



Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter

March 2017

From the relieving Principal

2017 - Enthusiastically moving forward...

March has come and so much has taken place in a short space of time!

Smooth Walking completed another phase this term. We hosted each of our feeder primary schools and provided engaging lessons in the areas of PE, HSIE, Drama, Science, Music and Visual Arts. The positive response from all attendees reflected the strengthened links between all schools. Thank you to Mr MacLaren for coordinating the program.

On Thursday 23rd February Seven Hills High School held its annual Open Night. It was pleasing to see the large number of Year 6 parents/caregivers and students that attended. The evening started with a sausage sizzle where parents/caregivers mingled with staff in an informal setting. After a visit to the native garden and agricultural plot, everybody moved to the library for an overview of the school, its programs and initiatives. The evening concluded with a tour of our facilities where parents/caregivers could speak to staff about specific subjects. I would like to take this opportunity to thank the representatives of the P & C that attended. As always, the time and effort, given by the P & C to support our school is greatly appreciated.

A month in, and Year 7 have made great inroads with settling into their new environment. Most of the Year group attended the camp at Kincumber where they worked with Peer Support Leaders to

conquer the challenges faced, forge new relationships and develop their teamwork skills. It was pleasing to see them return full of energy and enthusiasm and wanting to share their experiences.

The 'Year 7 Meet the Teacher' BBQ was held on Thursday 2nd March. It was wonderful to see parents/guardians attend with their child and introduce themselves to staff in a friendly and informal setting. By building a strong partnership between home and school we all work towards achieving the best outcomes for your child.

By this stage every child at Seven Hills High School would have received an Assessment Handbook outlining when tasks will be taking place as well as the school's policy on late or non-submission of tasks. The Handbooks were distributed at Year Meetings where the policy and schedules were explicitly outlined. We ask all parents to go through the booklet with their child and to support them in utilising their diaries effectively to set appropriate time frames for completing activities by the due date. To ensure clarity in expectations, staff will be entering submission dates onto the 'Sentral' assessment calendar that can be accessed by parents/caregivers via the parent portal and students via the student portal.

I would like to take this opportunity to invite parents/caregivers to the **next P and C meeting on Wednesday 8th March**. P & C meetings provide the community with an opportunity to learn more about the programs running at the school,

Johnson Avenue, SEVEN HILLS 2147.

Phone 9624 3329

Email: sevenhills-h.school@det.nsw.edu.au

Website: <http://www.sevenhills-h.schools.nsw.edu.au/>

P&C Meeting this Wednesday, 8th March

All parents, carers and community members are welcome!

play a role in determining its direction and contribute to its success. The next meeting will be the Annual General Meeting where positions of office will be filled. I look forward to seeing you there. Bring your \$2...

Regards

Ms Ana Macan

From the Deputy Principal

Year 9

Changes to the Higher School Certificate and what it means for your child

The Higher School certificate has undergone many changes that will come into effect for Year 12 students in 2020 (current Year 9). For more detailed information please visit <http://educationstandards.nsw.edu.au/wps/portal/nesa/about/initiatives/stronger-hsc-standards>

With many curriculums updated including English, Mathematics, Science and History, the NSW Education Standards Authority (NESA) has introduced a number of other reforms. In addition to streamlining assessment, a new **minimum literacy and numeracy standard** has been announced. In addition to subjects studied, students will be required to meet these standards to obtain a Higher School Certificate.

How does this affect your child now?

Year 9 students will prequalify for the minimum standard by achieving Band 8 or above in their upcoming NAPLAN reading, writing and numeracy tests (the NAPLAN language conventions test is not included as a prequalification requirement).

Students who do not achieve Band 8 in an area will be required to sit an online NESA test prior to completing their Higher School Certificate in order to receive this credential. Students with Band 8 or above in all three NAPLAN areas will not need to complete an online NESA test. Students with Band

Upcoming Events

March

| | |
|------------------|------------------------------------|
| 8 th | P&C Meeting, 7.30pm in the library |
| 16 th | Harmony Day assembly |
| 29 th | School Cross Country carnival |

April

| | |
|------------------|----------------------------------|
| 4 th | Year 7 Taronga Zoo excursion |
| 7 th | Last day of term |
| 25 th | ANZAC day |
| 26 th | First day of Term 2 for students |
| | Elevate Study Skills seminars |

8 in one or two areas will only need to sit the online NESA test in the area(s) in which they scored below Band 8. Please note, the prequalification requirement can only be achieved by Year 9 students. Students in Years 5 and 7 who achieve Band 8 or above in the three NAPLAN tests will NOT prequalify for the minimum standard.

For more information regarding meeting the minimum standards, please visit <http://educationstandards.nsw.edu.au/wps/portal/nesa/about/initiatives/stronger-hsc-standards/minimum-standard/faqs>

What can you do?

