

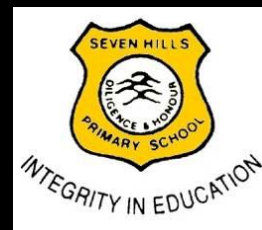
Seven Hills STAR

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 6

Friday, 9th March 2018

Calendar

Important Dates

Week 7



Monday, 12 th March	Sports In Schools: K, K/1, ½ Young Leaders Excursion
Tuesday, 13 th March	Footsteps Dance K-6 Responsible Pet Program K-6
Thursday, 15 th March	StEPS Vision Screener - K
Friday, 16 th March	PSSA Year 7 2019 EOIs due

Week 8

Monday, 19 th March	Sports In Schools: 2/3, 3/4, 5/6
Tuesday, 20 th March	Footsteps Dance K-6
Thursday, 22 nd March	School Photos
Friday, 23 rd March	Harmony Day P&C Disco: 5.45-7.30pm

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

Meet the Teacher Afternoon

On Tuesday, 27th February, our school held a "Meet the Teacher" afternoon and welcome BBQ. It was great to see so many families in attendance. At these meetings, teachers provided details of class routines, homework, student expectations and general curriculum information. After the information session, parents and students enjoyed a free BBQ. This was a great opportunity for parents and teachers to socialise in a relaxed and friendly atmosphere. A huge thank you to our amazing helpers who cooked and served our BBQ.



Education
Public Schools

Reflection Room

At Seven Hills Public School we encourage children to respect our school expectations and to set good standards of behaviour. We use a variety of positive ways to help children get on well with other students and teachers in the classroom and the playground.

There are times where we may become concerned about the behaviour of your child at school. As a result of unacceptable behaviour, your child may receive a referral to the lunchtime Reflection Room. This provides an opportunity for students to work with a teacher to reflect on their behaviour and to develop more appropriate behaviours and social skills. Students complete a Reflection Sheet which documents the incident and allows them to reflect upon which of the schools' expectations were not being followed. They are also assisted to consider the feelings of themselves and others and to develop a way to rectify the behaviour.

If a student receives a referral to the Reflection Room, a letter will be sent home to parents, outlining the behaviour of concern. We appreciate parental support in discussing this behaviour with your child, supporting them to understand the consequences of their actions and assisting them to make appropriate choices.

Should you wish to discuss these issues further, please contact the school on 9624 3441 to make an appointment to see the referring teacher.

Privacy Law and our School

Parents sometimes seek information about the outcomes for other children following an incident between students at school. Privacy Law can restrict the information that can be provided. It is important for parents to understand how privacy law can impact on the information they are provided about other people's children.

Our school holds information about our students. Some of this information is highly sensitive. The way this information is collected, used, disclosed and secured by our school is subject to NSW legislation including the Privacy and Personal Information Protection Act 1998, Health Records and Information Protection Act 2002 and the Children and Young Persons (Care and Protection) Act 1998.

These laws limit the circumstances in which your child's information can be disclosed to other parents. They also limit the circumstances in which you can be provided with information about action the school has taken in relation to other people's children.

This means, for example, you may not be provided with complete details of the action the school has taken in relation to a student who has engaged in unacceptable behaviour that has impacted on your child.

You should not assume that no action has been taken because you cannot be provided with information about what the school has done to deal with an issue relating to your child's interaction with another student.

Our school takes inappropriate behaviour from students very seriously and responds to that behaviour consistent with the school's student discipline and welfare procedures. If you would like further information about the school's general approach to inappropriate behaviour from students please contact the Office to make an appointment to speak with Executive staff.

Attendance - Absentee information

When children miss out on school they miss out on vital information, their learning routine is broken, they can lose confidence and they miss out on building up friendships. If your child has to be absent from school for any reason, including arriving late or leaving early, please either tell your child's teacher or the school Office staff, or explain the reason by phone, email or written note as soon as possible, or within **seven** days.

Once children are enrolled parents are legally required to send them to school every day that the school is open for instruction or participation in school activities, such as sports days. A small number of absences may be justified if your child:

- has an unavoidable medical or dental appointment (preferably these should be made after school or during holidays)
- has to go to special religious ceremony
- is required to attend a serious and/or urgent family situation (e.g. a funeral)
- is too sick to go to school, or has an infectious illness.

Failure to explain an absence within this time will be recorded as an unjustified absence on a student's record. Schools will inform parents if a student is absent from school without explanation.

Change of Details

If you have changed your address, contact phone numbers, emergency contact details, court orders or any other details that you feel the school should be aware of, again, please contact the school so that we can update your child's records.

Leaders Induction Assembly

Last Thursday, we held a very special Leadership Induction Assembly to welcome and acknowledge our 2018 school leaders. Our School Captains, Vice-Captains and Prefects, School Representative Council members, House Captains and Vice-Captains and Library monitors received their badges at this assembly. Parents and friends joined us as we congratulated the outstanding achievement of our student leaders in being elected to represent our school. We were also delighted to be joined by special guests, Mr Rick Seretis, Director Public Schools NSW, Mr Mark Taylor, MP Seven Hills and Councillor Kevin Gillies, Blacktown City Council. Following the assembly, our leaders, their parents and guests joined us for a morning tea in the Library.

