



SEPTEMBER 2022

# SEVEN HILLS HIGH SCHOOL *NEWS*



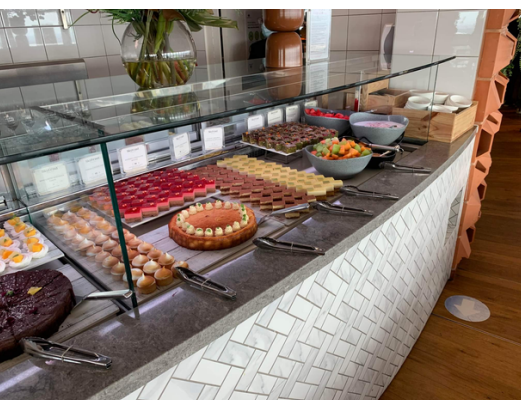
**SEVEN HILLS HIGH SCHOOL  
PARENTS & CITIZENS ASSOCIATION MEETING**

**WEDNESDAY 14 SEPTEMBER  
6.30PM IN THE LIBRARY**

*All parents and community members are invited to attend.*



## LEARNING @SHHS



# Sydney Tower 'Skyfeast'

## Food Technology

Seven Hills High School senior Food Technology students had the opportunity to travel into the CBD and experience a fine dining buffet lunch with their Year Advisor Mr Jones and Food Technology teachers Mrs Sharma and Ms Tunks on a culinary excursion.

Our senior students were able to sample many international cuisines and try new foods. They were also introduced to local fresh produce, whilst dining in luxurious comfort as they took on panoramic views of Sydney in the 360° revolving restaurant.

Students had the opportunity to meet the head chef of Skyfeast Restaurant who briefed them on the restaurant operation and food service period. Our Food Technology students were able to ask questions and link their understanding of course content back to a real life establishment.

Alicia Tunks | TAS Teacher



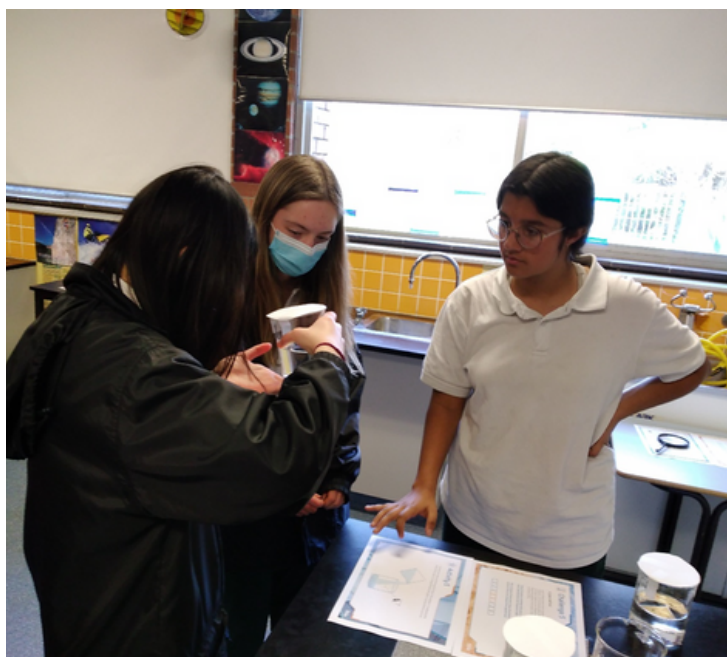


## LEARNING @SHHS

## Science Week 2022

13-21 August was Science Week. This year's theme was glass. Seven Hills High School celebrated Science Week by rewarding students with cupcakes at lunch if they could answer a glass themed scientific question. We also ran escape rooms in classes across the week. A lot of fun was had by students, working together to solve the glass themed puzzles.

Daniel Way | Head Teacher Science



# Wellbeing @SHHS

During this time of the year, with assessments piling up and stress levels increasing, it is important for students to take care of themselves. Self-care helps to prevent stress and anxiety. By incorporating self-care into a regular routine you give your body and mind time to rest, reset, and rejuvenate, so you can avoid or reduce the symptoms of stress and anxiety.

Things you can do to improve self-care include:

- Eating well
- Refresh yourself – take mini breaks throughout the day.
- Rest
- Feed your spiritual self
- Wind down – engage in calming activities to de-stress after work or school
- Socialising – Spend quality time with special people
- Know yourself – Do more of what brings you joy

Take care of yourself!

Katie Luscombe | Rel HT Wellbeing

## Father's Day BBQ

On Wednesday 31 August the Wellbeing Team held the annual Father's Day BBQ. Many fathers came out and had fun with their families, playing table tennis, corn-hole, and snooker, while enjoying a free BBQ dinner.

