



A quality education in a caring environment

# Seven Hills North Public School NEWSLETTER

Issue 10 25.06.2021  
Term 2—Week 10



## DATES FOR DIARY

### TERM 2

#### JUNE

25 PSSA  
Last Day of Term 2

### TERM 3

#### JULY

12 Staff Development Day  
13 Students Return  
P&C Meeting 7pm  
PSSA  
16 PSSA  
19 Stage 2 Excursion  
20 NAIDOC Incursion  
23 National Tree Planting  
Day  
K-2 Fun Run  
PSSA  
27 100 Days of Kindergarten  
29 Education Week  
Celebration Day  
30 PSSA

#### AUGUST

2 Healthy Harold Incursion  
3 Healthy Harold Incursion  
4 Healthy Harold Incursion  
Stage 3 Camp  
5 Healthy Harold Incursion  
Stage 3 Camp  
6 Stage 3 Camp  
PSSA  
9 EnviroMentors Incursion  
10 P&C Meeting 7pm  
EnviroMentors Incursion  
13 P&C Freaky Friday  
Pizza Lunch  
PSSA  
18 Zone Athletics  
20 PSSA  
25 Dance-a-Thon

## From the Principal's Desk

### Athletics Carnival

This week our school held its annual Athletics Carnival at Roxborough Park. Students from K-6 competed in athletics events, with students in Years 3-6 also competing in field events, such as discus, shot put, high jump and long jump. Our K-2 students enjoyed their age race events and novelty tabloids. It was great to see so many students have a go in many events, earning points for their house teams. All our students demonstrated outstanding behaviour and positive sportsmanship as they cheered on their peers throughout the day.

A huge thank you to all staff, in particular Mrs Biggar, Ms Dundas, Ms McDonald, Mrs McKewen and Mrs Kilpatrick for their great organisation. The day ran smoothly and provided our students with the opportunity to 'have a go' in a variety of sporting events. A special 'thank you' to the many parents and friends who volunteered to assist on the day, especially those parents who participated as team managers, timekeepers and K-2 tabloid helpers. We were also very fortunate to have a number of Year 11 students from The Hills Sports High School assist with the running of field events throughout the day. These students are to be commended on the way they encouraged our students to have a go, demonstrated various skills and assisted with setting up and packing up the carnival.

An event like this requires many hours of preparation and many helping hands to ensure its success on the day. It was such a privilege to see the school community come together to hold such a well-organised and positive carnival for our students.

Those students who have qualified for the Zone Athletics Carnival will attend the event on Wednesday 18 August at Blacktown International Sports Park. Notes will be distributed to those students early next term. We wish all our competitors the best of luck for their events!



**SHNOOSH CARE**

Ph: 9620 9308  
shnooshcare@optusnet.com.au

**SCHOOL SECURITY**  
**1300880021**



# Seven Hills North Public School Newsletter

## Primary Principals Conference

Last week, Mrs Baxter, Ms Dundas, Ms McDonald and I attended the annual Primary Principals Conference. This was a wonderful opportunity for us to engage in professional learning, with a particular focus on the safe use of technology for our students. Sessions were delivered by senior Department of Education staff and Brad Marshall, Psychologist and Director of The Internet Addiction Clinic @ Kidspace. Current research was explored around excessive internet use and related disorders in children and adolescents. Practical strategies were considered for how to ensure a balance between healthy screen time and problematic overuse.

Brad Marshall has recently published the book titled "The Tech Diet for your Child and Teen" with the goal of helping parents cut through heavy research and statistics and apply practical strategies in their home. Brad is also offering an exclusive discount code for his parent tutorial video series that can be distributed to our school community parents. Parents can watch the series in their own time, at their own pace, to help with internet, screen and gaming use at home. The code is PPA, and it entitles parents to 30% off the cost of the Part One and Part Two package. The link is:

<https://unpluggedpsychologist.com/courses/video-series-part-one-two/>



## Mrs Goodman taking Long Service leave

Commencing Term 3, Mrs Goodman will be taking long service leave for one day a week. Mrs Goodman will continue to teach Kindergarten Jade four days a week and is very much looking forward to enjoying this well-deserved leave.

