

NEWSLETTER

WELCOME TO TERM 3

Welcome to Term 3, we hope that our families enjoyed a well-deserved break. The resilience, endurance and creativity of our school community and staff has been incredible, as we continue to focus on improving outcomes for our students, in a COVID-19 world. A big part of the success has been our ability to learn together – our school staff, students and families. This year's Education Week theme 'Learning Together', is aimed at capturing the vital role the local public school plays as the cornerstone of the local community where teachers, students, parents, carers and the general community gather to learn.



Quakers Hill Public School is committed to the pursuit of excellence and the provision of high-quality educational opportunities for each and every child. We prepare students for rewarding lives in an increasingly complex world. Our teachers deliver the NSW Curriculum and ensure each and every student is known, valued and cared for, with an education that caters for their needs as learners. It is because of our amazing teachers, that student learning is underpinned by high-quality teaching; lessons and learning opportunities are engaging and teaching strategies are evidence-based. As a result, our

students consistently perform at and above state average as indicated through external assessment and NAPLAN results. Individually and collaboratively, teachers evaluate the effectiveness of their teaching practices, including sophisticated analysis of student engagement, learning growth and outcomes, to plan for the ongoing learning of each student in their care.

The school environment is also pivotal to the growth and development of our students as healthy, happy, successful and productive individuals. Over the school holidays, we have been busy completing additional site enhancements to provide facilities that support good health, ensure students feel physically safe and optimise learning experiences. We have:

1. Upgraded the drab senior student toilets to ensure the provision of clean, pleasant and safe toilet facilities; with fresh paint and positive affirmations. This makeover was initiated by our Year 6 2019 students through the school parliament.



2. Installed brand new pinboards in 4 more of our classrooms; modernising and brightening the learning spaces. This takes us to a total of 11 classrooms that have been updated with new pinboards on all of the walls.



3. Built new retaining walls for the gardens at the front entry of the school.



SELECTIVE HIGH SCHOOL 2021

Congratulations to all of the Year 6 children who applied for and were successful in gaining placement in a selective high school for 2021. This year, 48 of our wonderful students have received first round offers while 7 students are on the reserve lists for selective high schools. Our students will be attending a variety of selective schools including, James Ruse Agricultural, Baulkham Hills, Normanhurst Boys, Chatswood, Sydney Boys, Girraween, Penrith, Hornsby Girls, Parramatta, Blacktown Boys, St George Girls, Ryde Secondary College and Hurlstone Agricultural High School.

SCHOOL GROUNDS - ARRIVALS & DISMISSALS

It is very important that parents follow our clear advice not to congregate at school. Teachers supervise students from 8:40 am each morning in the playground. While normally it is okay for parents to wait for class to start, at the moment parents and other visitors are not permitted into the school grounds of a morning. This decision has been made in line with health and Department of Education advice.

In order to help with this, it is vital that parents follow the physical distancing requirements. In the morning, parents are to drop their children at the gate and not enter the school grounds. We have considered applying this same instruction to the afternoon pick-ups, but we have a number of concerns including parents congregating at gates and the safety of children, particularly those in younger grades, leaving the school grounds unaccompanied. As such, we are relying on our parents to do the right thing. Parents of students in Years 3 to 6 are encouraged to meet their children at a designated location outside of the school grounds. For parents of younger children who cannot do this, please maintain physical distancing while waiting for your children and then leave the school promptly upon collecting them.



ATTENDANCE

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

Why is it important for your child to arrive at school on time?

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

JUST A LITTLE BIT LATE FOR SCHOOL DOESN'T SEEM MUCH BUT.....

If your child is missing	That equals	Which is	And over 13 years of
10 minutes per day	50 minutes per school week	Almost 1.5 weeks of the school year	Almost half a school year
20 minutes per day	1 hour 40 minutes per school week	Over 2.5 weeks of the school year	Almost 1 school year
Half an hour per day	Half a day per school week	4 weeks per school year	Almost 1.5 school years
1 hour per day	1 day per school week	8 weeks per school year	Over 2.5 school years

Children do their best learning at the start of the school day. Quakers Hills Public School starts at 9.10am. **Please ensure your child arrives at school by the first bell at 9.07am and is ready to go into class at 9.10am.**

EDUCATION WEEK

The innovative teaching and learning happening at Quakers Hill Public School will be on display as part of Education Week 2020 celebrations. Education Week is an annual state-wide event held during the first week of August to recognise the variety of achievements of NSW public schools and students. Over the past



year, the need to 'learn together' remotely has seen the local school become the epicentre of recovery and resilience from the threat of bushfires, floods and the COVID-19 pandemic. [Follow this link to see the Education Week schedule at QHPS!](#)

