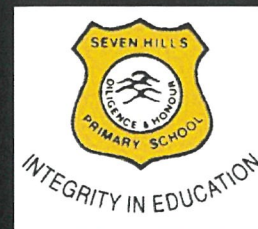


# Seven Hills STAR

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 1 Week 2

Friday, 9<sup>th</sup> February 2018

## Calendar

### Important Dates

#### Week 3



|                                      |  |
|--------------------------------------|--|
| Monday, 12 <sup>th</sup> February    | Sports In Schools: K, K/1, 1/2<br>Kindergarten finish at 3.00pm  |
| Wednesday, 14 <sup>th</sup> February | Swimming Carnival<br>9.00am – 12.00pm: Blacktown<br>Aquatic Centre<br><br>P&C Meeting 2.10pm RFF<br>room<br><br>Learning Club recommences<br>3.10pm - 4.10pm - Library |

#### Week 4

|                                    |   |
|------------------------------------|---|
| Monday, 19 <sup>th</sup> February  | Sports In Schools: 2/3, 3/4, 5/6<br>Water Smart program for K-6 |
| Tuesday, 20 <sup>th</sup> February | Footsteps Dance program<br>commences for K-6                    |

#### 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  
9.00am - 10.00am



## Principal's Message

### Welcome Back

Welcome back to Seven Hills Public School for 2018. I hope everyone had a restful holiday break. I would like to welcome our new families to our school community. We look forward to a happy and productive year working with all our students and their families. I know that our staff, students and wider school community will work together to provide an engaging learning environment where all students are supported to become safe, respectful and responsible learners!

### Staff Development Day

Last Monday, our staff completed a range of professional learning activities, including our Child Protection Education mandatory training. We engaged in a video conference with the Secretary of the NSW Department of Education, Mark Scott, as he launched the department's Strategic Plan for 2018-2022. Staff also participated in collaborative curriculum planning and conducted a review of our current Positive Behaviour for Learning recognition systems. At Seven Hills Public School, our staff continue to maintain high professional standards by regularly participating in professional learning across a range of curriculum and student wellbeing areas.

### Staffing news

This year, Mrs May has returned to our team for two days a week as Assistant Principal. Mr Haynes will continue in his full-time role at our school and will relieve Assistant Principal for three days each week. We welcome Mrs Chantal Sigg to our team. Mrs Sigg brings a wealth of experience and I know everyone will make her feel welcome at our school. We are indeed very fortunate to have such a dedicated and skilled group of staff working with our students this year!

**Safe Respectful  
Responsible Learners**



Education  
Public Schools



## 2018 Classes

Our students have been placed into classes, in line with the Department of Education's policy and based on our current enrolment numbers. We are still awaiting advice from the Department regarding final staffing allocations and class numbers. It is hoped that there will be minimal changes to current structures. Our classes for 2018 are:

K Red – Mrs Nicole Antala

K/1 Blue - Mrs Lyndel Seymour

1/2 Yellow – Mrs Rebecca Danov (Mon.-Wed.) & Mrs Teresa Coleman (Thu. – Fri.)

2/3 Green – Mrs Agnes Singh

3/4 Purple – Mr Thomas Haynes

5/6 Orange – Mrs Chantal Sigg

## Class Structures

One-in-three public primary school students in NSW are taught in a composite class. A class audit by the NSW Department of Education reveals that in 2015, 160,734 primary students from 1616 schools were in a composite class.

Multi-age classes are made up of students drawn from different year levels. They may be established because of the uneven pattern of enrolment in the school, because of the small size of the school or where it's considered that mixing students of different ages is academically and socially advantageous. These multi-age classes are often designed to match the organisation of the syllabus, which is based on 'stages' running over two years.

Multi-age classes are not unique to public schools and in some Catholic schools, the traditional classroom structure has been replaced with staged learning, where students are grouped by the stage they have reached not their age.

Research shows it makes no difference to performance whether students are in a straight year group or in a multi-age class – it's the teacher who makes the difference. Our teachers cater to the individual needs of each whole child regardless of their class composition.

Research findings on the effects of multi-age classes and best teaching practices suggest:

- it makes no difference to performance whether students are in a straight year group or in a multi-age class. The most important factors in determining how well a student does are the quality of the teacher and his or her teaching
- multi-age classes may benefit students both socially and emotionally.

Composite classes are not inferior to other class arrangements. In fact, several schools set up all their classes as multi-age classes because of their benefits. We do also ensure that students within all classes have the opportunity to do some activities with their grade group, e.g. sport/fitness, dance, music. And, of course, students are always free to mix with their grade peers during lunch and recess.

