

# Seven Hills STAR

*Achieving A Quality Education For All Students In A Caring Environment*

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Website: www.sevenhills-p.schools.nsw.edu.au



Term 4 Week 1

Friday, 19<sup>th</sup> October 2018

## Calendar

### Important Dates

#### Term 4, Week 2

Tuesday 23<sup>rd</sup> October – Stage 3 Smooth Walking Transition day at Seven Hills High School

Thursday 25<sup>th</sup> October – Scholastic Book fair begins!

Friday 26<sup>th</sup> October – Selective High School intention to apply notes due to school

Friday 26<sup>th</sup> October – 2019 Kindergarten Transition Day 1  
From 9am to 10:30am

#### Term 4, Week 3

Tuesday 30<sup>th</sup> October – Maths parent workshop in the School Library

Wednesday 31<sup>st</sup> October – School Dental Visit K, 2, 4 and 6

Thursday 1<sup>st</sup> November – Music Count Us In 11:30am

Thursday 1<sup>st</sup> November – P&C Meeting 2pm

Thursday 1<sup>st</sup> November – P&C Halloween disco from 6:30pm in the Hall

2019 Kindergarten Transition Day 2– Friday 2<sup>nd</sup> November  
9.15am – 10.15am

<b>Office Hours:</b> Monday – Friday 8.30am - 3.15pm	<b>OOSH Hours:</b> Monday – Friday 6.30am – 8.30am & 3.00pm – 6.00pm 0421 058 783
<b>Canteen</b> Wednesday, Thursday and Friday 8.45am - 1.40pm	<b>Uniform Shop</b> Mondays and Fridays 9.00-10.00am

## Principal's Message



Education  
Public Schools

Good afternoon families and friends,

Welcome back to what promises to be an action packed term full of outstanding learning opportunities and celebrations of student achievement. We trust you had a restful and relaxing break, recharging the batteries and spending quality time with family. Important for us all! Our students have returned settled and ready to challenge themselves in class each day.

**Staffing 3/4P** – Last term, Mrs Danov was teaching 3/4P each Thursday while Mr Haynes led professional learning with our team of teachers. With Mrs Danov now on 1/2Y each week, Mr Duckworth will now be taking 3/4P each Tuesday, on top of the Thursdays and Fridays he will be spending with 1/2Y. We welcome Mr Duckworth to this role and are sure the students of 3/4P will enjoy having him each week.

**Selective High School 2020** – A reminder for all Year 5 2018 parents who would like their child to be considered for placement in a selective High School in 2020. Intention to apply notes were handed out during Week 10 Term 3 and are due back to school by Friday October 26th. Online applications can be lodged anytime up until November 12th, 2018.

**Road Safety** – Our student's safety around schools is of paramount importance. Each fortnight for the remainder of the term, our newsletter will contain important information for us all to remember when navigating our vehicles around school, as well as tips for pedestrian safety. Please take the time to read through and reflect on this information. Our children are our most valuable asset and their safety is everyone's responsibility.

**Parent Maths Information session** – Ever wondered how you can help your child with Maths at home? Ever wondered why they don't do Maths the



same way we did at Primary school? A parent learning session will be held in the school Library on **Tuesday October 30<sup>th</sup> from 9:15am – 10:15am**. This session will involve practical activities and hands on games you can use with your child at home no matter their age, K-6. We look forward to welcoming as many parents and caregivers as possible to this event, which supports learning at home. Morning tea and refreshments will be provided for all attendees.

**Working Bee** – During Week 6 Term 4 (Thursday 22<sup>nd</sup> November from 2pm – 7pm) we will be holding a working bee at our beautiful school. We can all do with a little TLC from time to time, and this is a great opportunity for us to pitch in and help further enhance the physical surrounds of our school. More details will be distributed in the coming weeks, so please keep the date free and get ready to roll up your sleeves! As always, all volunteers are welcome and jobs will be available for everyone.

Please remember to continue checking your child's bag for notes, our website, Facebook page and school app for updates as we progress throughout Term 4. We have many exciting opportunities for our students to develop their skills and celebrate their learning in the coming weeks and months. We look forward to cherishing our Year 6 students during their final term at Primary school as they prepare for High school, while at the same time welcoming the newest members of our learning community, our Kindergarten 2019 students.

Looking forward to what lays ahead...

