



AUGUST 2021

SEVEN HILLS HIGH SCHOOL *NEWS*



**SEVEN HILLS HIGH SCHOOL
PARENTS & CITIZENS ASSOCIATION MEETING
WEDNESDAY 11 AUGUST
6.30PM VIA ZOOM**

All parents and community members are invited to attend.

The ZOOM Link has been sent to all parents by SMS.

LEARNING FROM HOME WITH SHHS

Food Technology

Calling all Foodies!

Ms Sharma's Year 10 Food Technology students have been applying their skills in their home kitchens to produce delectable delights for their families. Below is Jorja McManus' Banana Bread.

We'd love to see more from our young chefs - send through photos of your fabulous dishes to your TAS teachers!



Method

1. Preheat the oven to 175°C, and butter a 4x8-inch loaf pan.
2. In a mixing bowl, mash the ripe bananas with a fork until completely smooth. Stir the melted butter into the mashed bananas.
3. Mix in the baking soda and salt. Stir in the sugar, beaten egg, and vanilla extract. Mix in the flour.
4. Pour the batter into your prepared loaf pan. Bake for 50 minutes to 1 hour at 175°C, or until a toothpick or wooden skewer inserted into the center comes out clean.
5. Remove from oven and let cool in the pan for a few minutes. Then remove the banana bread from the pan and let cool completely before serving.
6. Wrapped well, the banana bread will keep at room temperature for 4 days. For longer storage, refrigerate the loaf up to 5 days, or freeze it.

Mathletics

SUCCESS

Ms Nelapati is singing the praises of her young mathematicians! Congratulations go out to:

SILVER CERTIFICATE WINNERS

Blaire Peregrino (Yr 8)
Jasmine Sullivan (Yr 8)

BRONZE CERTIFICATE WINNERS

Jessie Gent (Yr 8)
Taleb Sinno (Yr 8)
Adriana Koni (Yr 10)
Ciara Stockham (Yr 10)
Jayden Gunawan-Rianto (Yr 11)
Jordan Kennedy (Yr 11)

BANANA BREAD

Ingredients

- 2 to 3 medium very ripe bananas, peeled (about 1 1/2 cups mashed)
- 1/3 cup butter, unsalted or salted, melted
- 1/2 teaspoon baking soda
- 1 pinch salt
- 3/4 cup sugar (1/2 cup if you would like it less sweet, 1 cup if more sweet)
- 1 large egg, beaten
- 1 teaspoon vanilla extract
- 1 1/2 cups all purpose flour

LEARNING FROM HOME WITH SHHS *Visual Arts*

Year 7 students in Visual Arts have been studying the work of Christo and Jeanne-Claude. This collaborative art duo are famous for their large scale environmental installations where they wrapped architectural and natural elements in fabric. They even travelled to Australia in 1969 and wrapped Sydney's Little Bay as a work they titled 'Wrapped Coast - One Million Square Feet'! (see right)



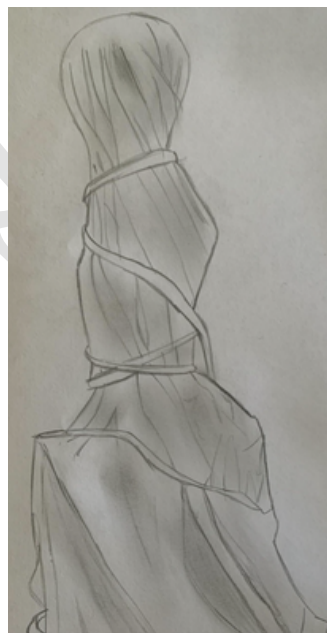
Photo: Ellen Waugh

Sourced from <https://www.theguardian.com/artanddesign/2020/jun/02/christos-wrapped-coast>

Students have been recreating their own 'Christos' at home (see below).



