

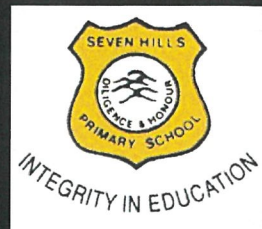
Seven Hills STAR

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 4

Friday, 23rd February 2018

Calendar

Important Dates

Week 5



Monday, 26 th February	Sports In Schools: K, K/1, 1/2
Tuesday, 27 th February	Footsteps Dance K-6 Meet the Teacher – 3.30pm
Wednesday, 28 th February	The Big Veggie Crunch Clean Up Australia Day Learning Club – Library High School EOI Information Session: 5.00pm in Library
Thursday, 1 st March	Leaders Induction Assembly 9.30am in the Hall
Friday, 2 nd March	PSSA starts

Week 6

Monday, 5 th March	Sports In Schools: 2/3, 3/4, 5/6
Tuesday, 6 th March	Footsteps Dance 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
9.00-10.00am

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Education
Public Schools

Principal's Message

Meet the Teacher Afternoon

On Tuesday, 27th February, we will be hosting a "Meet the Teacher" afternoon and welcome BBQ. The afternoon will begin at 3.30pm, where parents will move to classrooms and teachers will provide a brief overview of general school procedures and routines and information specific to their class. At these meetings, teachers will provide details of homework, student expectations and general curriculum information. Teachers are not available on this night for individual parent interviews. If you wish to discuss your child in detail you will need to make an appointment for another time. *Please also be aware, that any students on the grounds are in the care of parents and must be supervised at all times.* Students will not be able to play on fixed equipment without the direct supervision of their parents/carers.

After the information session, parents are invited to a BBQ. This is a great opportunity for parents and teachers to socialise in a relaxed and friendly atmosphere. We look forward to seeing you there.

School Fee Accounts

Our school generously provides workbooks, 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. This fee also includes your child's subscription to online learning sites for English and Mathematics, which are generously subsidised by our school. School Account statements have been sent home via email. 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. If you have any questions regarding School Fee accounts, please phone our Office on 9624 3441.

Safe Respectful
Responsible Learners

Year 7 2019 - High School Expression of Interest forms

For those parents who have a child in Year 6, it is time to start considering your child's enrolment in Year 7 for 2019. The process for enrolling starts now. The first step is to complete the Expression of Interest form in the booklet, Moving into Year 7 in a NSW government school 2019.

Parents are required to complete the requested information and ensure this is **returned to the school Office no later than 16th March 2018** to ensure we are able to undertake the necessary processing. It is very important that all Expression of Interest forms are returned, even if your child will be going to a non-government or interstate school.

This form should be completed by parents and carers of all students requesting placement in Year 7 at a NSW government school next year. **It is not an application to enrol at the school.** After this Expression of Interest has been processed, your child will be offered a place at a government school. The school will send you an Application to Enrol, which you should complete and return. If you require an interpreter to assist you, please call the Telephone Interpreter Service on **131 450** and ask for an interpreter in your language. This service will be free of charge to you.

Further information about completing the *Expression of Interest for Placement in Year 7* can be located in the *Moving into Year 7 in a NSW government school 2019* booklet.



For those parents who would like assistance to complete the form, we will be holding a High School Expression of Interest meeting on **Wednesday, 28th February** in the school **Library**. Staff will be available to assist you to complete the form from 5.00-5.30pm. Mr Greg Johnstone, Principal of Seven Hills High School, will also be in attendance to answer any questions you may have about our local high school. Should you have any questions or concerns you wish to discuss, please do not hesitate to contact me on 9624 3441.

Staffing news

Mrs Sigg will be taking a short period of leave. I am pleased to advise that Mrs Vanessa May (AP) will be teaching 5/6 Orange during Mrs Sigg's absence. Mrs Sigg will be on leave from Friday 2nd March until Friday 16th March, resuming her teaching duties on 5/6 Orange on Monday 19th March 2018.

The iPLAY Program

Our school has signed up to be involved in The iPLAY Program. Over the coming months, you can expect to hear more about this exciting program.

What is iPLAY?

iPLAY is a teacher professional development program conducted by Australian Catholic University and the University of Newcastle, and is funded by the National Health and Medical Research Council and NSW Department of Education. It is designed to provide primary school teachers with the skills and strategies to improve sport and PE lessons. Research has shown that children who are more physically active perform better at school. The iPLAY Program is here to help us increase student physical activity, improve learning, and improve overall student health.

iPLAY aims to promote children's physical activity through implementing a whole-of-school approach. iPLAY involves 6 key components: 1) quality physical education and school sport, 2) classroom movement breaks, 3) physically active homework, 4) active playgrounds, 5) community physical activity links and 6) parent/caregiver engagement.

