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21 October 2020

# Principal's Message

#### Leadership Habit

Habit 6 - Synergise:

I value other people's strengths and learn from them. I get along well with others, even people who are different from me. I work well in groups. I seek out other people's ideas to solve problems. I know that "two heads are better than one". I am a better person when I let other people into my life and work.



#### Welcome Back to Term 4

Welcome back to Term 4. We hope that you had a relaxing break and that everyone is glad to be back at school.

What a fabulous start to the term we have had! We are delighted that the New Fence and Sports Oval projects are finally completed ... and they look amazing! Not only is our school safer and more beautiful for the children, they are enjoying playing on the new oval each day at morning tea and lunch. We thank our students and parents for their patience and understanding during the construction period. Check out our Before and After Photos ...

#### **BEFORE PHOTOS**



#### **AFTER PHOTOS**





#### **NEW FENCE PHOTOS**





#### 7 Habits for Highly Effective People



This term, our staff commenced the 7 Habits for Highly Effective People program. This program is an international leadership program that has been used in both corporate and education contexts. Over the next 10 weeks, our staff will learn about each of the 7 Habits. These include

Habit 1: Be Proactive

Habit 2: Begin with The End in Mind

Habit 3: Put First Things First

Habit 4: Think Win-Win

Habit 5: Seek First to Understand, Then to Be

Understood

Habit 6: Synergise

Habit 7: Sharpen the Saw

The 7 Habits are fundamental principles that lead to highly effective leadership and teams. The 7 habits are also the foundation of The Leader in Me program, which our school will fully implement in 2021 with our students. It is so exciting that our teaching and administrative staff have been able to share the journey together. Not only will it support a positive and collaborative school culture, but it also means we can collectively become proactive role models for our students.

#### FORGE WELLBEING

During Term 4, we will be implementing the Forge Wellbeing program. This innovative program supports our students and staff by helping them monitor their wellbeing at school and in their personal lives.

#### How does it work?

The Forge Wellbeing program gets students to answer eight simple questions about how they are feeling with the results instantly fed back to teachers who are alerted if the kids are suffering low self-esteem or social problems. By using a computer and emojis for younger children the program helps gauge the emotional state of students who can't articulate their problems as well as those who don't wish to speak about how they are feeling. The questions are based on positive psychology research to gain an insight into the individual wellbeing of the student.

Teachers are provided with practical steps they can implement in their classes to get their students to improve in each of the eight wellbeing measures. Some of the strategies include keeping a gratitude diary to record something they are grateful for each day to make them more optimistic and mindfulness exercises.

By introducing the Forge Wellbeing platform at our school, we will be taking a proactive approach to support student and staff wellbeing. As a result, this will help foster improved mental health and emotional wellbeing for our school community.

#### Cyber Safety – Our Focus for Term 4

The online world is a huge part of our children's lives with them having access to social media and online platforms for education and entertainment. However, with the use of digital technology students need to show responsibility and cyber safety.

Unfortunately, we are aware that some students at our school are illegally using Facebook, Instagram, Twitter, Snapchat and

other online social media platform. Students below the age of 13 years should not be using these platforms and we request that parents monitor their children's digital footprint to ensure they are not using these platforms. The responsible use of digital technology is everyone's business – this includes students, parents, our school and our community.

Most online safety (eSafety) issues occur when students are online outside of school and our secure IT systems. For this reason, it is important that students know how to use online technology safely outside school, and are supported in behaving respectfully and responsibly to keep themselves and others safe.

#### What are eSafety issues?

**Cyber abuse** – abusive online behaviour which is reasonably likely to have a seriously threatening, intimidating, harassing or humiliating effect on a person.

**Cyberbullying** – use of online technology to bully a person or group with the intent to hurt them socially, psychologically or physically.

**Image-based abuse** – distribution of intimate, nude or sexual images.

Offensive or illegal content – violent, explicit or criminal content may be considered prohibited content under the law

**Sexting** – sending of provocative or sexual photos, messages or videos.

**Social engineering** – manipulating people into performing actions or divulging confidential information.

**Social networking** – there are some risks to 'meeting' people online – especially if you do not know them in real life.

