



Seven Hills High School

A member of the Nirimba Collegiate group of schools

NEWSLETTER

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Calendar

October

- 8th P&C Meeting
- 9th Debating Year 9
- 10th Aboriginal Student Conference
- 14th Walkathon
- 15th Year 7 Digital Thumbprint Talk
- 17th Year 9 Fast Forward Program
- 21st AIME excursion Years 9&10
- 22nd Eco Youth Summit Excursion Years 7&8
- 24th PASS excursion
- 27th Year 10 Collegiate Examinations – English and Science
- 28th Year 10 Collegiate Examinations – Mathematics and HSIE

Examination schedules for Year 7-9 and Year 10 PDHPE and electives to be published Week 2

November

- 7th Vaccinations Year 7 & Year 9 boys
- 12th P&C Meeting

From the Principal

Welcome back to Term 4, one which will be a combination of wonderful learning experiences for students, a focus on educational achievement, the assessing of student learning through the Semester 2 examinations and for Year 10, the sitting of their Nirimba Collegiate Stage 5 Examinations in English, Mathematics, Science and HSIE.

Later in this newsletter is information on how parents can support their child in preparing and sitting examinations to ensure they perform to the best of their ability.

During the school holidays work began on a new performance space for those students studying music. This room will provide an opportunity for students to practice during their lunchtimes and, in future, to record their performances utilising the latest in computer technologies.

Our Head Teacher Science, Mr Ward and 7B will, this week, commence work on a new kitchen garden which will supply the TAS faculty with herbs and salad vegetables for use in their Food Technology classes. Designed by the students, these beds are the starting blocks for the development of an agricultural plot for use by students studying Science in Year 8, and in the longer term, Agriculture as an elective in Years 9&10.

Staff across the school will be implementing a new Numeracy initiative, PIE (Present, Improve, Employ) across all classes in Years 7 and 8, designed to improve student skill levels in this area. The focus for the first of the Numeracy Blitzes will be fractions.

Greg Johnstone

Ski Trip Thredbo August 2014

It was the 26th of August and it was time again for the annual Seven Hills/ Quakers Thredbo Ski Trip.

We travelled for 6 hours and arrived at Jindabyne ready to be fitted for our skis or boards and allocated our rooms for the 4 nights.

On the first morning, we were all up early, split into our skiing and boarding groups and excited and eager to hit the powder. Zach was in the beginners' ski group, Luke was in the beginners' snowboard group, the intermediate skiers were Jarod, Dean, Jordan, Dominique and Aidan and Tim was in the intermediate boarders group. The beginners were falling like flies on the first day and those who had been before were a little rusty but after a few stacks and crashes they were back to tearing it up again.

Every day we had a morning lesson for 2 hours and on the first day we also had an afternoon lesson.

On Day 2, we had 4 hours of free time. In the afternoon and Miss Buckley took Dean, Jarod, Dom and Aidan up to Merits as unfortunately Jordan had become ill. It was great fun racing to the bottom and trying not to fall. Zach and Luke were practising their skills on Friday Flat.

On Day 3, everyone was up the top of the mountain. The intermediate skiers went to the very top, doing a 4 and a half km ski run back; this was one of the best runs of the trip. We got to do this on the last day also, with a few more people.

On the end of Day 3, Dominique, Aidan, Luke and a few of the Wyndham boys went for a run at Merits. We all skied and snowboarded our way down and all of a sudden we had lost Luke. Thinking he was at the bottom of the slope we all continued our way back down. As we skied, we all got lost going down the wrong track and ended up on the other side of Friday Flats. On the way down the mountain we lost another member of the group, Aidan, who had smartly cut across to make it to Friday flats. As everyone else was still stuck on the other side, we decided to catch a chair lift to Merits and half way up we got off and continued a path to Friday Flats.

When we go back to the bus, we saw Luke with a bleeding nose. Luke had not been waiting for us at the bottom of the slope, he had actually fallen off the side of the mountain. He had lost control and slipped under 2 barriers and was lucky he somehow stopped sliding. He had been calling out to us but we had already left. He thought his life was going to be over. It took him around 15 minutes to get back up to the slopes and was very happy to be sitting back on the bus with us all.

At the end of the trip everyone was very tired and sore. All in all, it was a great trip with amazing experiences and lots of laughs. Thank you to Miss Buckley and the Quakers teachers for organising the great trip away, we hope next year as many people from Years 9 and 10 attend.

Dean Lindsay

Western Sydney Captains' Cup: Fittler 9's

The Western Sydney Captains' Cup, is an extensive 9s Rugby League Competition.

At the beginning of the year, 64 Schools entered the competition and were divided into 8 districts, with the winner of each progressing to the next stage.

After winning the Cayless Cup in Term 2, both our junior and senior Rugby League teams were presented with the exciting opportunity of representing Seven Hills HS, at the Fittler 9's, held at the Kings Way, St Mary's, on the 3rd of September. To be able to reach this section of the competition is a remarkable achievement in itself, as the best 8 public secondary schools across Western Sydney competed for the prestigious Brad Fittler Cup.

