



Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter
August 2019

60th Anniversary

Seven Hills High School

We invite past and present members of the school community to celebrate from 6.00pm at Lilys Restaurant, Bar and Function Centre on Saturday 14th September

Tickets are \$70
Visit sevenhills-h.nsw.gov.au for all information. Bookings close 30th August
We look forward to seeing you there!

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

Upcoming Events

August

- 14 Year 9 Camp
P & C Meeting @ 7:30 pm in
the library
- 20 RoboCup Junior Competition
- 21 Year 8 Subject Selection
Night
- 23 Year 10 Vaccinations
Youth Off The Streets
Sleepout
- 26 Helmsman Project Girls
Group – 5 Day Adventure
Collegiate SRC Activity Day
- 29 Father's Day Dinner
- 30 Deadline for Year 8 Subject
Selections for 2020

September

- 6 ICAS Science Competition

Seven Hills High School Parents and Citizens Association

7.30pm Wednesday

At this month's meeting, we will hear from Vivien Thurlow, Head Teacher PDHPE and TAS.

We will also be discussing the collegiate changes that come into effect in Term 1 2021.

Olympic Athlete Visit

On Tuesday June 1, the Year 9 and 10 PASS classes met Olympic Athlete Alex Croak.

Alex was visiting the school to tell her story as part of the Australian Olympic Commission's 'Olympic Unleashed' program. She spoke about her olympic experiences at the Sydney 2000 Olympics as a gymnast and then at the Beijing 2008 Olympics as a diver.

Alex left her home at Coffs Harbour at the age of 10 to train at the AIS in gymnastics. She spoke about how hard that was and gave an insight into the training and lifestyle of an Olympian.

The students had an opportunity to ask questions and to get their photo taken. It was an insightful experience and hopefully one where the students are inspired and motivated to achieve their best in their chosen field.

Vivien Thurlow

Head Teacher PDHPE





Nirimba Collegiate

Widening horizons through innovative education.

6 August 2019

Greater choice of subjects coming soon

Dear parents and carers,

As the principals of the Nirimba Collegiate Management Group (CMG) we are **delighted to announce** that Quakers Hill, Riverstone and Seven Hills High Schools will commence offering senior courses, introducing Year 11 from Term 1 2021, and Year 12 in 2022.

This plan will enable our collegiate to offer **more subject choices** to meet individual needs and preferences and **improve the learning outcomes** for students across all the campuses while **supporting growth** for the future students of the collegiate.

We will now work towards implementation for Term 1 2021 and can confirm at this stage:

- Current (2019) Year 9 students will be the first cohort to be offered a choice of remaining at their current school or attend Wyndham College to complete Years 11 & 12 – it will be the student's choice!
- A broader range of subjects will be offered in the collegiate and a new model of curriculum delivery will be introduced
- Students can select to access the entire range of subjects by attending more than one campus
- Parents and carers will be invited to input throughout the program development
- Our local collegiate team will lead the collaboration and development of the model for our schools

We will keep you and your child/ren up to date as we continue with the planning and development of the program. If you have any questions, comments or concerns, please email us, sevenhills-h.school@det.nsw.edu.au.

This is an exciting opportunity for students to grow and we look forward to working with you as we embark on this exciting new chapter in the history of the Nirimba Collegiate.

Yours sincerely,

Andrew Skehan
Principal
Quakers Hill HS

Karen Downie
Principal
Riverstone HS

Greg Johnstone
Principal
Seven Hills HS

Karen Smith
Principal
Wyndham College

Year 7/8 Food Technology

The Year 7/8 Support class has been having a great time in Food technology.

Their skills and confidence to prepare dishes independently have improved since they first started cooking.

The class completed a cake decorating task with some great results.

Take a look at their beautiful creations.

Vivien Thurlow

Head Teacher PDHPE



Swimming Pool



Soccer Field

SEL (Social and Emotional Learning)

Lessons

Our SEL lessons for Years 7 and 8 are continuing in Terms 3 and 4 covering a variety of topic areas including: Positive Relationships, Non-Verbal Communication, Friendship, Negotiation and Refusal and closer to the exam period in Term 4, we will be revisiting Time Management and Study Skills.