Mrs Sargeant will be taking over teaching K Jade each Thursday for the remainder of the year. Mrs Sargeant is currently also teaching K Ruby one day per week and is well known and valued by all of our students. Mrs Sargeant is an experienced teacher who has worked at Seven Hills North Public School for a number of years. She has been working closely with all Kindergarten students since the beginning of the year and we know that the students will transition seamlessly.

## Leadership Excursion

On Monday, Ms McDonald and I had the privilege of taking our Student Leadership team to a Student Leadership Day at Longneck Lagoon Environmental Education Centre. Our students participated in a variety of activities including team-building, problem-solving and leadership games. Throughout the day, our leaders worked as a team to solve a variety of hands-on, real-life problems. They learned that they each possess various strengths and skills and can all contribute to a stronger team. The student leaders were outstanding representatives of our school and were complimented for the positive interactions with each other by the staff at Longneck Lagoon. Well done to our student leaders!



## Semester 1 Reports

Your child's Semester 1 report has been issued as paper copies yesterday. Additionally, reports are accessible as a PDF on Sentral. Some important points for parents to remember are:

- SOUND is the expected achievement level that most students should achieve in all learning areas.
- The reports are a POINT IN TIME report. This means that we only report on what has been taught and assessed over Term 1 and Term 2. Therefore, it is possible that your child has performed differently during this reporting period and may receive a different level to previous reports.

Should you have any concerns about your child's report, please make an appointment with your child's teacher.



# Seven Hills North Public School Newsletter

## Congratulations PSSA Students

I am incredibly proud of our PSSA students for the way they have represented our school this term and demonstrated outstanding sportsmanship at weekly games. Recently, I have been contacted by staff from other local schools to compliment our students. In a recent email, one teacher wrote...

*I wanted to pass on what a pleasure it was to referee the senior boys' soccer game this morning. The captain took it upon himself to introduce himself and encouraged his peers to make good choices. Their teamwork and communication were commendable throughout the match and the students responded to my every call with a positive attitude. They followed directions very well to and from the furthest field and graciously took on my feedback. At the end of the game your students took a moment to cheer for our Bert Oldfield team and many students thanked me for refereeing.*

Across the many Seven Hills/Toongabbie PSSA schools, our teachers give up their time to give our students the opportunity to participate in PSSA sport. Very few of our teachers are professional referees, but certainly do the best they can with the training and experience they bring to whatever sport they are involved with. For many of our players this is their only opportunity to play sport as they do not play outside of school. Overall this year as a PSSA we have been delighted with the players attitude and sportsmanship towards their fellow players and the staff involved. The positive approach to weekly sport by our students makes PSSA organisational worthwhile and promotes a great team ethos. Well done to our players and teacher coaches!

