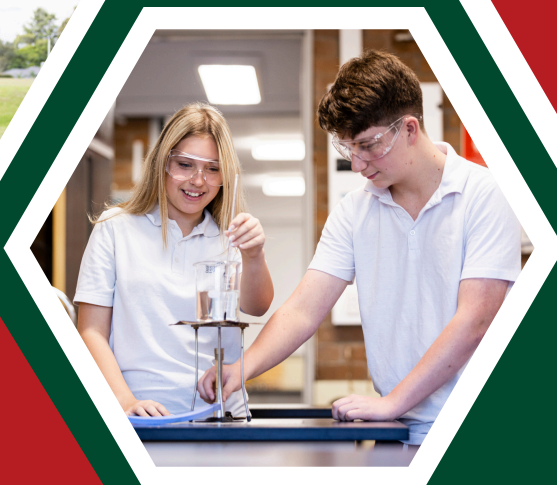


SEVEN HILLS HIGH SCHOOL

A VOCATIONAL EDUCATION PATHWAYS SCHOOL

News



**JUNE
2024**

UPCOMING EVENTS

JUNE

Monday 3 June: Athletics Carnival
Tuesday 4 June: Yr7 SRC Investiture; Wyndham Taster Day; CSIRO STEM Expo
Wednesday 5 June: Future Space Program Incursion
Friday 7 June: Yr12 Biology Depth Study Excursion
Monday 10 June: King's Birthday Public Holiday
Tuesday 11 June: Snr Parent/Teacher Interviews
Wednesday 12 June: P&C Meeting 6pm in the Library; SW Cross Country
Thursday 13 June: Zone Athletics; Netball NSW Schools Cup
Friday 14 June: Zone Athletics
Wednesday 19 June: Beach Volleyball Excursion
Thursday 20 June: Grade Day
Tuesday 25 June: Wheel Chair Sport Experience
Wednesday 26 June: Yr8 Embrace Program
Friday 28 June: Multicultural Lunch

JULY

Monday 1 July: Year Advisor End of Term Student Lunch
Tuesday 2 July: Celebration Assembly Semester 1
Wednesday 3 July: Reward Day Semester 1
Thursday 4 July: Naidoc Day Assembly
Friday 5 July: Last Day Term 2
Monday 8 July - Friday 19 July: School Holidays
Tuesday 23 July: Students return to school for Term 3

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Follow us on Facebook!
facebook.com/SevenHillsHS/

FROM OUR PRINCIPAL

As we pass the midpoint of Term 2, I am delighted to share with you the latest updates from our school. It's been a busy time, filled with exciting events, achievements, and memorable experiences for our students and staff.

Our students have continued to demonstrate their dedication to their studies, their creativity in extracurricular pursuits, and their compassion towards one another. Whether it was through academic achievements, sporting triumphs, artistic endeavours, or acts of kindness, our students have consistently exemplified the values that we place importance on in our Seven Hills High School community.



This week the weather was kind, and we finally had the opportunity to run our Athletics Carnival. The wind was a little chilly and the fields muddy in places, however it was clear a great day was still had by both students and staff. It was great to see so many students participating or cheering on their teammates. I would like to take this opportunity to wish good luck to all the students who will be representing Seven Hills High School at the Blacktown Zone Athletics carnival on Thursday 14th and Friday 15th June.

Last week was National Reconciliation Week. This marked a time for all Australians to learn about shared histories, cultures and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. In acknowledgement of Reconciliation Week, we held many events and activities including assemblies, Aboriginal book and artifact displays, film and documentary showings as well as an art competition. It was also a time to stand up against racism and prejudice. We are proud of the culturally rich and diverse school that is Seven Hills High School. We embrace all cultures and religions and will not tolerate any form of discrimination or racism of any kind. We kindly ask that you reinforce this view with your children so that we may all continue to move forward together.