Mr Allan Ison

Relieving Principal

Email: [sevenhills-p.school@det.nsw.edu.au](mailto:sevenhills-p.school@det.nsw.edu.au)

Website: [www.sevenhills-p.schools.nsw.edu.au](http://www.sevenhills-p.schools.nsw.edu.au)



**Cancer Council NSW** Nutrition Snippet

## The simplest way

...to keep lunch foods fresh.

Food packed at home in the lunch box needs to stay fresh and safe to eat at school.

Meat, fish, poultry, eggs, noodles, rice, pasta, custard, yoghurt, cheese and milk need to be kept very cold to prevent food poisoning.



Pack lunches in a cooler bag with a cold brick or use a frozen bottle of water to keep food cold.

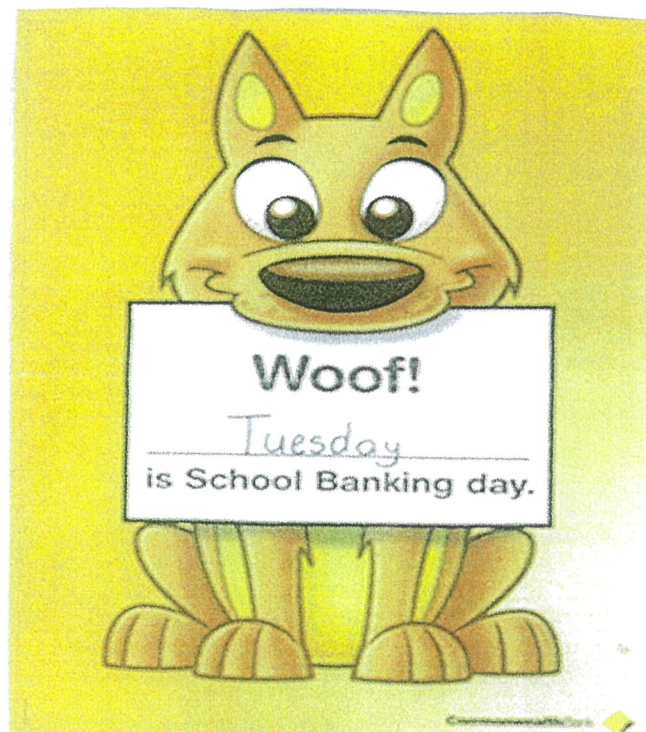
Items such as sandwiches, milk poppers, yoghurt, custard tubs, muffins, or fruit segments can be frozen to pack on hot days.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program

**NSW** Health Western Sydney Local Health District

**Eat It To Beat It**



### P&C Meeting

**When:** Thursday, 1<sup>st</sup> November

**Time:** 2.10pm

**Where:** RFF Room

**ALL WELCOME!**





# STAGE 3 CAMP

At the end of Term 3, 21 students from Stage 3, Mrs Sigg and Mrs Bernardi travelled to Douglas Park on the Nepean River for our annual camp. Although we suffered a slightly soggy start, we were actually blessed with lovely weather during the three days we were away. The students were absolutely beautifully well behaved and met all our expectations over the three days. Mr Ison also enjoyed spending the day with us on Thursday.

During Camp the students participated in a Flying Fox, Bush Walk, Gorge Swing, Canoeing, Zorb Balls, Bubble Soccer, Archery, Rock Climbing and a fabulous campfire. They learned new skills and challenged themselves to do things they didn't think they could. Mrs Bernardi and Mrs Sigg are exceptionally proud of each and every one of the students, it was fabulous to watch their confidence grow and how well they get along and support each other.





Australian Early Childhood Educational Development Experience  
(AECEDE) Research Project

## School newsletter (external)

### Parents needed to help us build a complete picture

Our school is participating in the Australian Early Childhood Educational Development Experience (AECEDE) Research Project which will add to the richness of the Australian Early Development Census (AEDC) undertaken earlier this year. The project explores the impact of early learning experiences on children's development, at home and in early education and care services. This research will help policy makers better understand how children's education and care experiences in the years prior to starting full-time school can be delivered in a way that best supports children's development and learning.

The project is being conducted by the Australian Government Department of Education and Training, and supported by the NSW and NT Departments of Education and researchers from the Telethon Kids Institute and the Social Research Centre.

