



Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter
November 2019

Upcoming Events

November

- 12** Brewongle Leadership Excursion -
Warrawi Yana Nura
Year 7 surf awareness presentation
P & C Meeting 7:30pm
Victor Chang Science Awards
- 13** 'Showcase'
SRC Nomination Forms Due
- 14** Combined School Band Fitting Day
SRC Voting for 2020
Support Sport Gala Day at QHHS
- 15** Year 7 - Beach and Water Safety
Awareness Workshop
Year 9 - Ernst & Young mentoring
program
- 18** Year 9 Senior Course Expo Day 1
- 19** Year 9 Senior Course Expo Day 2
- 20** Year 10 Camp
- 21** Year 10 Camp
2020 School Captain speeches
- 22** Year 10 Camp
- 26** Year 10 Orientation Day and Parent
Evening at Wyndham College
- 28** Year 10 Knowledge is Power

Seven Hills High School Presents

SHOWCASE 2019

**Wednesday 13th of
November**

Seven Hills High
School Hall

Doors open 6:30pm
for a **7:00pm** start

\$10 per ticket
Family of four \$35

Hope to see you
there!

**A NIGHT
AT THE
OSCARS**

Designed by Holly Holmes

**Seven Hills High School Parents and
Citizens Association**

Meeting at 7.30pm Tuesday, November 12

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/>

Upcoming Events

December

3 Year 6 Orientation Day and Evening
Walanga Muru

4 Celebration Assemblies

6 Presentation Day

10 Year 10 Formal

11 P&C Meeting

Change to School Development Day Term 4– Friday, December 20.

Dear parents and carers,

As previously advertised, the second School Development Day for Term 4 was re-organised into two after-school sessions during Terms 2 and 3. The last day for students, Wednesday December 18, has not changed.

As per usual during School Development Days, the school will be open; however, a minimal number of staff will be onsite.

Should you have any questions regarding this arrangement please contact the school on 96243329.

We turn 60!

If you remember the cover of our last Newsletter, you will recall that in 2019 our school celebrates its 60th Anniversary. Very few high schools in our area can boast such a long and celebrated history and tradition.

We have hosted a number of events in recognition of this milestone including...

- a school tour on the afternoon of Saturday, September 14 which was well attended by alumni and past staff. Whilst there were many shared stories from the legendary past during the tour, our guests were impressed by the changes and innovations in the school since their time here. Many specialist classrooms, data projectors, smart boards, computer labs, solar panels, Agriculture plots, a new Administration Block, air conditioning in all classrooms and a newly roofed hall were a few of the items that drew attention. A short time was also spent viewing a display in the Library that celebrated our 60-year history.



- a celebratory dinner at Lily's Restaurant on the evening of Saturday, September 14 attended by alumni and staff – past and present – as well as special guests Michelle Rowland MP and Blacktown City Councillor, Dr. Benjamin. Again, the interchange of memories not only enriched the evening for all but underlined a strong sense of tradition and camaraderie. The "Seven Hills Family" was very evident on the night.





- a “60th” Display in the Library which was visited and viewed by most of the HSE classes and teachers. Students showed not only interest in the artefacts, pictures and memorabilia on display but many took great delight in finding family members and friends as they were when they were students at Seven Hills High School. Staff were not spared scrutiny and those who have taught for substantial years at our school were seriously inspected for changes in appearance over the years. We also welcomed parents and guests who attended the inaugural CAPA Night on Thursday, September 19.



Images from around our school in September 2019.

