



A quality education in a caring environment

Seven Hills North Public School NEWSLETTER

Issue 17 23.10.2020

Term 4—Week 2



DATES FOR DIARY

TERM 3

OCTOBER

28 Interrelate Stage 3
In class

NOVEMBER

4 Kindergarten Transition
6 Stage 3 Excursion
11 Kindergarten Transition
18 Kindergarten Transition

DECEMBER

16 Last Day of Term 4

From the Principal's Desk

Welcome back

Welcome back to school for Term 4. I hope you all had a restful and enjoyable school break and were able to enjoy some 'downtime' with family and friends. At present, the advice we provided at the end of last term regarding COVID operational guidelines and restrictions remains unchanged. Whilst some of our school activities and events are able to recommence, these are with ongoing restrictions. Parents, carers and other non-essential adults are still not permitted on school grounds or at school events, except for face-to-face parent/teacher meetings that are essential (e.g. to discuss disciplinary or other welfare matters). This means that some of our upcoming events, including the Kindergarten Transition program, will operate differently this year. I include this in further detail later in this newsletter.

We are pleased that a number of activities have recommenced, including School Band rehearsals and tutorials. Whilst excursions and field trips within NSW can recommence with restrictions, the decision was made to cancel the Stage 3 camp, as most of the venues that were booked for our trip are still not operational and would not have allowed students to visit. However, our teachers have been able to book an exciting excursion for Stage 3 students to Penrith Lakes Environmental Educational Centre.

At this stage, we are still awaiting an update on guidelines for end of year celebrations, such as Presentation Day and Year 6 Farewell. These events are being considered and may go ahead as restrictions are lifted. However, please be aware that this is also subject to change if an increase in COVID cases results in restrictions being reimposed. Our staff are busy planning for various options. Please continue to read the newsletter, notes and email correspondence to stay up-to-date with any changes. I will continue to keep you updated as soon as information is received from NSW Health and the Department of Education.

Changes to SDD next year

The Department of Education has just announced that Commencing at the start of 2021, there will be changes to the Staff Development Days (SDDs). Beginning next year, there will be an increase from one to two SDDs at the commencement of Term 1. The School Development Days are scheduled for 27 and 28 January, with students returning on 29 January 2021. There will be a decrease from two to one SDDs at the end of Term 4, meaning that students will start and finish the school year one day later. There will be no changes to the total number of SDDs or the number of days of schooling for students. There will continue to be one SDD occurring at the commencement of Terms 2 and 3.

Students leaving in 2021

We are currently updating our anticipated enrolment figures for 2021 to submit the Department of Education. To assist us with our planning and to ensure our expected enrolments are accurate, could you please advise the Office if your child/ren will not be returning to our school next year. Also, if you are taking an extended holiday and will not return at the start of the school year, please let us know so that we can hold a class placement for your child. Any families who are taking extended leave are required to complete an Extended Leave Application Form. Thank you to those parents who have already completed this.

SHNOOSH CARE

Ph: 9620 9308

shnooshcare@optusnet.com.au

SCHOOL SECURITY
1300880021

Seven Hills North Public School Newsletter

Look at what's been happening inside our gates...

Even though we're unable to have our parents onsite, we have been ploughing ahead with our school beautification projects and a number of areas around our school having been taking shape over the past few weeks. Mr Daniel has been busy designing and creating the new garden area near the 2 Koala's classroom. All that cupcake fundraising has certainly paid off and we have created a lovely fresh garden and pathway.



Also, you may have noticed the new front garden at our Beethoven Street entrance. This garden was funded by a NSW Government Community Grant that was received by our P&C. It certainly looks amazing already and we are excited to watch this grow and flourish.



We've also discovered a hidden talent in our General Assistant, Mr George, who has created this lovely wall art and succulent garden near our COLA. I am extremely proud of our beautiful school and the way we work together to make this such an inviting place for our students to come each day!



Kindergarten Orientation

Our Kindergarten enrolments for 2021 are steadily climbing and we're pleased that we will be able to have our newest students onsite for their Kindergarten Transition program in the coming weeks. A reminder that only students who have completed the enrolment process are allowed to attend. Current COVID-19 restrictions do not allow for parent/carers to remain on the school site during the sessions, so we have developed adjusted drop-off and pick-up procedures, as well as a Parent Hub through which we will deliver our parent information sessions. Letters have been sent home this week, so if you are yet to enrol your child, or are aware of anyone else who has yet to do so, please ensure this is done promptly so that your child can participate in the program.

