



Seven Hills High School

A member of the Nirimba Collegiate group of schools

NEWSLETTER

September 2014

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Calendar

September

- 10th P&C Meeting
- 11th Smooth Walking
- 12th RU OK Day disco
- 15th Zone Gala Day Year 7
- 18th School Walkathon
Year 12 Graduation
- 19th Last day of Term 3
RTAs distributed

October

- 7th School resumes for all students
- 9th Debating Year 9
- 10th Aboriginal Student Conference
- 15th P&C Meeting
Year 7 Digital Thumbprint Talk

From the Principal

As you will see from the newsletter it has been another busy month at the school with staff and students involved in a variety of activities which promote community pride and foster personal development.

I would like to acknowledge the many staff, as well as our student leaders, who spent countless hours organising and managing these experiences. The success of these events also relies on student participation and I would like to thank all students involved across the whole range of events for their support and enthusiasm.

Our staff Future Directions Committee is currently finalising our new school purpose and values statements. These statements will be presented at next month's P&C meeting for discussion.

Last week we held a community forum to gain your input into future school directions and I would like to acknowledge our P&C Association for their leadership of the groups during the evening and thank those parents, of both present and future students, for your valuable input. Mr Erwin will be presenting a summary of these results at this week's P&C meeting being held at 7.30pm in the school library.

Finally, surveys were sent home recently seeking parent and caregiver views on our school's current practice and future directions. Thank you to those who returned the surveys. Your opinion is important to us so if you still have a survey at home please complete it by the end of Term 3 and return it to the front office.

Greg Johnstone

Year 9 Camp

From the 13th to the 15th of August 30 students went on Year 9 camp. We spent the morning convincing ourselves we had forgotten to pack something and arrived at school at 7.45am excited for the next three days.

Once we had arrived at The Great Aussie Bush Camp, Tea Gardens we went into our tents which now made us dread the nights to come.

The first activity we did was the team challenge high ropes course, which could only be completed in groups of four. It was a fun, team orientated activity that required a lot of communication.

After the first activity was completed we had lunch and prepared for the 'Lost Island', where we were made to go through many obstacles in the mud. It

was freezing which didn't help when we also had punishments for speaking or not participating to our full ability. When we were told to go back to our campsite and have showers it felt like a marathon, as everyone was racing for a warm shower.

We had dinner and went back to the camp fire before we made our way to start 'Commando'. 'Commando' is a game of spotlight in the bush. Skye and Sheetal were the hostages and Miss Buckley and Mr Ward had to try to stop anyone reaching them. No one found the hostages so the teachers had defeated us. That night, it was freezing in the tents, everyone was wearing all their clothes to stay warm and you could hear people talking; you even heard a few yodels.

The next day, everyone was excited to see what activity would be next. We made our way to the dual flying fox, which is built over a bush and a lake and is over 10 meters high and 100m long. We had lunch and a short break before our next activity which was the giant swing. Many people were eager to have a go while others conquered their fears. Some people had fear written all over their faces and some hid it well. Everyone that went on the giant swing didn't hesitate to pull the rope even if they were afraid.

After the giant swing we went to the sand dunes and participated in some games or just hung out at the beach. On the way home on the bus, the boys were making up rhyming songs, which **usually** were quite funny and clever.

After our BBQ dinner we watched a movie in the cinema. On the way back to our tents it was again freezing, some of us wondering how we were going to make it through camp without getting hypothermia.

We heard a really long story from our camp instructor, which we all were really listening to, some people nearly started crying as the story was so sad, but in the end the whole thing was made up. We then had hot chocolates and Miss Buckley taught some students how to cook marshmallows at the fire.

We woke up at six thirty, got ready and had breakfast. Although it was cold for the past two nights, realising that it was our last day we didn't want to leave.

There was still one last activity, the leap of faith. You were harnessed and had to climb a telegraph pole either to 8 meters or 10 meters, you would then jump and try to reach a trapeze. When everyone had a go we went back and had a barbeque for lunch and waited for our coach to arrive. The coach arrived and no one could believe

our coach was that fancy. The trip home was fun with everyone singing along together.

Thanks to Mr Ward and Miss Buckley for taking us on camp.

Lisa McDermott and Thomas Morgan

Excursion to the Australian Museum

On Wednesday 27th August I was honored to be invited on the excursion to the Australian Museum with the Aboriginal and Torres Strait Islander students of Seven Hills High School. I had fun learning about the Aboriginal culture and also seeing the other amazing galleries that are at the museum.

We caught the train to Town Hall Station and then walked to the museum. Firstly we had a tour of the Indigenous Australians Gallery. We learnt about Aboriginal culture and how they lived and used the land. We viewed many of their weapons, but also their jewelry and tribal objects such as masks. It was truly amazing how the Aboriginals used the land in a positive and respectful way, how they adapted to the hot dry land of Australia. They were smart and thoughtful in the design and the use of their weapons and cultural objects.

