



A quality education in a caring environment

# Seven Hills North Public School NEWSLETTER

Issue 8 28.05.2021

Term 2—Week 6

## DATES FOR DIARY

### TERM 2

#### MAY

28 PSSA  
Assembly @ 2pm

#### JUNE

4 PSSA  
K-2 Fun Run  
8 Stage 1 Excursion  
9 Regional Cross Country  
10 Stage 2 Excursion  
11 PSSA  
14 **PUBLIC HOLIDAY**  
18 PSSA  
Assembly 2pm  
21 Longneck Lagoon  
Leaders Excursion  
23 Athletics Carnival  
25 PSSA  
**Last Day of Term 2**

### TERM 3

#### JULY

12 Staff Development Day  
13 **Students Return**  
20 NAIDOC Incursion  
23 National Tree Planting  
Day  
27 100 Days of Kindergarten  
29 Education Week  
Celebration Day

## From the Principal's Desk

### Student Representative Council

Recently, Mrs Biggar and I held our Student Representative Council meeting with all class representatives and school leaders. Our SRC is a formal group of students, elected by their peers, to represent them and their views. The SRC facilitates leadership and decision-making by all students in the school. This is one of the ways we provide meaningful leadership opportunities for our students.

Students are happier and participate in their education more effectively when their ideas are listened to and their opinions valued. Our school also benefits when our students are involved in their own learning and the operation of the school. We were really pleased with the way our students contributed to the meeting, sharing ideas and recording meeting minutes to report back during their class meetings. Three of our SRC Publicity Officers, Ava, Aaron and Noah, attended the staff Communication Meeting before school to update the teachers on the meeting outcomes. Congratulations to those students on the way they confidently delivered the SRC minutes to keep our staff updated. Make sure you read the SRC report that our other Publicity Officers, Ella, Patrick and Saloni, have included later in this newsletter.



### Kindergarten 2022 Enrolments

If you have a child who will be enrolling in Kindergarten in 2022, please visit our school office for an enrolment form, or you can also enrol online. Further information about school enrolment can be found on our website. Also, if you are aware of any families in our community who are intending to enrol for next year, please advise them to contact the school as soon as possible to complete an enrolment form. If you are intending to enrol a Kindergarten child in 2022 and you are not within our local-intake area, please contact our Office as soon as possible.

**SHNOOSH CARE**

Ph: 9620 9308  
shnooshcare@optusnet.com.au

**SCHOOL SECURITY**  
**1300880021**





# Seven Hills North Public School Newsletter



## Celebrating National Reconciliation Week

This week is National Reconciliation Week. Significant for all Australians, not only Aboriginal and Torres Strait Islander people, it's a time for us to learn about our shared histories, cultures and achievements, while exploring how we can all contribute to achieving reconciliation in Australia. Reconciliation Australia's theme for 2021, [More than a word. Reconciliation takes action.](#) urges the reconciliation movement towards braver and more impactful action.

We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

In recognition of Reconciliation Week, students in 2 Garnet created this fantastic Aboriginal art display.



## Parent teacher interviews

Similar to last year, parent interviews will be conducted via phone call throughout Week 9 and Week 10. Each teacher will have an individualised schedule of times that they are available throughout the week, ranging from mornings, middle of the day and afternoons. Interview timeslots will commence on Tuesday 15 June and close Friday 25 June. Each interview with a teacher is 10 minutes; with a 5 minute buffer in between to allow time to contact the next interview. Please ensure you keep to this ten-minute timeframe. If you require additional time, an appointment can be made to further the discussion at a later date.

Our school will be using the parent portal in Sentral again for parents to book their parent/teacher interviews. The portal booking system will open for you to start booking interviews from Monday 31 May 2021 at 10am and they will close promptly at 4pm on Friday 11 June 2021.

If there is a need for the teacher to slightly change your interview time, this will be done in consultation with you. If you need to make any changes to your interview time, please contact the teacher directly to make these changes. If you require an interview that is longer than the allocated 10 minutes, please talk to your child's teacher and arrange another mutually convenient time.

If you have yet to activate your Sentral parent portal account, please refer to the email you were sent at the start of the year and again this week. If you are having any difficulties please contact the office. You can set up your parent portal access and download the Sentral App before the interview booking window opens and then you will be ready to book interviews during the open window.