**Unwanted contact** – any type of online communication that is unwelcome, including grooming and predatory behaviour.

Other eSafety issues including balancing online time, managing a digital reputation and protecting personal information.

To support our students in using digital technologies responsibly, Mrs Jenny Johnston will be running Cyber-Safety lessons with our K-6 classes. The e-Safety curriculum will be followed to ensure students are meeting the cyber-safety guidelines and outcomes.

#### Reminder - School Operations for Term 4

As per our COVID-19 safety plan, students will continue to enter and leave the school via the same gates as last term (Gate 1 for K-2 students, Gate 2 for Years 3-6 students and Gate 3 for Preschool and Family Groups).

#### Students should be at school unless:

they have a medical certificate which states that they are unable to return to school due to any ongoing medical condition and the expected timeframe

they are currently unwell

In accordance with advice from NSW Health, parents and carers are reminded **NOT** to send children to school if they are unwell, even if they have the mildest flu-like symptoms.

NSW Health has requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the COVID-19 clinics.

Students and staff with flu-like symptoms will 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 result 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.

Students who have seasonal allergic rhinitis or another condition that presents similarly to flu-like symptoms are still required to get tested for COVID-19 and return a negative test result. Where their symptoms continue beyond 10 days, students should provide documentation from their GP confirming their symptoms are typical for their condition. If the student develops new or changed symptoms, they should get tested for COVID-19. Find more information about COVID-19 symptoms.

COVID-19 testing for students with complex health or disability may be challenging. In these situations, schools will ask the parent or carer to have their child assessed by their medical practitioner. Where a medical practitioner determines that a COVID-19 test is not required, documentation must be provided to the school to confirm that the student does not have symptoms that warrant a COVID-19 test. The certificate must also indicate that the student is able to return to school.

Schools are not required to conduct widespread temperature screening or mandate the wearing of a mask. All schools will be vigilant when implementing infection control, physical distancing and personal hygiene protocols to protect the health and safety of students and staff. Schools will promote the need to follow good hygiene practices such as:

- reminding adults to maintain a 1.5m physical distance from each other.
- regularly washing hands
- · avoiding sharing drinks or food
- coughing or sneezing into your elbow, or a tissue which should be discarded immediately
- filling water bottles from bubblers rather than using the bubbler directly.

#### Preschool and Kindergarten Orientations

Our 2021 Preschool and Kindergarten Virtual Orientation resources are ready for parents to view.

Parents who are enrolling their children into our Preschool next year can access the Preschool Virtual Orientation by clicking on this link:

https://rise.articulate.com/share/Quwr11PflzXfnNjOXkiF7dsNW 00Fvl DG

Parents who are enrolling their children into Kindergarten next year can access the Kindergarten Virtual Orientation by clicking on this link: https://rise.articulate.com/share/meNgy\_OuFRmiY85L2iZHZvnfULc2LVjZ

The student visits in our Preschool and Kindergarten Orientation program will be conducted in Weeks 4 and 5 of Term 4 (November 3rd to November 12th). We will also conduct a Live Zoom Q&A session for parents to meet our Preschool Team on November 11th and Kindergarten Team on November 12th. Both Zoom Q&A sessions will run between 6.00-7.00pm.

I wish you a wonderful Term 4. It will be a busy term and we will keep you posted about our Presentation Day and Year 6 Farewell/Graduation activities when our COVID-19 safety planning is finalised.

Until our next newsletter, I'll leave you with a quote to inspire you: "Education is the passport to the future, for tomorrow belongs to those who prepare for it today."

Take care and enjoy the next two weeks.

#### Warmly

Shanti Clements Principal

#### STAGE UPDATES

# Assistant Principal's Message – Stages 2 & 3

#### Busy time in 4R

It's just been Week 1 and students in 4R have been very busy. Below are a few of the highlights of the week.

#### **Enjoying Sports on our new Oval**

Students are thrilled to enjoy the new grass on our oval.





#### Technology time in the library

Students have been coding micro:bits to monitor moisture levels in the soil and how it affects plant growth.





#### Maths-Whole Number -- Rounding

Students researched the distance between their home town and other locations using Google Maps and demonstrated their

rounding skills by rounding to the nearest 100, 1000 and 10 000.





