

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 3 Week 8

Friday, 14th September 2018

Calendar

Important Dates

Term 3, Week 9

Wednesday 19th and Thursday 20th September –

Tree removal works



Term 3, Week 10

Wednesday 26th September –

Stage 2 attending Seven Hills High School showcase

Wednesday 26th to Friday 28th September inclusive –

Stage 3 attending camp

Friday 28th September – Summer PSSA

School Assembly 2pm – Celebrate student success!

Friday 28th September- Last day for students T3

2018 - Please enjoy a safe and happy holiday!

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,

Welcome to another exciting period of learning and achievement for our students at Seven Hills Public School. We have spent the past couple of weeks celebrating sporting, academic and performing arts success, on top of the invaluable learning which occurs in our classrooms each and every day.

Zone Athletics Carnival - Last week, Mr Haynes and Mrs Bernardi accompanied our zone representatives to the next level of competition, where again, our children were wonderful ambassadors in both performance and sportsmanship, competing admirably against students from across our PSSA zone. We particularly congratulate Jot, who will now progress as a zone representative to the regional carnival in high jump.

Blacktown Festival of Performing Arts – During Week 7, our fantastic dance group and choir were outstanding performers at the Blacktown Festival of Performing Arts. This was a wonderful evening, showcasing the multitude of talents possessed by students in schools across the wider Blacktown area. Again, our children thoroughly enjoyed both the daytime rehearsals and experience of performing for a large audience in front of family and friends. We should be very proud of their achievements.

Book Parade Week 9 – Book character parade is being held next Friday September 21. Our parade will be held from 12pm under the COLA. Both staff and students are very excited about dressing up as their favourite book character! This will be followed by a book worm and picnic lunch with parents, family and friends. We look forward to a great opportunity to get our children excited about



Education
Public Schools

reading, as well as ending the term on a high note in a fantastic family atmosphere.

Regional Spelling Bee – This week, we have had four of our students represent Seven Hills PS at the regional spelling bee. All of these students progressed deep into the rounds, demonstrating wonderful spelling skills and nerve under pressure! Well done Avneet, Anthea, Chrisha and Mohijit.

Safety reminder – Just a general reminder to continue having conversations with your children about the importance of stranger danger. At school, we have a very safe environment where children are interacting with their teachers and other trusted adults. This is not always the case when out and about in the wider community and it is wise to teach our children strategies such as only talking to people they know and trust.

SASS Recognition Week – Finally, I would like to take this opportunity to recognise the outstanding work of our amazing SASS staff here at Seven Hills Public School. Our whole team, from the cleaning staff, our GA, SLSO's and Office/Admin have an amazing amount of knowledge, skill and professionalism which is evident in all they do to support the learning of our students each and every day. SASS recognition week was celebrated in style last week with the gigantic chocolate cake we used to show our appreciation coming off very much the worse for wear! Without the work of these amazing people, public schools would not be the amazing places they are for our children.

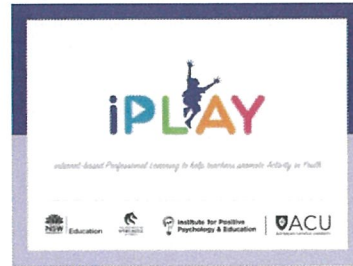
As we head into our final two weeks of term, we look forward to continuing with the same enthusiasm and steady approach to learning and behaviour we have come to expect from our students here at Seven Hills Public School. I am sure there will be many daily highlights to share between now and when staff and students take time out for a well earned break at the end of the month!

Mr Allan Ison

Relieving Principal

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

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



Joining a community sporting team or physical activity is a great way to:

- Keep active
- Practice fundamental movement skills
- Make friends and
- Feel good!

Did you know?

Joining a sporting team or activity can reduce children's screen-time

There are many local community sporting teams and physical activity groups in the Seven Hills area. Here are some examples of the types of sports and activities your child could try:

- AFL
- Dance
- Physical Culture
- Football (soccer)
- Gymnastics
- Netball
- Taekwondo
- Tennis
- Little Athletics
- Cricket
- Touch football

Gateway to Sport

The *Gateway to Sport* website will help you find out about over 70 sport and recreational activities including how to participate, links to state sport associations and local clubs. VISIT www.dsr.nsw.gov.au/gatewaytosport/



Premier's Spelling Bee Regional Final

On Tuesday 11th September, Anthea (3/4P), Avneet (3/4P), Chrisha (5/6O) and Mohijit (5/6O) represented our school at the Regional Final of the Premier's Spelling Bee at Werrington County Public School. They did a wonderful job representing our school. Unfortunately, none of them move onto the State Final, however they should be very proud of their efforts, we certainly are!



