

# 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 3

Friday, 2<sup>nd</sup> November 2018

## Calendar

### Important Dates

#### Term 4, Week 4

Wednesday 7<sup>th</sup> November- Stewart House Bag collection final pick up.

Thursday 8<sup>th</sup> November- K to 6 Environmentors

Friday 9<sup>th</sup> November – K to 6 Assembly in the hall



#### Term 4, Week 5

Friday 16<sup>th</sup> November – 2019 Kindergarten transition day 3  
from 9.15am to 11:00am

#### 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,

We welcome the warmer weather and longer days! As Term 4 gets into full swing, we also look forward to all the learning experiences that Term 4 will bring for our students. Over the coming weeks, teachers will be busy writing reports, providing a snapshot into the progression of each and every student. We will continue to be immersed in the small sparkles in each day, whether they be gains in reading,

writing, maths or other areas of the curriculum. Please remember to keep speaking with your children about the positive experiences they have with their teachers and friends, as these are the building blocks for an ongoing love of learning.

**Dental Visit** – We all value a winning smile and regular visits to the dentist certainly help in this area! Our students were treated to a free dental visit from the highly skilled professionals from Mount Drutt Health this week. Each class received a refresher course in dental hygiene, while those students who returned their notes were treated to a free check up with commendations for a job well done or recommendations for parents about any follow up which may be required. This is a service we will look to continue into the future, and I would encourage all parents of children in K, 2, 4 and 6 in 2019 to get involved.





**Music Count Us In** – On Thursday this week, we celebrated a love of music which comes naturally to each of us in one form or another. This fantastic opportunity for students to celebrate singing in a positive way was on display for all to see and hear.

**Parent Maths Information session** – Tuesday morning, our learning community extended beyond the walls of the children's classrooms and reached out to help parents better understand how their children develop their understanding of number concepts. This event was extremely well attended, with over 30 of our families now equipped with not only the knowledge of how children develop their skills, but also games to enjoy with their children to develop these skills. As I said to the parents who attended, your children benefit enormously from spending time developing the language, strategies and number sense with you through modelling and playing. Buy a deck of cards or a set of dice and spend the time playing games in a fun, yet challenging environment. If you were not able to attend, please see the office for a copy of handouts with dice/card games provided on the day. Future sessions are planned, and if our initial turnout is anything to go by, these could become a regular fixture where parents are learning alongside their children and teachers!



**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.

Over the coming weeks, we look forward to sharing our stories of learning from the staff, students and parents of our community. As I recently tweeted to the wider Blacktown educational community and told the students/parents at assembly, we're not a great group of learners even though we're a small school, we're a great group of learners BECAUSE we're a small school. Each child, family and teacher is welcomed and supported in their learning journey...

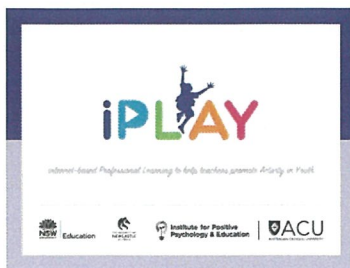
*Mr Allan Ison*

*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)





### Screen-time

Screens are used for a wide variety of purposes including communication, entertainment and homework. When we refer to screen-time we are talking about recreational screen-use, outside of school hours, for the purposes of entertainment. Screen-time refers to:

- Watching TV / DVD's
- Playing video games on a console (e.g. Xbox), computer or portable device (e.g. PSP)
- Using the computer for internet surfing or social media (e.g. Facebook/Twitter)
- Using a smartphone or tablet device (e.g. iPhone/ iPad)

Screen-time is like junk food. A little bit isn't going to do too much harm. It's when it is done to excess that it becomes a problem. When considering the screen-time of your children think about whether there is a balance between physical activity, schoolwork, socialising and screen-time.

*National guidelines recommend that young people spend no more than 2hrs per day using screen-based entertainment.*

### Did you know?

- Research has linked high screen-use during childhood and adolescence to poor academic performance.
- According to one scientific study high screen-users during childhood and adolescence (i.e. >3hrs/day) were significantly less likely to get a post-school

qualification (e.g. university degree) by age 26 than low screen-users.

Nutrition Snippet

**Cancer Council NSW**

## 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.

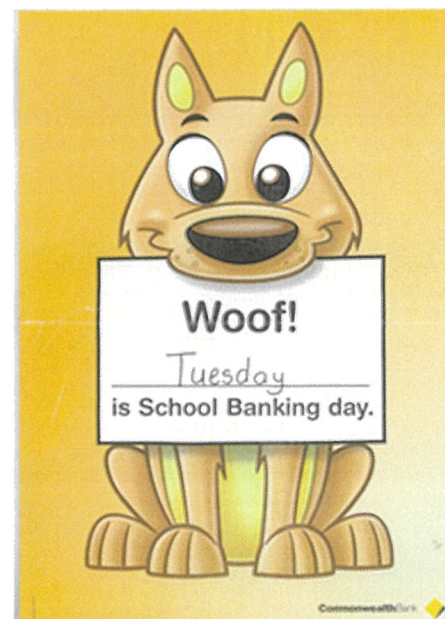
Pack lunches in a cooler bag with a cold brick or use a frozen bottle of water to keep food cold.

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.

**Health**  
Western Sydney  
Local Health District



**schoolstream**  
your school in the palm of your hand

# Love of Learning: K/1

K/1 Blue have been having real world experiences at school and then using interesting language to recount our experiences. We have been particularly focusing on the language of the senses: taste, touch, sight, hearing and smell. This week we brushed our teeth. Here are some examples of our work.



## How to Brush Your Teeth

I first put the toothpaste on the toothbrush then I put my brush on my top teeth and then I put my brush left and right then up and down. Then I brushed my other teeth then my tongue.

Kavanjeet

I brushed my teeth and it tasted minty and the brush looked long. Then I put water in my mouth and then we spit it out and we came back to Mrs Seymour.

Gurekam

First we went to the sink and I brushed with Colgate and it felt good and soft. It sounded like chchch and then I went back to the classroom.

Arjun

The first step is to put the Colgate on the brush. I brushed and brushed and I wiped my tongue. The toothbrush was long and it smelled normal and when I touched it, it was soft and when I tasted it, it was minty.

Hardit

We put some toothpaste on and we went to the toilet and my brush was long and my toothpaste tube was very small.

Aarush

I put the rainbow toothpaste on my red toothbrush and I brushed my teeth and then I spat it out.

Onnika

First I put my toothpaste on. My toothpaste was white. My toothbrush was tall. My toothpaste smells good.

Mishal