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Seven Hills NSW 2147  
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29 July 2020

## Principal's Message

### Leadership Habit

#### Habit 1: Be Proactive

I have a "Can Do" attitude. I choose my actions, attitudes and moods. I don't blame others. I do the right thing without being asked, even when no one is looking.



What a fabulous start to Term 3! The smooth transition to new classes and the positive feedback from students and parents has been much appreciated. In addition, the introduction of the new school RFF program has gone well with our students enjoying the STEMS and collaborative project-based learning activities.

#### Parent-Teacher Interviews

We hope that you enjoyed reading through the Semester One reports and that the Parent Teacher Interviews this week will give you an opportunity to engage in rich discussions about your child's progress at school. Your child's Term 2 teachers will call you by phone to conduct the 10-minute interviews. Please make sure you check your booking time on School Interviews so that you don't miss your interview session.

### Reminder to complete the Community Engagement Parent Survey

As we start Term 3, I am very keen to know what our families enjoy about our school and areas we can grow and develop. We have designed a survey to give our Preschool to Year 6 families an opportunity to provide feedback on two areas of Community Engagement. These include: participating in school life, building community and identity, inclusive school policies practices and programs. This survey will help our school and P&C work together to build a culture of inclusion and belonging for all families. To access the survey, please click on this link:

<https://www.surveymonkey.com/r/G7LJXJ5>

After we receive parent feedback from the Community Engagement survey, I will be organising a combined school and P&C workshop to gain insights into what makes Seven Hills West Public School so special for our students and families. I am particularly interested in looking at ways we can enhance our learning culture and community partnerships. The session will focus on evaluating our current 2020 school plan and provide meaningful community consultation on future school improvement targets for 2021-2024.

#### Scripture Update

Scripture classes will be recommencing next week. Students will be attending their allocated Scripture group: Catholic, Anglican or Non-Scripture. Thank you to Mrs Chugani for coordinating our Scripture program.

#### School Oval Upgrade

This week, work will begin on our school oval upgrade. Contractors from Aussie Outdoor Design will be installing security fencing to enclose the oval during the project. It is likely that the installation of the synthetic grass will be completed by the end of Term 3. The good news is that by Day 1 Term 4, we will have a new school oval.

#### Education Week and Online Book Fair

Education Week is an annual celebration of NSW public education and the achievements of local schools and students.

This year, Education Week will run in Week 3 (from Monday 3 August to Friday 7 August 2020) and the theme is 'Learning together'. Our staff have organised a range of exciting events for our student and class, including the Book Fair and Online Wishlist. Check out our Education Week Schedule in the newsletter.

## Staffing Update

I would like say thank you to every staff member for their support this term. The enthusiasm and dedication of our new, returning and experienced staff is creating a positive and dynamic learning community for all involved. Thank you, especially, to our Executive Leadership and Administration Teams for working hard behind the scenes to lead and coordinate these changes. I would also like to say huge thanks to all of our teachers for their professionalism and support as we transitioned to our new classes. Thank you!

**Warmly**  
**Shanti Clements**  
**Principal**

## Spotlight on Stage 3

### Artworks by 6C

6C have been busy making some fantastic artworks.

Our cupcake artworks were inspired by a recent episode of Masterchef Australia. We had fun being creative, using our imaginations to invent new flavours and styles of cupcakes.



Our cat art was inspired by the artist Laurel Burch, who is famous for her Fantastic Felines. She represented wild felines using bright colours and bold personalities.



## SCIENCE

### K-2 and other classes:

Students explored the material world by having a school walk, using this experience to learn how to differentiate and classify states of matter.

### 3-6

Students participated in a rigorous discussion about matter, discovering to classify matter according to molecular arrangements. They enthusiastically participated into their first hands-on lesson, challenging themselves to design a solid and flexible cube, which won't break when dropped from a certain height.

Overall, all students enjoyed a wonderful and interesting first week of science activities!



