



Seven Hills High School

A member of the Nirimba Collegiate group of schools

Newsletter
December 2019

Upcoming Events

December

- 10 Year 10 Formal
- 11 Rewards Day
P & C Dinner 7pm
- 13 Year 10 Graduation
- 18 Last day of school for students

January

- 29 Year 7 Students and Peer Support Leaders first day of school
- 30 Years 8, 9 & 10 return to school

February

- 6 School Swimming Carnival

Presentation Day 2019

On Friday, the 6th of December, Seven Hills High School welcomed special guests and parents to our school to celebrate the achievements of our students in areas of academic, sports and leadership. Congratulations to all students who received awards on the day. Some of the major award recipients are listed below:

- Blacktown Rotary Award: Brianna Seaman
- Caltex Best All Rounder Award: Kyle Cavanagh
- Citywest Citizenship Awards: Darrin Burns, Ziah Burns and Yasmin Howarth
- Community Spirit Award: Brianna Seaman
- Excellence in Creative Arts: Gabrielle Queree
- Excellence in Performing Arts: Maritsa Papadopolous
- Long Tan Award: Brianna Seaman
- Premier's Sporting Challenge Medal: Jasmine Clarke
- Reuben F Scarf Award: Storm Harrison-Smith
- School Service Award: Bradlen Saba
- Those Who Strive Award: Jaiden Pouicha
- Victor Chang Science Award: Kyle Cavanagh
- Excellence in Contribution to School Achievement: Vivien Thurlow
- Excellence in Teaching: Daniel Way

Seven Hills High School Parents and Citizens Association

On Wednesday, the 11th of December at 7 pm, the P & C will be holding their End of Year Dinner at Lilys in Seven Hills at 7pm.



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Principal's Address

2019 - An exciting year where new pathways were constructed and much success attained and celebrated.

As I write this article, I reflect on what the year has entailed. It is that phase of school life where we consider what we have achieved, how successful we have been and what we have to do to ensure further growth for ourselves, the school and ultimately the community.

This year has seen the school investigate new directions, be creative and relevant in the delivery of programs, address the diverse needs of our students and continue to attain high standards of achievement. This was particularly evident by the number of students who received an award at the Celebration of Success Assemblies and Presentation Day Ceremony. Congratulations to the many students who achieved outstanding results in key learning areas, sporting pursuits and in terms of leadership and citizenship throughout 2019. Your commitment, courage in meeting challenges and dedication to being the best you can be, is a credit to you all.

I would like to take this opportunity to acknowledge the students who acted as leaders for the many programs we offer. These students volunteered for the positions because they wanted to make a difference. They sought to present themselves as positive role models, demonstrated our school's ROAD values in all tasks set, and displayed empathy and consideration to all members of the community. Their passion for sharing experiences, willingness to further the learning of others as well as their determination to succeed in their roles encapsulate the true meaning of being a leader.

Apart from the day to day successes in classrooms, our school was involved in implementing many initiatives. These included work related programs, community based projects and personal wellbeing workshops focussed on supporting student aspirations, utilising their talents and extending their capabilities.

I would like to thank our teaching staff for a productive year of teaching and learning. We are very fortunate to have such diverse, talented, enthusiastic and committed teachers at Seven Hills High School. I would like to publicly acknowledge their sustained and considerable dedication to our students' welfare and learning.

Thank you to the P and C. They are a dedicated group of people who are active in their pursuit to better the learning for all our students. Our school is certainly richer for their contributions. They have given up their time to provide positive feedback on new initiatives, worked tirelessly to ensure funding for projects and represented the views of the school community at school forums.

To our parents and carers, the strong foundations you have laid at home have enabled us to build positive links between home and school. Thank you for supporting the school throughout the year. Without your assistance our school can never achieve optimum outcomes for your child.

In closing, I would like to wish parents, caregivers, students and friends of the community, compliments of the season and a relaxing and safe holiday.

I look forward to working with you all again in 2020.

Ana Macan

Relieving Principal

Sports Gala Day

For the first time, the Nirimba Collegiate organised a Sports Gala Day for the Life Skills students of Seven Hills High, Riverstone High, Quakers Hill High and Wyndham College on November 14, 2019. The venue chosen was Quakers Hill High School.

The Collegiate bus service was provided for transporting our students on the day. We were picked up at 9 am and taken to Quakers Hill High. Everyone assembled in the hall and the students were given a timetable for the activities in which they had chosen to participate. They were then organised into groups for that sport. Free recess and lunch was provided for everyone.



There were three sessions during the day. Some of the games included in the programme were: warm up activities, European Handball, Oz Tag, Gym, Yoga, Dodgeball, Board games and Basketball.

All students were enthusiastic to participate and enjoyed the different activities in which they were involved. Some students were able to catch up with friends in Years 11 and 12.

The theme of the day was:
PLAY, EAT and LAUGH

Support Team

The Hub and Booth

The Learning and Support Team are wrapping up another successful year of supporting our students. Over one hundred students have passed through our doors to receive extra help in reading accuracy, fluency and comprehension, through the MultiLit, Reading Groups and Roll Call Reading programs.

