



SCHOOL NEWSLETTER

QUEANBEYAN HIGH SCHOOL



TERM 2, VOLUME 2

CLUBS AND ACTIVITIES EDITION

In this special edition of our newsletter we profile many of the amazing clubs and extra-curricular activities that are offered at Queanbeyan High School.

Participating in extra-curricular activities offers numerous benefits for students, enhancing their overall educational experience. These activities foster essential life skills such as teamwork and leadership. Engaging in clubs also helps build social connections and friendships, contributing to a sense of belonging and community within the school.



Additionally, extra-curricular involvement can boost confidence and self-esteem as students explore new interests and develop talents. Overall, these activities play a crucial role in promoting personal growth and well-rounded development.

A very big thank you to all the staff who give their own time to make these activities happen. Their efforts ensure that Queanbeyan High School students have amazing opportunities to connect and engage with learning, each other and their teachers.

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Queanbeyan High School



queanbeyanhigh

CONNECTED ENGAGED STUDENTS

Student leadership team (SLT)

The purpose of the Student Leadership Team is to provide students with the opportunity to voice their ideas in relation to school, the community and the wider world.



Who can join?

Students nominate or are nominated by others.

Representatives from all year groups are welcome.

MEETS - WEEKLY

CONNECTED ENGAGED STUDENTS



Benefits

Becoming a member of the Student Leadership Team allows students to develop skills in communication, collaboration and problem solving skills.

TEACHER - MS FLICK

"I enjoy our weekly meetings where we plan activities and participating in community events such as the Anzac March and Reconciliation Walk. I encourage other students to join the SLT because it's a supportive group that values everyone's opinions." – Zoe, Year 11



This year the Student Leadership Team have been responsible for a number of school assemblies and have raised \$684.75 for Do It For Dolly Day. The Team have several other events planned for the year.

CONNECTED ENGAGED STUDENTS

Japanese Club

This term began with students creating Omamori—Japanese amulet charms—personalised with wishes for good fortune, success, health, love, and protection from evil spirits.



Who can join?

Students sign up for fortnightly activities, allowing many students to be part of the club on a rotating basis.

MEETS FORTNIGHTLY

CONNECTED ENGAGED STUDENTS



Benefits

Japanese Club is an after-school extracurricular activity that offers students a hands-on experience to traditional Japanese arts, crafts and cuisine.

TEACHER - MR ARAI

"Japanese club provides us a place to learn new things about Japanese cultures/language, traditions, and stuff that builds friendship! I'm very happy about having a Japanese lesson in year 7 and hope there would be more to the Japanese lessons I attend!"

"Thank you sensei for giving us an opportunity to learn Japanese languages and making us laugh, we enjoy your lessons and hope we could have more!!!" - Sally, Year 7



Students also had the opportunity to wear traditional Kimono and pose for photos in front of our very own cherry blossom tree.

Upcoming sessions will feature Shodō (Japanese calligraphy) and Onigiri (Japanese rice ball) making. With Japanese culture being vast and dynamic, many more sessions are planned throughout the year for students to enjoy.

Future Teachers Club

The Future Teachers Club is made up of students who have identified education careers as a future pathway.



Who can join?

Students from years 8 to 11 can join.

MEETS - WEEKLY



CONNECTED ENGAGED STUDENTS



Benefits

Students participate in lesson observation, micro-teaching and students in year 11 will have the opportunity to complete 2 units at Australian Catholic University in their initial Education degree (fee free).

TEACHER - MS BARRETT



"I joined the Future Teachers club because I aspire to become a School Learning Support Officer (SLSO). I appreciate the opportunity to connect with like-minded individuals, and my goal is to be a teacher who supports every child, regardless of their challenges."
Charlie, Year 10.

**national
museum
australia**

As well as benefitting the students involved, The Future Teachers Club builds relationships between schools within the Queanbeyan network and external partners like ACU and the National Museum of Australia.

Peer Support

Peer support provides students in years 9 and 10 with opportunities to develop their leadership capacity.



Who can join?

Students complete an expression of interest process and then work through training sessions. Students who successfully complete this process become peer support leaders.

TRAINING IS SPREAD ACROSS THE YEAR. PEER SUPPORT ACTIVITY DAYS OCCUR EACH TERM.



CONNECTED ENGAGED STUDENTS



Benefits

Peer support leaders develop skills in communication, team work and time management. It provides an opportunity to build confidence and leadership skills.