## School Hours



Our school gates open at 8.30am and supervision is provided by a teacher on duty from this time each morning. It is important that you do not allow your children to arrive at school before the gates open. The staff are concerned that some parents are dropping their children at school early to wait outside the gate unsupervised. Our school offers Out Of School Hours care which is open from 6.30am. Enrolments forms are available at the Office.

At 3.00pm, students in Kindergarten, Year 1 and Year 2 are required to stay with the teacher near the classroom until they are picked up by their parents or caregivers. Years 3-6 students are to follow the arrangements made by their parents. If you are going to be late please notify the school well before 3pm so that a message can be sent to the teacher and student, and arrangements can be made. OOSH care is available from 3-6pm. Please help us to keep your children safe.

## Uniform Shop

This year, our school uniform shop is open on Mondays and Fridays from 9.00-10.00am. In addition to new items, second-hand uniforms can also be purchased. We welcome donations of any clean, undamaged used uniforms to add to our second-hand stock. Please ensure that all items of your child's clothing are clearly labelled. A "Lost Property" basket is located in the Office area.

## School Fee Accounts

Our school generously provides work books, stationary and numerous other resources to support your child's educational experiences. We do ask that parents contribute to the cost of schooling by paying a School Account each Semester. School Account statements will be sent home shortly. Payment of these accounts assists our school to purchase educational resources that support your child's learning. Your prompt payment of School Fee accounts is greatly appreciated.



## Footsteps Dance Program

This term, our school will be providing the Footsteps Dance program to all students K-6 as part of our Physical Education and Dance curriculum. This program helps children to develop a range of movement skills and physical fitness through dance activities. Trained instructors will use dance and movement as a vehicle to develop students' interpersonal skills, fitness levels and coordination. **The program is a compulsory and assessable part of the PDHPE program and all students are expected to participate.**

The workshops will run over 8 weeks and will be held each Tuesday, starting Tuesday 20<sup>th</sup> February and concluding on the 10<sup>th</sup> April. Each week, the students will learn a new dance style while achieving an aerobic workout.

Payment must be received for students to participate. Students who do not participate will be supervised in another classroom.

## Parent On-line Payment

Our school has a Parent On-line Payment facility where parents can make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card. The payment page is accessed from the front page of the schools website by selecting **\$ Make a payment**

Items that can be paid include school contributions, subject contributions, excursions, sales to students and creative and practical arts activities (these include band, drama and dance). There is also a category called "Other". This is to cover items not covered in the previous headings. "Other" can be used to make a complete payment of a school invoice.

When you access the **\$ Make a payment** you must enter:

- the students name, and
- class and reference number OR
- the students name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number. These are not used at our school, so please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are

captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office.

## Canteen

Our school canteen operates on Wednesday's, Thursday's and Friday's. Our canteen provides a range of healthy options for recess and lunch. Our canteen opens from 8.45am and student lunch orders should be made before school. A canteen menu has been sent home with all students and is available to download from our school website or App. If you are able to volunteer any time to assist in the running of our school canteen, please contact the school Office on 9624 3441.



## School App

Our school now has a free school app that can be downloaded to your phone. This will allow you to receive alerts, reminders and school information directly to your phone. There is an explanation guide attached to this newsletter which explains how to download and install the app.



## How to download your FREE app

1. From your mobile device go to the **App Store (iPhone/iPad) OR Google Play (Android)** search for **School Stream** and download the app to your phone
2. Make sure you agree to **push notifications**
3. Once School Stream has finished installing, open the app, type your school name into the search **THEN** select our school

For more detailed instructions go to **[schoolstream.com.au/download](http://schoolstream.com.au/download)**.



## Morning Assembly

At our school, we have a brief morning assembly each day of the week. The assembly begins promptly after our school bell rings at 9.00am. Students assemble in their class lines under the COLA. This assembly provides an opportunity for students to hear announcements and reminders. Parents are welcome to stay for the assembly, although please exercise courtesy when a teacher or student is speaking.

We appreciate your support in assisting our students to arrive punctually for the start of our school day at 9.00am. Arriving at school and class on time:

- ensures that your child doesn't miss out on the important messages and learning activities scheduled early in the day when they are most alert;
- helps your child to learn the importance of punctuality and routine;
- gives your child time to greet their friends before class and therefore reduces the opportunity for classroom disruption.

## Positive parenting tips

*Did you know?*

There are five positive parenting tips that research shows can lead to successful and happy children?