#### CAPA-Dancing

Students explore rhythmic and expressive movement skills as they learn the skills of 'Line Dancing'





#### Geography in 5H

This term in Geography, 5H will be introduced to the concept of culture and what differences and similarities can be found between cultural groups around the world.

Students learn about the history, location and customs of indigenous cultures in Asia and around the globe. This week we studied the continent of Asia, investigating a variety of Asian countries and learning about their various attractions, populations and cultures. Students enjoyed working together to research Asia using technology.





Mrs S Curran Assistant Principal

# Assistant Principal's Message – Early Stage 1 & Stage 1

#### K-2 Update

All K-2 teachers would like to warmly welcome back all students and families to the last term of our 2020 school year. We are all excited about the learning experiences this term holds for us, as well as proud of the work which has already been completed in week 1.

#### 1N

This week 1N explored the concept of pedestrian safety in PDH lessons. The importance of holding a grown up's hand when crossing roads was discussed and many meaningful insights were provided. Students traced, cut and designed coloured

hands where each finger represented a person in their life who they could safely hold hands with while crossing the road.





#### 2R

During mathematics lessons in week 1, 2R has been looking at partitioning whole numbers. The pictures below show a lesson where MAB Blocks were used to represent different values, assisting students in completing their work.





#### 1/2A

This week 1/2A have been focusing on descriptive writing. They thought about all of our senses when describing the seashore.

It resulted in some beautiful writing that has been celebrated in class and with Mrs Gardiner and Mrs Clements. Miss Agger is so proud of the hard work her children have completed in week 1.

Well done 1/2A!





#### KC

KC is off to an excellent start in term 4!

In week 1 students created some quality recount writing pieces. It was wonderful to hear all about the activities students got up to in the holidays and even more amazing seeing them write all the details out.

Great work KC!





#### **KZG**

This week KZG delved into the text of 'Oliver'.

Students were very excited to read the first book of term 4 and can't wait to experience those coming in the following weeks.

In class the students created great responses to the text, which shows the student's enthusiasm for literacy has not been lost over the holiday break!

Keep up the good work KZG!





Mrs K Gardiner Assistant Principal

#### **Preschool**





At Preschool this week we welcomed our two new friends, Vivaan (Vivi) and Maddison to our Emu group.

We have shared our holiday happenings and the warmer weather changes which spring has brought. As we await the arrival of our living eggs, we have been watching a video showing the chick transforming and growing in the 21 days. We discovered the veins carried nutrients to the embryo in order for it to grow. We looked at our veins under the surface of our skin and spoke about how these vessels carry blood around our body.

We looked at a Poster with Mrs. Condello, this poster showed us the life cycle of a Chicken. Using this life cycle, we decided to create our own chicken life cycle. Over the coming weeks, we will endeavor to add to our life cycle and learn how to draw a Chick. Here are the links to the video's we are watching at Preschool.

Chicken's Aren't the only one:

http://www.youtube.com/watch?v=iXmySkYDXho

Chicken Embryo Development:

http://www.youtube.com/watch?v=PedajVADLGw

How to draw a chick:

http://www.youtube.com/watch?v=5GOFwmqQ7oU

Chicken Dance:

http://www.youtube.com/watch?v=Nt81gzIAt18

Mrs G Condello
Preschool Educator

# Assistant Principal's Message – Support

Students in 2/6M have had fun developing their creativity and skills in art. Art provides students with new ways to communicate and to make connections with their world. It also promotes visual, motor and social development. We have enjoyed making the Halloween office display and we hope it's not too spooky.





Ms D Jenkins Assistant Principal

# Assistant Principal's Message – Science & Technology/Future Focused Learning

Welcome to a wonderful term of scientific learning! This term SHWPS students will be investigating Earth and its surface. All stages are given an opportunity to learn more about Earth and its resources by investigating the local environment and considering how it may change over time.







Mrs Gupta is really impressed with the curious SHWPS learners who went above and beyond with their investigation, collecting some soil samples and planting different seeds to understand the interactions between natural resources and living beings.





