

SHWPS Spotlight

Cnr Lucas Road and Sackville Street Seven Hills NSW 2147. Telephone: 9622 2136 Fax: 9831 6437

Website: <https://sevenhillw-p.schools.nsw.gov.au/>

Email: sevenhillw-p.school@det.nsw.edu.au OOSH Telephone: 9626 6620

TERM 4 – WEEK 10

14th December 2023

'Growing Great Human Beings Every Day'

Leadership Habit 7: Sharpen the Saw – Relax, Renew and Rejuvenate

KEY DATES TO REMEMBER

DECEMBER	
Thursday 14 th	Year 6 Graduation Dinner
Friday 15 th	Farewell ARCH – 2.45pm outside Hall LAST DAY FOR TERM 4 – ALL STUDENTS
Monday 18 th	School Development Day for Staff
Tuesday 19 th	School Development Day for Staff
FEBRUARY 2024	
Thursday 1 st	Years 1-6 Students Return/ Best Start commences for Kindergarten Uniform Shop Open – 8.30am
Friday 2 nd	Uniform Shop Open – 8.30am
Tuesday 6 th	Kindergarten First Day of School Uniform Shop Open – 8.30am
Friday 9 th and every Friday	Uniform Shop Open – 8.30am to 9.30am
Tuesday 13 th	Swimming Carnival
Tuesday 13 th	MY FIRST DAY PHOTO's – Kindergarten & EMU
Monday 19 th	FIRST P&C Meeting 2024 – 9.15am-10.00am
Friday 23 rd	MY FIRST DAY PHOTO's - WOMBAT



Striving for Excellence

*Thank you to our students, staff and parents for a fabulous 2023!
Wishing you all a safe and happy holiday break!*

SHWPS Spotlight

PRINCIPAL'S MESSAGE

Dear Parents/Carers,

In 2023, our fantastic Seven Hills West PS students achieved enormous successes. The excellent learning opportunities developed by our teaching staff provided much excitement, challenge, and stimulation. We believe this embodies the purpose of Public Education in NSW. Participation in our Future Focused and whole-school Science and Technology programs raised the confidence and self-esteem of all students. This is a key reason why our school was rated as Sustaining and Growing in 11 areas, and Excelling in 3 areas of the NSW School Excellence Framework in our 2023 External Validation.

Our 2023 Highlights:

- Students thoroughly enjoyed the Digital Influx UX Design program, Microsoft Expert Industry Coach Mentor program, and Maths Olympiad. These gifted and talented programs supported our students in reaching their full academic potential.
- Participation in PSSA Weekly Sport activities, Zone Athletics/Swimming/Cross Country competitions, and the Premier's Sports Challenge was a highlight.
- Our Drama and Dance programs helped students develop creativity and a love for the Arts. In Term 1, Years 3-6 participated in the Footsteps Dance program. Our School Dance Group and Choir performed splendidly at the 2023 Blacktown Festival of Performing Arts.
- Students also enjoyed participating in whole-school events such as Book Week, Education Week, Diwali, Halloween, NAIDOC, and Reconciliation Week.
- Staff participation in the Leader In Me and Life Skills Go programs supported our teachers and students in adopting the 7 Habits of Highly Effective People, which will continue across the school next year.

Congratulations to our Student Leadership Team for 2024

Each year, students from Year K to 6 elect 12 student leadership positions. The 2024 team includes:

- **Sport Captains:** Koalas – Kalel Issa & Veer Konda Smith; Kookaburras – Jacob Almodovar & Kiara Anthony; Kangaroos – Vikaash Baskaran & Hishyaani Prasannath.
- **Prefects:** Anaya Tuipulotu and Ivy Young.
- **Vice Captains:** Viliame Vatuinaruku and Daysha Chauhan.
- **School Captains:** Ved Patel and Gabrielle Esquivel Alden.

A heartfelt thank you to our amazing 2023 student leadership team for their exceptional work. Thank you to our outgoing school captains (Aras Malak and Jenolin Pieris), Vice Captains (Ian Kang and Abeesha Jaya Silan), Prefects (Aman Chahal and Diya Ghandi) and Sports Captains (Naman Chahal, Riya Patel, Mahir Sheikh, Subaksanaa Gowrikan, Kourosh Narimani and Aisha Fawad).

Kindergarten 2024 and Best Start Interviews

Our Best Start Interviews for Kindergarten 2024 students will be held at the start of Term 1 across three days (Thursday 1st February, Friday 2nd February and Monday 5th February). The Best Start Interviews run between 8.30am to 3.10pm. Interviews are strictly 30 minutes. To book your time for the interview, please follow the instructions below.

Bookings must be finalised by Friday 26th January at 4pm.

Go to <https://www.schoolinterviews.com.au/code/ut7c9>

Reminder - School Development Day for Term 4 and Start of the 2024 School Year

A gentle reminder that the last day of school for our students will be this Friday 15th December, as our School Development Days for Term 4 will be held on Monday 18th and Tuesday 19th December with all staff.