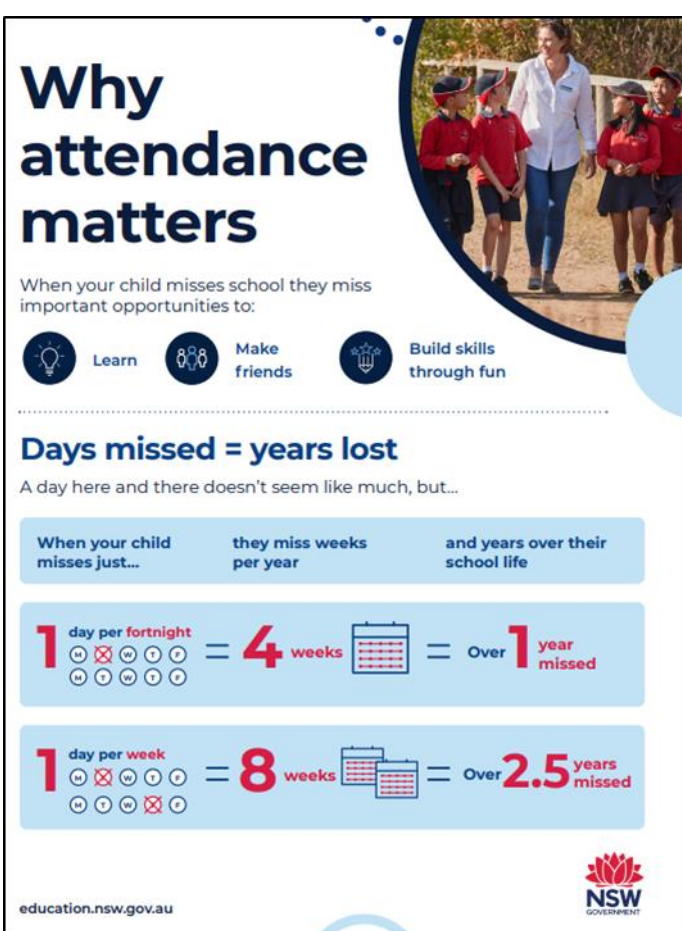
## Holidays works

During the school holidays there will be a number of works happening around our grounds. New covered walkways will be installed to provide cover to both 2/3Q and RFF classrooms. Also, we will be having some landscaping in the lower playground, with the installation of sandstone blocks and native grasses to mitigate the deluge of soil and water runoff during heavy rains. This will also provide an inviting, shaded seating area for our students. Also, we will be completing our Sports Shed refurbishment, ready for our students to use next term. We look forward to having these upgrades completed for when our students return.

## 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. Enrolments can also be completed online via our school website. Please note that we are above our enrolment cap and are unable to accept non-local enrolments other than those of exceptional circumstances. 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.

## Attendance Matters



**Why attendance matters**

When your child misses school they miss important opportunities to:

- Learn
- Make friends
- Build skills through fun

**Days missed = years lost**

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
1 day per fortnight	4 weeks	Over 1 year missed
1 day per week	8 weeks	Over 2.5 years missed

education.nsw.gov.au

NSW GOVERNMENT

## Seven Hills North SMILES!

SMILES are presented to students when they are displaying one or more of the expected behaviours on our school matrix. Congratulations to Khang, Taine, William and Ryder!



# Seven Hills North Public School Newsletter

## Principal's Morning Tea

This week I had the pleasure of inviting our Principal Medallion winners to morning tea. As part of our school's reward system, students earn Merit awards for being safe and respectful learners and friends. When a student achieves two Gold awards, the equivalent of 90 Merit Awards, they are presented with a Principals Medallion. Students who have earned a Principals' Medallion will be invited to a morning tea at the end of each term. Congratulations to the students who have reached this level. I certainly enjoyed my morning tea with this wonderful group.



## Happy Holidays

I would like to wish our families a safe and happy holiday. A Staff Development Day will be held on Monday 12 July and students resume on Tuesday 13 July.

If you have any concerns regarding the security of our school throughout the holidays, please contact the School Security Hotline on 1300 880 021. Have a restful and enjoyable break and we look forward to working with you in Term 3.

Kind regards,  
Renai Diamond  
Principal



## Education Week Open Day Thursday 29 July

Seven Hills North Public School will be opening the school to all families and caregivers to celebrate NSW Public Schools' Education Week. Parents will be able to watch performances, view open classrooms and enjoy a picnic in the school grounds. We look forward to celebrating this special week.

A note will be sent out at the beginning of Term 3 with further details.

