



Seven Hills High School

A member of the Nirimba Collegiate group of schools

February
2020

Upcoming Events

February

- 12 P&C Meeting 6:30pm in the Library
- 19 Blacktown Zone Swimming Carnival
- 20 Student Leadership Investiture
- 21 SRC Planning Day
- 27 Year 7 Meet the Teacher BBQ 5.30pm

March

- 5 Open Night 5.30pm
- 11 P&C Meeting 6:30pm in the Library
- 11-13 Year 7 Camp

Welcome to the 2020 school year!

On behalf of the staff I would like to welcome to the school all new students and their parents/caregivers as well as those returning in 2020.

Effective communication between school and home is important to us. Year 7 students and their parents are invited to the 'Meet the Teacher BBQ' being held from 6.00pm on February 27. This is an opportunity to put names to faces in an informal setting. It is a very popular event and I hope to see you there.

Whether you are new to the school or established community members, I encourage

caregivers to join the Seven Hills High School Parents and Citizens Association which meets every second Wednesday of the month beginning at a new time of 6:30pm. This is a wonderful opportunity to gain greater knowledge of school activities and be actively involved in your child's education. At this week's P&C meeting we will be reviewing the school's Anti-Bullying Policy.

If you have changed your contact details please complete the form found at the end of the newsletter and have your child return it to the Administration Office. Alternatively feel free to phone on 9624 3329 or email the school at sevenhills-h.school@det.nsw.edu.au.

It is expected that all our students attend school every day in full school uniform, bringing with them the correct equipment to effectively participate in their education. Should any parent have difficulty in ensuring their child meets these expectations due to their financial situation, please contact the school to discuss your situation with me.

The school is always seeking to improve the learning environment and the refurbishment of our school oval, due for completion at the end of Term 1, will be a welcomed addition to the educational resources available to all our students.

I look forward to the year ahead and to working with all members of the school community through the exciting changes ahead.

Greg Johnstone

Principal

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/>

Nirimba Collegiate Recalibration Update

Dear parents/caregivers and students, 2020 is a significant year in the history of the collegiate as we continue preparations for all our schools to offer senior courses, beginning with Year 11 in 2021.

During the holidays, members of the Collegiate Management Group met with representatives from the NSW Department of Education to support the process of identifying the immediate and long term physical resources required by our schools to deliver Year 11 and 12 courses as well as cater for anticipated increases in student enrolments across the collegiate.

Our Collegiate Deputy Principal, Beth O'Connor, has developed the 'Nirimba Collegiate Senior Course Guide', which provides those entering Year 11 next year with valuable course information and indicates which courses will be offered to students at each of the collegiate schools. This booklet will be provided to students within the next few weeks. Following its dissemination, Careers Advisers at each school will guide the students through the booklet and each school will hold senior 'Open Nights' to explain their course offerings.

Finally, this term, consultation with staff, parents and students will occur for the selection of senior uniforms for Quakers Hill, Seven Hills and Riverstone High Schools.

As always, your opinions are valued. If you wish to discuss any issues related to the recalibration please email the school and attention it to the Principal.

Yours sincerely,

Andrew Skehan, Karen Downie, Greg Johnstone and Karen Smith

Important Dates for Seven Hills High School Year 10 students and their parents during Term 1:

- February 10 - Senior Course Guide available to view on school website
- February 10-March 6 - Year 10 Careers & Subject Selection lessons - delivered by Careers Team. Senior Course Guide issued to students.
- March 4 - Nirimba Collegiate Senior Studies Information Night 6.30 - 8pm, Wyndham College Hall. Copies of the Senior Course Guide will be available to parents
- March 11- Wyndham College Open Night/Subject Information Night
- March 18- Seven Hills High School Stage 6 Subject Information Night 6.30pm

Student Leaders for 2020

It is with great pleasure that we announce our student leadership teams for this year:

Student Representative Council

Year 10: Aarfina Saad (Captain), Zinken Zoleta (Captain), J Justin Banac (Vice-Captain), Rachel Pilbeam (Vice-Captain), Peter Schmid and Meigan Tjiu

