



Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter

May 2016



Introducing our updated school logo

I am very excited to present our new logo. One we believe will better reflect the contemporary nature of our school. Chosen by the students, parents and staff, this logo will be transitioned into all school documentation over the next few weeks.

No changes will be made to the branding of our school uniform until after its review later this year.

Premiers Sporting Challenge

On Thursday, 17th March, Seven Hills High School hosted the Premier's Sporting Challenge.

This involved 14 Year 10 students coaching students from Years 7 and 8 as well as visiting students from Seven Hills and Seven Hills West Primary Schools.

The students had a great time developing their basic skills and learning about different sports. Our Year 10 students did a great job with their coaching sessions and ensured everyone had fun and learnt a lot on the day.

Thank you to our Year 10 coaches; Lauren Brookland, Alarna Power, Te-Rina Winitana, Jade Thomas, Willow Way, Connor Abnett, Stephen Sands, Stefan Stojanovic, Aiden Cullen, Jacob Irwin, Dylan Phillips, Bradley Beers, Jackson Brown and Matt Grasso.



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P&C Meeting this Wednesday

This Wednesday, 11th May, Ms Leigh Messer will be providing a presentation of what is happening for your child in HSIE. All parents, carers and community members are welcome!

International Women's Day Breakfast

On Tuesday, 8th March, the world celebrated International Women's Day, with a group of student leaders, both boys and girls, attended the annual Zonta Club Breakfast to celebrate the day. The theme for 2016 was 'Against Violence to Women and Girls'. The function was held at the Parramatta Leagues Club, where we were treated, along with our teachers, to a lovely breakfast of eggs, pastries and fruit.



After we ate we listened to the Keynote speaker, Robyn Waite, who discussed issues surrounding Domestic Violence and the high rate of women and children who are affected by DV in the Australian community. We learnt that 1 in 3 women are violently assaulted, emotionally abused or mentally tormented in their lives in our community- this high statistic surprised us. We also heard from Libby Sorrell who is working in Human Rights, with women and children in India, who are in child slavery and sold to work in factories and other sad situations.

Thank you to Ms Macan, Mr MacLaren, Mr Jones and Ms Messer for organising such a meaningful experience.

Brooke Lindsay
SRC

Seven Hills High School Cross Country Carnival

On Tuesday, 29th March, Seven Hills High School held their annual school cross country carnival. Some great results were achieved on the day and the following students are our Cross Country Age Champions for 2016:

12 years girls – Aaliyah Fisk	12 years boys – Lleyton Fox
13 years girls – Maddison Black	13 years boys – Blama Fofana
14 years girls – Rebecca Godbee	14 years boys – Lleyton Coleman
15 years girls – Tahlia O'Connell	15 years boys – Abu Fofana
16 years girls – Brooke Lindsay	16 years boys – Stefan Stojanovic

Ellis was the 2016 Seven Hills High School's House Champion.

Blacktown Zone Open Touch Football

On Friday, 1st April, 9 students from Seven Hills High School represented Blacktown Zone at the Sydney West Touch Football competition.

The Girls' team contained 8 students from Seven Hills High School; Lauren Brookland, Shauna Gardiner, Tiger-Lee Harrison, Alarna Power, Jade Thomas, Kiara Walsh, Willow Way and Te-Rina Winitana.

Jackson Brown was selected to represent the Boys' team.

Congratulations to all these students.

Daniel Way

Sports Organiser

Pathways to Dreaming

As part of our Pathways to Dreaming program with the Western Sydney University, our Year 9 and 10 Aboriginal and Torres Strait Islander students were invited to attend a day at the Penrith campus. The day exposed the students to the variety of courses available and possible career paths to which they might lead. During the day all students participated in three workshops; astronomy, music and mathematics.



Pathways to Dreaming mentoring with Nat, is on Tuesday mornings, Session 1, Week A in the Library.

Aboriginal and Torres Strait Islander news

Year 8 students have the opportunity to experience the Western Sydney University on the 24th May.

On Wednesdays from 8.30am breakfast is being served before the Young Mob program, every Week A, in the Library. The students attending Young Mob will be invited to attend a 3 day camp at Jervis Bay, in the July school holidays.

Look out for our upcoming reconciliation week activities around the school.

Women in Science Symposium

On Tuesday, 8th March, 10 students from Years 9 and 10 attended the Women in Science Symposium at the National Maritime Museum, to celebrate International Women's Day.

The morning session consisted of speakers outlining how they started in their field of Science and the types of research they do. This ranged from a marine biologist measuring the number of plankton in the Southern Ocean, to the scientists involved in the invention of the cochlear implant.

The afternoon session involved a tour of the National Maritime Museum into areas not normally open to the public, where the Museum's pieces are cleaned and restored as well as how they are treated and stored to prevent decay. There were also hands on scientific demonstrations and a chance to talk with the morning's speakers.

This was a wonderful opportunity to show the variety of careers that exist when studying Science.