The Education Week Team

## Healthy Lunch Box recipe

### Zucchini muffins.



#### Ingredients

2 zucchinis, grated & liquid squeezed out  
1 carrot, grated  
125g tin corn kernels, drained  
1 small red onion, finely diced  
1 cup baby spinach leaves, chopped  
1 cup wholemeal self-raising flour  
6 eggs, beaten  
1 cup reduced-fat tasty cheese, grated

#### Method

Preheat oven to 180°C. Line a 12-hole muffin tin with muffin liners.

Heat a non-stick frypan over medium heat and cook the onion until translucent. Allow to cool.

Place all ingredients into a large mixing bowl and mix until well combined.

Divide the mixture between the 12 muffin liners. Bake for 25 to 30 minutes or until muffins are golden and a skewer comes out clean.

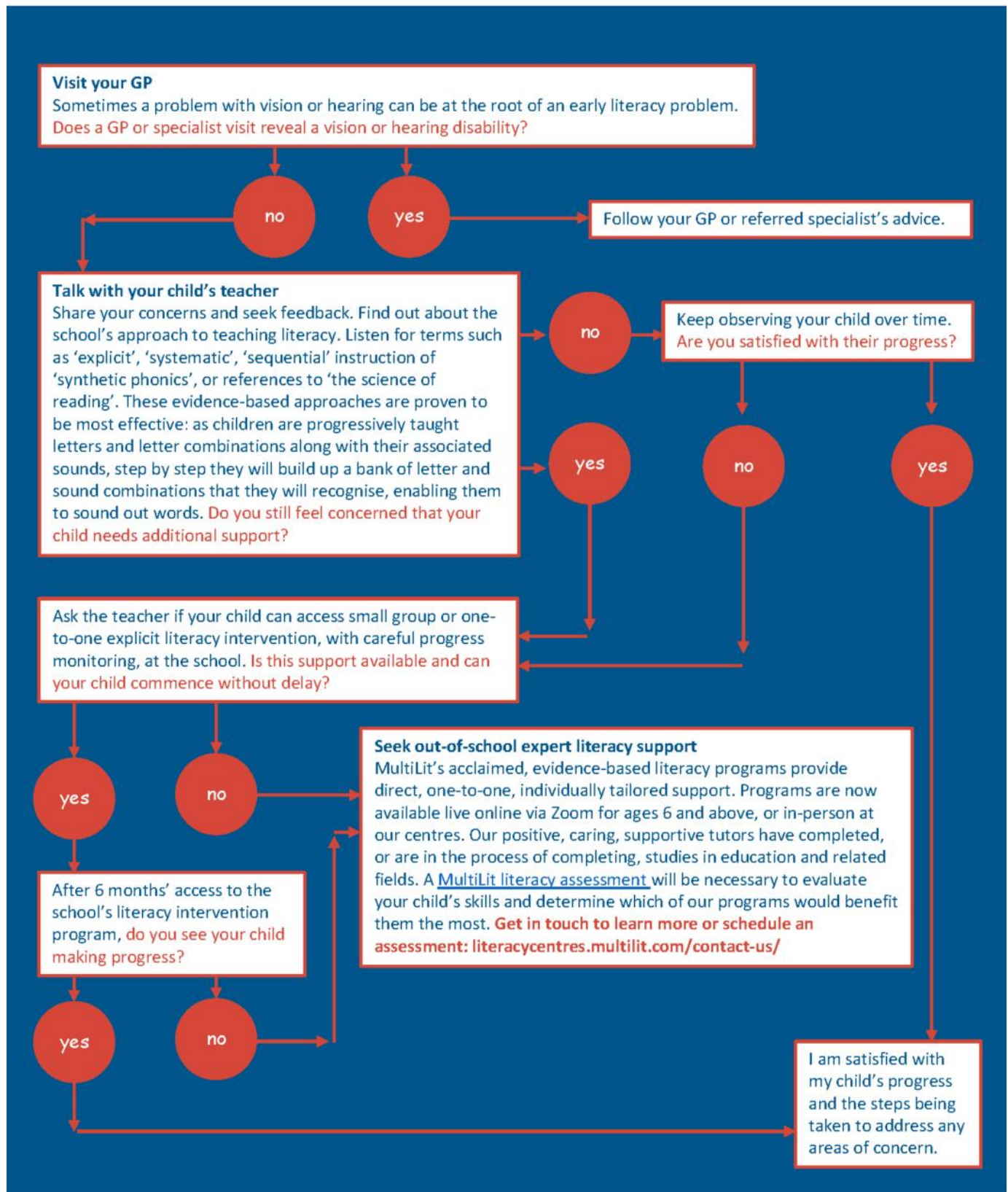
For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