The **Primary Caregiver Survey**, will take place from 10 September to 2 November 2018 and will invite parents and caregivers to complete a short survey about the early childhood education and care history of their child, as well as information about their parenting style and the child's home environment. This is an important perspective that only the parent/primary caregiver can provide.

Parents/caregivers of children in kindergarten will be sent an *invitation letter* and *invitation email* to complete the Primary Caregiver Survey online. Paper versions of the survey will be available from our school for caregivers without suitable internet access, or for whose first language is not English. Support will also be available by phoning 1800 092 548 where parents/caregivers will be assisted to complete the survey over the phone.

Children at our school will directly benefit from parents/carers participation as we will receive a voucher to be spent in support of the children, if most of the caregivers complete the survey.

The privacy of children is the most important and while individual children's names are recorded, final results do not identify individual children or schools. While parent/carer participation in AECEDE is entirely voluntary, it is important that as many parents/carers as possible participate to ensure that robust data are produced.

Evidence from the AEDC has shown that child development data provides valuable information to guide planning and policy in early childhood development, and target resources and support where it is most needed. The AECEDE Research Project will further enrich the data available by providing an additional layer of information, focusing on children's development before they start full-time school.

To find out more about the AECEDE Research Project visit the AEDC website [www.aedc.gov.au/aecede](http://www.aedc.gov.au/aecede).





# Road safety



## Keeping your children safe when dropping off and picking up at school

Here are a few things you can do to help keep your children and others safer during drop-off and pick-up times during the school week:

- Make sure your children are fastened in the correct child car seat for their age and size and that it is fitted correctly.
- Stick to the 40km/h speed limit in a school zone and look out for children who may be about.
- Watch for flashing lights on buses. They let you know that there may be children crossing or about to cross the road. A 40km/h limit applies when school bus lights flash.
- Always give way to pedestrians particularly when entering and leaving driveways.
- Always park and turn legally around schools. Manoeuvres such as U-turns and three-point turns are dangerous during busy school drop-off and pick-up times.
- Drop your children off and pick them up on the school side of the road in your school's designated drop-off and pick-up area. Never call out to them from across the road – they may run to you without checking for traffic.
- It's safest for children to get out of the car through the Safety Door, away from passing traffic. This is the rear footpath side door of the car.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)



## DEALS

<b>DEAL 01</b> _____	\$38.00
2 Large traditional pizza garlic bread 1.25 drink	
<b>DEAL 02</b> _____	\$37.00
Large traditional pizza, 1 large gourmet pizza and garlic bread	
<b>DEAL 03</b> _____	\$35.00
Large pizza traditional, 1 Pasta of choice, Medium garlic pizza	
<b>DEAL 04</b> _____	\$73.00
1 Large traditional pizza, 1 Large gourmet pizza, 1 Large garlic pizza, 12 buffalo wings 3 dipping sauce, 4 rice puddings, 1 1.25 drink	

FOLLOW US ON  
**facebook**

### for Hot Specials During the Week

\$2 half/ half only on large traditional pizzas only

Minimum delivery \$25

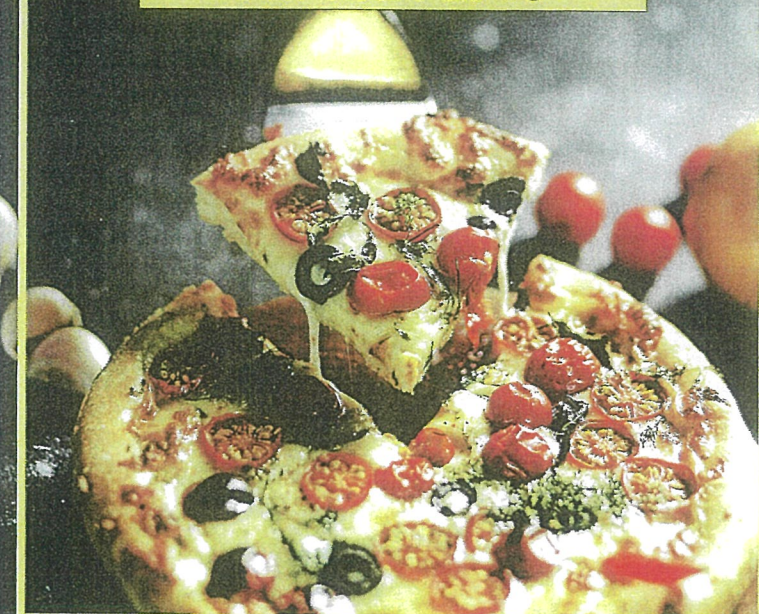
Delivery fee applies

SHOP 5, 35 MONARO STREET, SEVEN HILLS NORTH



— HOT . FRESH . DELICIOUS —

Ph: 9624 2713



## Gourmet Pizza

M - \$18.00 L - \$20.00

### Smokey Jakes

Bbq base Chicken breast, mushroom, bacon, onion, cheese, drizzled with a Smokey Bbq sauce

