Quirindi High Represented at Lions Youth of the Year Competition

On Thursday 20th November, Year 10 student Wade Clarke represented Quirindi High School in the annual Lions Youth of the Year Competition. Wade initially sat through a panel interview, where he had to answer questions about himself and his leadership qualities. Following this he had to speak at the local Lions Club dinner meeting. Wade had to deliver a prepared speech, as well as answer two impromptu questions where he had to speak for two minutes on each topic. His prepared speech was well received by the audience, as it was on the current issue of the ice epidemic and what we as citizens can do. The judges on the evening were impressed with Wade’s mature responses and his knowledge of local, national and international issues.

Wade will now progress to the next round of the competition, where he will represent Quirindi at the district level to be held in Quirindi next year. Mrs Beryl Mannion, chair of the Lions youth committee, was impressed with the enthusiasm displayed by Wade, and is pleased to have such a great young ambassador representing Quirindi.

Photo: L to R. Wade being presented with his cheque by Lions Region and Zone Chairman David Emmanuel.
On Tuesday this week the student body listened to a talk given by Luke Kennedy. Luke is a published author and successful businessman in Sydney who shared his personal story with others in hopes of inspiring individuals to make positive choices.

During his presentation Luke spoke about his two selves; his true self and the self he constructed to fit the expectations of others. Luke spoke about taking actions and making poor decisions that lead to personal loss and destruction for others. His sharing of personal stories and lived experience hit home with our students who were clearly engaged throughout Luke’s presentation.

Luke did not go into extensive detail about the gore and grime associated with his experiences but instead focussed on being true to yourself, focussing on what is important to your core beliefs and impressing the people who really matter. He spoke about the ability at any stage to refocus and return to your true self and that people shouldn’t think that starting again is too late.

After Luke spoke with the students they were offered the opportunity to ask him questions and once again students of Quirindi High School demonstrated their ability to be thoughtful and reflective citizens. Questions included; “how did you feel when you were writing your book?”, “what did it feel like when you forgave the guy who stabbed you?”, “what impact did your actions have on your family?” and “did you feel bad about letting your family down?” These styles of question from our kids clearly demonstrate that they are interested in far more than a good story and that they can recognise why making good decisions is so important for an individual.

Luke’s visit was made possible thanks to the partnership created by the training students received earlier in the year for Teen Mental Health First Aid. Thanks once again must go to our local community group Farming for Kids; the very generous donation made to the school earlier this year has been invaluable in providing access to structures that support mental health and well-being for all of our students.

We hosted our final Formal Assembly for 2016 on Friday during which we were able to acknowledge the participation of students in ASCA and CAPERS. Thank you to the parents and community members who joined us in celebrating the achievements of these students.

Congratulations and well wishes also to Gemma Hawkins who is performing in the signing choir at School Spectacular this weekend.

Next week is promising to be a full week with the Enrichment Class presentation evening being held on Wednesday the 2nd in the MPC at 7pm. This evening will be a showcase of students’ project work and parents and friends are invited to come and help celebrate the work these students have completed through the course. On Thursday the 3rd we welcome Year 6 students for their Orientation day and invite Year 6 parents to an information evening that night. We will also be hosting our final school social on Thursday evening for all high school students.

As always should you have any questions or queries regarding your son or daughter’s educational experience at Quirindi High School please phone us to make an appointment to come in and discuss your concerns.

Sally Chad
Relieving Principal
HEALTH WARNING

WHOOPING COUGH CONFIRMED CASE AT QUIRINDI HIGH SCHOOL

Please look out for any symptoms and contact your health care professional. There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night. Children with these symptoms should see a doctor.

If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

Dear Families

Quirindi Preschool Kindergarten, Quirindi Public School and Quirindi High School are very excited about the up and coming release of our combined schools cookbook. It is anticipated that the cookbooks will arrive in Quirindi in early December.

Many families have supported us by providing delicious recipes that are family favourites and photos of the local area. Local families and businesses have also supported us by placing advertisements found within the cookbook.

Should you wish to purchase a book, an order form is available at the end of the newsletter. All funds raised will be equally distributed amongst our schools and will be used to support various school programs.