 **Cancer Council**  
Healthy Lunch Box



## Literacy Support Journey for Parents

Concerned about your child's progress with learning to read?  
These helpful steps for parents will prompt actions and conversations to put the right support in place for your child.





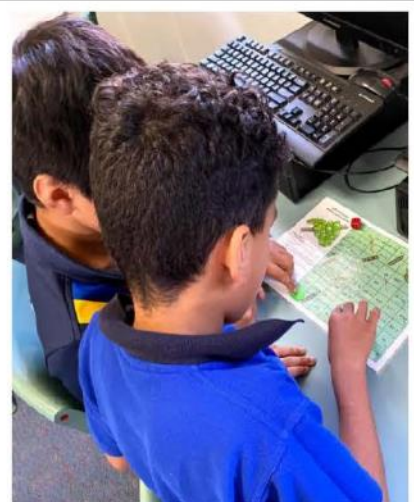
## 2/3 Quartz



We have been super busy in **2/3 Quartz** this term!

In English, we read *The Twits*, and loved all the adjectives used by Roald Dahl. Some of our favourites are 'marvellous' and 'ghastly'. We spent time writing our own narratives about The Upside-Down Monkeys from *The Twits*.

In Science, we have been learning about changing materials, and have been busy with lots of experiments. Our favourite was an experiment with lollies – because we were allowed to eat them! Yum!





## Class of the Week – 4/5 Pearl

This term in writing, we have been learning different figurative language techniques to bring our narratives to life. We combined our experimentation with metaphors with our work on positive self-affirmations to come up with some sentences to help you get to know 4/5 Pearls a little better.



Oliver is an owl -  
He is smart and can  
solve hard questions



Art is a breeze  
when it comes  
to Saanvi



Zoe is a crane  
A CREATIVE  
PIECE OF ART!



Joshua is a snow leopard. He  
perseveres to get to  
the top of any mountain.



Jett is A cheetah.  
He is as fast as a lightning  
with his 9X tables.



Ryder is a crane he  
is patient resilient and  
trustworthy.





# Seven Hills North Public School Newsletter



Hamish is a monkey  
cheeky and  
funny  
Haada  
Cordale



Janine is a paintbrush. She paints the world  
With colour and happiness.



Aasim is Da Vinci,  
creative with every  
thing he touches.



Ethan is a brain  
full of knowledge



Sophias heart is the sun.  
its big bright warmth warms  
anyone around it.



Jennifer is a canvas.  
She is filled with creative  
and colourful stories





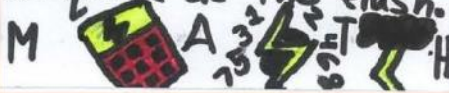
# Seven Hills North Public School Newsletter



Harry is a paint brush,  
he creates master pieces  
and shares happiness



Brayden is a calculator.  
He recites his timetables  
as quick as the flash.



Lorena is Leonardo Da Vinci, she adores drawing  
and being creative with her mind.



Anshu is a raptor  
He is rapid and  
works hard for  
what he wants.



CHARLIZE IS A  
LIGHT SWITCH  
Fast Smart X!