Sienna Corsiatto



Bethany Saunders





It has been wonderful to see so many **Zoom meetings** happening and a great number of students joining in. Connecting in this way has given students an opportunity to not only ask questions and get help, but start to engage with teachers and their classmates. Please keep an eye on your Google Classrooms for your upcoming Zoom meetings.

Attendance Matters – whilst we are not recording attendance as we traditionally do, it is still important for students to engage with their classwork, whether it is working on booklets or through Google Classroom. Please contact the school if your child is struggling to complete their work and we will endeavour to assist in resolving issues that may be causing this.

As part of encouraging **Student Engagement**, students who have more than five Positive Remote Learning entries on Sentral for the fortnight go into a draw to win at \$10 eGift Voucher. Our very first winner was **Ke Loh**, congratulations Ke Loh! Our winner for Weeks 3 and 4 is **Ryan Gill**! Great work Ryan! Enjoy your prize.

On a sad note, we say goodbye to our **School Counsellor**, Ms Madeline Fooks, at the end of this week. She is following her dream of moving and working in the country. Ms Fooks will be missed by both staff and students. We welcome Ms Anna Martin and look forward to her working with the Seven Hills High School community.

Just like it is important to actively look after our physical health, we need to be pro-active in looking after our mental health and wellbeing. Having regular breaks helps maintain focus and mental alertness. Try to have small breaks during the day, which are either Brain Breaks, Movement Breaks or Mindfulness Activities. Examples of activities are:

Brain Breaks

- Wink and Snap**: Wink with your left eye, whilst clicking/snapping with right hand, and then swapping sides. Try to switch as quickly as you can.
- Pen Flip**: flip a pen in the air and catch it with the same hand, swap hands. Try a pen in each hand and for something harder try catching with the alternate hand.

Movement Breaks

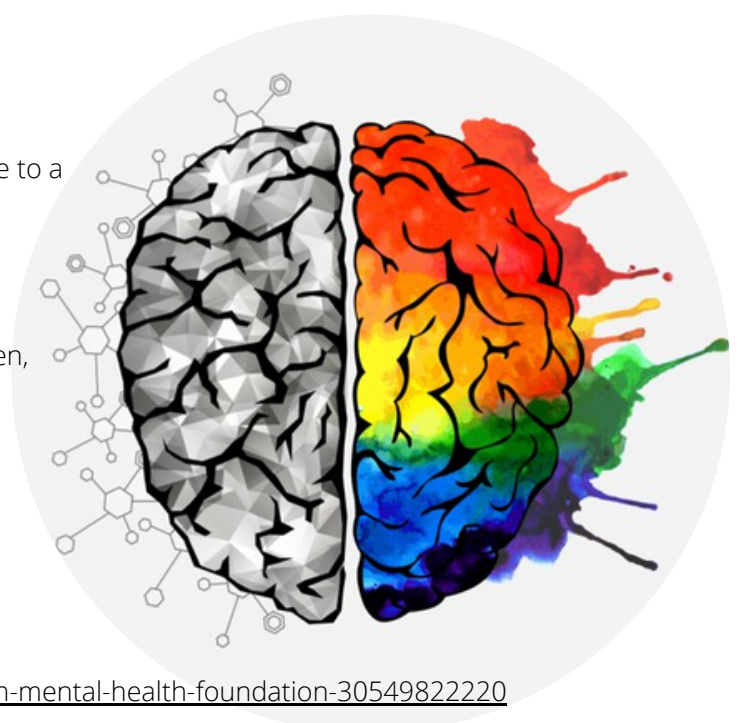
- Stretching**: stand up and stretch for five minutes
- Balancing**: challenge your family members or friends online to a balancing contest

Mindfulness Breaks

- Breathing**: close your eyes, focus on how your breathing feels, on every exhale count in your head, once you get to ten, count back down
- Colouring in**
- Work outside** in the sun for 30 minutes if you can.

