Message from the Principal

Our NAPLAN exams ran very smoothly this week, and I am very proud of Year 7 and Year 9. Three days of examinations can be very stressful and students conducted themselves very well. Thank you to Mrs Vicki Saville for her outstanding organisation of this event. Mrs Saville works tirelessly in her role to ensure our students have fantastic opportunities.

Mr Harries, Miss Hunt, Miss Lawrence and Mr Hird took a group of Agriculture students to the Wingham Beef Week this week. Students were judged on their cattle handling ability and paraded our school steers. They also competed in the judging of cattle. Our Year 12 students also participated in meat judging (a university competition leading to further opportunities) and had a tour of an abattoir. I am also proud of this group of students who were well-mannered, pleasant and respectful at all times and were a pleasure to take away. A special thanks to Mr Hird, who went above and beyond, providing tents, meals and comfort items for our students.

You may be aware that our school plan has identified 21st century learning skills for students as one of our strategic directions. ‘Student Learning Conversations’ are a classroom teaching focus in coming weeks and your child will be participating in different learning strategies to promote higher order thinking and communication development.

Have a relaxing weekend!

Meghanne Clarke
Principal
The first round of the Friday night rugby union commenced Friday 8th May, with three teams making the journey to Tamworth to compete in the U14s, U16s and Open girls games. The first game for the under 14s was against a tough Carinya team. They fought hard in their first game building chemistry but fell 0-55. Quirindi U16s struggled for numbers, resulting in a combination with Barraba Central School. The boys struggled in the first half against McCarthy, but showed great resilience in the second half, turning the score around resulting in a tough 10-31 loss.

The girls opens team went up against St Mary’s Catholic College, playing great offense and defence, leading to a Sophie Anderson hat trick in the 4-2 win. The girls then split up into juniors and seniors, and united with St Mary’s College. The chemistry between these girls, formed previously from representative rugby, was demonstrated in their great 3-2 win over Oxley High School.

This was a great start to the Friday Night Rugby season for QHS. Thank you to Mr Harries, Mr Packer and Ms Chad for their coaching of the teams. Thank you also to our trusty bus driver, Mr Owen, who gets us to Tamworth and back safely each week.

Friday Night Rugby Reporters/Photographers – Tristan Wong & Nick Young – Yr12 SRC

2015 SCHOOL FEES

Accounts for school fees have now been posted. Payments can be made at the front office. In 2015, excursions must be paid for in full before a student will be permitted to attend. A student assistance scheme is available through a government funded subsidy whereby anyone who is experiencing financial difficulty is encouraged to send a letter to the Principal requesting assistance with payment for excursions or elective fees. This will be dealt with in the strictest of confidence.

Please keep in mind that payments, no matter how small, are always welcomed.
Teen boys and learning

“Don't assume that if they are in their bedroom for two hours doing homework that things will happen”. Dr Ian Lillico Boys education expert

<table>
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<th>At a glance</th>
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<tr>
<td>• Too much focus on internet games can be a distraction to teen boys' learning.</td>
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<td>• For many teen boys it's &quot;not cool to be smart&quot;.</td>
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<td>• Goal-setting and getting boys organised are great ways to help them learn.</td>
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<td>• Motivating boys through ideas about their future helps them to see how learning is worthwhile.</td>
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<td>• It's good for a parent to get involved in the school's efforts to motivate their son's learning.</td>
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It's always been tough being a teenage boy but it's never been tougher than it is for the boys growing up in the early part of the 21st century. If learning how to shave and what to say to girls were not enough, for many young men succeeding at school is turning into one of the biggest challenges of all.

Why boys struggle in their learning

Over the past 10 to 15 years there has been a decline in academic achievement among teenage boys. This has happened around the same time that the playing field has been levelled for girls, and is attracting the attention of many teachers and researchers.

One reason for this decline is the advent of digital technology, which has really captured boys' attention, says Dr Ian Lillico, author and expert on boys' education issues. "Boys have really succumbed to the digital era," Ian says.

