

SHWPS Spotlight

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TERM 1 – WEEK 10

3rd April 2024

'Growing Great Human Beings Every Day'



Leadership Habit 5 Seek First to Understand Then to Be Understood

KEY DATES TO REMEMBER

APRIL 2024

Sunday 7 th	Daylight Savings ENDS – clocks BACK one hour
Wednesday 10 th	ANZAC Day Ceremony & P-6 Assembly – 2pm
Friday 12 th	LAST DAY TERM 1

TERM 2 – APRIL 2024

Monday 29 th	Staff Development Day
Tuesday 30 th	ALL Student P-6 return for Term 2

MAY 2024

Mon 6 th to Thur 9 th	Mothers Day Stall
Friday 10 th	Muffins with Mum
Tuesday 14 th	K-6 Photos and EMU
Wednesday 15 th	Stage 2 Excursion – Longneck Lagoon
Friday 17 th	Catch-up Photos and WOMBAT
	National Walk to School Safely Day
	Zone Cross Country
Monday 20 th	P&C Meeting – 9.15am
Tuesday 21 st	Multicultural Day
Monday 27 th to 31 st	Reconciliation Week



Striving for Excellence

Well done to our Year 3 and Year 5 students for their diligent efforts during the NAPLAN assessments. Thank you to all parents and teachers who have supported you in your journey!

PRINCIPAL'S MESSAGE

What a fabulous Term 1 we have had! Thank you to our wonderful staff who have worked hard all term to provide dynamic learning in every classroom as we have implemented the new K-2 and 3-6 English and Mathematics syllabus. Thank you, also, to our Executive Team and Admin Team for their leadership support all term. Our school could not run without their dedication and professionalism.

Cross Country

During Week 8 we held our Cross Country event with Sports in Schools. Huge thanks to Miss Bedford and Mr Shirt for their wonderful coordination of the event. Congratulations to the following winners:

Junior Girls

1st Isadora
2nd Tabitha
3rd Maqam
4th Anvi

Junior Boys

1st William
2nd Kanishk
3rd Lovish
4th Ikjot

11 Year Girls

1st Delinda
2nd Jaswita
3rd Huaum
4th Kiswa

11 Year Boys

1st Saeed
2nd Keenan
3rd Viliame
4th Jamin

12 Year Girls

1st Daysha
2nd Alina
3rd Anaya
4th Narmeen

12 Year Boys

1st Kalel
2nd Vikaash
3rd Elijah
4th Veer

Easter Hat Parade and Easter Egg Raffle

Last Thursday, we ran our Easter Hat Parade. All classes participated in the Easter Hat competition (and their teachers too!). Congratulations to the students who won the best Easter Hat awards and Easter Eggs guessing competition. Thank you to Mrs Sloan, Mrs Neylan, Lindy Klein, Susan Cooper, and Aimee Eslick for their organisation behind the scenes. We are so lucky to have the amazing support of our P&C Executive and volunteers!

Harmony Day

Thank you to Mrs Gupta for coordinating our Harmony Day celebrations. Our students had a wonderful day dressing up in their cultural or harmony day outfits. Thank you to all students and teachers for creating your beautiful Harmony Day posters too. In celebrating the message of Harmony Day, it is important to recognise that students from our school come from 38 Language Backgrounds other than English (LBOTE) – with the most dominate cultural language groups representing Punjabi, Hindi, Arabic, Tamil Gujarati, Tongan and Nepali.

NAPLAN 2024

Thank you to Ms Griffiths, Mrs Gupta and Mrs Radhakrishnan for coordinating our 2024 NAPLAN. They did a brilliant job setting up the online platform, assessment schedule and final sign-off. Huge thanks to our Years 3 and 5 teachers for preparing their students for the national assessment.

Senior Leadership Team – Prefect Election

Congratulations to Rumaysa Osman who has been elected by our K-6 students as the new Prefect (replacing Ivy Young) on the 2024 Senior Leadership Team.

Student Representative Council 2024

Congratulations to the following students who have been elected to our Student Representative Council for 2024.