Head Space are running webinars for parents and carers on supporting their child(ren) through COVID lockdowns, please following the link to register for an event:

<https://www.eventbrite.com.au/o/headspace-national-youth-mental-health-foundation-30549822220>



Resources for adolescents and families during learning from home

Dear parent/caregiver,

During this time of learning from home, students (and other family members) may start to experience feelings of uncertainty and other thoughts/feelings. Below are a number of support services that can be accessed remotely through avenues such as SMS, online and telephone.

If you require further information, please contact the school on 9624 3329.

Regards,

Carissa Howell | Head Teacher Wellbeing

If you or your child needs to talk to someone...

Name	About	Phone	Online
 Kids Help Line	For anyone 25 or under - Kids Helpline is a free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	1800 55 1800 24/7	Webchat 24/7 https://kidshelpline.com.au/get-help/webchat-counselling
 Lifeline	For all ages - 24-hour crisis support telephone service. Lifeline provides 24/7 crisis support and suicide prevention services.	CALL: 13 11 14 24/7 TEXT: 0477 131114 6:00PM - Midnight	Crisis Support Chat 7:00PM – Midnight https://www.lifeline.org.au/get-help/online-services/crisis-chat
 Headspace	eheadspace provides free online and telephone support and counselling to young people 12 - 25 and their families and friends.	N/A	Group Chat 24/7 1 on 1 Chat 9AM - 1AM https://headspace.org.au/eheadspace/
 Youth Beyond Blue	Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.	1300 22 4636 24/7	Chat Online 3:00PM - Midnight https://www.youthbeyondblue.com/
 SANE Australia	SANE Australia supports people living with complex mental health issues and the people that care about them	1800 187 263 10:00AM – 10:00PM	Webchat 10:00 AM – 10:00 PM https://www.sane.org/about-sane
 Suicide Call Back Service	A nationwide service that provides 24/7 telephone and online counselling to people who are affected by suicide, experiencing thoughts of self-harm or suicide	1300 659 467 24/7	Online Chat 24/7 Video Chat 24/7 https://www.suicidecallbackservice.org.au/



Science Week 2021 is August 14-22.

The school theme for National Science Week 2021 is Food: Different by Design.

It honours the United Nation's International Year of Fruits and Vegetables and the International Year of Creative Economy for Sustainable Development.

We have organised a number of science activities that students and families can do to get involved.

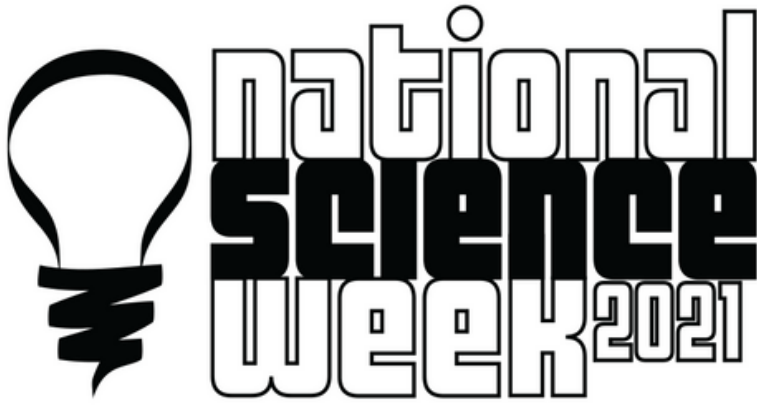
Do it yourself science activities

A range of do it yourself at home science activities are available online. Many are related to food in reference to the theme for this year:

<https://www.scienceweek.net.au/diy-science/>

<https://www.scienceweek.net.au/diy-science-sherbet-fizz/>

<https://www.scienceweek.net.au/diy-science-calculate-the-speed-of-light/>



Science Trivia @ Seven Hills High

Our science staff will upload a Science Trivia Quiz in **Week 6 (16th August)** on google classroom for all students to complete for a bit of fun.