"There are now so many distractions like mobile phones and the internet, the Xbox and PlayStation and, of course, TV. Even though girls spend as much time on these devices, they tend to use them more as a tool where the boys use them much more as a toy."

Boys have also struggled with a shift in emphasis in the curriculum, which has become much more literacy-based. In the past, a maths question may have been a straightforward challenge to solve an equation, now the student may be asked to read a paragraph of information before being able to determine what the equation is.

For some boys, it's also become "not cool to be smart", Ian says.

"When boys start to do well with homework and answering questions in class, there is a danger their peer group will think they are nerds and that they should be out playing sport instead," he says.

"Often boys don't want to pull themselves away from their peer group by doing well academically and risking being ostracised."

On top of all these problems are the traditional testosterone-fuelled challenges of trying to grow from being a boy into a man.

However, there are plenty of things parents can do to help their teenage sons succeed at school. Prime among these is simply helping them to get organised.
Getting boys organised
Compared with girls, boys' ability to organise and plan their schoolwork is often poor, with homework and assignments frequently getting done only at the last minute or not at all.

"Don't assume that if they are in their bedroom for two hours doing homework that things will happen; they probably won't," says Ian.

"You have to muscle in a little bit and help them plan, maybe by writing things in a diary or using their mobile phone to store lists and reminders."

Motivating boys to learn
Motivation to learn is often another big hurdle for boys and it is here that having a concrete goal can be helpful.

"Parents need to really sit down and talk about the types of jobs and the types of careers that their sons want to do," says Ian.

"If the boy gets even a little bit excited about a job that they really want to do then sometimes the sacrifice they have to make becomes worthwhile to them."

Parents can also become involved in school activities aimed at expanding their sons' ideas about the roles and jobs they would like to do when they grow up.

The NSW Department of Education and Communities has developed an education strategy to help boys and girls do well at school, which is available in different languages on the following website;

http://www.schoolatoz.nsw.edu.au

**Personalised 2015 HSC timetables available online**

Students can now access their personal 2015 HSC timetables in Students Online by logging in to their personal account via My Details.

Students are reminded to check their timetables for accuracy. If a student expects to sit a VET exam, it should be listed in their personal timetable, even if they are taking the VET course at TAFE.

Students should also check that all their personal details are correct, including their email address and mobile number. It is best for students to use their personal email address so BOSTES can contact them after they have left school.

Students have recently been sent an email with this information. If a student did not receive the email, their contact details in Students Online may not be correct and should be updated as soon as possible.

If you have concerns regarding accessing Students Online please make contact with Miss Kerri Saunders at school.
Library Happenings!

Reading Challenge
Have you challenged yourself to read a book each month yet?
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!

Walk in someone else’s shoes – READ!
Try this book on for size! It’s new to the Library!

**EXTRA TIME** by Morris Gleitzman

13 year old Matt is spotted showing off his footie skills and offered a trial at one of Europe's biggest clubs. He goes with his younger sister (and agent) Bridie, who tells the story of what happened as the kids from the Aussie outback take on the might of the English Premier League!

Source: http://www.theguardian.com/childrens-books-site/interactive/2014/jun/12/extract-extra-time-morris-gleitzman
Study Skills- Revision Strategies

During this term I will be providing a revision strategy for you to try. This week is a brief look at how our brains work.

Revision – why is it such a “scary” term?

Firstly, don’t panic. The storage capacity of the brain is almost infinite. The estimated number of connections your brain can make between ideas is 1 followed by 800 zeros!

The main problems people have remembering what they’ve revised are:

1. **Interference** – when one bit of information gets confused with another. Avoid studying similar subjects together to reduce this.

2. **Lack of meaningful revision** - a ‘sense’ of work without real work. This often happens when you are, for example, checking facebook/email whilst you revise: you think you’re revising, but really you’re thinking about facebook/email: your brain is in social mode, not learning mode.

3. **Stress/Panic** – this happens often when you leave studying too late, and therefore overload your working memory.