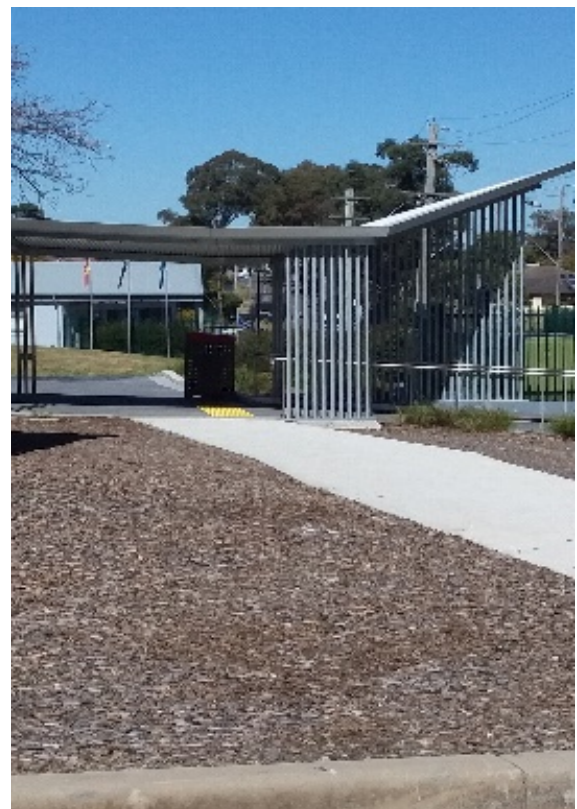


- the establishment of the Seven Hills High School Alumni and Friends. As a result of many enquiries and interest, the Alumni has an initial membership which will grow. Alumni members will receive electronic copies of the School Newsletters to keep them informed of events at their alma mater. We would be delighted to hear from any past students, teachers and friends of our school who wish to be added to our email list for newsletters. There is no cost or time commitment. All that's needed is an interest in Seven Hills High School.



Finally, thank you to all who participated in any way in celebrating our Diamond Anniversary. Whether you were involved in organisation, in attending events, in sharing stories and memories, in remembering the past, in rekindling or igniting a link to our tradition – we hope that you not only enjoyed your connections but that you will join us in 2029 for Seven Hills High School's 70th!

Julie Wilk





In 2020, we are looking to start a combined schools band. Those interested do not need any experience, just an enthusiasm for Music.

Students in the band will take part in a one-hour rehearsal and 30-minute tutorial each week. Fees are \$200.00 per term. Even cheaper if you apply for a Creative Kids voucher, through the NSW Government's Creative Kids program.

See Mr Gray for an application form.

CAPA Night

On September 19, Seven Hills High School hosted its very first Creative and Performing Arts (CAPA) Night. The purpose of the exhibition was to provide a forum for student artists to display their work and to recognise excellence. Those in attendance were treated to a wide range of works including paintings, drawings, mixed media, and ceramics.

The evening also included performances from some of our talented Music students, and guests were provided with delicious finger foods and light refreshments prepared by our Food and Technology students.

We were overwhelmed by the number of parents, families and guests who attended the night. We would like to extend our gratitude to you all for making it a very memorable and enjoyable evening.

Zahra Patel

Visual Arts Faculty



Year 7 'Self-Select'

The Year 7 'Self-Select' class have begun their 'Rocket Science' unit.

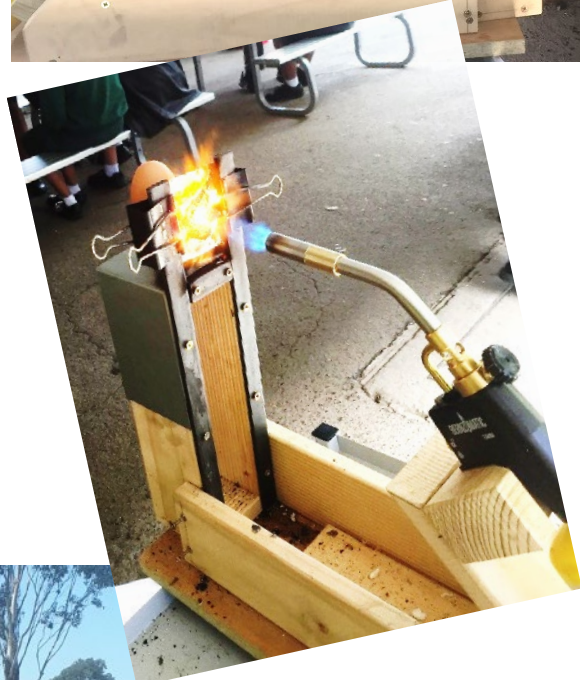
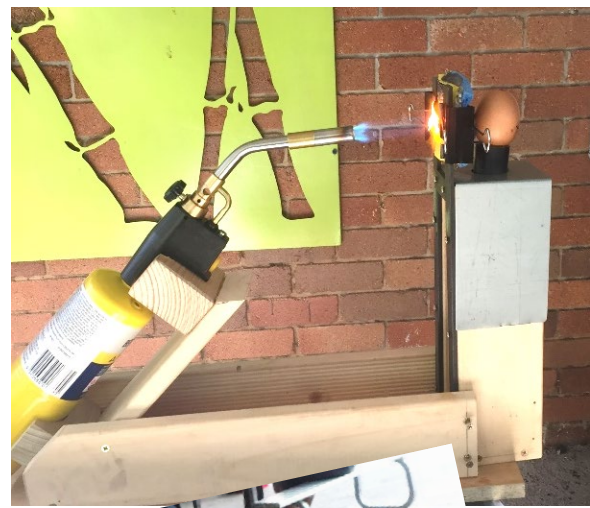
During this unit students study the Science required to launch a rocket in space. They will use these principles to design and then build a water rocket.