Thank you to all those who attended on the night, and we hope you had a marvellous time!





# Year 7 Camp

On the 17 August, 90 Year 7 students and 5 staff members packed up their gear and travelled to the YMCA camp located at Yarramundi.

They were introduced to the vast and lush landscape full of challenging activities such as the giant swing, high ropes, orienteering, cave maze, flying fox, archery and many others. The giant swing, flying fox and cave maze certainly proved that the year group are fearless, daring and willing to give any activity a go. We had many Year 7 students facing their fears and stepping out of their comfort zones which enabled them to learn how to overcome challenges both individually and as a team. The highlight of the camp was the encouragement of one another and resilience of the students.

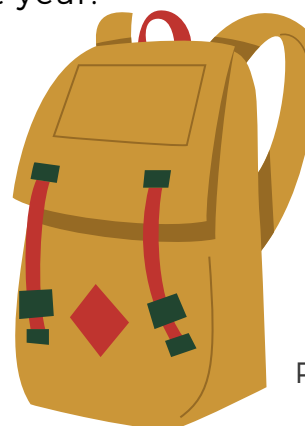
The following statement was written by Oliva Kent.

This term, we went on camp to the YMCA in Yarramundi. We used this time for socialising, team work and of course, fun! We did lots of team building activities that helped our hand-eye coordination as well as encouraged us to work with other students outside of our friendship groups. This was an overall amazing experience.

We were involved in many activities that tested our fear of heights, the dark and confined spaces. We were responsible for encouraging our fellow team members to give activities as well as making sure that they were safe and supported during each activity. At night, we were lucky enough to roast some marshmallows over a toasty warm campfire and snuggle up in our sleeping bags to watch a movie. In our spare time, we observed some Year 7 students playing basketball and handball with teachers. We really enjoyed the competition between Mr Way and Tyler Smithers.

The overall camping experience was delightful, and we look forward to another fun-filled adventure next year.

Tasvinder Kaur | Year 7 Adviser





# Sports **REPORT**

## Volleyball



NSW SCHOOLS CUP CHAMPIONSHIPS.

On the 25 and 26 August the Senior Boys Volleyball Team competed in the NSW Schools Cup Championships at the Netball Centre at Olympic Park. We travelled in style on the Thursday, as we had access to the Wyndham Collegiate bus. The boys had been training hard for this event, and it was a culmination of their efforts since February this year.

We were entered into the Year 11 category for this event. Our team consisted of Bailey Dehar (yr 11), Andy Zhang, Kenan Kurtovic, Adam Beydoun, Seth Corsiatto, Phillip Bosanac, CJ Singson, and Saxon BellPatrick (Yr 10), Jarvis Fepuleai, and Cian Baker (Yr 8)

We were under no illusions that this was a difficult competition and we were up against some very strong schools. Against Chatswood High, the boys started strongly but went down to a very good side. The final result was 25-14 and 25-19. The next match was against Homebush Boys. The boys built on their previous performance and took the first set 25-22. They played extremely well in the second but went down 25-20. The last match of the day was against Kingsgrove. The final set scores were Kingsgrove 25-20 and 25-19. This was probably our toughest match of the day, as their number one attacking player is a State representative. Even though this was a sizeable challenge, the level of play and growing confidence was evident.



On the Friday, we had two remaining matches against Fairfield and Sydney Technical High schools. We gave a good account of ourselves, and pushed both teams. There was only a few points in each set, and the comments from the other coaches and feedback on the skill level of the boys was inspiring.





I want to thank the boys for their effort and commitment to improving in both their skills set, strategies, and mental approach. A big thankyou to Ms Tunks, for everything that she does to support both the boys and girls teams. To Ms Thurlow and Mr Johnstone for your ongoing support and assistance with everything from ordering equipment to subsidising the cost of the events we have participated in this year. Last, but not least, thankyou to Mr Nguyen for driving us to Olympic Park and for your insights and support of the boys.

As a result of the growing interest in volleyball at our school, we are participating in the Blacktown Zone trials for both boys and girls next term, which is very exciting and a is a good opportunity the students selected to try out for this event.

