



# Seven Hills High School

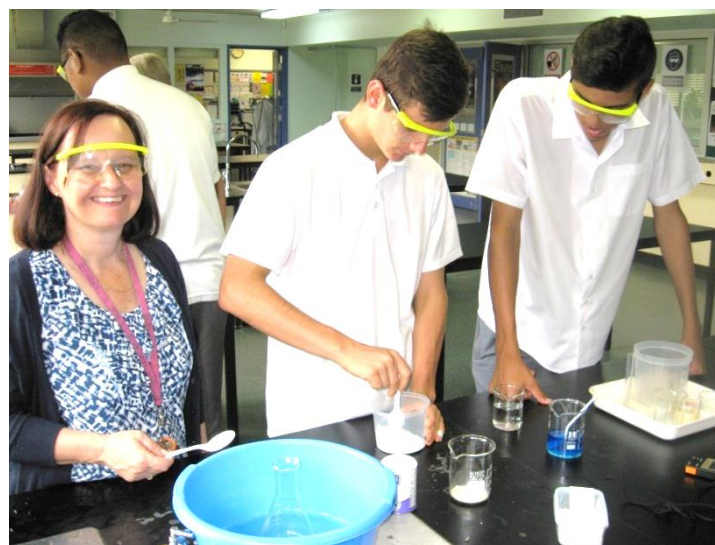
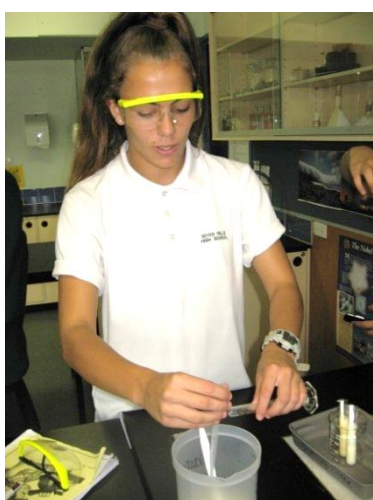
A member of the Nirimba Collegiate group of schools

Newsletter

March 2016

## Budding Scientists visit our Senior Campus

On Monday, 29<sup>th</sup> February Wyndham College hosted its annual Science Enrichment Day for Year 10 students of the Nirimba Collegiate.



The day provided a rich insight into the world of science beyond Year 10 with students performing a number of intricate experiments covering concepts from the main areas of potential study in Years 11 and 12.

It was great to see all participating students applying the strong practical skills they have developed throughout their study of junior science at Seven Hills High School.

## Smooth Walking Program

During Term 1 Seven Hills High School 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 10 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. Mr Thomson worked his magic in the music room,

Johnson Avenue, SEVEN HILLS 2147. 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/>

with students learning some new beats and Mr Bobadilla and Mr Rumball saw the students running and jumping, skipping and hopping 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 Ward, and then learning about the ancient past in Mr Jones' *'Exploring Egypt'* session.

The program has been met with great success this semester, with close to 260 Year 6 students engaging in the program and we're looking forward to welcoming more students in Semester 2.

Ms Leigh Messer

Transition Coordinator

## HSIE Faculty 'Archaeological Dig'

This year the HSIE faculty introduced Year 7 students to History through an archaeological dig. The dig site was constructed towards the end of 2015, in preparation for the incoming students. The History staff buried historical memorabilia and artefacts for the students to find.



Every class in Year 7 were designated a plot site to search for their treasure, and historical evidence. Students were required to use site tools such as spades, rakes and brushes to carefully extract their finds. All students enjoyed the insightful experience.

Ms Messer  
HSIE Coordinator

## Snookerfeet

I am pleased to announce that Seven Hills High School will be part of the inaugural Snookerfeet competition. This is a hybrid game of both soccer and pool.

We are one of only 64 teams involved in NSW and students are excited to try this new and innovative sport. The cost is \$10 per person and will be played in teams of 2.