Our Term 1, 2024 School Development Days will be held on the Monday 30th January and Tuesday 31st January. School will return on the Wednesday 1st February for Years 1-6 students. After the Best Start interviews, the first official day of Kindergarten will commence Monday 6th February 2024.

Thank You

Our school's excellence is a result of our dedicated staff, wonderful students, and supportive parents. A special thank you to the P&C Executive team and parent volunteers for their time and generous support:

President: Susan Cooper

Vice President: Lindy Klein

Treasurer: Susan Cooper

Auditor: Rahul Guha

Uniform Shop and Fun Food Friday: Susan Cooper/Lindy Klein/Sean Cooper

Breakfast Club: Susan Cooper, Lindy Klein and Trillian Reid

Mother's Day: Ashley Chapman

In writing my final newsletter message for the year, not only do I say 'THANK YOU' to our amazing students who are completing the last week of school and heading into the school holidays, but I also farewell our Year 6 students. To our graduating Year 6 students, you are now in the final days of 7 years of Primary School education. The excitement of High School is just around the corner and the transition will present you with many exciting challenges and situations which I hope you accept and involve yourself fully in high school life.

As we say farewell the 2023 school year, I would like to acknowledge the contributions of several staff who are taking on new career or family opportunities in 2024. Farewell to Bek Mortlock, Louise Gatt, Priscina Thompson, Amanda Zaghet, Karen Bax, Gabrielle Brown, Nichole Ramos and Troy Gibbs. We wish you all the best in 2024 and thank you for the great job you did to support our students and school during 2023.

Thank you, also, to every staff member for their wonderful commitment to the children at Seven Hills West Public School. I would also like to acknowledge the support of my Executive Team in 2023: Maria Pipikios, Morgan Griffiths, Louise Gatt, Ashleigh Soriente, Alainya Zollinger and Nicole Neylan. They have guided their teams with vision, generosity and commitment. I would also like to personally thank each and every teacher, SASS and SLSO staff member at our school. Our school has thrived in 2023 because of your love, care and dedication.

From all of us at Seven Hills West Public School, be safe and enjoy the school holidays. For those who celebrate Christmas, I wish you a very Merry Christmas. May you all also have a Happy New Year and start of 2024!

Best wishes,

Shanti Clements (Principal)

SHWPS Spotlight

BEING AT SCHOOL MAKES YOU A BETTER LEARNER

GO GO GO for 0!

0 days away

TERM 1 - 2010

Week	1	2	3	4	5	6	7	8	9	10	11	12
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TERM 2 - 2010

Week	1	2	3	4	5	6	7	8	9	10	11	12
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TERM 3 - 2010

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TERM 4 - 2010

Week	1	2	3	4	5	6	7	8	9	10	11	12
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Dec												

MISSED SCHOOL = MISSED LEARNING

Miss 1 day each week = 1 Term each year
= 1 1/2 years by the end of Yr 6
= 2 3/4 years by the end of Yr 12

It's not OK to be away!



A reminder that students who need to have a mobile phone whilst coming to and going from school, **MUST leave their phones in the office for safety reasons.**

Please advise your child to bring their phone to the office as soon as they arrive of a morning.

We thank you for following these rules.



STAGE 2 UPDATE

4A

This term 4A have been enjoying a variety of group work activities, taking opportunity to consolidate their learning.

The students have been working on understanding sequence by ordering excerpts from the book *A Planet full of Plastic* by Neil Layton. 4A students have welcomed the challenge of creating a dramatic script discussing the problem of plastic pollution which they performed for their peers.

This term, 4A put their research skills to the test, collecting information on their favourite animal, in order to write an information report.

4A had a fantastic time in the Colour Explosion Fun Walk, with happy smiles all round. More recently, we have been getting into the Christmas spirit enjoying some art and craft activities such as making decorations for our Christmas tree.

It has been an absolute pleasure to share this year alongside such wonderful students who enjoy learning everyday!



Miss B Bedford – Classroom Teacher

3/4A

3/4A have continued to finish the year strongly with great progress in reading, spelling and mathematics.

School has been very busy, but each student has worked towards there learning goals.

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In Term 4 students completed information report writing, sentence structure, reading narrative and informative texts. In mathematics, students have revised multiplication and division mental strategies and area inside two dimensional shapes.

Recently, 3/4A did art works on a school landscape which they very much enjoyed

Our class has had a wonderful year and I wish all my students and their parents a safe and happy holidays.



Mr T Gibbs – Classroom Teacher

3A

It has been an exciting term for 3A students as they had immense enjoyment during the colour fun run event.



They have worked very hard and have been involved in writing information reports on Australian animals and studied procedures.

Our literacy focus has been on how to maintain sustainable environments and students have been able to work in small groups to develop and write a script for a drama performance on saving our planet.



