Week Three of the term has been a productive one at Quirindi High School. The HSC trial exams went smoothly and students should begin to receive feedback from their teachers over the next week. It is crucial that students use this feedback to direct their study patterns leading up to the external HSC examinations in October this year.

The Information evening held on Tuesday evening for Year 10 parents and students was well supported. Thank you to Ms Jenny Lees who presented a concise and thorough evening explaining the various pathways open to students when completing the HSC. It was an excellent opportunity for students and parents to speak with staff regarding courses offered to Year 11 and 12 and what is required in each subject. This is the beginning of our curriculum planning for 2016 with many more steps to complete before the final offerings are made to students.

An issue that is always of concern for parents and caregivers is that of cyber bullying and how they can support their children when and if it occurs. Quirindi High School has a zero tolerance approach to cyber bullying and continues to work closely with parents and students to address any issues that may arise. The Australian Federal Government also recognises the importance of dealing with this issue and as such has established the Office of the Children’s eSafety Commissioner. Below I have included some information regarding this office and later in the newsletter you can read the steps recommended by this office for dealing with cyber bullying. The web address for this valuable resources is: https://esafety.gov.au. Please access this as there are a number of worthwhile resources that will help you support your child.

The Office of the Children’s eSafety Commissioner is a one-stop-shop for online safety. The Office provides Australians a range of up-to-date information and resources, coupled with a comprehensive complaints system to assist children who experience serious cyberbullying.

Our aim:

With the aim to help guide children and young people toward safe, enjoyable experiences online the Office of the Children’s eSafety Commissioner hopes to encourage behavioural change—where Australian children and young people act responsibly online—just as they would offline. Our goal is to create an environment in which cyberbullying is truly unacceptable. To achieve this, we hope to both educate and help prevent harmful online behaviour from occurring in the first place. Because we believe that all kids deserve to be safe online.

As always should you have any issues or concerns regarding the educational experience of your son or daughter at Quirindi High School please contact us to make an appointment to come in and speak with us regarding the issue.

Sally Chad
Relieving Principal
What should I do if my son/daughter is a victim of cyber bullying?

Who can make a complaint?
You can make a complaint if you are an Australian child—that is, you are under 18 and live in Australia.
We can accept your complaint if you are 18 years old and were cyber bullied as a child, provided you make the complaint:
- within a reasonable time of becoming aware of the matter; and
- within six (6) months of your eighteenth (18th) birthday.

We also accept complaints from adults who are:
- a parent or guardian of an Australian child; or
- authorised by the child to make a complaint on behalf of that child.

If you are an adult victim of cyber bullying, online harassment or threats you can report the incident to the Australian Cybercrime Online Reporting Network (ACORN). Reports made to ACORN may be referred to police for consideration and possible investigation. We also suggest that you make use of the reporting tools offered by social media services.

What can I complain about?
You can complain about cyber bullying material targeted at an Australian child, where the effect is likely to be:
- seriously threatening
- seriously intimidating
- seriously harassing
- seriously humiliating

What material is included?
You can complain about material:
- posted on social networking sites (including photo and video sharing sites)
- posted on apps with messaging or comment functions
- posted on chat services (phone and online based)
- posted on blogging sites and apps with messaging or comment functions
- sent via phone-based text messages and MMS pictures
- sent via email, video sharing and instant messaging
- in the form of data, speech, music, photographs and visual images
- in an online game where users can play with others online.

What should I do before making a complaint about cyber bullying material?
Step 1: Take action - Block the person and talk to someone you trust
Step 2: Report the cyber bullying material to the social media service
Step 3: Collect evidence
Step 4: Report to the Office of the Children's eSafety Commissioner
Quirindi High School Meritorious Performances
From North West Athletics Carnival 2015

The North West Athletics Carnival ran under extremely trying, wet and windy conditions in Tamworth on Friday 24th July.