PRINCIPAL'S ASSEMBLIES

Due to the NSW Department of Education guidelines, we have only been able to celebrate one Principal's Assembly this year. In order to recognise and celebrate our wonderful students for their commitment, dedication and achievements we will be presenting Principal, Deputy Principal and Assistant Principal awards to students in class. If the students are present, they will have the opportunity to be a part of class group photo with all

of the award recipients and Mr Lo Campo, Miss Ryan, Miss Gibson and their AP, which will be posted on the school website and Facebook page.

Students have until Friday 31 July 2020 to submit their blue awards to their class teacher to be eligible for this round of awards. Once finalised, a flyer will be sent home with the names of students receiving awards.



KINDERGARTEN 2021

Quakers Hill Public School prides itself in delivering quality programs to students in a warm, caring learning environment. Our teachers are professional, caring and committed to teaching students a broad and balanced curriculum across the key learning areas. We pride ourselves on catering for the individual learning needs of all children.

If you have a sibling who will be commencing Kindergarten in 2021 (turning 5 before 31 July 2021), please start the enrolment process as soon as possible. Applications can be obtained either from the school office or from the school website.



LIBRARY BORROWING

Due to the strict hygiene controls that the Department of Education has in place for school libraries, our students are currently unable to borrow books from our library at the moment. Please keep returning any books you may still have at home. We are looking forward to returning to regular library operations soon.

NATIONALLY CONSISTENT COLLECTION OF DATA ON SCHOOL STUDENTS WITH DISABILITY (NCCD)



Every year, all schools in Australia participate in the Nationally Consistent Collection of Data on School Students with Disability (NCCD). The NCCD process requires schools to identify information already available in the school about supports provided to students with disability. These relate to legislative requirements under the Disability Discrimination Act 1992 and the Disability Standards for Education 2005, in line with the NCCD guidelines (2019).

Information provided about students to the Australian Government for the NCCD includes:

- year of schooling
- category of disability: physical, cognitive, sensory or social/emotional
- level of adjustment provided: support provided within quality differentiated teaching practice, supplementary, substantial or extensive.

This information assists schools to:

- formally recognise the supports and adjustments provided to students with disability in schools
- consider how they can strengthen the support of students with disability in schools
- develop shared practices so that they can review their learning programs in order to improve educational outcomes for students with disability.

The NCCD provides state and federal governments with the information they need to plan more broadly for the support of students with disability.

The NCCD will have no direct impact on your child and your child will not be involved in any testing process. The school will provide data to the Australian Government in such a way that no individual student will be able to be identified – the privacy and confidentiality of all students is ensured. All information is protected by privacy laws that regulate the collection, storage and disclosure of personal information. To find out more about these matters, please refer to the

Australian Government's Privacy Policy (<https://www.education.gov.au/privacy-policy>).

Further information about the NCCD can be found on the NCCD Portal (<https://www.nccd.edu.au>).

EARLY STAGE 1 NEWS

K Blue have been implementing the Walker Learning Approach (WLA), also known as 'Investigations' by the students. 'Investigations' take place 4 mornings each week and uses purposeful and intentional learning environments that are linked with the NSW curriculum as the basis for major teaching and learning tools that best suit young children. 'Investigations' promote a sense of wonder, exploration and a love of learning, and students are provided with a range of rich, varied materials and resources to demonstrate, consolidate and extend their learning. Walker Learning Approach aims to improve student academic and wellbeing, and develop 21st century learning skills such as effective communication, critical thinking, independence and problem solving. We absolutely love 'Investigations' in K Blue!

"Play is the highest form of research." - Albert Einstein



STAGE 1 NEWS

Welcome to Term 3! Stage 1 classes have been busy already and are straight back into quality teaching and learning.

This term in Science, we are learning about living things such as plants and animals and how they grow and change. In Geography we will be learning about places both in Australia and all over the world.

We have been participating in our school marathon challenge and have been doing lots of running every day which is helping to keep us fit and healthy!



Website
Visit our website:
<https://quakershill-p.schools.nsw.gov.au/>



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Download the app and add:
Quakers Hill Public School

The Stage 1 teachers are very proud of their students and how hard they have been trying every day. We are looking forward to a great term with lots of learning and of course, lots of fun!



