Message from the Relieving Principal

“Treat a man as he is and he will remain as he is. Treat a man as he can and should be and he will become as he can and should be.”
— Stephen R. Covey, The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change

This quote from Stephen Covey truly reflects the ethos of Quirindi High School. We continue to apply high levels of expectations for behaviour, academic and cultural participation for our students. We expect that all students come to school each day prepared to learn and participate in active learning. Teachers are also required to meet high levels of expectations in their planning, delivering and assessment of learning. While this term has been one of change and upheaval the one constant remains – we expect the best and will provide the best. Parents are asked to support us in our endeavours and you can do this by ensuring your child comes to school with all necessary equipment and uniform. We ask that you speak with your child regularly about their learning and that you discuss and set goals for their educational experience.

Staff of Quirindi High School recognise that to meet these expectations students require more than just academic nurturing, and that is why we continue to focus on the whole child’s health and wellbeing. Later in this week’s newsletter I have included information sheets from Headspace for parents regarding how you can also support the health and wellbeing of your child as they enter and navigate the treacherous years we call adolescence. Please remember that we have a School Counsellor and a Youth Outreach worker on site, both of whom are available to support your child when needed.

Part of navigating adolescence and becoming all that you can be is taking on levels of responsibility. We expect that students can participate actively in getting themselves to and from school. If students are catching buses in the afternoon they must be at the bus bay in Hill St. and paying attention to when the buses arrive. While staff take all action possible to ensure students know when buses are arriving, it is ultimately the student’s responsibility to get on the bus. If the student misses the bus it is then the parents’ responsibility to arrange alternative travel arrangements; staff at the school will contact you if this need arises. Senior students driving themselves to and from school in private vehicles are reminded to leave the school area cautiously and to watch for pedestrians leaving the school through the Abbott St entrance. Parents who drop their students off at the Nowland St entrance are asked not to drive into the car park area as there is little room for vehicles in this space and turning around or reversing through the drive way creates a risk for students walking in this area.

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

Sally Chad
Relieving Principal
This term in Miss Hunts Year 8 Ag class they have been designing their own vegetable patch. Each group have been assigned a 2m x 1m patch to grow vegetables of their choice. They have had to come up with a draft plan of a design layout for plants they wish to grow. The vegetables will be planted in week 7 according to the design. Keep watching the newsletter to see how these plants grow.
ASCA Examinations 2016

Are you interested in helping your child to develop their oral communication and listening skills?

Communication is a skill vital for the success of all our 21st Century learners at Quirindi High School. ASCA (The Australian Speech Communication Association) is a non-profit organization which promotes the development of oral communication and listening skills in educational, professional and social contexts. By participating in ASCA your child will have the opportunity to complete workshops and examinations which have been designed to develop their research, organizational, presentation and listening skills. The examinations are flexible and can be modified to meet the needs of students from diverse backgrounds as well as students who have learning and/or physical difficulties.

Participation in ASCA not only looks great on a resume but it promotes confidence in all areas of oral communication which is key to our children’s future success.

If you would like further information regarding ASCA please feel free to contact the English Faculty at Quirindi High School.

ASCA examinations will be taking place Term 3, Week 3.
Information for Parents and Carers

Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise alongside the way can be challenging for them. It can often be hard as a parent to know the difference between normal behaviour, such as occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.

Mental health and mental health problems in young people

Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

- Not enjoying, or not wanting to be involved in things that they would normally enjoy
- Changes in appetite or sleeping patterns
- Being easily irritated or angry for no reason
- Their performance at school, TAFE, university or work is not as good as it should be or as it once was
- Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol
- Experiencing difficulties with their concentration
- Seeming unusually stressed, worried, down or crying for no reason
- Expressing negative, distressing, bizarre or unusual thoughts

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative.
Self-harm

Self-harming behaviour in young people is not uncommon. It often starts in early adolescence but may not be discovered for some time as it is usually kept hidden.

It can be difficult to distinguish self-harm from suicidal behaviour as the young person’s intention may be unclear or not known. Young people who self-harm may be very distressed and overwhelmed but are generally not intending to end their lives.