Rube Goldberg Design Challenge

We are asking families to participate in a Rube Goldberg Challenge! A Rube Goldberg design is basically an advanced domino effect that consists of a series of simple unrelated devices that trigger the action of the next, eventually resulting in achieving a stated goal. The goal is to make your Rube Goldberg design last for the longest amount of time as possible. For ideas, you can search on the internet for 'Rube Goldberg Designs' or check out examples on YouTube. In **Week 6 (August 16)** we will upload a task description in our science Google Classrooms and students can upload a video/image of their creations. The winning student will receive a prize upon our return to face-to-face learning.

Science Week on STILE

Students with access to STILE (Including self-select classes) will also be able to participate in a Science Week themed remote learning escape room on STILE.



Science Extension Activities

Our science staff are making extension activities available to students if they are finished their assigned work and want more science!

Indigenous Science Live Stream

[https://nisep.org.au/indigenous-science-experience/?](https://nisep.org.au/indigenous-science-experience/?fbclid=IwAR3wVIYDHncuxdI3XtXdG9LMSACmq8nXtUbqVrJObfiui2NpjFXibpsVMfM)

[fbclid=IwAR3wVIYDHncuxdI3XtXdG9LMSACmq8nXtUbqVrJObfiui2NpjFXibpsVMfM](https://nisep.org.au/indigenous-science-experience/?fbclid=IwAR3wVIYDHncuxdI3XtXdG9LMSACmq8nXtUbqVrJObfiui2NpjFXibpsVMfM)

National Science Quiz

A panel of scientists and science communicators will participate in a quiz, answering a range of thought-provoking questions. You can play along at home and even register for a chance to win prizes. See the link below for more details. The quiz will stream live on YouTube on **Thursday, August 19 at 6-7 pm.**

<https://www.nationalsciencequiz.com.au/>

Daniel Way | Head Teacher Science

NATIONAL ABORIGINAL AND TORRES STRAIT ISLANDER

Children's Day

Did you know Wednesday August 4 was National Aboriginal and Torres Strait Islander Children's Day? This is a national day dedicated to celebrating our children. This year's theme is Proud in Culture, Strong in Spirit. Aboriginal and Torres Strait Islander families and communities have provided love and care for their children, allowing them to grow up strong and safe, in their cultural traditions for thousands of generations.

August 4 was historically used to celebrate the birthdays of Aboriginal and Torres Strait Islander children, who were taken from their families at a young age without knowing their birthday – the Stolen Generations.