STAGE 2 NEWS

In the blink of an eye we finished Semester 1, and now we return for an exciting and busy Semester 2! Stage 2 students came to school in week one prepared and eager to present their Multicultural Perspectives Public Speaking Competition speeches. The teachers have been impressed with the effort some students put into researching and refining their speeches and the mature, sensible way they have approached the topics. There continues to be a large English and Mathematics focus in our classrooms, where our students continuously strive for excellence at their individual level of learning. We have commenced our Science unit about the Living World, Geography unit where students will develop their geographical inquiry skills and in Creative Arts students will be developing their ability to create dramatic performances. We have also begun the Quakers Marathon, endeavouring to build our running stamina and endurance as part of the Premier's Sporting Challenge. I have been impressed with impeccable manner and standard with which Stage 2 students have begun the new semester.

STAGE 3 NEWS

Stage 3 have enjoyed returning to school from their well-earned break during the school holidays. Term 3 kicked off with students beginning their Gymnastrix program in Week 2. The program engages all students in gross motor body movements and understanding, mixed with initiative challenges and fun! Stage 3 students are currently engaging in the Multicultural Speaking Competition with the stage final to be held in a couple of weeks. The Premier's Sporting Challenge looks slightly different this year at QHPS, where the movement goal is based on endurance running and the students have shown great progress so far! It's a race to The Great Barrier Reef – Good luck Stage 3!



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Visit our website:
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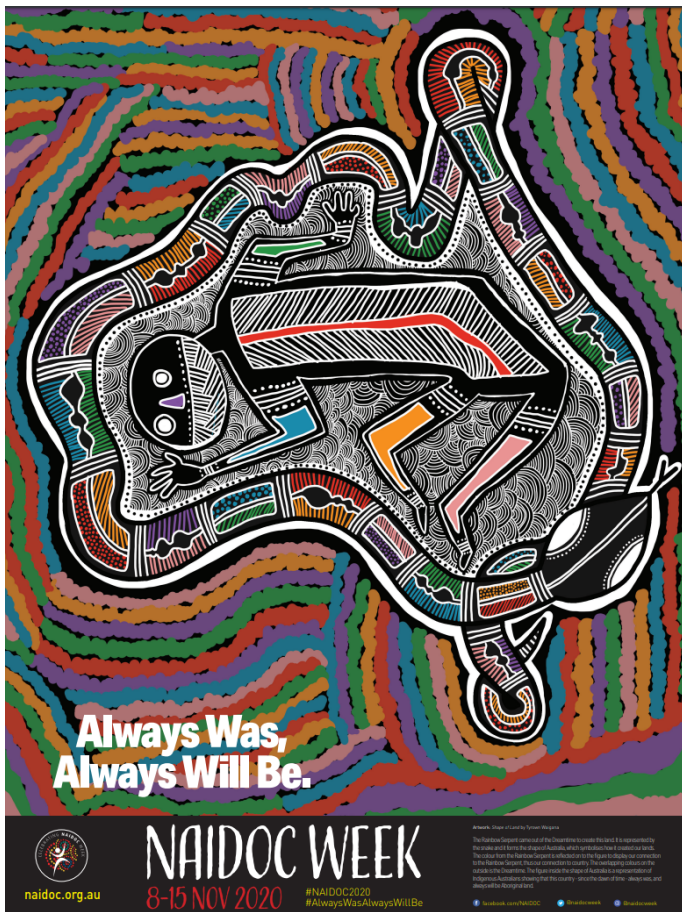


School Stream
Download the app and add:
Quakers Hill Public School

NAIDOC WEEK

The National NAIDOC Committee has decided to postpone NAIDOC Week 2020 (5 July - 12 July) in the interest of safety for our communities. National **NAIDOC Week 2020 celebrations will be held from the 8-15 November across the country.** The postponement was aimed at protecting our elders and those in our communities with chronic health issues from the disastrous impacts of COVID19.

Further announcements regarding Quakers Hill Public School's celebration will be released closer to the date.



A NEW NSW SCHOOL CURRICULUM

Why did we have a Curriculum Review?

In May 2018, the NSW Government announced the launch of the NSW Curriculum Review (the Review). This was the first comprehensive review of the NSW primary and secondary curriculum since 1989, and aimed to equip students to continue to contribute to Australian society in the 21st century. Parents and carers were invited to be part of the Review through consultation opportunities in 2018 and 2019. Feedback from parents and carers informed the shape of the final recommendations of the Review. The publication of the NSW Curriculum Review final report indicates the completion of the

review process and signals the commencement of activities to achieve curriculum reform.

