



# Seven Hills High School

A member of the Nirimba Collegiate group of schools

## Up Coming Events

### October

14 <sup>th</sup>	P&C Meeting 7.30pm in the library
19 <sup>th</sup>	William Rose integration program
22 <sup>nd</sup>	Youth Eco Summit excursion Debating Competition
23 <sup>rd</sup>	AIM Music excursion for Years 7&8
26 <sup>th</sup>	Year 10 Collegiate Examinations – Science and English  William Rose integration program
27 <sup>th</sup>	Year 10 Collegiate Examinations – Mathematics and HSIE
28 <sup>th</sup>	PD/H/PE Examinations Years 9&10
29 <sup>th</sup>	Year 9 Semester 2 Examinations – Science and English Collegiate SRC Day
30 <sup>th</sup>	Year 9 Semester 2 Examinations – Mathematics and HSIE

### November

2 <sup>nd</sup> - 6 <sup>th</sup>	Years 9&10 electives Semester 2 Examinations
2 <sup>nd</sup> - 13 <sup>th</sup>	Years 7&8 Semester 2 Examinations
2 <sup>nd</sup> - 4 <sup>th</sup>	Year 10 Camp
11 <sup>th</sup>	P&C Meeting 7.30pm in the library  Remembrance Day Ceremony

## From the Principal's desk

Term 3 ended with a wonderful 3 days of activities involving students and staff. Nearly 400 primary school students and 300 community members attended the matinee and evening 'Showcase' performances. Our annual 'Showcase' involved nearly 90 students in the matinee and evening performances as well as displays of student works from a range of Key Learning Areas. The final two days of Term 3 involved students and staff participating in a number of inter-cohort challenges, fundraising through their participation in the walkathon and attending a school disco organised by a group of Year 7 students in collaboration with Mr Thomson. Congratulations to all staff who organised and participated in these events, especially Ms Buckley, Mr Thomson and the Welfare team whose efforts ensured that the end of term activities were a great success.

Last Sunday, the Seven Hills High School P&C Association conducted a BBQ at Bunnings, Seven Hills. I would like to thank the P&C for giving up their valuable time to raise funds for our school.

This week Ms Farrugia and six Year 9 students are participating in a five day ocean adventure which is part of the Helmsman Project. This coaching program will help develop valuable management, interpersonal and problem solving skills that the students will utilise, upon their return to school, in developing and implementing a community based project.

Johnson Avenue, SEVEN HILLS. Phone 9624 3329  
Email: [sevenhills-h.school@det.nsw.edu.au](mailto:sevenhills-h.school@det.nsw.edu.au)  
Website: <http://www.sevenhills-h.schools.nsw.edu.au/>

October 2015

Semester 2 Examinations are approaching. The dates for examinations for core subjects in Years 9 & 10 are located in the 'Upcoming Events' section of the newsletter. Year 10 have been issued with examination timetables and students in Years 7 to 9 will be issued with their timetables this week.

Students will benefit from revising their summary notes, writing practice essays, completing practice examinations, practising using Mathematical formulae, discussing with their teachers any concepts or information of which they are unsure and ensuring they are implementing a study schedule. By doing these things students can maximise their chances of performing to the best of their ability in the up-coming examinations.

In staffing news we welcome two new members of staff to Seven Hills High School. Ms Rodd, who has been appointed to the position of Head Teacher English/HSIE, and Ms Howell, who has been appointed to the Mathematics staff. I would like to take this opportunity to thank Mrs Ristevski for her positive contribution, whilst Relieving Head Teacher English/HSIE, to the school and the faculty.

As you may have seen work has begun on re-landscaping the school frontage as part of the Secondary Schools Renewal Program. This program will also involve the development of new entry points into the school for students and the community, as well as the refurbishment and extension of the front office area.

Parents and caregivers, are invited to follow the link later in this newsletter to the Tell Them From Me – Partners in Learning survey which will enable you to give your views on our school's support of student learning and behaviour. This survey will also provide the school with valuable insights into our students' practices and activities at home. Please take the time to access and complete the survey as it will be a highly effective tool for communication between parents and the school. This newsletter will also be available on the school's website with the link to the survey. Easy access to the survey is available through the pdf version of the newsletter found on the school's website.

Greg Johnstone

## After School Homework Centre

Seven Hills High School will start its after-school **Homework Centre** to assist students with their upcoming Yearly Examinations and study skills in **Term 4 Weeks 2-3**. All students have received a permission note during Week 1 in their Roll Call classes.

The Homework Centre will run every **Tuesday, Wednesday and Thursday from 3:10pm – 4:30 pm** in the school library and will provide students with an opportunity to receive more hands-on assistance with their course content and examination skills. There is no charge for attending the Homework Centre. Students should bring their books and any supplies needed to do their work for the session.

The Homework Centre will be run and delivered by Faculty Representatives from the English, HSIE, Mathematics and Science faculties.