**Mrs S Gupta**

## PRESCHOOL NEWS

We would like to welcome our new and previous families back to Seven Hills West Public Preschool.

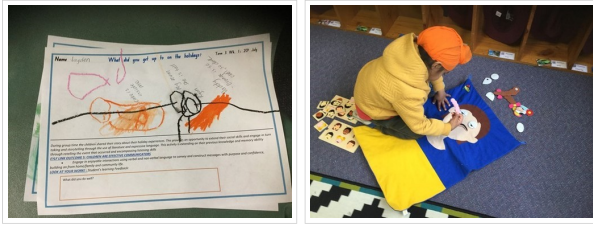
The children began the term with circle time sharing stories of their experiences over the holiday break. This term we are continuing to encourage the children's efforts in writing. Activities include, locating their written name, tracing their name on their name card, practising their writing skills at the writing table through drawing, tracing, writing their name on their work and scribing the children's spoken words. In this way, children are learning that the spoken word can be represented in print.

We have been talking about the weather since our return and discussing what kinds of activities people do in winter, what clothing do we wear, what kinds of food we eat, what do we do to our houses to keep them warm and what changes happen to animals? We also made snowflakes and threading with winter colours.

At the end of term 2, we had colds and flus lurking around. We did the Sneezesafe Program with the children. This program is very effective and has a simple message which is, 1.Catch It – Always use a tissue when you cough and sneeze, 2.Bin It – Throw the tissue away immediately after use, 3.Kill It – Wash your hands.

Sneezesafe is a tissue training program for schools, aimed at children aged four to eight years of age. Devised by Kleenex Tissues and teachers, this resource helps teach children about correct respiratory hygiene and tissue use. Good hygiene and correct use of tissues protects children from the germs and bacteria associated with colds and flu, so that they may avoid illness and absences from school. It will also prevent colds and flu spreading to other members of the family. We will revisit this program in term 3 to reinforce this important information.

<https://www.sneezesafe.com.au/>



# SCHOLASTIC BOOK FAIR



**Seven Hills West Public School**  
Respectful, Safe, Responsible Learners



**Dear Parents and Families:**

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep up with changing tastes and reading skills.
- Support our school's Book Fair. Allow your children to choose their own books to read.

The theme of our Scholastic Book Fair is **Arctic Adventure**, where we hope you will find snow much to read!

It's a fun reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

Book Fair dates: 31.07.20 – 05.08.20

Photos of the book cases will be placed online for parents and students to view.

Orders can be made via wish list and paid online at [www.scholastic.com.au/payment](http://www.scholastic.com.au/payment). Once online payment has been made students can pick up books from the library with their receipt number written on the back of the wish list. Alternatively, students can shop before school 8.30am-9.00am, with cash.

Remember, all purchases benefit our school.

Sincerely,

*Shanti Clements*  
Ms Shanti Clements  
Principal  
28.07.20

Onr Lucas Road and Sackville Street, Seven Hills NSW 2147  
Telephone: 9622 2136 Facsimile: 9691 6437 Email: [school@sevenhills-w-p.school.nsw.edu.au](mailto:school@sevenhills-w-p.school.nsw.edu.au)  
A Proud PBL School (Positive Behaviour for Learning)

SCHOLASTIC Book Fairs

BOOKS START AT \$5

# YOU'RE INVITED TO OUR SCHOLASTIC BOOK FAIR

## SNOW MUCH TO SEE AND READ AT OUR BOOK FAIR

**DHARMA THE LLAMA**  
Dharma doesn't run with the herd, she likes to do things her own way.  
\$12

**COCO: BIG CITY KITTY**  
Coco lives in the big city and her days are filled with excitement and adventure.  
\$9

**THE BAD GUYS EPISODE 11: DAWN OF THE UNDERLORD**  
Mr Snake rips open a doorway into a world of horror, mayhem and blood-curdling badness!  
\$10