What are the recommendations of the Review?

The Curriculum Review includes 24 recommendations that address the following areas:

The content and structure of new syllabuses

- New syllabuses will prioritise core knowledge, understanding and skills, giving teachers time to focus on depth of learning.
- The structure of the new syllabuses will provide improved information to parents about their child's progress and the next steps in their learning.

Building strong foundations for learning in the early, middle and senior years of schooling

- English and Mathematics will be prioritised in the early years.
- Clear standards will be set in mandated subjects for students to achieve by the completion of their schooling.
- HSC subjects will be organised under new learning areas. Future HSC subjects will integrate theory and application of knowledge.

The design of the new curriculum will take into account the diversity of learners in NSW.

How will a focus on building strong foundations for learning benefit my child?

Early years

The early years of school are important in establishing foundations for future learning success, particularly the development of oral language, reading and writing skills, and mathematical knowledge and skills.

Middle years

In the middle years of school, priority will be given to providing every student with challenging learning material appropriate to their current level of knowledge and skills. This means that students who need more time to master curriculum content will have it, and students who are ready to move on more quickly can do so. The new curriculum will set clear standards for achievement in mandated subjects by the completion of schooling. It will provide teachers and parents/carers with an improved way of monitoring students' long-term progress which will make it easier to know if students are on track with their learning.

Senior years

In the later years of school, each subject will build solid theoretical foundations, provide opportunities to transfer and apply knowledge, and develop skills in the practical application of subject learning. This will help to ensure that your child



leaves school better prepared for further learning, life and the workforce. Pathways through senior school to post-school destinations, like university, TAFE or the workforce, will be strengthened through the introduction of new learning areas, which will act as a focal point for schools' careers advice and relationships with businesses and tertiary providers.

What are the NSW Government priorities for reform?

The NSW Government is prioritising reform with an ambitious timeframe:

- Building strong foundations for future learning by 2022 with new English and Mathematics curriculum for Kindergarten to Year 2
- More time for teaching by 2022 by reducing the hours teachers spend on extracurricular topics and issues and compliance requirements
- Strengthening post-school pathways by 2022 with new learning areas for Year 11 and 12 that clearly link learning to future employment and study options
- A new curriculum from 2024 with new syllabuses focused on what is essential to know and do in early and middle years of schooling, and senior years key learning areas.



SAFE, RESPONSIBLE AND RESPECTFUL USE OF DIGITAL TECHNOLOGY

Our children and young people have grown up with digital technology and it is woven into their lives. During COVID -19 many young people are using digital technology more often to learn and to socialise.

Supporting children and young people to use technology in a safe, respectful and responsible manner allows for more active online learning that can increase student engagement and participation. It also supports access to a broader range of content and learning resources that can supplement students' learning experiences.

Being safe online is a shared responsibility for students, teachers, parents, carers and the broader community. It is important that families can communicate with their children about the how to use digital technology in safe, responsible and respectful ways.

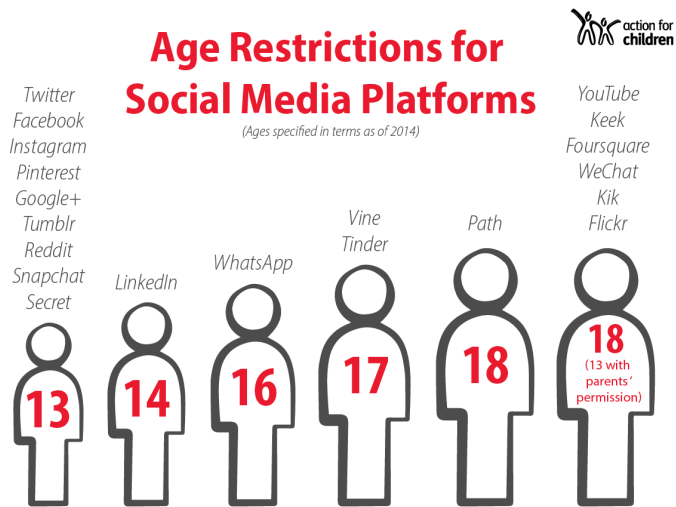
Here are some key reminders for children and young people of how to stay safe online:

- Protect personal information, including name, address, school, email address, telephone number, pictures and other personal details.
- Never share user names or passwords and only use your own.
- Ask a teacher or other responsible adult for help if anyone online asks for personal information, wants to meet or offers money or gifts.
- Let a teacher or other responsible adult know immediately if anything online that is suspicious, harmful or inappropriate.
- Never hack, disable or bypass any hardware or software security, including any virus protection, spam and filter.

