



Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter
November 2018

Upcoming Events

November

- 13 CAPA Showcase 6.00pm
- 14 Community Q&A Night in the auditorium at 6.30pm.
P & C Meeting in the library at 7.30pm.
SRC 2019 Elections
- 19 2019 School Leadership Interviews
- 27 Year 10 Orientation Day at Wyndham College
- 28 Year 9 Food Technology Excursion
- 30 Sports Leader 2019 Interviews

December

- 1 Christmas Carols
- 5 Celebration Assemblies
- 7 Presentation Ceremony
- 11 Year 10 Formal
- 14 Year 10 Graduation Ceremony



To: Our Valued Parents and Carers

You are invited to attend our

Annual Presentation Ceremony

When: 8.50am, Friday 7th December 2018

Where: Seven Hills High School

School Assembly Hall

Premiers Sporting Challenge – Leading with Action

On October 23, twelve Year 9 students headed to Jamison Park, Penrith, to participate in the Premiers Sporting Challenge *Leading With Action* Program.

The students had a great time gathering tips and strategies on how to teach young children skills across a range of sports ready for them to take on the role of coach next year.

Daniel Way

Leadership Coordinator



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/>

Seven Hills High School Presents
SHOWCASE 2018

TUESDAY 13TH NOVEMBER
6PM START
SEVEN HILLS HIGH SCHOOL HALL



Family of four \$35 - \$10 per ticket

Visual Arts and Digital Media Display opens at 6PM

Youth Off the Streets

The Youth off the Streets Sleep Out was held on Friday, 14 September, to raise money for Father Riley's Youth off the Street Foundation who help support troubled and homeless youth.

The night started off at 6:30, with students arriving to sleep within the school grounds, experiencing the idea of "sleeping rough". We began with a few games run by our Youth Worker Tim, and had an enjoyable time showing our competitive sides.

Following the games, we were fortunate enough to have Mrs Thurlow cook spaghetti bolognaise for dinner, before dancing and singing karaoke. We were also given ice-cream and brownies for dessert, and sat down to watch the movie, School of Rock.



As the night was coming to an end, students and teachers set up the gym mats within the canteen area and began to unwind; well most people anyway.

After a restless sleep, everyone woke up early to eat breakfast and began to pack up. It was interesting to hear the different stories from students about the event throughout the night and what their favourite parts were.

A huge thank you to Mr Way, Mr Burgess and Mrs Thurlow for not only sleeping at the school, but for cooking, providing snacks and highlighting the true meaning of the sleep out. Also, thank you to Tim for the games, to Mr Johnstone for the support and to all the students who participated.

Finally, thank you to the organisations that helped supply the food for the night. Baker's Delight, North Rocks, who provided the bread free of charge and Mardon Meats, Kings Langley, who helped supply the meat.

A total of \$308 was fundraised and donated to The Youth off the Streets Foundation. A great job from all involved.

Alanna Kaufmann

School Captain



The Colour Run for Westmead Children's Hospital 2018

On Sunday, 7 October, six students attended the Colour Run at Sydney Olympic Park, to raise money for the Children's Hospital at Westmead.

The day began with an early start, arriving at Seven Hills Train Station at 7:30am and the venue, at around 8:30am.

We began the run and enjoyed going through the different colour zones, getting more and more colourful each time.



Although the weather wasn't the best, we made the most of the event, participating in the mosh pit at the end, and getting saturated with colour.



Everyone agreed that the Colour Run was a blast and it was great to see everyone from the Seven Hills High School community fundraising for such a great cause. A total of \$459 was raised online and more in donations were collected at school.

Thank you to those who donated and shared the fundraising link and to everyone who attended the 2018 Colour Run event.

Alanna Kaufmann

School Captain

Transforming Stars

It was so wonderful to welcome Vardy's Road primary students last week as part of our Smooth Walking program. This program is designed to assist young student's transition to high school.

The students participated in a geometrical journey that transformed 8 squares into one star, following a series of instructions and vocabulary, such as, line symmetry, rectangles, triangles, pentagon, quadrilateral, trapezium, parallelogram, alternate and much more! They all did an amazing job!

We look forward to these 'Transforming Stars' joining us at Seven Hills High School when they are ready for Year 7.

Joanne Andrew

Head Teacher Mathematics



Streamwatch News

Every fortnight, the Streamwatch team from Seven Hills High School undertakes physical and chemical testing of Lalor Creek, which flows through Twin Gums Reserve. These tests include temperature, pH, electrical conductivity, turbidity, available phosphate, dissolved oxygen and macro invertebrate (water bug) surveys. Students learn to interpret their test results and understand how activities impact on water quality in their local area.