Please use the *Sentral App for Parents* to book your interview/s. This will appear on your App as a booking option from Monday 31 May 2021 at 10am. If you have not downloaded the Sentral app, please follow the URL <https://shnps.sentral.com.au/portal2/> and enter your same online username and password. Further information about the Sentral App can be found on the school website at: <https://sevenhilln-p.schools.nsw.gov.au/sentral-portal.html> If you are having any difficulties booking interviews or accessing the parent portal, please don't hesitate to contact the school.

## Stage 3 excursion

This week our Stage 3 students participated in an engaging excursion to The Rocks, Sydney, to consolidate their learning in history about "The Australian Colonies". Students investigated the lives of real people in Australia's colonial past. They discovered how Australian society changed throughout the twentieth century and examined the everyday life of a variety of men and women in post-1800 colonial settlements.

Students walked in the footsteps and learned the tales of real colonial settlers as they visited the secret laneways, buildings and historical sites of The Rocks. They experienced life as a convict for a day in the authentic setting where colonial Australia began. A special 'thank you' to Ms Mossfield for her organisation of this event.



# Seven Hills North Public School Newsletter

## Super Science!

Our Stage 2 and 3 students have been studying the Material World in Science which focuses on how solids, gases and liquids change state through the addition or removal of heat. To support this understanding with hands-on experience, we held a full day incursion at school with Ranger Jamie and crew. The day was filled with fun demonstrations and interactive experiments showcasing HEAT. Students explored the three possible states of solids, liquids and gases in the most hands-on ways imaginable. They created lava lamps, launched gas pressure rockets and made mystery matter slime, giving them the chance to investigate first-hand how solids and liquids change state, as well as the properties of natural and processed materials. A special 'thank you' to Ms Dundas for her organisation of this event.



## School Uniform Expectations

We are proud to acknowledge that most of our students come dressed in their full school uniform each day. Wearing school uniform encourages respect for our school and a team ethos. It also ensures our students are safe by being easily identifiable. A gentle reminder that students should come to school in black, leather enclosed shoes and that during Term 2 and Term 3, students are to be dressed in winter uniform.

As the weather cools down, now is a good time to check that all of your child's clothing items and equipment are labelled. It is very easy to return items that have been misplaced when they have the owner's name written on them. It can be very expensive to replace things your child has lost or misplaced throughout the year and quite often at the end of each term we have a large collection of jumpers in lost property basket. The "Lost Property" containers are located outside the Office area.

## K-2 Fun Run

Our annual K – 2 Fun Run will be held on Friday 4 June and is for students in Kindergarten, Year 1 and Year 2. All students are expected to participate. At the conclusion of the event, all students will receive a Zooper Dooper ice block, generously donated by the P&C. If you do NOT wish your child to receive an ice block, please advise their class teacher before the event.

Parents are warmly invited to come and watch the K - 2 Fun Run but are reminded to sign in at the front office in accordance with our current COVID procedures. It is encouraged that parents bring their own seating (picnic rug, camping chair, etc.).

## IN ON TIME BY 9!

Regular attendance at school for every student is essential if students are to achieve their potential, and increase their career and life options. Schools in partnerships with parents are responsible for promoting the regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff, as part of their duty of care, record and monitor part and whole day absences.

Our school is required to record the partial absence of any student and provide this information to the Department of Education. Partial absences are also reported on within school reports. As with whole day absences, partial absences require an explanation from parents or carers. Therefore, if your child arrives late for school, any time after 9am, they are marked in the roll as having been partially absent. You are required to provide a written explanation of the reason for their partial absence. If parents have not provided an explanation for the student's lateness, a message will be sent home to be completed with a reason for the absence. Likewise, if you are collecting your child early, a justified reason must be provided. Both late arrivals and early departures are recorded as partial absences. The Department of Education regularly monitors our rolls and may forward any attendance concerns to the Department of Education Home School Liaison Officer for follow-up.





# Seven Hills North Public School Newsletter

## Happy Birthday!

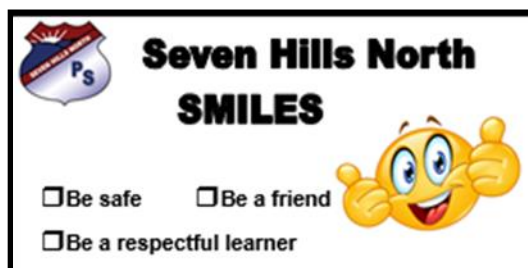
On behalf of our students, staff and community, I'd like to wish our SHNOOSH Coordinator a very happy birthday. The students and staff of our Out Of School Hours service surprised Diana with a special birthday party. It was lovely to see students, staff and parents, both current and former, attend this special celebration!