Further information can be found at:

- Digital Citizenship website: <https://www.digitalcitizenship.nsw.edu.au/>
- Esafety Commissioner: <https://www.esafety.gov.au/>

The department's [Student use of digital devices and online service policy](#) supports schools to maximise the benefits and minimise the risks of digital environments, and prepare students for life beyond school.



HEALTH AND SAFETY - SLEEP

Getting enough sleep is essential for your child's health and wellbeing. By establishing positive sleep habits from an early age you can promote healthy growth, immunity, learning and memory for your child. Children often need more sleep at times of rapid growth.

Tips for healthy sleep habits:

1. Set up a bedtime routine

A regular [bedtime routine](#) starting around the same time each night encourages good sleep patterns. A routine of bath, story

and bed can help younger children feel ready for sleep. For older children, the routine might include a quiet chat with you about the day then some time alone relaxing before lights out.

2. Relax before bedtime

Encourage your child to [relax before bedtime](#). Older children might like to wind down by reading a book, listening to gentle music or practising [breathing for relaxation](#). If your child takes longer than 30 minutes to fall asleep, he might need a longer wind-down time before turning the lights out to go to sleep.

3. Keep regular sleep and wake times

Keep your child’s bedtimes and wake-up times within 1-2 hours of each other each day. This helps to keep your child’s body clock in a regular pattern. It’s a good idea for weekends and holidays, as well as school days.

4. Keep older children’s naps early and short

Most children stop napping at 3-5 years of age. If your child over five years is still napping during the day, try to keep the nap to no longer than 20 minutes and no later than early afternoon. Longer and later naps can make it harder for children to get to sleep at night.

5. Make sure your child feels safe at night

If your child feels scared about going to bed or being in the dark, you can praise and reward her whenever she’s brave. Avoiding scary TV shows, movies and computer games can help too. Some children with bedtime fears feel better when they have a night light.

6. Check noise and light in your child’s bedroom

A quiet, dimly lit space is important for good sleep. Check whether your child’s bedroom is too light or noisy for sleep. Blue light from televisions, computer screens, phones and tablets might suppress melatonin levels and delay sleepiness. It probably helps to turn these off at least one hour before bedtime and to keep screens out of your child’s room at night.

7. Avoid the clock

If your child is checking the time often, encourage him to move his clock or watch to a spot where he can’t see it.

8. Eat the right amount at the right time

Make sure your child has a satisfying evening meal at a reasonable time. Feeling hungry or too full before bed can make your child more alert or uncomfortable. This can make it harder for her to get to sleep. In the morning, a [healthy breakfast](#) helps to kick-start your child’s body clock at the right time.

9. Get plenty of natural light in the day

Encourage your child to get as much natural light as possible during the day, especially in the morning. Bright light suppresses melatonin. This helps your child feel awake and alert during the day and sleepy towards bedtime.

10. Avoid caffeine

Caffeine is in energy drinks, coffee, tea, chocolate and cola. Encourage your child to avoid these things in the late afternoon and evening, and don’t offer them to him at this time.

For more tips on establishing sleep routines, visit: raisingchildren.net.au.

How much sleep do children need?

Sleep needs for children vary at different stages of development, so use the below information as a guide:

- 0-3 months: 14-17 hours of good quality sleep, including naps during the day
- 4-11 months: 12-16 hours of good quality sleep, including naps during the day
- 1-2 years: toddlers need 11-14 of good quality sleep, including naps during the day. It is important to start establishing consistent habits
- 3-5 years: pre-schoolers need 10-13 hours of good quality sleep. This can include a nap, with consistent sleep and wake-up times
- 5-13 years: uninterrupted 9-11 hours a night
- 14-17 years: 8-10 hours a night

POOR SLEEP QUALITY

Screens before bed can lead to...

- Difficulty falling asleep
- Nightmares
- Disruptions in sleep

EXCESSIVE DAY TIME SLEEPINESS

KIDS USING ELECTRONICS DURING BEDTIME ARE...

200% MORE LIKELY TO BE EXCESSIVELY SLEEPY DURING THE DAY

THE LONG TERM CONSEQUENCES...

The long term consequences of poor sleeping habits include....

- Poor academic performance
- Mood swings
- Anxiety

WHAT'S THE SOLUTION?