They learned how to solve multiplication, division, decimal, area, data, and fraction worded problems involving their daily events. Students displayed positivity when creating artwork using oil pastels and developed their skills in volleyball.



Well done 3A, you all have been amazing little gems and I wish you all the very best for Year 4. Have a safe and lovely holiday.

Mrs A Radhakrishnan – Classroom Teacher

6A

Forget Picasso and Van Gogh...

6A have been busy with our very own pieces of art!

This term, we have learnt about the elements of art and have refined our techniques using different mediums along the way.

Our “Artistic Explorations of Earth & Space” unit has captured nature’s beauty, space exploration and Australian environmental issues in the form of abstract art and emotional landscapes.

We have appreciated the artwork of many talented artists, such as Van Gogh and Georgia O’Keeffe. These influences have inspired our own art creations.

We are a talented bunch! Enjoy our beautiful creations below.

Starry Creations

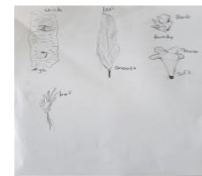




Van Gogh Inspired



Textures in the Playground



Macro Flowers

Inspired by Georgia O'Keeffe



Space Art





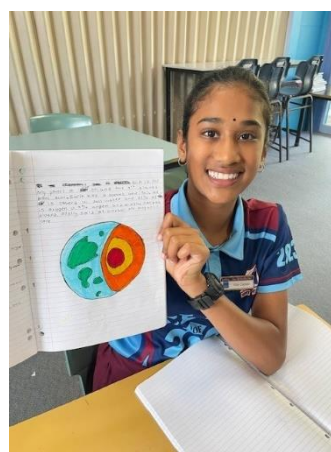
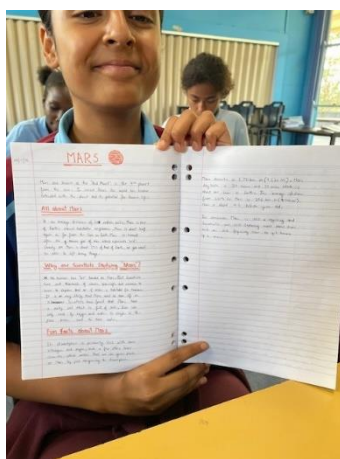
Mrs T Pham – Classroom Teacher

5/6A

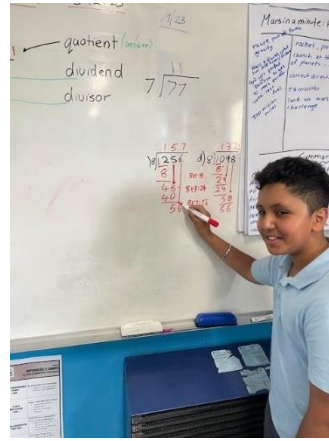
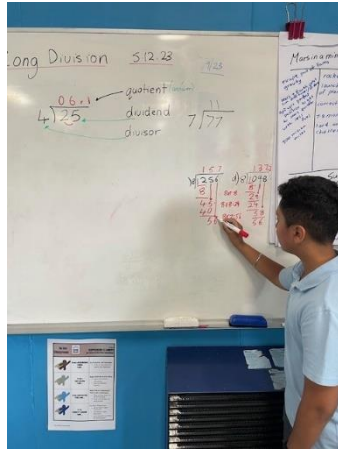
It's been an incredible year for 5/6A students, filled with many engaging learning experiences and activities.

This term, we've been exploring the fascinating world of space, and it's been an absolute hit! Students dived into the topic with enthusiasm, writing impressive reports about Mars, uncovering the secrets of Earth's composition, creating some stunning galaxy artworks, and exploring the wonders of the solar system during our science lessons.

As we near the end of the year, the students are loving a challenge – they're taking on some tricky multiplication and division problems. It's amazing to see their progress. Look at these fantastic examples they've been working on!



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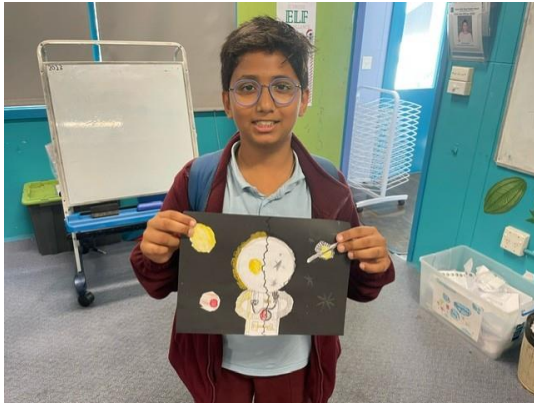


Ms M Griffiths – Classroom Teacher

5A

5A had lots of fun learning about the solar system this term. They made some artworks that represented different planets in our solar system.

