



# Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter  
June 2018

## Upcoming Events

### June

- 13<sup>th</sup> P&C Meeting in the Library at 7.30pm
- 14<sup>th</sup> Digital Media Excursion (Year 9 & 10)
- 19<sup>th</sup> The Helmsman Project Adventure Day
- 21<sup>st</sup> Year 7 SRC Induction
- 25<sup>th</sup> – 27<sup>th</sup> Leadership Camp
- 28<sup>th</sup> Year 10 Online Subject Selection
- First Aid Course Practical Assessment
- 29<sup>th</sup> Red Nose Day

### July

- 2<sup>nd</sup> NAIDOC Week
- 4<sup>th</sup> Rewards Day
- 5<sup>th</sup> Celebration Assemblies
- Biennale Excursion (Year 9 & 10)
- 6<sup>th</sup> Last day of term
- 23<sup>rd</sup> School Development Day
- 24<sup>th</sup> Students return for Term 3

## P&C Meeting

Wednesday, June 13 at 7.30pm.

At the meeting, Mrs Clemson will be discussing and providing information on the study of Visual Arts and Digital Media at our school.

**All parents, carers and community members are welcome!**

## Red Nose Day

Friday, June 29

The SRC has organised a range of activities to raise money for research into Sudden Infant Death Syndrome (SIDS). Students may wear red on the day for a gold coin donation; purchase cakes; have their hair sprayed or face painted, with all proceeds going to charity.

## School Uniform News

The black fleece-lined jackets will cost \$40 from the 1<sup>st</sup> July 2018.



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## Year 7 'Self-Select' Forensic Science

7A have been very busy during Terms 1 and 2, studying and completing practical activities that a Forensic Scientist would use to analyse data and solve crimes.



The focus area has been 'Impression Evidence' and students have analysed bite marks, tyre tracks, tool marks and finger prints, including their own prints.



Finger prints were extracted using powder from glass and casts of footprints, tyres and fists were made.



The students are looking forward to moving onto some other 'fun' activities next term involving, DNA, hair and fibre and blood!



## Seven Hills High School Cross Country Carnival

The School Cross Country Carnival was held on Wednesday, April 4, on the school oval.

The winner of the Cross Country Carnival was Bradman house with 269 points. In 2nd position Freeman house with 253 points. Ellis house was 3<sup>rd</sup> with 235 points and in 4th position was Thorpe house with 122 points

Congratulations to our individual age champions:

13 Years	Ella Brown Aiden O'Connell
14 Years	Kayla Alfred Ryan Brown
15 Years	Maddison Black Blama Fofana
16 Years	Rebecca Godbee Liam Howarth

## HSIE Faculty

Since the start of the Term 2, Year 7 students have been learning about the unit 'Ancient Egypt' and in particular, the topic of mummification. Students had the opportunity to wrap their classmates in paper to make them resemble a mummy. The results were hilarious and enjoyed by all.

Student comments included:

"I really enjoyed this activity and being able to go outside and wrap my friends in toilet paper".

"I loved this activity, it was fun and it made me realise how hard the mummification process was".

Gina Walker

HSIE Faculty

## Seven Hills High School Athletics Carnival

The winner of the Athletics Carnival for 2018 was Ellis House with 1670 points. In 2nd position was Bradman House with 1405points. Thorpe came 3<sup>rd</sup> with 1357points and Freeman finished 4<sup>th</sup> with 1265 points

Congratulations to our individual age champions:

12 Years	Raymond Takau	
13 Years	Aiden O'Connell	Nyjokiah-Lee Bell
14 Years	Ryan Brown	Tamara Kabuyawa
15 Years	Alexzander Whyte	Holly Brookland
16 Years	Liam Howarth	Rebecca Godbee

Jimmy Joseph

Sports Organiser



## The Environmental Club

The Environmental Club have been very productive since the start of Term 2. It is with great pleasure to announce that Seven Hills Bunnings have kindly donated two 240 litre wheelie bins to help with the school's 'Return and Earn' initiative.

Students are currently working on posters and brochures to be displayed around the school, as well as posters that will be displayed on these bins.

The Environmental Club would also like to acknowledge the new members who have recently joined; Emily Fisk and Jorja McManus.

Gina Walker

HSIE Faculty



## Reconciliation Week

Each year, National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians.