These ingenious scientists also tried to hypothesise mechanisms of geological phenomenon such as mountains and valleys, and they also discussed the impact of various seismic activities. They are extending this knowledge by creating interesting infographics through a brilliant design software

Mr R Blood Assistant Principal

# Map of Drop-Off and PickUp Gates

# Gate 1 (Pedestrian/New Hall Gate) – Kindergarten, Year 1 and Year 2 students Gate 2 (Bus Stop/OOSH Gate) – Year 3, Year 4, Year 5 and Year 6 students Gate 3 (Sackville Road Gate) – Preschool, Support Unit students (not on Assisted Transport) and Family Group.

Map of Drop-Off and Pick-Up Gates

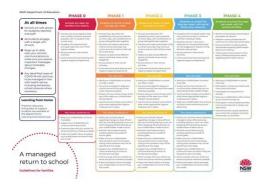
# **OOSH PICK UP/DROP GATE**

#### SEVEN HILLS WEST OOSH

Parents who are dropping off or collecting students from OOSH please remember to use Gate 2 entrance.

Please DO NOT USE driveway gate.

# Managed return to school for families guidelines



# We're all in this together



# Everyone Stay Safe

Stay updated via:
Facebook
Schoolzine
Seven Hills West website



#### **KINDERGARTEN ENROLMENTS 2021**



# SELECTIVE HIGH SCHOOL PLACEMENT 2022

Applications for placement into Selective High School for Year 7 2022 close on 16 November 2020. Parents must apply online at:

https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7



## SPRING FLOWER DISPLAY AT WESTPOINT

Seven Hills West PS contributed to the wonderful Spring Flower Display at Westpoint Shopping.





#### **Dental Visit**

# UPDATE: NSW Health Primary School Dental Program

NSW Health has postponed its school-based Mobile Dental Program for the time being on account of the ongoing impacts of COVID19. The program was initially scheduled to visit Seven Hills West Public School from Monday 8th June to Friday 12th June.

We have been advised that the new dates for the Dental Program are now Monday 2nd November to Wednesday 4th November 2020.

If you have NOT completed a consent form, please send your child to the office to collect one, and return by Tuesday 27th October 2020.

Each child's participation in the program is subject to parent/guardian consent. Parent Information and Consent Packs for the program, including information sheets, consent forms and the program privacy statement, were sent home in early Term 1. Consent forms remain valid for 12 months from the date of signature, thus parents/guardians who want their child to receive care but have not yet returned the forms are advised to:

- 1. Read all the information provided
- 2. Carefully complete the consent forms
- 3. Return the consent forms to the school as soon as possible

More information about the program is available on the NSW Health website:

https://ww.health.nsw.gov.au/oralhealth/primaryschooldental

# Super Kids Breakfast Club

#### Super Kids Breakfast Club is currently closed.

We will keep you updated with re-opening times.

# **Important Reminders**

#### **ALLERGY ALERT**

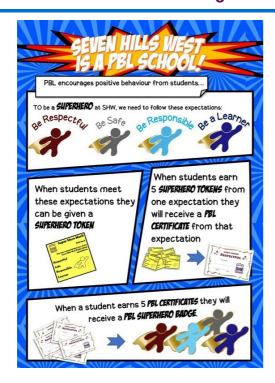
In the interests of the health and safety of all our students please ensure that your child does not bring anything to school for recess or lunch which contains nut and/or egg products. This will include peanut butter or Nutella spread on sandwiches, peanut butter dippers, snack packs with nuts and nut muesli bars.

Your understanding and support in this very important health issue are greatly appreciated.

#### **SCHOOL HOURS**

Children ARE NOT to be at school BEFORE 8.30am each morning and must be collected at 3.00pm each afternoon. Should your child need to be at school EARLIER than 8.30am or need to be collected LATER than 3.00pm, it is necessary for you to arrange for your child to be taken to Out of Hours School Care that is located on our premises. This is run by Wesley Out of School Hours Care and their contact number is 9626 1260.

## Positive Behaviour for Learning



# **Health and Safety Matters**

As well as keeping our staff and students safe on school grounds we aim to maintain a safe environment for parents. If you have a slip, trip or fall or any other issue related to parent safety in the school grounds please notify the office as soon as possible so we can endeavour to identify and resolve any hazards.

It is also a request that dogs not be brought onto the school site without prior permission. Companion dogs are always welcome as required, however pets in the school can cause stress to students and animals.