**MAGDA SZOBANSKI TIMMY THE TICKED-OFF PONY**  
Timmy is a mega-star, until one little poo of excitement on the red carpet ruins his life.  
\$10

**EDDY POPCORN'S GUIDE TO PARENT TRAINING**  
When Eddy is grounded for the whole summer holidays, he tries to find ways to train his parents!  
\$10

**THE SECRET JOURNAL**  
Ella discovers an old hidden diary, and discovers there's more to Eden College than meets the eye!  
\$10

**THE ODD IS OUT: THE FIRST SEQUEL**  
Hilarious stories and advice on accepting your quirks and growing up in the internet age.  
\$15

**8-BIT SILICONE DIARY**  
Keep your secrets safe in this lockable notebook.  
\$10

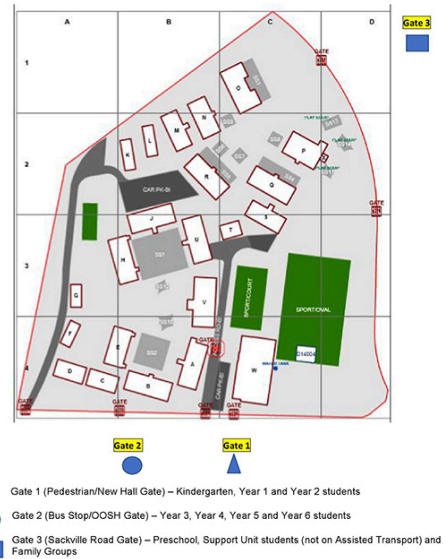
EVERY PURCHASE YOU MAKE EARNS LEARNING AND LITERACY RESOURCES FOR OUR SCHOOL

SCHOLASTIC

FIND THESE BOOKS AND HUNDREDS MORE AT THE FAIR!

## Map of Drop-Off and PickUp Gates

Map of Drop-Off and Pick-Up Gates



# Managed return to school for families guidelines

NSW Department of Education

**At all times**

- Schools are safe places for students, teachers and staff
- All students engage with a single unit of work
- Keep up to date with your child's contact information to ensure you receive school messages about important information
- Any identified cases of COVID-19 will continue with health advice including temporary school closures where necessary

**Learning from home**

Students receive assignments and resources from the Department

A managed return to school  
Guidelines for Families

NSW

# EXPRESSION OF INTEREST FOR PRESCHOOL 2021

## EXPRESSION OF INTEREST FOR PRESCHOOL 2021

If you have a child, or know of someone in the area (a neighbor, friend etc) who has a child turning 4 in 2021 (born BEFORE 31<sup>ST</sup> JULY 2017) - please phone our office on 9622 2136, to place the child's name on our waiting list.

Expressions of interest are then considered by a Placement Panel during Term 3, and should you be successful, you will be contacted by the school to come and collect an enrolment form.



# We're all in this together



## Everyone Stay Safe

Stay updated via:

Facebook

Schoolzine

Seven Hills West website



# KINDERGARTEN ENROLMENTS 2021

## ENROL FOR KINDERGARTEN 2021

If you have a child, or know of someone in the area (a neighbor, friend etc) who has a child turning 5 in 2021 (born BEFORE 31<sup>ST</sup> JULY 2016) - it is time to enrol for Kindergarten 2021.

Please ring the office to arrange a time to come and complete an enrolment form.

Original birth certificate (or passport and visa), Immunisation Statement from Medicare and proof of residence (ie rates/bank statement/lease etc) are also required for us to copy, at time of completing enrolment forms.



# 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. **The school community will be advised when new dates for the Dental Program's scheduled visit have been determined.** This will likely occur during Term 3 or 4.