The Kindergarten Orientation Program will be held on three separate days. The first being **Wednesday, 4 November 2020** from **9.30am to 11.00am**. The 2021 Kindergarten children will get to meet students and teachers and enjoy a morning of activities. All students are asked to bring a piece of fruit in a **labelled** container/ziplock bag and a drink bottle with water, to enjoy for Crunch and Sip.

We are running our Parent Information Sessions differently this year. There will be a total of three information sessions, which will be uploaded as a recording, to our designated 'Kindergarten 2021 Parent Hub'. Instructions on how to join this platform, will be emailed out to parents next week. If you are not already following our Seven Hills North Facebook page, we highly recommend you to follow this page, for regular communication and notices. The first parent session will be available to view on **Monday, 2 November 2020** from **9am**. This session will focus on transitioning to school, how to assist your child's learning and school routines. You will also meet key people at our school. This information will also be available via the School Facebook Page and school website. We look forward to welcoming our new families to our school.

School Planning

As we develop our new school plan for 2021-2024, we are seeking community consultation for strategic decision-making, ensuring that the educational priorities of the school reflect the goals and learning needs of students, staff and parents. Thank you to those parents who completed our first online Parent Survey last term. We have been able to analyse your feedback and will consider this when determining future plans and programs.

Our next parent survey seeks your input to support the development of our School Vision Statement. A school vision statement is short and precise, and describes our school's shared values and high level aspirations for ongoing school improvement. It is a statement about student learning and achievement based on identified priorities. Currently, our School Vision Statement is: *At Seven Hills North Public School, we encourage the development of confident, creative and critical thinkers who are engaged in their learning. We foster leadership, responsibility and citizenship. We work in partnership within and beyond the school in a strategic, enthusiastic and purposeful way. Our legacy will be to build the capacity of all members of the school community for a better future.*

Seven Hills North Public School Newsletter

Today we will be emailing a link to the next Google Survey for our families to complete. The responses you provide to this survey will be used in conjunction with staff and student input to formulate our new school vision. I thank you in advance for taking the time to provide your feedback.

Celebrating Student Success

At our school, we have a number of ways of recognising student and rewarding those students who are demonstrating our school expectations. As we are not able to hold school assemblies at this time, we will acknowledge student achievement in our newsletter each fortnight.

Seven Hills North SMILES are presented to students when they are displaying one or more of the expected behaviours on our school matrix. Congratulations to our Term 3 Week 10 winners, Lachlan and Eden and Term 4 Week 1 winners, Ben and Tejas.



Students receive merit awards if they are consistently displaying expected behaviours. Congratulations to our Silver and Gold award winners...



Silver Award winners: Tejas, Mayuur, William, Annalyse, Heidi, Kai, Corey and Semisi



Gold Award winners: Selena, Vyyom, Emmanuel, Lincoln and Harry

Principals Medal

As part of our school's reward system, when a student achieves two Gold awards, the equivalent of 90 Merit Awards, they are presented with a Principals Medallion. Congratulations to Sophie S for earning her Principal's Medal.



Why do children need to develop good reading habits?

Reading is one of the most important skills a child needs to learn to succeed in life. Children are active, curious and eager to learn. Reading books can help them gain knowledge, develop thinking skills, develop positive values and attitudes. As many of our children have increased their 'screen time' this year, we are encouraging our students to pick up their books and get home reading again!

Children don't just learn to read at school, in fact, the home is the first learning environment for young children and parents are their first teachers. It is the best place to begin good reading habits. In this respect, school and home are equally important in teaching children to read.

You can teach your child good reading habits and motivate them to read by:

- Have a quiet place where you can sit and enjoy reading together. The experts agree on one thing: reading is what makes better readers.
- Take time to talk about the books you read with your children. This helps to establish the concept that reading generates ideas, opinions and questions.
- Write your grocery list clearly and ask your children to help you read it in the store. This helps build sight vocabulary based on things that are familiar.

Kind regards,

Renai Diamond

Principal

3/4 Yabbies Happenings

In the classrooms



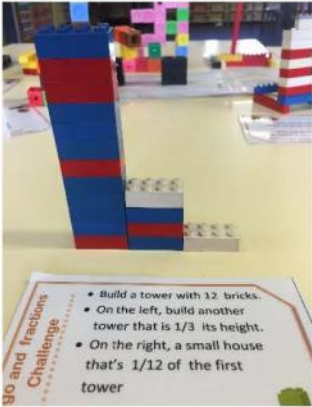
Blurb
One group is she stuck in a popular but silent prison. Pearl is noticing her grandma starting to fade away.