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

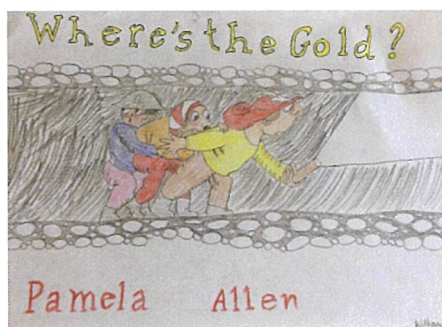
Dr. Phil Humphris or Dr. Nabeel Makmahi today:

- *online at kildaremedical.com.au*
- *via the HotDoc App (free from the App Store)*
- *call Reception on 8822 3000*

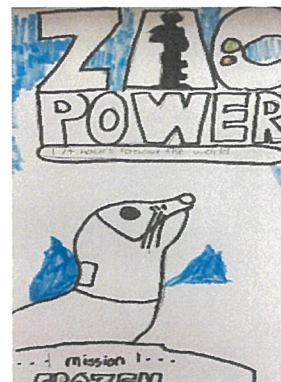


Library News

Many of our students have shown us their wonderful artistic talents in some recent drawings of favourite books from the library. Please come and have a look on the outside of the library window when you get a chance!
Mrs Bernardi



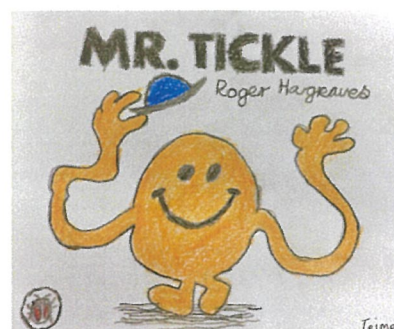
William 5/6 Orange



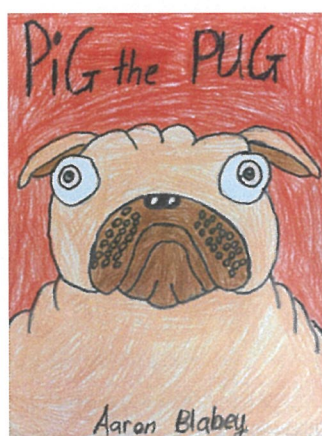
Lucas 2/3 Green



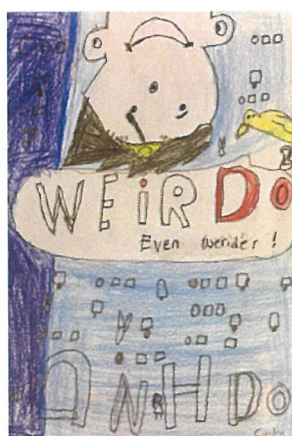
Eva 3/4 Purple



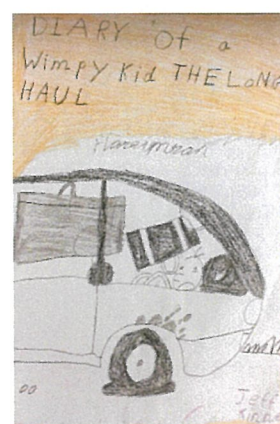
Tajman 5/6 Orange



Tanaya 5/6 Orange



Caiden 3/4 Purple



Harsimran 3/4 Purple

SCHOLASTIC

Book Clubs LOOP

Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)
and register today!

Class of the Week: 2/3 Green

This Term 2/3 Green has been busy learning to share opinions when writing a speech, in preparation for the Blacktown Public Speaking competition. Several students used their research skills and here a few examples of their efforts.

The oddest sports

Good morning students and teachers. Today I will be talking about the oddest sports in the world. The first one is bull racing because the bulls get to race through the crowds of people and that would be a bad way to die.

The second oddest sport is under water hockey. This sport is known as a contact sport where two teams will compete to push a puck with a small stick to get it in the other team's goal.

My third oddest sport is toe wrestling which started in 1976 and is still going in 2018. It started such a long time ago. Do you know how long that is? These are the rules you must follow. You need to remove your socks and shoes then two people will compete. The first Person to get the other foot down of their opponent will win the competition.

Another odd sport is Cheese rolling. This takes place in the U.K. The rules are simple and it goes like this. A piece of cheese will go rolling down the hill and the first person to catch the cheese will be the winner of the game. This game has caused a lot of injuries so you would not do it on a hill at home or any other place. That means don't attempt to do it anywhere including parks or you could have an injury like lots of other people!

Finally, thank you for reading my speech.

By Luke

The Best Invention

Good morning students and teachers. I would like to introduce my speech "THE BEST INVENTION". Paper is the best invention and it is produced by pressing together moist fibres of cellulose pulp which comes from wood and rags or grass. They are dried together and turned into a flexible sheet.

Paper is a special material with many uses including, writing printing and packing. Paper can be bought in many different shops.

You can buy paper from shops like Coles Kmart Target and many more shops. Paper is cut from trees.

In conclusion I hope I have convinced you that paper is the best invention as it is very useful and can be used in a variety of ways.