K-2 and Junior Support Classes	SRC Reps
K L (2 SRC Reps)	Divisha Bisht and Mahadi Mahadi
K C (2 SRC Reps)	Daniel Wang and H'jordi Birmingham
K S (2 SRC Reps)	Frankie Minguez and Evie Dowd
1 D (2 SRC Reps)	Gisou and Wyatt
1 S (2 SRC Reps)	Max Popata and Ava Sheraton
2 A (2 SRC Reps)	Maheen Sheikh & Kridha Ohri
2 C (2 SRC Reps)	Samiksha & Cyrus
K-2 Pink (1 SRC Rep)	Keria Ng
K-2 Purple (1 SRC Rep)	Fita Tauataina
Year 3-6 Mainstream & Senior Support Classes	
3 M (2 SRC Reps)	Arnav Karki and Zaira Mallick
3/4 R (2 SRC Reps)	Kanishk Mali and Bianca Karki
4C (2 SRC Reps)	Bella Tara and William Goff
5 B (2 SRC Reps)	Annika Prasad and Toshant Verma
5/6G (2 SRC Reps)	Hargun Kaur and Dylan
6R (2 SRC Reps)	Manjot Singh and Rumaysa Osman
3-6 Aqua (1 SRC Rep)	Jamin Ibrahim
3-6 Orange (1 SRC Rep)	Hadiya Ahmed
3-6 Rainbow (1 SRC Rep)	Archie Taylor

Opportunity Class Placements for Year 5 Entry in 2024

Opportunity classes are just one of the ways that we support our high potential and gifted students. The classes are offered in Years 5 and 6, with parents/carers applying when their child is in Year 4.

Opportunity Class Placement Test

Applications for opportunity class placement are considered on the results of the Opportunity Class Placement Test. Students who wish to be considered for placement are required to sit the Opportunity Class Placement Test on Thursday 1 August 2024.

How to apply

- Parents/carers apply online between Thursday 4 April and Monday 20 May 2024 at: education.nsw.gov.au/oc
- You must use your own email address and not one belonging to your child.
- You must submit only one application for each child.
- Late applications are not usually accepted.

Applications for Year 5 opportunity class placement in 2025 open on 4 April and **close on 20 May 2024**. Closing dates for applications are strictly observed.

ANZAC Day Assembly – Wednesday 10th April

As ANZAC Day will be held during the school holidays, our ANZAC Day commemoration assembly will take place on Wednesday 10th April at 2pm in the school hall. Archie Leverton (from Seven Hills RSL) will be a special guest speaker. Parents are also invited to attend our ANZAC Day assembly.

School Annual Report 2023

Our executive team, P&C and teachers have been working on our Annual Report for 2023. It is in the final stages of completion and will be published on our school website in Term 2. Thank you to our teachers, students and parents for their dedication in creating a quality teaching and learning culture at our school.

P&C AGM Update

The P&C AGM meeting was held on Monday 18th March. Congratulations to new 2024 P&C Executive Team, who were elected at the meeting:

- President - Lindy Klein
- Vice President - Aimee Eslick
- Secretary - Cornelia Knauf-Palmer
- Treasurer - Susan Cooper
- Auditor - Rahul Guha

We look forward to working closely with our P&C Executive to support our school's educational priorities and initiatives.

School Development Day Term 2

Please note that Monday 29th April is our Term 2 School Development Day.

All staff will attend state-wide professional learning workshops designed to help NSW Public Schools plan and prepare for recent changes to curriculum and pedagogy.

The organisation for the School Development Day is outlined below:

8.30-9.00	Introduction to the new curriculum reform: 30 minutes
9.00 – 10.30	Workshop 1 - 90 minutes: Adapting curriculum units for EAL/D learners
10.30 – 11.00	Morning Tea
11.00-12.30	Workshop 2 - 90 minutes: Assessing and monitoring writing across the primary curriculum
12.30 – 1.00	Lunch
1.00 – 2.30	Workshop 3 - 90 minutes: Supporting students with disability in the curriculum
2.30-4.30	Collaborative Stage Meetings - Curriculum Review and Planning

As we head into the final weeks of Term 1, on behalf of our staff I wish you a safe and relaxing holiday break.

The last day of school will be Friday 12th April and Term 2 will recommence for students on Tuesday 30th April.

Best wishes,
Shanti Clements (Principal)

GO FOR 95% ATTENDANCE! BEING AT SCHOOL MAKES YOU A BETTER LEARNER

NSW Department of Education



Every Day Matters



When it comes to attending school, every day matters

If your child misses as little as **1 day per fortnight**, they will miss **4 weeks of school per year**, which adds up to over **1 year missed over their school life.**

Make sure your child doesn't miss out on the important things like:


-  Learning
-  Strengthening friendships
-  Build skills through fun



Scan the QR code to learn more

GO GO GO for 0!