We look forward to seeing the development of the leadership capabilities of our student leaders throughout the year. We wish all of our leaders well in their new roles and look forward to working with them throughout the year.



2018 Student Leadership Team

'Fruit and Veg Sense' Workshop

Our school will be hosting a free 'Fruit and Veg Sense' workshop session for parents. Eating enough fruit and vegetables every day can help protect your children against diseases including some forms of cancer. This popular session is run by Cancer Council NSW as part of the Eat It To Beat It program.

The Fruit & Veg Sense Workshop is a 90 minute interactive workshop for parents and will show you how you can save time and money making healthy meals the whole family will enjoy. Topics covered include food budgeting, menu planning, making healthy recipes and strategies to cope with fussy eaters. Parents who attend will also receive a free recipe book.

The session will be held on Thursday, 12th April 9.15-10.15am in the school library. Please contact the Office to RSVP for this event.

StEPS Vision Screener

On Thursday 15th March, Western Sydney Local Health District will be providing FREE StEPS vision screening to the children within Kindergarten who have not had their vision screened prior to commencing school.

The State-wide Eyesight pre-schooler Screening (StEPS) Program is an initiative of NSW Health. The Program strives to provide FREE vision screening to 4yr old children prior to commencing school, targeting the broader health goal of "providing children with skills for life and learning upon school entry". However, we realise that some children do not attend formalised child care and have not received an offer by StEPS to have their vision screened.

StEPS are funded by NSW Health to target the 4 yr old population, as studies have highlighted that the earlier a child is detected and treated for a vision problem the better the long term outcome for their vision. It is also acknowledged that poor vision can affect a child in their learning and behaviour.

The screening procedure is non-invasive, does not involve drops and is approached in a sense of fun. On average each child takes about 10 minutes or less to complete the screen.

If your child has not already had their 4 year old vision screening test, please return the note provided before next Thursday.

Kind regards,

Mrs Renai Diamond

Principal

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

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

Next P&C Meeting

When: Thursday, 22nd March

Time: 2.10pm

Where: RFF Room



ALL WELCOME!

Harmony Day

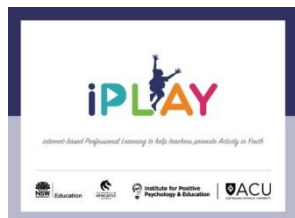
On Friday 23rd March we will be participating in sport group activities to celebrate working together as part of Harmony Day. All students are encouraged to wear something orange, which is the colour representing harmony.

Harmony Day is celebrated every year to promote unity and understanding amongst all Australians.



Get Active!

Regular physical activity is an important part of a healthy lifestyle. Making physical activity a priority and encouraging good habits in children from an early age is important and can help them to develop the skills they need to be active throughout their lives.



Why is being active important?

Children benefit greatly from being active as it can:

- Promote healthy growth and development
- Build strong bones and muscles
- Improve movement skills
- Improve cardiovascular fitness
- Help achieve and maintain a healthy weight
- Improve academic achievement
- Help relaxation
- Provide opportunities to make friends
- Improve self-esteem and self-confidence

Children who are not physically active enough will not have the opportunity to gain these benefits and are at an increased risk of becoming overweight or obese. Being overweight or obese long term can contribute to conditions such as Type 2 diabetes, high blood pressure and cholesterol, and heart disease.

The Big Veggie Crunch!



We crunched it!

On Wednesday 28th February at 10am, our school participated in The Big Veggie Crunch, part of Vegetable Week. We provided all students with a cup of fresh vegetables to try including carrot, celery and cucumber sticks as well as snow peas. Most students tried everything and some even found a new favourite snack.

It wasn't just about us though. We joined 292 other schools across NSW and broke the record for the most children eating vegetables simultaneously. Last year's record of 29,067 was smashed with 47,920 students crunching together on Thursday at 10am and a further 11,915 students crunching at other times over Vegetable Week. That's a whole lot of vegetable eating!

Keep your family crunching by:

- Having a regular Big Veggie Crunch at dinner – you could play The Big Veggie Crunch song too <http://healthy-kids.com.au/the-big-vegie-crunch-song/>.
- Serving up the vegetables at meals and snacks.
- Pledging to try a new vegetable each week.
- Being a role model and let your kids see you enjoying eating vegetables.

Mrs Danov, Vegetable Week Coordinator



Clean Up Australia Day 2018

On Wednesday 28th February, we held our Clean Up Australia Day School event. The students all put on their gloves and scoured the playground for every piece of rubbish they could find.

This year we decided to make it a community event and invited families to come and help also. We had a good response and we would like to say a big thank you to all the parents that came along and helped us.

2018 Schools



Supporter



**Safe Respectful
Responsible Learners**

PBL News

What a great start to the year we've had with our Positive Behaviour for Learning program! It has been lovely to see so many students well on their way to receiving 5 Shooting Stars for their Green Ribbon. Keep up the great work SHPS!

