



Seven Hills High School

A member of the Nirimba Collegiate group of schools



Up Coming Events

February

- 10th Year 7 Self-Select Evening 6.30pm
P&C Meeting 7.30pm in the Library
- 15th Year 7 Camp
- 16th Year 7 Camp
- 17th Year 7 Camp
- 18th Year 7 Meet the Teacher BBQ
- 19th Transport Safety Seminar
- 24th Year 7 2017 Open Night
- 25th BZSSSA Swimming Carnival
- 26th Year 7 ID Photographs

March

- 1st Helmsman Project Launch for boys group
- 4th Schools Clean Up Day
- 9th P&C Meeting
Helmsman Project Camp
- 10th Helmsman Project Camp

From the Principal's desk

I would like to open this newsletter by welcoming both students and parents to the school year for 2016.

The year has begun in a flurry of activity with Year 7 students being led through familiarisation activities by their Peer Support Leaders, the school holding its annual Swimming Carnival and our school leaders being inducted into their positions.

"Quality is not an act, it is a habit" was my message to students at my first meeting with them this year. In order that students achieve to the best of their ability in 2016, it is important that our students not only follow our school expectations but, in doing so, set high standards for themselves in the areas of attendance, punctuality, dress, social interactions and task completion.

This year will be one of much change within the school with building works beginning on our administration building and our school frontage in addition to continued improvements in the facilities and resources available to our students. During 2016, our school uniform will be reviewed and soon the opinions of the school community will be sought on the updating of our school logo.

This year we have begun a **partnership with the Safe Schools Coalition Australia** to build a safe school community where diversity is valued, the risk from all types of harm is minimised and all members of the community feel respected, included and supported. We aim to ensure that this idea is realised for same sex attracted,

intersex and gender diverse students.

Staff have completed an orientation session on the issues these young people may face and will continue their professional learning in this area later in 2016. It is envisaged that staff and students will work together to raise awareness and ensure the implementation of inclusive practices through a variety of school events and forums.

There have been a number of changes to our **canteen menu** in 2016 and a copy of the menu can be found later in this newsletter.

Finally at **tonight's P&C Meeting** Ms Rodd, Head Teacher English, will be discussing the programs on offer to students studying English and discuss literacy strategies that are being employed across the school. I encourage all parents to come to the meeting and learn about school practices which affect your child's education.

Greg Johnstone

Extra-Curricular Activities 2016

Our **Futsal program** began last Friday and the practice session times are as follows:

- Monday Lunch - Year 9 and 10 boys
- Wednesday Lunch - Year 7 and 8 boys
- Friday Lunch - Girls (all years).
- Squad training for the Schools Championship (Windsor region) will take place on Monday mornings at 7:30am

N.B. If you wish to join this year's program please contact Mr Pinto in the Support staffroom

Homework Club will commence today and will run every Wednesday from 3.15 until 4.00 in the school library. Students wishing to attend should see Mr Way (Science staffroom) or Mrs Ristevski (English staffroom) for a permission note.

Those students interested in joining our **Theatre Sports Group** must see Mr Burgess in the English staffroom for a permission note.

Seven Hills High School is introducing a **Robotics Club** this year. Any student wishing to be part of this initiative should see Mrs Howell in the Mathematics staffroom.

Messages from the Deputy Principals

What a productive start to the year for all!

Year 7

I would like to extend a warm welcome to the parents and caregivers of our Year 7 students. It has been a pleasure to meet families at the various functions held at the school prior to your child's enrolment and I look forward to developing a positive relationship with all parents and caregivers as the year progresses.

Year 7 embraced high school life enthusiastically and their energy was infectious. All of Year 7 participated in the Peer Support Program on their first day and they have continued to develop their relationship with their peer mentors. This initiative has enabled Year 7 students to adjust to their new surroundings quickly and has promoted positive interactions between students. As seen in the fact that Year 7 demonstrated greater confidence when manoeuvring around the school and learning routines.

Students have steadily mastered the skills of reading their timetable, going to different lessons in different rooms with different teachers and making new friends. It was pleasing to see them gain in confidence as each day passed and seek assistance when they were unsure.

