

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 9

Friday, 14th December 2018

Calendar

Important Dates

Term 4, Week 10



Monday December 17th – Presentation Day
Assembly 9:30am

Monday December 17th – Talent Quest 11:30am

Tuesday December 18th – Principal's Morning
Tea (Ultimate Badge
recipients)

Wednesday December 19th – Final school day
for students 2018

Thursday December 20th – Staff Professional
Development Day

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



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

Principal's Message

Good afternoon families and friends,
Welcome to our final newsletter for 2018!

It has been my great privilege to share in the learning journey of the students of SHPS throughout Semester 2, 2018. During this short period of time, I have witnessed the dedication of the families, teachers and administration staff, who often go well and truly above and beyond to ensure our students receive the absolute best education possible.

2018 has been a year filled with change. Mrs Diamond has moved on to a different school. Mrs Coleman and Mrs Tierney have retired. I was introduced to the SHPS community from my usual position at Caddies Creek PS and we even managed to acquire the services of Mr Duckworth along the way! All the while, our students have remained focused, calm and settled in their learning journey.

We have celebrated successes in spelling bees, writing competitions, debating, sport and the arts. We have engaged students in 21st century learning through STEM and been a strong presence in the Blacktown Learning Community, the largest network of public schools anywhere in NSW, let alone Australia. Our teachers are constantly engaged in professional learning, honing their craft in an effort to improve on the already existing standard of excellence present every day in their classrooms. Above all though, is the real sense of community present here at SHPS. This has been evident through the support of our working bees, partnership with local businesses such as Bunnings Seven Hills and more recently, the Drought

fundraising appeal for Trundle Central School, a real community in need which our students were able to connect with.

2019 promises to be even more exciting, with an increase in numbers and a few more faces introduced to the learning community at SHPS. While some of these faces may change, our core business remains the same – helping students achieve their personal best.

Our new Principal Mrs Prout and the team of dedicated teachers and support staff will enjoy a well earned break over Christmas, and will return bright eyed and bushy tailed ready to tackle another year of growth and development in 2019!

2018 has been a year where there is much to be celebrated, and I would like to take this opportunity to thank you for the honour of sharing a small part of the learning journey with your children at SHPS during Terms 3 and 4. I have felt truly blessed to build relationships with these amazing children as well as with you, the adults who support them as they grow to become the lifelong learners we all want them to be.

Wishing each of you a safe and rewarding break...

Mr Allan Ison

Relieving Principal

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

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



Health
Western Sydney
Local Health District



TIPS TO GET YOUR KIDS EATING VEGGIES

ADD TO EVERY MEAL

Solid on sandwiches/wraps

Offer cut up veggies as snacks

Fill half the plate with veggies

ENCOURAGE YOUR CHILD

Show them you enjoy eating veggies

Offer veggies with foods they already enjoy

Be positive and patient – it takes 10-15 times to like a new food

TRY A VARIETY

Fresh, Frozen, canned, raw or cooked

Different colours

Buy in season

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. While most children eat at least 1 serve of Fruit each day, the majority don't eat enough veggies.

MAKE HEALTHY NORMAL

NSW

Health
Western Sydney
Local Health District

CLASS OF THE WEEK - 2/3 GREEN



Devansh



Lacey



Mishal



Mishal

Sophia



Road safety



40km/h school zones

40km/h school zones slow traffic on the roads around schools. This is to help protect children on their way to and from schools at the times and places where they are often in high numbers. Most 40km/h school zones operate between 8.00am and 9.30am and from 2.30pm until 4.00pm. The 40km/h school zone speed limit must be observed even if school children cannot be seen.

A 40km/h school zone operates on all notified school days including staff development days (student-free days). While some schools may operate on different term dates, school zone speed limits must be followed during NSW Government determined school terms.

You can find the school term dates on the following websites:

- roadsafety.transport.nsw.gov.au
- educationstandards.nsw.edu.au
- education.nsw.gov.au

To increase motorists' awareness of 40km/h school zones, triangular 'dragon's teeth' road markings indicate that the vehicle is entering a school zone.

Fines and a loss of demerit points will apply if the 40km/h speed limit isn't followed. For more information on fines and demerit points, visit rms.nsw.gov.au