Mark Harper | Volleyball Coach

Sports

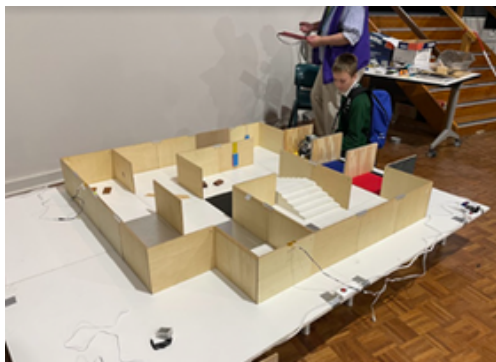
## SPOTLIGHT

SEVEN HILLS HS WOULD LIKE TO CONGRATULATE JARVIS FEPULEAI WHO HAS BEEN SELECTED TO REPRESENT NSW IN MELBOURNE THESE SCHOOL HOLIDAYS. THIS IS AN AMAZING ACHIEVEMENT CONSIDERING HE ONLY STARTED TRAINING FROM FEBRUARY THIS YEAR. JARVIS HAS BEEN AN INTEGRAL MEMBER OF BOTH THE JUNIOR BOYS AND SENIOR BOYS TEAMS THIS YEAR, AND HE HAS DEVELOPED CONFIDENCE IN HIS SKILLS AND ABILITY ON THE COURT. BEST OF LUCK, JARVIS!





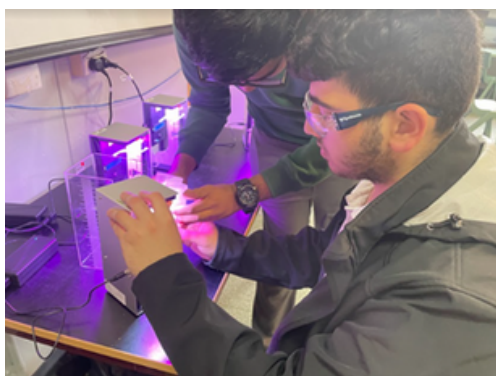
# STEM News



On Tuesday 23 August, our Robotics team competed in the Rescue Maze challenge at the NSW State Finals of the Robocup Junior competition.

The competition consists of 4 different challenges students could choose to compete in: Dance, Soccer, Line Rescue and Rescue Maze. The team chose to compete in the Rescue Maze challenge – which was considered the most difficult challenge on offer. The challenge was based on the story that a coal mine had collapsed and the robot was sent in to rescue the trapped miners. The robot used heat sensors to find the miners and then deployed rescue packs. Teams were rewarded points for passing through checkpoints, finding the trapped miners and deploying the rescue packs, if they fell into a mine shaft (which was travelling over a black tile) the team lost points. The students participated in 6 rounds, with the team getting stronger each time, whilst the maze got more difficult. In the last round they were the only team to score any points. At the end of the competition, the team achieved 2nd place.

Congratulations to Ethan Burns and Shaun Dwyer for competing on the day, along with Veronica Evans and Charlotte Tepania who were part of the team but were unfortunately unable to attend.



Students in the Year 9 and 10 iSTEM elective have been working on the Future Space Program with the end goal of growing gardens on Mars to extend space exploration. We were lucky enough to have Ted Tagami from Magnitude.io and Sophie Poisel from the Powerhouse Museum come and visit the classes to discuss not only the project but future plans. This program is planned to run over a number of years with students connecting with students from around the world and astronauts in the international space station. Students are currently running experiments to grow alfalfa sprouts, these experiments will then be replicated up in space when the Exolabs are sent into space in November of this year.

**Carissa Howell | STEM Coordinator**



# FROM OUR STUDENT SUPPORT OFFICER

-Leon



National Child Protection Week will continue to embrace the overarching message that 'Every child, in every community, needs a fair go'.

In particular, this year we will be shining a light on children growing up safe and supported.

A whole series of free webinars and events has been posted at

<https://www.napcan.org.au/final-official-program-webinars-events-2022/>

Children and young people thrive when they grow up safe, connected and supported in their family, community and culture. They have the right to grow up in environments that support them according to their needs, now and into the future. This year let's talk about how we create a supportive environment for every child.

National Child Protection Week will be looking at what works to keep children safe and supported... what children are telling us... what families are telling us... what the evidence is telling us... and how to translate this knowledge into action.

We know that too many children are not growing up safe and supported and that Child Protection systems are overloaded. There are many opportunities to change the trajectory for these children. We can stop child abuse and neglect – and reduce its impact – by working together to make sure every child in every community has a fair go.

How does this all fit together?

Increasingly, Australians are working together to keep children safe and well. Individuals, organisations and governments across areas as diverse as early childhood education and care, health, mental health, disability, alcohol and other drug treatment and prevention, domestic and family violence, justice, housing and employment.

To help facilitate a big conversation about how to create a supportive environment for every child, we are taking inspiration from the ARACY Nest domains.

The link to access this document is <https://www.aracy.org.au/documents/item/700>



# LIBRARY *Matters*



## CELEBRATING BOOK WEEK

### Author Visit Oliver Phommavanh



We recently celebrated Book Week in the library by holding an Author Visit and an Extreme Reading Photo Competition.

Our visiting author was **Oliver Phommavanh** who has written many popular humorous books held in our library collection. Oliver is also a school teacher and stand-up comedian.