Seven Hills High School held its Swimming Carnival in Week 2 and I was impressed to see the large number of Year 7 students who attended. Most of the students entered an event and put in their best effort for their house. All students showed true sportsmanship and encouraged each other to participate in further

ances. Congratulations to all who attended and helped to make the day such a success!

On the 10th February, Seven Hills High School will be holding an Information Evening for the parents and caregivers of our self-select students. The presentation will be held in the library and will start at 6:30pm. We hope all parents/caregivers can attend as the presentation will outline what your child will be undertaking throughout the year.

The next major event for Year 7 is the camp in Week 4 (Monday 15th February – Wednesday 17th February). All students are encouraged to attend as this is a wonderful opportunity for the year group to forge new friendships and develop team work skills in a recreational setting.

I would like to take this opportunity to invite parents and caregivers to the 'Year 7 Meet the Teacher' BBQ on 18th February. It would be wonderful to see you all there as it will enable you to meet your child's teacher in a friendly and informal setting.

Year 9

Welcome back to Year 9 students and their families. I hope the holidays were relaxing and enabled you to 'recharge' your energy levels for the year ahead.

What an optimistic start to the year for Year 9! Many students have already communicated a desire to improve on last year's performance and are determined to meet that goal by being prepared, putting in their best effort and seeking advice when difficulties arise. I am very impressed by the attitude the students are displaying and ask parents to support their child at home by providing encouragement, helping with homework/assignments where possible and discussing future directions so that your child understands their responsibilities and meets the required standards.

At this stage Year 9 has settled into their new elective subjects and classes. There may be a need to change a chosen course. All students have been advised that changes, if approved, will need to be finalised by Friday 19th February. For a change to take place, students will need to see me in their free time to discuss possible options, complete documentation for a

determination to be made and have parent/caregiver endorsement. It is important to note that every endeavour will be made to accommodate changes but it will not always be possible due to restrictions placed on class sizes.

This year is important for Year 9 as they will start working towards their Record of School Achievement (RoSA). On Friday 5th February, every student received a Year 9 Assessment Handbook detailing all tasks throughout the year for all subjects and their obligations if tasks are not completed submitted by the due date. This will allow students to plan their time around assessments and prepare for examinations. In addition, the booklet outlines the requirements for completing assessment tasks, application to school work and the consequences for failing to meet set standards. These requirements were explained to students when the booklets were distributed. All parents / caregivers are encouraged to take the time to go through the handbook with their child to ensure they understand the school's requirements and expectations.

In conclusion, I am looking forward to a constructive year of learning where we all work together to develop your child's strengths so that they are able to demonstrate the values required to be contributing members in our community.

Warmest Regards

Ana Macan

Deputy Principal

Welcome to all members of the Seven Hills High School community as we start another exciting year for our school. For those new to Seven Hills, it will be a year of expectation as you get to experience, first-hand, the exceptional educational programs that our school offers.

We are first and foremost a school focused on developing the many gifts and talents our students have been given so that they can go on to live successful lives. Therefore, we require all of our students to come into Seven Hills High School with attitudes that are positive and conducive to achievement. Students who have the right attitude can be clearly identified when they are prepared each day, are attentive and

willing to contribute to class learning, seek to be involved in the broader life of the school and wear their uniform with pride.

It is pleasing to note that Year 8 has made a positive start to the year. Year 8 has continued their impeccable start to high school from last year displaying a mature attitude to school life by attending class promptly, bringing their equipment and wearing the school uniform. I look forward to watching their development as the year progresses.

For Year 10 students, 2016 will be an important year, as they complete their studies towards the Record of School Achievement (RoSA). On Friday 15th February, Year 10 students will receive their RoSA Handbook. It has been developed to assist Year 10 with time management and forward planning for assessment tasks. The booklet is a summary of the nature of tasks set, their due date and assessment weighting. As parents or carers, please ask your child to share with you this document so you may familiarize yourself with the processes, procedures and expectations for assessment this year. A copy of the handbook will also be published through the school mobile phone app.