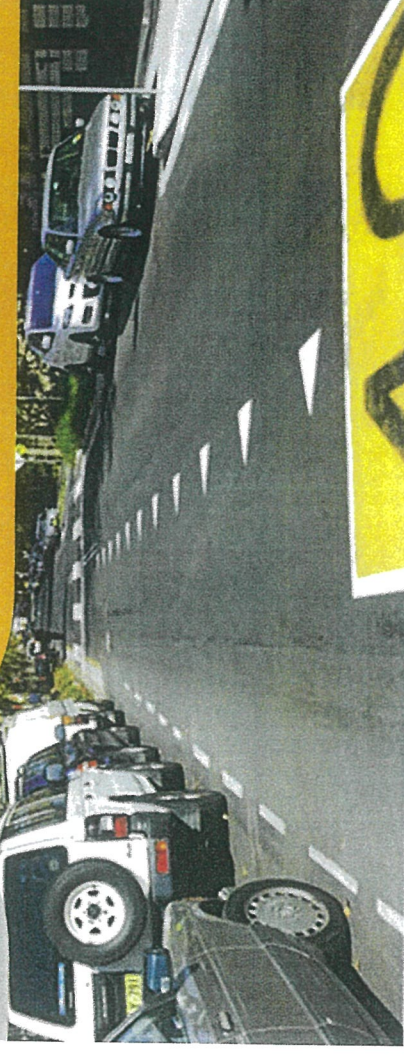
For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Lives lost on NSW roads.
Our goal is zero.



Road safety



Your guide to driving and parking safely near schools

The beginning and end of the school day are busy times for pedestrians and vehicles outside the school. That's why you need to take extra care in 40km/h school zones.

- Park safely and legally, even if it means walking further to the school gate. Parking signs are planned with children's safety in mind.
- Slow down to 40km/h in the school zone and stay aware of crossings.
- Always park and turn legally around the school.
- Never double park as it puts children at risk.
- Manoeuvres such as U-turns and three-point turns are dangerous.
- Never park in a bus zone or in the school bus bay.
- Make sure your children use the Safety Door (rear footpath side door) to get in and out of the car.
- At a supervised crossing, observe the directions of the school crossing supervisor.
- Model safe and considerate behaviour for your child – they will learn from you.

Remember to always give way to pedestrians particularly when entering and leaving driveways. Don't park across the school driveway or the entrance to the school car park. It's always a good idea to use the drop off and pick up area suggested by your school. This will help keep all children as safe as possible during the busiest times of the school day.

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

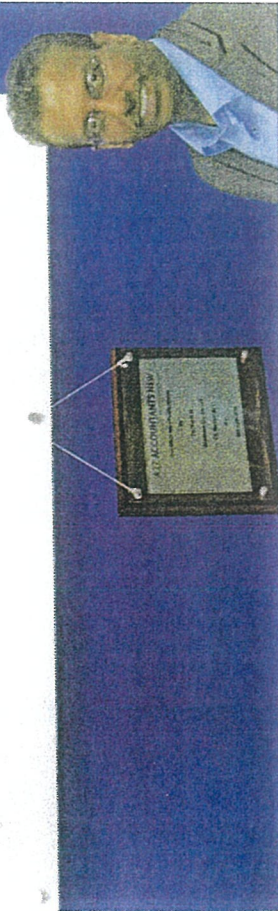


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KILDARE ROAD MEDICAL CENTRE ALLERGY CLINIC NOW OPEN!

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*
- *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

PCYC School HOLIDAYS

OPERATION 9AM - 3PM
\$25 PER CHILD PER DAY

Monday 14/1	W1 Boxing	W2 Arts & Craft
	W3 Soccer	W4 Dodgeball
Tuesday 15/1	W1 Arts & Craft	W2 Zumba
	W3 Table Tennis	W4 Multisport
Wednesday 16/1	W1 Youth hub	W2 Basketball
	W3 Cooking	W4 Outdoor games
Thursday 17/1	W1 Kids fitness	W2 Movie & board games
	W3 Arts & Craft	W4 Athletics
Friday 18/1	W1 Multi-sport	W2 Arts & craft
	W3 Soccer	W4 Music & dance
Monday 21/1	W1 Boxing	W2 Arts & Craft
	W3 Soccer	W4 Dodgeball
Tuesday 22/1	W1 Arts & Craft	W2 Zumba
	W3 Table Tennis	W4 Multisport
Wednesday 23/1	W1 Youth hub	W2 Basketball
	W3 Cooking	W4 Outdoor games
Thursday 24/1	W1 Kids fitness	W2 Youth hub
	W3 Arts & Craft	W4 Athletics
Friday 25/1	W1 Movie & games	W2 Dodgeball
	W3 Arts & Craft	W4 Music & dance

Contact: 9622 3470
Blacktown@pcycnsw.org.au

30 Second Ave, Blacktown NSW

CHEER ENERGY

2019

COMPETITION TEAM TRYOUT DAY

BE PART OF THE FASTEST
GROWING SPORT IN THE WORLD!

**SATURDAY
DECEMBER 15TH 2018**

Cheer Energy offers classes in
cheerleading, dance and
tumbling as well as other high
energy programs for athletes of
all ages and capabilities

EVERYBODY MAKES A TEAM!

\$10 FOR CHEER / \$10 FOR DANCE

10/10 HUDSON AVENUE, CASTLE HILL

0426 767 469 ADMIN@CHEERENERGYAUSTRALIA.COM.AU

CONTACT US FOR INFORMATION ABOUT OUR COME AND TRY DAYS

CASH ONLY