5A also got creative and made some planet head artworks to go with our unit of work on space!



Mrs P Thomson – Classroom Teacher

SUPPORT UPDATE

What a fantastic Term 4 it has been for the students in 3-6 Purple! Engaging with literature, the students brought their imaginations to life by inventing creations inspired by "The Imagineer" and "The Most Magnificent Thing" using recycled materials. They crafted extraordinary and fabulous projects, showcasing their creativity and environmental awareness.

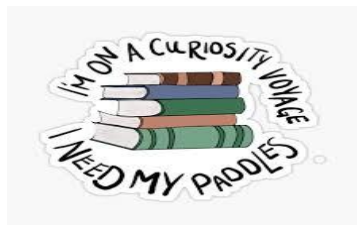


Adding to the excitement, 3-6 Purple enjoyed a special Christmas party, creating lasting memories and cherishing festive moments together.



Ms A Chung – Classroom Teacher

LIBRARY NEWS



Innovations Unveiled: Sustainability, Robotics, and Cosmic Explorations

Our enthusiastic Stage 2 and 3 students delved into captivating design and thinking projects. During Term 4, Stage 2 students took on the challenge of developing solutions to mitigate the impact of climate change and promote the use of greener energy sources. They also discovered the importance of community involvement in maintaining a clean environment. Using Lego Spike Robotics, they applied design thinking to design robots delivering peace messages, honing their

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visual programming skills and fostering an understanding of sustainability and the real-world implications of climate change.



Stage 3, students embarked on a journey exploring the intricate interconnections of human-made systems, decision-making, and economics during their library lessons. Translating this knowledge into action, they utilised Lego Spike Robotics to create smart homes. Furthering their exploration with Lego Spike Robotics and Sphero robots, Stage 3 students delved into complex problem-solving, mastering algorithms with branching and iteration. Additionally, they discussed the possibilities of life on Mars and planetary movements, overall expanding their understanding of the broader cosmos.



K-6 classes

Our students actively engaged with Makey Makey kits to discover the importance of resource conservation and sustainability. Through this hands-on approach, they fostered a deep appreciation for our planet and considered avenues to encourage resource preservation. Venturing into the digital realm, our students utilised Google Classroom to explore the consequences of Earth's rotation, revolution, and moon phases.



Premier's Reading challenge was completed with great success

Congratulations to all SHWPS students for completing the Premier's Reading challenge! All students have received their certificates for completing the challenge, with some also receiving their Gold and Platinum awards. Congratulations to all! Thank you once again to all parents and teachers for supporting the PRC 😊

Mrs S Gupta – Librarian

SCHOOL CROSSING



When using the school crossing – please follow the instructions of the school crossing supervisor.

Should there be no crossing supervisor, kindly cross the road in a sensible, orderly manner.

Students who are taking their younger siblings home, kindly remind them to keep their siblings nearby and safe until they have crossed the road.

Also, stay within the white lines of the crossing area for safety reasons.

SUPERHERO'S BREAKFAST CLUB



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FUN FOOD FRIDAY's



HOT WEATHER

Now that the warmer weather has hit, please remember to send refillable water bottles for your child.

Additionally, a frozen popper/yoghurt/water are ideal – as it not only keeps their food cool during the day – but also is refreshing and cool to drink at lunch time.

NO HAT NO PLAY



Many students are coming to school without school hats.

Please ensure your child has a school hat and brings it to school EVERYDAY.

UNIFORM SHOP

The Uniform Shop is open Friday mornings between 8:30am and 9:30am.

Did you know that the Uniform Shop is selling sports shorts again in the uniform shop? Maroon in colour, the poly-cotton knit shorts feature a drawstring and zip pocket. Now available in sizes 4-16 (with other sizes available by special order), and priced at only \$15, these are really good value!



In case you missed it:

Online ordering of uniforms is now available! All orders placed through the website can be paid for with card, will be filled during our regular shop hours and send home with your child, perfect for busy parents, or those who can't make it in during our hours. When placing orders, please remember to add your child's name and class as either the contact, or as a comment to the order, to assist us in getting your orders home. As always, if you order the wrong size, items with tags still attached can be exchanged.

Get started at: <https://shwpc.square.site/>

If you wish to pay via cash or direct deposit, you can attend during our opening hours, or leave your order form (with cash if appropriate) in a payment envelope at the office.