It is important to remember that if a student fails to complete tasks which contribute 50% or more of the available marks, they may receive an 'N Award' for that course and this will be recorded on their Record of Achievement.

The Year 10 RoSA Handbook contains vital information regarding procedures and practices which must be followed in order to complete Year 10 successfully. It is important to remember that the granting of the Record of School Achievement involves meeting course requirements, completing all assessment tasks on time and applying oneself with diligence and sustained effort to all set tasks and experiences.

Seven Hills High School always endeavours to prepare Year 10 students for their place in society. Appropriate and respectful behaviour, compliance with the school dress code as well as attending school and class on time are the requirements to ensure success in learning.

Year 10 will have had the following standards explained to them during their Year meeting:

- Full school uniform must be worn every day. Three uniform transgressions from the beginning of this term may mean that a student will forfeit the right to attend the end of year formal;
- Persistent lateness disadvantages students in their learning. Those students who regularly arrive late will be monitored, counselled and expected to change their ways. If the problem persists, the right to attend the end of year formal and graduation may be forfeited;
- Poor attendance disadvantages students in their learning. Those who regularly do not attend school will be monitored, counselled and expected to change their ways. Additionally, if non-attendance is frequent, their RoSA may be in jeopardy. If the problem persists, the right to attend the end of year formal and graduation may be forfeited;
- Working hard and completing all set tasks is expected as a minimum. Students who persist in not making an effort or not completing tasks will have a Non Award Warning Letter sent to parents. This means that a student may be in jeopardy of not receiving a Record of School Achievement, if the problem persists;
- It is reasonable to expect Year 10 students to behave well, particularly as they are role models for younger students in this school. Students who are suspended have breached reasonable behaviour codes within our school and our society. Any student who is suspended will be monitored and counselled. In addition that student's right to attend the formal and graduation may be forfeited.

The standards of behaviour and application that are expected of our students are not difficult to achieve nor do they represent unreasonable requests.

If there are any questions, concerns or issues regarding Year 8 or Year 10 students and their progress, please do not hesitate to contact me at school.

David Erwin

Deputy Principal

Valentine's Day

The Student Representative Council will be selling chocolates, lollies, roses and love song dedications that will be delivered to your loved one or friend along with a personal message.

The costs vary from \$1.50 - \$4.00 and the love song is free and can be ordered at recess and lunch in the canteen area the week starting today. Purchased items will be delivered on Friday.

If you would like to send a rose to someone special, order one as soon as possible.

Welcome Year 7

It is with great pleasure that I welcome Year 7 and as their Year Adviser. I look forward to working with them over the next four years as they grow, develop and mature into young adults.

This energetic group are already making a positive impression on the school, the staff and the community. Our cohort is made up of four classes and have already participated in Peer Support activities and the Swimming Carnival, whilst also navigating their way around the school, finding teachers, classrooms and most importantly, the canteen line.

It has been wonderful to witness the beginning of so many long lasting friendships and more will be forged on the Year 7 Camp to the "Great Aussie Bush Camp" in Kincumber, from the 15th to the 17th of February. The group will be off on a three day excursion to the beautiful lakeside adventure park where they will go on flying foxes, high ropes courses and even try their hand at fencing and raft building.

Vaccinations will be provided by NSW Health to all Year 7 students this year with the first round occurring on the 1st of April. A letter pack will be sent home in the near future with more information.

We will also be having a seminar on Transport Safety run by NSW Transport on the 19th of February. During this, students will learn about

the dangers and safety requirements when catching public transport.

As the year progresses be sure to watch this space for further updates on the adventures of Year 7.

Matthew Maclaren

Year 7 Year Adviser

Welcome Back Year 8!

Firstly, I would like to welcome you all back Year 8. There are many exciting events and activities planned for 2016; Showcase, debating, public speaking, sporting and academic competitions, volunteer work, Rewards Days and the Multicultural Lunch just to name a few.

The extra-curricular activities offered by the school provide students with an opportunity to enjoy a different side of education and everyone is encouraged to get involved. Later this Year 8 students will have the opportunity to participate in a 'Roar & Snore' experience at the zoo and an excursion to the V8 Supercars at Sydney Olympic Park.