National Reconciliation Week reflects on two significant anniversaries in Australia's reconciliation journey—50 years since the 1967 referendum and 25 years since the historic Mabo decision.

Our school acknowledged Sorry Day on the morning assembly with a reading from two of our students.

Reconciliation Week activities began after our Aboriginal and Torres Strait Islander students raised the flags on our new flagpoles for the first time on Monday morning.

During the week, there were lunchtime activities of weaving and crafts carried out in the library. Outside, Mr. Fahey and Ms. Claassens organised indigenous games for our students to play.

A formal assembly acknowledged the theme of Reconciliation week "Don't keep History a Mystery. Learn. Share. Grow", which explored history hidden just beneath the surface, ready and waiting to be uncovered.

We ended the week with a barbecue of kangaroo and crocodile sausages to celebrate and build on the respectful relationships shared by all our students and staff.

Joanna Jordan

ATSI Program Coordinator



## Aboriginal and Torres Strait Islander Garrawarra Cultural Camp

On Wednesday May 9, I had the pleasure of accompanying nine of our Aboriginal and Torres Strait Islander students to a cultural camp at Garrawarra Royal National Park, in Sutherland. We spent three days, camping, cooking, sharing stories and working together to enhance our knowledge of Aboriginal Culture.

Men's and women's business was a vital component of the camp, as it allowed the girls and boys to take part in traditions that can only be embraced separately. Women's business consisted of weaving and creating message sticks, whilst men's business consisted of gathering sticks and making spears.

We would spend most nights by the fire, having a yarn and reflecting on the events that happened during the day. This enabled everyone to share their experiences and connect with each other. The students were enthusiastic and involved in all aspects of the camp and can't wait for the next one!

Madeleine Keogh

Learning and Support Teacher



## STEM and Robotics

STEM and Robotics at Seven Hills High School is in full swing, with the Robotics Club hard at work on a Monday afternoon and Tuesday lunchtime. Students either learn to build and code robots or prepare for a number of competitions coming up in the near future.

We have had a number of exciting opportunities that have come our way, the students are learning and enjoying each experience in which they participate.

Carissa Howell

Robotics Teacher

## Year 8 – Full Steam Ahead Virtual Excursions

During Week 4, all Year 8 students were given the opportunity to participate in the Full STEAM Ahead Virtual Excursions, run by ABCN, in conjunction with a number of large businesses, such as the Commonwealth Bank.

During three different sessions, each class was connected via video conferencing equipment to the Museum of Applied Arts and Science, with a number of guest speakers, who have careers in STEAM related fields including software development, games design and information system analysts.

The students were able to interact with the guest speakers, asking a range of questions including; ‘What training did you need for your job?’, ‘What game you are most proud of designing?’, and ‘What STEAM opportunities are there for vision impaired people?’

With the use of KAHOOT (an online quiz program), the students were able to vote on the technology they wanted demonstrated. Over the three sessions, students were exposed to Virtual Reality (VR) head-sets, Augmented Reality (AR) head sets and a Holographic lens.

It was great to see all the students engaging and asking questions.

Carissa Howell

Robotics Teacher



## STILE in Science

Students in the Year 8 ‘Self-Select’ class, 10SCIA and selected Year 9 students, have been developing their scientific literacy and STEM skills, through the use of the STILE online Science learning resource.

Throughout the month of May, 54 students submitted 428 completed lessons, consolidating content and skills addressed in Science class. These lessons helped to prepare our students for their Semester One Examinations and provided a great way for students to receive extra feedback from their teachers on their learning online.

Daniel Way

Head Teacher Science

## Education Perfect - Chinese

All classes were given access to the Education Perfect World Championships for the 2018 competition. At the end of competition, the school was ranked first in Australia for the 51-100 students category, showing how the students embraced the challenge.

Patrick Flores was the top achieving student for this year, reaching a Gold Award, and closely followed by Erin Vitagliano with Silver.

Overall, our school achieved 13 awards, an improvement on last year’s impressive results.