Parents need to impose limits on screentime!

- ✓ Make a curfew for electronics
- ✓ Use a parental control app to enforce restrictions
- ✓ Educate your child on healthy sleep habits

With more awareness of the problem, parents can help their children sleep better at night!



HEALTH AND SAFETY – DRINK BOTTLES

For safety and hygiene reasons we ask that all students continue to bring their own water bottle school, rather than using the bubblers.



PRIVACY LAWS

Schools hold a variety of information about our students, some of which is highly sensitive. All information is collected, used, disclosed and secured by the school is subject to NSW legislation including the *Privacy and Personal Information Protection Act 1998*, *Health Records and Information Protection Act 2002* and the *Children and Young Persons (Care and Protection) Act 1998*.

These laws limit the circumstances in which a child's information can be disclosed. This has an impact on the circumstances in which information can be provided about actions the school has taken in relation to your child to other parents and other parents' children to you. This means, that you may not be provided with complete details of the actions the school has taken in relation to a student who has engaged in unacceptable behaviour that has impacted on your child.

Please do not assume that no action has been taken because you cannot be provided with this information.

Quakers Hill Public School takes unacceptable and inappropriate behaviour very seriously and responds to all issues and behaviour in line with the school's pastoral care, anti-bullying and student welfare policies and procedures. If you need to discuss issues concerning your child, please speak with your child's class teacher in the first instance and then to the Stage Assistant Principal who has direct responsibility for supporting and supervising the classes, students and staff.

LOST PROPERTY

Lost uniform items that are left in the playground are sent to lost property. Where an item is clearly labelled, the item can be returned to the owner. Unfortunately, many items are either unlabelled or the name is unable to be read. It would be extremely helpful if all items of clothing are labelled with your child's class and first and last name, particularly jackets, jumpers and hats.

If children have lost items of clothing they are strongly encouraged to check the lost property bins located outside of 5M and 4A (rooms 7 and 8) before school or at lunch time.

UPDATE CONTACT DETAILS

To ensure there is clear communication between school and home it is extremely important that parents/carers notify the school of any changes to their contact details. The most common reason for school staff to contact parents/carers is to discuss a matter concerning your child. However, there are a number of emergency situations when we may need to contact a parent/carer, including when a child is ill/injured and needs to be collected from school. Please notify the school office of changes to your contact details, including mailing and email addresses, phone numbers and emergency contacts.

UNIFORM SHOP

The school uniform shop has returned to normal operations. Physical distancing is required while waiting in queue. Download and view [Quakers Hill Public School uniform price list](#).

P&C MUFTI DAY – PYJAMA THEME

A HUGE THANKYOU to our school community who supported the P&C Mufti Day and raised a wonderful \$955! Thank you for your ongoing support of the QHPS P&C.

SCHOOL CANTEEN

With our morning kiss and drop procedures, please remember online lunch orders must be submitted prior to 9 am. Students are able to place lunch orders at the canteen before the 9:07 bell, however parents/carers are asked not to enter the school grounds of a morning.

SCHOOL STREAM

FREE SCHOOL STREAM app can be downloaded onto your mobile phone. This will enable our school to send out important notifications at a much faster rate, all at the convenience of your mobile device. School Stream is available via each platform's App Store.





School Opal Cards for bus travel

As part of our campaign against fare evasion, and our on-going commitment to provide the level of service needed to transport students to and from your school, Busways conducts regular checks of School Opal card.

All students must be in possession of a valid Opal card or pay a fare.

Students in possession of an Opal card must also tap on/off with their card when boarding our buses.

This is important, because the Opal data collected determines the level of service we are able to provide to your school. If students don't tap on and off, the services will appear under utilised and may be considered for cancellation based on low passenger numbers.

To apply for a School Opal card or to report a lost or stolen card, go online to www.opal.com.au/en/about-opal/opal-for-school-students/

Students who are ineligible for School Opal will need to purchase a Child/Youth Opal card or pay a fare to travel on our buses.

Thank you in advance for your assistance and support.



Your child will feel:

- Included, special & valued
- Supported by friends & teachers that care
- Confident & ready to shine on stage
- Part of a dance family
- True happiness as they are empowered to dream

BOOK YOUR FREE TRIAL

Ignite your child's inner confidence

jigsaw dance

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O'GRADY DRAMA

we don't just teach drama, we teach life!

After-school drama classes that will make the world their stage.

- We provide an environment that stimulates creativity, curiosity and a growth mindset
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join a class today

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