Students are looking excellent in their school uniforms of green skirts, grey shorts and white polo or button up shirts. Students are reminded to wear black, leather, fully enclosed shoes.

Great behaviour and application in class will be rewarded with 'RTA points' again this year, so students should ensure they follow the ROAD rules in all areas of the school. They should try their best in all areas of schooling so they can be congratulated accordingly.

Towards the end of this year students will have an opportunity to choose their elective subjects for Years 9 and 10 so they should ensure they think carefully about what subjects they would most like to study.

Students should have been directed to purchase equipment needed for their subjects already (red and blue/black pen, lead and coloured pencils, eraser, ruler, books, calculator etc.) and should be ready to learn.

If you have any concerns or questions throughout the year, please do not hesitate to contact me at the school.

Leigh Messer

Year 8 Adviser

Year 9 Year Adviser's Report

Welcome back Year 9, 2016 promises to be a great year filled with many important and meaningful events and activities. As you all begin your Electives and work towards your Record of Student Achievement (ROSA), it is more important than ever that you're attending school and arriving to class on time.

A majority of you have really impressed the teachers with your organisation, determination and maturity in this busy start to the year. Be sure to bring all your necessary equipment to every lesson and keep up to date with the work teachers give you. Parents can help out at home by providing a quiet, clear study area and be sure that your child gets plenty of sleep to "recharge the batteries".

RTA's will also be continuing this year. I encourage all students to try to improve their RTA average from last year. You can do this by applying yourself to all your subjects. It's not about being the smartest or receiving the best mark, you just need to try your best, complete all your assessment tasks and examinations on time, be prepared for your lessons with the expected equipment for your class (pens, books, calculator, PE uniform etc) and attend school daily. Semester 1 and 2 Reward Days will be held at the end of Terms 2 and 4. Invitations to these excursions are based on your RTA average. You need to receive an average of 8 out of 10 across all of your subjects for the semester, as well as for your behaviour, attendance, punctuality and uniform. You have a fresh start, so now is a great time to try and improve on last year so that we can get as many Year 9 students to attend the rewards days as possible.

This year we will be going to the Great Aussie Bush Camp at Tea Gardens during Term 3, with the date still to be confirmed. PASS students also have the opportunity to attend the Ski Trip at Thredbo.

Another thing to keep in mind is that in Term 3, I will be asking for nominations from students who would like to be Peer Support leaders for 2017. We will begin training at the beginning of Term 4. Also nominations for School Captains, Vice Captains, Prefects, House Leaders and SRC will be happening in Term 4.

So as you can see, it will be an extremely busy year for all in Year 9. If you have any questions please feel free to contact me anytime.

Michael Jones

Year 9 Adviser

Year 10 Year Adviser's Report

First of all I would like to welcome all Year 10 students to your final year at Seven Hills High School.

As the senior students at Seven Hills High School your conduct and attitude should set high benchmarks for your fellow junior students and will reflect your commitment towards the school principles of Respect, Organisation, Application and Determination.

We have a very busy year ahead with assessment tasks and exams all contributing to your final ROSA grades. Let us not waste any of our time and energy on disciplinary issues. Hard work, determination and politeness will make your school life a lot easier and enjoyable. Please feel free to approach me at any time with any issues you might have as my door is always open.

As we discussed in our first Year Meeting, we will have many student committees to make our final year a memorable one. You are welcome to be part of various committees including Fund Raising, Year Book, Formal and Camp Committees. Meetings will be called early this term and your involvement will be the key to the success of our events.

Also I would like to take this opportunity to congratulate those Year 10 students who have helped with the Year 7 students. Your leadership and enthusiasm has been outstanding and the Year 7 students really appreciate your time and energy into making their first couple of weeks in high school smooth and enjoyable.

I want to remind all of you that if you are not meeting the expectations of the school in terms of assessment and behaviour, you will be putting your ROSA in jeopardy. You may also miss out on the Formal and Rewards Day and other social events.