Both our teams were very competitive throughout the competition, and represented both Seven Hills High School and their district with pride. Our senior team were unlucky in their defeat to Eagle Vale High School in the first round, after leading for majority of the match Eagle Vale scored in the late stages making it 14-10.

We met Picnic Point High School in the second round, and the seniors displayed their attacking class winning 18-6. This left us the task of playing Glenmore Park High School, with the winner cementing a spot in the Semi-finals. This was by far the best game of the competition, with both teams displaying high levels of skill. Unfortunately we went down 14-12, and therefore did not progress to the Semi-Finals.

Regardless of the result I was very proud of the efforts of the players and the manner in which the team as a whole played throughout the tournament. The seniors finished the competition in 5th position out of 64 teams, which was a fantastic achievement.

The juniors met Mt Druitt High School in their first round and came away with a 12 all draw. In the second round they played a very strong team in Ashcroft High School and were defeated 18-8. Like the seniors, the juniors also had to win their last game against Bass Hill High School to finish second in their pool and progress to the semi-finals. After being down 10-8 for the majority of the second half, forward Connor Abnett, scored a remarkable 80 metre try in the dying seconds, giving us the win and a place in the finals. We met Bede Polding in the Semi-Final which was by far their best performance both in attack and defence, winning 22-8. With a spot in the Grand Final secured, we had the task of playing Ashcroft High School for the second time in the competition. After getting off to a strong start and leading at the break, the juniors were unfortunately defeated 24-18, in what was a highly enjoyable and exciting game. As a result the juniors finished 2nd in the competition out of 64 school which is an amazing achievement.

While the team as whole played exceptionally well, I would like to commend the efforts of Fred Pupu, Connor Abnett, Jackson Brown, William Pupu, Gabriel King, Matt Grasso and Raiden Lemalu for the efforts in both attack and defence.

Mr Jones

Support Gala Day

On Tuesday 9th September 14 students from 7B,8B and 9B attended the Support Rugby League Gala Day at Crestwood High School.

When we reached Crestwood High we were well received by our hosts. Our school had two teams; the Seven Hills Roosters and Seven Hills Storm. There were teams from two other schools. Each team played one another on a round robin basis.

We were the overall winners of the shield and the runner-up for 2014. Each student received a participation certificate and the winning team members received a medal each.

Recess and lunch was provided to all the participating teams and the teachers. Everyone enjoyed the day out at Crestwood High School.

We look forward to next year's competition.

Mr Hussain



How parents can help their child prepare for this term's examinations.

Study and learning habits

Help your child to establish effective study and learning habits:

Preparing a study schedule

- Have them start their revision early—allow at least 2 weeks for each exam. The sooner they start, the less they will have to do each day.
- Help them to plan their study schedule early on so that they have sufficient time to study. It can be helpful to develop a clear, realistic plan of what they want to cover in each study session. Can they break it down into small chunks?

Making and organising study notes

- Suggest they put their study notes into separate coloured folders. Using colours helps jog most people's memory because they can associate the information more quickly. Your child may even like to use different coloured pens and paper for each topic.
- Help them to make 'mind maps' to collect ideas and summarise thoughts - use bright colours to help remember important links.
- They could write key concepts onto flash cards (which are easy to refer to and organise) and on the back, writing general ideas and details. Organise the cards into groups by numbers or colours (to match topics) so they are easy to find and reorganise.
- Have them complete some practice questions in a time limit by referring to the mind maps, flash cards and notes, and referring to their book for examples and details.
- Encourage your child to ask for help or ask their teacher for clarity if they are unsure of something or if they feel confused.

When studying

- Help them to find somewhere which is unlikely to be disturbed.

- Unless they are using the computer for revision, turn it off!!
- Cut contact: no phone calls, no texts, no Facebook, etc.
- When your child is studying they need to stop every 40 minutes and have a five minute break.
- Remind your child to take a short rest and move around in between each part of their study.
- Offer help sometimes. It can be useful having someone to listen or practice with.

Determining what to study and in what order

- Ask your child for a copy of the examination schedule. This will show them which subject to begin with.
- Encourage your child to find out exactly what the test involves.

Ideas for exam day

Talk about these ideas before exam day so as not to add to anxiety levels. Suggest to your child that they:

- Organise and pack everything that they need to take with them into the exam, the night before
- Read through the paper, underlining key words and instructions. Work out how long they have for each question or section
- Watch out for the wording of the questions - make sure that they understand and address what the question is really asking
- Answer the questions they find easiest first, then as they relax more move onto the other ones (by then their mind has relaxed and they are likely to find the work easier)
- Re-read answers if possible and make any changes that are necessary - cross out notes, correct spelling, check workings

Adapted from <http://www.parentline.com.au>,
<http://www.harrischaffordhundred.org.uk> and
<http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/helping-your-teen-study-for-an-english-exam>