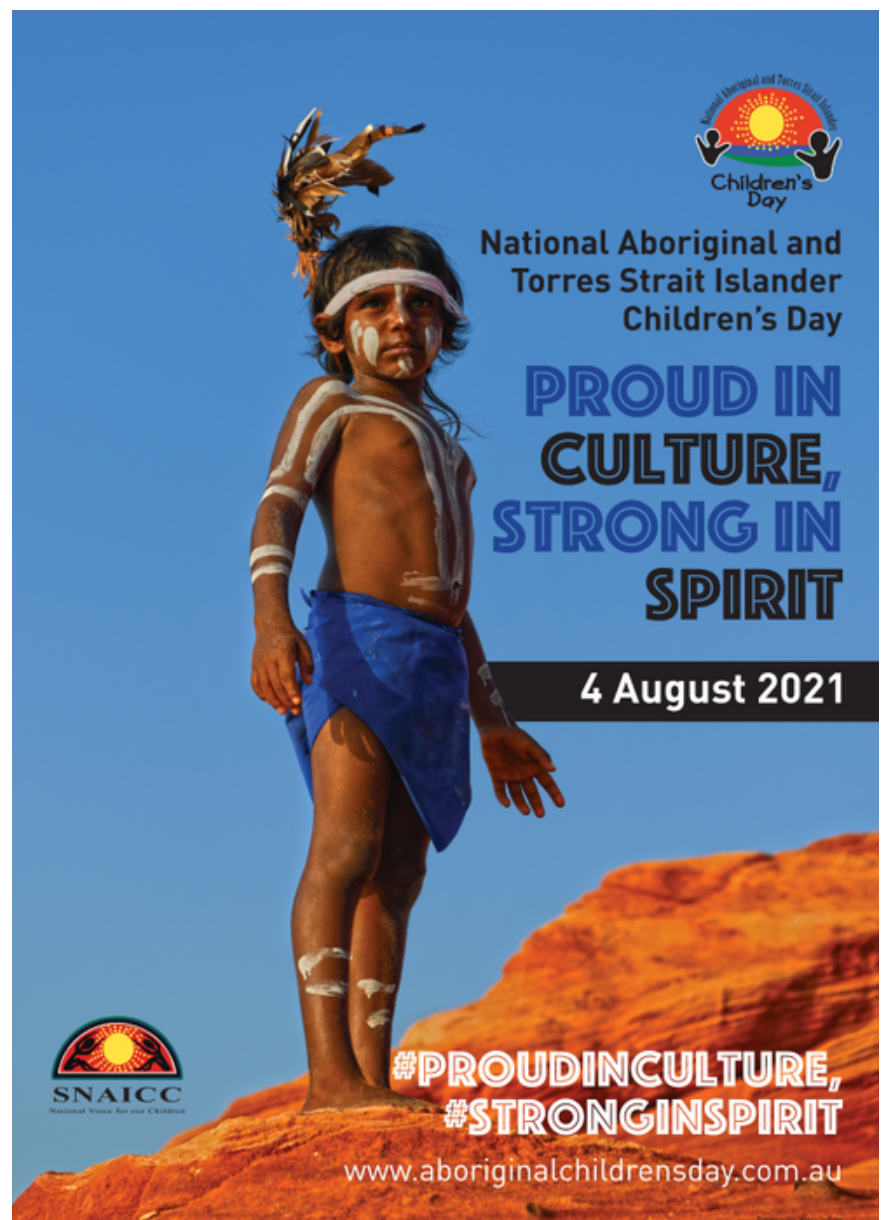
Children's Day is a day to celebrate the strengths of culture and the importance it has on the of Aboriginal and Torres Strait Islander community.

Below is a link to more information and some fun resources and activities to do whilst learning from home.

<https://aboriginalchildrensday.com.au/activities/>

<https://www.vaeai.org.au/aboriginal-education-activities/>

JOANNA JORDAN
ABORIGINAL EDUCATION
PROGRAM COORDINATOR



LIBRARY *Matters*

During lockdown many of us are not just reading more but also streaming more video content. Did you know, though, that many of the best films are based on books? Chances are, your favourite movies are based on books too.

Books into Film Competition

We are holding a competition challenging you to identify the title and the author of nine books that popular films were based on. Entries must be submitted via [this Google Forms link](#) by Friday 27 August. A correct entry will be randomly drawn to win two notable books that have been shortlisted for the 2021 [Children's Book Council of Australia](#) awards: 'We are Wolves' and 'Worse Things'. The winner can elect to have the books posted to their home or they can collect them from the library once school returns.

Premier's Reading Challenge News

For those students who have partially completed the PRC, there is good news! Due to our current restrictions, the completion date has been extended to **Friday 3 September**. Additionally, students are able to read 10 choice books (not on the PRC list) - an increase from five. Also, students can include books on their reading records that they read collaboratively as a class, in person or online with their teacher or at home with their parents/carers. For more information see [PRC 2021 Rule Changes](#) or contact me via the School's email sevenhills-h.school@det.nsw.edu.au

2021 Book Week

Book Week celebrations at Seven Hills High School will be rescheduled to occur after school returns. This year's [CBCA Book Week](#) theme is Old Worlds, New Worlds, Other Worlds and the poster was designed by much loved author and illustrator Shaun Tan. At SHHS, we plan to hold a Cosplay



Book Character event and competition in the library. The date for this event will be announced following more information regarding a return to school. In the interim, you and your friends have plenty of time to plan your Cosplay outfits. Prizes will be awarded for most creative book character costume from each year group. More details to come...