So get ready, tie your shoelaces up as this will be a great year full of many opportunities, laughs and life lessons. I want you, at the end of 2016,

knowing you have done everything you possibly could to be there at the end standing tall and proud at graduation.

Sam Rumball

Year 10 Adviser

Student Leadership Team

On Thursday the 4th of February, we held a special assembly for the School Leaders' Investiture. This saw the induction of the School Captains, Vice Captains and Prefects, Year 9 SRC, Year 8 SRC and the Year 10 House Captains. They are the members of the student body elected by their year group in order to give the students of this school a voice in how our school is run.

The aim of the Student Leadership Team as set out in their constitution is to: (a) to provide a forum for student opinion and represent the wants/needs of the student body, (b) to develop leadership, (c) to promote improvement in the school and (d) to promote school spirit.

Congratulations to the following students:

SRC Year 10

Captains: Connor Abnett and Alarna Power

Vice Captains: Jayden Cavanagh and Lidya Rivai

Prefects: Joanna Browne, Matt Grasso, Axel Rivai and Te-Rina Winitana

SRC Year 9

Jai Angeloni, Jacob Clarke, Lleyton Coleman, Max Harris, Kate Moseley, Tahlia O'Connell and Chloe Tuazon

SRC Year 8

Paige Corsiatto, Danielle Craig, Peter Davies, Elizabeth Lemalu, Helena McMeekin, Rachael McDermott and Callum Pike

Sports Council

House Captains

Bradman: Te-Rina Winitana, Matt Grasso and Kloey Hedges

Ellis: Lauren Brookland, Jade Thomas and Brad Beers

Freeman: Stephen Sands, Stefan Stojanovic and Brooke Lindsay

Thorpe: Willow Way, Aiden Cullen and Kiara Walsh

Integrated Sport

During 2015, all students at SHHS were surveyed in relation to how they would like to improve the sports program and due to this, 2016 will see the implementation of a new compulsory integrated sports program. Each grade now has 1 double sport session on the timetable per fortnight.

Year 7 Monday Week A – Sessions 3 and 4

Year 8 Monday Week B – Session 3 and 4

Year 9 Tuesday Week A – Sessions 3 and 4

Year 10 Thursday Week A – Session 3 and 4

Venue: SEVEN HILLS Sporting Centre (Distribution Ave), Students have been divided into Group A and Group B. Group A will swim for the first 2 sessions and Group B will participate in indoor activities. They will then swap for the following 2 sessions.

Time: 11:20am-1:20pm

Supervision: PDHPE Staff

Transport: Walk to and from venue with Teachers (Approx. 20 mins each way)

Cost: \$30 each semester

Uniform: Students MUST bring their PE uniform or swimmers and towel depending on which group they are in.

Wet Weather: Students are encouraged to bring an umbrella or raincoat if it is raining. Sport will only be cancelled in extreme circumstances. If this occurs students will be notified at recess.

If you have any queries or questions, please don't hesitate to contact me.

Corinne Dutt

PDHPE Head Teacher

Swimming Carnival

On Monday the 1st of February, Seven Hills High School held their annual Swimming Carnival at Baulkham Hills Waves.

The attendance was good and everyone came dressed in their respective colours in support of their house. Everyone had a fantastic time competing in the pool and cheering for their friends. The teachers were a great help in organising and running the day and even managed to win the relay against the students once again.

The competition was close throughout the day with every house scoring well. Bradman House took an early lead thanks the junior competitors, however, Freeman overtook them by the end of the Freestyle races and held onto the lead despite a late charge from Thorpe House.

Congratulations to all competitors and especially Freeman house for winning the Seven Hills High School Swimming Carnival for 2016.

Below are the Swimming Carnival Age Champions for 2016 for each age group:

12 girls	Aaliyah Fisk
12 boys	Kyle Cavanagh
13 girls	Jennifer Swadling
13 boys	Storm Harrison-Smith
14 girls	Candice Reeves
14 boys	Lleyton Coleman
15 girls	Tahlia O'Connell
15 boys	Zachary Crayton
16+ girls	Alarna Power
16+ boys	Stephen Sands

Daniel Way

Sports Organiser

Science News

It is shaping up to be an exciting year in Science at Seven Hills High School. I am pleased to welcome back Mr Way, Ms Attias and Ms Sidorovich to the faculty for 2016.