BSB: 082-365

Account No: 271631859

Account Name: Seven Hills West Public School Uniform Account

Reference: *Your child's name and class.*

Order forms are available from:

<https://sevenhillw-p.schools.nsw.gov.au/pandc-association/uniform-shop.html>



Seven Hills West Public School P & C Association Uniform Shop Price List

Price list effective from January 2024
Uniform Shop Hours: Friday 8:30am – 9:30am
Cash, Bank Transfer, EFTPOS, Tap and Go available

Order online! <https://shwpc.square.site>

EVERYDAY

POLO SHIRT - SKY BLUE (with logo)	
SIZE 4/6/8/10/12/14/16	\$21
SIZE 18+	\$24
SHORTS – GREY	
SIZE 4/6/8/10/12/14/16	\$20
BOX PLEAT SKORT – MAROON	
SIZE 4/6/8/10/12/14/16	\$26
SPORTS SKIRT / SKORT – MAROON	
SIZE 4/6/8/10/12/14/16	\$20
SUMMER DRESS	
SIZE 4/6/8/10/12/14/16	\$23

SPORTS UNIFORM

POLO SHIRT – MAROON (with logo)	
SIZE 4/6/8/10/12/14/16	\$25
SIZE 18+	\$30
SPORTS SHORTS – MAROON	
SIZE 4/6/8/10/12/14/16	\$15
SIZE 18+	\$18
HOUSE COLOUR T-SHIRTS	
SIZE 4/6/8/10/12/14/16	\$ 9

KANGAROO - YELLOW
KOALA – RED
KOOKABURRA – GREEN

WINTER OPTIONS

LONG SLEEVE POLO – SKY BLUE (with logo)	
SIZE 4/6/8/10/12/14/16	\$24
SIZE 18+	\$28
LONG PANTS – GREY	
SIZE 4/6/8/10/12/14/16	\$23
LONG PANTS – MAROON	
SIZE 4/6/8/10/12/14/16	\$23
FLEECE V-NECK JUMPER – MAROON (with logo)	
SIZE 4/6/8/10/12/14/16	\$26
SIZE 18+	\$33
FLEECE ZIP JACKET – MAROON (with logo)	
SIZE 4/6/8/10/12/14/16	\$29
SIZE 18+	\$36
TRACKPANTS – MAROON (Double Knee)	
SIZE 4/6/8/10/12/14/16	\$25

ACCESSORIES

MAROON SCHOOL HATS (with logo)	
WIDE BRIM – Small/Medium/Large	\$15
LEGIONNARIE (Neck shade) – One Size	\$10
CAP – One Size	\$10
BEANIE POLAR FLEECE – One Size	\$15

Pre-loved items available for a gold coin donation. Donations of second-hand uniforms are ALWAYS welcome.
Account Details: BSB 082-365 ACCOUNT NO: 271631859

ORDER FORM

Return to the office with correct money / EFT receipt number

CHILD'S NAME:.....	CLASS:.....	
ITEM:.....	SIZE:.....	\$.....
ITEM:.....	SIZE:.....	\$.....
ITEM:.....	SIZE:.....	\$.....
ITEM:.....	SIZE:.....	\$.....
TOTAL ENCLOSED:.....	RECEIPT NO:.....	

P&C

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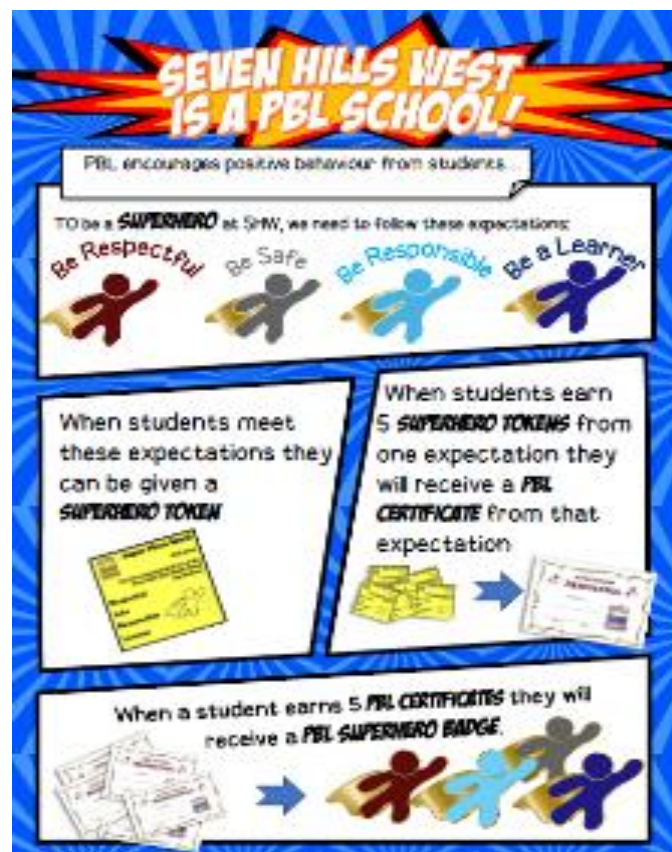
Seven Hills West PS P&C would like to thank the community for their support for the fundraisers we have held this year.

It would be wonderful to see more faces and families join our P&C in 2024, to assist in raising much-needed funds for our fantastic school.

We wish everyone a Merry Christmas and a Safe and Happy New Year.