## COVID-19 Guidelines

In schools, we continue to follow the COVID-19 Guidelines developed by NSW Department of Education in consultation with NSW Health. In particular we wish to highlight the following:

- Staff and students should not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms should be sent home and should not return until they have received a negative test result and are symptom-free. In circumstances where children have other medical reasons for recurrent symptoms a letter from their GP is sufficient to negate the requirement for a negative test.
- If parents or carers believe that their child has a condition which means it's not safe for them to return to school, they will need to provide a medical certificate. In this instance schools should encourage these families to speak with their doctor or health care provider to develop a COVID-19 Action Plan to support decision-making about their activities, including attendance at school.
- Students and staff with flu-like symptoms need to be tested and provide a copy of a negative COVID-19 test result and be symptom-free before being permitted to return to school.
- Students who do not undertake a COVID-19 test will not be permitted to return to school for a 10-day period. Additionally, they must be symptom-free for at least 3 days prior to returning to school.
- If a student is absent for more than three days without a medical certificate, this will be recorded as unauthorised absence and followed up by the school.
- All visitors to a school site must comply with sign-in arrangements. This includes the requirement to sign the school sign-in sheet where they acknowledge that they will comply with the COVID-19 requirements for visitors, contractors and service providers each time they visit. Visitors must also check in using the Service NSW QR code. Parents and carers who are dropping off or picking up students do not need to sign in or use the Service NSW QR code.



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 Mina, Dehshring, Kobe and Akash!



Kind regards,  
**Renai Diamond**  
Principal

## Nutrition Snippet

### SIMPLE SWAPS.



Store bought muesli bar -> Healthy muesli bar

Try our chewy fruit and seed bar recipe!

- ✓ Less nasties
- ✓ More goodness
- ✓ Tastier!

For this recipe and more visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

 **Cancer Council**  
Healthy Lunch Box

# Seven Hills North Public School Newsletter

## School Band News

We have started the new term with plenty of action. In Training Band, we are advancing with some challenging tunes from the essential elements books and learning even more new notes. They are now in the beginning stages of learning their first big band piece, 'Mickey Mouse March'. In Concert Band, we have started some new songs that we are preparing for some exciting performances later this year. The main piece we are working on is 'Drums of Corona' which is coming along nicely.

We would like to recognise the incredible Concert Bands kids that performed in the Anzac Day ceremonies. For some of these kids it was their first performance for the year (or ever). It can be really daunting performing in front of people, but everyone did extraordinarily well, and we are very proud of everyone's work and effort.

Last term we also announced the Band Captains for 2021. To be a band captain, students must display the following qualities: They must be a good leader and role model to their peers. They are respectful to the teachers and musicians alike. They also participate to the best of their ability in all aspects of their learning including- tutorials, band, and performances.

We are excited to announce this year's Band Captains are Manveer R & Sophie G.

You can keep up to date on what the band is up to on our social media pages:  
@schoolbandsaustralia

### A reminder of some upcoming changes to band rehearsal and tutorial times:

Due to the incursion on **Thursday 27/5** and an excursion on **Thursday 10/6**, your child's music lesson will be changed. Please see below the changes of times/dates. This is a one-off change only for the dates listed.

#### Monday 31st May

- Concert band 8:00-9:30am
- Training Band 9:30am-11:00am

#### Monday 7th June

- Concert Band 8:00-9:30am
- Training Band 9:30-11:00am

**Thursday 10th June - CANCELLED**



## Kiss and Drop Zones

***Kiss and Ride Zones need cooperation to remain effective and safe. Please drive carefully around our schools and protect all children.***

- Kiss and Drop Zones are designed for your convenience and for your child's safety.
- Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers.
- These zones operate under the same conditions as no parking zones.
- Drivers may stop to drop off or pick up children for a maximum of 2 minutes.
- Drivers must remain in or within 3 metres of their vehicle.
- Zone applies only during hours of operation.

### Remember:

#### Do not leave your vehicle

- To assist with traffic flow, drivers should remain in the car whilst children get in and out.