About The Author And The Illustrator
Sally Murphy is a full-time children's writer who also runs a review website www.aussiereviews.com. About her inspiration to write Pearl Verses the World.



This term, Yabbies will be learning about poetry. In these photos, Yabbies are working to create a pamphlet about the book Pearl Verses the World.

STEM:



Using Lego and fractions to create Yabby Road.



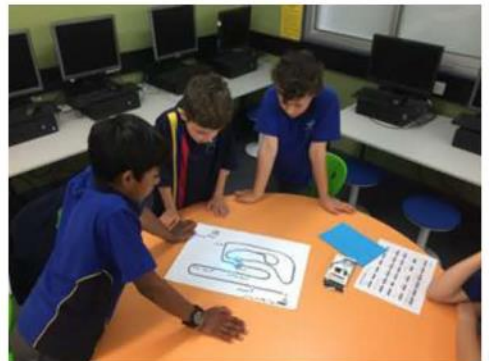
Building a marble run.



Egg drop

Last term's STEM unit saw Yabbies using their creativity and engineering skills to build Yabby Road, a marble run, and an egg drop (among other things).

This term, Yabbies are working with robots like EV3 and Ozobots. Applying their knowledge of coding and learning the basic functions of movement.



Other:



Environmentors – Learning about composting and worm farms

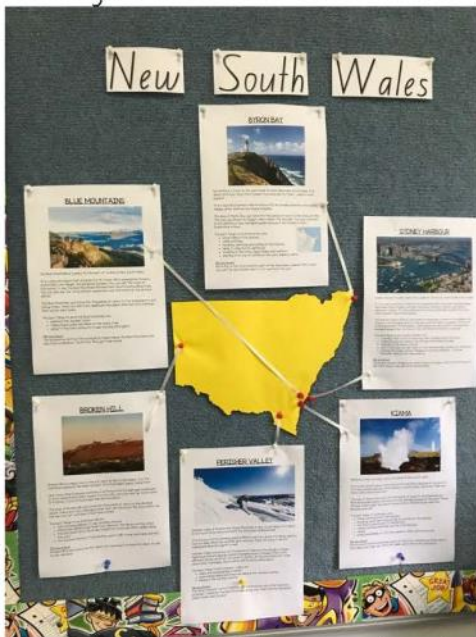


Working with oil pastels and blending to create a tropical landscape.



Class of the Week: 2 Koalas

2 Koalas have been busy learning all about regional scale and national scale in Geography. We have studied our state of New South Wales and our country, Australia. This is our wall display.



In English last term we learnt about writing an Information Report. We found out lots of cool information about snakes and wrote reports on pythons and taipans. We now know how to keep safe from snakes when walking in the bush and what to do if someone is bitten. We discovered that most snakes are even more frightened of us than we are of them.



Seven Hills North Public School Newsletter

Hey Dad's and Father-Figures – you play such an important role, but it can be hard to feel connected to a school community with the business hours most of us work. I'm super keen this term to get behind the great men in our school community and make an impact that we can only achieve together!



One way I'm going to do this is to participate in **Movember**. I'll be growing a moustache in November to raise awareness about Men's health (both physical and mental) and **I'm asking you to join me!** Here is me with 2 days of Mo growth (I've got a head start).

Let's **grow** our **Mo** together, whether they be patchy, seedy, itchy or epic – whatever! We can raise awareness for men's health and do it together. We don't need to raise money, we're just standing together and raising awareness. I'd love to journey this with you, even if it's remotely. If you're keen to join me, let me know by sending me an email to daniel.tuckwell4@det.nsw.edu.au and we'll send out group progress photos to compare each week!



Another way I'd like to champion you in your role is to share an amazing Aussie organisation called "**The Fathering Project**". They are all about equipping Fathers and Father-Figures to be effectively engaged with their children. Research has shown the critical role dads and father-figures play in a child's wellbeing so the aim of this group is to connect, equip and inspire fathers and father-figures in our school community to be engaged and effective in the lives of their children. I'll be sharing tips and ideas from their website which is full of great resources and videos from well-known Aussie Dads. You should check it out when you have some spare time.