#### Staff Car Park

A reminder to parents/caregivers. The Staff car park IS NOT a 'walk through' area or parking for area for parents.

Safety is of the utmost importance to our students and it would be appreciated if you would cooperate in regard to safety in our car park.

#### **Student Toilets**

Just a friendly reminder that student toilets are <u>not to be used</u> by parents. If parents have a younger child that requires toileting assistance, please see the office staff to access the toilets located beside the new school hall.

Student toilets are to be used by **students** of Seven Hills West PS.

## **Changes of Clothes**

Children in Kindergarten to Year 2, can, on occasion, have an 'accident' by forgetting to go to the toilet at break time, or not advising the teacher that they need to go to the toilet.

This then results in children 'wetting' themselves and coming to the office for a spare change of clothes.

Our supplies are now depleted – so we ask that each parent with children in Kindergarten to Year 2 supply a change of clothing in their child's bag in case of emergencies.

Additionally – our supplies for Years 3-6 have also depleted (shorts/shorts/shirts/underwear).

Any donations of clothing (not jumpers) for students K-6 would be greatly appreciated.

We thank you for your support in this matter.

#### **SHWPS Administration Office**

#### **Birthday Cakes**

Until further notice – birthday cakes/lolly bags/party bags (including party favours bags) and ANY shared foods ARE NOT permitted.

We will keep you updated with when this can begin again.

# **Notes and Payments**

Please be advised that all school notes and written communication are now placed on our website for your easy access. Families that have requested multiple copies will now need to access the website. We are encouraging the use of technology @ SHWPS!

#### **Important**

It would be appreciated, if when completing permission notes, you could include the child's FULL NAME (Given Name and Surname) AND CLASS, in order for the office to correctly identify the student who is participating in the special activity.

#### Sending money to school

If paying by cash or cheque, payment envelopes are available to allow office staff to quickly record details for our students.

A reminder: A permission note must be completed for every student in the family for all activities. Please note the office does not carry change. Please provide the correct money with your payments. We encourage families to pay using our POP – Payment online system via our school website.

#### Collection of Money and Permission Notes

To ensure that students' needs are met on excursions, extra curricula activities and for visiting performances, it is necessary to have procedures in place regarding payments and permission notes. These procedures allow teachers to:

- Ensure that the correct number of teachers are allocated to an activity or excursion
- Buses are ordered for the right number of students
- · Book correct numbers for all activities on excursions
- Organise supervision for students not involved in these activities
- Cancel activities if numbers are too low, within a reasonable timeframe.

It will also allow the office staff to have correct numbers, permission notes and money organised before the day of the activity or excursion.

These procedures include any area where money is paid to the school e.g. Excursions, visiting performances, sporting events, book club etc.

For this to be implemented correctly all money must be paid to front office by the DUE DATE, there will be no exceptions.

Permission notes, fully completed with child's name and class, must be given to the front office once you have made your payment online, or at the same time as money is presented.

In cases of financial hardship, the school *may* be able to assist by contributing a part payment.

Please contact the office for more information.

### **Attendance**

Student attendance records will be closely monitored. If your child is absent, it is important that a note/certificate explaining their absence is given to the classroom teacher when your child returns to school. Parents/Carers will be given a letter if an explanation is not provided for the student's absence and this must be completed and returned to the classroom teacher so that the student's attendance records will be updated accordingly.

#### Student Absences

The Department of Education deems that all students must attend school every day. Families are also advised that holidays should be taken during school holiday periods.

If your child is absent from school please notify the school in writing by either sending an email to the school email or sending a note to the class teacher explaining the absence.

If your child is sick for one day, you DO NOT need to ring the school but can send a note to school with your child on the following day.

Absences are recorded in the class roll and this roll is admissible as evidence in a court of law.

- Partial absences are also recorded in the roll, where a child arrives late to school or leaves school early.
- If a student is late to school, a parent should escort them to the office so they can give the reason for the late arrival.

 Students, who are constantly late to school, miss the morning lesson introduction and this can lead to gaps in learning.



Please endeavour to maximize your child's attendance at school to ensure that they have the best start possible, every day!

If you are intending to take leave for more than three days, and you know in advance, it is important that this be discussed with the school as an application for leave may be required. If your child is absent for longer than three days it is important that you contact the school to let them know the reason for the absence.