During the first few weeks, we have been busy developing our classroom expectations for being Safe, Respectful, Responsible Learners. Mrs Seymour and K/1 Blue created the lovely classroom display below.



Fortnightly Focus

This week we have started teaching our PBL 'Fortnightly Focus'. Throughout the next two weeks, our students will be learning about our **Lining Up** expectations and how to be respectful when lining up and walking around our school. All our teachers consistently use the language from our PBL posters, for example, *We walk quietly around our school*. Using positive language to teach our expectations helps our students understand and learn our school expectations.

Nutrition Snippet

The simplest way

...to make rainbow and chickpea salad.

Ingredients

- 4 tbsp of reduced-fat Greek yoghurt
- 1 tbsp honey
- 1 tbsp lemon juice
- ¼ tsp ground cumin
- Freshly cracked pepper to taste
- 1 400g can chickpeas, drained & rinsed
- 1 large beetroot, peeled & grated
- 2 large carrots, peeled & grated
- ½ small green or red cabbage, finely sliced
- 1 bunch kale washed, stem removed & leaves torn

Method

In a small bowl whisk yoghurt, honey, lemon juice, cumin and a pinch of salt. Add pepper to taste.

In a large salad bowl toss all the chickpeas and vegetables together. Drizzle with the yoghurt dressing.

Tip: This is the perfect accompaniment to a grilled lamb or chicken kebab marinated with lemon and garlic. Try wrapping everything in a wrap with a little hummus and crumbled feta.

Visit healthylunchbox.com.au for recipes & information you can trust.

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



The simplest way
to improve the health of your
family and save money

Come to our FREE Fruit & Veg Sense Workshop

Date: Thursday 12th April 2018
Time: 9.15 until 10.15am

Venue: Seven Hills Public School

Did you know that eating enough fruit and vegetables all their lives can help protect children against diseases, including some forms of cancer? This **free workshop** run by Cancer Council NSW will show you how you can easily:

- 🕒 Save time and money making healthy meals
- 🕒 Learn clever ways to entice fussy eaters
- 🕒 Get a free recipe book simply by attending

Don't miss out – registration is essential. To book your place please register no later than **9/4/18** by:

Calling or visiting the school front office or register online at

cancercouncil.com.au/find-a-fruit-veg-sense-workshop

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



**Eat It To
Beat It**

From The Inside Out: Recognising Anxieties in Children 9 – 12 years

TOPICS

- What's normal and what's not
- Types of anxiety in children
- When and how to get help
- Strategies to support children and young people experiencing anxiety

DATE: Thursday 5th April 2018

TIME: 6pm – 8pm

**VENUE: The Hub – Mt
Druitt (Ayrres Gove,
Mt Druitt)**

**WHEN LITTLE PEOPLE
ARE FILLED WITH BIG
EMOTIONS, IT IS OUR JOB
TO SHARE OUR CALM, NOT
JOIN THEIR CHAOS.**

This is a FREE event
**To register please
contact**

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About Dr Amanda Mullin – Director
Mindworx Psychology

Dr Amanda Mullin, MAPS, FCCLP, is a Doctor of Clinical Psychology, with extensive and specialist training in Clinical Psychology. She has worked with a wide range of clients in private practice, and completed specialist training at the Macquarie University Centre for Emotional Health, a world leading research clinic which specialises in understanding the causes of anxiety, and developing highly effective treatments for anxiety disorders.



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 Appointment 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 - 7.00pm
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 & 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

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: club2000sevenhillphysie@hotmail.com
Website: www.club2000.weebly.com

Enquiries please contact:
Robyn: 0414 983 189 Lynda: 0478 648 434
Naomi: 0433 295 949 Michelle: 0433 069 045

The P&C wish to invite you to
Seven Hills PS

Harmony Day Disco

When: Friday 23rd March

Where: Seven Hills PS Hall

Time: 5:45pm – 7:30pm (sharp)

**Cost: \$8.00 (popcorn, juice, ice block
& glow stick included)**

Please pay by: Thursday 22nd March





TUESDAY 13 MARCH

VOLUNTEERS IN PARTNERSHIP

Classroom Volunteer Program

Next week, we will begin our Classroom Volunteer Program training. All classroom volunteers will need to have completed a Working with Children Check. It is expected that classroom volunteers will attend all of the training sessions.

Session dates and times

Each of the following sessions will run from 9:15-10:00am:

Session One - Tuesday 13 March

Session Two - Tuesday 20 March

Session Three - Tuesday 27 March

Session Four - Tuesday 3 April

Session Five - Tuesday 10 April

Please contact Mrs May if you are interested in becoming a classroom volunteer at our school this year.

**SEVEN HILLS
PUBLIC SCHOOL**

**Tuesday 13
March 2018**

**9:15am-
10:00am**

In our Library

**Morning tea
provided**



Class of the Week: K Red

In Math K Red have been learning about 2D shapes, and in English we have been learning the letter 'r'. Our class made some wonderful 'Rusty Robots' with 2D shapes like squares, rectangles, circles and triangles.