<https://thefatheringproject.org/>

Idea 1) - Dad Dates

Dad Dates are where Dad goes out with their kids one at a time. So it's not Dad and Mum, and not Dad and his mates, because adults will always talk to each other, and it's not Dad with all the kids or both kids; it's just Dad and just one child, and it works a treat. Each child gets their own separate Dad Date – usually about once a month.

And the busier you are, the more powerful this is in a kid's life. Why is that? It's not what you say to them, it's not bonding time, it's the fact that you bother; you're busy and they think, "I must be worth something because Dad bothers to spend time with me."

And the best thing to protect the kid from the dangers of life – drugs and all sorts of things – is to feel worthwhile.

Dad Dates are a great way at putting the BUS principle into practise:

B – **Being there** for them.

U – showing **Unconditional love**.

S – help them realise how **Special** they are.

Take care,

Mr Daniel

Mindfulness & Your Child

At Seven Hills North Public School, we are deeply committed to nurturing and developing the whole child, including their mental health and wellbeing.

Mental health and wellbeing is important as it underpins the way children feel about themselves, how they think, learn, and relate to others. With good mental health, research shows children are happier, more confident, more resilient learners and able to build positive relationships. Good mental health in childhood sets young people up for positive mental health in the future.

This is where mindfulness come in! **Mindfulness** is a state of being fully awake to life; being aware and undistracted in the present moment and observing life as it unfolds without analysis or judgment. It is about focusing attention on the here and now, rather than thinking about the past or worrying about the future. Keeping children happy and healthy not only involves taking care of their physical health but also their mental health.

How can you help at home? Introducing the free Smiling Mind app!

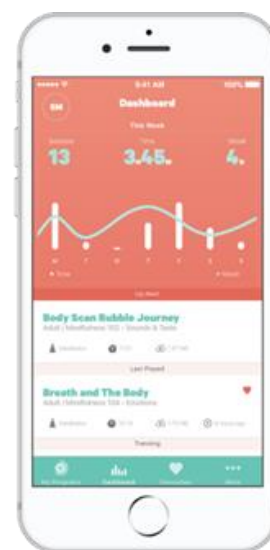


Smiling Mind is a 100% not-for-profit organisation with a bold ambition - they want to change the way we all look after our mental health. Smiling Mind offers a range of programs and resources designed to make mindfulness accessible, easy to practice, and as common as brushing your teeth. The Smiling Mind app provides free mindfulness-based programs for any age!

The free Smiling Mind app is available through the App Store or Google Play and can be downloaded on your phone, iPad or computer for your personal use.

We are currently in the process of trialling mindfulness lessons in a couple of classes with a view to commence a whole-school mindfulness approach next year.

We look forward to sharing more about our school's mindfulness journey throughout the rest of Term 4 and as we begin our whole school journey in 2021.



Mrs Baxter & Miss Ricketts
School Mindful Champions

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ABN 87 565 196 448

Nutrition Snippet

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Try these seasonal recipes:

- [Beef and broccoli stir fry](#)
- [Zucchini slice](#)
- [Healthy apple crumble](#)
- For these recipes and more visit healthylunchbox.com.au

healthylunchbox.com.au



NEW ENROLMENTS AND STUDENTS NOT RETURNING IN 2021

To assist with planning staffing, accommodation and other resources for next year, we would ask that if you have a child who is due to start Kindergarten in 2021 or know of someone who is in area and has a child due to start Kindergarten please make sure to get your enrolment forms in as soon as possible.

Alternatively if you know that you will not be returning next year or that you will not be starting till later in the year because of a family holiday please complete the following forms and return them to the school office.

To: The Principal, Seven Hills North Public School

Pupils Name: _____ Class: _____

Pupils Name: _____ Class: _____

Pupils Name: _____ Class: _____

Pupils Name: _____ Class: _____

LEAVERS

My child/children will not be attending Seven Hills North Public School in 2021. Last day of attendance:

Moving to.....(new school)

LATE RETURNERS

My child/children will be returning to Seven Hills North Public School on(Anticipated Date of Return)

after the commencement of Term 1, 2021. (Thursday , 28 January 2021) because.....

.....

Signed:(Parent/Guardian).....

Would you like to join **Cool Kids Music Co.** lessons at school

Keyboard & Guitar Tuition

**Enrol
now!**

Available for students in years 1-6

★
Perfect for beginners

★
Instrument provided for lesson

★
30 minute lessons, once a week

★
Maximum 8 students per class

★
\$13.50 (+GST) per lesson
pre paid at the beginning of the term

★
\$20.00 once off book fee



What makes CKMC so COOL?