#### Child Safety

- Ensure children get in or out of the vehicle on the kerb side.
- The back seat is the safest seat for children to travel in.
- Ensure children have their restraints securely fastened before driving off

#### No U-Turns

- Do not do U-Turns in busy and congested school zones. It's dangerous and places young children at serious risk.



## Student Representative Report

### Sports Cupboard

We are glad to announce that the school will be reopening the sports cupboard soon. Unfortunately, due to the fact that it is untidy and some of the equipment was damaged in the recent rainy, cold and windy weather, we haven't been using this at lunch time.

Mr George, our GA, has been repairing all the little problems around the sports cupboard. He is going to put a mesh cover around the edges of the cupboard, so that dirt and leaves can't blow inside when it is windy. We will also be giving it a new coat of white paint in the inside and adding a new chalk board to list the names of students and the equipment they have borrowed. We are going to be ordering new equipment and we're going to sort it in plastic containers so that the equipment doesn't get damaged in the rain. Our SRC Treasurers are going to work with Mrs Diamond and go through the sports catalogue to choose awesome new equipment to suit the budget.

The SRC will be running the sports shed. If you borrow something at the start of lunch or during lunchtime you must return it before the three bells ring. To conclude, we are hoping to open the sport shed in a few weeks' time. We know it has taken a while, but it will be worth the wait.



### Friendship Bench

Unfortunately, our old Friendship bench can't be repaired, because the mosaic tiles were made of glass and it wasn't safe anymore. However, we are able to get a new one! Mrs Diamond has found some designs and we will have a class vote on what we want it to look like. Then finally, we will give it to a company to make it and hopefully it will be ready soon.



### Drawing Club

Drawing club is open NOW at lunch breaks. It is on Monday to Thursday the maximum capacity is 64. You must remember to bring your own pencil case to draw. It is down the grass hill at Cooida. Different classes go every day. SRC will be running it. We have a new roster and all SRC members were given one for their classroom.

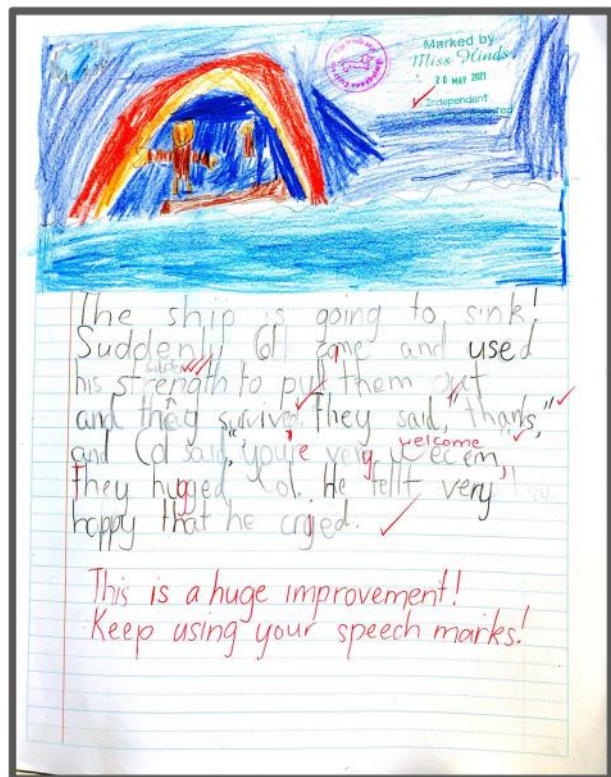
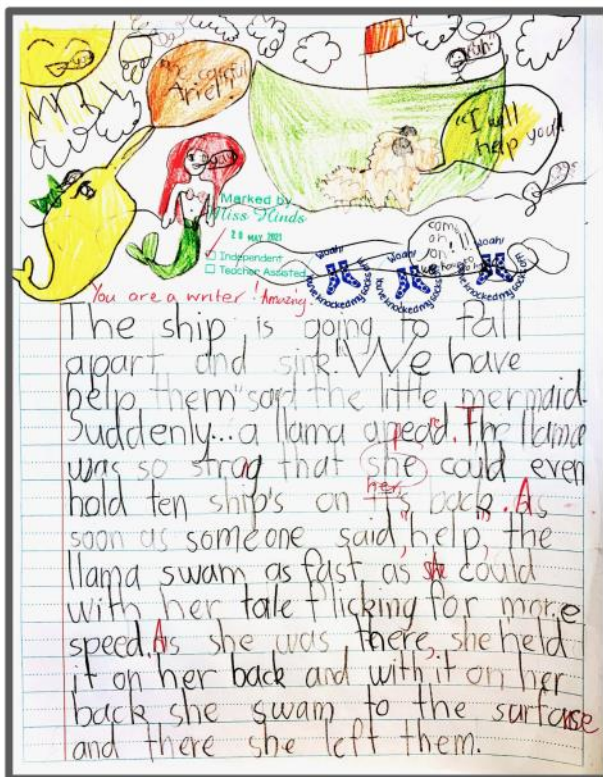