How our brains work:

When we learn something for the first time, we use our working memory. The working memory is quite small (typically between 5-9 items). Therefore, to learn something properly, we have to shift it from our working memory to our long-term memory.

Everyone’s brain needs the same 3 things for this to happen:

a) **Repetition** – so start early or you won’t have time for this.

b) **Multi-modal activities** – i.e. something which is visual (seen), auditory (heard) and kinaesthetic (physically done). It also helps if it has an emotional element, such as humour.

c) **Effort** – it won’t happen unless you actively revise.

It’s not too late to give ASCA a try!

ASCA – TRY SOMETHING NEW THIS YEAR! Are you interested in developing your communication skills? Give ASCA a try this year! Australian Speech Communication Association ASCA promotes competence, rewards effort and encourages excellence. ASCA promotes competence, rewards effort and encourages excellence Participating in ASCA is a great way to promote your communication skills and a great certificate to include in your resume. ASAC Examinations will be taking place later in the year. See Mrs Owen in the Library for more information. Get involved – it is well worth the effort!

Joint Schools Recipe Book Fundraiser

Quirindi High School is very excited to be developing a beautiful recipe book in conjunction with Quirindi Preschool Kindergarten and Quirindi Public School. If you have a favourite recipe that you would like to be included, please email it to our team (email address below) or contact Mrs Lindi Owen at Quirindi High School, our school’s representative on this team. We are looking for any type of recipe, family favourites, quick and easy meals, gluten free - something that you love to cook. It is important that when you submit the recipe the method is written in your own words, to abide by copyright laws. If you, or your business, would like to contribute to the production of the recipe book, you can do so by buying advertising space. If you would like more information about the different levels of advertising or sponsorship available please contact the "Plains on a Plate" team - plainsonaplate@gmail.com

Thank you for your support.
## Dates to put on your Calendar

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May
1 to 3  King of the Ranges  Stockman's Challenge and Bush Festival in Murrurundi. For more info visit www.kingoftheranges.com.au.
2 & 3  17th Annual Vintage Machinery & Miniature Railway Rally & Swap Meet  This annual event features tractors, engines, steam engines, cars, motorbikes, operating blacksmiths, wood chopping competitions and rally dinner. For information contact Beryl on 6746 1479.
3  Currabubula Boutique Market  8am to 12.00pm - a fundraising event for Currabubula PreSchool, lots of stalls with gifts and food. For information call Veronica on 0427 000 633.
4  Willow Tree Cup  At Quirindi Race Course. Coach runs from Willow Tree, contact Quirindi Jockey Club on 6746 2476.
9 & 10  Royal Theatre Movie Weekend  Both days at 1pm: Cinderella
9 & 10  QUOTA MARKETS  Check out the revamped markets at Rose-Lee Park, Loder Street Quirindi.
11th - 12th  Quirindi Polo Crosse Association  Annual Carnival. Contact: Jamie Duddy 0438 331 714.
11th - 16th  National Volunteer Week  A week to acknowledge the valuable work of volunteers.
14 - 17th  Quirindi Who’d A Thought It Music Festival  There are Music events, market Stalls and kids activities in Quirindi from Thursday, 14th May to Saturday 16th, and Jazz at the Willow Tree Inn, in Willow Tree on Sunday, 17th May. For more detailed information go to www.visitquirindi.com.au. Date has to be confirmed. Contact Darryl Burges on 0429 031 932.
23  Spring Ridge P & C Annual Prawn and Chicken Night  This year’s theme is MEXICAN! Lots of prizes and fun. To book a table for you and your friends, call Tanya Green on 0428 299 174.
21 - 24  Currabubula Art Show  Red Cross Art Exhibition at Currabubula Hall. Contact Kay 6766 9075.
Small School Art Show  Currabubula Public School displays the work of local talented junior artists. Contact: 6766 9010.
23/24  Royal Theatre Movie Weekend  Both days at 1.30pm: tba
24  Quirindi Village Miniature Railway  Scenic rides for young and old from 10.00am to 3pm. Other days and birthday party bookings by arrangement with Roger on 6747 1264.