The vast majority of students taking part in this program are to be commended for their mature engagement and participation in the lessons and are encouraged to apply what they learn in class to the situations in which they find themselves both at school and in their lives beyond the school gate.

As this is the first year Seven Hills High School has implemented SEL lessons, it is important that the program's motivation and expectations are understood and recognised by all stakeholders. The parents of children participating in the program who attended Parent/Teacher Evening in Week 2 certainly gave it their 'stamp of approval'.

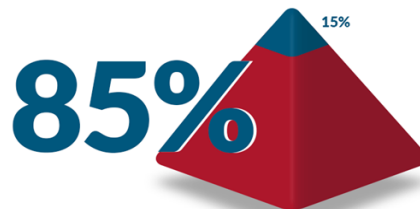
We look forward to many more lessons in which students can develop their social understanding and skills.

Julie Wilk

Program Coordinator

85% of job success comes from having well-developed **soft skills and people skills**

15% comes from technical and knowledge skills



Year 7 History in Food Technology Room

On June 21, students from 7B gained first-hand experience in Chinese cuisine as part of their study of 'Ancient China'. The students cooked two recipes during the lesson, under the guidance of Mrs Sharma, and thoroughly enjoyed this enrichment activity.

Nitika Soni

English/HSIE Faculty



City 2 Surf

On August 11, four students participated in the City 2 Surf to raise money for the RUOK Foundation. This foundation strives to connect all people and develop a world free from suicide. The students have trained hard this term for the big day and would appreciate any contributions you could make.

You can donate and support this worthy cause at:

<https://city2surf2019.everydayhero.com/au/shhs>

Daniel Way

Student Leadership Coordinator



Year 8 Camp

This year, Year 8 went to Taronga Zoo for a “Zoo Snooze” and got to do many fun activities including: trapeze, swimming at the Aquatic Centre, and later, high ropes at the zoo.

On the first day of camp we gathered in the hall and then headed off to Olympic Park and Circus Arts. Whilst there, everyone had a go at some of the circus activities. We all rotated through three different activity groups; plate spinning, juggling and hula hooping, floor work, tight roping, practice beam and finally the trapeze.

Shortly after the circus activity, we headed to the pool. We spent 2 hours there, all having a blast! We then had lunch and hopped back on the bus to go to Taronga Zoo.

At the zoo we stayed in tents, with 3-4 people in each. The tents had amazing views of the city which glowed at night. We got to see this view as we walked through and saw the sleepy zoo animals.

During the time at the zoo, we went everywhere and explored all the enclosures. We got to see the Seal Show, where some people got splashed by the seals doing huge jumps in the air. After the show, we made our way over to the high ropes where we got the opportunity to go on one or two different courses that always ended in a super fun zip-line.

We then learnt about some of the zookeepers and the special animals they brought with them and how they fit into the environment.

Overall, it was a great couple of days and we would like to thank our Year Adviser, Mr Joseph who planned this whole trip, as well as Ms Luscombe.

This was truly a camp we will never forget!

By Ziah and Vanessa



PULSE Concert

On July 4, three talented students from Year 8, Kaitlyn Brush, Patrick Flores, Amy Telfer and I participated in the PULSE Concert at the Sydney Opera House