Year 9: Rachael Banks, Kaitlyn Brush, Ziah Burns, Jorja McManus and Amy Telfer

Year 8: Rihanna Ali, Aneliese Bryen, Jorgia Laing and Amber Willis

Sports Council

Bradman – Keith Ross and Jessica Sands

Ellis – Joshua Clare and Meigan Tjiu

Freeman – Kayla Alfred and Teneal McDermott

Thorpe – Jayden Connelly and Peter Schmid

Council Members – Wyatt Shearer and Zinken Zoleta

Seven Hills High School Swimming Carnival

The school Swimming Carnival was held on Thursday, February 6 at Blacktown Leisure Centre, Stanhope.

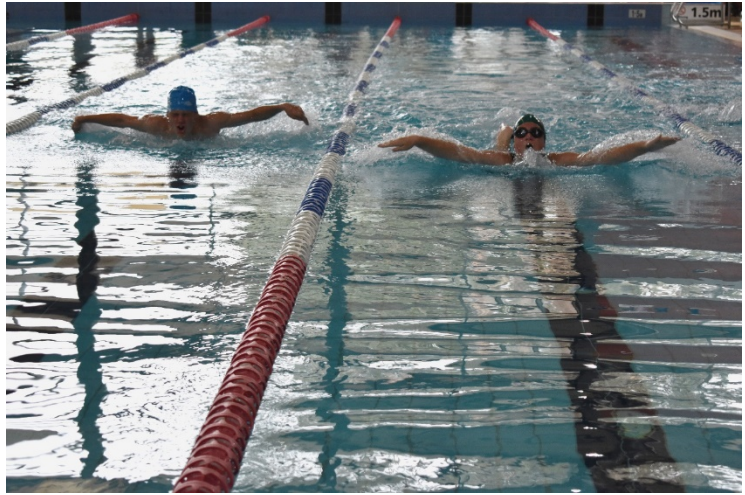
Carnival point score

1st place Thorpe House – 397 points

2nd place Bradman House – 375 points

3rd place Ellis House – 369 points

4th place Freeman House – 228 points



Age Champions:

16 Girls	Jessica Sands	16 Boys	Peter Schmid
15 Girls	Paige Williams	15 Boys	Ethan Gibson-Foad
14 Girls	Siritorn Vaiciurgis	14 Boys	Ryan Telley
13 Girls	Julia Cena	13 Boys	Brody Ellis
12 Girls	Shinaya Phillips	12 Boys	Ben Gillies

Katie Luscombe

Sports Coordinator

Homework Centre

The Homework Centre runs every Tuesday and Wednesday after school until 4 pm. Students can receive help from staff and utilise the great resources of the library to complete assessments and homework.

See Mr Way for more information or to collect a permission note.

Seven Hills High School Dance Company

Seven Hills High after school dance starts February 18 and runs from 3 to 4:30 pm every Tuesday.

See Mrs Luscombe for a permission note or more information.

<https://education.nsw.gov.au/public-schools/practical-help-for-parents-and-carers>

Practical help for parents and carers

Parental involvement is key

Helpful tips and resources for you to help your child thrive.

Quick guide for
parents



Wearing Our Uniform with Pride

Congratulations to our students and thank you to parents who have supported our high uniform standards as students returned to school.

If a student is unable to be in full school uniform on a particular day then they are required to bring an explanatory note written, dated and signed by the parent/carer/guardian. If you are experiencing financial hardship, and need assistance, please contact the school for a confidential discussion.

Joanne Andrew
Uniform Coordinator

School Uniform

Please take the time to ensure that your child has the correct items of clothing for all seasons.