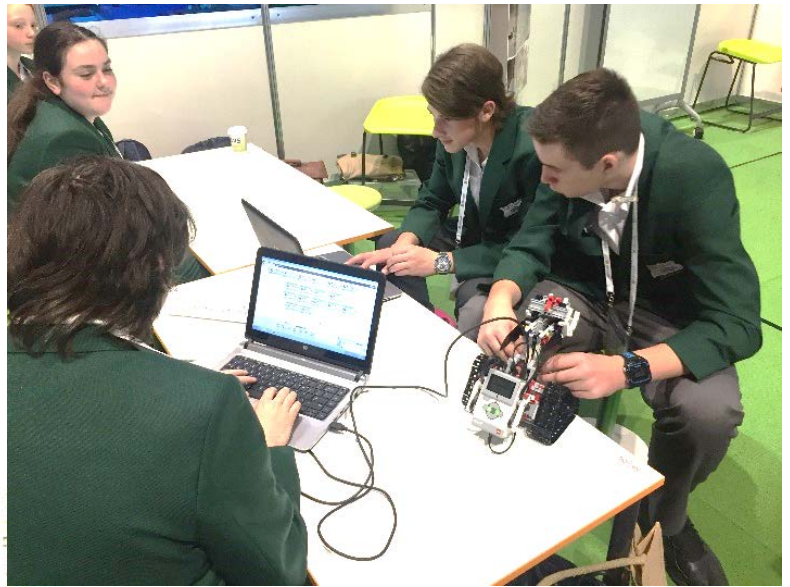
Congratulations to all students who participated.

Mark Harper

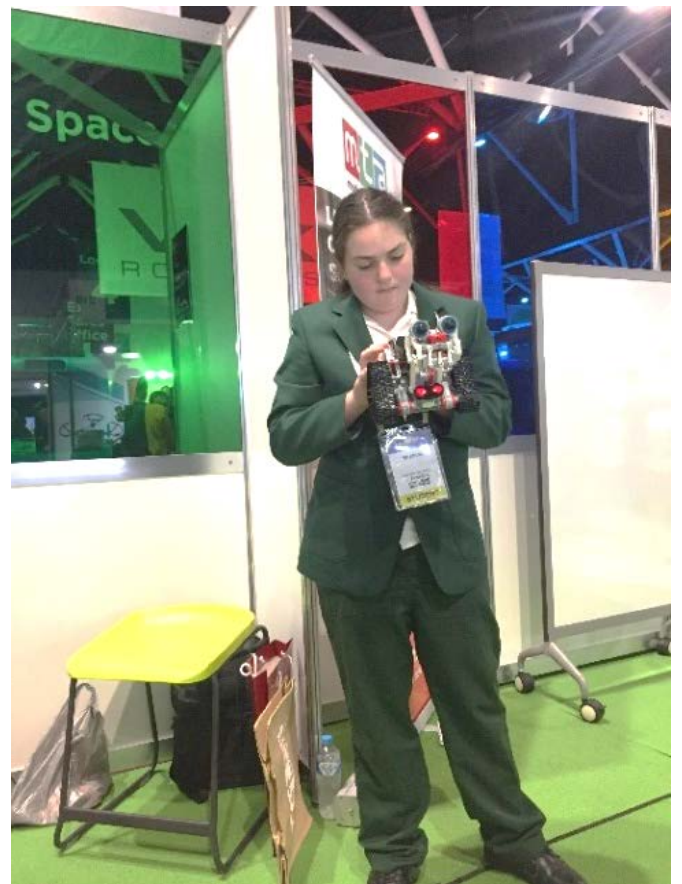
Chinese Teacher

## EduTECH Excursion

Last year a number of the Robotics students participated in the RoboCup Junior competitions, with one team competing in Dance and the other team in Soccer. As a result, we were invited to showcase our work at the RoboCup Junior booth at the EduTECH expo this year.



On Thursday June 7, five students (Jack Laing, Dylan Kent, Kyle Cavanagh, Bella-Jo Klein and Megan McDevitt), Ms Lipari and I, attended the event, which is the largest educational event in the Southern Hemisphere. We were the only public school exhibiting on the day with RoboCup Junior.



The students also interacted with the attendees of the expo, showing what the robot could do, explaining our journey, describing how to program and giving teachers ideas on how and where to start with their own students.

The students all enjoyed the day and we can't wait to go again next year!

Carissa Howell

Robotics Teacher

## Current and Upcoming Stem Events

**8<sup>th</sup> June – 29<sup>th</sup> June:** As part of the 'Self-Select' program, 8A is participating in an online physical computing course using Arduino Thinkershields, to not only learn how to code, but to also create a physical product at the end of the course. This program is run by ABCN and the Museum of Applied Arts and Sciences.