### Daniels Special

Tomato base, cheese, Italian sausage, mushroom, cherry tomato, olives

### Calabrese

Tomato base, cheese, salami, Italian sausage, roasted capsicum, artichoke and olives

### Sicilian

Tomato base, cheese, sliced tomato, anchovies, fresh basil, bocconcini, capers

### Java

Satay base, cheese, chicken, broccoli, snow peas cashew nuts, drizzled with sweet chilli sauce

### Little Tees

Tomato base, cheese, slow cooked pulled pork, onion, fresh tomatoes, drizzled with minted yoghurt

### Chilli Prawn

Tomato base, cheese, king prawns, cherry tomatoes, chilli, fire roasted capsicum and fresh basil

### Pesto veg

Basil pesto base, cheese, shaved zucchini, fire roasted capsicum, mushroom, bocconcini, fresh basil

### Sarah's Special

Tomato base, cheese, baby spinach, king prawns, shaved parmigiana, drizzled with a garlic chilli olive oil

### Reggio

Tomato base, cheese, fresh ricotta dollops, Italian sausage, baby spinach, Italian tomato, shaved parmigiana

### Genoa

Tomato base, cheese, slow roasted lamb, onion, capsicum, sweet pumpkin, drizzled with minted yoghurt

### Trieste

Cheese, tomato base chicken breast, baby spinach, onion, olives, cracked feta

### Aegean

Light Tomato base, cheese sea scallops, spinach leaves, hot wood roasted salmon drizzled with a caper lemon juice aioli

### Ms Maddi

Tomato base, cheese, bocconcini, and ricotta

### Butchers pan

Smokey Bbq sauce, cheese, cabanossi, pepperoni, ground beef topped with jalapenos

### Pollo

Light pizza sauce, cheese, chicken, onion, capsicum, slice tomato drizzled with peri peri sauce

## Traditional Pizza

M - \$14.00 L - \$17.00

### Hawaiian

Tomato base, cheese, ham and pineapple

### American

Tomato base, cheese and Pepperoni

### Supreme

Cheese, Tomato base ham, cabanossi, mushroom, onion, capsicum and pineapple

### Maxi's

Tomato base, cheese, ham and fresh tomato

### Bbq meat

Bbq base, cheese, salami, ham, beef, cabanossi and bacon

### Vegetarian

Tomato base, cheese, mushroom, capsicum, onion, pineapple and olives

### Napolitana

Tomato base, cheese, anchovies and olives

### Mexicana

Tomato chilli base, cheese, salami, capsicum, onion, beef

### Margherita

Cheese on a tomato base

### Aussie

Bbq base bacon mushroom and egg

### Flaming hot

Tomato base, chilli flakes, chicken, mushroom onion capsicum, jalapenos, bacon drizzled with peri peri sauce

Cheese and Garlic pizza \_\_\_\_\_

M - \$8.00 L - \$10.00

Herb and cheese pizza \_\_\_\_\_

M - \$8.00 L - \$10.00

### Garlic bread

\$4.00

### Drinks

Doke, Diet coke, Sprite, Zero, (1.25) \$4.00

(Cans) \$3.00

### Rice pudding

\$4.00

### Nutella pizza

L - \$15.00

### Pasta

Spaghetti, gnocchi, penne, ravioli

### Nonno's

\$14.00

Basil pesto, sundried tomato, chicken and olives

### Bolognese

\$12.00

Beef mince napolitana sauce

### Boscicola

\$14.00

Creamy mushroom bacon sauce

### Red Sea

\$15.00

King prawn in a pink chilli sauce

### Napolitana

\$9.00

Rich Italian sauce

### Ragou

\$14.00

Lamb in a light thyme and mushroom sauce

### lasagne

\$13.00

### Pumpkin lasagne

\$13.00

## Salads

### Greek

\$9.00

Lettuce, Spanish onion, tomato, cucumber, capsicum, olives and feta cheese

### Ceaser

\$9.00

Lettuce, bacon, parmesan with a caesar dressing

### Italian

\$7.00

Lettuce, tomato, cucumber

## Buffalo Wings

Choice dipping sauce (6 wings) \$9.00  
60c each: blue cheese (12 wings) \$15.00  
or tangy Bbq sauce