P&C Committee

POSITIVE BEHAVIOUR 4 LEARNING




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 your child to be taken to **Out of Hours School Care** that is located on our premises. This is run by Wesley Mission Out of School Hours Care and their contact number is 9626 1260.

ATTENDANCE




EVERY DAY COUNTS....

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

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!



Student attendance records are 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. Alternatively, you can record the absence on the Sentral Parent Portal.

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 everyday. 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; reporting on Sentral Parent Portal; 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; or record it on the Sentral Parent Portal.



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.

Everybody has a responsibility to help children

Families, caregivers, the student, the school and the community

- All kids in NSW must go to school by the time they turn 6.
- They must go to school or be involved in training or employment up to the age of 17.
- The law says they must attend school every day.
- If they do not go to school they will fall behind in their learning.
- Children who go to school every day do better and have more opportunities.

Missing school matters and EVERY DAY counts

If kids go to school...



Consent to reprint image given by Council of Catholic School Parents, Aboriginal and Torres Strait Islander Parent Committee 2014.

Getting to school and staying at school

Information for parents and caregivers

What is School Refusal?

School Refusal is a complex issue which can become a source of enormous stress for the whole family. That's why schools want to work with you to come up with a plan to support you and your child.

- Many children and adolescents are reluctant to go to school at some point, but some find it so difficult that they refuse to go.
- The term School Refusal is often used when not going is related to a worry or an anxiety.
- School Refusal can happen at any age, but seems to happen more during major changes in children's lives like beginning kindergarten or the transition from primary to high school.
- There is no single cause for School Refusal, and reasons will differ from child to child.

What might I see?

If your child has missed school twice over two weeks, especially with some of the behaviours below, this may be a pattern of School Refusal.

- Tearfulness before school or repeated pleas to stay at home.
- Tantrums, clinginess, dawdling or running away before school or during drop off.
- Frequent complaints of illness before or during school, like stomach aches, headaches, dizziness or tiredness.
- Difficulty going to school after weekends, holidays, school camps or sports days.
- Long periods spent in sick bay or otherwise out of class.

What are the impacts?

School Refusal is a serious issue and needs to be managed early. Long absences mean that children miss out on both learning and friendships.

- The pattern can very quickly become a habit and very hard to change for children and their families.
- Missing one day of school each week means 2 full months' worth of learning lost over a year. This adds up very fast.
- Missing out on education can impact a child's lifelong learning and their social and emotional development in many ways.

It is important to respond

- School Refusal can also be a sign of an emerging mental health difficulty, so it's important to respond.
- That stomach ache might not be due to a bug, but a real symptom of your child's worry about going to school.
- Research shows that every day absent in high school has an impact on numeracy.
- Frequent absences might also jeopardise your child's relationships with their friends.
- Acting early is the best way forward. Seek help as soon as you are concerned.

Find support

You might find support for you and your child through your family doctor, the school counsellor, a family friend, a community-based support worker, an Elder, or a religious or spiritual leader.

Is your child refusing to attend school?

We really understand that this isn't easy!

Talking with your child's teacher is the best place to start

You might also find it helpful to seek support for yourself



Every minute counts, every day!

What can I do at home?

- Really listen to your child's concerns and fears about going to school - issues can be addressed if they're understood.
- If your child is 'feeling sick', check it out with your family doctor.
- If you're worried about their mental health, then your GP or school counsellor can be a great place to start.
- Being firm and kind in getting your child to school regularly and on time will help, including not prolonging the goodbyes.
- Praise your child's positive behaviours to reinforce their success.
- Keep up family and other activities for your child and the whole family wherever you can.
- Seek professional help for yourself and your child.

Where else can I go for help?

At school:

- Try the class teacher or year advisor, the school counsellor/school psychologist, or the school leadership team.
- If you feel you haven't yet got the support you need, don't give up - try approaching someone else at the school.

In the community:

- Your GP/family doctor, a community-based support worker, an Elder, a religious or spiritual leader, a friend or relative, are all possible options.

Useful links for families

Family Connect & Support www.familyconnectsupport.dcy.nsw.gov.au

Parent Line NSW www.parentline.org.au 1300 1300 52

Kids Help Line (5-25 years) www.kidshelp.com.au 1800 55 1800

NSW Mental Health Line 1800 011 511

headspace (12-25 years) www.headspace.org.au

Raising children Network www.raisingchildren.net.au

Well Mob www.wellmob.org.au

A local contact for support is:

EVERY MINUTE COUNTS!

- Your child has arrived in time to settle well and has the best start possible.
- Your child has probably arrived just after most children as the school day starts at 9:00am.
- Your child is late and has missed the beginning of the school day. Being late often unsettles children.
- 15 minutes late = 8 days lost a year
- 20 minutes late = 11 days lost a year
- 25 minutes late = 14 days lost a year

It's not just the full days off, either - Every Minute Counts!