More information will follow in regards to organisation for this event in the coming weeks.

Mark Harper



## P&C Meeting this Wednesday

Wednesday 9<sup>th</sup> of March the P&C Association will be holding its Annual General Meeting. Mr Ward, Head Teacher Science, will be providing a presentation of what is happening for your child in Science in 2016. All parents, carers and community members are welcome!

## The Tell Them From Me student feedback survey

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at:

<http://surveys.cese.nsw.gov.au/information-for-parents>

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 14 March and 8 April. Participating in the survey is entirely voluntary.

A consent form and a list of frequently asked questions (FAQs) for parents/carers about the survey is being sent home with students. If you **do not** want your child or children to participate, please return the consent form to the school. The FAQs and copies of the consent form, including translated consent forms, are available from the website above.

## School Attendance

Attendance to school is a mandatory requirement for all students at Seven Hills HS. When a student is absent or late, a text message is sent to the primary carer contact mobile number for the student advising them of the details of the absence or lateness. Carers can reply to this text message at any time, to advise the school of the reason for the student's absence. In doing so, the student's absence is categorised as justified. Explanations for student absence can still be made via phone or note with the student to hand in to their roll call teacher. If your contact details have changed, please ensure you inform the school so that records can be adjusted to ensure text messages are received.

### Persistent Unexplained Lateness

Following three (3) unexplained late arrivals in a term, a student will receive a before school detention. Failure to attend this detention or continued unexplained lateness will lead to further action being taken.

## Every Minute Counts

The importance of attending school regularly can be seen when you think about the following.

A minute here or there doesn't seem like much but...

When a student misses just...	That equals...	Which is...	From Year 7 to Year 12 they will miss...
10 minutes per day	50 minutes of learning each week	Nearly 1 ½ weeks per year	3 months
20 minutes per day	1 hour and 40 minutes of learning each week	Nearly 2 ½ weeks per year	Nearly 6 months
½ hour per day	½ day of learning each week	4 weeks per year	Nearly 9 months
1 hour per day	1 whole day of learning each week	8 weeks per year or nearly a term	Over a year



A day here or there doesn't seem like much but...

When a student misses just...	That equals...	Which is...	From Year 7 to Year 12 they will miss
1 day each fortnight	20 days per year	4 weeks per year	Nearly 9 months
1 day per week	40 days per year	8 weeks per year	Over 15 months
2 days per week	80 days per year	16 weeks per year	Over 2 ½ years
3 days per week	120 days per year	24 weeks per year	4 years

## Have you changed address or contact details?

Please contact the school if any of your contact details, emergency contacts or you have changed your address.

Call the school on **9624 3329** or via email at **[sevenhills-h.school@det.nsw.edu.au](mailto:sevenhills-h.school@det.nsw.edu.au)**

David Erwin

Deputy Principal

---

## Upcoming Events

### March

- 9<sup>th</sup> Helmsman Project Camp  
FUTSAL Competition Under 14 boys  
P & C Meeting 7.30pm in the Library
- 10<sup>th</sup> Helmsman Project Camp
- 17<sup>th</sup> Premiers Sporting Challenge  
Multicultural Assembly
- 21<sup>st</sup> Harmony Week Activities
- 22<sup>nd</sup> Harmony Week Activities
- 23<sup>rd</sup> Harmony Week Activities  
Multicultural Lunch
- 24<sup>th</sup> Harmony Week Activities  
Easter Show Excursion Year 9  
Food Technology & Agriculture
- 25<sup>th</sup> Good Friday
- 28<sup>th</sup> Easter Monday
- 29<sup>th</sup> Helmsman Project Camp

- 30<sup>th</sup> Helmsman Project Camp  
Dance Off! Camp
- 31<sup>st</sup> Helmsman Project Camp  
Dance Off! Camp

### April

- 1<sup>st</sup> Helmsman Project Camp  
Dance Off! Camp  
Blacktown Zone Boys & Girls Touch
- 6<sup>th</sup> Pathways to Dreaming Workshop – Years 9 & 10
- 8<sup>th</sup> Last day of Term 1.
- 27<sup>th</sup> First day Term 2 – students.