Recently the class completed an ablative shield task. In pairs students had to choose from a variety of materials to build a shield that would protect their 'Eggstronaut' from the heat of a blowtorch that was aimed at the egg for 5 minutes.

We had some amazing results and most groups were able to protect their 'Eggstronaut' from cooking.

Vivien Thurlow

'Self-Select' Program Coordinator



Premiers Sporting Challenge – Leading With Action

On October 15, selected Physical Activity and Sports Studies (PASS) students participated in the Premier's Sporting Challenge 'Leading with Action' Program where they gained coaching skills in a range of sporting contexts. Next year they will utilise their leadership skills to coach children from local primary schools.

The students involved included Kayla Alfred, Teneal McDermott, Rachel Pilbeam, Jessica Sands, Narnia Te Moni, Amahli Te Whare, Meigan Tjiu and Zinken Zoleta.

Daniel Way

Student Leadership Coordinator

2019 Art Pathways Plus Program

The 2019 Arts Pathways Plus program has been running throughout the year and has provided enthusiastic Art students with the opportunity to develop new skills and learn from Practicing Artists and the Curator of the Art Gallery of New South Wales. The program is organised through the Gallery and the Blacktown Art Centre.



On September 23, 52 students across Years 7, 8 and 9 were invited to visit the Art Gallery of New South Wales. It was a very engaging day, which allowed the students to view both contemporary pieces of work as well as the more traditional forms of art during a guided tour of the exhibition.

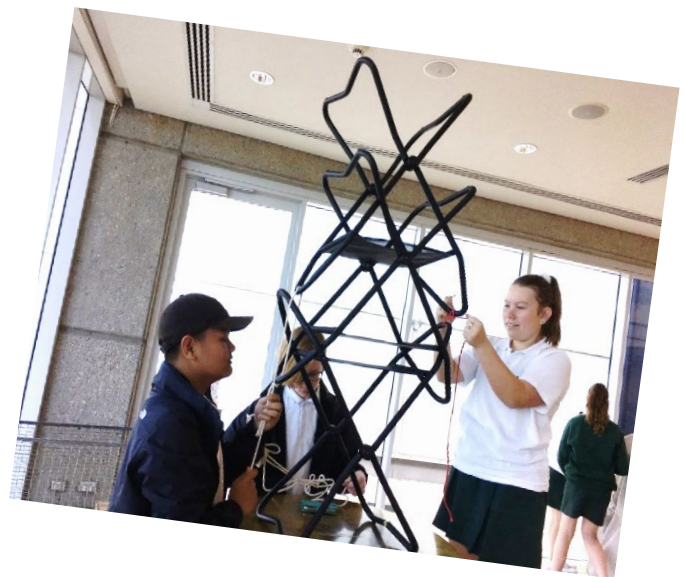
The students developed a greater understanding of the techniques used to create a variety of artworks and furthermore, gained an appreciation of the role of art in society.

Students were mentored by the practicing artists and collaboratively created a materialistic sculpture. They developed confidence in their art making skills and were highly engaged in completing tasks.

Throughout the course of the workshop, students extended their existing knowledge and promoted their development in the subject.

Zahra Patel

Visual Arts Faculty



The Delivery Of Cooler Classrooms At Seven Hills High School Is Complete.