0 days away



MISSED SCHOOL = MISSED LEARNING

Miss 1 day each week = 1 Term each year
= 1 ½ years by the end of Yr 6
= 2 ¾ years by the end of Yr 12

It's not OK to be away!

MOBILE PHONES TO BE LEFT AT OFFICE

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.



NO SMOKING/VAPING ON SCHOOL GROUNDS



A reminder that whilst on school premises, the Department of Education has a NO SMOKING and NO VAPING rule.

The Smoke-free Environment Act 2000 bans smoking within 4 metres of a pedestrian access point to a public building from 7 January 2013.

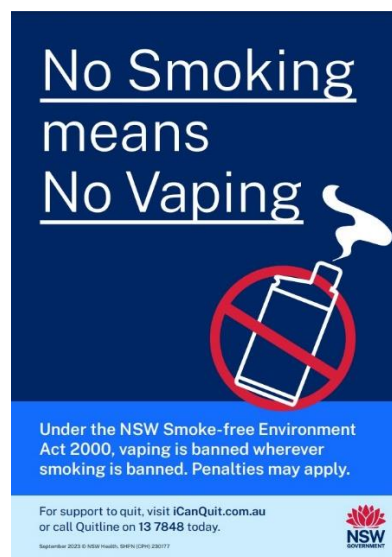
Smoking is already banned in enclosed areas of public places in NSW. The law extends the smoking ban to **4 metres from an entrance used by pedestrians to get into or out of a building.**

In public outdoor settings, such as immediately outside buildings where people congregate, people entering or exiting the building have limited opportunity to avoid second-hand tobacco smoke. Banning smoking in these types of areas is a key measure in reducing community exposure to second-hand tobacco smoke, tobacco related harm and the uptake of smoking in NSW.

The smoke-free laws also apply to the use of e-cigarettes (vaping).

Public building is any non-residential building, such as:

- professional, trade, commercial and other business premises
- local, NSW and Federal Government premises
- shopping centres, malls and plazas
- restaurants, cafés, hotels and clubs
- **schools, colleges and universities**
- community centres, halls and places of worship
- theatres, cinemas, libraries and galleries
- accommodation hotels and motels
- fitness centres, bowling alleys and other sporting and recreational buildings
- **childcare facilities.**



STAGE UPDATES



STAGE 2 UPDATE

3/4R

3/4R have been busy bees doing some exciting learning and working very hard during NAPLAN this term.

Our literacy focus has been on detailed study of the text "Fantastic Mr Fox" by Roald Dahl and how to write a narrative. We have also started looking at different types of Genres.



Students created posters for the Harmony Day celebrations, and they looked amazing in their cultural costumes.



In Mathematics, students have been learning how to solve real-life mathematical problems by applying their knowledge of the addition and subtraction strategies. They also studied length, perimeter, area and time.



3/4R students are studying about “Matter” for the Science topic and did some interesting experiments with custard and how it changes.



Well done 3/4R, Mrs Radhakrishnan is very proud of all your efforts and trying to make the most of your learning!

Mrs A Radhakrishnan – Classroom Teacher

4C

Over the past weeks, the students of 4C have embarked on an exploration of Roald Dahl's classic tale, "Fantastic Mr. Fox." Immersed in its narrative complexities, they have engaged in deep analysis, gaining valuable insights into the construction of stories. Furthermore, they have applied their understanding by crafting their own narratives, fostering creativity and critical thinking.



Adding a touch of festivity, 4C enthusiastically embraced the Easter season by crafting their own delightful Easter hats and participating in our annual Easter hat parade.