## Subject Selection Process 2016 - Parent Guide

### Term 2

2-6 May - Subject Selection Booklets Distributed in Year 10 Assembly at QHHS, RHS & SHHS. Subject Selection Booklets available at Wyndham College Reception for non-Collegiate applicants.

Subject Selection Booklets will be issued in a Year 10 Assembly at QH, R & SH. Year 11 students will speak to Year 10 about the transition process and subject information.

Throughout Term 2 Careers Advisers will conduct Parent and Student Career interviews on request by appointment. Please contact the Careers Adviser at your child's school to arrange an appointment.

16<sup>th</sup> May - RHS/ SHHS Taster Lessons - Day 1

17<sup>th</sup> May - RHS/ SHHS Taster Lessons - Day 2

23<sup>rd</sup> May - QHHS Taster Lessons - Day 1

24<sup>th</sup> May - QHHS Taster Lessons - Day 2

Wyndham College - Each day students arrange own transportation to arrive for an 8am start in the Hall.

Day 1 - Careers Advisers outline the days and reiterate subject choice rules. Students then attend a series of classes in which the demands of courses are explained by expert staff.

Day 2 - English and Mathematics Course levels outlined by HTs. Students proceed to a series of classes in which the expectations of the courses are explained by expert staff.

6<sup>th</sup> June - Subject Selection Night. Enrolment Packages distributed and online subject selection process explained

Wyndham College Hall - Arrive 6pm for a 6.30pm start. Students receive Wyndham Enrolment Packages and hear about BOSTES\* requirements, Patterns of Study offered and talk to subject experts about courses. Students will be shown how to use the online subject selection program at their school.

### Term 3

27<sup>th</sup> July - Enrolment Packages Due to your Careers Adviser. Online Subject Selection Closes

Please return the completed enrolment forms to your child's school. Students may change their selection of subjects at any time up until 9am on 27<sup>th</sup> July.

Requests to change to subjects will not take place until Term 1 Week 2/3 2017.

Careers Advisers at Wyndham may contact students whose choices cannot be accommodated and negotiate changes before the end of Term 3.

### Term 4

22<sup>nd</sup> November - Year 10 Orientation Day for all students

Students will arrange their own transport to arrive at Wyndham College at 8am. Students will discover more about what it will be like to be a senior student at Wyndham.

22<sup>nd</sup> November - Parent Orientation Evening

Invitations will be sent to Parents in Term 3 notifying of start time and fees payable. Uniform can also be purchased/ ordered on this night.

If you have any questions, please contact the Collegiate Deputy Principal on 92087100 or the Careers Adviser at your child's school.

\*BOSTES - Board of Studies, Teaching & Educational Standards

Colour Key:

Parent Events

Student Events at Wyndham College

Paperwork or online forms needing completion

Careers Advisers

## Resources found at

<http://www.dec.nsw.gov.au/students/high-school/assignments-and-study>

[TaLe4Students](#) is a great place to start for study resources - you will need your school student login

### Assignments

[High school ace](#) - Subject guides and library reference sites  
[How stuff works](#) - Random, interesting facts, videos and blogs  
[IPL](#) - The Internet Public Library - research subjects, reference links and books

### English

[English homework help](#) - About writing, mechanics and grammar tips  
[English homework helper](#) - Search authors, books, grammar, literature, and vocabulary  
[The complete works of William Shakespeare](#) - Comedy, history, tragedy and poetry, scene by scene

### HSIE

[World rankings and records](#) - Search by category, country and region, access to useful info

### Maths

[Maths online](#) - Sign up for Years 7-12 online tutorial programs by stream, topic and lesson  
[Calculus 101](#) - Automatic calculus and algebra help