Music Olympics held once a Term!

★
Encouragement, Awesomeness, Completion
and Certificate of Participation Awards

★
Lessons held in the convenience of your own
school with friends!

★
Weekly homework charts and
Progress Reports available on request!

★
Prizes for remembering
your book!

**CREATIVE
KIDS**

REGISTERED PROVIDER
Gain your 50% Voucher

**LAST CHANCE TO USE YOUR 2020
CREATIVE KIDS VOUCHER**

If you wish to enrol please visit
www.coolkidsmusic.com.au

For more information please call or email our friendly staff on:
0457 668 742 or enquiries@coolkidsmusic.com.au

*Room usage fee may apply at some schools
*Information and website are subject to change



Youthlink

SKILLS 4 LIFE PRESENTS

SECRET agent SOCIETY

SOLVING the MYSTERY
of SOCIAL ENCOUNTERS®

HOW CAN SECRET AGENT SOCIETY HELP MY CHILD?

Secret Agent Society (SAS) is a breakthrough social skills approach for 8 to 12-year-old children, with a range of different social and emotional challenges. SAS has fun, espionage-themed resources and program that helps children learn how to feel happier, calmer and braver.

The program teaches children a variety of skills including the ability to:

- Recognise simple and complex emotions in themselves and others
- Express their feelings in appropriate ways
- Cope with feelings of anger and anxiety
- Communicate and play with others
- Understanding levels of friendship
- Cope with team work, games and 'losing'
- Cope with mistakes and transitions
- Build and maintain friendships
- Solve social problems
- Detect the different between accidents, jokes and nasty deeds
- Detect and understanding bullying
- Prevent and manage bullying and teasing
- Acknowledging personal strengths and goals.
- Other general challenges with friendships, team work, conversations or staying calm

SAS was authored by Clinical Psychologist Dr Renae Beaumont, and is regarded as one of the most successful programs of its kind in the world.

We're now accepting students for TERM 4, 2020!
**GROUPS COMMENCE IN OCTOBER. HELD
EVERY MONDAY, 4 PM - 6 PM.**

For more information, enquire online at

<https://www.salvationarmy.org.au/youthlink/skills-4-life/contact-skills-4-life/> or phone (02) 9622 1823




Youthlink

SKILLS 4 LIFE

WHO IS SAS SUITABLE FOR?

Children aged 8-12 who have been diagnosed or are suspected of having:

- High functioning Autism / Asperger's Syndrome
- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder (ADHD)
- Anger management difficulties
- Other general challenges with friendships, team work, conversations or staying calm

WHAT WILL THE PROGRAM INVOLVE?

SAS Small Group will consist of 3-6 children and 2 facilitators. The program is held at our Skills 4 Life centre in Blacktown and run by our trained SAS Facilitator. It will comprise of:

- 9 small-group weekly club meetings plus two booster sessions for children (30 minutes)
- 9 parent information weekly sessions (30 minutes)

Children are asked to continue with tasks throughout the week to support and reinforce their learning. The SAS Computer Game Pack is also available for children to complete in the home. Parents play a significant role in the program and at least one parent needs to commit to attending group parent sessions and to oversee children's home activities.

ADDITIONAL INFORMATION

In 2014, SAS was awarded the Autism Spectrum Australia National Recognition Award for advancement to acknowledge the significant, positive impact the program has on children's and families' lives. Multiple University and community trials have shown SAS to be effective in improving children's emotion regulation and social skills when delivered in clinic, school and home contexts. One university randomised controlled trial found 78 per cent of children with Autism (Asperger's Syndrome), who had clinically significant delays in social-emotional functioning, improved to displaying these skills within the range of typically developing children on a parent-report measure (Beaumont & Sofronoff, 2008).

The SAS program weekly sessions can be covered under NDIS funding. Each child would need to purchase a Family Kit through the Salvation Army before commencement. The kit is an integral part of the program as it includes everything needed for each child, parent and teacher to participate in the group program with a trained SAS Facilitator.

For more information, enquire online at

<https://www.salvationarmy.org.au/youthlink/skills-4-life/contact-skills-4-life/> or phone (02) 9622 1823



SOLVING the MYSTERY
of SOCIAL ENCOUNTERS®

Seven Hills North Public School Newsletter

Intention to apply for Year 7 placement in a selective high school in 2022

Dear Parent/Carer,

Selective high schools cater for academically gifted students with high potential who may otherwise be without sufficient classmates at their own academic standard. Selective high schools help these students to learn by grouping them with students of similar ability, and by using specialised teaching methods.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 11 March 2021.