# **Working with Children Check**

We have received clarification from the department of education in regards to the requirements for parents and carers doing voluntary work with students in any NSW school.

We have been advised that a WWCC certificate is not required.

Any parent or carer doing voluntary work with students at Seven Hills West P.S will need to

- Complete Appendix 5 form (obtain from front office)
- 100 points of ID

Please ensure you visit the School office complete the above requirements prior to commencing volunteering duties.

Thank you for following this process to keep all of our children safe.

#### P & C News

Welcome back to all students for Term 4 and the end of 2020.

Awesome to see our happy students playing on the upgraded

Hoping this last term is a happy and healthy one for all.

# **Uniform Shop & Canteen**

# IMPORTANT CHANGES TO SEVEN HILLS WEST CANTEEN HOURS

As from 6th October, the canteen will be **CLOSED ON MONDAYS AND FRIDAYS**.

Tuesday, Wednesday and Thursday, the canteen will operate AS NORMAL.

Due to only being open 3 days per week, there will be **NO CREDIT** given and there will be LIMITED FOOD CHOICES.

Please ask your children to check the canteen noticeboard for any menu changes.

Thank you for your understanding and cooperation.

These facilities provide an essential service to the school. They are run by the P&C and require volunteers. If you have some spare time and would like to be involved with our uniform shop or canteen, please come and see us at the canteen.

#### Canteen

Parents, please note that the canteen only holds a SMALL amount of change. Kindly, **DO NOT bring \$50 and \$100** when ordering, as we only hold a coin float and cannot accommodate you with change.

#### ORDERING FROM THE CANTEEN

Students will be permitted to order from the canteen, following social distancing procedures.

They will line up on the yellow X crosses to safely order and purchase.

Students are to order lunches themselves, parents are not permitted at the canteen.

Please assist by having correct money for canteen orders, where possible.

#### SALE OF SCHOOL HATS FROM CANTEEN

# SCHOOL HATS NOW AVAILABLE TO PURCHASE FROM CANTEEN

School hats will now also be available for purchase from the Canteen. Prices are \$10 and \$15.

Should your child require a hat, please send the correct money, with your child, to the canteen to make the purchase.

Alternatively, you can still place an order through the Uniform Shop, which will be filled on a Monday only – and given to your child to take home.





\$15.00



#### **Uniform Shop**

#### Our Uniform Shop is open for pre-orders only.

Completed uniform orders, with cash payment, to be sent to the office, and orders will be filled and distributed to students on a Monday.

Parents are not permitted to come to the uniform shop until further notice.

# <u>UNIFORM SHOP</u> <u>NEW HOURS</u>

# Uniform Shop will be open

## **EVERY MONDAY**

8.30am to 9.30am

Completed uniform orders, with cash payment, to be sent to the office, and we will fill the orders on a Monday morning and distribute to the student.

Parents are not permitted to come to the uniform shop until further notice.



#### P & C Committee

# **Community News**

## **Schoolzine**



#### Seven Hills West Public School

Respectful, Safe, Responsible Learners







**SZ**app

Car Luca: Road and Sackville Street Seven Hills NSW 2147
Telephone: 9622 2136 Facsimile: 9831 6437 Email: revenhillu-p.chool@det.nuw.edu.au

A Proud PBI. School (Dutton Behaviour for Learning)

## **Facebook**



## Seven Hills West Public School

Respectful, Safe, Responsible Learners







#### SEVEN HILLS WEST IS ON FACEBOOK!

Stay connected and up-to-date with news and upcoming events at Seven Hills West Public School.

Step 1: Log into your personal Facebook account.

Step 2: Search 'Seven Hills West Public School'

Step 3: Click on 'Pages'



Step 4: Like 🖒

Please also visit our website  $\underline{www.sevenhillw-p.schools.nsw.edu.au/}$  for more information, notes and notices.



#### **Important**



Please note, SHWPS Facebook page is for informing parents of up-coming events/changes in dates/event cancellations and also showcasing photos of students and their events.

DO NOT use this forum to request appointments/interviews with teachers or ask about upcoming events. Should you need to contact a teacher or have a question, please ring the school on 9622 2136 to assist you with your enquiries.

Thanks.