Qualified for State (1st and 2nd at Carnival)
- Lachlan Tydings – 1st Discus
- Ryan Beresford – 1st 200m, 2nd 100m
- Georgie Auld – 2nd 800m
- Kodee Lee Allbon – 1st Triple Jump
- Isobel Robinson – 1st 400m

Other notable placings
- Sam Straney – 6th Shotput
- Liam Faulkner – 7th Javelin
- Jordan Allan – 3rd 100m
- Ben Fechner – 5th 100m
- Tyler Thistle – 3rd in a number of events including Triple Jump
- Jada Le Brocq – 4th 800m
- Ruby Richardson – 3rd High Jump
- Lilly Nicholls – 5th 800m
- Bella McKinley – 4th Shotput, 5th Discus
- Lily McKenzie – 3rd High Jump & Long Jump, 4th Triple Jump, 6th Javelin, 100m Final
- Emily Bramley – 3rd 200m, 4th 100m & 400m

Congratulations to all other competitors who also performed with distinction against quality opposition.

Thanks to Mrs Saunders for officiating in the rain all day and driving students to and from the venue in the school bus. Students wish to also thank Mr Chambers for supervising and teachers back at school for providing cover to classes.

Jake reports on Regional Athletics

A good number of Quirindi High School athletes attended the 2015 Regional Athletics Carnival in Tamworth. There were people who travelled on the bus and the rest of us travelled in private cars. It started off as a cold morning with no signs of it getting warmer or dryer. The rain held off for a few hours but then, as predicted, the rain came in and came in hard! But in true Quirindi spirit we stuck it out in the rain and tried our hardest, which was rewarded with five of our students making it to State Athletics at Homebush. Good luck to these students in their events at Homebush!

By Jake Douglas – Yr11 SRC Representative.
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!

**It’s ASCA Exam Time**
Good Luck to the following students who will be completing their ASCA exams next week, in Week 4.

Emily Cronin, Matilda Eade, Jade Norvill, Emma Bridge, Lia Robertson, Josephine Saunders, Lakara Martin, Kaitlin Brabant, Wade Clarke, Hanna Davis.

Thank-you to Mrs Scott for giving up your time to come and work with these students. Your expertise is greatly appreciated.

ASCA Exams will be held in the QHS Library in Week 4. Parents, friends and relatives of ASCA participants are most welcome to come and watch their child perform their exams.
Exam timetables have been provided to each student involved.

If you would like more information please contact Mrs Owen at Quirindi High School on 0267461177.

**English Competition was held on Tuesday 28 July**
Congratulations to Harmony McKay and Emily Cronin for participating in the ICAS English Competition this week. Results will be issued later in the year.
It’s great to see these girls taking the opportunity to be active learners, and challenge themselves.
Celebrating Book Week

In Week 7 we will be celebrating Book Week.
Monday 24 August to Friday 28 August 2015

This Year’s Theme is:
Books Light Up Our World

Competition Time
To help inspire you to celebrate Book Week,
QHS Library will be running some competitions. All competitions open
to staff and students of QHS.

Competition 1 - Colouring In Competition
Colour in for Mindfulness!
It’s the hit new hobby for relaxation for 2015!
Grab a colouring in entry form and let your mind relax while you colour the time away!
Prizes for 1st, 2nd and 3rd places
Entries due in by Wednesday 26 August.
All entries will be displayed in the library for judging.
Winners announced at the Assembly on Monday 31 August

Competition 2 – What Book Lights Up Your World?
Entries due by the 20 minute break Friday 28 August Week 7
In 25 words or less explain how your favourite book “Lights Up Your World”.
Grab an entry form from the library and be in the winning for a prize.
The most entertaining entry will be the winner!

Competition 3 – Create a Lantern Competition
Friday 28 August Lunch 1
Join the fun at lunchtime and construct a paper lantern.
All equipment will be provided for you to complete this competition.