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://www.health.nsw.gov.au/oralhealth/primaryschool dental>

# 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.

## Preschool T-shirt

### PRESCHOOL T-SHIRTS

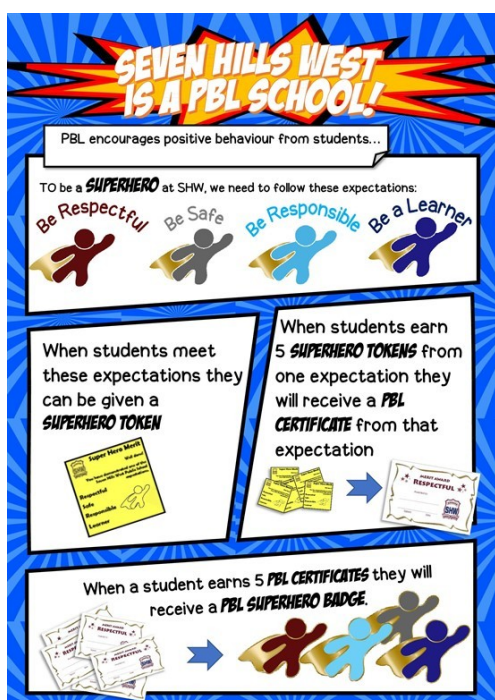
Students commencing at Seven Hills West Preschool receive a complimentary T-shirt and hat.



Additionally t-shirts are available for a small cost of \$15.00 per shirt.

Should you wish to make an additional purchase, please place your order at the Admin Office.

## Positive Behaviour for Learning



**SEVEN HILLS WEST IS A PBL SCHOOL!**

PBL encourages positive behaviour from students...

To be a **SUPERHERO** at SHW, we need to follow these expectations:

- Be Respectful
- Be Safe
- Be Responsible
- Be a Learner

When students meet these expectations they can be given a **SUPERHERO TOKEN**

When students earn **5 SUPERHERO TOKENS** from one expectation they will receive a **PBL CERTIFICATE** from that expectation

When a student earns **5 PBL CERTIFICATES** they will receive a **PBL SUPERHERO BADGE**.

## PBL Value

### SAFE



## 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 **not to be used** 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.

We thank you for your support in this matter.

## SHWPS Administration Office

### Birthday Cakes

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

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

## Calendar

### TERM 3 – 2020

| Planning Sheet for Term 3 – 2020 |   |   |  |   |                              |  |
|----------------------------------|---|---|--|---|------------------------------|--|
|                                  | Tuesday 4   | Wednesday 5   | Thursday 6                                   | Friday 7                                      |                              |  |
| 3                                | <b>EDUCATION WEEK</b><br>Monday 3<br>Lolly Guessing Competition | Multicultural MUFTI day & National ATSI Childrens Day | EdWeek Assembly – pre-filmed & posting on FB | Class Learning Activities                     | Class Talent Quest           |  |
| 4                                | <b>BOOK FAIR</b><br>Monday 10                                   | <b>BOOK FAIR</b><br>Tuesday 11                        | <b>BOOK FAIR</b><br>Wednesday 12             | <b>BOOK FAIR</b><br>Thursday 13               | Friday 14                    |  |
| 5                                | Monday 17<br>SCHOOL PHOTOS EMU-YE 4                             | Tuesday 18  | Wednesday 19                                 | Thursday 20<br>SCHOOL PHOTOS WOMEN & Catch up | Friday 21                    |  |
| 6                                | Monday 24<br>ICAS – Science this week                           | Tuesday 25  | Wednesday 26                                 | Thursday 27                                   | Friday 28                    |  |
| 7                                | Monday 31<br>ICAS – Mathematics & Spelling See this week        | SEPTEMBER<br>Tuesday 1                                | Wednesday 2                                  | Thursday 3                                    | Friday 4                     |  |
| 8                                | Monday 7<br>HoFA Bellbird Concert                               | Tuesday 8   | Wednesday 9                                  | Thursday 10                                   | Friday 11                    |  |
| 9                                | Monday 14   | Tuesday 15  | Wednesday 16                                 | Thursday 17                                   | Friday 18                    |  |
| 10                               | Monday 21   | Tuesday 22  | Wednesday 23                                 | Thursday 24                                   | Friday 25<br>LAST DAY TERM 3 |  |
|                                  | Monday 28<br>LABOUR DAY   | Tuesday 29  | Wednesday 30                                 | OCTOBER<br>Thursday 1                         | Friday 2                     |  |
|                                  | Monday 5  | Tuesday 6   | Wednesday 7                                  | Thursday 8                                    | Friday 9                     |  |