Daniel Way and Lil Ristevski

## 2015 Showcase Week

Well, what a difference a week makes!

In the last week of Term 3 we held a special week dedicated to excellence in Visual Arts, Dance and Music and participated in fun events, like the Adidas Fun Run.



From the 14<sup>th</sup> to the 16<sup>th</sup> of September, 94 students took part in one of the biggest and most colourful Showcases yet, spreading across 18 acts, from singing “We Will Rock You” or “Three Little Birds” to dancing to “Firework” or “Disturbia”, and even a solo performance on the piano.



On the 17<sup>th</sup> September, the senior and junior year groups clashed in “Grade Day”. Year 7 students went stripey in ‘Where’s Wally’ outfits, Year 8 students raged in ‘Smurf’ blue, Year 9 came in black and white and Year 10 dressed as commandos. Students clashed in three events before the school dance at the end of the day. Our year groups played competitively and enjoyed the events and Year 10 were crowned Grade Day Champions for 2015.



Finally, on the last day of Term 3, our students participated in “Sports Day”, a day where our finest took part in a series of sport activities to keep their busy bodies fit and active. It was also a day when we

walked along a 4 km track around Seven Hills, Lalor Park and Kings Langley for the Adidas Fun Run.

Closing out the term was another Students vs Teachers Challenge. This time, it was touch, with our best touch players (some from the winning Hills Cup team) going head to head with the unbeatable teachers' team that looked and played like pros. Both teams showed determination and skill during the course of the game, but, once again, the teachers were too good, winning 7-3.



I would like to say a big thank you to the following teachers who organised this week's events: Ms Buckley and Mr Thomson for setting up and taking care of the students at Showcase and Grade Day; Mrs Thurlow for organising the Fun Run; and the other staff members and year leaders, who organised the Grade and Sports Days.

Axel Rivai

## Careers News

### YEAR 10

**TVET applications for 2016** are now closed. Thank you to those students who applied and returned their forms. Please keep your **Unique Student Identifier** safe for any future course you may wish to complete.

**Enrolment and Subject selection forms.** All Year 10 students must return their white enrolment envelope to secure their position at Wyndham for 2016. I have contacted all parents/carers of those students who have not returned the enrolment package for Wyndham. Please return these asap.

If Year 10 wish to apply to another school or a full-time TAFE course, assistance can be provided with the application process. Please see me in the careers office to discuss.

I have forms to **REQUEST a subject change for 2016**. Please collect a form from me if you would like to change a subject selection for Year 11 in 2016.

**PLEASE NOTE: there is no guarantee that the change will be made due class size and the timetable structure.**

**Carpentry pre-apprenticeship course – commencing 2<sup>nd</sup> November 2015 – concludes 18<sup>th</sup> December 2015.**

This course is FREE for students who are considering an apprenticeship in 2016 and have completed all their RoSA requirements for 2015. This is a 7 week course – five weeks training and then 2 weeks placement with an employer who is seeking to employ an apprentice. This is a great pathway for students who would like to consider the employment pathway prior to commencing Year 11.

To find out more there will be an **information evening on Wednesday 21<sup>st</sup> October from 6pm – 8pm** at Baulkham Hills.

### YEAR 9

**Wood Turners Mentoring Program (for 2016 Year 10 students)**

Our school participates in a mentoring program in terms 1 and 3 each year. Students receive individual instruction and mentoring for 5 weeks whilst learning valuable employment skills.

If your son/daughter would be interested in participating in this program **please contact me and I will place their name onto a list for 2016.**

**Calling all young people interested in Programming/Technology.**

CoderDojo is a global movement of free, volunteer-led, community based programming clubs for young people. At a Dojo, young people, between 7 and 17, learn how to code, develop websites, apps,

programs, games and explore technology in an informal and creative environment. In addition to learning code attendees meet like-minded people and are introduced to the possibilities of technology.

CoderDojo Parramatta meets every Sunday between 2.00-4.00pm during school term at the University of New England's Future Campus (211 Church Street, Parramatta).

If students would like to attend, please ask them to register via: [coderdojoparramatta.org](http://coderdojoparramatta.org)

**Pasifika Achievement To Higher Education (PATHE)** will be hosting its inaugural "Celebrate Pasifika!" community event at the Western Sydney University, The College, is based at the Nirimba Precinct. You are cordially invited to attend the event along with your family members and community.

DATE: Wednesday 21st October 2015  
TIME: 6:00pm to 9:00pm  
LOCATION: Building U10, Room G.35

Western Sydney University  
The College, Nirimba Precinct  
Eastern Rd, Quakers Hill, NSW 2763

COST: FREE ENTRY! FREE PARKING!  
The night will include:

- \* Campus tours
- \* Opening address delivered by Western Sydney University Dean Professor Greg Whatel
- \* Guest speakers
- \* Question and answer panel of current Western Sydney University students
- \* Cultural performances
- \* Light supper

"Celebrate Pasifika" will be an evening of celebration in recognition of Pasifika cultures, dreams and aspirations. It will be great to see our Pasifika communities come together once again in support of developing aspirations and widening participation in higher education.