We recently carried out our spring water bug survey. The water bugs were well hidden under plants and rocks, however, the students managed to catch several dragonfly nymph and many of the feral Gumbusia fish also known as the plague minnow. These fish were introduced from South America as a biological control for mosquitoes, however, this was unsuccessful. The fish are now a noxious pest with a varied diet feeding on our native insect larvae, insects, plants, worms and frog eggs.

We will carry out another bug testing survey in Term 4.

Joanna Jordan

Streamwatch Coordinator



Victor Chang Science Award

Congratulations to Alanna Kaufmann, this year's recipient of the Victor Chang Science Award from Seven Hills High School. Alanna was nominated for this award for her tenacity and commitment in the Science classroom throughout her years of study at Seven Hills and was presented with the award at the Blacktown Council Civic Centre on 8 November.

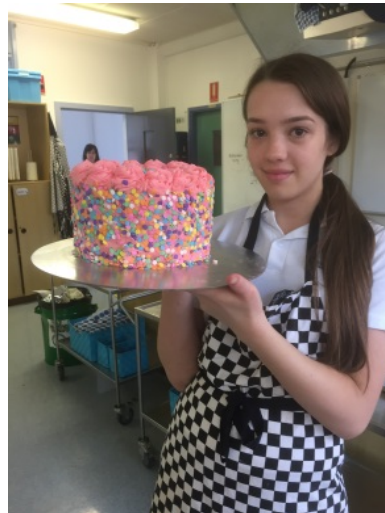
Daniel Way

Head Teacher Science

Food Technology in October

It has been very busy in the kitchens this month.

Both Year 9 elective classes have been preparing for their assessment task on 'Food for a Special Occasion' in which they had to plan a party and then create a cake to match their theme. Students used the skills they acquired in class to produce some amazing cakes.



Year 8 have also been in the kitchen and have cooked some great dishes. Their skills and ability to work together have not only improved immensely since they first began, but their ability to work efficiently in the kitchen has been pleasing to see.

Included are some photos of their butter chicken dishes.

Vivien Thurlow

Food Technology Teacher



Food Technology in November

8 Tech 1 have been hard at work planning their restaurant design folio. Students had to create a restaurant with a theme, uniform, menu and then prepare a dish, as a practical assessment. The students did extremely well in the kitchen, demonstrating organisation and proficient cooking skills. There were a variety of dishes created including – steak and sweet potato fries, pizza, spaghetti bolognese, loaded fries and chocolate milkshakes, maple rice pudding and gluten free tiramisu.



I have been very impressed by the cooking skills of all students, which have improved throughout the semester. It is also pleasing to see students rise to the challenge when they are pushed out of their comfort zone.

I am looking forward to the achievements in 7 Tech 5 and the Year 10 Food Technology class, as they prepare for their assessment tasks.

The Food Technology excursion to Teppinyaki and Spice Alley is also coming up soon.

Vivien Thurlow - Food Technology Teacher



Year 9 were involved in an innovation practical assessment to assess not only their cooking skills, but also their creativeness.

Students were given a list of ingredients and they had to create a dish from that list. They were also allowed to bring in three ingredients of their own. We had a range of amazing dishes produced, such as chicken burger and fries, pesto zucchini pasta and chicken, cheesy chicken and rice, garlic honey stir-fry, chicken carbonara and pasta alfredo, just to name a few.



Chinese Report for Term 4

你们好 Hello everyone!

Congratulations to our students who have been recognised internationally for answering over 350,000 questions online, a phenomenal effort!

Students are preparing to join the 2019 Chinese Language Club (CLC). This club will provide an opportunity for our students to continue to develop their Chinese language skills.

I encourage all of our Year 7 students to join.

Mark Harper

Chinese Language Teacher

Seven Hills High School Trivia and Bingo Night

Everyone had a great time at the Trivia and Bingo Night, organised by our wonderful Parents & Citizens Association.

Thank you to all the great sponsors and contributors that helped make the night a great success:

- Yamanda Aboriginal Association
- Big W, Blacktown
- Optus Seven Hills
- Shining Star Carwash, Seven Hills
- BCF, Blacktown
- Bunnings Warehouse Seven Hills
- Rebel Sports, Blacktown
- BEVCO
- Lalor Thai
- Mardon Meats
- Lowes Seven Hills
- Freedom Clearance
- Seven Hills RSL
- Pet Barn
- Centuary Lighting
- K-Mart Blacktown
- Hillz Pizza Bar

Numeracy Tip #4

As we start to organise for the holiday season, it is a great time to think about holiday board games.