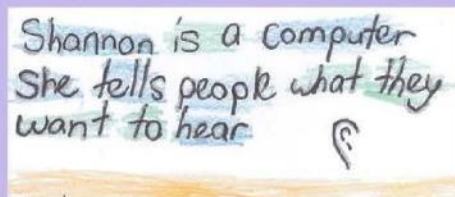
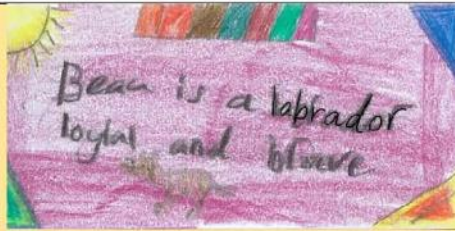


Ritesh is the latest  
technology.  
fast and  
smart





# Seven Hills North Public School Newsletter



Take a leaf out of 4/5 Pearl's Newsletter pages and give yourself a bit of self-love this holidays! ☺



**Rotary**



Club of The Ponds

in support of

## Women's Domestic Violence Court Advocacy Service

Collecting emergency packs for women escaping domestic abuse and who have very little to get by with

### Woman's Handbag

- Shampoo
- Conditioner
- Body Wash
- Lotion
- Hairbrushes
- Combs
- Hair Ties and Clips
- Sanitary Pads  
(no tampons as they already have them)
- Toothbrush
- Toothpaste
- Tissues
- Toilet Paper
- Hand Cream
- Deodorant
- Sunscreen
- Rain Poncho
- Hand Sanitizer
- Lollies

### Child's Bag/Backpack (unisex)

- Small Torch
- Child's Toothbrush
- Small Toy
- Pencils
- Colouring Books
- Reading Book
- Small Plastic Drink Bottle
- Nappies
- Baby Wipes

from 22nd June to 30th July

North West Sydney

Women's Domestic Violence Court Advocacy Service

P: 02 4577 6847 | F: 02 9831 2344



**Contact:**

Mrs Janet Goodman  
via the School Office



**UTS**

Women in  
Engineering and IT

## STEM X Holiday Workshops

**8 July, 9 July 2021**

University of Technology Sydney, Ultimo  
(and UTS Tech Lab, Botany)

<https://bit.ly/32BOAss>

Solve real-world problems using engineering and technology at our holiday workshops for girls aged 8-18.

**Join us on UTS campus to start exploring!**

### Year 3 - 6

Microbit electronics  
Lego Mindstorm robots  
Code.org App Lab

### Year 7 - 9

Drone technology  
Civil Engineering  
Biomedical Engineering

### Year 10 - 12

Robotics and automation  
Cyber security  
Tech Lab





The next P&C Meeting will be held on

**Tuesday 13<sup>th</sup> July**

7pm in the Library

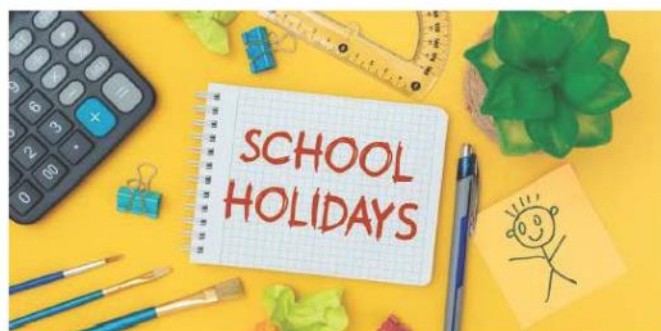
All parents are welcome to join us

If there any changes to the date please keep an eye  
out on the Seven Hills North PS Facebook Page

## Nutrition Snippet

### Healthy Holidays Guide.

Looking for fun activities for the kids these  
school holidays?



Check out our free Healthy Holidays Guide that  
includes lots of ideas to get cooking, get crafty  
and get moving!

For more information visit [healthylunchbox.com.au](http://healthylunchbox.com.au)

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



**Cancer Council**  
Healthy Lunch Box



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 26 April 2021.

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 collect an enrolment form from the school office, or email [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.