### 1. Safe, stimulating and positive homes

Children are less likely to be difficult and disruptive if they live in a home where there's plenty of safe, interesting and age-appropriate things for them to do.

### 2. Encouragement

Encouraging your child when they are behaving well, doing appropriate things and making an effort creates a positive learning environment at home.

### 3. Consistent, assertive discipline

Have rules that are fair and clearly explained. Children do better when they live in a home where there is predictability and certainty.

### 4. Reasonable expectations of your child

Be careful to check that what you're asking your child to do is actually what they are capable of doing. This means neither having too low an expectation of your child nor too high an expectation.

### 5. Taking care of yourself as a parent

You are better able to be consistent, positive and tuned into your children's needs when your own needs are being taken care of.

You can find out more parenting tips at: [www.families.nsw.gov.au](http://www.families.nsw.gov.au)

[www.raisingchildren.net.au](http://www.raisingchildren.net.au) [www.triplep.net](http://www.triplep.net)

## Allergies

Anaphylaxis is a severe and sudden allergic reaction to foods such as nuts or shellfish, or insect bites. If your child is diagnosed with a severe allergy to a particular food it is important to inform the school principal as early as possible so that strategies can be put in place that help to minimise exposure to the known allergen. If your child has a known allergen, please contact our Office so that a Health Care Plan can be developed.

## Sun Safety

Schools try to protect children at school from the damaging effects of the sun's UV rays by providing shelters where possible and having hats as part of the school uniform. Your child's hat must be worn when they are on the playground or they will have to play in the shade. Children can also wear sunglasses at school to protect their eyes from sun damage.

## The Smith Family – Learning for Life Program

The Smith Family administers the *Learning for Life* program, which provides families with opportunities which aim to increase the chance of their children's success at school, TAFE and university. Our school works in partnership with The Smith Family and we currently have a limited number of vacancies for our students to gain access to this program.

*Learning for Life* includes:

- Financial support in the form of a scholarship to help pay for the cost of education (e.g. school uniform and shoes, text books, excursions)
- Programs that aim to help improve reading, numeracy, leadership, computer and finance skills.
- Student access to a local Learning Club, which is staffed by volunteers who can assist with homework and other learning tasks.
- Access to a local *Learning for Life* Worker who can link children and families to learning opportunities in their community.

If you wish to apply for a *Learning for Life* scholarship, please make an appointment to speak with me. To apply for the scholarship, parents/carers will be required to complete an application form and also meet specific eligibility criteria. All application forms



will be forwarded to The Smith Family, who will assess each family's eligibility. If you have any queries about the program, please contact the Office on 9624 3441, to make an appointment to speak with me.



### Five Questions to ask your child when they come home from school...

1. *What was the best thing that happened at school today? (What was the worst thing that happened at school today?)*
2. *Tell me something that made you laugh today.*
3. *If you could choose who would you like to sit by in class? (Who would you NOT want to sit by in class? Why?)*
4. *Where is the coolest place at the school?*
5. *Tell me a weird word that you heard today. (or something weird that someone said)*

### Healthy Lunchbox Website

The NSW Cancer Council's Eat It To Beat It Program has recently launched a Healthy Lunchbox website.

Did you know that the average school child will eat more than 2,500 lunches during their 13 years at school? And what kids eat during their school day can significantly influence their learning outcomes in the classroom too.

We know that 1 in 3 cases of cancer can be prevented by adopting a healthy lifestyle, which includes eating well. But 93% of children don't eat enough vegetables and adults aren't eating enough either.

The Cancer Council NSW are passionate about helping families to eat more healthily. So they've packed everything you need to know about nutritious, easy, kid-friendly lunches into their new website: [healthylunchbox.com.au](http://healthylunchbox.com.au)

Kind regards,

Mrs Renai Diamond

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)

## Next P&C Meeting

**When:** Wednesday, 14<sup>th</sup> February

**Time:** 2.10pm

**Where:** RFF Room



**ALL WELCOME!**



**Kindergarten finish at 3.00pm  
from next week!**

### PSSA

Congratulations to all those students who qualified for the Seven Hills Public School T-ball and Softball teams. It was great to see so many students interested in participating in PSSA. The first round of PSSA will be on Friday 2<sup>nd</sup> March. Details on bus times and venues will be sent out when the draw is organised. Don't forget permission notes are due back no later than Thursday 15<sup>th</sup> February and payment is due no later than Wednesday 28<sup>th</sup> February. I am looking forward to an enjoyable and successful season of PSSA.