*Prepared by the SRC Publicity Officers, Saloni, Patrick and Ella with Mrs Diamond*





**ENGLISH ACTIVITIES** - In reading and writing, we have been learning about Fairytales and Folktales. Here are two pieces composed by Eugenia and Semisi who have create alternate complications in the story of "The Little Mermaid." Well done!



**MATHEMATICS LESSONS** - During Maths lessons, 1/2 Opal use technology to complete work on Google Classroom every day. We are technology experts but love to combine our digital skills with lots of hands on activities!







## SCIENCE INVESTIGATIONS

Students have been exploring how specific items and materials react to force, such as bending and stretching. The class have loved the experiments for example, making paper larger and finding out how far snakes can stretch.



**PDHPE ADVENTURES** - All students have loved participating in the Gymnastics Program and have been taught some amazing skills like balancing on a beam, hanging on a bar, jumping on a trampoline and floor work, including forward rolls, handstands and cartwheels.



Heidi's Mothers Day artwork above.  
Macy's artwork below.

## SRC

Our Student Representative Council members are Kishala and William. They pass messages to 1/2 Opal after their SRC lunch meetings.



## VISUAL ARTS

1/2 Opal have been very busy creating lots of beautiful art based on events such as Easter, Anzac Day, Mothers Day and have recently completed creative autumn leaf art.





# INSIGHTS

by Michael Grose – No. 1 parenting educator

[parentingideas.com.au](http://parentingideas.com.au)

[parentingideas.co.uk](http://parentingideas.co.uk)

[parentingideas.co.nz](http://parentingideas.co.nz)



## Making the most of your parent-teacher interview

It makes sense for you as a parent to be prepared and ready to make the most of the brief time you have with teachers.



Parent-teacher interviews provide a great opportunity for you as a parent to find out how your child is progressing at school.

Many parent-teacher interviews are tightly scheduled and can seem a little rushed. Teachers are generally highly organised so they can make the most of the time you have together.

It makes sense also for you as a parent to be prepared and ready to make the most of the brief time you have with teachers.

Here are some guidelines to make the most of these interviews:

- 1. Prepare well.** Before the interview, list any questions that you want to raise. Keep questions short and to the point.
- 2. Attend with a partner or friend** particularly if you are nervous or unsure. It is easy to miss a point and often difficult to relay information to a partner.
- 3. Give the teacher a chance** to make an assessment of your child's progress. This may seem obvious but some interviews never get off the ground because enthusiastic parents take over.
- 4. Take notes and clarify information that you don't understand.** "What do you mean by 'he needs to spend more time reading'...?" Make sure you have a good understanding of the messages your child's teacher is giving.
- 5. Be prepared to give an assessment of your child's performance.** You may be asked how you think your child is performing so give an honest, but realistic assessment.

**6. Ask how you can help your child if there are any areas that need to be strengthened.** No doubt your child's teacher will have some strategies for you to assist your child, so make sure you have a clear understanding before you leave.

If there are unresolved issues or you wish to discuss your child's difficulties in greater detail, consider asking for another interview. This is being respectful of the teacher's time and of those parents who are to follow.

**Once the interview is over consider how you will discuss it with your child.**

Avoid giving generalisations or simplistic appraisals such as: "The teacher says you are a good girl."

Discuss areas that need work in positive terms. Talk about strengths or successes first before discussing areas that may need more work.

A clear message such as, "We talked about your reading and the teacher suggested that we should try..." is far more helpful.

Involve your child in discussing any plans for improvement. Avoid making big plans for your child to improve in a subject area without consulting him or her. By involving children and taking notice of their ideas plans are more likely to be successful.

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