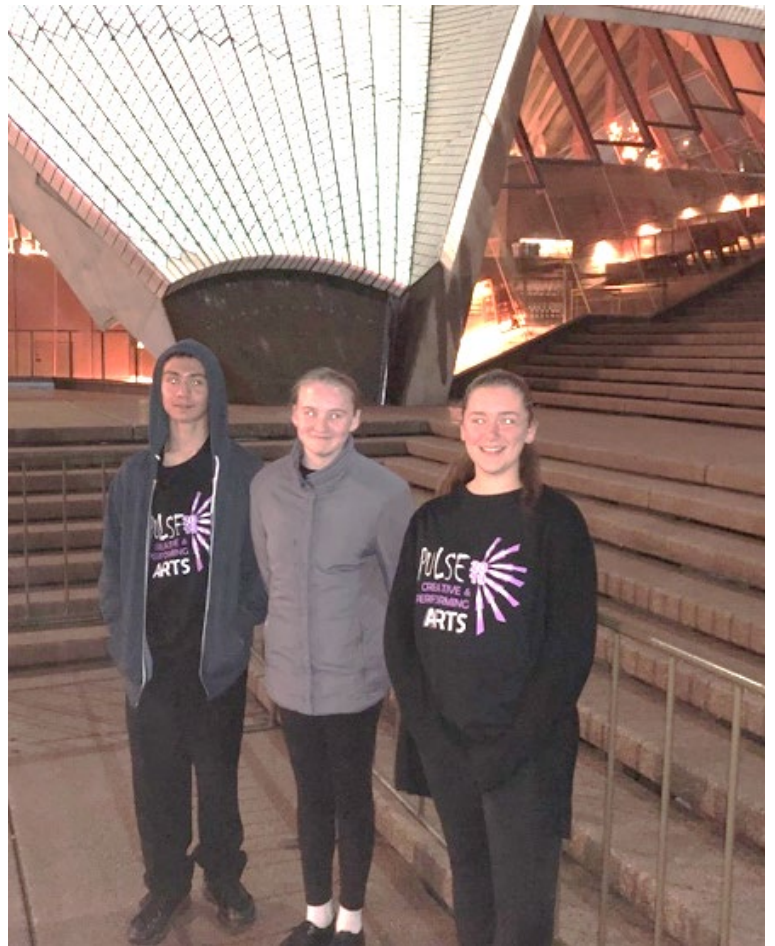
PULSE is a celebration of all things performing arts, showcasing the talents of students across New South Wales. Seven Hills made up part of the combined choir, consisting of 400 students and teachers from Years 3-12.

The highlight of the show was the enormous finale featuring all of the night's performers (approximately 700 people) and the confetti cannons erupting as the crowd cheered.

Well done Kaitlyn, Patrick and Amy!

Ben Gray

Music Teacher



7A Self-Select Forensic Day

7A participated in a Forensic Science Incursion on Tuesday 6 August.

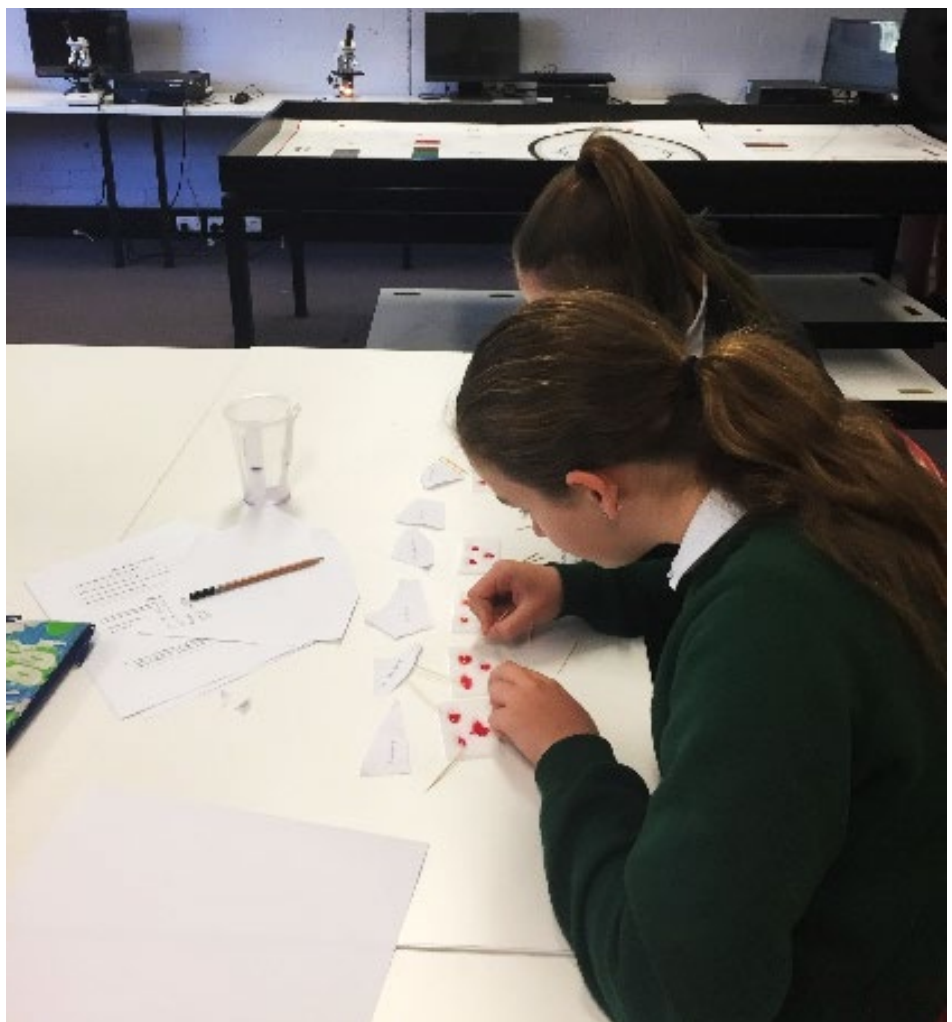
Students worked in small groups to solve 'The Mystery of the Lost Skull'. A skull was found near the agriculture plot in which five teachers claimed to be the owner.