Year 9 Technology Sydney Royal Easter Show Excursion

On Thursday, 24th March, students studying Food Technology and Agricultural Technology had the opportunity to spend the day at the Sydney Royal Easter Show. Students experienced a range of displays and demonstrations that complemented their studies back at school.



Year 7 & 8 Science Taronga Zoo Excursion

As part of the Stage 4 Science unit 'Living Things' students had the opportunity to spend a day at Taronga Zoo. The excursion, held on Thursday 5th May, saw students not only enjoy the zoo's regular attractions, but also attend a workshop run by zoo education officers.

This experience reinforced many of the concepts studied throughout the unit of work and gave students the opportunity to apply their classification skills in identifying a number of live animals, including reptile, amphibian, mammal and bird species.





Anzac Day Service

On Thursday, 28th April, Seven Hills High School held its service to commemorate Anzac Day. The whole school attended the assembly, where students were addressed by Mr Graham Quinn from the Seven Hills Toongabbie RSL Club. Mr Quinn spoke about the importance of remembering the fallen men and women who have fought to protect our country, both in past wars and those currently serving in our armed forces.

During the service The Last Post was played by Daisy Scott, on the guitar and the National Anthem was sung by Shantay Meisake. Victoria Taylor also wrote a poem titled, 'Our Boys' which was read at the service by Amneh Chaker. The poem reflected Victoria's feelings of gratitude towards the women and men who have lost their lives during war.

Thank you to Mr Thomson for organising the music for the service and to Mr Jones and Mrs Melaisis for also addressing the assembly with a poem and a reading which represented the historical importance of Anzac Day.

Ms Messer

HSIE Coordinator/History Teacher

'Try Senior School' 2016

- **Monday, 16th May & Tuesday, 17th May 2016 at Wyndham College**
- **Starting at 8:00 am and ending at 2:30 pm**
- **Full Seven Hills High School Uniform**

Attendance at "Try Senior School" is compulsory for all students in Year 10, even if students are not sure of their pathway for 2017.

Students are expected to arrive at Wyndham at 7:45 am each of the 2 days for a prompt 8:00 am start. Students will be dismissed from Wyndham College at 2:30 pm on each of the two days. Students are expected to wear their current full school uniform including enclosed footwear.

The canteen will be available for students to purchase refreshments, but I encourage you to bring your own lunch as with up to 260 extra people on site during these days, the canteen might be crowded.

Following the 'Try Senior School' Days, Wyndham College will hold their Subject Selection Evening on Monday 6th June. This night will be an opportunity to talk to the Wyndham College teachers about the subjects you are interested in and to obtain more information about the subject requirements and HSC requirements.

Classa Martinuzzi, Collegiate Deputy Principal

Upcoming Events

May		June	
11 th	P&C Meeting 7.30pm in the library	2 nd	Zone Athletics
12 th	NAPLAN	3 rd	Zone Athletics
13 th	NAPLAN catch-up	6 th	Aim Higher – Year 7 Careers presentation
16 th	Year 10 'Try Senior School' Day	8 th	P&C Meeting 7.30pm in the library
17 th	Year 10 'Try Senior School' Day		
17 th	Year 8 Debating		
20 th	Athletics Carnival		
24 th	Pathways to Dreaming workshop		
27 th	SRC Planning Day		
30 th	Barista Course at Parramatta		
31 st	ICAS Science Competition		

KILDARE ROAD MEDICAL CENTRE INTRODUCING...

Dr. Shyam Sharma:

- interested in adolescent and adult mental health, diving & hyperbaric medicine, aviation medicine and travel advice and minor surgical procedures. Works in the KRMC® Skin Cancer Clinic

Dr. Amit Patel:

- interested in general and preventative medicine
- speaks Gujarati

To make an appointment with Dr. Sharma or Dr. Patel, book online at kildaremedical.com.au, via the free Appointuit App or call Reception on

8822 3000

**OPEN EVERY DAY 8:00AM TO 8:00PM
36 Kildare Road, Blacktown 2148**

Homework Tips

It is true, that teaching and learning have changed a lot since you were at school. However, you can still help your child with their learning at home.

Try to stay involved

You don't need to know everything your teen is learning in high school to support them with homework. Just being there, showing interest and listening to them can help make your child feel supported—even if you can't help with the subject matter itself.

Explaining deepens learning

A good way to help your teenager with their homework is to ask them if you can look through their class workbook together. Get them to explain some examples that they have completed in class. Explaining the processes to you will deepen their understanding. If your teen has difficulty describing what they covered in class that day, encourage them to talk to their teacher.

Make study time count

You can help your teen manage their time to make their revision and study as effective as possible.

Some students find using a **whiteboard** near their desk to write the topics they need to focus on helps with time management, as they can see at a glance what they need to do.

A **calendar**, **planner** or a **diary** with the dates of assignments, tests and exams is also helpful. By planning ahead and starting early, they can break their study up into smaller more manageable tasks and feel more in control of their workload.

<https://www.learningpotential.gov.au/homework-tips>