



A quality education in a caring environment

Seven Hills North Public School NEWSLETTER

Issue 18 06.11.2020

Term 4—Week 4



DATES FOR DIARY

TERM 3

NOVEMBER

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

DECEMBER

- 16 Last Day of Term 4

2021

TERM 1

JANUARY

- 29 Year 1 - Year 6 Students Return

From the Principal's Desk

Kindergarten Transition for 2020 Students

Our Kindergarten Transition program has commenced, with our 2021 Kindergarten students visiting our classrooms and participating in a range of play activities. It was great to see our newest students' transition smoothly into our school and engage in a variety of hands-on and developmental play activities with enthusiasm. The transition program provides an opportunity for new students to become familiar with the school setting and to meet some of our teachers and students. This also allows staff to observe the students to determine what skills and talents they will bring to school in 2021. We were so impressed by how settled and eager our new students were to interact with staff and peers in the classroom. A huge 'thank you' to Miss Blanch for the enormous amount of planning and preparation she has done to make this such a success. We warmly welcome our new and returning families to Seven Hills North Public School.

Due to our current COVID-19 restrictions, parents are not able to participate in our Parent Information Sessions onsite. As an alternative, we are uploading these information sessions as a recording to our designated 'Kindergarten 2021 Parent Hub'. You can find our parent hub, by clicking the following link – <https://sites.google.com/education.nsw.gov.au/2021kindergartenparenthub/home>

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 next parent session will be available to view on Monday, 9 November 2020 from 9am. This session will focus on creating healthy lunchboxes, our Out of School Hours care service (SHNOOSH), Positive Behaviour for Learning (PBL), attendance, Library, the Stages of Learning and Key Learning Areas, School Readiness and meeting key people at our school. This information will also be available via the School Facebook Page and school website.

There are more transition visits scheduled, so if you know of other families who have not yet enrolled for 2021, please advise them to do so quickly so that they can participate in this valuable program. If you have any questions at all, please contact our front office, or leave a question on the Parent Hub.



SHNOOSH CARE

Ph: 9620 9308
shnooshcare@optusnet.com.au

SCHOOL SECURITY
1300880021

Seven Hills North Public School Newsletter



Student Leaders 2021

This week, our Year 5 students received information about the upcoming elections for Student Leadership positions in 2021. Positions on our Student Leadership team are very important and are highly regarded within the school community. Seven Hills North Public School has set criteria for leadership positions within the school, as students holding leadership positions in Year 6 will be ambassadors for our school. We encourage parents and carers of Year 5 students to have a discussion with their child about the responsibilities and expectations that go with positions of leadership. If after these discussions, your child would like to run for a position of leadership, they will be required to submit a nomination form Mrs Diamond to confirm their participation in the election process.

As you would be aware, the nomination requires a great deal of thought, as the role of a school leader is a very important one at Seven Hills North Public School. The role requires strong leadership skills, a sound attitude towards schoolwork, strong oral and written communication skills, sensitivity towards fellow students and the capacity to work closely with all members of the immediate and wider school community. Student leaders are expected to meet leadership criteria and be able to fulfil role expectations as outlined below:

Criteria for Year 6 Student Leadership Positions

Students must:

- Aim to do their best at all times.
- Follow school expectations at all times.
- Maintain acceptable and responsible standards of behaviour at all times - acts with integrity, honesty and respect.
- Work well as a team member.
- Co-operate at all times with teachers, parents and other students.
- Demonstrate being a good school citizen by fulfilling their responsibilities and participating in school events.
- Treat all students as they, themselves, would like to be treated.
- Behave safely and responsibly while representing our school on excursions and events.
- Demonstrate being a good sport and encourage fellow students to do the same.
- Maintain acceptable schoolwork standards.
- Dress in the appropriate school uniform consistently.
- Have participated in a variety of extracurricular activities and demonstrated commitment to school service.

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Student leaders are expected to fulfil particular roles within our school. Leadership roles may include, and are not limited to, those expectations listed.

Role Expectations

Leadership roles may include:

- Providing leadership to the student body.
- Being an active member of the SRC.
- Representing and speaking publicly on behalf of the student body at school functions.
- Running assemblies and presenting school awards.
- Assisting with playground issues when required — toilets, canteen, and movement in the playground.
- Addressing dignitaries or school visitors.
- Assisting with school events.
- Reporting on current issues arising from SRC meetings.
- Engaging in the formation of possible solutions.
- Contributing as a member of active school teams eg, sport, student welfare, etc.
- Addressing the P&C when required.
- Assisting new students to the school and implementing an induction program

The above criteria will determine a Year 5 students' eligibility to stand as a candidate for 2021 leadership positions. If your child wishes to be considered for a leadership position in 2021, they should complete the nomination form and return this to Mrs Diamond by Wednesday 11 November. If you have any questions, please do not hesitate to contact me on 9624 1275.