TEACHER - MR FRAKES



Representative Sport

Across the year students have many opportunities to represent the school in a number of sports.

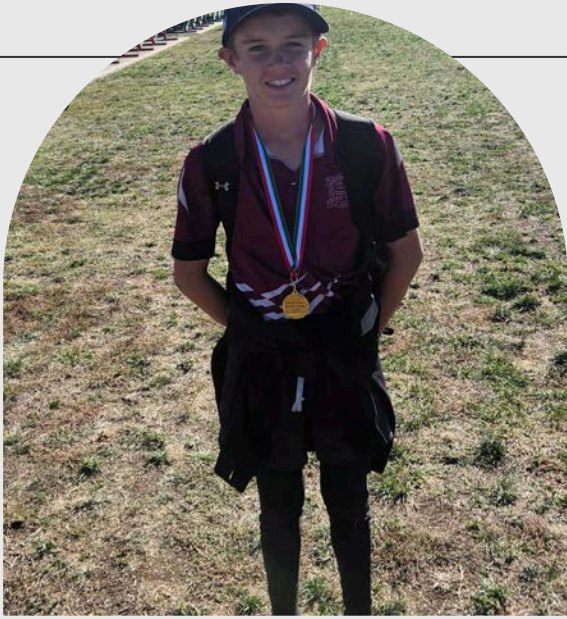


Who can join?

Students register interest and attend regular training. To represent the school students need to meet behaviour expectations.

OPPORTUNITIES ACROSS THE YEAR

CONNECTED ENGAGED STUDENTS



Benefits

Students develop their physical skills, as well as team work and the ability to perform under pressure in a safe environment.

**LOTS OF TEACHERS MAKE REP
SPORT HAPPEN!**

"I represented QHS as part of the South Coast team in the 100m Butterfly event at the NSWCHS Swimming Championships at Sydney Olympic Park. I enjoy being able to do something I like while representing the school."
Jasmine, Yr 10.



Extensions English and Maths

Senior students have the opportunity to engage in high level academic courses at QHS.



Who can join?

Students select these subjects at the end of year 10 after discussion with the faculty head teachers, parents and pathways team.



**CLASSES HAPPEN BEFORE AND
AFTER SCHOOL**

CONNECTED ENGAGED STUDENTS



Benefits

Senior extension courses challenge students and engage them in critical thinking. The courses are great preparation for university studies relating to English and Maths.

TEACHERS: MR NIMMO AND MR STANMORE AND MR HANSEN



Birrigai cultural education

Aboriginal students learn on Country each week, guided by school staff and the Birrigai team of teachers and rangers.

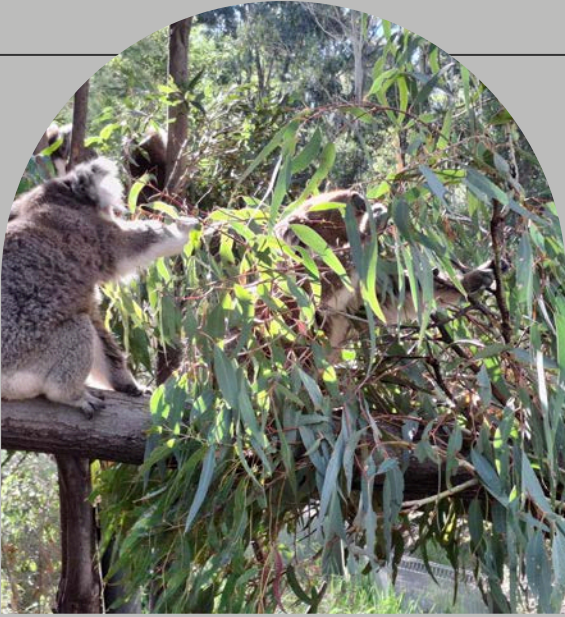


Who can join?

The Aboriginal Education Team select combinations of students to engage with the program across the year.

STUDENTS ATTEND BIRRIGAI ON FRIDAYS

CONNECTED ENGAGED STUDENTS



Benefits

Students learn about culture in a safe, supportive community. Students involved in the program have increased attendance and positive behaviour entries.