Over the next 4 school terms a section will be dedicated to iPLAY in your school newsletter. This section will have information and ideas for promoting physical activity and fundamental movement skill development in children.

Kind regards,

Mrs Renai Diamond

Principal

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

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

Dear Parents / Carers,



Congratulations to K/1 Blue as they have the highest number of library borrowers in their class!

Please ensure your child has a library bag to borrow a book. Tuesday borrowing is for K Red and 2/3 Green. Wednesday borrowing is for 3 /4 Purple. Thursday borrowing is for 1/2 Yellow and 5/6 Orange. Friday borrowing is for K/1 Blue. Students have two weeks to borrow books and they can be renewed if needed. If you have any overdue, these need to be returned promptly. Thank you!

Mrs Bernardi

Swimming Carnival

Last week, Michela, Rashmeen, Trystan and William competed for our school in the Swimming Carnival at Blacktown Aquatic Centre against three other schools. I am extremely proud of the effort and determination they put into their swimming! Two of these students will be going to the Zone Swimming carnival. Good luck Michela and William.

Mrs Bernardi



Clean Up Australia Day 2018



Next Wednesday, 28th February 2018, is our school Clean Up Australia Day Event. Students will be picking up rubbish in a designated area within the school grounds under the direction of their class teacher. We will be providing students with gloves and bags.

Don't forget we are asking for support from our parent community this year. You can help by coming a little earlier in the afternoon to pick up rubbish along the external perimeter of the school. Please meet under the main cola at 2.30pm to collect your gloves and bags.

If you are intending to come, please make sure you have returned the slip at the bottom of the note that was sent home last week so that we can ensure we have enough gloves for all volunteers.

Clean Up Australia also accepts site sponsorship and donation as well as selling a range of merchandise online that enables them to continue to hold the many environmental events and initiatives they organise. More information about their events and other ways you can help are available at <https://www.cleanupaustraliaday.org.au/>.

Get ready for the big veggie crunch!



Did you know that only 5.4% of Australian children eat enough vegetables?

To encourage students to eat more vegetables, on **Thursday 1st March at 10 am**, our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

But we need your help to make it a success!

On Thursday 1st March, please pack your child a container of vegetables (**not fruit**) for them to crunch on.

Need some ideas?

- carrot, celery, cucumber – cut into sticks or left whole
- capsicum – cut into sticks or wedges
- corn – raw baby corn spears or a cooked corn cob
- broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
- tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- beans or snow peas - raw or lightly cooked to keep their crunch
- mushrooms – sliced or left whole

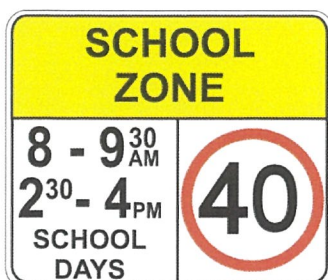
If you require more information on The Big Veggie Crunch, please contact the school or your child's teacher.

Rebecca Danov.

Vegetable Week School Coordinator

Seven New School Zone Offences

The NSW government have recently updated school zone offences by increasing fines and demerit points. These changes will help to create and enforce a safer road environment in school zones.



None of the seven offences attract demerit points when committed elsewhere on the road but now in a school zone they each come with two points.

The changes are:

1. Stopping in intersection - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
2. Stop within 20m of intersection (traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
3. Stop within 10m of intersection (no traffic lights) - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
4. Stop near bicycle crossing lights - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
5. Obstruct access to ramp/path/passageway - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and 2 demerit points.
6. Not parallel park in the direction of travel - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.
7. Parallel park close to dividing line - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.

All updated school zone offences can be located through Roads and Maritime:
<http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

Cancer Council NSW Nutrition Snippet

The simplest way

...to pack a lunch box is here!

The task of packing a healthy school lunch is now easier with the launch of our exciting new Healthy Lunch Box website healthy lunchbox.com.au

The new website shows how easy it can be to pack a healthy lunch box that your kids will love.

It features an interactive lunch box builder that enables you to plan your kids' lunches on your phone, desktop or tablet - it's quick, easy and the kids will love helping too!

Healthy recipes and tips on adding more fruit and veg to lunch boxes will help set your child on a path of lifelong healthy eating to reduce their cancer risk.

Visit healthy lunchbox.com.au for recipes & information you can trust.

Eat It To Beat It

P&C News



Easter Basket Raffle 2018

The Parents & Citizen Committee are organising the annual Easter Raffle.

Money raised from the raffle will go towards the purchase of items for the school.

The raffle will be drawn at the Easter Hat Parade.

We are asking our Seven Hills Public School families if they could donate Easter eggs, baskets or fluffy toys to be used to make up Easter Baskets for the raffle.