By Nilay



You are invited to our...

Book Character Parade

*Seven Hills Public School will be holding a
K-6 Book Character Parade*

WHEN: *Friday 21st September
12.00 p.m.*

WHERE: *COLA*

WHO: *Students, Parents, Friends, Grandparents ...*

WHAT: *All students are encouraged to dress up as their favourite book character. Please bring along the book that you are dressing up as to share during reading time.*



Immediately after the parade we will be holding a Book Reading Time for 15 minutes. Parents are welcome to bring in a book to share or just sit with your child and read.

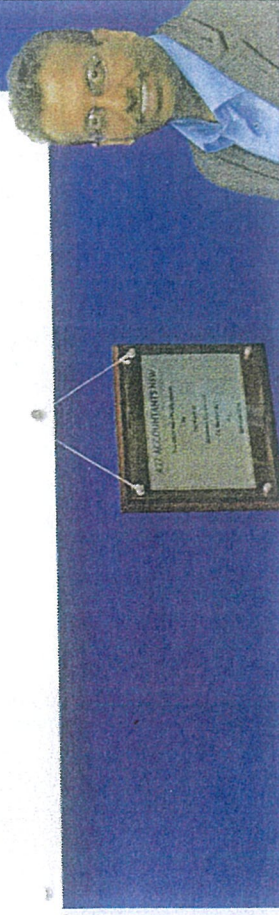


You are invited to stay for a lunchtime picnic at the conclusion of the Book Character Parade



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School Holiday

Gymnastics Clinics

For boys and girls in Kindergarten and above

Come and experience the fun and excitement of

gymnastics

- Fun in a safe and structured environment
- Qualified and Professional Coaches
- Olympic Standard Equipment
- Foam Filled Landing Pits
- Trampolines
- Affiliated with Gymnastics Australia and NSW



Full Day Sessions (9.00am-3.00pm) \$50.00 per day

Half Day Sessions (9.00am-12.30pm) \$40.00 per session

2nd – 5th October and

10th – 14th October 2018

Term 4 2018

Enrolments Now Being Taken

Classes for Boys and Girls 2 years and above

Book now on 9620 8323 or sydacgym@hotmail.com

Unit 7/32 Artisan Rd, Seven Hills

Unit 5/1a Gibbon Rd, Winston Hills

The Ponds High School, Wentworth St, The Ponds



FREE FOOTY TICKETS

NRL Telstra Premiership Finals Series Semi Final – Rabbitohs v Dragons Saturday 15 September @ 7.40pm ANZ Stadium

Thanks to the NRL, the NSW Premier's Sporting Challenge and ANZ Stadium, students and staff at your school have the opportunity to witness these two Sydney giants go head to head!

As your school is participating in this year's NSW Premier's School Sport Challenge, up to **four (4) FREE tickets** are available for *each* student and staff member to redeem for the match.

Tickets are limited so be sure to secure them quickly for what will be a great evening of rugby league. To take up this fantastic offer, students and their parents should follow the easy steps below:

1. Simply go to the website: <http://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Register their details.
3. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.

For additional information, please visit the ANZ Stadium website by [clicking here](#).

Please note:

- Students must have parental permission to participate in this offer.
- Each student is entitled to up to four (4) free tickets (limited to one registration per student).
- Match ticket voucher must be printed and presented at Stadium entry gates for entry to this match.
- There is a limit of 8,000 tickets (redemption available to 2,000 individuals).
- Entry may be refused if match ticket vouchers are damaged or defaced in any way or redeemed in an unauthorised manner.
- If a match ticket voucher is resold or redeemed in an unauthorised manner it may be cancelled and the bearer of the ticket refused entry.
- Accessible seating is available within the allocated general admission seating area.

Bringing up Great Kids **Free** Parenting Program



Bringing up Great Kids is an evidence based **FREE** 5 week program for parents with children of any age.

The program promotes and supports respectful, caring and nurturing relationships between parents and their children, assisting parents to become more reflective and mindful in their parenting approach. It is also an opportunity to meet other parents. Bookings and informal pre-group interviews are essential.

The Program will also explore:

- Parenting Styles
 - Important messages: what do we want to convey to our children and how to best do this
 - Brain development in children and its influence on thoughts, feelings and behaviour
 - Discovering how to overcome some of the obstacles of raising children
 - Exploring ways for parents to take care of themselves and how to find support when needed
- **FREE CHILD CARE AND MORNING TEA EACH WEEK**

LOCATION: Blacktown North Public School: 1 Bessemer St, Blacktown NSW 2148

PRE-GROUP INTERVIEW DATE: Tues 2 or 9 October 2018 (attend one)

Course DATES: Tuesday 23 October until Tuesday 20 November (5 weeks)

TIME: 9:15am-11:15 am

COST: FREE

BOOKINGS ESSENTIAL 8811 0000 or blacktownnrc@rnsnw.org.au