Competition 4 – Borrow a Fiction Book from the Library
You will receive an entry to win a Book Week Prize. Start borrowing from Week 4
Write a book review of your book and receive an extra entry.
Due in by Friday 28 August.

Entry forms for competitions 1 & 2 available from library
Lots of prizes to be won
So join the fun and help to show how Books Light Up Our World!
Revision Strategy to Try this Week

Here’s a revision strategy which gets you to think outside the square! Give it a try – it just might be the strategy you have been looking for to get you out of your revision rut!

DANCE IT

Especially useful for:
- Sequences.

What to do:
Make up a dance/ hop/skip/jump routine for what you want to learn and chant out loud whilst you’re running through the routine. Make the moves symbolic of what you want to learn: e.g. if you are learning ‘speed equals distance over time’, you might run on the spot for ‘speed’, shimmy one hand over the other for ‘equals’, etc.

Why does it work?
Because it is auditory, kinaesthetic and emotionally resonant – 3 out of 4 factors which our memories like to work with.


Need Help?
Make sure you ask us for help. Happy reading and studying!

Mrs Owen – Teacher Librarian & Mrs Sweep – SAS Library
Online Study Skills Handbook

Become an Active Learner and make the most of this fantastic Study Skills Site we subscribe to.

Login to your Student Portal using your DEC Internet Username and Password.

[Image: Student Portal]

Click this Link “Oliver Library”. This takes you to the QRIS Library Home Page where you can search the Library as well as go directly to the Online Study Skills Handbook.

[Image: Quirindi High School Library Home Page]

Click this Link and it will take you to the Online Study Skills Homepage.

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<tr>
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<td>9. Goal Setting</td>
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<td>10. Lifestyle and Balance</td>
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<td>11. Managing Stress</td>
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<td>1. Summarising</td>
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<td>3. Preparing for Exam Blocks</td>
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<td>4. Test-Taking Techniques</td>
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<td>5. After Tests &amp; Exams</td>
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<td>1. Starting Secondary School</td>
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<td>2. Becoming a Senior Student</td>
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<td>3. Bullying: Issues and Strategies</td>
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<td>4. Managing Part-Time Jobs</td>
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<td>5. Your Brain and Memory</td>
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<td>6. Live Your Best Life</td>
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<td>+ Educational Kinesthetics</td>
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<td>+ Living Across 2 Houses</td>
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<td>+ Travel: A Motivator to Learn</td>
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<td>+ Unit: Lecture Note-Making</td>
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<td>1. Technology Tools</td>
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<td>3. Be CyberSmart</td>
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So start improving your success at school with study skills today! There is NOW NO EXCUSE for you to NOT have anything to do.

Mrs Owen
Uniform Survey results

Over the past two terms Quirindi High School has undertaken surveys to gain the school community’s attitude and response to our current uniform and suggested changes. Students, staff and parents have completed the surveys. The results were discussed at last month’s P&C meeting and it is looking likely that changes will occur in 2016.

The new uniform changes will be phased in over a period of time. Families are not being asked to go out and buy completely new uniforms for the start of 2016 but new items of uniform will be available. This means that when you do need to update and replace an item of clothing the new set piece of uniform will be the one to replace the old.

Following are the results from the surveys. Should you have further questions regarding the change to uniform please contact the school or come to the next P&C meeting which will be held at the end of the month.

Overall:

- 87% of survey respondents support the introduction of a representative sport shirt
- 48% want trousers for girls (please note boys surveyed did not respond to this question)
- 65% would like a button down shirt with optional crest
- 66% would prefer white for the Junior shirt and Navy for the Senior Shirt
- 48% would like a new skirt design (there were a number of non-responses to this question)
- 34% would prefer the use of the winter fabric pattern all year round for the girl’s skirt

Other issues raised by the P&C and through the survey comments included requests for keeping costs low, a concern that the winter material may be too hot during summer, the availability of skirt fabric for purchase and the length of the short skirts for girls. Discussion regarding the changes continues and samples of the proposed changes to uniforms will be available for inspection at the school’s front office shortly.
Aboriginal Summer School for Excellence in Technology and Science

Who is ASSETS for?