Soon after we were free to see the other galleries such as the skeleton and dinosaur gallery. There were fossils of dinosaurs and skeletons of Australian animals, also humans. The Planet of Minerals Exhibition also had crystals that are possibly from a thousand years ago.

Although the weather was a little wet, we still had a lot of fun and I was happy to be invited to attend this excursion.

Rebecka King

City2Surf

Back in Term 1 of this year, Year 9 students and Miss Buckley were discussing marathons and building endurance. Eventually, this conversation led to the creation of the Seven Hills High School Year 9 Running Group. This group was going to run the annual City2Surf. A 14 kilometer run from Hyde Park to Bondi Beach. Soon after, Miss Ramm and Miss Macan jumped on the bandwagon, and we were all going to compete together.

Upon registering, we found out we could sponsor a charity and a portion of our entry fee would go to the charity of our choice. The majority of us had selected the Children's Hospital at Westmead and Bear Cottage as our charity, as we knew someone spending some time in hospital. Miss Buckley had made an everyday hero page to raise money for the Children's Hospital and had managed to raise over \$1400 dollars. This in itself was an amazing achievement and we believe deserves a round of applause. Due to Miss Buckley raising \$1400 Westmead Childrens hospital had invited us to go to their marquee once the race was over.

We had decided that training would start in Term 2. Mondays, Wednesdays and Saturdays. On Saturdays, we woke up at unnaturally early hours and ran a couple laps of Parramatta Park in the early morning. Once we had progressed and were able to run a couple of kilometers without dying, we began to run a 9 kilometer course. Mondays, Wednesdays and Saturdays were now days of dread, associated with painful memories we would rather forget about. This went on for 14 weeks, the longest 14 weeks of our lives.

Towards our last week of training, we were running 11 kilometers non-stop and were beginning to feel at our peak level. We began to taper off and relaxed for the days leading up to the City2Surf.

Finally, race day had arrived. We met up at Seven Hills station. As our train pulled into St. James Station, we began to feel the nerves. Once we had warmed up and taken a few group selfies, it was time to get into our group. A couple of Mexican waves later, it was race time. Ex- Rugby League player Beau Ryan counted down the start of the siren and we were off. Everywhere you looked someone was wearing something crazy.

Once we had passed the 6 kilometer mark, we made it to Heartbreak Hill. Heartbreak Hill is a hill known for its heartbreaking, leg breaking, spirit breaking 2 kilometers of gradual hill that were the most painful minutes of our existence. It was like walking up the stairs to the top oval over and over and over and over again. After conquering the hill, it was mainly downhill from there. As we passed the 13 kilometer sign we were confronted with the most beautiful sight in the world. Bondi Beach was literally a couple hundred meters away, and the glorious finish line was only 1 kilometer away. After going through hell, we were at the last 200 meters of the race, the home straight. Those of us who could, sprinted to the finish line and a few managed to crawl over. We did it. It took a while to comprehend, but we had ran the City2Surf.

We were handed our medals and made our way towards the Westmead Childrens' marquee. They

were incredibly kind and generous and we made the most of it by sampling every piece of food. Once we were finished at the marquee, we enjoyed the view of Bondi Beach. It was so good to just sit down after the run. We left the beach by walking up ANOTHER hill, jumped on a bus and made our way to Bondi Junction. After eating a couple kilos of McDonalds, we jumped on a train back home. It was a fantastic ending to an amazing day and we would like to congratulate everyone who competed.



We would also like to thank Miss Macan and Miss Ramm, for their fantastic hardwork and dedication. At one point, Miss Ramm was walking 50 kilometres a week. Also, a massive thanks to all of the teachers who sponsored Miss Buckley and donated towards the Westmead Children's Hospital. Thanks to you \$1400 is going to be used to help out kids with severe illnesses. And lastly, we sincerely want to thank Miss Buckley. Without her none of this would have happened and we are really appreciative of everything she's done for us. Most teachers would not want to see our faces at 7:30 on a Saturday morning, let alone pick us up from our homes. Miss Buckley seriously went above and beyond any of our expectations and she is honestly the best Year Advisor you could possibly have.

Competing in the City2Surf is something people put on their bucket lists and to think we did it alongside our friends and teachers is amazing.

Thank you,

Gerry Sidari and Daide Chaker

A Year of Debating

The 2014 Debating Challenge was a wild rollercoaster ride. Throughout the year we had three rounds. The first two were massively challenging and thought-provoking debates, both

against James Ruse Agricultural High School. James Ruse was a mighty opponent and sadly we lost both rounds.