Sometimes just a few minutes late of a morning can set your child back for the whole day - it's all lost time which they can't get back.

Sometimes children worry about their parents when not with them. Reassure your child that you'll be safe while they're at school.

If they do stay home, don't make it more fun than school. Video games, TV, toys, snacks and parental attention are all high reward items for kids.

This isn't easy for parents and you might find yourself becoming pretty frustrated. Remember, it will take patience and time to resolve this. Be open to getting support, and know that occasionally you might have to change your approach to find what will work for you and your family.

WEBSITE



Check out the Seven Hills West Public School Website

<https://sevenhillw-p.schools.nsw.gov.au/>

For all up-to-date newsletters, policies, calendar events and class information, please regularly visit the school website (hosted by NSW Department of Education).

We also upload the newsletter onto this site and send out via Sentral Parent Portal and Facebook.

SHWPS Spotlight



Please be advised that all school notes and written communication are placed on our website; emailed; placed on our Sentral Parent Portal for your easy access. 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 that 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; or via EFTPOS at the front office.

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 procedure 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 number 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 event.

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

A payment for an excursion is considered to be a commitment to attend and an acceptance of all arrangements as outlined in the permission letter. If a student cannot attend an excursion, and subsequently requests a refund, the considerations in the Excursion Refund Policy will need to be taken into account.

For this to be implemented correctly ALL MONEY MUST BE RECEIVED BY THE DUE DATE, there will be no exceptions.

Permission notes, fully completed with child's name and class, must be handed in once you have made your online payment, 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.

FLEXISCHOOLS



OUR ONLINE FLEXISCHOOLS CANTEEN IS OPEN 5 DAYS A WEEK

FlexiSchools canteen runs full-time (5 days a week). An arrangement has been made with Blacktown Subway to provide our online canteen meals and we have received very positive feedback from parents about the healthy menu and quality of the food. Please note that Subway are following the NSW guidelines for Healthy Canteens, which supports nutritious and healthy foods for our students.

To register for our online FlexiSchools Canteen, please follow these instructions:
Set up your account.

1. Download the FlexiSchools App. Download the app from the App Store or from Google Play. Note: for iPhone and iPad please select 'Allow' notification.
2. Register - Open the FlexiSchools App and click 'Like to register?', enter your email address and click 'Register'. You will be sent a registration email. Follow the instructions in the registration email to finish setting up your account. Once your account is set up, login to the FlexiSchools App, select the Profile icon on the grey navigation bar, select Student and 'Add a student', search for their school name, select their year level and class and enter their details.
3. Top Up Your Account

Order

1. Place your order - In the FlexiSchools App, swipe up and down to find the service category you are interested in, swipe left and right to find the service you are interested in and select the green 'Order' button.

SHWPS Spotlight

2. Make your selection - Select the items you wish to order.
3. Make payment - Select your payment option and complete payment to place your order.

Select your payment option and complete payment to place your order.

If you get stuck on anything, call FlexiSchools on 1300 361 769

FOOD FOR SCHOOL



Please be mindful - if sending food with students that requires a spoon or fork - kindly ensure you send utensils with your child. We are unable to supply these to the students.

REFILLABLE WATER BOTTLES



Please ensure your child has a refillable water bottle each day so they can stay hydrated during the school day.

Additionally, during summer and extreme hot weather, a frozen popper in the lunch box will defrost by lunchtime and be refreshing for your child to drink.

BIRTHDAY CAKES



As restrictions are now slowly changing, we are pleased to advise the following:

Pre-packaged individual muffins, cakes, lolly bags or ice creams/blocks are now permitted in classrooms.

Homemade cakes or lolly bags **are not permitted.**

We welcome the change to be able to celebrate birthdays in class.

SHWPS Spotlight

CHANGE 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.

Additionally, students of ALL AGES can experience getting unexpectedly wet when the rains set in, even in hotter months.



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/skorts/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

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.

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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

The staff car park IS NOT a 'walk through' area or parking area for parents.

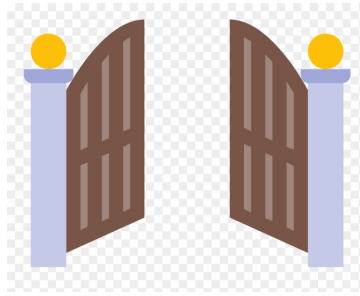
Safety is of the utmost importance to our students and it would be appreciated if you would cooperate in regard to safety in our car park.

STUDENT TOILETS

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 school hall.

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

AUTOMATED PEDESTRIAN GATE 1



Our new automated pedestrian gate at Gate 1 is in operation and is the MAIN entrance to and from the school.

Please be aware that Gate 1 will be open from 8.00am to 9.30am and 2.30pm to 3.30pm daily.

Should you need to enter the school at other times during the day - please press the buzzer - wait for the Admin office to respond - then wait until the gate opens before entering.