Last month, Seven Hills High School featured in a Daily Telegraph article about our involvement in the Future Space Program. The program coordinated by Mrs Howell, involves our students designing experiments to grow algae in zero gravity. The program will culminate in the student's experiments being sent to the International Space Station via a Space-X rocket later this year. Astronauts will then carry out the student's experiments on board the International Space Station. One of our students, Jewen Loh, will also have the privilege of sending her artwork into space; her design was selected from over 300 entries across 6 schools as the official mission badge. Congratulations to Jewen and all of the students involved in the program. I would also like to extend my gratitude to not only Mrs Howell but to all of the staff at Seven Hills High School for constantly going above and beyond for our students both in and outside of the classroom to ensure our students have amazing opportunities like this.

Finally, a reminder that the next P&C meeting will be held on Wednesday June 12 in the school library at 6pm. We hope to see you there.

Warmest regards,
Matthew Saville

FUTURE SPACE PROGRAM

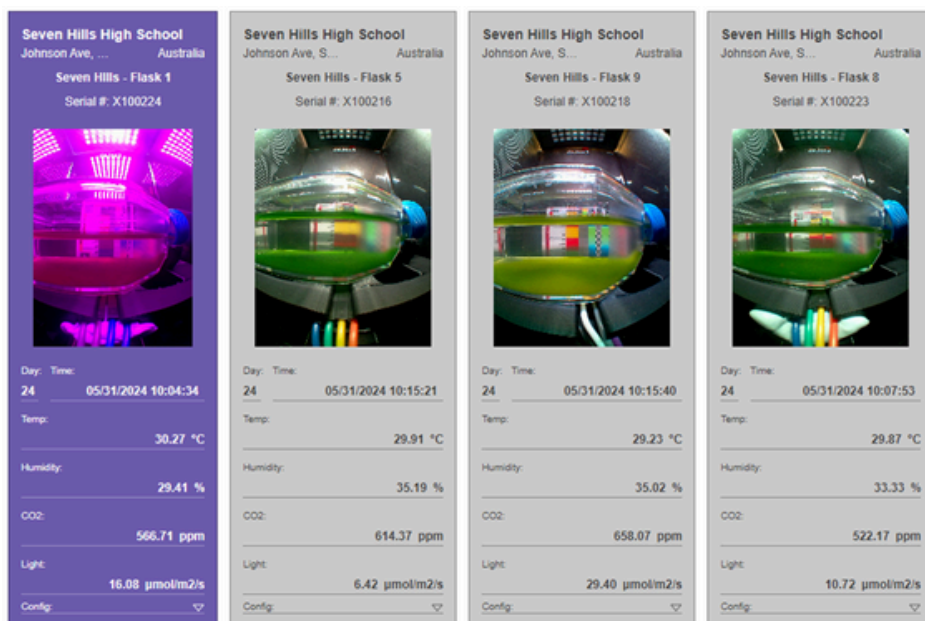
Students who are part of the Future Space Program have been busy this year getting ready to send algae into space. The first task was to research different types of algae to determine the best one to send to space. Students were then asked to submit designs for a mission patch. Each mission to space has their own mission patch, which reflects the mission and the people involved.

Jewen Loh's patch was selected from a number of designs submitted by the six participating schools. Jewen will be one of the youngest people to have their artwork sent to space.



Since the announcement of the mission patch the students conducted their second round of ground trials to start working out what are the best growing conditions for algae. Trial 2 focused on investigating how much light is required for optimum algae growth.

In week 5, the students came together through video conferencing and presented their findings of the experiments.



In week 6 students set up ground trial 3, which will investigate how diluted can the algae solution be to produce growth. Students will conduct a fourth round of trials next term before getting the experiment ready for space in September.

