

Seven Hills STAR

Achieving A Quality Education For All Students In A Caring Environment

2A Lucas Road, Seven Hills NSW 2147 T: 9624 3441 F: 98384893 E: sevenhills-p.school@det.nsw.edu.au
Website: www.sevenhills-p.schools.nsw.edu.au



Term 4 Week 5

Friday, 16th November 2018

Calendar

Important Dates

Term 4, Week 6

Monday 19th November – Water smart visits K-2 and 3-6

Thursday 22nd November – WORKING BEE 2pm to 7pm
(All welcome!)



Term 4, Week 7

Tuesday 27th November – Kindergarten 2019 evening session 6:30 to 8pm

Thursday 29th November – Drought Fundraiser (Dress like a farmer!)

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



Principal's Message

Good afternoon families and friends,

Welcome to another exciting fortnight of learning at Seven Hills Public School. We have some exciting community events coming up over the next couple of weeks, which builds on the positivity of the recent Halloween disco, hosted by our amazing P&C...

Working Bee – During Week 6 Term 4 (Thursday 22nd 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. A note was sent home last week and we ask that for catering purposes, any families attending send back their RSVP as soon as possible. Pizza will be provided for all volunteers. 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.

OT Practicum – Students at Seven Hills Public School have been invited to participate in a free-of-charge, school-based program for Occupational Therapy services. This program will take place between Monday November 12th (Week 5 Term 4) and Friday December 7th (Week 8 Term 4).

As part of this service, a Senior Occupational Therapist from Assessments and Behaviour Interventions (ABi) will be working with an Occupational Therapy practicum student from Australian Catholic University (ACU) to deliver individual and class programs targeting specific fine motor (e.g., handwriting) and gross motor (e.g., coordination, balance) skills.



Education
Public Schools

Teacher Professional Learning – Throughout the beginning of Term 4, our teachers have been involved in some outstanding professional learning. We recently attended a teachmeet session at Shelley Public School on Visible Learning, have continued our work on Spirals of Inquiry both here at school as well as travelling to other schools to see example of best practice, have engaged with new DoE documents such as PD/H/PE, Science syllabi and the EaL/D progressions. Our executive even spent the day reflecting on Leadership and professional standards with Ann McIntyre last Thursday. It is reassuring to know that our teachers are as fully immersed in their learning journey and constant quest for improvement as our students!

Drought Fundraiser - As you are no doubt aware, much of NSW is facing a crisis in the form of drought at the moment. Our school, in collaboration with the P&C, have made the decision to connect with a community called Trundle Central School who are living through this crisis as we speak. Trundle Central School is located just outside Parkes, and has a total enrolment (K-12) very similar to that of Seven Hills PS (approximately 140 students). On Thursday, November 29th (Week 7 T4), we ask that all students come dressed in Mufti as a farmer. This could include jeans, large hats, flannelette shirts and boots! Any donations of the noisy (coins) or silent (notes) variety are greatly appreciated, and will go directly toward the families of this amazing small school community. In order to create a genuine learning experience for our students, we will be holding a virtual classroom connection with the students of Trundle Central School throughout the day. During these sessions, students from Seven Hills PS will have the opportunity to connect with students from Trundle CS, showing their support while at the same time learning about life in the country during a time of drought. In addition, we will also be creating a video on the day showcasing the fundraising efforts of our wonderful learning community to be sent to Trundle CS. This real human connection is important as we send a message to a community in need that we are thinking of them and reaching out to offer our support. In advance, I thank you for your generosity

and understanding in support of another wonderful community event...

Parking on Lucas Road – Parking around schools is always an interesting topic, and throughout Term 4, we are including road safety messages in our newsletters to keep our students safe. In addition to this, I would also kindly ask that parents be mindful of others when parking their cars around our school. Parking spots can be at a premium during pick up and drop off times, and taking simple steps such as moving along in parking zones and walking a few metres so that all the available space can be utilised helps as many people as possible to drop off and pick up safely. Your consideration of other road users is always appreciated.