The final debate took place on home ground against Marsden High School. It was a very engaging and entertaining debate which gave us our first win! Both schools were great experiences in the testing of our debating skills.

On behalf of the debating team we would like to say that it was a wonderful and enthralling chance being in the team and of course we would like to dearly thank Ms. Rose for coordinating all our lessons and debates. Without her unique personality, debating knowledge and awkward dancing we wouldn't have (*cue cheesiness*) learnt so much and grew so much as debaters. Thank you.

Debating was awesome and I will definitely do it again next year. The food was good too.

Lidya Rivai

Eels Educate Literacy Excursion

On Tuesday 26th August, 11 lucky students were chosen to participate in an Eels Educate Literacy excursion as part of our school's National Literacy and Numeracy Week celebrations.

Students travelled to Pirtek Stadium Parramatta, where they completed exercises such as role play and goal setting with a focus on literacy skills to ensure their future success.

They were further treated to a tour of the stadium and its facilities and met famous Parramatta Eels players such as Ben Smith, Nathan Hindmarsh and Fufui Moimoi who discussed the importance of literacy in their own lives.

At the end of the day, students received their own official Parramatta Eels football. Everyone who attended thoroughly enjoyed the experience and some students had these comments to make about the excursion:

"I enjoyed hearing about literacy from the Eels players." *Jackson Bowley*

"I loved the tour of the stadium and learning about literacy." *Reece Dynan Smith*

"The best part was meeting the players." *Lauren Brookland*

"Being the coach in the role play exercise was fun."
Dylan Phillips



Students with Eels player, Ben Smith.



Students with Nathan Hindmarsh.

Books and Breakfast

Michelle Rowland MP Visit

As part of National Literacy and Numeracy Week celebrations in Week 9, Ms Michelle Rowland, Member for Greenway, was invited to meet with students who are members of the Books and Breakfast program.



Reece Dynan Smith and Raven Galistan with Ms Rowland.

Ms Rowland met with students and discussed the importance of literacy in everyday life. The celebrations concluded with Ms Rowland

presenting the school with an assortment of books, as well as the cutting of a cake.

Ms Rowland was highly impressed by the program, particularly the dedication of the students who attend each Wednesday morning and the work of Ms Lee in her provision of breakfast.

Well done to all Books and Breakfast student members!

2014 SHHS Writing Competition

The theme for this year's writing competition was, 'Our Future'. Many fantastic entries were received, each with its own wonderful twist on the topic. Winning students were awarded a prize pack.

The 2014 SHHS Writing Competition winners were:

Mathilde Barry Autard – *The World Today*.

Grace Morley – *The Loss of Jem Silius*.

Lidya Rivai – *Tense*.

Valentino Ilievski – *Future Things Coming Soon*.

Miss Rose

SRC Youth Sleep Out

On Friday 22nd August, 42 students and 6 teachers spent a cold night in the quad/canteen area of the school to raise money for 'Youth off the Streets', an organisation that helps homeless youth.

After a hearty dinner, the participants enjoyed live music performances from ex-student, Daniel Needham and Mr Pinto's band 'Winters End'. Most students decided that they would brave the cold and sleep in the canteen area, to experience what it would be like to not have a bed to sleep in each night. Many students took a while to go to sleep, but eventually managed to and did not want to get up in the morning.

Congratulations to all students involved in the event, your behaviour, manners and helpfulness was fantastic. The SRC would also like to thank Daniel Needham and Winter's End for performing, as well as Mardon's Meats Kings Langley, Bakers Delight Kings Langley and Anne Grosvenor (on behalf of McDonalds) for the donation of food. Without their support we would not have been able to raise \$700 for this charity.

We would also like to thank Mr Johnstone for his support, Mrs Riddell for cooking the food as well as all of the teachers who stayed overnight, or came along for a short period of time. Without your

attendance and support this event could not have occurred.

Thankyou to everyone who donated money, it will be put to good use by the 'Youth off the Streets' organisation in providing shelter, food and counselling education to the Homeless Youth of Australia.

Thanks for the donations!



Father's Day Dinner

On Thursday the 4th of September Seven Hills High School held its first Father's Day dinner to celebrate and thank all the fathers, grandfathers, uncles and brothers of the school community.

The dinner was well attended, and saw everyone enjoy a BBQ dinner of sausages, salads and sides, followed by a sweet treat of sprinkle topped ice creams. A special thank you to Mr Rumball for being in charge of the BBQ and cooking the feast to perfection.

The dinner aimed at allowing students to spoil their fathers and respective male influences and reflect all that fathers do in our daily lives. The night was a great chance for the dads to relax and mingle, and even saw a few giggles from the 'Dad's Jokes' being shared around.

Thank you to all the fathers, grandfathers, uncles and brothers who attended, it was a successful evening, enjoyed by all and we look forward to you attending next year.