Unsurprisingly, Oliver's talk was highly entertaining, very witty and much enjoyed by our students. Three lucky students were fortunate to win a signed copy of his two most recent books: 'What about Thao' and 'Brain Freeze'.

Oliver also kindly signed copies of his books held in our library for students to borrow.



Congratulations to our lucky winners for our **Extreme Reading Photo Competition**: Aura Bhatti - Best dressed, Emily Chadszinow - Most creative, Marcus Hinrichsen - Most humorous & Brianna Nelson-Thomson - Most unusual place.

Winners were each rewarded with a book, stationery and chocolates.

Their winning photographs can be viewed at

<https://www.virtuallibrary.info/book-week-2022-events.html>

HAPPY READING,  
CATHY COSTELLO | TEACHER LIBRARIAN

These domains help us to think about the many things that every child and young person needs in order to grow up safe and well. They include:

- feeling loved and safe
- having a positive sense of identity and culture
- having material basics
- being healthy
- learning
- participating.

The National Framework for Protecting Australia's Children 2021 – 2031 Safe and Supported, will also help to guide the conversation. The National Framework was developed by the Australian Government, in collaboration with State and Territory Governments, Aboriginal and Torres Strait Islander representatives and the non-government sector. It provides a framework for how all these groups can come together to make sure that every child in Australia is safe and supported. The first implementation plans will be released in mid-2022. Take a look at this framework at National Framework for Protecting Australia's Children 2021 – 2031 Safe and Supported

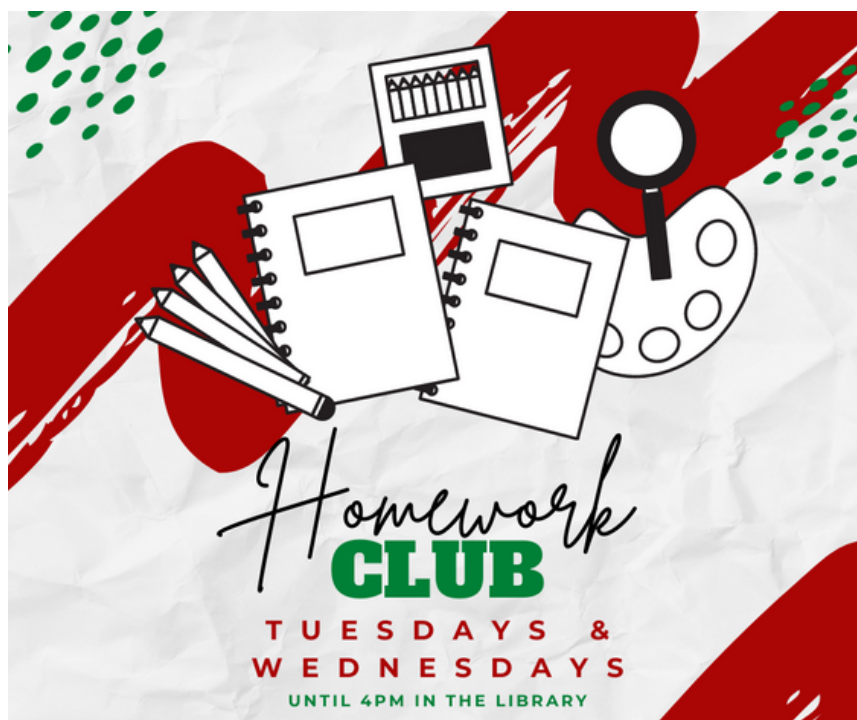
If you have any ideas to support the welfare, wellbeing, learning and development of our students and our community, give me a call at school. I'd love to hear from you!

Another website I'm recommending this month: <https://www.esafety.gov.au/>

Their blogs have so much information to help parents and carers deal with the issues of online safety. My favourite read this month is at this link:

<https://www.esafety.gov.au/newsroom/blogs/dangerous-or-damaging-online-challenges-are-never-funny>

Check it out!





## LEARNING @SHHS

## Geography

Our Year 7 students had an assessment task on landforms for HSIE this term and Jasper Cooper from 7C did an amazing job of The Daintree Rainforest. Here he is proudly showing his work. Well done Jasper!

Michelle Brown | SLSO



## SECOND HAND UNIFORMS WANTED

If you have uniform items that no longer fit, we can put them to good use! Please drop donations of uniform at the FRONT OFFICE during office hours.



# BREAKFAST Club

Tuesdays | Thursdays | Fridays  
8.10am to 8.35am



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\*\$50 per 1 hour lessons

\*Pay first 10 lessons upfront for \$450  
(\$45 per lesson)

\*Refer a friend to receive a 5% discount  
\*Conditions Apply

~

## Muggles Driving School

ABN: 90 676 916 312

Tina Ocal  
0481 866 373  
Qualified Instructor