## Italian Fries

1: Fries seasoned with a rosemary salt \$7.00

2: Fries topped with creamy blue cheese sauce \$9.00

3: Fries drizzled with creamy blue cheese sauce and topped with bacon pieces \$11.00

### Salmon

\$15.00

Wood roasted Tasmanian salmon accompanied with a Greek salad





## KILDARE ROAD MEDICAL CENTRE ALLERGY CLINIC NOW OPEN!

Do you suffer from a runny nose, runny or itchy eyes or excess mucous production?  
If so, you may be allergic to common airborne allergens such as:

- *animal dander*
- *house dust mites*
- *mould spores*
- *pollens (grass, trees, weed)*

To find out about diagnosis and treatment for these allergies book an appointment with  
Dr. Phil Humphris or Dr. Nabeel Makmahi today:

- *online at [kildaremedical.com.au](http://kildaremedical.com.au)*
- *via the HotDoc App (free from the App Store)*
- *call Reception on 8822 3000*

**BULK BILLING OPEN 7 DAYS**

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## SEVEN HILLS OUT OF SCHOOL HOURS CARE

**KIDS ARE COOL**

6.30-8.30 am

3.00-6.00 pm



Your school child/ren can attend and have lots of fun while you go;

- ★ to work
- ★ shopping
- ★ appointments/meetings
- ★ catch up with a friend/s.
- ★ or have some me time



Your child/ren will be supervised and having 'SO MUCH FUN'.

- ✚ Craft, painting
- ✚ Dancing, performing
- ✚ Playing with friends
- ✚ Computer games & Consoles
- ✚ Outdoor activities



Kids can even do their homework together.

**BREAKFAST AND AFTERNOON TEA SUPPLIED.**

**FUN ..... FUN ..... FUN ..... FUN ..... FUN.**

**BE PREPARED AND HAVE YOUR ENROLMENT FORM COMPLETED**

Bookings, please sms mobile - 0421058783

You never know when you may need the SHPS OOSH service.

We are here for all the schools children and their parents.



*Australian*  
**Air League**

**NSW GIRLS GROUP**

Established 1944

**NEW SQUADRONS STARTING IN YOUR AREA**

**RECRUITING NOW**

Get in on the ground floor for...

- Excitement and Fun • Achievement and Recognition
- Friendship and Team Spirit • Plenty of Challenge

**FREE TO JOIN WITH ACTIVE KIDS \$100 VOUCHER**



### FOR GIRLS AGED 8 TO 18 YEARS

- Free to join with Active Kids \$100 Voucher
- Meet new friends
- Have lots of fun
- Develop your confidence and self esteem
- Train to be a Junior Leader
- Be part of a team
- Take part in sporting, flying and camping activities
- Get involved in your Community
- Interstate competition trips
- Theory & practical classes in aviation, general interest and life skills
- Recognition for all achievements

### ADULTS 18 YEARS & OVER

- All prospective members 3 week trial period at no charge
- Distinctive Leaders uniform
- Join a friendly Parent Support Group
- Full training program to become a Leader (Ladies)
- Become a volunteer Instructor/Supervisor
- Social family events
- Savings plan for camps and excursions
- Regular information updates in newsletters
- Annual Awards Ceremony
- All volunteers are NSW Working with Children Check compliant

If you'd like to learn more, visit an operational Squadron or call us today!



FOR MORE INFORMATION PLEASE CONTACT

Mrs Robyn McKenzie: 0409 391 084 Email: [gexc.nswgw@airleague.com.au](mailto:gexc.nswgw@airleague.com.au)

Girls Squadrons also located at Albion Park, Beverly Hills, Blacktown, Doyalson, Mudgee, Penrith, Southern Highlands

[www.airleague.com.au](http://www.airleague.com.au)

Facebook: [airleague](https://www.facebook.com/airleague)