Books are able to be purchased for $30.00 each. If you purchase three or more books the price is reduced to $25.00 each. You will be notified via email when and where you are able to collect your books. Please note that all payments will be via Quirindi Public School.

If you have any further questions, or would like more information please contact the schools using the details on the order form.

We appreciate your support and look forward to sharing this book with you.

Many thanks
The Plains on a Plate Cookbook Team
Charmiane Frith, Shelley McInnes, Jane McKenzie, Natasha Cowan & Lindi Owen
Library Happenings!

Pick up a book and you just might
“Discover or rediscover the joy of reading”!

Need a book to read?
Come and browse the shelves and try out
our Reading Chair!

Under the Flame Tree

By Karen Wood
From the author of Jumping Fences, Rain Dance and the bestselling Diamond Spirit series comes another hugely appealing country romance.

When Kirra leaves school to begin her first job on the station where she grew up, she is unimpressed to find herself partnered with a new employee who will barely speak to her. Daniel is undeniably cute, but he has a serious attitude problem and a mysterious past – there are whispers that he’s fresh out of juvenile detention, but no one will tell her why. Daniel gradually thaws and reveals his secrets and Kirra starts to see beyond the moodiness to a boy she can believe in. But others remain wary of him, and her best friend warns her to stay clear. Kirra has some decisions to make. Is Daniel worth fighting for? Or should she walk away?

Making the Most of the QHS Oliver Library System

How to use the QHS Oliver Library Homepage

QHS Library has a great interactive Library Homepage you can use to search for resources. Access is available through your student portal.

- Use this URL to access your portal - [https://student.det.nsw.edu.au](https://student.det.nsw.edu.au)

Click this link “Oliver Library”. This takes you to the QHS Library Homepage.

Search for resources using key words here

Check your current loans & overdue books

New Books in the Library

Click on this link to use World Book online
OVERDUE LIBRARY BOOKS & TEXTBOOKS

The end of the school year is getting closer so don't forget to return overdue library books, textbooks and calculators to the library as soon as possible.

Please check your student emails for any overdue notices.

Need Help?
Make sure you ask us for help.

Ask a Librarian

Happy Reading and Studying!
Mrs Owen – Teacher Librarian
& Mrs Sweep – SAS Library Assistant
## Dates to put on your Calendar

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<th>Week</th>
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### Term 1, 2016

- Year 7, 11 & 12 return Thursday 28 January 2016
- Year 8, 9 & 10 return Friday 29 January 2016 to Friday 8\(^{th}\) April 2016

### School Office Hours

**Office hours are 8.30am to 3.30pm**
Plains on a Plate, recipes from the Liverpool Plains & beyond.

Order form

Name: ___________________________ Email: ___________________________
Address: ___________________________ Signature: ___________________________
Phone no. ___________________________

Recipe books cost $30 each. When purchasing three or more books the cost is $25 each.

I would like to secure/order quantity _______ cookbooks at $__________

Payment

Thank you for purchasing a cookbook(s) from Quirindi Preschool Kindergarten, Quirindi Public School and Quirindi High School. All profits are going to a great cause and we appreciate your support.

Cheques made payable to: Quirindi Public School

Total cost: ___________________________

Online POP payment to: Go to - http://www.quirindi-p.schools.nsw.edu.au and click on $ Make a payment.
Enter fields marked with a green asterisk. Use your name and any date for the Student Details section. For Payment Options click Other.
In Payment Description 1 type Recipe book x the number of books you require. eg Recipe book x 3

OR

Credit card (if applicable): ________
Expiry date: ___________________________
Name on card: ________________ Signature: ___________________________

Quirindi Public School
Address: Munro Street, Quirindi 2343
Contact: Jane McKenzie or Kathy Bromage
Phone: (02) 6746 1565
email: quirindi-p.school@det.nsw.edu.au

Quirindi Preschool Kindergarten
49 Allnut Street, Quirindi 2343
Shaz Harris or Alison Thompson
(02) 6746 1894
qdipreschool@bigpond.com

Quirindi High School
Hill Street, Quirindi 2343
Lindi Owen or Natasha Cowan
(02) 6746 1177
quirindi-h.school@det.nsw.edu.au