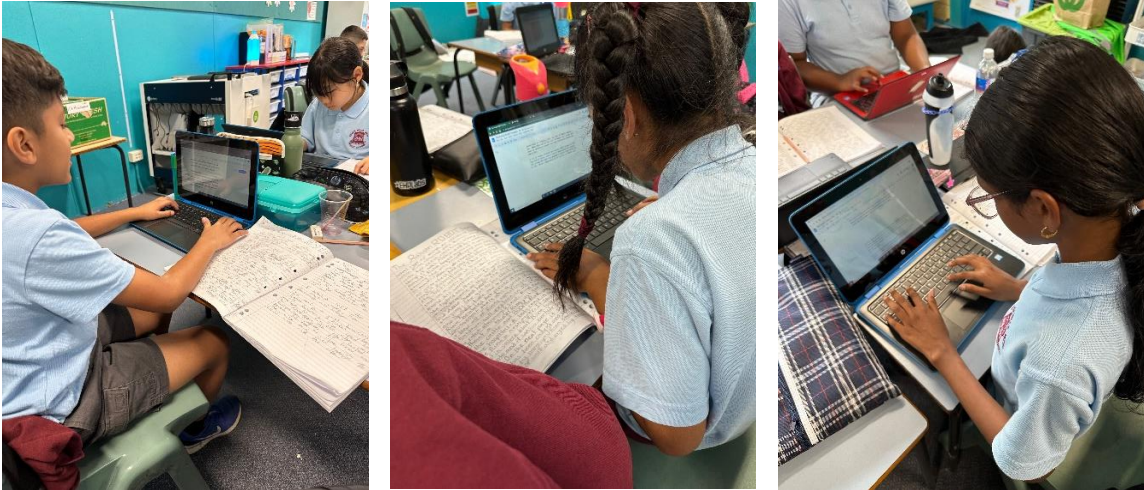
Miss A Chung – Classroom Teacher

STAGE 3 UPDATE

5B

5B have made a cracking start to 2024 with so many exciting activities and experiences so far in Term 1.

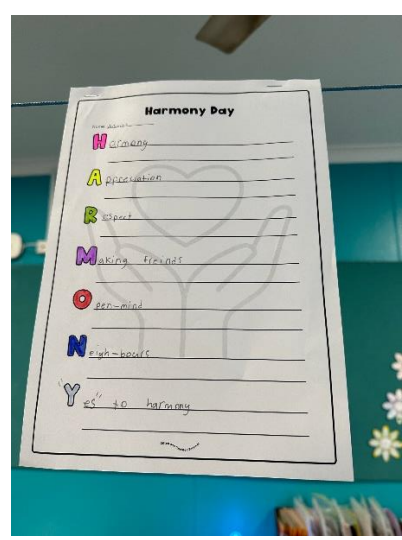
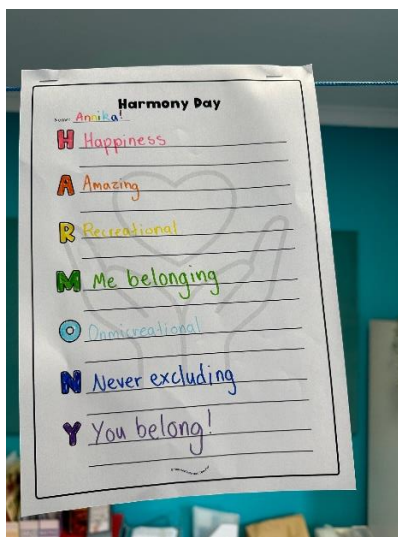
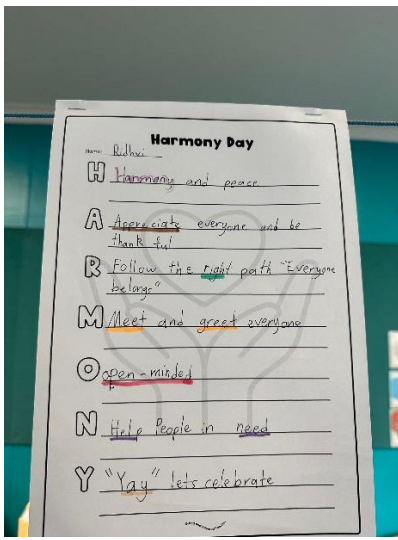
The students of 5B have enjoyed learning concepts from the novel 'The Wild Robot' by Peter Brown. Through this novel study 5B have worked on developing their own science fiction narrative story inspired by this genre explored in the Wild Robot. They have also had the opportunity to practice their editing and publishing skills, each using laptops to publish their final edited piece of writing.



5B have also been improving their mathematical skills in the areas of addition and subtraction as well as measuring length. Excitingly, students of 5B have been able to use the school trundle wheels to conduct length investigations around many areas of the school.



The class have also enjoyed celebrating Harmony Day on the 21st of March where they created some beautiful and thoughtful artworks displaying their understanding of the importance of harmony and what it means to them.