Dates and activities are subject to change. Please review newsletter, our Facebook page and/or our school website, for any changes.

## 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.

| When your child misses just... | that equals...    | which is...       | and therefore, from Kindy to Year 12, that is... | This means that the best your child can achieve is... |
|--------------------------------|-------------------|-------------------|--|---|
| 1 day each fortnight           | 20 days per year  | 4 weeks per year  | Nearly 1 ½ a years of school                     | Equal to finishing Year 11                            |
| 1 day a week                   | 40 days per year  | 8 weeks per year  | Over 2 ½ years of school                         | Equal to finishing Year 10                            |
| 2 days a week                  | 80 days per year  | 16 weeks per year | Over 5 years of learning                         | Equal to finishing Year 7                             |
| 3 days a week                  | 120 days per year | 24 weeks per year | Nearly 8 years of learning                       | Equal to finishing Year 4                             |

**Give your child every chance to succeed... Every day counts!**

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

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 Term 3 – here’s to a safe and healthy term.

### REMINDER

Wednesday 19th August 2020 is our next P&C Meeting at 9.15am – this will be a ZOOM meeting, and the link will be sent for you to join in.

It would be lovely to see you ‘come along’ and join the Zoom meeting – we would appreciate some new ideas fundraising.

## Uniform Shop & Canteen

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.

\$10.00



\$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.

**UNIFORM SHOP**

**NEW HOURS**

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**

**AUSTRALIA'S YOUTH PRESENTS**  
**A SELF DEFENCE KARATE AND SAFETY AWARENESS PROGRAM**  
*For boys and girls Ages 5 - 16 In Sydney Since 1994*

Website - [karate-kids.com.au](http://karate-kids.com.au)

INSTRUCTORS TRAINED SPECIFICALLY FOR TEACHING CHILDREN AND TEENS

SELF DEFENCE ONLY IS TAUGHT

CLASSES DIVIDED BY AGE AND EXPERIENCE

FROM BEGINNER TO BLACK BELT

**DEVELOP SELF CONFIDENCE**

**IMPROVE CONCENTRATION**

**BUILD COORDINATION**

**BUILD SELF ESTEEM**

**IMPROVE STUDIES**

**MAKE FRIENDS**

**TRY THE FIRST CLASS FOR FREE!**

Only \$16.00 Per Week  
 With a \$2.00 Rego per term  
 No Extra Grading Fees!

**INSTRUCTOR IS A KARATE CHAMPION AND ISKA INSTRUCTOR OF THE YEAR**  
 Location: Kings Langley Public School, Isaac Smith Pde., Kings Langley  
 Classes are every Wednesday for 9 Weeks (Every School Term)  
 New and Returning Registration: Weds, 29 July, 2020  
 New Students can also join on any Wednesday during term.

**New and Returning Students Ages 5-8**  
 Class Time 4:02 to 4:40PM

**New Students Ages 9-16 and Returning Students**  
 Class Time 4:45 to 5:25PM

Returning Students please see website at [www.karate-kids.com.au](http://www.karate-kids.com.au) for class times.

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

**Supporting children & young people to cope**  
 Free Wellbeing Webinar

Join Australian Red Cross for a free webinar on supporting children and young people in these tough times.