The BOOTH specialised in Numeracy, with students undertaking the Quicksmart program to improve their basic number fact recall, automaticity and problem-solving skills.



The Learning and Support Team also assisted Year 10 students in preparation for the Minimum Standards tests and supported them with the completion of assessment tasks to attain their Record of School Achievement.

In the final week of term there will be an award presentation and a special lunch to celebrate the success and dedication of these students throughout the year.

The Hub Club

The Hub Club is made up of a group of students who enjoy the solace of a quiet space to escape from the hustle and bustle of the playground during recess and lunch. It is where new friendships are forged, games are played or a quiet corner to reflect can be found.

There are many activities provided by the staff and with Christmas just around the corner, the students are enjoying creating some Christmas craft and colouring activities.

The Hub Club and Learning and Support Team wish everyone a very Merry Christmas and a prosperous New Year!



Surf Lifesaving Year 7

On the 15th of November, Year 7 went to Port Kembla beach to participate in a Surf Lifesaving course. We all certainly learnt a lot about lifesaving! Firstly, we participated in drills in the pool where we rescued each other with ropes, floats and we even practiced rescuing lifesaving dummies from the bottom of the pool.



Next we went onto the beach and did some drills like sprinting and relay racing, which really brought out the competitiveness in everyone, including Mr Joseph! Finally, we got to swim in the water and jump in and out of the waves. We got totally drenched but it was a great way to end what was a very fun day!

Jorjia Lang

Year 7 Student

Victor Chang Science Awards

On Tuesday, the 12th of November, Kyle Cavanagh was presented with the Victor Chang Science Award by Mayor Tony Bleasdale.

The Victor Chang School Science Awards were developed to foster and encourage an interest in Science among secondary school students, with the aim of promoting careers in the discipline as a viable and interesting career path.

Daniel Way
Head Teacher Science



Careers News

1. Orientation at Wyndham College

Year 10 students attended Orientation at Wyndham College on Tuesday, 26th November and met all the students in their grade. They were divided into their Connect roll call groups and participated in many activities to get to know each other. An identification photograph was taken for their 2020 ID card. A parent evening was also held in the hall in the evening at 6:30pm.

Students should receive an email in regard to their subject choices after 18/12/19. The uniform shop will be opened in January. Check the Wyndham College website for details:

<https://wyndhamcol-h.schools.nsw.gov.au/>

It has been a busy time at the end of the year in Careers. Many students have been out on work experience and work trials to assist them in determining if they will continue into Year 11 or commence full time work or study at TAFE. Just a reminder that a student can leave school if the following criteria is met:-

From 2010, all NSW students must complete Year 10.

After Year 10 and until the age of 17 students must be:

- a. in school, or registered for home schooling OR
- b. in approved education or training OR
- c. in full-time, paid employment (average 25 hours/week) OR
- d. in a combination of these

2. The Helmsman Project – Boys Group

This year the Boys group attended their five day camp in Term 1. They then went on to complete a Community Project that took two terms. The Wellbeing Garden was officially opened on Thursday, 21st November 2019. The boys invited a speaker to attend from Beyond Blue who addressed the whole school assembly and helped to raise awareness in the school about depression, anxiety and mental health. The boys did an amazing job in giving back to the school community. Congratulations to Justin Banac, Jason Gannon, Tyler Hamilton, Shane Morgan, Nathan Pilbeam, Keith Ross, Yoel Yohanna and Zinken Zoleta.



3. The Helmsman Project – Girls Group

The Girl's group attended their five day camp in Term 3 and had a very short time to complete their community project by the end of the year. Their project was to raise awareness and funds for a charity in the local community. They selected Headspace in Mount Druitt. The girls organised a mufti day and sausage sizzle in the school during our first ever NARK (Nirimba Acts of Random Kindness) week. They raised over \$450 to donate to this charity. I was very impressed with how well they allocated the different tasks to get the community project completed so quickly. Congratulations to Renee Ivanoff, Mikayla O'Neill, Narnia Te Mona, Amahli Te Whare and Meigan Tjiu.

The Helmsman Boys and Girls groups recently combined to raise funds for both Headspace and Beyond Blue at a community carols event held at Vardy's Road by City West Church. We thank City West Church for allowing us to partner with them to raise funds. Thank you to the following students who attended – Juztin Banac, Meigan Tjiu, Zinken Zoleta, Narnia Te Moni and Amahli Te Whare.



4. Aged Care Program.

A group of Year 10 students participated in the Aged Care program at Hardi Aged Care in Seven Hills. The students attended for eight weeks and joined with the residents in different activities – an animal visit, bingo and cooking. The highlight was when the residents came to Seven Hills High School, the students cooked and prepared a lovely special morning tea and served them in Area B. They then watched the Showcase matinee performance together. Thank you to Houda Jeda, Sabrina Napoli, Gemma Commissione, Chloe O'Hare, Sania Ball, Brenda Acevedo, Tanya Nagy, Holly Holmes, Zoe Rudolph, Shimon Mudaliar, Tyla Mather and Pauline Savtsuk.