School Band

This year we have been so proud of those students who have participated in our inaugural School Band. The school band is coordinated by School Bands Australia, who provide weekly rehearsals and tutorials onsite. Instruments are hired through the school. Enrolments for our school band open on 16 November and we will be providing online information sessions for interested students and parents in the coming weeks. Parents can also visit the website <https://schoolbands.com.au/> for further information.



Uniform Shop

I am pleased to announce that we now have an online Uniform Shop. This shop is now live and you may start ordering from this site now. The link to the Uniform Shop can be found under the "Uniform Shop" tab on our school website: <https://sevenhilln-p.schools.nsw.gov.au/uniform-shop.html>

The Uniform Shop is responsible for providing all of our students' school uniform requirements and operates on a Tuesday morning from 8.45am until 10am. Please note however that during the COVID-19 Restrictions our Uniform Shop is open for online trading only. All orders can be made via this online store and must be placed by 9pm on a Monday night to allow for fulfilment during the shops trading hours and delivery to your child's classroom.

**** Please ensure you enter your Child's Name and Class in the request box prior to clicking check out ****

Parent Math Hub

The NSW Minister for Education, Sarah Mitchell has officially launched the Maths campaign [#MathsTrainsBrains](#), alongside the [Everyday Maths Hub](#), as part of the [NSW Mathematics Strategy](#).

Mathematics is the foundation of problem-solving and reasoning, and I'm excited to see these impressive initiatives support you as you equip our students with the mathematics skills they need to succeed in life. The [Everyday Maths Hub](#), is an online platform helping parents and carers engage their children in mathematics. The hub features fun, interactive resources and explainers about a wide range of mathematics topics and how they are relevant to everyday life.

The hub is a terrific way to strengthen the home-school connection, so we are pleased to share this resource with our parents and carers.

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 Week 2 winners, Hagen and Shane and Week 3 winners, Elise and Olivia.



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



Silver Award winners: Jay, Isla, Brayden, Mina, Lucas and Annalyse.



Gold Award winners: Ryan, Parker, Amisha and Noah.

Enrolments 2020

Are You Moving In 2020? If you are intending to leave the school at the end of this year, could you please notify the school by filling out the form on the back page of this Newsletter or by emailing the school office, as soon as possible (excluding Year 6 of course). Accurate numbers are important for our class planning and staffing for 2021.

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

www.raisingchildren.net.au

www.triplep.net

Warm regards,

Renai Diamond

Principal

Book Club

Book Club will be sent today. We only accept orders via LOOP, instructions on how to order via LOOP are below. Please do not return your orders to school. Orders must be ordered online by **Friday 20 November**.

Book Club LOOP

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the LOOP, speak with your school's Book Club Organiser.

Head to [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP) or Download on the App Store GET IT ON Google play

Follow these easy steps!

- 1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.
- 2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.
Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)

LOOKING FOR MORE PRODUCT INFORMATION?

- 3 Click on **ORDER** and enter the item number from the Book Club catalogue.
- 4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.



Hey Dads and Father-Figures

Welcome to Movember! Here's me with my 2 week head start - and I am not loving the new look - but it's all for a good cause. Movember's main focuses are in mental health and suicide prevention, prostate cancer and testicular cancer.

Good mental health and wellbeing allows you to live your life in a positive and meaningful way and cope with life's changes and challenges.

For optimum mental health, it is important for you to be able to prevent the development of anxiety or depressive moods as well as manage mood swings during times of stress or adversity.

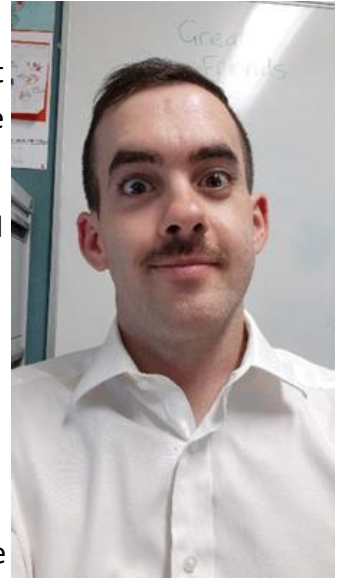
The aim is to be able to maintain a balance:

- Have a broad range of interests (work, family, sport, hobbies) and spend time on the things you enjoy.
- Develop skills to help you cope better in stressful situations – e.g. anger management, relaxation techniques or assertiveness.
- Recognise and accept the things you can't change.
- Develop a support group of people you feel comfortable to talk to and can trust and nurture these relationships.