### History

[BBC history](#) - From ancient to recent, interactive sites and virtual tours, follow history trails, the A-Z search of historical figures or scroll the timeline from the Neolithic age to the present time

### Science

[Science homework help](#) - Master the facts of earth, physical and life science and access great videos, interactive sites and links  
[World Meteorological Association](#) - Search about weather, climate and water

### Languages

[World languages homework help](#) - Dictionary, seven languages links and info  
[Foreign languages homework helper](#) - Nine languages plus heaps of info

### Aboriginal culture

[Indigenous Australia](#) Content with cred - written by Aboriginal people  
[ABC online Indigenous language map](#) - Marked up Google map, and A-Z language search  
[Aboriginal languages](#) - Info on over 80 languages

### Art

[Web museum network](#) - Plus access to an index of painters and famous paintings

### Study

[Procrastination](#) - What it is and how to get over it  
[Know it all](#) - Cool tips from the experts to beat exam stress  
[Preparing to study](#) - Have you got your desk space sorted?  
[Find a good place to study](#) - Fit your learning space to your study style

## KILDARE ROAD MEDICAL CENTRE FEELING THE HEAT?

### GET YOUR SKIN CHECKED NOW!

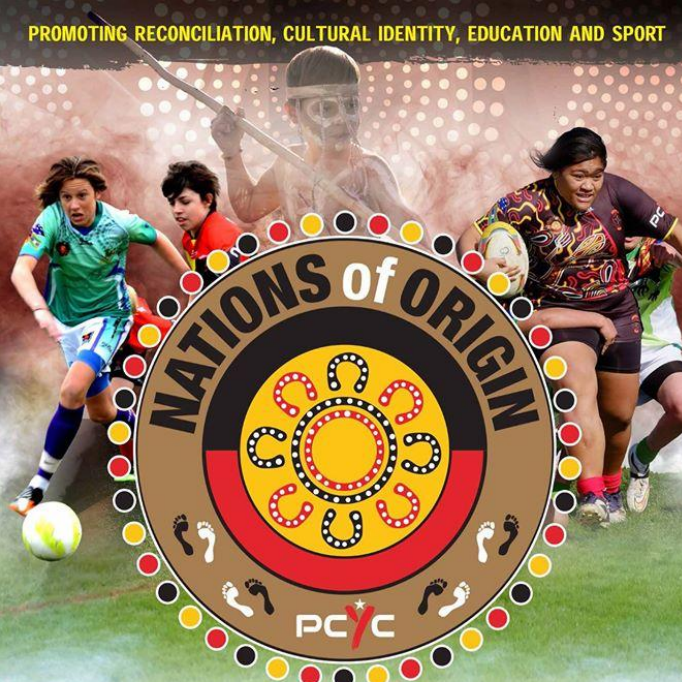
Exposure to the sun's ultraviolet rays can cause sunburn, skin cancer and contribute to visible signs of ageing. There is a higher risk of skin damage, which can lead to skin cancer, during the summer months and that is why it is important to have regular skin checks with an accredited doctor.

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

PROMOTING RECONCILIATION, CULTURAL IDENTITY, EDUCATION AND SPORT



**JULY 12 - 14 2016**

FOOTBALL FIVES	RUGBY LEAGUE 7s	NETBALL <b>★NEW★</b>
Lake Macquarie Regional Football Facility 13 Park Rd, Speers Point Tue, July 12 2016	Lakeside Sports Complex Leisure Way, Raymond Terrace Wed, July 13 and Thur, July 14 2016	Raymond Terrace Netball Courts William Bailey St Raymond Terrace Tue, July 12 and Wed, July 13 2016

For more information, contact: Paula Skinner email: [pskinner@pcycnsw.org.au](mailto:pskinner@pcycnsw.org.au) mobile: 0402 206 068



# 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**