To provide healthy and comfortable learning environments for students at our school, the program has delivered:

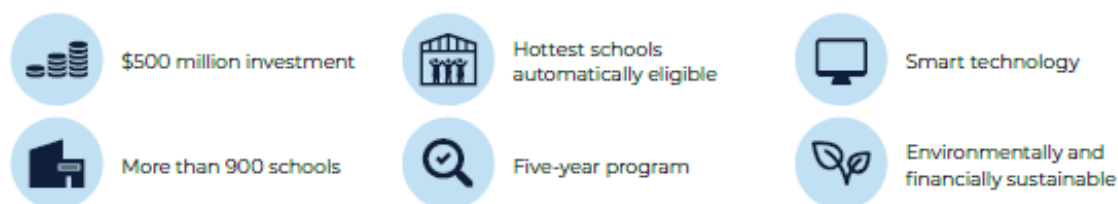
- Reverse-cycle air conditioning and fresh air ventilation in 24 classrooms
- 220 photovoltaic (PV) solar panels

NSW Department of Education – School Infrastructure

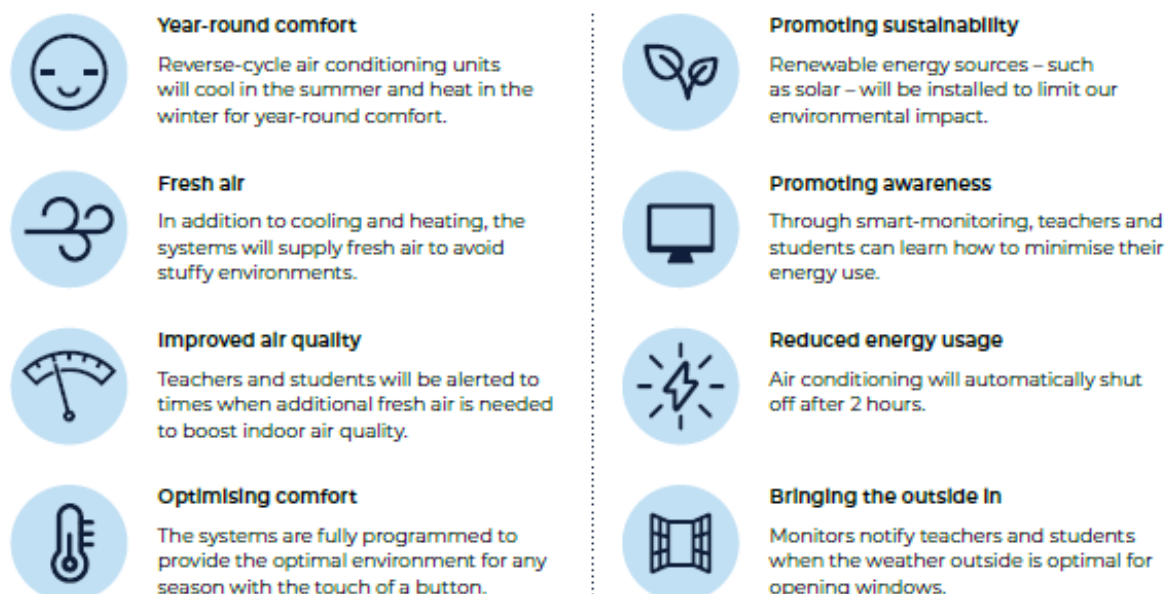


The Cooler Classrooms Program is a \$500 million, five-year investment by the NSW Government to improve learning environments in public schools across NSW.

Snapshot



We are committed to delivering a quality, sustainable and cost effective program to ensure our students enjoy healthy and comfortable learning environments. Here are a few benefits the Cooler Classrooms Program will provide beyond air cooling:



NARK WEEK

Week 10 of Term 3 was Seven Hills High School's celebration of Nirimba Acts of Random Kindness (NARK) Week. The Student Representative Council (SRC), Helmsman Project Girls Group and the Welfare Team, joined together to plan and implement a range of activities for the students and teachers at Seven Hills.



Wednesday provided staff and students an opportunity to show support for one another. In the morning teachers wrote comments of encouragement for their classes in session 1 and at recess and lunch, the SRC led students in creating a Positivity Board that contained inspiring and positive comments about their peers and teachers. Thursday was our very own RUOK? Day. This kicked off with a pancake breakfast before school with all staff and students invited. It was great to see everyone helping out and having great conversations.

'Free Fruit Friday', organised by the SRC, saw students provided with free fruit during lunchtime to promote healthy eating and the wellbeing benefits that this can bring. All in all, the week was fantastic and helped bring everyone together. Thanks to the SRC, Helmsman Girls Group, Mrs Howell and Mrs Slater for all their work towards organising these events.