If you would like to have your child considered for Year 7 selective high school entry in 2022, you need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available in late September 2020 at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at that link on 6 October 2020 and closes on 9 November 2020. You must apply before the closing date.

There are no paper application forms. If you do not have internet access, you could apply at a public library. If you have a disability that prevents you from using a computer, you can contact the Team for assistance after 6 October 2020.

You must submit only ONE application for each student.

The tear-off slip below is not an application and the school cannot apply on your behalf.

Yours sincerely
Renai Diamond
Principal

Cut along the dotted line and return the completed slip below to school by **Friday 6 November 2020**.

THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.

This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

----- Cut here and return the note below to the school -----

Intention to apply for Year 7 placement in a selective high school in 2022

Student's name: _____ Class: _____

I intend to apply for selective high school entry in Year 7 in 2022 through the High Performing Students website between 6 October 2020 and 9 November 2020.

Signature of parent/carers: _____

THIS IS NOT AN APPLICATION FOR ENTRY TO A SELECTIVE HIGH SCHOOL.

This is a notice to your primary school only that you intend to apply.

TO APPLY YOU WILL NEED TO REGISTER AND THEN APPLY THROUGH THE HIGH PERFORMING STUDENTS WEBSITE:

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

Seven Hills North Public School Newsletter

BOOK AT
CEJCREATIVES.COM.AU

CEJ CREATIVES

Kids Arts & Crafts Fun Day

YOUR KIDS ARE INVITED TO JOIN US FOR THE EVENT OF THE SUMMER.

ACTIVITIES WILL INCLUDE DECORATING THEIR OWN T-SHIRT, MAKING FESTIVE CARDS, PAINTING A MURAL AND MANY MORE FUN CRAFTY CHALLENGES

SUITABLE FOR KIDS AGED 4-11

21 DECEMBER 2020 AT 8.30 AM - 4 PM
HALF DAY OR FULL DAY TICKETS AVAILABLE
WRIGHTS RD COMMUNITY CENTRE
WRIGHTS RD, CASTLE HILL NSW 2154

ALL STAFF CRB CHECKED

AUSTRALIA'S YOUTH PRESENTS

A SELF DEFENCE KARATE
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For boys and girls
Ages 5 - 16
In Sydney Since 1994

Website - karate-kids.com.au

INSTRUCTORS TRAINED SPECIFICALLY
FOR TEACHING CHILDREN AND TEENS

SELF DEFENCE ONLY IS TAUGHT

CLASSES DIVIDED BY AGE
AND EXPERIENCE

FROM BEGINNER TO
BLACK BELT



DEVELOP SELF CONFIDENCE

IMPROVE CONCENTRATION

BUILD COORDINATION

BUILD SELF ESTEEM

IMPROVE STUDIES

MAKE FRIENDS

TRY THE FIRST
CLASS FOR FREE!

Only \$14.00 Per Week
With a \$2.00 Rego per term
No Extra Grading Fees!

INSTRUCTOR IS A KARATE CHAMPION AND ISKA INSTRUCTOR OF THE YEAR

Location: Kings Langley Public School,

Isaac Smith Pde., Kings Langley

Classes are every Wednesday for 9 Weeks (Every School Term)

New and Returning Registration: Weds., 21 October, 2020

New Students can also join on any Wednesday during term.

New and Returning
Students

Ages 5-8

Class Time 4:00 to 4:40PM

New Students
Ages 9-16

and Returning Students

Class Time 4:45 to 5:25PM

Returning Students please see website at www.karate-kids.com.au for class times.

REGISTRATION WILL BE ACCEPTED FOR ALL STUDENTS WHO TURN UP. WE DO NOT TURN KIDS AWAY. NO PRE-REGISTRATION IS NECESSARY. JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE. WE ACCEPT CHEQUES OR CASH. FOR FURTHER INFORMATION, SEE WEBSITE AT www.karate-kids.com.au.



SYDNEY
ACADEMY OF CHESS

Level 1 30A George St, Burwood 2134

Office: (02) 9745 1170

CHESS!!

Learn to be a chess champion! Coaching for students at Seven Hills North Public School is held on Mondays from 8:00am to 8:50am, starting on 12 October 2020.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.