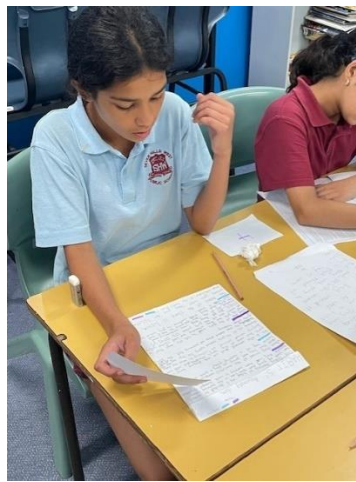
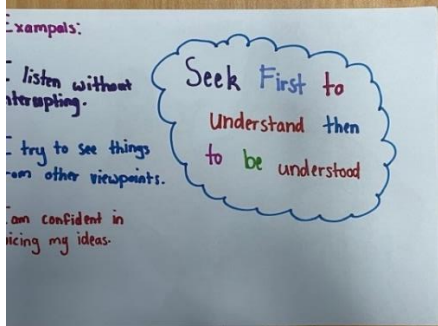
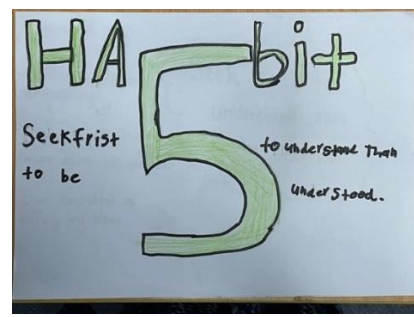
Ms B Bedford – Classroom Teacher

5/6G

Students in 5/6G have been working hard on their assembly item, which focuses on the leadership habit "Seek First to Understand, then to be Understood."

With enthusiasm, they have been rehearsing skits, creating posters, and practicing interactive activities to portray the importance of empathy and active listening. They are committed to giving an engaging performance that will inspire understanding and communication among their peers, teachers, and parents.





We look forward to seeing their efforts come to life on stage!

Ms M Griffiths – Classroom Teacher

Busy time in 6R

Literacy

Students engage in discussion as we analyse the text 'The Wild Robot'.



Science



In our unit 'Exploring Forces' students observe how the shape and size of a parachute affects how an object falls to the ground.



Maths



Students using dominoes to practise multiplication and division mentally. They discuss their strategy with one another.

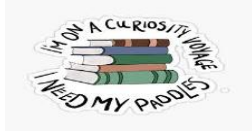


Harmony Day



Mrs N Rosario – Classroom Teacher

LIBRARY



Unlocking Digital Literacy: Students Excel in Typing Tournament

All students at SHWPS enthusiastically joined the Typing Tournament to refine their touch-typing skills. Through immersive activities, captivating games, and practical exercises, participants not only perfected their speed and accuracy but also cultivated unity and teamwork. Join us in celebrating their remarkable progress and recognising the profound impact of touch typing on digital literacy in today's world.



Exploring Sensors: A Hands-On Learning Journey with Microbits

This term, Stage 2 students delved into the world of sensors, coding, and algorithm design using Micro-bits. As part of their exploration, students applied their newfound knowledge to a practical project: designing a gadget capable of recognising states of matter. With Micro-bits as their tool of choice, they embarked on the creative process, brainstorming innovative ideas and implementing them through coding and circuit design.





The Premier's Reading Challenge is back for 2024. We have had 100% success from past three years, and we are looking forward to another year great participation and enthusiasm for reading. All students are encouraged to participate in the Premier's Reading Challenge which runs from Monday 26 February and closes for students on Friday 23 August. K-2 students must read 30 books and 3-6 students must read 20 books in their challenge level. Remember that all level-specific PRC books will count towards your challenge, and you are allowed to include five books of your own choosing as well! Students are able to record their reading through the PRC logbook available via the [PRC student experience website](#).

Mrs S Gupta - Librarian

NEW HUB TO HELP PARENTS & CARERS NAVIGATE THE FIRST 5 YEARS

A campaign promoting the Brighter Beginnings online information hub has launched to help give children the best start in life and learning.

The Brighter Beginnings Parent and Carer Information Hub External link has launched to help parents and carers as they navigate the first 5 years of life, from pregnancy to age 5.

The hub brings together NSW and Federal Government resources as a one-stop-shop to find the information and tools they need to support their child's health and development during this time.

The launch is supported by a campaign that aims to build understanding of the importance of the first 5 years and uplift access to child development resources and services.

Visit the NSW Government Brighter Beginnings page: <https://www.nsw.gov.au/family-and-relationships/early-child-development>.