**STAFF: MADIE RUSSELL, KATIE WIGHTMAN,
ADRIAN BELL**

"We have developed a strong sense of family and trust through team-building activities, walking, and learning about the country. Birrigai is significant to me as it fosters connections with others and provides a sense of belonging." - Dakota, Yr 10



Show Team

Students with a passion for agriculture are able to prepare animals for show and lead them at events such as The Canberra Show and The Dubbo Sheep Show.



Who can join?

Students in all years can be part of the Show Team.



**SHOW TEAMS MEETS REGULARLY
BEFORE COMPETITION**

CONNECTED ENGAGED STUDENTS



Benefits

Students learn more about the care and feeding of animals, as well as skills in public speaking and team work.

TEACHERS: MR ANDREW AND MS CLARK



Chess Club

Chess Club provides an opportunity to learn more about the game and a supportive place for students to test their skills against each other.



Who can join?

All students are welcome at
Chess Club.

**MEETS: TUESDAYS AND FRIDAYS
AT RECESS**

CONNECTED ENGAGED STUDENTS



Benefits

Playing chess improves memory, problem-solving skills, and strategic thinking, while also boosting creativity and decision-making abilities. It is also a great way to build social skills and have fun.

TEACHER: MR STANMORE



CONNECTED ENGAGED STUDENTS

Basketball comp

The school's lunchtime basketball competition is legendary.



Who can join?

Students of all ages and genders compete in an organised roster to claim top of the ladder. Students and staff play off in the last week of term for the Hansen cup.

**COMPETITIONS RUN DURING
LUNCH IN THE MPH**



CONNECTED ENGAGED STUDENTS



Benefits

Basketball fosters teamwork, social skills, and leadership qualities, while boosting self-confidence and resilience.

**TEACHERS: WHILE MANY TEACHERS
PLAY THIS EVENT WOULDN'T
HAPPEN WITHOUT MR HANSEN**

MENTAL HEALTH ADVANTAGES OF PLAYING BASKET BALL:

FASC



STRESS
RELIEF



DEVELOPS
CONCENTRATION



PROMOTES
DISCIPLINE



Enhances Problem
Solving Skills



BOOST
SELF-ESTEEM



After school sports

Students get to end the week with a variety of indoor sports on Friday afternoon.



Who can join?

All students are welcome.



FRIDAYS AFTER SCHOOL

CONNECTED ENGAGED STUDENTS



Benefits

After school sport is a great mix of physical activity and social time. It sets students up for a positive weekend.

TEACHER: MR POWTER

Futsal



Homework Club

Homework Club provides students with a safe place to complete homework and assessments after school.



Who can join?

All students are welcome. Students requiring support for a particular task are asked to liaise with the Learning Support Team and use our in-school Activate program.

**MEETS: WEDNESDAYS AFTER
SCHOOL**



CONNECTED ENGAGED STUDENTS



Benefits

Using homework club provides students with a chance to build routine and structure into their weekly schedule, as well as allowing them time to focus on tasks. The club also supports students to develop study groups.

TEACHERS: TEACHERS VOLUNTEER ON A SCHEDULE. MS LATU OVERSEES THE CLUB.



Wednesday Wunners

Wednesday Wunners is a group that meets after school to engage in walking and running activities. The group sometimes works out at school but often runs at Queanbeyan Park.



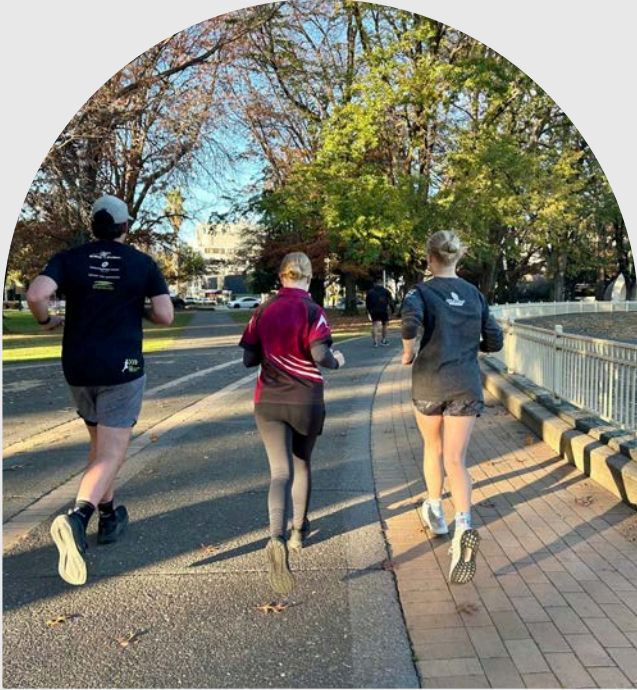
Who can join?