Daniel Way

Student Leadership Coordinator



The activities kicked off on Tuesday with the school holding a party themed multi-day where students could dress up for a gold coin donation. This was followed by a sausage sizzle hosted by the Helmsman Girls Group at lunch. All proceeds were donated to Headspace, an organisation that aims at improving the wellbeing of young people.

The Helmsman Group and SRC representatives from each year group ran presentations on wellbeing, the NARK Week events and discussed ways students could show kindness to one another throughout the week.



Wellbeing News

Since Term 2, Mr Joseph, Mr Harper and Ms Sidorovich have been running Rock and Water programs for both boys and girls in Years 7 and 8. The program promotes resilience, self-confidence and teamwork.



We completed our Smooth Walking program last term, with Year 5 and 6 students from all seven local public schools visiting us to have a taste of a typical day at high school.



The Wellbeing team has a number of activities happening this term, including the Year 10 Camp and Year 10 Formal. The final camp payment is now overdue, as are the electronic medical forms. The initial deposit for the formal is now overdue. Payments and forms need to be finalised as soon as possible to secure your spot.

Our Rewards Day to Raging Waters is scheduled for Wednesday December 11. Keep an eye out for notes from Week 6 onwards.

Carissa Howell

Head Teacher Wellbeing (Rel.)

STEM News

Over the past two terms a team of Year 8 students, which included Shannon Hill, Hamish Kennedy, Caleb Basten, Yasmin Howarth, Vanessa Harvey and Erin Vitagliano have been working with students from Seven Hills West Public School to create a Smart Home using Microbits.

The home was displayed at the Blacktown Learning Community Primary School STEM Expo, which was held in our school hall on Thursday 7 November.

Carissa Howell

STEM Coordinator





From Plot to Plate

8TEC4 have been seeing the benefits of their hard work in the agriculture plot last term. They started the term making a recycled, self-watering planter and successfully germinated some seeds. These were transferred, along with some seedlings, to the vegetable garden they had been preparing with lots of energy and hard work.

During the term they maintained the garden weekly, which involved spending time watering, fertilising, weeding and mulching. Even with several dry months they still managed to have some crops growing well enough to harvest for a food technology lesson. They produced broccolini, parsley, lettuce, snow peas and chives. So far these vegetables have been used to cook a lemony, broccolini and feta pasta dish and a potato and chorizo omelette with a green salad.

Joanna Jordan



Fast Forward Visit

Last Thursday, a sizeable chunk of Year 9s and I had the pleasure of visiting the University of Western Sydney for the Fast Forward Day they had organised.

We started out by choosing team-names, and the brilliant Mr. Harper had come-up with the team name that won us first place in the naming competition: 'Marky Mark and the Funky Bunch'.

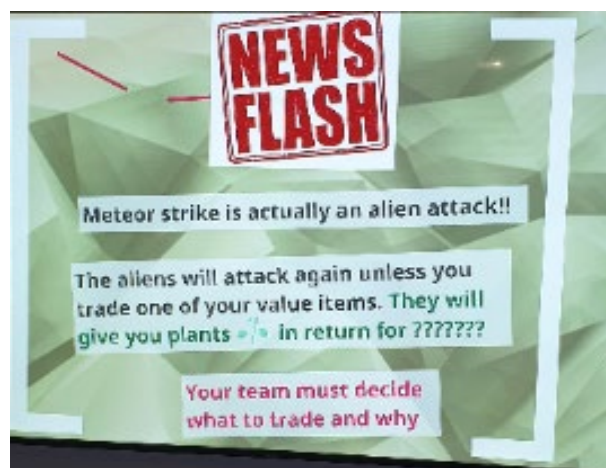
Then we started talking about a topic called Multiple Intelligence, culminating in a giant game of Kahoot with over 120 people involved. We can proudly say that Christine Douglas won us fifth place, a tremendous achievement with the dozens and dozens of people involved.