The Welfare Team

Smooth Walking Program

During Term 3 Seven Hills High School has welcomed numerous primary schools from our local area to participate in the Smooth Walking Program.

The program is focused on providing students from Stage 3 with a 'real life' high school experience. They participate and interact with various subjects to gain knowledge and understanding of the different subjects on offer, and how timetabling and individual lessons run. The primary students are accompanied by our Year 9 peer support leaders

who are there to assist with questions or to alleviate any fears about starting high school.

I would like to take this opportunity to thank the teachers of Seven Hills High School who generously donated their time and teaching expertise to help the program run. Ms Riddell worked her magic in the kitchen, with Honey Joys on her Food Technology menu and Mr Zuliani saw the students running and jumping, skipping and hoping through their PDHPE lesson. All of this excitement was accompanied by the unique experience given in Science by 'blowing' a few things up with Mr Way and Ms Attias, and then calming our nerves and learning some new moves in Mr MacLaren's 'Rock & Water' session. Furthermore, some students were able to explore the ruins of Ancient Egypt through their History encounter with Ms Adams and Mr Jones.

The program has been met with great success this semester, with close to 200 Year 5 students engaging in the program and we're looking forward to welcoming more students next year.

Ms Messer

Transition Coordinator

Science & Maths Exposed

Several Year 9 students attended 'Science & Maths Exposed' at the University of Western Sydney on Friday 29th of August.

Students were treated to a number of engaging presentations throughout the day. The morning session included a multimedia presentation that highlighted the significance of Mathematics and Science in the current world as well as a visit from ABC's Surfing Scientist Ruben Meerman who performed a number of captivating demonstrations.

The afternoon saw students handle reptiles, make slime and visit a variety of stalls.

Mr Way

Science Teacher



National Science Week

Thank you to the Science team for the great activities organised during the week. The library was abuzz with excitement and interest in the displays and experiments. The week culminated on Thursday 21st August with the great 'Periodic Table of Cupcakes' challenge.

I would like to particularly acknowledge the Year 8 Science A class who, with the guidance of Mrs Riddell, made over 100 cupcakes each iced with the symbol of a different element from the periodic table.



Congratulations to all those students who were able to correctly identify the element symbols.

Mr Ward

Head Teacher Science

Careers News

Now is the time to look and apply for that casual Christmas job. A number of companies are asking for applications now. It is important to have your resumé up to date and to attach a job specific cover letter for each company. There are three companies who have sent emails for their Christmas casual pool.

1. Super Retail Group.

The Group comprises seven retail brands: Amart Sports, BCF Boating Camping Fishing, Goldcross Cycles, FCO Fishing Camping Outdoors, Ray's Outdoors, Rebel, Supercheap Auto and Workout World

They are looking for passionate and customer focused young Team Members to join their team and support their stores during the peak trading months.

As their customers will be shopping throughout the peak trading period, students will be required to work weekends and extended trade times, including Christmas Eve and Boxing Day. Shifts will be determined in accordance with the trading pattern and hours of each store. Please go to www.shareourpassion.com

2. Dick Smith Group – applications close on 8th September

If you are a bit of a 'tech head' and enjoy electronic gadgets then go to

<http://dicksmithholdings.com.au/work-with-us/>

They operate under three brands: dick smith, ELECTRONICS Powered by Dick Smith (now operating the electrical department in over 30 DJ stores and MOVE a new concept which provides fashion and on-the-go electronics.

The two closest Dick Smith stores are Seven Hills and Winston Hills

3. Macdonalds on Abbots Road is currently hiring.

Please apply on line at

<https://apply.mcdonalds.com.au/public/index.cfm?action=positionSearch> and then go to the 'New User? Register and Apply Now!' section.

If any student requires assistance with the application process, resume writing and interview skills then please see Mrs Slater in the careers office at recess or lunch. Applying for your first job is a very important step in your achieving your career goals.

Mrs Slater

Careers Advisor

Lunch Time Touch Competition

The Sports Council will be running a lunch time touch football competition in Term 4 to promote physical activity in our school community.

All details about the competition are below, fill out your team sheets and hand into PE staffroom.

- There will be 2 divisions Years 7 & 8 and Years 9 & 10.
- This competition is mixed so teams must contain a minimum of one girl.
- There will be a teacher's team (who are heavy favourites to take out the competition)
- Games will be held throughout lunch times on the top oval.
- Team sheets are to be collected at PE staffroom, fill in your team name, players names and years and return to PE staffroom by Wednesday Week 1 Term 4
- A draw will then be posted on PE staffroom so must check each day to see if your team is playing.
- Competition will start Monday Week 2 Term 4
- Prizes will be awarded to winning teams in each division.

Come on Seven Hills lets get active and have some fun!!!!!!