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

An illustration of three children sitting at a wooden table, eating breakfast. The table is set with plates of food, including eggs, pancakes, and fruit, along with glasses of juice. The children are smiling and enjoying their meal. The background is a solid green color with three red pendant lights hanging from the ceiling.

Superhero's Breakfast Club

Every Monday and
Thursday
8:30am - 8:55am
outside the
School Canteen.

Parent Helpers &
Donations welcome.

FUN FOOD FRIDAY'S



HOT WEATHER

Now that the warmer weather still with us, 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.

SHWPS Spotlight

UNIFORM SHOP

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

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>

<p>EVERYDAY</p> <p>POLO SHIRT - SKY BLUE (with logo) SIZE 4/6/8/10/12/14/16 \$21 SIZE 18+ \$24</p> <p>SHORTS – GREY SIZE 4/6/8/10/12/14/16 \$20</p> <p>BOX PLEAT SKORT – MAROON SIZE 4/6/8/10/12/14/16 \$26</p> <p>SPORTS SKIRT / SKORT – MAROON SIZE 4/6/8/10/12/14/16 \$20</p> <p>SUMMER DRESS SIZE 4/6/8/10/12/14/16 \$23</p> <p>SPORTS UNIFORM</p> <p>POLO SHIRT – MAROON (with logo) SIZE 4/6/8/10/12/14/16 \$25 SIZE 18+ \$30</p> <p>SPORTS SHORTS – MAROON SIZE 4/6/8/10/12/14/16 \$15 SIZE 18+ \$18</p> <p>HOUSE COLOUR T-SHIRTS SIZE 4/6/8/10/12/14/16 \$ 9</p> <p>KANGAROO - YELLOW KOALA – RED KOOKABURRA – GREEN</p>	<p>WINTER OPTIONS</p> <p>LONG SLEEVE POLO – SKY BLUE (with logo) SIZE 4/6/8/10/12/14/16 \$24 SIZE 18+ \$28</p> <p>LONG PANTS – GREY SIZE 4/6/8/10/12/14/16 \$23</p> <p>LONG PANTS – MAROON SIZE 4/6/8/10/12/14/16 \$23</p> <p>FLEECE V-NECK JUMPER – MAROON (with logo) SIZE 4/6/8/10/12/14/16 \$26 SIZE 18+ \$33</p> <p>FLEECE ZIP JACKET – MAROON (with logo) SIZE 4/6/8/10/12/14/16 \$29 SIZE 18+ \$36</p> <p>TRACKPANTS – MAROON (Double Knee) SIZE 4/6/8/10/12/14/16 \$25</p> <p>ACCESSORIES</p> <p>MAROON SCHOOL HATS (with logo)</p> <p>WIDE BRIM – Small/Medium/Large \$15</p> <p>LEGIONNARIE (Neck Shade) – One Size \$10</p> <p>CAP – One Size \$10</p> <p>BEANIE POLAR FLEECE – One Size \$15</p>
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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:..... \$.....

ITEM:..... SIZE:..... \$.....

TOTAL ENCLOSED:..... RECEIPT NO:.....

P&C

Wow, what a busy term we've had! Our P&C has been very busy - here's the highlights:

Congratulations to Aimee Eslick (our new P&C Vice President), Cornelia Knauf-Palmer (our new P&C Secretary), and Susan Cooper (our returning P&C Treasurer) newly elected at our P&C AGM this month. I join them as your new P&C President, and look forward to working with our community across the year.

A large part of P&C work is connecting and supporting our community. As part of this, we run Breakfast Club, a free breakfast for students and their families, from 8.30am to 9am every Monday, and have now added Thursdays to the mix. This can't happen without our wonderful volunteers, so many thanks to Trillian Reid, Jess Sowter, Cornelia Knauf-Palmer, Nithya Pandian, Pave Suresh Khanna, Simone Phillips, Sarah Leman and Bella Klein. We'd love to see Breakfast Club extended to every day of the week, so please let us know if you're interested in volunteering (you don't have to be a member of the P&C - everyone is welcome to volunteer!).

We're pleased to announce a new addition to our Uniform Shop - library bags! These durable bags are maroon to match our uniforms, and feature the Seven Hills West Public School logo, as well as a spot to add your child's name. If you've been looking for a bag that can protect library books and homework folders, these are a bargain at \$15 each. Available from the Uniform shop on Fridays from 8.30am to 9.30am.