NAPLAN tests are scheduled to take place during May this year. Whilst Seven Hills High School has a strong literacy and numeracy program embedded into all curriculums, you can also support your child at home by practicing with them, their literacy and numeracy skills. Please find below links to resources for parents: -

Literacy

- <http://education.qld.gov.au/literacyandnumeracy/pdf/factsheet-l-n.pdf>
- <http://www.nlnw.nsw.edu.au/pdfs/docs09/li-fly09.pdf>

Numeracy

- <http://www.nlnw.nsw.edu.au/pdfs/docs09/numfly09.pdf>

Literacy and Numeracy

- http://www.nlnw.nsw.edu.au/videos08/ten_tips/ten_tips_00.htm
- <http://www.nlnw.nsw.edu.au/parentb.htm>

More information on NAPLAN can be found at <https://www.nap.edu.au/naplan>

Mr David Erwin

Deputy Principal Years 7 and 9

From the Deputy Principal

Already more than half way through Term 1 and it has been a productive start to the year for both Years 8 and 10. Seven Hills High School is committed to providing students with experiences and opportunities to develop leadership skills so that our students grow to be active contributors in our community. Therefore we encourage all of our students to come to school with a positive attitude, ready to learn and immerse themselves in the extra-curricular activities on offer throughout the year. Students who have the right attitude can be clearly identified by wearing their uniform with pride, being prepared for each day and being attentive and willing to contribute to class learning, not distracting the learning of others and seeking to be involved in the broader life of the school.

Year 8 have made a pleasing start to the year. Not the youngest grade in the school anymore our students have assisted positively in the transition of our Year 7 students as role models and friends, supporting them through their first few weeks in high school.

They have an important year coming up. Between their academic studies, extra-curricular activities, leadership opportunities, excursions and a camp planned for later in the year, they must ensure they are organised and prepared for what will be a busy and fast moving time in Year 8. All students were given a school diary in the first week and are encouraged to maintain it for organisational purposes. Year 8 Handbook was also presented to the students, outlining expectations and

responsibilities in terms of assessment and the due dates of all tasks across all learning areas for the year.

For Year 10 students, 2017 is going to be a very important year, as they strive towards the achievement of their Record of School Achievement (RoSA). On Friday 17th February Year 10 students received their RoSA Handbook. It has been developed to assist Year 10 with time management and planning ahead for assessment tasks. The booklet is a summary of the nature of tasks set, their due date and assessment weighting.

There has been a refinement of the assessment process and this has been communicated to all Year 10 students, outlining their responsibilities when submitting assessment tasks, and also the process of appeal when a formal assessment task has been missed.

It is important to remember that if a student fails to complete assessment tasks they may receive an 'N Award' for that course and this will be recorded on their Record of Achievement. Not only are assessment tasks contributing to the ROSA mark, but continuous coursework as well. This coursework is assessable and an 'N Award' may also be given to students who fail to complete the required classwork.

Before the end of the term, Year 10 students will be receiving information regarding the process of subject selection for Wyndham College, as well as information regarding the transition into senior school studies.

During a recent year meeting, Year 10 had a number of standards communicated to them in regards to the expectations required to attend school functions and events like the formal and graduation at the end of the year. These included adherence to the schools uniform policy, regular attendance, satisfactory completion of assessment tasks and coursework, and model behaviour. As explained to the students, persistent infractions in these areas will result in the student forfeiting their right to attend the school formal and may jeopardize their attendance to the Year 10 graduation.

I look forward to sharing a positive, productive and rewarding year with all students.

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.

Mr Matthew MacLaren
Relieving Deputy Principal Years 8 and 10

School Mobile Phone App

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

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 on 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.

Extra-Curricular Activities 2017

Our **Futsal program** has begun with practice session times are as follows:

- Monday and Tuesday mornings
- Monday Lunch
- Thursday mornings

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 has commenced 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) for a permission note.

Sports News

Zone Swimming

On the 23rd of February, 11 students represented Seven Hills High School at the Blacktown Zone Swimming Championships. It was a day filled with close races and many great efforts from our students. I have never seen a group of students try so hard and be willing to put their hands up to challenge other schools in each and every race.

The day produced some great results for individual students with:

Paige Williams - 5th Overall

Blaze Johnston Ockers - 2nd Overall

Jessica Sands - 2nd Overall

Kyle Cavanagh - 2nd Overall

Lleyton Coleman - 5th Overall

Also former students Alarna Power and Stephen Sands performed well with Alarna finishing 1st overall (Age Champion) and Stephen finishing 3rd overall.

Kyle, Blaze and Jessica will be representing the Blacktown Zone at the Sydney West Swimming Championships on the 14th of March.

Congratulations to these students.

Blacktown Zone Sports Trials

Over the past two weeks students from Seven Hills High School have been trialling for a number of Blacktown Zone Sporting Teams.

The following students were selected in Blacktown Zone teams to compete at Sydney West competitions:

Opens Rugby League: Jye Bond and Andrew Castia

U15's Rugby League: Jack Bradley, Jeremy Frary, Anthony Uhila, Jaidon Walsh, Jesse Togiola Luapo, Caleb Saofia and Alex Owen

Open Girls Netball: Maddison Black

Open Girls Touch Football: Tahlia O'Connell

Baseball: Phoenix Gallistan and Cameron Gibson Foad.