Mr Haynes  
PSSA Coordinator

### Swimming Carnival

This year students from Seven Hills Public School will be attending Blacktown Aquatic Center on 14<sup>th</sup> February to participate in our school swimming carnival. We are sharing the pool with 3 other local schools to help reduce costs. We are only taking competitors to this event. If your child can swim at least 50m confidently and competitively please return your note and money as soon as possible.

Mr Haynes  
Carnival Coordinator



## Volunteers In Partnership (VIP)

We are seeking interest from people in our school community who are willing and able to volunteer their time to support our school programs throughout the year. If you would like to assist or know someone who would like to help in our classrooms, at school events or with other school activities, please register your interest by filling in our Volunteers in Partnership 2018 form online at:

[https://docs.google.com/forms/d/e/1FAIpQLSfiZrPWmXrKinIm5rPNyHlehNXE7XK4mXYHdcK9SLPdSfgk1A/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfiZrPWmXrKinIm5rPNyHlehNXE7XK4mXYHdcK9SLPdSfgk1A/viewform?usp=sf_link)

Alternatively, you can visit our Facebook page or school website and click the link for our online form.

## New Merit Award System

On our Staff Development Day last week, our teachers were busy preparing our new School Reward System.

This year we will be saying farewell to the Seven Hills Good Citizen Passport and introducing our new SHOOTING STARS merit certificates to align with our Positive Behaviour for Learning expectations. Our current STARS raffle will also remain in place this year. The new SHOOTING STARS system will be similar to the passports, but much simpler.

Students will receive a SHOOTING STAR merit certificate if they are consistently displaying the expected behaviours on our school matrix for Safe, Respectful, Responsible and Learner behaviours. These can be awarded to students by the classroom teacher, Learning and Support teachers and Release from face-to-face (RFF) teachers.

SHOOTING STAR merit certificates will accumulate on an annual basis and entitle the students to the following ribbons and privileges:

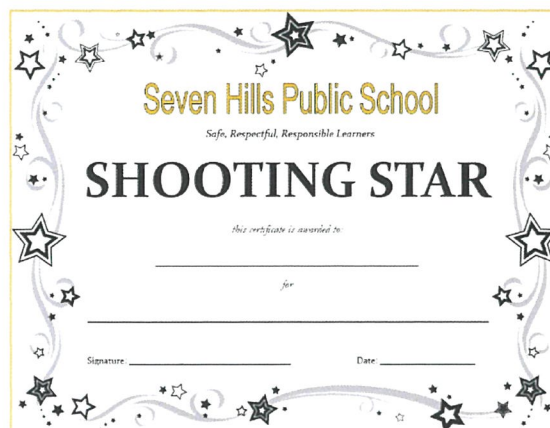
- 5 x SHOOTING STARS = 1 x green ribbon
- 10 x SHOOTING STARS = 1 x blue ribbon
- 15 x SHOOTING STARS = 1 x yellow ribbon
- 20 x SHOOTING STARS = 1 x white ribbon
- 25 x SHOOTING STARS = 1 x Ultimate Badge and an invitation to a special morning tea with the principal

Upon receiving 5 SHOOTING Stars, students will take their merit certificates to their teacher who will organise the presentation of a ribbon at the next fortnightly assembly. A letter will be sent home with your child to let you know when their ribbon will be presented.

To maximise time spent on learning during our morning Literacy sessions, we have moved the presentation of ribbons from our morning assemblies to our fortnightly afternoon assembly. Fortnightly assemblies will take place in the School Hall from 2:00-2:30pm on Friday.

We are excited to see our new SHOOTING STARS system in action this term!

*Example of a SHOOTING STAR merit certificate:*



Mrs May  
Assistant Principal

## Digital Child Safety Handbook - Summer Edition

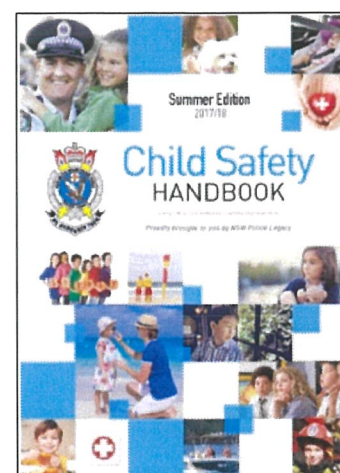
We are pleased to advise that the summer edition of this safety resource is now available online with updated safety content.

We encourage all parents and carers to download this latest edition and discuss the safety content with your children.