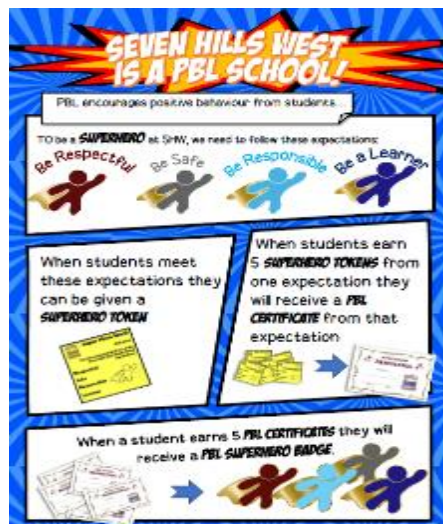
Mother's Day is just around the corner, and we are grateful to Susan Cooper and Jess Sowter for coordinating our fundraising efforts. Susan will be coordinating the very popular Muffins with Mum - so be sure and get your order forms in asap! Jess will be coordinating a fantastic Mother's Day stall, where students can purchase gifts from \$1 - \$10 in Week 2 of Term 2. We welcome volunteers across the school holidays to help package these gifts for a beautiful presentation on the stall.

And thank you to our community for a wonderfully successful Easter Raffle! At last count we had raised over \$1500, and gave away an amazing 28 prizes! None of this is possible without the generosity of our community - and we are sincerely grateful.

Enjoy your school holidays, and we'll see you fresh for Term 2!

Lindy Stewart – P&C President

POSITIVE BEHAVIOUR 4 LEARNING



SHWPS Spotlight


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.

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to:

- Learn
- Make friends
- Build skills through fun

Days missed = years lost

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

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

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.

Every Day Matters

Make sure your child doesn't miss out on the important things like:

Learning



Strengthening friendships



Emotional development



When it comes to attending school, every day matters.

Scan the QR code to learn more



Every Day Matters



When it comes to attending school, every day matters

If your child misses as little as **1 day per fortnight**, they will miss **4 weeks of school per year**, which adds up to over **1 year missed over their school life.**



Scan the QR code to learn more

Make sure your child doesn't miss out on the important things like:



Learning



Strengthening friendships



Build skills through fun

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.

WALK SAFELY TO SCHOOL DAY



ENROL FOR KINDERGARTEN 2025

If you have a child, or know of someone in the area (a neighbour, friend etc) who has a child turning 5 in 2025 (born **BEFORE 31ST JULY 2020**) – it is time to enrol for Kindergarten 2025.

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.



EXPRESSION OF INTEREST FOR PRESCHOOL 2025

If you have a child, or know of someone in the area (a neighbour, friend etc) who has a child turning 4 in 2025 (born **BEFORE 31ST JULY 2021**) – 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.



NOTES & PAYMENTS



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.

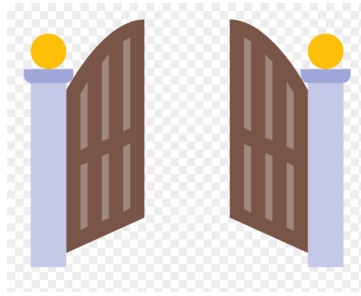
Safety is of the utmost importance to our students and it would be appreciated if you would cooperate in regard to safety in our car park.

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.