Please **DO NOT** push or pull on the gate.

You will also need to press the buzzer when exiting and wait for the Admin office to respond - again, please wait until the gate opens before exiting.

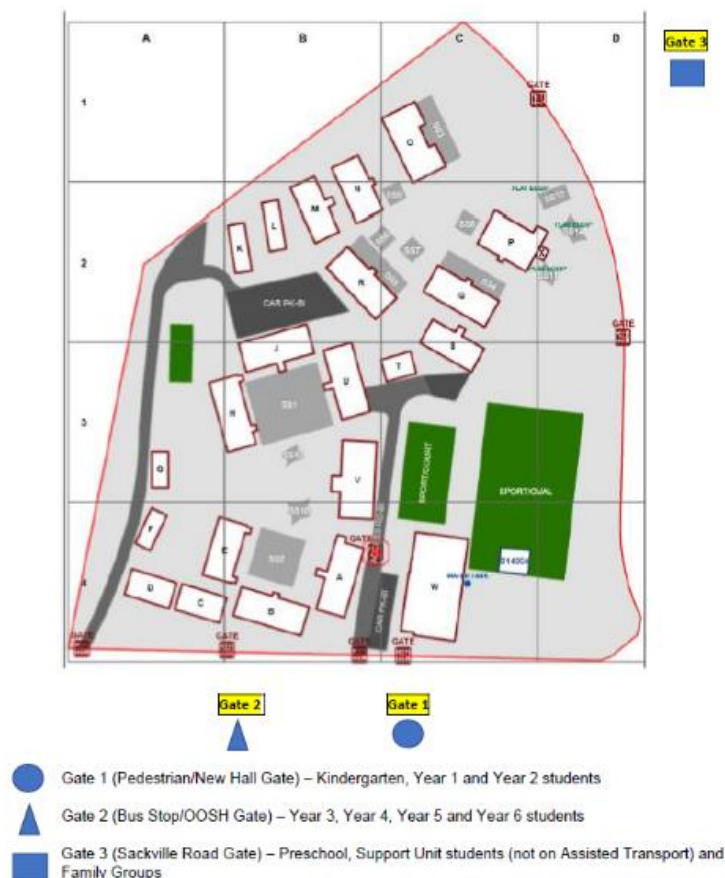
OOSH PICK UP/DROP OFF GATE



Parents who are dropping off or collecting students from OOSH, please remember to use Gate 2. Please **DO NOT USE** driveway gate.

GATES

Map of Drop-Off and Pick-Up Gates



Please familiarise yourself with all our gate entrances - remembering that Gate 1 is the only gate in use between 9am and 3pm.

During a **LEVEL 4** lockdown - **GATE 1** (Lucas Road - at School Hall) is the **ONLY** gate for entering and exiting the school.

SENTRAL PARENT PORTAL



ALL parents are requested to download the Sentral Parent Portal App. A unique 'key' has already been sent to your email address to enable activation of this account. However, if you have not received the 'key' or are having issues logging in – please contact the office for assistance.

SHWPS Spotlight

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'

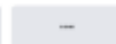
Step 3: Click on 'Pages'




Seven Hills West Public School
Public School



Contact Us



Step 4: Like 

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

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.



CODING



ELECTRONICS



ROBOTICS



SCIENCE

EARLY BIRD

LIMITED OFFER

coupon code JAN24 for \$20 Off



Little Inventors

Inspire Curiosity

SCHOOL HOLIDAY PROGRAM

 littleinventors.com.au

 1300 453 304



REGISTER NOW!

 **JOHN CURTIN RESERVE**
WINSTON HILLS

- 17 January - Ages 5-7
- 18 January - Ages 8-11
- 19 January - Ages 11-13

 **OUR LADY QUEEN OF PEACE**
GREYSTANES

- 22 January - Ages 5-7
- 23 January - Ages 8-11
- 24 January - Ages 11-13

Duration: 9:00AM - 3:30PM



PROGRAMS



**LOWER
PRIMARY**
(5-7 years)



**UPPER
PRIMARY**
(8-11 years)



SECONDARY
(High school
students)

Sessions include:

- 🌿 Fun interactive activities that teach about animal care.
- 🌿 Behind-the-scenes tour of our shelter.
- 🌿 Help our Animal Carers with their daily responsibilities.
- 🌿 Meeting a variety of shelter animals.
- 🌿 Learn how to be an animal advocate in your community.
- 🌿 Learn about animal career pathways

📍 **Sydney Adoption and Education Centre**
201 Rookwood Road, Yagoona NSW 2199



RSPCA NSW Education Team

☎ 02 9782 4478 ✉ education@rspcansw.org.au
🌐 <https://events.humanitix.com/host/rspca-nsw>

RSPCA 🌿
New South Wales

Wishing you warmth and cheer!
Have a Merry Christmas
& a
Happy New Year!



SHWPS Spotlight