Don't think you have to do it alone – share issues with an empathetic listener and ask for help sooner rather than later.

If you are struggling, call Lifeline on 131 114, or Beyond Blue on 1300 224 636.

Join me and **grow** a **Mo** yourself, whether it be patchy, seedy, itchy or epic – whatever! We can raise awareness for men's health and do it together. 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.



Have any of you taken up the **Dad Date** idea from the last newsletter? They are great ways of investing into your children and using the **BUS** principle:

B – **Being there** for them.

U – showing **Unconditional love**.

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

Take care,

Mr Daniel

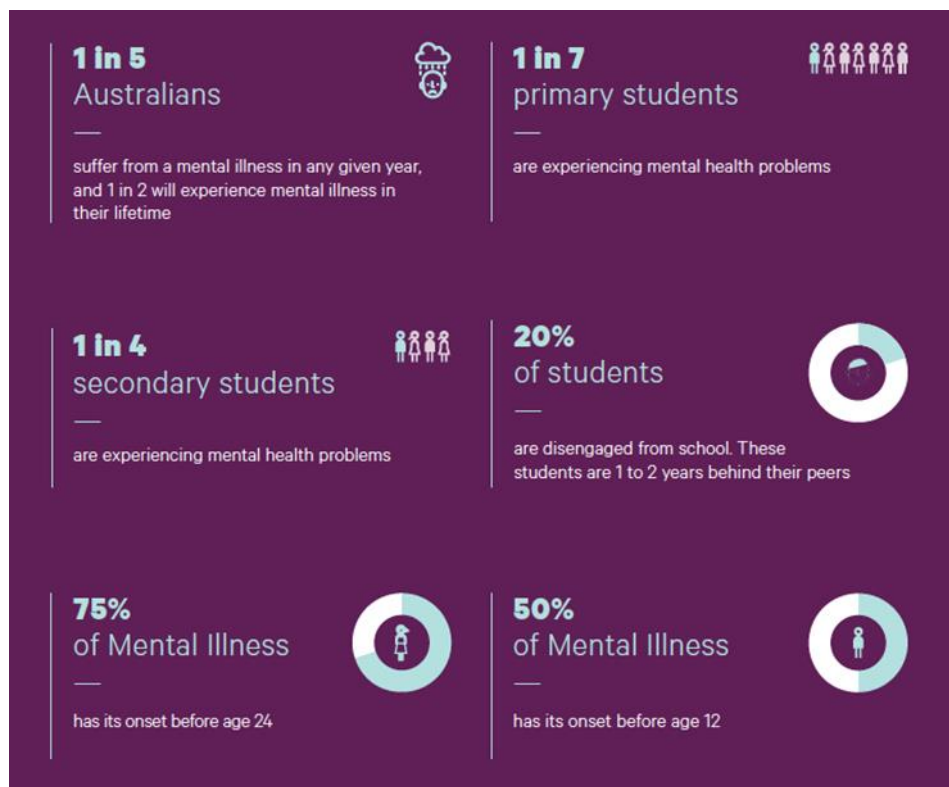
Mindfulness & The Research

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

In the Week 2 newsletter, we introduced you to the **Smiling Mind App** which offers a range of free programs and meditations that can be used by kids, adults or the whole family. We hope you have had time to have a look at this wonderful app and maybe even enjoy some mindfulness meditations as a family!

Did you know that mindfulness practices can reduce emotional distress, settle and calm students and reduce behavioural challenges? It can also help to enhance and strengthen areas of the brain that are involved in attention, learning, thinking and memory. This can lead to improved emotional regulation, mental health and cognition.

Here are some mental health statistics that might surprise you:



Smiling Mind have a vision – to help every mind thrive. Their mission is to provide accessible, lifelong tools to support healthy minds. Part of achieving this mission is to introduce mindfulness skills to students as early as possible in their school years.

