great way to improve your writing and spelling so come and grab one of these new books. You might just discover or

rediscover your love for reading.

Funny as it seems, the dictionary is a great read. The latest edition of the Macquarie Concise Dictionary will definitely expand your vocabulary.



Who loved the Choose Your Own Adventure books?? Well, they have had an up-date and now you can Choose Your Own Ever After! As you read, you decide what path the story is going to take.



Is plastic taking over your life? We have solution! This is a great read and will get cutting plastic from your life in no time!



Were you a fan of the Twilight Series??? Find out how it all began with the prequel, Midnight Sun. This has only recently been released. Ask Miss Eykamp about this series, she has read all the books!



Have you been watching Haikyu on Netflix??? Check the Manga series we have in the library, which is based on this anime!



HAVING FUN

QHS Year 12 students and teachers enjoyed a friendly match of volleyball recently.

"With only a few weeks of school remaining for the students, its important to create as many positive memories as we can, given the year it has been for all of us," said Teacher, Mr Chambers.



WORLD'S BIGGEST BATTLE

If your student comes home with smudges of army green face-paint on them... don't be alarmed... they've just been participating in the 'World's Biggest Battle' re-enactments as part of Sport.

QHS Teacher, Mr Owen

congratulated the group of students for their enthusiastic participation and great navigation skills.

"They did really well utilising a compass and engaging in the spirit of the activities. Great job."



THE UNIVERSITY OF
NEWCASTLE
AUSTRALIA

OPEN DAY

UoN Open Days are an exciting time for prospective students, their friends and families.

While the current COVID-19 restrictions mean they're unable to welcome you to their campus just yet, they can't wait to 'see' you all virtually, for their Open Week Online from 14 to 18 September 2020.

Throughout the week-long virtual event, you'll have access to over 40 degree webinars, live information webinars including sessions with admissions, pathways and scholarships teams, live tours and loads more.

Visit the link below for further information

<https://www.newcastle.edu.au/study/open-week>

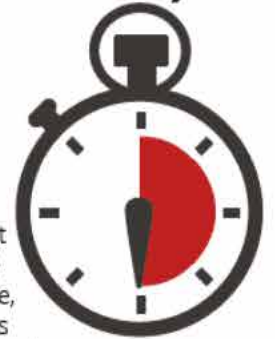
9 STUDY TIPS (backed by science)

1 SHORTER STUDY SESSIONS

We learn better in short, regular sessions rather than setting aside an entire day to try to master something. 20-30 minutes a few times a week is ideal.

2 MAKE A ROUTINE

Shorter sessions should be routine. It doesn't matter if it's one session or three, the routine aspect is what the brain responds to.



3 FLASHCARDS

Rather than highlighting text, use flashcards. They are perfect for short study sessions and help students identify the most important information.

4 HAVE A GOAL

Plan study sessions. Decide exactly what you are going to study and focus on that single concept, theory, or subject area.



5 KEEP TEACHING IN MIND

Studying a subject with the goal of being able to teach it to a class usually results in better performance than those who study specifically for a test.

This encourages our brain to reorganise information in a coherent structure and as a result, we understand the concept better, and are more likely to retain it.

6 PRACTICE!

Research shows that practice papers increase confidence, and they highlight areas that students may be lacking in knowledge.

7 USE A STUDY SPACE

Students perform better when they have a designated study area. This helps to focus revision, and can reduce distractions.

8 BACH OVER BRITNEY

Many people swear by using music during a revision session. Studies have suggested the only genre of music that actually aids learning is classical music.

Supposedly, other genres can prevent our brains from processing information, particularly in the case of more rhythmic music.

9 AND DISTRACTIONS...

Distraction-free study sessions are the most productive. Put your phone away, turn the TV off, and make sure family members know you're busy.





USE THIS CHECKLIST TO ESTABLISH VARIED STUDY TECHNIQUES!