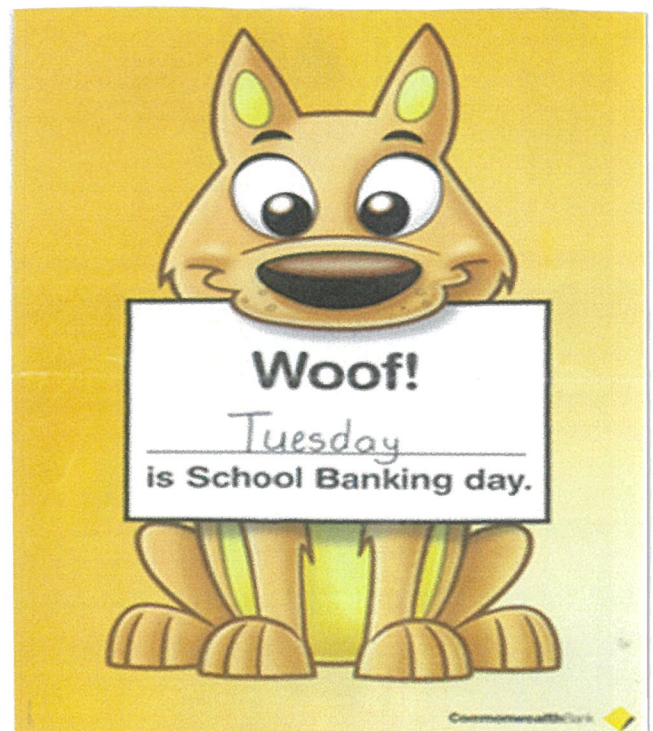
Over the remaining weeks of Term 4, please keep checking the bottoms of bags each day, as we have many different celebrations of learning and exciting opportunities (such as presentation day, talent quest, movie day and much more) planned. We look forward to sharing the sparkles of each day with your children and continuing to grow in our learning journey together...

Mr Allan Ison

Relieving Principal

Email: sevenhills-p.school@det.nsw.edu.au

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

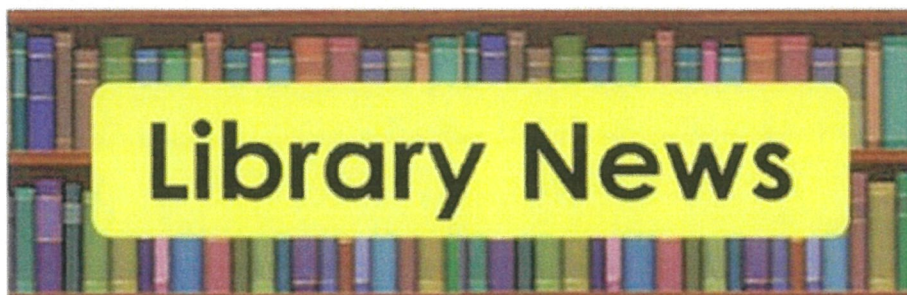
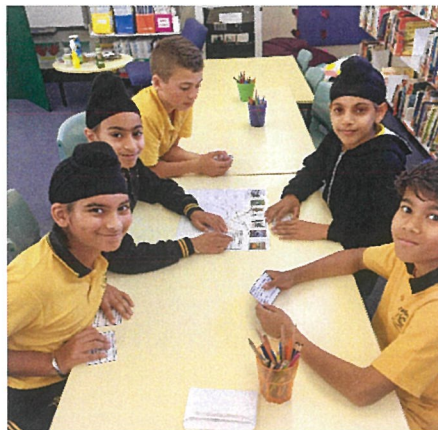


EnvironMentors

EnvironMentors is an incursion-based program that gives students the opportunity to learn about sustainable practices that are beneficial to our environment. Last week the EnviroMentors from Blacktown City Council visited our school and students were taught about the different household bins we have and the importance of environmental implications of littering, sorting of waste and correct disposal.



Mrs Bernardi

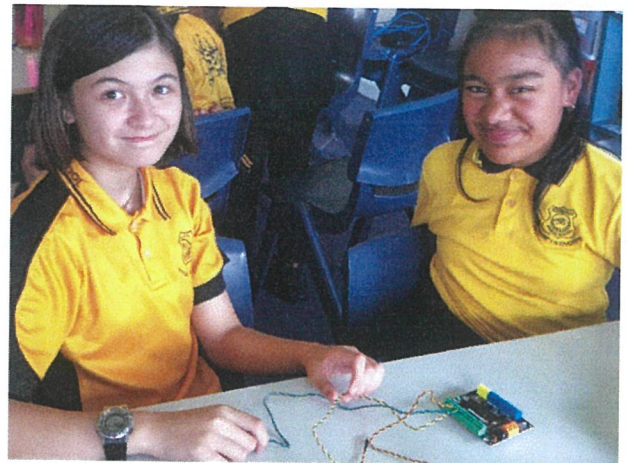


This will be the last week of borrowing for this year as we have a Library Stocktake in December. Students will need to return all books to me by the end of November please.