The Science faculty have many quality teaching and learning experiences planned for the coming year. To ensure your child is prepared for learning, please make sure that they have the following equipment each lesson:

- Enclosed leather shoes
- Exercise Book (covered in contact)
- Pencil case containing pens, pencils, sharpener, eraser, ruler, glue, scissors and calculator

In Science it is compulsory for all students to wear enclosed leather shoes so that they are able to participate in every learning experience available including practical lessons. Practical lessons are a compulsory part of the curriculum and a valuable part of successfully understanding Science. Enclosed black leather shoes, including a leather tongue are part of our school uniform. This is so that students have protected feet for every area of study, satisfying the Occupational Health & Safety rules governed by the Department of Education. Shoes that don't cover the top of the foot are not acceptable and any student wearing incorrect shoes will not participate in practical activities. For your child to be successful at Science, they must have the correct equipment in their school bags and the right shoes on their feet.

2016 will also see the use of the newly established agricultural plot as part of the school's first Year 9 Agricultural Technology course. Students who are participating in this elective have also received a note for the Sydney Royal Easter Show Excursion, an excellent opportunity to explore the role of Agriculture in our everyday lives.

All year groups are well underway in their first units of study. Year 7 have begun the year with the topic 'Welcome to Science', an introductory unit which prepares students for the study of Science at high school. Year 8 are building upon their knowledge of matter in the unit 'Elements of Matter'. Year 9 are commencing with 'Ecosystems' which includes the study of ecology. And Year 10 are taking on the role of chemical detectives by learning about the characteristics of chemicals in the 'Mystery Solutions' unit.

If you have any concerns regarding your child's progress in Science during the school year,

please feel free to contact myself or your child's Science teacher. We are looking forward to an exciting and successful 2016.

Dean Ward

Head Teacher Science

Rugby League Program

First of all I would like to welcome all students involved in the Seven Hills High School Rugby League program.

In 2016 an opportunity to join the Rugby League program has been given to all boys at the school. The aim of the program is not just to improve the skills of the students but to make them better players, better students, better leaders and better people.

Being a part of the Rugby League program is a privilege and we believe that students need to display positive behaviours, maintain high academic performances and be role models for other Seven Hills High School students.

Students involved in the Rugby League program are expected to meet the following expectations:

- Maintain a school attendance record of 85% or higher.
- Maintain correct school uniform at all times.
- Maintain a positive behaviour record.
- Record no more than 3 late arrivals a term.
- Maintain an RTA merit average of 6 or higher.

We have a very busy year ahead with training, fitness, trail games, CHS cups, Hills Cup and Sport camps.

As we have discussed, none of these events will take place unless we have commitment and discipline from all students.

I want to acknowledge the senior students that have taken it upon themselves to start mentoring the junior members of the program, offering guidance, training tips, school advice and a 'big brother' to count on.

Be ready boys, it's going to a great year.

Michael Jones, Andrew Bobadilla and Sam Rumball

Early Morning Gathering (EMG)

A group of students and staff will meet each Thursday from 7:45 am – 8:15 am in Kitchen 1 to discuss assessment tasks and other school events. To enable students to attend a light breakfast will be served. This is an informal way for students and staff to meet and be involved in school activities.

A flyer will shortly appear in roll call which students are asked to complete and return if they would like to attend the first week. The EMG will commence on Thursday, 25th February 2016.

Seven Hills High School Mobile Phone Application

Seven Hills High School has its own Skoolbag iPhone and Android App to help us communicate more effectively with our parent and student community.

The Skoolbag app provides key school information via one single communication centre delivering school notices directly to parent and student smartphones.

Features:

Push Notification Alerts

Any content can be "pushed" as FREE instant push notification messages, such as news, events, newsletter posts, last minute cancellations, etc.

Notifications can be categorised with push alerts to targeted year groups. Parents and students can set filters on the app to only receive notifications applicable to their year group(s) of interest. Notification of all school formal assessments for all year groups will be included in this feature.