**20<sup>th</sup>/21<sup>st</sup> August:** RoboCup Junior Competition – this year we have a team entering the 'On Stage' category.

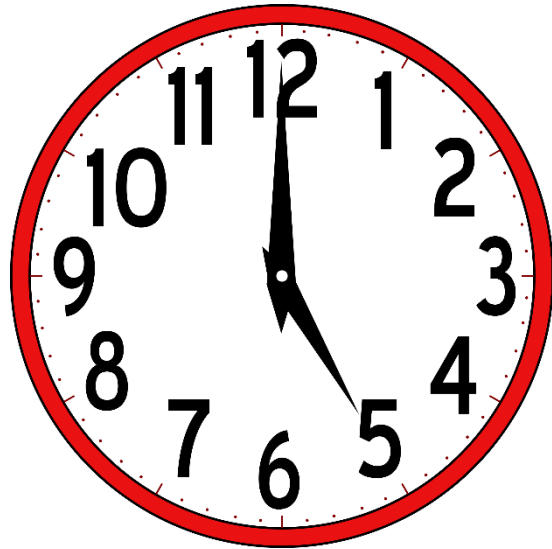
**30<sup>th</sup> August:** Primary School STEM Day – some of the students in 7A will have the opportunity to mentor Year 4 students from some of our local primary schools during a day full of STEM activities.

**November:** Lego First League – this is a competition for which we won a grant at the end of 2017, including mentoring, competition fees and the necessary equipment to participate, along with a practice kit.

In addition to the all the student activities being conducted, a number of staff members are also involved in various professional development courses throughout the year to ensure we are offering the best for our students.

Mrs Howell

Robotics Teacher



<https://openclipart.org/detail/233657/clock>

### Numeracy Tip #1

Elapsed Time: the amount of time that passes from the beginning of an event to its end.

*There are many opportunities to develop your child's skills to calculate elapsed time. Incorporating questions on the way to everyday activities such as the movies, catching public transport, sport, visiting friends, shopping etc.*

Rather than you calculating the drop and pick up times, pose some questions and get your children to work it out.

Example: If it's 11.22am now and you need 2 hours to shop and 96 minutes for the movie, what time do I need to be back to pick you up?

Swapping between minutes and hours as your child becomes more confident, adding driving, wait times and additional events, changing between analogue, digital and 24 hour time when discussing time, are all ways to assist your child to be a more effective and confident user of time and to meet the everyday demands of life, that is, to be *NUMERATE!*



## Top Literacy Tips for Parents

Following the article in our May Newsletter, some further suggestions appear below that may help you to guide your teenage children to develop strong strategies for learning and exam success.

The main message from our first article was “be involved”. That may be easier for some parents than for others as our children assert their independence to varying degrees. Setting a good example by letting your children see you read, write, watch, research and talk about what you’re doing not only keeps communication active, but sends the message that learning never stops, despite our age and situation.

A literacy issue causing concern for some of our students is a limited vocabulary for the words used on a daily basis. Encouraging your child to understand words that may not be used in everyday language will certainly support their learning.

Some recent examples of words causing concern include...

punctual, satirical, ridicule, adversity, anxiety, strategic, abrasive, shrill, intense, corrosive, shrew, courteous, roster, mediocre, proactive, pedestrian, resolve, chaotic, diligent, sanction, passive... and the list goes on!

Some strategies to help your child expand their vocabulary include:

- ✓ Listen to / read reports on TV or social media and look up the meanings of unfamiliar words (e.g. sanction, intense)
- ✓ Include those words in everyday conversation. (e.g. instead of saying “You’re going to be late for school.” say “You need to be punctual for school.”)
- ✓ Have a word for the week and ensure it’s used whenever appropriate. (e.g. instead of “The refugees are doing it tough.” Perhaps say “The refugees are facing adversity daily.” Instead of “Stop wasting time. Get the job done.” Try “Stop procrastinating!”)

Enjoy your vocabulary journey!

## Helping young people learn - What you can do in secondary school

Research shows that children’s development in secondary school is strongly influenced by the value families place on school, their expectations and aspirations for their young person’s future.

When parents and caregivers create an environment at home that encourages and supports learning, it influences how children learn, more than direct parental involvement with the subjects they are studying.