Phoenix Gallistan had a successful Sydney West Carnival and has been selected in the Convenors Regional team.

I would like to take the opportunity to commend all students who trialled for different sports. The effort they demonstrated was commendable.

Congratulations to all students that gained a position on a Blacktown Zone sporting team. It is a great achievement being selected especially as our students are a lot younger and are competing against students from Years 11 and 12.

Well Done.

Mr S Rumball

Sports Organiser

Those students interested in joining our **After School dance Group** must see Mrs Luscombe in the Mathematics staffroom for a permission note.

Auditions will be held Tuesday
March 14 after school until 4:15pm

Refereeing PSSA Sporting Competitions

Year 9 and Year 10 students are given the opportunity to be involved in refereeing the local PSSA sport competition in Weeks 5 – 10, Term 2 and Weeks 1 – 5 Term 3. This opportunity is an extremely rewarding one. It enables links to occur between Seven Hills High School and its local feeder schools. Refereeing primary school sport also provides an excellent opportunity for our students to develop their leadership, communication and refereeing skills.

Students will be placed on a roster and will be required to referee either Soccer or League Tag during Sessions 1 and 2 on a Friday morning approximately once a fortnight.

All referees are to wear full sports uniform and need to bring their own whistle.

Year 9 and 10 students who are interested in this program need to register by signing up at the PDHPE staff room.

Mr J Joseph

Relieving Head Teacher PDHPE

Careers News

YEAR 10

1. Platinum Club at Wyndham College

Year 10 students who are interested in applying for the Platinum Club MUST do so by 31st March. Applications are available in the library outside the careers office. All supporting documents can be photocopied at school and subject selections can be discussed with Mrs Slater.

2. ABCN and CBA Technology and Finance Expo

A group of 18 Year 7 - Year 10 students attended a program aimed at aspiring female students to consider careers in the Technology and Finance Sectors. Despite the wet weather students enjoyed the 2 hour expo in the city. It is important to explore and discuss different career pathways from an early age.

3. The Helmsman Project – 2017

Once again Seven Hills High School has been offered the privilege of participating in the Helmsman Project. The girls group started with the Launch Event on Tuesday, 28th February. There were 8 girls ready to start their coaching journey. Ms Macan welcomed the participants and their guests and congratulated them all on their choice to participate in such a worthwhile program. The girls will be guided through both individual and group coaching sessions during semester 1. They will finally plan and complete a community based project.

Thank you to Mrs Riddell and her Year 10 Food Technology class who catered so beautifully for the event. Thank you for giving up your recess to serve your school community.

4. I-Manifest - Work Experience

Once again SHHS has been offered places in the I-Manifest program for Year 9 and Year 10 students. Students will travel independently to the city to participate in programs. Expressions of interest are due by 10th March. Please see Mrs Slater if you would like to apply.

Mrs Tonnie Slater

Carers Adviser

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's **Robotics Club** continues this year. Any student wishing to be part of this initiative should see Mrs Howell in the Mathematics staffroom. The Robotics Club meets every Tuesday lunch time.



SEVEN HILLS HIGH SCHOOL

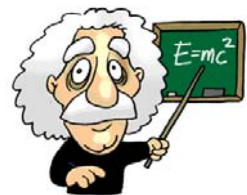
TRIVIA NIGHT

Join us for a fun community event

Saturday March 18th, 2017

School hall at 7:30pm until late

www.sevenhills-h.schools.nsw.edu.au



Due to a new system these are the only options available for payment of school fees, excursions etc

- Cheque – made payable to Seven Hills High School
- Cash – via schools reception
- EFT – call school with credit card details
- Parent Online Payment (POP) access “Make a Payment’ from the school website



HOCKEY

GIVE IT A GO THIS WINTER

Local games for U7s and U9s
Mixed competition for U11s to U17s
Men's competition
Local fun, skills and fitness sessions for
Women

TEMPTED?

Take part in a free come and try session;

Tuesday February 21 and again on the 28th 6.30pm to 7.30pm
Cavanagh Reserve Tennis Courts Northcott Road, Lalor Park

AFTER MORE INFORMATION?

Contact Lyn








9674 2876, 0421 798 242

Visit the website:

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









Canteen Menu 2017


| | | |
|---|--|--------|
|  | 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 bolognese 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 |
|--|---|--------|

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, KRMCM®'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




KILDARE ROAD MEDICAL CENTRE IT'S TIME FOR YOUR ANNUAL SKIN CHECK!

Exposure to the sun's ultraviolet rays can cause skin damage, which can lead to skin cancer. The risks are higher during the warmer months and that is why it is important to have regular skin checks with an accredited skin cancer doctor.

If necessary, KRMCM®'s GPs will use mole-scanning technology to detect any suspect moles and to build up an accurate picture of changes to the skin over time. 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. If required, follow up treatment and referrals to specialists can be arranged.




*For more information and to make an appointment at
KRMCM®'s Skin Cancer Clinic,
please call Reception on 8822 3000.*

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9636 5767
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info@teamprodigy.com.au
cnr. Best Rd & Mackenzie Blvd, Seven Hills 2145

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 from 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