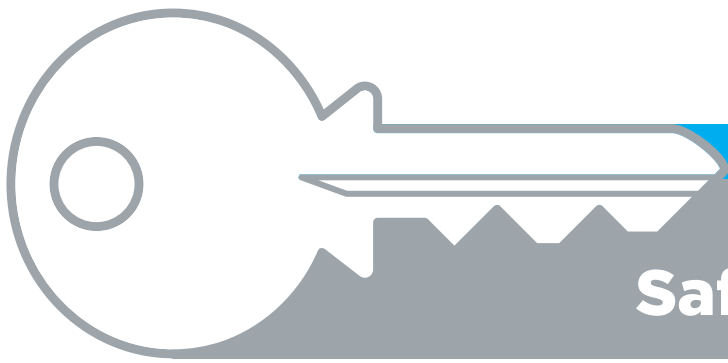
Mrs Howell

ATHLETICS CARNIVAL



Seven Hills High School recently hosted their annual School Athletics Carnival. Overall it was a successful day, despite cold weather conditions. Well done to all the students who participated and congratulations to the students who will be representing Seven Hills High at the Blacktown Zone Athletics carnival on Thursday 14th and Friday 15th June at Charli Bali Reserve.





Safe people, Safe places

Protect your children

The safety and wellbeing of our children is paramount. As parents and carers we can't always be with our children to advise and protect them.

When out and about, children can be confronted with situations where good decision-making is vital. With this in mind, advising our children with appropriate responses to certain situations will help them avoid trouble and danger.

Here are some simple tips to give your children for when they are out and about.

Protect your child walking home

- **ALWAYS** identify safe places on the way home from school.
- **DO NOT** stop and talk to people you don't know. Go straight home or to your intended destination.
- **ALWAYS** find a safe place if you feel frightened. These include schools, shops, churches or police/fire/ambulance stations and tell them that you are frightened.
- **NEVER** get into a car with someone you don't know.

Protect your child on public transport

- **NEVER** travel in isolated areas. Find crowded carriages, guard's compartment (marked with a blue light) or at the front of the bus.
- **ALWAYS** try to travel in groups of friends if possible.

Protect your child when in public spaces

- **ALWAYS** carry a contact number for your parents. (On a card attached to your clothing, written on your arms or in your phone).
- **DO NOT** walk away from family or friends without telling them where you are going, when you'll be back and who you are with.
- **ALWAYS** walk away from fights or arguments, unpleasant or aggressive behaviour and take your friends with you.
- **REMEMBER**, always tell your parents, carer or teacher if something has happened.

*For more crime prevention information
visit us on www.police.nsw.gov.au*



Justice



Triple Zero (000)
For emergencies or life threatening situations.



Police Assistance Line (131 444)
For non emergencies.



Crime Stoppers (1800 333 000)
To provide crime information. It can be anonymous.



Protect your children online

Protect your children

The use of mobile telephones, tablets and personal computers is common in most people's lives.

Children are encouraged to use these devices to assist with their studies and stay connected, but this technology can also be used by online predators to target children.

A lot of children use mobile devices to keep in contact with friends via social media. Whilst using these sites, there is a chance they could come into contact with online predators.

Here are some simple steps we all can take to help protect our children when they are online.

Children - protect yourself online

- **NEVER** post personal information, including your name, home address, photograph, phone number or school, anywhere on the internet.
- **ALWAYS** tell your parents or another adult you know of any contact online that makes you feel uncomfortable.
- **NEVER** arrange a face-to-face meeting with someone you have chatted to online without your parents' or carers' full knowledge. Have a parent/carer accompany you.
- **ALWAYS** think before sending. Pressing 'send' is definite and final – you can't get it back.
- **DO NOT** send a picture of yourself to anyone you don't know.

Parents - protect your children online

- **ALWAYS** educate your children about the dangers associated with online conversations.
- **ENSURE** that you discuss age-appropriate sites with your children.
- **TALK** to your child about what they do online and their favourite sites to visit.
- **CHECK** with your child's school, public library, and other places they frequent to find out what internet sites they're accessing.
- **ALWAYS** monitor the status of safety settings on devices used by your child.

Protect your home devices

- **DEACTIVATE** settings like GPS from social media sites used by your child.
- **ENSURE** you and your family use strong passwords to secure your devices.
- **ALWAYS** use secure web browsers and active parental control restrictions on your home computer and devices.
- **PROTECT** your passwords so your child cannot automatically purchase apps without your approval.
- **DO NOT GIVE YOUR PASSWORD TO ANYONE – NO ONE!**

For more information on this topic visit www.esafety.gov.au

For more crime prevention information visit us on www.police.nsw.gov.au



Justice