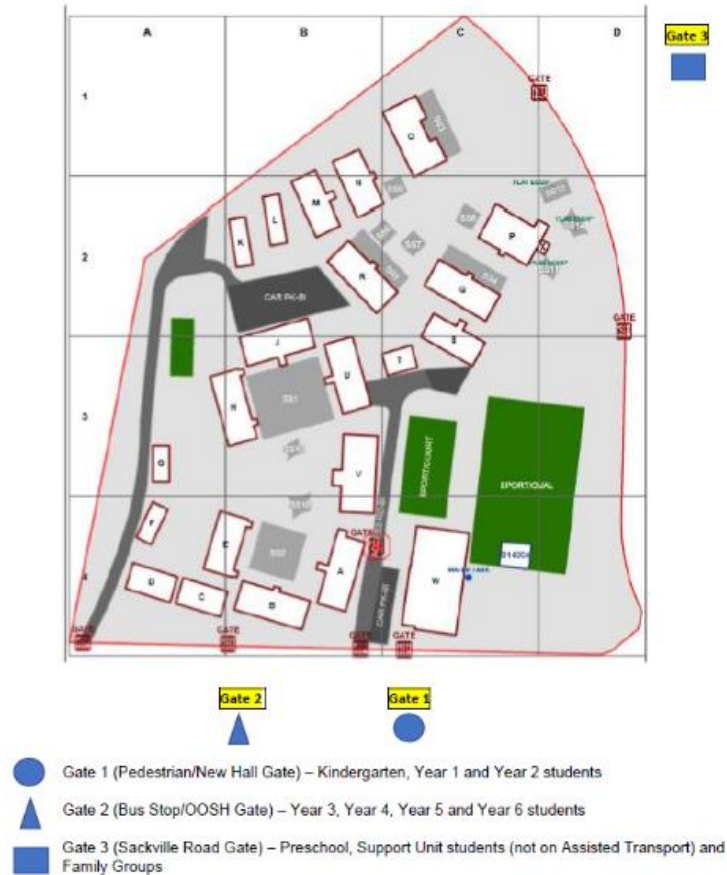
OOSH PICK UP/DROP OFF GATE



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.

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.

April School Holiday Program

THEME: ENGINEERING MARVELS

- ✓ Build Skyscrapers
- ✓ Construct roller coasters
- ✓ 3D CAD Designs
- ✓ Prototype Cars
- ✓ and more...

GREYSTANES
15-16 APRIL 2024

WINSTON HILLS
18-19 APRIL 2024

THE PONDS
22-23 APRIL 2024



REGISTER NOW

EARLY BIRD
LIMITED OFFER

coupon code AP24 for \$20 Off
*Offer expires 12th April

<https://littleinventors.com.au>

1300 453 304



20 March 2024

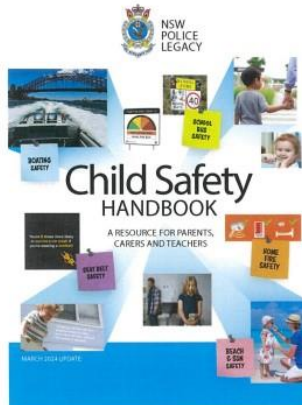
Dear Principal

Please click [here](#) to view your letter from the Commissioner of Police, Karen Webb, APM.

The "NSW Police Legacy Child Safety Handbook" is a comprehensive and free resource to assist parents, carers as well as teachers on a range of topics essential to child safety.

The updated digital edition (link below) includes important content updates from: Fire and Rescue NSW (home fire safety), Transport NSW (school bus and seat belt safety), NSW Department of Communities and Justice (keeping children safe), eSafety Commissioner and NSW Rural Fire.

Please click on the cover below to view the digital handbook:



Here are additional links where the digital handbook can be viewed:

NSW Police Legacy – <https://www.policilegacynsw.org.au/resources/>

Child Safety Hub website – <http://nsw.childsafetyhub.com.au/handbook/>

We kindly request you forward the Child Safety Handbook via email communication to all parents/carers and teachers of your students.

The handbook is also available to download for free on all the App stores.



Dear friends of ACYP,

Recruitment for the 2025-2026 NSW Youth Advisory Council (YAC) is now **open**.

Last year, with your support, 717 children and young people from across NSW applied. I ask you to please support our recruitment of the YAC again this year by sharing this information with **all** of the students in your school and community. You can do this by:

- using the attached [poster](#) with a QRG code and link to our [What's On page](#) of current opportunities in your comms, or
- encourage them to [apply directly to the YAC here](#).

Membership of the YAC is open to all children and young people aged between 12-24 years living in NSW. Applications are sought from children and young people from diverse backgrounds and life experiences, who are living in different locations across the State. **Video or written applications are welcome.**

You can access the [media kit here](#) with a newsletter header, poster, social media tiles and stories to help promote recruitment for the 2025 – 2026 YAC.

Applications close on Sunday 21 April, 2024 at 11.59PM.

The 12 members appointed to [the 2024 YAC](#) continue to provide valuable input into the work of the NSW Government. More information about the role and functions of the YAC and the recruitment process can be found [here](#).

Thank you for your support to ensure as many children and young people as possible have an opportunity to apply and participate in our current opportunities.

Warm regards,

A handwritten signature in blue ink, appearing to read 'Zoë Robinson', is positioned below the text 'Warm regards,'.

Zoë Robinson

Advocate for Children and Young People