Tonnie Slater

Careers Adviser

## Tips for Remembering and Reviewing

**Generally speaking, the more important it is for you to remember something, the more actively you need to engage with it and the more frequently you need to revisit it.**

### Consolidating the information to be remembered

Bring material together (group it) and relate it to things that you already remember easily, or things that mean something to you.

### Grouping the information

Research into memory suggests that most of us can only hold seven (plus or minus two) items of new information in our short-term memory at once. You can 'chunk' information, by remembering a group of items as one unit and so increase the amount of information you can remember. You do this, for instance, when you recall the differences between mammals and reptiles, or their similarities. Obviously, the grouping of information can help us to recall and categorise far more complex material than this, so utilise this technique whenever you are faced with a mass of new information. For example, you could divide the chemical properties of compounds into their functional groups.

### Connect new material with your existing knowledge

Draw a concept map of your existing knowledge of a topic and show how the new material fits into the map Link new material with things, places or people that you can already recall easily. The best 'memory triggers' are the ones that are specific to you. Use new material in a meaningful context

### Relate new concepts to 'the real world'

For instance, if you encounter the word, 'anaphylaxis' you may remember it better if you consider - what would it mean to your life if you had it? What symptoms? What effects? Words in a text can become more meaningful if you consider their

'real world' implications, making them easier to remember.

### Explain concepts to others

Explain a mathematical problem or explain a topic to a friend. Teaching others requires your brain to order and reproduce information logically and this process helps you to consolidate your own understanding of the material.

### Mnemonics

Use memory tools, called 'mnemonics'. One example is 'My Very Elderly Mother Just Saw Uncle Ned's Parrot' (for the planets in order from the sun).

Although, of themselves, they are generally meaningless, mnemonics may be so vivid that you remember them for your lifetime. The most memorable mnemonics are the ones you create for yourself (the sillier the better). Remember, the idea is to make it memorable, and when the information itself is not particularly easy to remember, a silly mnemonic can certainly help.

Adapted from:

[www.services.unimelb.edu.au/academicsskills](http://www.services.unimelb.edu.au/academicsskills)



You're invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey designed for parents and carers. This survey complements the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices.

#### Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

#### What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary.

If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

#### How can I participate?

You can access the survey up until the 23rd of October 2015.

Follow the link below on your computer or tablet:

[https://nsw.tellthemfromme.com/j\\_acegi\\_security\\_check?j\\_username=parent18211&j\\_password=Sev8231](https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent18211&j_password=Sev8231)

More information on the Partners in Learning survey can be found on the NSW Department of Education's TTFM website: <http://surveys.cese.nsw.gov.au/>



# Summer Hockey

## The Ponds

### Register Today

*For boys, girls, men and women.  
Beginners encouraged to join.*

*For more information phone Lyn on*

**9674 2876**

*or visit our website;*

<http://www.kingslangleyhockey.org.au>

**Get Fit ! - PLAY Touch**



Under 8's to 16 years  
Boys Girls & Mixed Divisions  
Open Mens Mixed & Supertouch  
Masonic Oval Baulkham Hills

**Register Now !**

**0433-7666-55**



## KILDARE ROAD MEDICAL CENTRE

**RUYA MAHMOOD, BSpHSc, MSpLngPath, MSPA**

### SPEECH PATHOLOGIST

Ruya is a graduate of Macquarie University. She has experience in the assessment and treatment of children across all ages in areas of speech, fluency, language and literacy skills. She has worked closely with families and schools to achieve specific goals to maximise communication skills for children. Ruya has completed the Hanen 'It Takes Two to Talk' training, to assist parents of young children with language difficulties.

*Ruya offers bulk-billed and private consultations for children aged 2-15 years.  
For more information and to make an appointment, please call Reception on 8822 3000*

**OPEN EVERY DAY 8:00AM TO 8:00PM**

**36 Kildare Road, Blacktown 2148 (next to Westpoint)**

# Seven Hills High School

## Change to Family Contact Details/Student Medical Records

In order for us to keep our records up to date could you please complete this form and return it to school as soon as possible.

**Student Name:** .....

### Family Contact Details

Address: .....

Email: .....

Telephone:

Father (H) ..... Mobile: .....

Mother (H) ..... Mobile: .....

Guardian (H) ..... Mobile: .....

Further Information .....

.....

### Emergency Contact

Name ..... Relationship .....

Telephone (H)..... (W) .....(M) .....

### Medical Details

Allergies .....

Other conditions .....

Medication(s) .....

Further Information .....

.....

Parent/guardian signature ..... Date .....

Please return the completed sheet to the Administration Office