The class collected and analysed the evidence left at the scene. They completed analytical tasks such as chromatography, blood typing and hair and fibre analysis. The staff members were also interviewed. Students then had to work out using the information gathered who the correct owner of the skull was.

7A worked well throughout the day and I look forward to their presentations.

Vivien Thurlow

HT PDHPE



National Science Week 10 -18 August

Destination Moon: more missions, more science is the school theme for National Science Week in 2019.

To celebrate the 50th anniversary of the Apollo 11 Moon Landing, Year 7 students have been designing and launching pop film canister and bottle-and-balloon rockets. Students worked in teams applying their problem solving skills to create a rocket that will fly the highest.

More exciting activities are planned to engage students in learning about Space, such as the Science Collegiate Competition, Trivia and Scinema viewing in the library.

Irina Sidorovich

Science Faculty



ICAS ASSESSMENTS

We are delighted to inform you that we will be participating in the world-renowned ICAS Assessments this year.

Students wishing to participate in the online Maths or Science Online Test must pick up a permission slip from the Head Teacher, have it signed and returned prior to 16/8/19 and make payment directly at the front office. The cost of each test is \$14.50. Online testing is available for year 7, 8, 9 and 10.

ICAS is designed to target students' higher-order thinking and problem-solving skills. Each assessment celebrates students' accomplishments by providing opportunities for recognition. Every student will receive a certificate and an online result report. Top performers will be eligible for medals and are invited to attend special award ceremonies to have their academic excellence publicly recognised.

We encourage you to consider entering your child into ICAS this year.

Learn more about ICAS at: unsw.global/ICAS

Warrawi Yana Nura

Tuesday August 6 was Day 3 of our Cultural and Leadership Program at Brewongle. We spent some time learning more about the importance of the acknowledgement of country. We began the process of making our own acknowledgement of country with some indigenous language. The CEO of Link-Up visited to talk with us about the connection of the stolen generations and how we can research our family and find out more about our background and connections to other indigenous people.

On a bush walk, we identified the native plants and animals of the land we were on. We learnt about the importance they had to local indigenous people as a food source and their many different uses for healing and medicine. The Sandpaper fig leaf can even be used as a nail file! The native animals, such as the possum were very sacred to the Darug people, as it is the women's totem. They are allowed to be hunted for food by the males but the women closely monitor their numbers. All parts of the possum are used, even the intestines as string.



We then went down to a cave where we sat down separately in silence for 15 minutes, listening to country and reflecting on ourselves. We were told that the wisest people are the elders who would sit down listening to country for hours. Having time like this helps you figure yourself out and connect with your body, making you more at peace, with yourself and the land.