5. Trade readiness program - Bricklaying.

A trade readiness program in bricklaying was held in Term 4. The students covered topics in Work, Health & Safety, career pathways in Bricklaying, resume writing and interview skills. Many of the students excelled in this program and were offered contacts with the trainer, Simon Mulligan. This program was a huge success for the students and has started many thinking more seriously about their future career. The students involved were Ariaah, Elliot, Anthony, Suraj, Daniel, Mariah, Adam, Isaac, Shane, Nicholas, Kane, Levi, Narnia, Weston, Lucas, Shannon and Aiden.



6. Endeavour Energy Program

In Term 4, 14 Year 9 and 10 students participated in a six week program at Endeavour Energy. This was a wonderful program to increase student awareness of the electrical industry. Students gained an understanding of the application process to be employed as an apprentice at Endeavour Energy, were taught WH&S procedures, rope tying techniques and created an extension cord. One of the most important components of the program was the development of interview skills.

7. ABCN – Resume, cover letter and job interview workshop.

On Friday, 15th November, 20 students attended a workshop in the library with mentors from Ernst and Young. These mentors assisted and coached our students to create a resume, cover letter and understand interview techniques. All students came away with valuable job seeking skills. It was a very successful workshop.

Wellbeing News

The Wellbeing Team has been extremely busy this term, with a number of initiatives and programs.

Year 6 Orientation Day

Firstly, I would like to welcome Ms Patel to the Wellbeing Team. She will be the Year 7 Adviser in 2020. Ms Patel and I have been welcoming our future Year 7 students, with extra transition sessions, which concluded with Orientation Day on Tuesday 3rd December. We welcomed over 70 students and with the assistance of our Peer Support Leaders, we familiarised the students with the school setting and facilitated the beginning of, what I am sure will be, long-term friendships. The students all left with smiles on their faces, excited to come back next year.

Year 10 Camp

From Wednesday 20th through to Friday 22nd of November, 25 Year 10 students, along with myself and Mr Gray attended the Sydney Academy of Sport. The three day camp focussed on resilience with students pushing themselves out of their comfort zone and overcoming their fears. The activities undertaken included: sailing, stand up paddle boarding, kayaking and participating in team building initiatives such as rock climbing and the high ropes course. Special mention needs to be made of Chantelle, who was hesitant to participate in the high ropes course, but with encouragement from friends, pushed herself to complete the entire activity and finished off by going down the flying fox. Both myself and Mr Gray were extremely proud of how each of the students challenged themselves during the three days.



Year 10 Bronze Medallion

Throughout the term a number of Year 10 students took up the opportunity to study for Community Lifesaving certifications with Mr Fahey. They spent many hours learning CPR, rescue techniques and general water safety. As their Year Adviser, I was lucky enough to supervise the students completing the practical component of assessment. At the end of the day the students had achieved a range of certifications; Jasmine Clarke and Luke Dormer both achieved the Bronze Star, Kyle Cavanagh, Jaden McManus, Logan Gillard and myself achieved the Bronze Medallion. A special mention is to be made of Kyle Cavanagh, who went on to also complete the Bronze Cross.

Knowledge is Power

Year 10 were fortunate enough to participate in two days of seminars that covered topics from financial planning, taxation, personal growth and White Ribbon. Students developed life long skills which will assist them in their future endeavours.

Year 10 Orientation Day

On Tuesday 26th November, all of the Year 10 students entering Wyndham College next year, attended an Orientation day to familiarise themselves with the college and teachers. With a focus on Wellbeing and resilience, the students participated in a number of workshops throughout the day

Although the term is coming to a close, the Wellbeing Team is not slowing down. Week 9 includes Year 10 Formal on Tuesday 10th December, where both staff and students will be able to celebrate the last four years of schooling and the progress Year 10 has made, both academically and personally. Following the Formal was the Semester 2 Rewards Day at Raging Waters, where we get to celebrate the achievements students have made within our PBL system. The week will conclude with our Year 10 Graduation Ceremony.

I would like to finish by thanking the Wellbeing Team, Staff and Students for the participation in and assistance with all the Wellbeing initiatives and programs that ran this year. We look forward to many more next year.

Mrs Howell

Head Teacher Wellbeing (rel.)

Seven Hills High School SRC for 2019

Throughout the year, the Student Representative Council has worked on a range of initiatives to improve the experience of students at school and throughout the community with events such as: Blacktown Youth Forum, Harmony Week and Nirimba Acts of Random Kindness Week. We've also provided students with opportunities to get involved and raise money for worthwhile charities through the City 2 Surf for RUOK Foundation, Colour Run for The Children's Hospital at Westmead and the School Sleepout for Youth of the Streets. We've had a successful year and it has been a pleasure to see our student leadership team develop and witness the positive impact they've had on the school and community. I'd like to take this opportunity to thank all students involved in the SRC for 2019 for your contributions and efforts throughout the year.

Daniel Way

Student Leadership Coordinator

SRC Highlights for 2019