Boys	Girls
<ul style="list-style-type: none">• Plain black covered shoes with black shoelaces• White socks• Plain grey shorts or trousers (no denim or patterns)• Plain white or SHHS polo or shirt (no other writing or logo)• SHHS jumper, jacket or Met West jacket (no hoodies) <p>Options:</p> <ul style="list-style-type: none">• Plain white undergarment• Plain black, green or white scarf in winter• Hat in school colours <p>Note:</p> <ul style="list-style-type: none">• PE shirt to be worn only during PE/sport lesson	<ul style="list-style-type: none">• Plain black covered shoes with black shoelaces• White socks or plain black/flesh coloured stockings• Plain green skirt/shorts or trousers (no denim or patterns)• Plain white or SHHS polo or shirt (no other writing or logo)• SHHS jumper, jacket or Met West jacket (no hoodies) <p>Options:</p> <ul style="list-style-type: none">• Plain white undergarment• Small necklace, earrings and bracelets allowed• Plain black, green or white scarf in winter• White or black plain headbands <p>Note:</p> <ul style="list-style-type: none">• PE shirt to be worn only during PE/sport lesson• No costume jewellery (beads, hoop or dangling earrings, bangles, studded wristbands)• Tights/leggings are not a suitable replacement for skirts, shorts or pants

Year 10

**Students and Parents
are invited to the**



SENIOR STUDIES INFORMATION NIGHT



**March 4th
6.30pm- 8pm
Wyndham
College Hall**

**Options for
Year 11 2021
The HSC &
ATAR
unpacked**

Seven Hills High School

Open Night
March 5
5.30pm-7.00pm

At Seven Hills High School, we provide quality educational programs for all our students.

We invite you to discover the opportunities available for your child.

For prospective students and their families

Join us at 5.30pm for a Sausage Sizzle, then:

- Hear about our school programs and the opportunities available for our students as part of the Nirimba Collegiate of schools;
- Experience a guided tour of our school facilities



For more information about our Open Night or enrolments, please contact the Principal, Greg Johnstone, on 9624 3329.

English / HSIE Faculty

A new year and a new decade. We welcome back Ms Farrugia and Ms Walker, and extend a warm welcome to Ms Mullins. The English and HSIE faculty has planned many quality teaching and learning experiences for this coming year.

To assist your child in their preparation for learning, it is important to make sure that they have the following in readiness for each lesson:

- A positive approach to learning and achieving
- A diary to organise scheduled tasks and homework
- A novel to read during wide reading time
- A USB to save work and files electronically
- An exercise book (covered in contact and labelled clearly with name and class)
- Pencil case containing pens, pencils, sharpener, eraser, ruler, glue and scissors

In English and HSIE we strive to assist students to reach their potential in their understanding, skills and values. An important part of this approach is being organised and ready for lessons, being prepared to learn and having the resources to undertake the learning. The R.O.A.D (Respect, Organisation, Application and Determination) approach has been explored with all students in English and HSIE and allows all students to work towards their best.

2020 will see the continued implementation of interesting programs and resources, for students studying English, History and Geography. Commerce is an exciting business study and continues in both Years 9 and 10. An additional Elective History class has also commenced in Year 9. Opportunities to debate with our school teams and other schools, will be available for our debating teams. Our Year 7 and Year 9 students will be prepared and ready to undertake NAPLAN testing early in Term 2. All of these opportunities will allow students to explore and grow as 21st Century learners.

Each year group has begun their first unit of study. In English, Year 7 have begun the year with the topic 'In My World', an introductory unit which explores autobiographical writing and prepares students for the study of English at high school. Year 8 are building upon their knowledge of novels and fiction in a reading unit which explores the human condition. Year 9 commence study through novels, with a view to exploring society and its connections. Year 10 are taking on the role of preparing for Senior Study in English by learning about characters in the unit titled 'Raw'.

In HSIE, students have begun the year with a study of History. Students are eagerly looking into 'Exploring the Ancient Past', 'The Vikings', 'The Industrial Revolution' and 'Post World War II in Australia'. During Semester Two, students will undertake their study of Geography, a part of the new Australian Curriculum. Students in elective classes have intriguing patterns of study, closely investigating business, law and Ancient History.

These programs of study are designed to be engaging, accessible and interesting, and promote skills and understanding for each student. We hope that your child will enjoy all of these experiences.

If you have any concerns regarding your child's progress in English or HSIE during the school year, please feel free to contact myself or your child's class teacher. We are looking forward to an exciting, and successful 2020.

Teresa Rodd

Head Teacher English/HSIE/Literacy



Maths and LOTE Faculty

Welcome back! This year our faculty includes Ms Andrew (Head Teacher), Mr Harper, Ms Howell and we welcome Mrs Nelapati.