The Child Safety Handbook is available to download at:

<http://nsw.childsafetyhub.com.au/handbook/>

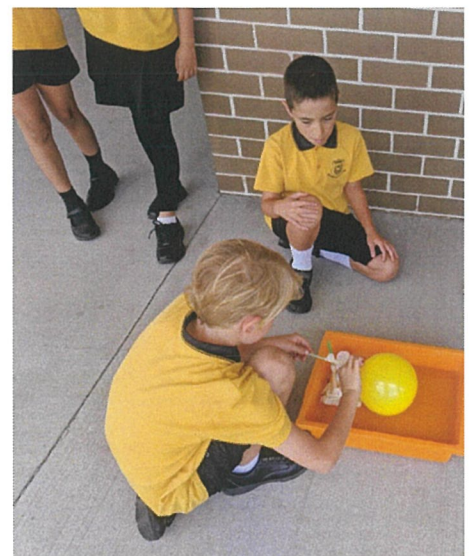
where you can also find links to download the App through both iTunes and Google Play. The flyer and links are also available on the school app.





# Class of the Week: 3/4 Purple

3/4Purple have been participating in collaborative problem solving design tasks to develop their creativity and critical thinking skills. Students were set the task of building a raft for the Ginger Bread man to transport him safely across the river. The raft had to keep him dry and move by itself. All students approached the problem differently and came up with some very creative designs.







## KILDARE ROAD MEDICAL CENTRE

### INTRODUCING...

#### Dr. Kabir Ahmed, FRNZCGP, FRACGP

Dr. Ahmed graduated from Dhaka Medical College, Bangladesh. He went on to study at the University of Otago, where he attained a Master of Immunology and worked in probiotic research at Massey University, before starting a career in General Medicine. Dr. Ahmed practiced in New Zealand for 14 years, mainly in internal medicine in a hospital setting before relocating to Australia.

**Interests:** Aboriginal health, chronic care management, emergency medicine and palliative medicine.

**Languages:** Bengali

To make an appointment with Dr. Ahmed, go online at [kildaremedical.com.au](http://kildaremedical.com.au), use the Appointuit App or call Reception on 8822 3000

**BULK BILLING OPEN 7 DAYS**

36 Kildare Road, Blacktown, NSW 2148 [kildaremedical.com.au](http://kildaremedical.com.au)



#### Come along and discover the fun of Physie!

Physie is a form of dance, incorporating marching, exercises, jazz, dance, ballet and gymnastic movements. It supports core strength, flexibility, good posture and co ordination. It is a wonderful recreation choice for girls and ladies aged 3 and up. It is a fantastic way to keep fit and make new friends or bring along your friends too!

Your first week's lessons are free!!!

Email: [club2000sevenhillspysie@hotmail.com](mailto:club2000sevenhillspysie@hotmail.com)  
Website: [www.club2000.weebly.com](http://www.club2000.weebly.com)

## Club 2000 Seven Hills Physie & Dance

**Classes commence on Monday 12<sup>th</sup> February, 2018.**

|   |  |                |
|---|--|----------------|
| <b>MONDAYS:</b> Vardy's Road Public School from 12 <sup>th</sup> February |  |                |
| 9 & 10 Years  |  | 4.00 - 4.45pm  |
| 11 & 12 Years   |  | 4.45 - 5.30pm  |
| 13,14 & 15 Years  |  | 5.30 - 6.15pm  |
| 16yrs & Intermediates   |  | 6.15 - 7.00 pm |
| Open Elites   |  | 7.00 - 7.45pm  |
| Ladies  |  | 7.45 - 9.00pm  |

|  |                  |               |
|--|------------------|---------------|
| <b>WEDNESDAYS:</b> Vardy's Road Public School from 14 <sup>th</sup> February |                  |               |
| Tiny Tots:   | 3 & 4 Years      | 4.00 - 4.30pm |
|  | 5 & 6 Years      | 4.30 - 5.15pm |
|  | 7 & 8 Years      | 5.15 - 6.00pm |
|  | 13,14 & 15 Years | 6.00 - 7.00pm |
|  | Ladies           | 7.00 - 8.00pm |

|   |                       |               |
|---|-----------------------|---------------|
| <b>THURSDAYS:</b> Vardy's Road Public School from 15 <sup>th</sup> February |                       |               |
|   | 5,6,7 & 8 Years       | 4.30 - 5.30pm |
|   | 9,10,11 & 12 Years    | 5.30 - 6.30pm |
|   | 16yrs & Intermediates | 6.30 - 7.30pm |
|   | Open Elites           | 7.30 - 8.30pm |

Enquiries please contact:

Robyn: 0414 983 189    Lynda: 0478 648 434  
Naomi: 0433 255 949    Michelle: 0433 069 045