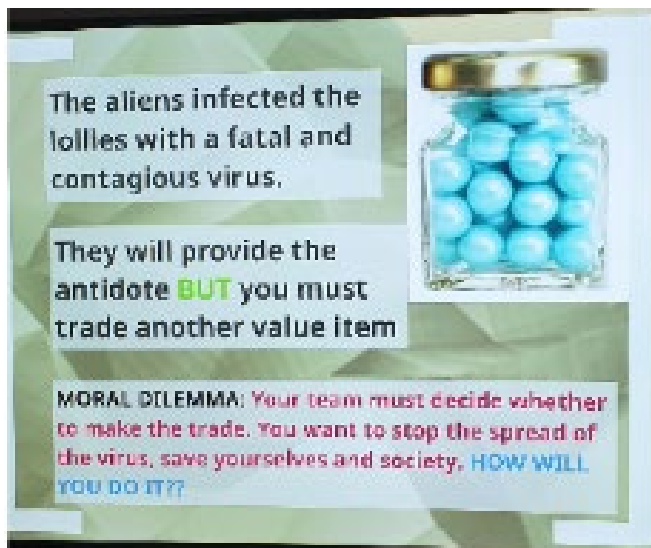
After lunch we proceeded with the Campus Challenge, sending our entire group around the University in the sweltering heat to compete against Evans, Erskine Park, Plumpton, Colyton, and St. Clair High school.

We started-off dodging dangerous landmines while blindfolded (don't ask). After many attempts, we succeeded! After seven more equally hard and enduring tasks, we finished the Campus Challenge and we were given lollies as a reward.



Unfortunately, while we were conducting our tasks, there was an 'Alien attack' that had taken place. A scenario presented itself, the aliens had poisoned the lollies and were only willing to give up the antidote if we traded some valuable items. We were challenged as to whether to save members who were infected, including Mr Harper and Rachel. We had to give reasons that justified our decision. We decided not to save our fellow students and teacher.





The Fast Forward University visit was about gaining knowledge and competing in a friendly manner. In the end our school ended up winning the day overall. A brilliant effort, by all involved.

The day was a great team-building and learning experience. Thank you to Mr Harper for organising this event, and special thanks to Miss Steele for accompanying us on the day.

Justin Banac.

Mathletics

Congratulations to Saviour Yohana who recently achieved 44th place in the world. Mathletics caters to 4.1 million users and 17 000 schools worldwide. This is an amazing feat.

Other top achievers in Mathletics this year include:

Year 7

Leah Miles 65807 POINTS

Angus Pearce 28244 POINTS

Year 8

Patrick Flores 113094 POINTS

Amir Saad 23436 POINTS

Year 9

Daniel Robinson 14686 POINTS

Joel Sagun 14673 POINTS

Year 10

Savior Yohana 52238 POINTS

Kyle Cavanagh 18217 POINTS

Congratulations students, keep working hard!

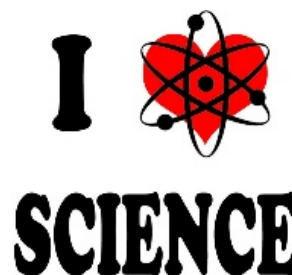
Joanne Andrew

Head Teacher Mathematics

Test your scientific knowledge – circle the answers you think are correct ones and bring them to me to the Science staffroom. The first student to score 100% will get a prize!

Quiz questions

1. What is Earth's inner core made from? Is it mostly
a) uranium, b) lead, c) iron, or d) carbon dioxide?
2. In general, which of these covers a bat's body? Is it
a) feathers, b) fur, c) scales, or d) chitin?
3. How many stars are there in the Alpha Centauri system? Is it
a) one, b) two, c) three, or d) six?
4. How far under the ground is the bottom of the Kola Superdeep Borehole SG-3? Is it
a) 1200 metres, b) 12 kilometres, c) 120 kilometres, or d) 1200 kilometres?
5. Biceps can be found in arms, but where would you find triceps? Are they
a) in arms, b) in legs, c) on the chest, or d) around the stomach?



Irina Sidorovich

Science Faculty

ICAS Science Results

Last Term, several students sat the ICAS Science test. They used higher-order thinking and problem-solving skills to assess their ability to apply classroom learning in new contexts.

We congratulate the following participants for their effort: Angus Pearce, Andy Zhang, Amber Willis, Isaiah Gamser, Thomas Denton, Yoel Yohana and Kyle Cavanagh, who achieved a Credit result.

Irina Sidorovich

ISAC Science Co-ordinator



Seven Hills High School Colour Run 2019

On the 10th of November, the Seven Hills High School Student Representative Council participated in the Sydney Colour Run to raise money for the Children's hospital at Westmead. Please donate using the link below to support this great initiative!

<https://thecolorrun-sydney19.everydayhero.com/au/seven-hills-high-school>