In 2020 our faculty focus is to empower our students to take ownership of how they contribute to their own learning.

Specifically, we will be asking students to **set goals**, we will be providing strategies to **utilise class time effectively**, and **develop metacognitive strategies** (teaching students to think about their own thinking) through **self-awareness** and **student motivation**. By reframing our approach and asking our students the series of questions listed below. We ask all parents/carers to assist in building this capacity by asking these questions when your child is feeling challenged by the content:

1. Are you completing all the classwork? (Share this experience with your child and have a look through their books.)
2. Are you attending every lesson on time with all equipment? (This includes a calculator, books and pens.)
3. Are you revising classwork and completing the homework requirements (Mathletics/EdPerfect). All students at Seven Hills High School have Mathletics/EdPerfect homework each week. Students should be utilising their diary to stay organised. (Mathletics/EdPerfect and School Diaries are all provided by the school)
4. Are you positive and resilient with your learning? (Encouraging them to keep trying and to develop a 'positive growth mindset'.)
5. Are you accessing assistance from your teacher, peers, homework club and resources such as Mathletics/EdPerfect and texts?
6. Do you know and practice the basics, such as times tables, addition, subtraction, multiplication, division, telling time and how to use the calculator. In Chinese, the basics are 'Greetings' and 'Pronunciation of the Pinyin system'.

These basic strategies support all students to succeed in the classroom

2020 will see the continued implementation of programs, new resources and technology across a variety of learning environments in both Maths and Chinese lessons.

If you wish to discuss your child's progress in Maths or LOTE during the school year, please feel free to contact your child's class teacher or myself.

We are looking forward to working in partnership with you and your child to achieve a successful year of learning in Maths and Chinese in 2020.

Ms Andrew

Head Teacher Maths/LOTE/ Numeracy

Science Faculty

Scientific Inquiry, problem solving, and critical thinking are alive at Seven Hills High!

The Science faculty consists of Mr Way (Head Teacher), Ms Attias and Ms Sidorovich. We would like to welcome our new Year 7 students and those returning for 2020. We have a lot of great experiences planned for students this year.

To begin the term, Year 7 have been introduced to collaborative learning, scientific equipment and branches of Science, Year 8 are studying the environment, Year 9 is investigating the interactions of organisms within ecosystems, and Year 10 have begun developing their understanding of the physics of motion.

Students are encouraged to ensure they have all necessary equipment to participate in class activities including: an exercise book, pens, pencils, eraser, ruler, glue, calculator, enclosed leather shoes and in the case of long hair, a hair tie. This will ensure that all students get the most out of all activities and are safely attired for practical tasks.

Daniel Way

Head Teacher Science

Support and Creative and Performing Arts (CAPA) Faculty

Our faculty team would like to welcome all new and returning students and parents. We are looking forward to another great year, creating engaging and fun lessons and learning experiences that enable students to further develop their skills and understanding within our faculty areas.

There will be a number of extra-curricular opportunities provided by our CAPA staff to assist our creative and talented Visual Arts and Music students to pursue their interests and achieve their goals. If you would like to join the School Choir, Rock Band or Ukulele Club please see Mr Gray to register. Similarly, if you are interested in attending Art Club, which will run during two lunch times a fortnight please see either Ms Stace or Ms Thomas.

I would also like to remind all Year 9 and 10 Elective students to please pay their subject fees as soon as possible. Payments can be made on line or through the front office before and after school or during break times.

Michael Jones

Head Teacher Secondary Studies

What is Numeracy?

To be numerate is to confidently and effectively use mathematics to meet the everyday demands of life. At Seven Hills High School numeracy is delivered across all subjects and in addition to this each year 8 class participates in one specialised numeracy lesson each fortnight.

Why is numeracy important? Numeracy enables you to develop logical thinking and reasoning strategies in your daily life. We need numeracy to solve problems and make sense of time, numbers, patterns and shapes for activities like cooking, reading a map or bill, reading instructions and even playing sport.