CREATE

1. **Make flip cards** (Have questions about text on front, answer on back. Start of quote on front, end on back- have someone test you.)
2. **Create an important quote table** (page, quote, technique, explanation columns).
3. **Make a mind map for major points** (Themes, paragraph ideas, context, techniques)
4. **Make posters on each text** (Hang them up in your bedroom/back of the toilet door/where you eat breakfast.)
5. **Create summary notes** using the **CORNELL NOTES template**.
6. **Create a poster of the WHY paragraph structure** aiming to cement the essay structure in your memory.
7. **Create and complete cloze passages** (on anything like the rubric, marking criteria, timeline, context, author/date of publication/publisher/directors/producers)
8. **Create a flow chart or timeline for key events in your text.** Use a computer template on Word or draw it in your book.
9. **Create three characters in your mind and create detailed, whole lives for them.** Design (draw/list/make mind-map/table) their home, town, personality, family, friends, likes/dislikes, appearance, hobbies. This will help you apply them to any stimuli given in an exam.
10. **Go to Pobble365.com and practise creative writing tasks** (prompts change daily). This can give you new inspiration bank ideas for unknown stimuli.
11. **Create exams/exam questions of your own and swap with friends.** Complete and then mark each other's work, justifying why you gave the mark.
12. **Create check lists for important information to remember.** Write all information down without consulting. Check off the ones you recalled. (1e paragraph structure.)

DO

1. **Do not leave your work or assessments until the last minute.** You need to give your teacher time to give you feedback on your drafts, at least 48 hours is sufficient.
2. **You need to seek feedback on your responses before the due date.** You need to make sure that you are on the right track with your response before it is actually due.
3. **Complete sample examination papers under a time limit.** You can access them through your teacher or on the NESA website. Due to the new English syllabuses, there is not a bank of past papers to use. **Use the Rubric to write your own HSC questions.**
4. **Colour code your responses using the WHY paragraph structure.** Hand them in for marking.
5. **Review each RUBRIC for your Modules.** Ensure that you understand all of the rubric. Annotate the Rubric and break it down for analysis.
6. **Rewrite assessment tasks using teacher feedback as guidance.** Hand them back in for marking to see improvement.
7. **Use various writing strategies** e.g. writing at speed on a topic and then self-editing
8. **Highlighting in different colours** context, language forms and features.
9. **Summarise the key ideas** in each Module into **Mind Maps** (don't forget to use COLOUR).
10. **Research the historical/political/social context of your text.** Summarise how this context is seen in the text and why it is important. (1e-racial tension and the civil rights movement in To Kill a Mockingbird)
11. **Complete further academic readings on your texts** (find articles on google scholar or ask your teacher for assistance with finding these resources). Summarise key points/arguments.
12. **Annotate exemplar responses.** Comment upon thesis, discussion, techniques, analysis and links in the sample responses or those of your peers. Take note of and research related texts.
13. **Colour code annotations on post-it's in your text** (pink- characterisation, blue- theme etc)
14. **Always write in cursive.** It saves more time than you would think by not pausing to lift your pen as often.

JERSEY DAY *for* ORGAN DONATION AWARENESS



The proactive QHS SRC coordinated a Jersey Day for awareness of Organ Donation.

Students and staff were encouraged to wear their favourite Jersey to support the cause.

One organ and tissue donor can transform the lives of many people. Australia is a world leader for successful transplants, and there are some 1,700 Australians currently waitlisted for a transplant.

The campaign is about raising awareness for a very important cause, encouraging others to think of the importance of organ donation and the gift of life it provides to those with serious medical conditions.

Today was not a fundraiser, but a sharing of knowledge to highlight a lifesaving cause.

Thank you QHS SRC!



Term 3 2020

Wk 9 A Sept 14 - Sept 18
Wk 10 B Sept 21 - Sept 25

Term 4 2020

Wk 1 A Oct 12 - Oct 16
Wk 2 B Oct 19 - Oct 23
Wk 3 A Oct 26 - Oct 30
Wk 4 B Nov 2 - Nov 6
Wk 5 A Nov 9 - Nov 13
Wk 6 B Nov 16 - Nov 20
Wk 7 A Nov 23 - Nov 27
Wk 8 B Nov 30 - Dec 4
Wk 9 A Dec 7 - Dec 11
Wk 10 B Dec 14 - Dec 18

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