Beyond the maths skills our kids develop playing these games, they also build resilience from winning and losing, develop social skills and concentration, fine motor skills, procedural skills and how to strategize, all while having fun.

We take cards for granted but some of our students have never used a normal 52 card deck, these skills are assumed as we cover topics, such as, probability and ratios. I encourage the learning of maths skills through play and social situations, if you are looking for some activities to pass the time, please include some of the following:

Decks of Cards

Head full of numbers

Chess

Sudoku

Monopoly

Dice games

Don't forget to include all things mathematical if you are taking a road trip – car licence plates provide opportunities to add, multiply, subtract and divide.

Joanne Andrew

Numeracy Coordinator



Library - New Books

Come check out the new titles in the Library!

Our School Library collection is growing thanks to the recommendations and requests by our eager students keen to get their hands on their next literary adventure.

New to our collection we have the newest Shaun Tan masterpiece *Cicada*. We have several books that are next in their series, including the newest by Ransom Riggs in the *Miss Peregrine* series *A Map of Days* as well as the next level in the Treehouse series. New to our Graphic Novel selection is the *Road to Riverdale* and new *Archie* comics based on the hit Netflix series.

If we don't have a book you're after, let me know!

This is your library. Help me fill it with things you want to read.

Bruce Stewart

School Librarian



Book Review

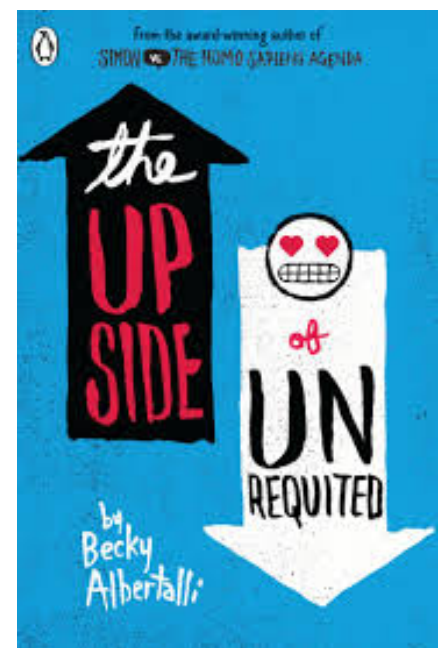
***The Upside of Unrequited* By Becky Albertalli. (2017)**

Reviewer: *Isabella Klein* (Year 8) **Rating:** 5 Stars

This is the kind of book you don't just read once, you keep it and go back to it every now and again to remind yourself that everyone has those days. If you're into romance and relatable teenage confusion, I would most certainly recommend this book for you.

Molly (the main character) goes through all kinds of love ups and downs in this book, from parents and siblings, to boyfriends, guy-friends and girlfriends, she is all over the place (in a good sort of way) and doesn't really know what she is doing.

This book is an easy read but I would highly recommend having some cookie dough by your side.



Careers News

1. Year 10 Orientation at Wyndham College

All Year 10 MUST attend on Tuesday, 27 November. Please return the permission note to the Careers office. Year 10 students are to wear full school uniform and meet at Wyndham College by 8:30am. The day will conclude at 2:30pm and students will be dismissed from the bus bay. Also bring \$10 cash to pay for the ID photo that will be taken on the day. In the evening, a parent information session will commence at 6:00pm in the hall. The uniform shop will be opened from 4:30pm – 6:00pm and then again from 6:30pm – 8:30pm.

2. Year 10 'Knowledge is Power' seminars

On Wednesday 28 and Thursday 29 November, all Year 10 will be participating in a number of seminars that will assist them in life. These include; financial information, legal information and how to successfully gain a driver's licence. Students are to wear full school uniform.

3. Year 9 Subject Selection Expo at Wyndham College – 3 and 4 December

Subject Selection Expo is a two-day event at Wyndham College for ALL Year 9 students. This is a great way to start to understand the many subjects on offer in Year 11 at Wyndham College. Students are to come to school in their full school uniform. They will travel by bus to and from Wyndham College. Please complete and return the permission note. If you require a new note please see Mrs Howell.