Ways to support your teen's numeracy development at home

Research has shown that children's motivation and achievement improve when their parents or carers are involved in their education. There are many everyday things you can do to encourage numeracy learning. These include:

- encouraging your child to use mathematical language — how much, how big, how small, how many, increase, decrease, etc.
- discussing the use of numbers, patterns and shapes in your day-to-day life — numbers found on library books, spatial patterns or shapes in the community, in the home and architecture
- talking about occasions when you are using mathematics in daily jobs and real-life situations — cooking, map reading, building and playing sport
- exploring situations using money such as shopping, budgets and credit cards
- estimating, measuring and comparing lengths and heights, how heavy or light things are and how much containers hold
- talking about different ways to solve a problem, seeking a solution, being solution focused
- using everyday tools like tape measures or kitchen scales and discussing the units of measure
- asking 'does that make sense?', 'is the answer reasonable?' or 'what other ways could we do this?'
- observing and using timetables, calendars and clocks for different purposes like study periods, holiday planning and catching public transport
- helping your child to work out how much things cost and what change they will receive, estimating, predicting and mental calculations
- playing number games using magazines, books, newspapers and number plates
- organising, categorising and counting collections of things like toys, books, clothing and shoes.
- discussing strategies in games, sports matches, board games, cards and dice activities
- elapsed time, "If the movie starts at 4.15pm and goes for 132minutes, what time should I pick you up?"

Prepared by Joanne Andrew

Head Teacher Mathematics/LOTE/ Numeracy

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.

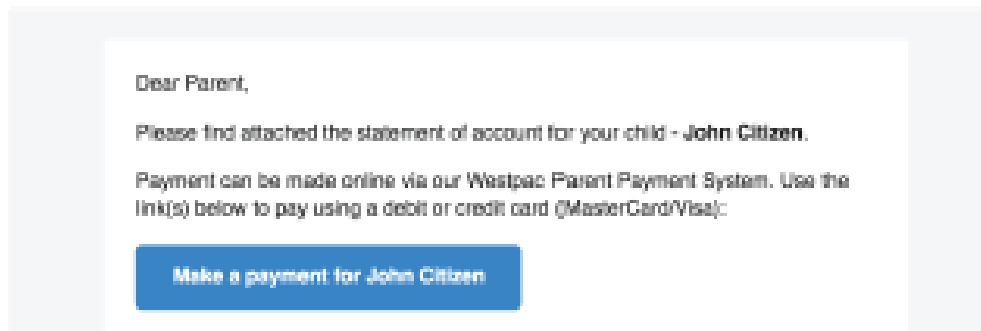
Help support them and keep them healthy. For adolescents, it is particularly important to get enough sleep (between 9 and 10 hours), Parents can also provide support for stress and emotional anxiety, provide good nutrition, and help young people with time and resource management.

Statements of Account - Online Payment Guide

Seven Hills High School will be sending student statements of account & payment reminders directly to parents/caregivers via email using a system called School Bytes. These statements include a link to make secure payment online through the Westpac Parent Online Payment (POP) system (Visa & Mastercard credit/debit cards accepted).

To make an online payment for your child(ren)'s school contributions, please follow the steps below:

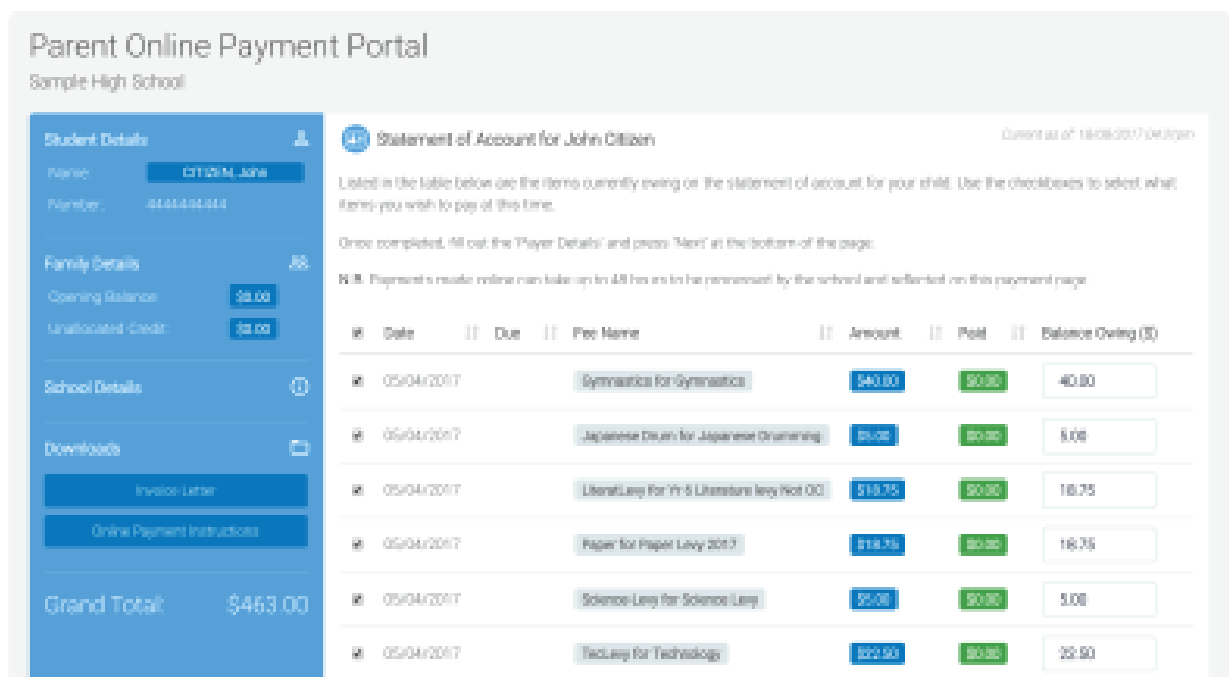
1. You will receive an email from the school's email address (sevenhills-h.school@det.nsw.edu.au) with the subject 'Student Statement of Account' or 'Payment Reminder'.



2. To make an online credit card payment, click the secure payment button in the email.



3. Once this button is clicked, you will be taken to a webpage on www.parentpayments.com.au. On this page, you will see a list of all currently outstanding items for your child. By default, all items are selected/ticked for payment.



<input checked="" type="checkbox"/>	Date	Due	Fee Name	Amount	Paid	Balance Owing (\$)
<input checked="" type="checkbox"/>	05/04/2017		Gymnastics for Gymnastics	\$40.00	\$0.00	40.00
<input checked="" type="checkbox"/>	05/04/2017		Japanese Drama for Japanese Dramming	\$5.00	\$0.00	5.00
<input checked="" type="checkbox"/>	05/04/2017		Literacy for Yr 5 Literacy key text 00	\$18.75	\$0.00	18.75
<input checked="" type="checkbox"/>	05/04/2017		Paper for Paper Levy 2017	\$18.75	\$0.00	18.75
<input checked="" type="checkbox"/>	05/04/2017		Science Levy for Science Levy	\$5.00	\$0.00	5.00
<input checked="" type="checkbox"/>	05/04/2017		Technology for Technology	\$22.50	\$0.00	22.50

- If you wish to change the amount you would like to pay for an item, enter the desired amount in the number field under the 'Balance Owing' column.

To not pay for a certain item, untick the checkbox in the left-hand column of the table next to the item you wish to remove.

<input checked="" type="checkbox"/>	27/01/2017	Yr10 Technology Support	\$30.00	\$0.00	30.00
<input checked="" type="checkbox"/>	01/02/2017	Yr10 Maths - online programs	\$24.00	\$0.00	24.00

- Once you have selected what items you wish to pay, enter **your** name, phone number and email address under 'Payer Details'. This allows the school to identify which parent/caregiver is making the payment.

Now, press the 'Next' button to be redirected to a secure Westpac site to finalise your online payment.

The screenshot shows a payment summary table with two items: 'Yr10 Technology Support' for \$30.00 and 'Yr10 Maths - online programs' for \$24.00. Below the table are buttons for 'Add Tax Deductible Item' and 'Add Other Fee', and a 'Grand Total' of \$1028.00. The 'Payer Details' section includes fields for 'Your Name', 'Contact Phone Number', and 'Contact Email'. A 'Next' button is highlighted with a red box.