**Are you a parent, carer or grandparent?**

Whether because of drought, the Black Summer fires or COVID-19, supporting children and young people has been particularly challenging in recent times. This session will provide information, advice and tips on ways to support children and young people. Ask questions, understand common reactions and signs of stress, and get practical tips of parenting through uncertainty.

Expert Natalie Fraser, psychologist and mother of two, has worked with children, young people and families for 25 years. She has extensive experience working with families in crisis and recovery in both rural and metro areas.

The webinars are free but limited to 500 attendees so register by clicking on your preferred webinar time:

- **Wednesday 26<sup>th</sup> August 6.30pm – 7.30pm**  
[https://zoom.us/join/zoom/register/WN\\_IxXc-NeVTamsRW8Gf\\_VDaw](https://zoom.us/join/zoom/register/WN_IxXc-NeVTamsRW8Gf_VDaw)
- **Thursday 27<sup>th</sup> August 12.30pm – 1.30pm**  
[https://zoom.us/join/zoom/register/WN\\_k18mfM8RT-kblOuCu3y4g](https://zoom.us/join/zoom/register/WN_k18mfM8RT-kblOuCu3y4g)

Can't join us? Recordings will be made available at <https://www.youtube.com/playlist?list=PLy0YjlmfduuMkpMwWwT1CKWvP5UE>

Any problems registering please contact [recovery@redcross.org.au](mailto:recovery@redcross.org.au)



**FREE REGISTRATION**  
**10 Weeks FREE training\***

Beginner Classes in your area:  
**Vardys Road Public School**  
 Tuesday 6.00 – 7.00pm  
 Friday 6.30 – 7.00pm

Contact Kerith 0413 943 482  
 \*Using your Active Kids vouchers gives you 10 weeks of free training (when both used)

**GKR Karate Seven Hills West Public In-school Registration Form**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
 Guardian Name: \_\_\_\_\_  
 Guardian Contact Number: \_\_\_\_\_  
 Guardian email: \_\_\_\_\_ Date: \_\_\_\_\_

Printing Sponsored By Beautiful Blooms Floral Boutique Penrith



INVITE YOU TO COME AND TRY

**Baseball**



- WHEN** Sunday 16 August 11am - 1pm  
 Sunday 23 August 10am - 12pm
- WHERE** Ashley Brown Reserve  
 Northcott Road, Lalor Park  
 (carpark is off Kennedy Parade)
- COST** Free
- AGE** T-Ball - 4 - 8yr olds  
 Modball - 9yr olds  
 Liveball - 10yr olds+

**FOR MORE INFO CONTACT**  
 David Rowley (President) on 0418 241 194  
 or [kingslangleybaseball@gmail.com](mailto:kingslangleybaseball@gmail.com)







**Seven Hills West Public School**  
Respectful, Safe, Responsible Learners

**INSTALLING SZapp**

**Apple devices:**

1. On your device, open the App Store.
2. Search the App Store for SZapp.
3. Download and install SZapp.

**Android devices:**

1. On your device, open the Play Store.
2. Search the Play Store for SZapp.
3. Download and install SZapp.

**1. FIND YOUR SCHOOL**  
Select your school's region. Search for and select your school.

**2. REGISTER A USER**  
Before you can add your school, you will need to register. Register your Email, or sign in with Google+ or Facebook.

**3. REGISTER A USER**  
Enter your email and name and then create a password.

**4. MANAGING NOTIFICATIONS**  
Choose which groups you would like to receive notifications from. Groups with arrows indicate that there are sub-groups, which you can join.

On Lucas Road and Sackville Street Seven Hills NSW 2147  
Telephone: 9622 2136 Facsimile: 9681 6437 Email: [sevenhillw-p.school@det.nsw.edu.au](mailto:sevenhillw-p.school@det.nsw.edu.au)  
A Proud PBL School (Positive 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 [www.sevenhillw-p.schools.nsw.edu.au/](http://www.sevenhillw-p.schools.nsw.edu.au/) for more information, notes and notices.

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**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.