Mrs Bernardi

Class of the Week: 5/6 Orange

5/6Orange has almost completed an amazing year of work. We have been finishing our English unit on Intertextuality where Fairy-tale characters find themselves in new settings and story lines! Our 3 days of camp were fabulous fun. We did rock climbing, archery, the gorge swing, canoeing, zorb balls, bubble soccer and the zip line. The time spent together, cheering each other on and supporting each other through challenges was highly worthwhile and has made us a much closer and tighter unit. During the last few weeks we have been working with Mr Haynes with the Hummingbird kits, building circuits and programming them to flash lights and to turn on and off with proximity sensors. Our weekly STEAM sessions are great learning opportunities and so much fun. We've also been enjoying learning some dances for the Year 6 Farewell which is now only a few weeks away!



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 just 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 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.

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 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.
- Always give way to pedestrians particularly when entering and leaving driveways.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Lives lost on NSW roads.
Our goal is zero.



Road safety

Walking together safely to and from school

Walking to school and back home again is a great way to spend time with your children and encourage safe and healthy behaviours.

Here are a few things you can do to help keep your children safer as a pedestrian:

- Talk with your children about being alert in the road environment.
- Plan and practice your trip to school so you use pedestrian crossings where possible.
- Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
- Meet your child near the school gate and don't call them from across the road.
- Explain why the place you have chosen is the safest place to cross.
- Remind your child to **STOP! LOOK! LISTEN!** THINK! every time they cross the road and keep checking until safely across.
- Talk to them about why they should stop, look, listen, think before crossing a driveway, road or carpark.

Young children can learn and practice these safe pedestrian behaviours with you. This will help them to be safer pedestrians when they are old enough to travel alone.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Messages to share with your children in Kindergarten to Year 2

- Hold a grown up's hand when:
 - you cross the road
 - you're on the footpath
 - you're in a car park

Messages to share with children in Years 3 to 6

- Use a safe place to cross the road
- **Stop! Look! Listen! Think!** every time you cross the road and keep checking until safely across

STOP!
one step back from the kerb

LOOK!
continuously both ways

LISTEN!
for the sounds of approaching traffic
THINK!

whether it's safe to cross and keep checking until safely across

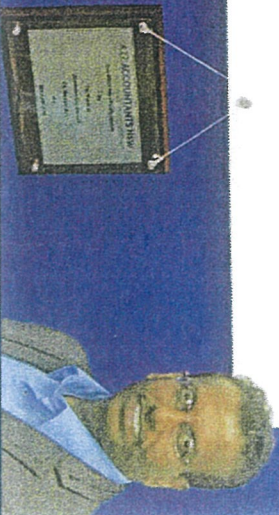


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Mail:

P. O. Box 876
Blacktown NSW 2148

Address:

Suite D, 111 Main Street
Blacktown NSW 2148

P: (02) 9679 7002

E: satish@a2zaccountantsnsw.com.au
www.a2zaccountantsnsw.com.au



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 Maknahi today:

- online at kildaremedical.com.au
- via the HotDoc App (free from the App Store)
- call Reception on 8822 3000

BULK BILLING OPEN 7 DAYS

36 Kildare Road, Blacktown, NSW 2148

Enrolments
now open

Students 5-18 Years



Helen O'Grady DRAMA 2019

Drama Develops Kids

Classes at Dural, Kellyville, Castle Hill, Quakers Hill,
Baulkham Hills, Rouse Hill, Oakhill Drive and Bella Vista

At Helen O'Grady Drama Academy, students learn new skills in acting, speech and creativity as well as gaining confidence. Our unique drama program helps them reach their full potential.

0438 788 080

www.helenogrady.com.au

sydneynwest@helenogrady.com.au



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
or join us at facebook.com/eatittobeatit

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