Below is some information about self-harm to assist school staff to enhance their understanding and also manage potential incidents which take place in the classroom or on school grounds. Being able to distinguish between self-harm and suicidal behaviour can help school staff know how to respond.

What is self-harm?
Self-harm is when someone deliberately injures themselves. This is also referred to as self-injury or deliberate self-harm. Some of the more common self harming behaviours include: cutting, burning and scratching. Excessive alcohol and drug misuse does not usually come under this definition.

Who self-harms?
Self-harm is most common amongst 11-25 year olds, however it is not limited to this age group. People who self-harm have often had past or current negative experiences such as:

- Traumatic relationships
- Significant loss
- Relationship breakdown
- Abuse (physical, sexual, emotional)
- Feel overwhelmed or hopeless because of a serious illness/disability
- Long-term family problems, relationship problems, problems at school

Why do people self-harm?
There is a commonly held belief that self-harming is “attention seeking” behaviour, however this is not the case. There are many reasons why people self-harm.

Some typically reported reasons include:

- To cope with feelings of extreme emotional pain such as: helplessness, despair, anger, loneliness, shame, guilt, tension and stress.
- To manage feeling disconnected and isolated from others. Some people feel that hurting themselves helps them to feel real or connected to other people.
- To try and gain control. Some people feel that hurting themselves gives them a sense that they are regaining some level of control (in the short-term).
- To communicate distress. Some people don’t know how to verbally express their emotions and do it through self-harm.
- As self punishment, as a result of self loathing some people believe they deserve to be punished.

Being able to distinguish between self-harm and suicidal behaviour can help school staff know how to respond.
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!

What’s New in the Library?

Embassy Row series
By Ally Carter

This exciting series focuses on Grace, who can best be described as a daredevil, an Army brat, and a rebel. She is also the only granddaughter of perhaps the most powerful ambassador in the world, and Grace has spent every summer of her childhood running across the roofs of Embassy Row. Now, at age sixteen, she’s come back to stay—in order to solve the mystery of her mother’s death. In the process, she uncovers an international conspiracy of unsettling proportions, and must choose her friends and watch her foes carefully if she and the world are to be saved. https://www.goodreads.com/series/106659-embassy-row

Other new books to enjoy
2016 Premier's Reading Challenge - opens 7 March
The NSW Premier’s Reading Challenge (PRC) aims to encourage in students a love of reading for leisure and pleasure, and to enable students to experience quality literature. The Challenge is open to all NSW students in Kindergarten to Year 9. Participation by schools and students is voluntary. For more information: PRC Support site or the PRC Homepage. The PRC team can be contacted at prc@det.nsw.edu.au

LIBRARY EASTER COMPETITIONS
There will be two competitions available to enter via the Library for Easter. Both prizes are a jar of Easter eggs. You may enter both competitions.

The first is an egg-guessing competition. Borrow a book in the Library before Wednesday the 16th of March, to enter your name in the competition to win a jar of Easter eggs. The person with the closest correct guess to the number of eggs, will win the jar.

The second is an Easter haiku writing and egg decorating competition. Write a haiku on, and decorate a paper Easter egg to have the chance at winning a second jar of Easter eggs. Details are in the Library, including how to write a Haiku! Come and check it out! Entries are due by Wednesday 16th March.

TIME IS RUNNING OUT TO ENTER.

Need Help?
Make sure you ask us for help.

A sk a Librarian

Happy reading and studying!
Mrs Scott – Relieving Teacher Librarian
Mrs Sweep – SAS Library Assistant

OVERDUE LIBRARY BOOKS & TEXTBOOKS
Please make sure that you have returned any overdue library books and textbooks to the library. We are now in Week 6 and students are borrowing textbooks for 2016. It is important that all textbooks be returned so that there is enough for the new classes. If books are still outstanding an account will go home for payment of these resources.

Please check your student emails for any overdue notices.
ABS TRAINING GROUP
X COUNTRY TRAINING

BEGINs:

Tuesday March 15, 2016 at 3.45pm – 4.45pm
at GOLLAND FIELDS

All 8+ year olds welcome. Bring plenty of water.