After a full day we said our good byes and farewells until next time, when we're going to be camping!

Stacey Brown

Space Camp

From July 5 to 14, we had the incredible privilege of attending Space Camp, USA in Huntsville Alabama. We had some amazing experiences, meeting people from around the world, feeling our own independence while at the camp and completing activities that wouldn't be possible without attending space camp.

We got to see so many things such as shuttles, rockets and even astronauts! Not to mention Mr Way getting pulled aside at the gate in Sydney for a random drug test. After a long 15-hour flight we finally arrived in Houston, Texas. We then waited around for a few hours before catching our next short but cold flight.

Once we arrived in Huntsville we were greeted by Space Camp trainers and put onto a shuttle bus. Shortly after we arrived at Space Camp, we started to meet a small amount of the kids that were to come. The next 2 days flew by as more and more kids came and soon enough, we had our group of friends.



We weren't with our teachers for most of the camp as they had their own schedule. We participated in missions such as landing on the moon and orbiting the earth. We were each assigned a role in working the missions - flight crew or mission control. Flight crew were the people in charge of flying the rocket and shuttles and mission control just like in real life, monitored rocket movements and possible incidents. Communication was crucial for each mission's success, so we wore specialized headsets so the correct roles on the mission control could talk to the flight deck. The missions took place in a huge hall with replica spacecraft to what is actually used in space to this day.

As part of training for our mission we got to do so many things like go on the Multi Access Trainer (MAT). This Trainer is used to simulate if an astronaut is spinning out of control in space. We also had the one sixth (1/6) chair which allows you to experience what walking on the moon feels like. They even had rides that we could go on in our free time as a group such as the Moonshot, G-Force and Hypership.



We got to take part in some seminars with one even being led by Naval Captain Wendy B. Lawrence. She was in the 'Return to Space' Shuttle program, the first program to go back to space after the tragedy that claimed the lives of 6 astronauts.

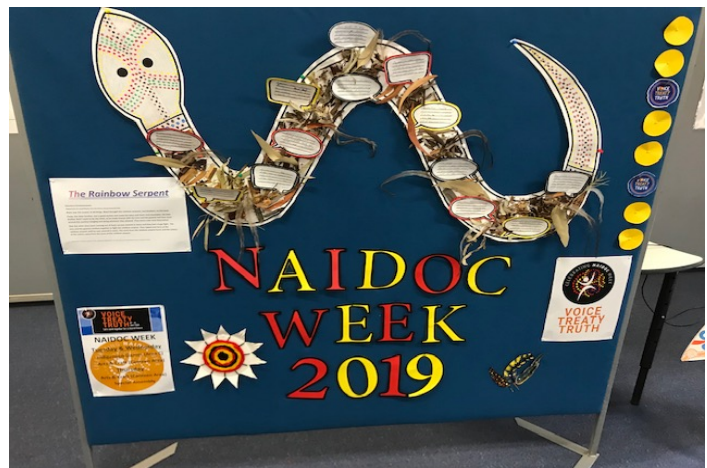
Before we knew it, it was time to graduate and go home... At our graduation, Captain Lawrence shook our hands and congratulated us on completing space camp. It was then time to go home. We managed to sleep for the majority of the flight and 19 hours later we arrived back in Sydney where we were greeted by our families on the other side of customs.

This was an amazing trip, and we would definitely recommend it.

Ziah Burns and Vanessa Harvey

NAIDOC Week

This year's theme was 'Voice Treaty Truth'. Acknowledgement of Country was presented by Amber, Ziah, Kayla and Pauline. We had several student speakers including Seth, who discussed the significance of the song treaty by Yothu Yindi. Eloise & Jacynta talked about this year's theme. Stacey spoke about her personal connection to the Freedom Ride, with Charles Perkins, the leader, being her great uncle. My contribution was retelling a Dreamtime story that was passed down to me by one of the elders in my community.



After the assembly, students were offered a cupcake as thanks for being part of NAIDOC Week. We also had lunchtime activities, which included indigenous games & weaving for all students to participate in and help celebrate our cultural heritage.



Sania Ball