According to a meta-analysis of more than 70 studies comparing more than 6,000 school aged young people, those students who practised mindfulness showed:

- **Better emotion and behaviour regulation** (than 62% of those who didn't practise mindfulness)
- **Better academic performance** (than 66% of those who didn't practise mindfulness)
- **Lower depression and anxiety scores** (than 66% of those who didn't practise mindfulness)
- **Better social skills** (than 64% of those who didn't practise mindfulness)

Students in 1 Geckos and 2/3 Tree Frogs have been trialling the Smiling Mind class program since the beginning of Term 4 and are thoroughly enjoying it.

We can't wait to share more about our mindfulness journey with you in the coming weeks!

Mrs Baxter & Miss Ricketts
School Mindful Champions



K POSSUMS



Take a look at the fantastic mathematics K Possums have been doing. These are just a few stars in our class who represented their numbers correctly using unifix cubes. In our classroom we have many fun lessons, but this was a highlight.

Other fun activities that have been keeping us Possums busy is tactic games in PE, learning about movement in Science and getting our Picasso on for art.



Class of the Week: 2/3 Tree Frogs

And just like that, it is Term 4!

Our classroom is in a continuous buzz of learning. We have been busy developing our mathematics skills and understanding with a focus in the last couple of weeks on rounding, addition and subtraction.



Last week the Tree Frogs completed various exercises within a minute as part of our collecting Data lesson. This week we are practicing converting and reading digital and analogue time.



We are becoming great readers in 2/3 Tree Frogs and enjoy spending time reading to ourselves, to each other and with our teachers as part of our literacy program. We've been working hard to develop Fluent decoding skills and our knowledge of syllables to help us with our reading, writing and spelling.



Summer rocks!!

Under water is sooo cool!

My mum told me to put on suncream!

Mmm, I like incredibly yummy ice-cream!

Eating freezing cold ice-cream everyday!

Riding bikes

By **ALEX**

Term 4 has also brought a new writing focus - poetry! We've had fun so far looking at acrostic poems and have tried hard to include adjectives, similes, alliteration and other figurative language devices.

Summer is my favourite season

Us hanging together as a nice little Family

Mmm... I love ice cream especially cookies and cream

My mum says I have to put sunscreen on again. Ugh!

Excited for christmas! [and it's not about the presents]

Ready to swim because it's so hot!

By **Rheya**



During Creative Arts, we looked at the Swiss sculptor, Alberto Giacometti and then created our own 'Walking man' sculptures based on Alberto's work.

We have also been enjoying playing sport together on Fridays. This Term we are learning skills which are used in many team sports such as bowling, striking, catching, fielding, and throwing.



Mindfulness is something we have enjoyed doing through 2020 as a class but this term we have dived into some more focused lessons and we have spent time learning about the purpose and benefits of mindfulness in the classroom. We have loved doing our mindfulness meditations each day and having a chance to chat about our emotions and experiences during these lessons.



We can't believe we only have 6 weeks left together! The time is going to fly!

Mrs Baxter & Mrs Sargeant

Seven Hills North Public School Newsletter

A BETTER START PROGRAM INITIATIVE



JOIN OUR NDIS FAMILY YARN UP



You are invited to a free yarn up for parents run by the Better Start team at Carers NSW

Come to a free online information session for all parents and guardians of children with disability or developmental delay aged up to 12 years old. It does not matter whether your child has an NDIS plan or not. You will be able to meet other parents and chat about your experiences.

Local speakers include:
-ECEI partners (0-6 age group NDIS)
-Local Area Coordinators (7+ age group NDIS)
-Local Disability Advocacy Agency
-NSW Dept of Education

If you would like to attend but cannot, please let us know. This will help us to plan future sessions.

EVENT INFORMATION:

WHEN: 25th November 2020
9:30am - 1.10pm (with a mid-way break)

HOW: Online via Zoom

WHO: Speakers will be from the Blacktown area. However, families who do not reside in Blacktown are also welcome.

RSVP: The Better Start Team
CALL US: 02 9280 4744
EMAIL: betterstart@carersnsw.org.au
REGISTRATION FORM: <https://analytics-au.clickdimensions.com/cn/aosfc/movingforward>

COST: Free

A BETTER START PROGRAM INITIATIVE



CARING FOR A CHILD WITH DISABILITY?



You are invited to a free online workshop for parents run by the Better Start team at Carers NSW

Come to a free online information session for all parents and guardians of children with disability or developmental delay aged up to 12 years old. It does not matter whether your child has an NDIS plan or not. You will be able to meet other parents and chat about your experiences.

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COST: Free

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www.carersnsw.org.au contact@carersnsw.org.au 02 9280 4744 PO Box 785 North Sydney NSW 2059

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

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