- Once redirected to Westpac, you will see the following screen. Enter your credit card details into the appropriate text fields on this screen. Once completed, press the 'Proceed to Confirmation' button.

The screenshot shows the 'Make a Payment' screen with the following fields and buttons:

- Cardholder Name
- Credit Card Number
- Expiry Date (01 / 18)
- Card Verification Number (CVN) with a link 'What is the CVN?'
- 'Cancel Payment' button
- 'Proceed to Confirmation' button

IF YOU REALISE YOU HAVE MADE A MISTAKE IN SELECTING WHAT ITEMS YOU WISH TO PAY ON THE PREVIOUS PAYMENT PORTAL SCREEN, PLEASE CLICK THE 'Cancel Payment' BUTTON.

- You will then see a payment summary screen where you can confirm your details. When ready, press the button at the bottom of the page to confirm and make your online payment.

NOTE: To pay for another child in the family, return to the original email you received and click the payment button with the other child's name on it.

The payment button/link located within the email remains active for 12 months. This means that at any point within this time period you can use this link to see what items are currently owing for your family.

For information relating to the security & privacy of this service, please refer to the following webpage:

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/media/all-files/School-Bytes-Student-Privacy-Information.pdf>



DANCE Expression

BUILDING CONFIDENCE, TALENT & FRIENDSHIPS

- 1 WEEK FREE TRIAL
- COMPETITIVE PRICES
- OVER 80 CLASSES AVAILABLE
- FOR KIDS AND TEENS FROM 2 TO 18
- LOCATIONS IN GIRRAWEEEN, MERRYLANDS & WINSTON HILLS

CREATIVE KIDS
REGISTERED PROVIDER
Claim your \$100 voucher here
NSW

APPROVED PROVIDER
ACTIVE KIDS
CLAIM TWO \$100 VOUCHERS TODAY
SPORT.NSW.GOV.AU/ACTIVEKIDS
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DANCEEXPRESSION@OUTLOOK.COM
0423870848



READY SET DANCE

AS SEEN ON **nick jr.**

CONFIDENCE, COORDINATION AND CREATIVITY.

READY SET Ballet

ENROL NOW

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Play SOCCER In 2020

Register NOW!

Join **NORWEST FC**

'The Successful, Friendly Community Club'
-Football, Friends, Fitness & Fun-



Where: Homeground – Francesco Crescent Reserve BELLA VISTA

Who: 3 – 5 year Cougar Cubs (12 week FREE Program-Register Interest by email) norwestfootball@gmail.com

U6 – U11 Mini-Roos (Girls & Boys Welcome! – Girls only U9 and U11 teams available!)

U12 – U17 Competition Teams (All Skill Levels– looking to form a U15 Girls team for 13-15 years)



ALL JUNIORS RECEIVE A **FREE** TRAINING BALL

SPECIALIZED **FREE** SKILLS SESSIONS FOR ALL U6 – U12 PLAYERS BY FFA QUALIFIED COACH

SPECIALIZED **FREE** GOALKEEPING TRAINING

Youth League – 16 – 21-year-old Men

All Age Ladies & All Age Mens Teams

Over 35 Ladies & Over 35 and Over 45 Mens Teams

Teams for Most Skills Levels Available

From Beginners to Competitive

How: Go to www.norwestfootballclub.com and follow the link to register or make an enquiry

Check out our Facebook: www.facebook.com/NorwestSoccerClub/

Seven Hills High School

Change to Family Contact Details/Student Medical Records

In order for us to keep our records up to date could you please complete this form and return it to school as soon as possible.

Student Name:

Family Contact Details –

Parent/Carer with whom student normally lives:

Address:

Email:

Telephone:

Father (H) Mobile:

Mother (H) Mobile:

Guardian (H) Mobile:

Further Information

Emergency Contact

Name Relationship

Telephone (H)..... (W)(M)

Medical Details

Allergies

Other conditions

Medication(s)

Further Information

Parent/guardian signature Date

Please return the completed sheet to the Administration Office