All students are welcome at Wednesday Wunners. Students can either walk or run – there is no pressure to perform at a specific level.

**MEETS: WEDNESDAYS AFTER
SCHOOL, MEET NEAR PE
STAFFROOM**



CONNECTED ENGAGED STUDENTS



Benefits

Regular running can improve cardiovascular health, strengthen muscles, and enhance mental well-being. Being part of a team provides a safe opportunity for students to run/walk out in the community.

**TEACHER: MS ROCHE, WITH MANY
GUEST TEACHERS AS WELL**



CONNECTED ENGAGED STUDENTS

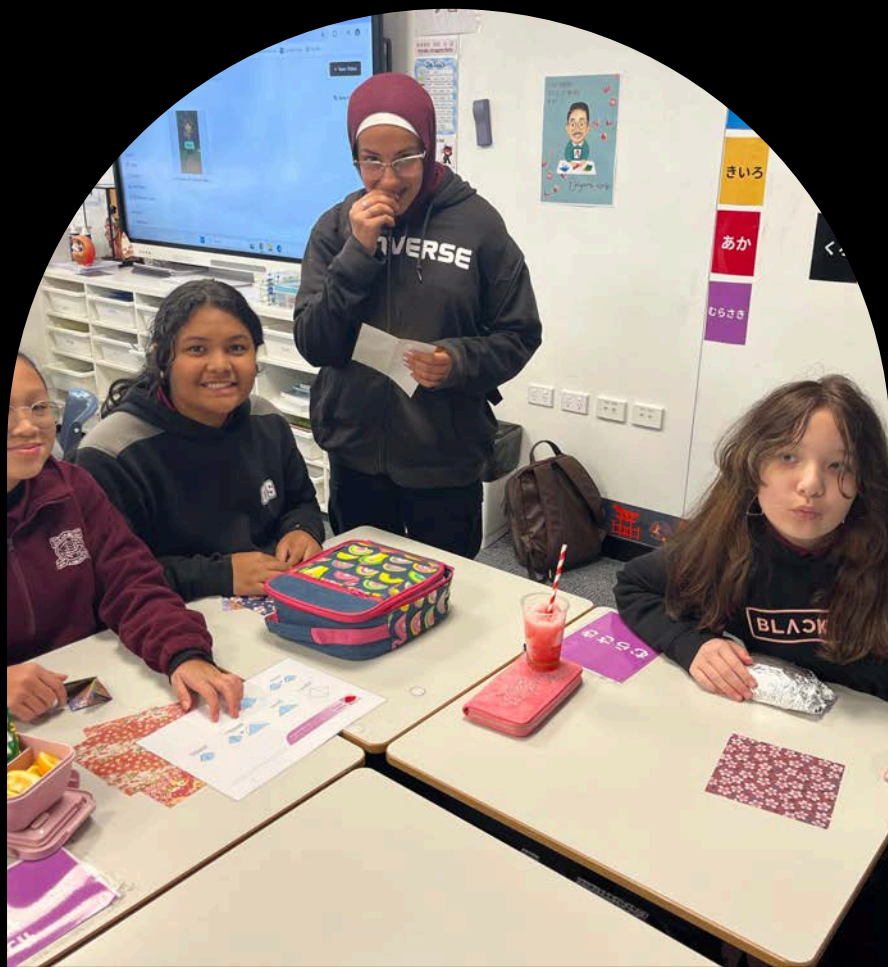
Origami Club

Origami Club is a new school club where you can come along and fold origami paper and create anything at your pleasure with no stress or pressure. Students can fold anything they want and either keep their creations or donate them to the Japanese Learning Centre display.



Who can join?

All students are welcome



MEETS: MONDAY AT RECESS

CONNECTED ENGAGED STUDENTS



Benefits

Origami enhances fine motor skills and promotes creativity. It can also reduce stress, creating calmness and opportunity for meditative thought processes.

TEACHERS: MR ARAI

*Mi Anh Nguyen & Liz Paton
(Year 11) have successfully
taken on the challenge of
creating a jumbo origami
crane using 24x A4 sheets of
paper and it looks pretty
awesome*