Donations may be left with the Canteen staff or the office.



Thank You

P&C Fund Raising Committee

Cancer Council NSW launches interactive Healthy Lunch Box website for families

The task of packing healthy school lunch your kids will love is now easier with Cancer Council NSW's new Healthy Lunch Box website (healthylunchbox.com.au).

We know that 93% of children don't eat enough vegetables and 22% are overweight.

The website includes recipes and tips on how to include more fruit and veg in the family's diet and is complete with an interactive lunch box builder to involve the kids, at home, or on the move with a smartphone or tablet.

The website has been launched as part of Cancer Council NSW's *Eat It To Beat It* program which runs free sessions and workshops for parents of primary aged school children, helping them to understand why fruit and vegetables are so important.

Visit healthylunchbox.com.au to pack a quick and healthy lunch box today!

Seven Hills High School



Open Night 2018



Thursday 1st March.

6.00pm – 8.30pm in the school library.

Discover the opportunities available to our students.

The information session will cover.....

- Self-Select Classes
- Our class and subject structures
- Catering for the full range of student abilities
- Technologies and resources available
- Opportunities for students outside the classroom
- Being part of the Nirimba Collegiate



Then tour the school and our facilities

- Digital technologies in all classrooms
- Connected Classroom
- Four PC Laboratories
- Drama space
- Photography and Digital Media studio
- Multi-purpose Physical Education studio
- Learning Hub
- Agricultural Plot
- Fab Lab



A BBQ will be provided from 5:30pm outside the library. Enjoy a sausage sizzle dinner whilst talking to staff, members of our P&C and parents of current students.

ENQUIRIES Greg Johnstone –Principal
PHONE 9624 3329

KIDS

EXPLORE FUN DANCE CREATE

Explore the Arts. Sensory, and creative activities for children with or without disability aged 2 - 6 years.

Starts Tuesday 13th March - A 6 week program.
10:00 am - 12:00pm.

At "Front Up" 9 - 11 Rowley Street, Seven Hills
(above Ability Options).

Children must be accompanied by an adult, carer or parent - No drop offs. Siblings welcome. All materials will be provided.

Workshops will be facilitated by Natalie Ayton an internationally respected physical theatre performer and co-facilitated by visual artist and musician Rosalind Stanely.

To register and for more information
www.frontup.org.au
or email: info@abilityoptions.org.au
Tel: (02) 8811 1766



FREE
&
FUN

AbilityOptions



PACKER FAMILY
FOUNDATION



FRONT
UP

8.27 x 11.70 in

COME PLAY FOOTBALL AT PARKLEA SFC

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www.parkleasfc.com.au

parklea@bdsfa.com

Under 5s, 6s & 7s \$20.00* Under 8s & 9s \$70.00* Under 10s & 11s \$80.00*
Under 12s to 16s \$100.00* Under 17s & 18s \$115.00* Seniors (19s to AA) \$290.00

* Advertised fees taken into account \$100 Active Kids Rebate (if eligible). To redeem voucher see more information on Parklea SFC website

REGISTER AND PAY ONLINE AT WWW.MYFOOTBALLCLUB.COM.AU

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MITCHELL HIGH SCHOOL

Delivering excellence in education since 1964



OPEN NIGHT YEAR 6 INTO YEAR 7 (2019)

We invite you to explore the 21st Century learning opportunities offered at Mitchell High School

TUESDAY 6 MARCH 2018

6.30PM - 8.30PM

MITCHELL HIGH SCHOOL HALL
KEYWORTH DRIVE BLACKTOWN

- Meet & talk to our Senior Executive Staff & teachers
- Tour our school grounds
- Explore our classrooms
- Discover educational opportunities we provide our students



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, use the Appointuit App or call Reception on 8822 3000

BULK BILLING OPEN 7 DAYS

36 Kildare Road, Blacktown, NSW 2148 kildaremedical.com.au



Club 2000 Seven Hills Physie & Dance

Classes commence on Monday 12th February, 2018.

MONDAYS: Vardy's Road Public School from 12 th 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

WEDNESDAYS: Vardy's Road Public School from 14 th 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

THURSDAYS: Vardy's Road Public School from 15 th 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

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
Website: www.club2000.weebly.com

Class of the week 2/3 Green



During our Art lessons 2/3 Green designed this amazing display, using a variety of techniques involving roller painting, collage and crayon drawing to create the "Fairy Garden"

Makayla- "It was fun making our fairies"

Jasmine- "I enjoyed roller painting because I didn't do that before"

Rhys- "I like the funny poses that we got to make for our photo"

Lyronne- "I liked putting the sparkles and glitter onto our fairy wings"