If you are...

- in Year 10
- interested in science and technology
- thinking about a career in science, technology, engineering or mathematics
- someone who identifies with their Aboriginal or Torres Strait Islander culture and heritage

Then ASSETS is for you!

What is ASSETS?

ASSETS – Aboriginal summer school for excellence in technology and science is a program for year 10 Aboriginal and Torres Strait Islander students with an interest in science. Students from all over Australia come together at one of three summer schools held in Adelaide, Brisbane and Townsville. There is no cost to attend, with return airfares, meals and accommodation provided.

You will work with researchers on cutting-edge science and technology projects, and also connect with Indigenous scientists and community leaders. Your eyes will be opened to many possibilities for future study and careers in science.

Accommodation will give you the opportunity to

- meet other students with similar interests
- work in teams on scientific investigations
- meet and work with expert scientists
- connect with your culture
- access continued leadership support on your pathway into science, technology, engineering or mathematics careers.

Important dates

Applications open 9 July 2015
Applications close 14 August 2015
ASSETS Adelaide 14-22 December 2015
ASSETS Newcastle 8-16 January 2016
ASSETS Townsville 17-25 January 2016

For further information

2015 APOLLO program
www.195traveladventure.com
+61 8 8257 6644
AustraliaProgram@195.com.au

At 195 we share the future
We do this by using science to solve real issues.
Our research makes a difference to industry, people and the planet.
We ask, we seek, we solve.

ASSETS is part of a broader Indigenous science, technology, engineering and mathematics education program managed by ASSETS in partnership with the 195 Travel & Adventure Foundation.

Rotary District 9650

Public Speaking Competition

If you are in year 10 or 11 and enjoy the challenge of Public Speaking, you could soon be winging your way to New Zealand as the winner of Rotary’s Public Speaking Competition, sponsored by Travel 195.

2014-2015 Finalists

- Samuel Bartlett Narrabri High
- Amy Robinson St Paul’s College
- Gemma Vanh sash Pacification Independent College
- Hannah Wardley Lavadon High

Be a gift to the world
## Dates to put on your Calendar

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<td>HSC Maths Lectures</td>
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### School Office Hours

Office hours are 8.30am to 3.30pm
2015 SCHOOL FEES

Accounts for school fees are now outstanding. 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.
NOW IT’S YOUR CHANCE TO CREATE THE 2016 YOUTH WEEK IN NSW DESIGN AND WIN $1000

Youth Week is an opportunity for young people to express their ideas and views, act on issues that affect their lives and create and enjoy activities and events. Youth Week is now the largest annual youth participation event in Australia.

The NSW Youth Week Design Competition provides the opportunity to showcase your talents as a designer and win a $1000 cash prize.

YOUTH WEEK 2016 NSW DESIGN COMPETITION

ENTRIES CLOSE 4 SEPTEMBER 2015

Abbey Gail Bolina’s 2015 Youth Week in NSW design was used on posters, banners, temporary tattoos, the NSW Youth Week website and social media sites, plus she pocketed $1000!

MORE INFORMATION AND ENTRY FORMS: YOUTHWEEK.NSW.GOV.AU/DESIGN-COMPETITION

Abbey Gail Bolina’s winning artwork for Youth Week in NSW 2015.
SPRING RIDGE
BUSHFIRE BRIGADE

FIREWORKS DISPLAY
AND BONFIRE NIGHT

Highlights:
- Gates Open 5pm
- BBQ
- Bar Facilities
- Gate Charge $20
- Bring a Chair
- Entertainment by Dave Alexander
- Free Overnight Camping

When: New Date
8th August, 2015

Where:
Spring Ridge Country Club

Fireworks Display:
7pm