Happy reading :)

Cathy Costello | Teacher Librarian





Nirimba Collegiate

real connections, endless opportunities

YEAR 11 2022 SUBJECT SELECTION PROCESS

Thank you to our Year 10 students for completing their Subject Selection Interviews. While the process was changed in response to restrictions, it was an overwhelmingly positive experience and the Transition Team were more than impressed with how our families quickly adapted to the phone interviews.

During this time of learning from home it was certainly great to touch base with our students and their parents. We estimated over 97% of parents participated in the selection interviews and we appreciate the time parents gave to working through subject decisions for Years 11 and 12.

All students seeking enrolment at Wyndham College will have an enrolment package mailed to them. We ask that these forms are returned quickly, with the final closing date adjusted to the 3 September. A stamped return envelope is included to assist parents to return forms prior to Friday, 3 September.

Cross Campus Access course applications will be sent to relevant students.

Support students have individualised ZOOM Transition Planning meetings booked for Thursday 26 and Friday 27 August. Mrs Slater will make contact to organise these meetings for all students involved.

Joanne Andrew | Rel. Collegiate Deputy Principal

CAREERS



Students in Years 10 and 11 will be familiar with the Job Jump website. It is a treasure trove of information, self diagnostics and contacts for exploring what careers and further training are available in NSW and across the country.

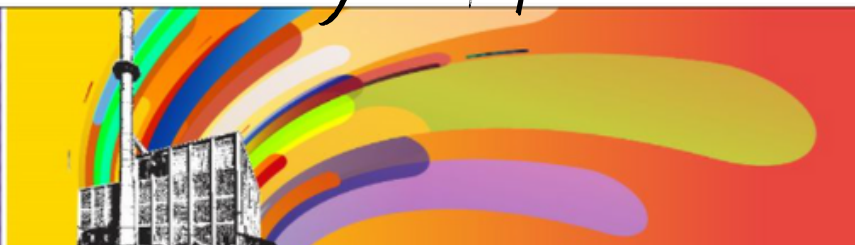
It's never too early to start thinking about your future. Seven Hills High School subscribes to this resource so students in any year group can create an account and learn more. Go to <https://www.jobjump.com.au> and click on 'I'm New!' find Seven Hills High and the school password is **ladybirds**.

TAFE 2022 APPLICATIONS ARE NOW OPEN

Students in Years 10 or 11 who would like to study a course at TAFE as part of their senior studies in 2022 should contact Mrs Slater or Ms O'Connor to complete an Expression of Interest as soon as possible via the school email sevenhills-h.school@det.nsw.edu.au

Virtual Family Experiences

**CASULA
POWERHOUSE
ARTS CENTRE**



Hello Art and Culture Lovers,

We hope that you're keeping safe, healthy and well. Each day brings us a new reminder of the persistent challenge of the COVID-19 pandemic. We've had to close our doors for more than four weeks and had to cancel some of our in-person events, which many of you had been looking forward to.

Not everything is doom and gloom. Our team has also been working behind the scenes to bring you several great things to enjoy at home - from free films, virtual exhibition walk-through's, an essential kids art pack and so much more!

Make sure you're tuned to our social media platforms and our website to get the latest updates: www.casulapowerhouse.com

Stay safe and take care,
Casula Powerhouse Team

SPORT Family Challenge

WHO AT HOME CAN NAME ALL THE TOKYO 2020 PARALYMPIC SPORTS?

LEARNING INTENTIONS

- To investigate the 23 Paralympic sports athletes will be competing in during the Tokyo 2020 Paralympic Games.

SUCCESS CRITERIA

- I can identify each of the 2020 Paralympic Sports using the images below.

INSTRUCTIONS

- Identify each of the 2020 Paralympic sports in the spaces below:















