4. The Helmsman Project 2018.

The Year 9 group will be holding a BBQ and disco at school on Thursday, 22 November. All funds raised will go towards Cancer Council under the Relay for Life banner.

Sausage sizzle will be \$2.50 Drinks \$2.50

Disco tickets (lunch 2 and session 5) - \$3.00

These students will also be running the BBQ at the City West Church annual Christmas Carols event to be held at the school on Saturday, 1 December. This event commences at 4:00pm. Again, all funds raised will go to Cancer Council. Please support our students as they want to make a difference in the lives of other teenagers who are fighting cancer.

Wellbeing News

1. Grade Day winners – Year 10.

All students who attended Grade Day can attend the day at Bondi on Monday, 10th December 2018. Permission notes will be given to students in the coming weeks.

2. Year 10 Formal at Oatlands House – Tuesday, 11 December

Any student who has met the criteria for attending the formal and has paid their money can attend the formal. Please pay for your tickets to the formal as quickly as possible so that final numbers can be confirmed with the venue.

3. Rewards Day – ALL grades – Wet'n'Wild

On Wednesday, 12 December any student who received an invitation and has returned their permission note and money will attend a day at Wet'n'Wild. Student who hold a season pass MUST bring their wrist band to gain entry. Invitations will be issued in the coming weeks.



Nirimba Collegiate

"Widening Horizons through Innovative Education"

Proposed Future Education Provision – Nirimba Collegiate

Community Q & A Nights

The four Principals of the Nirimba Collegiate invite you to a Community Q & A Night.

In order to meet the needs of a growing number of students studying Years 11 and 12 in the North West region, the Collegiate Management Group, consisting of the Principals of Seven Hills High School, Riverstone High School, Quakers Hill High School and Wyndham College, are currently formulating a proposal that significantly expands our Collegiate.

In the proposed model Quakers Hill, Riverstone and Seven Hills High Schools would become 7-12 campuses and Wyndham College would retain its status as a Years 11 and 12 campus.

All interested parents, carers and students from any of the Nirimba Collegiate schools and their local primary schools are welcome to attend ANY of the following Q & A Nights:

7th November 6pm at Riverstone High School

12th November 6pm at Quakers Hill High School

14th November 6.30pm at Seven Hills High School

29th November 4.00pm at Wyndham College

Your opinions, comments and feedback will be considered as we continue to develop the proposed model.

Yours sincerely,

Greg Johnstone

Principal

Seven Hills HS

Karen Downie

Principal

Riverstone HS

Andrew Skehan

Principal

Quakers Hill HS

Karen Smith

Principal

Wyndham College



Quakers Hill High School
Riverstone High School
Seven Hills High School
Wyndham College

Ph: 9873 1533
Ph: 9627 1484
Ph: 9624 3329
Ph: 9208 7100

Fax: 9837 1747
Fax: 9838 1138
Fax: 9838 8553
Fax: 9208 7199

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

SATURDAY 1ST DECEMBER 2018
 AT SEVEN HILLS HIGH SCHOOL, JOHNSON AVE
 5.30PM FAMILY ACTIVITIES
 7PM CAROLS

Community Christmas Carols

BBQ JUMPING CASTLES COFFEE VAN
 GLOW STICKS CAROLS PETTING ZOO

HOSTED BY CITYWEST CHURCH, SEVEN HILLS HIGH SCHOOL,
 AND HORIZON COMMUNITY CENTRE

All Styles of Dance

innovativedance.com.au

This adventurous & magical class will take your child on an exciting journey through dance & beyond.

"I just wanted to say THANKYOU for being such great teachers & role models for my girls over the years. It has been a pleasure to be apart of the family over the past 10 years."
 Carrie

INNOVATIVE DANCE CO

Jazz

A creative and joyful class for all ages 3yrs - Adults

INNOVATIVE DANCE CO
 innovativedance.com.au

Outstanding Teachers

Every. Body. Welcome.

Hip Hop

INNOVATEDANCE.COM.AU

INNOVATIVE DANCE CO

All styles of dance, for all styles of people! Classes held at Shelley Primary School
 For more information please call 0411 486 347 / 0414 348 774

FIVE TIME TRIAL

CALL OR EMAIL US TODAY
 AND QUOTE OUR CODE

PROD5

AND RECIEVE A FREE UNIFORM

OFFER VALUED AT OVER \$140!

ONLY

49⁹⁵

P: (02) 9636 5767 || info@teamprodigy.com.au || Cnr Best Rd & Mackenzie Blvd, Seven Hills