Please note: This Skoolbag app will not be used for absent or late student notifications. SMS messages will continue to be sent for absent or late student notifications.

School events calendar



Skoolbag 

School calendar events are displayed in list format month by month, and calendar format. Parents and students can add school events listed in the calendar to their own personal iPhone and android calendar at the click of a button. Notification of all school formal assessments for all year groups will be included in this feature.

Access to documents

Along with notification, school documents such as newsletters, school annual reports and permission notes can also be accessed through the Seven Hills HS Skoolbag app.

We are asking parents and students to install our Skoolbag App. To install it, just search for our school name "Seven Hills High School" in either the Apple App Store, or Google Play Store.

Once you have installed the app, select the "more" option at the bottom right of the screen and then "setup" to apply year group filters. The app is intuitive in its use, however, if you have any queries, please don't hesitate to contact the school.



TRIM NO: 16/3548

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2016 the following vaccines will be offered to Year 7 students*:

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

** The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised. Parent Information Kits will be sent home to parents/guardians.*

To consent to the vaccination of their child, parents/guardians are advised to:








- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.







A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Canteen Menu 2016


	Chicken Burger with lettuce and light mayonnaise	\$4.00
	Hamburger with salad	\$4.00
	Toasted cheese and tomato sandwiches	\$3.00
	Pizza with tomato and light cheese	\$1.20
	Pasta with bolognaise sauce	\$3.50
	Soup of the day (winter)	\$2.00
	Zucchini bake	\$3.50

Sandwiches and Rolls





Made to order on wholemeal, grain or white bread:

	Garden Salad (lettuce, tomato, carrot and cucumber)	\$3.50
	Super salad (light cheese, lettuce, tomato, carrot, cucumber, onion, beetroot)	\$4.00
	Light tasty cheddar cheese	\$4.00
	Sliced smoked ham and lettuce	\$4.00
	Eggs with light, tangy mayonnaise and lettuce	\$4.00
	Grilled chicken with light mayonnaise and lettuce	\$4.00






Salads

	Garden salad with choice of tuna, egg, cheese, chicken or ham	\$4.00
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Snacks

	Light cheese and crackers	\$1.00
	Red Rock deli chips	\$1.00
	Fresh popcorn	\$1.00
	Fresh fruit	\$1.00

Drinks and Frozen Treats

	Water 600ml	\$2.00
	Plain milk 300ml	\$1.20
	Flavoured milk 300ml	\$2.20
	Just juice 250ml	\$3.20
	Fruit ice blocks	\$0.60

**Special orders can be made before school or recess*

PRODUCT CLASSIFICATIONS- as per the Healthy Canteen Guidelines

-  Product is classified green by NSW Canteen Association and should be consumed daily.
-  Product is classified Amber by NSW Canteen Association and should be consumed only twice a week.
-  Product is classified Red by NSW Canteen Association and should be consumed only once a term.



KILDARE ROAD MEDICAL CENTRE

FEELING THE HEAT?
GET YOUR SKIN CHECKED NOW!

Exposure to the sun's ultraviolet rays can cause sunburn, skin cancer and contribute to visible signs of ageing. There is a higher risk of skin damage, which can lead to skin cancer, during the summer months and that is why it is important to have regular skin checks with an accredited doctor.

If needed, KRMC®'s mole-scanning technology enables our GPs to build up an accurate picture of changes to the skin and to detect any suspect moles. Our GPs and nurses are able to perform excisions of moles that appear to be of concern and to send them for laboratory analysis via our on-site Pathology department. Follow-up treatment and referrals to specialists are available.

Call 8822 3000 for information and appointments.

36 Kildare Road, Blacktown
kildaremedical.com.au



Great Sport Great People Great Club
And We Want You!
Register Today
With

Kings Langley Hockey Club

For Boys, Girls, Men & Women
U7s to Adult
Beginners to Seasoned Players

Phone Lyn 9674 2876
Email info@kingslangleyhockey.org.au
Google Kings Langley Hockey Club