Trainings for this season will be Tuesdays, Thursdays (3.45pm – 4.45pm and Sundays (9.00am depending on weather)

See you there.
Cheers Abs

CALCULATORS

All students in Years 7 to 12 are required to have a calculator for every Mathematics lesson. The Board of Studies requires all students to be able to successfully complete a calculator and non-calculator component within the course. This means that students will find it very difficult to function without their own calculator.

Students will be disadvantaged by not owning or bringing the necessary equipment to school. Calculators are required daily in lessons and are needed to complete assessment tasks and examinations. If your child does not possess one, please make arrangements to purchase one, or contact the school if you have any concerns.

The calculator required is a Scientific Calculator CASIO fx-82AU PLUS II. It is preferred that all students have the same model as different brands have different operating instructions which can cause confusion when teaching the students how to operate the calculator. If your child has an older model of the Casio they are not required to buy the updated version. The older Casio models in a Scientific Calculator will be appropriate. If you are purchasing a new calculator the new model is preferred and is available at the Quirindi High School canteen for $25.

Jodie Robertson,
Acting Head Teacher,
QUIRINDI HIGH SCHOOL P&C AGM

When: Tuesday 29th March 2016
Where: Quirindi Bowling Club
Time: 6 pm

A normal meeting will follow at approximately 6.30pm

ALL WELCOME

ABSENTEES FROM SCHOOL

When your child is absent from school a note is NOT REQUIRED IF you have;

a) already rang the school and explained the absence

OR

b) replied to our text message.

CONTACT DETAILS UPDATE

Are your details up to date? Have you moved, changed phone numbers or have different emergency contacts?

Please inform the front office with any changes to your details.
CONCESSION CARDS

All concession cards expire on the 31st March 2016. Students wishing to update to the 2016 concession card or any students requiring a concession card for the Easter holiday break are asked to complete an application form available from the front office and return it as soon as possible.

Please don’t leave it until the last minute.

School Fees

All school fees will be posted out next term!

Exemptions from School

Pre 2015 if a family had approval for an exemption for a holiday this was not counted in their total absences. However from the beginning of 2015 the Department of Education advised that families are to apply for leave for holidays and they will be counted in the total absences for the student.

Should you have any questions, please feel free to contact the school.

Messages/Books/Money Left at Office for Students

At school we have a Year 8 runner available periods 1 and 4 to assist office staff with the running of messages and delivering of absentee notices etc.

Outside this time frame, we cannot guarantee that messages/books etc. will be delivered to students as staff may not always be available to leave the office. Obviously this does not apply to emergency situations. Please be aware that on Thursday afternoon, students are at sport and this involves many different locations, both inside and outside the school grounds.

If you know that you will be collecting students for appointments etc., please ensure that you send a note to school requesting a leave pass (through the normal channels as outlined in the school handbook) or if you are unsure of the time, please ask students to check for messages at the front office at each break.

Likewise, if you are leaving books, clothes, money at the office, please ensure that students are aware that you will be dropping items and ask them to keep checking during breaks to see if items have been left.

Your help with this would be greatly appreciated.
## Dates to put on your Calendar

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Sat/Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 B</td>
<td>14&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>15&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>16&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>17&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>18&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>Boys &amp; Girls Under 15’s Touch Trials</td>
</tr>
<tr>
<td>9 A</td>
<td>21&lt;sup&gt;st&lt;/sup&gt; March</td>
<td>22&lt;sup&gt;nd&lt;/sup&gt; March</td>
<td>23&lt;sup&gt;rd&lt;/sup&gt; March</td>
<td>24&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>25&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>GOOD FRIDAY</td>
</tr>
<tr>
<td>10 B</td>
<td>28&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>29&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>30&lt;sup&gt;th&lt;/sup&gt; March</td>
<td>31&lt;sup&gt;st&lt;/sup&gt; March</td>
<td>1st April</td>
<td>Year 12 Half Yearly Exams</td>
</tr>
<tr>
<td>11 A</td>
<td>4&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>5&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>6&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>7&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>8&lt;sup&gt;th&lt;/sup&gt; April</td>
<td>ANZAC Assembly</td>
</tr>
</tbody>
</table>

### School Office Hours

**Office hours are 8.30am to 3.30pm**