## Here are some examples of things that parents can do throughout secondary school to support their child.

### Be sensitive to how teenagers want to be more independent, while giving them structure and support:

Have a supportive parenting style that is warm, responsive, and firm but democratic (rather than relying on one-sided parent control and decision-making).

Enable and encourage your child to engage in autonomous or joint decision-making.

Help your child to develop their own schedules, routines and processes for managing school, homework and other aspects of their lives.

Allow your child to take an active role in solving their own problems.

Sustain consistent levels of parental support and supervision and maintain an adequate level of discipline (eg some 'house rules' in relation to screen time, chores, etc).

### Discuss aspirations and expectations for learning:

Communicate and reinforce the value of education for your child's future.

Express high but realistic educational goals for your child.

Have aspirations for and encourage your child to complete school and go onto further education.

Have discussions about post-school education options, courses and careers.

Talk positively with your child about the things they are good at, provide specific praise.

Encourage them to learn from their mistakes.

### Create a stimulating and supportive home learning environment:

Have books and other learning resources available at home.

In your home life, show that learning and education are valuable. For example, parents reading at home, having conversations about learning.

Take your teenager places outside of school, such as cultural activities, community gardening, sports, trips to museums, libraries, community events, music, dance and more.

Help support them and keep them healthy. For adolescents, it is particularly important to get enough sleep (between 9 and 10 hours), Parents can also provide support for stress and emotional anxiety, provide good nutrition, and help young people with time and resource management.

## Careers News

### YEAR 10

#### **Enrolment package for Wyndham College**

The large yellow envelope containing enrolment papers is due to Mrs Slater by the end of the term, Friday, July 6. Please return it to the Careers office once completed. If you need any assistance completing the paperwork, please contact me at the school on (02) 9624 3329. I can also assist if your child is enrolling at another school.

#### **Subject Selection at Wyndham College**

Subject Selection interviews have now commenced at school.

Students will be given the opportunity to complete their subject selections at school on-line through Edval. Alternatively, students can complete their selections at home on-line. A link has been sent to each student's DEC student portal. Once completed at home, students can bring in a printed copy of their selections to Mrs Slater.

Subject selections also close on July 6. If you wish to contact me to discuss Year 11 subject selection, parent interviews are taking place on Thursdays until the end of term. Please call (02) 9624 3329 to make an appointment.

#### **Vocational Education and Training (eVET courses for 2019)**

All application forms are due to Mrs Slater by August 10, if you wish to be considered for a course in 2019. These are generally offered on a Monday or Wednesday afternoon from 2pm – 6pm. Students will be notified in 2019 if they have been successful in their application.

#### **Safe First Aid Course for Youth**

45 students have now been selected to complete the First Aid Course modules. This year, students will be asked to complete the modules in Room 108 at lunch on Monday's, or in class, before sitting the practical assessment on **Thursday, June 28**.

Students will be assessed on their CPR, bandaging techniques and managing other emergency situations on the day. If successful, students will receive their certificates at the end of the year.

Each student will need to bring to Mrs Slater their Unique Student Identifier (USI) number, or a copy/photograph of their birth certificate, so a USI can be created.

#### **Post school Options: Employment Leisure and Life Skills Expo for Students with a disability**

Blacktown RSL Club on Tuesday, 19<sup>th</sup> June from 12 noon – 6pm. Please contact Mrs Slater for further information. NDIS consultants will be available to discuss registration.

### Year 9

#### **The Helmsman Project 2018.**

All Year 9 participants will be involved in their first adventure day on **Tuesday, 19<sup>th</sup> June**.

Please meet at Seven Hills Train Station at 7:30am with credit on an Opal card. The group will return to Seven Hills Train Station by 5:00pm. Students will be dismissed from the station.

Tonnie Slater

Careers Advisor

## **KILDARE ROAD MEDICAL CENTRE**

### **Introducing Dr. Nasim Ahmed** MBBS FRNZCGP FRACGP

Dr. Ahmed graduated from Chittagong Medical College, Bangladesh and soon after moved to New Zealand where she completed her internship, relocating to Australia this year. Dr. Ahmed is focused on continuity of care for the patient, their family and the community as a whole.

**Interests:** all aspects of family practice, mental health, paediatric medicine and women's health

**Languages:** Bengali and Hindi

*To make an appointment with Dr. Ahmed  
go online at [kildaremedical.com.au](http://kildaremedical.com.au),  
download the free HotDoc App  
or call Reception on 8822 3000*

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