



# The Hills Sports High School

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Principal: Mitchell Struyve



## The Hills Sports High School Newsletter

### From the Principal's Desk

### July 2018

#### END OF TERM 2 – BEGINNING OF TERM 3

School holidays commence on Monday July 9, 2018.

Term 3 will start on **Tuesday 24 July for all students.**

Year 12 exams will commence on that date too.

Monday 23 July 2018 is a School Development Day where staff will undertake further professional learning and training.

I take this opportunity to also say farewell and thanks to three of our staff members moving to different schools next term. Mr Obidi (Maths), Ms Celeban (PDHPE) and Mr Bagus (CAPA) have all worked hard to support students in our school, in some cases for many years. Thank you to all and best wishes in the new school.

#### POSITIVE BEHAVIOUR FOR LEARNING (PBL)

Our teachers are now introducing the PBL system into their classrooms as the school embarks on the "classroom systems" stage of the program. This should result in a more consistent approach to classroom organisation and management by our teachers over the coming months.

#### SUCCESSFUL ATHLETICS CARNIVAL

I would like to congratulate all of the students and staff for a wonderful two-day athletics carnival held earlier this term. The weather was cold but glorious most of the time. The students were well behaved and participated well in the events. Mrs Gadow commented that the student participation rate in events was exceptionally high.

As usual, Mrs Gadow did a superb job in her organisation and she was assisted by all staff members as and when required. Many students, particularly SRC members contributed to organising a fabulous couple of days for everyone involved.

#### NAIDOC CELEBRATIONS

A highlight of the last week of term was the NAIDOC Assembly coordinated and run by Ms Diaz, the Aboriginal Education Committee and our Aboriginal students. Congratulations on a well-run assembly, excellent performances and the "friendly" sporting events run in our school on that day involving Aboriginal students from Matraville Sports HS and Westfield s Sports HS.

I acknowledge that our school is built on Aboriginal Land and take this opportunity to pay respects to our Aboriginal Community as we work to support student learning and development.

#### ELECTRONIC SCHOOL GATES

Electronically operated school gates are planned for our school. I anticipate that they will be installed during the coming term.

Once operational the carpark gates will be operated via security passes for staff and by intercom to the front office staff for deliveries.

The main student entry gates will be only open for morning arrival and afternoon departure with entry during the school day restricted to the single pedestrian entry gate and ramp via an intercom system to the office.

Students leaving early or arriving late will need to use the office/gate intercom to gain access to the school or to have the gate opened for their departure.

This new feature will ensure that the school remains safe for all students and staff. We will have more control over who is on the grounds and when.

More details will follow once the gates are installed.

## **P&C MEETING UPDATE**

Our P&C Meeting AGM was held this term where Office Bearers for 2018/19 were elected:-

President: Mrs Renae McLachlan

Treasurer/Secretary: Mrs Jo McWhirter

Thanks go to the out-going Office Bearers and a big welcome to the new larger group of dedicated parents keeping our P&C working for the benefit of the students and the school.

Members of our P&C and other parents have been instrumental in supporting our school as members of committees, on staff selection panels and in student enrolment panels. A big thank you to all the parents involved in these and similar activities. Our school plan was developed with the help of all members of the P&C and is now driving improvements to our school.

The next P&C meeting is scheduled for 7pm on Wednesday 22 August 2018 in the library.

## **SCIENCE LABS UPGRADE**

Our two newly renovated Science labs will be completed over the coming school holidays and will open for use by classes in the first week of Term 3 if all goes to plan.

I have had a chance to look at these impressive, modern labs and am sure that students and staff will enjoy working in such modern laboratories

## **HSC & TRIALS**

One term to go and the Year 12 students will be finished formal lessons and heavily preparing for the HSC. The Trial Exams will take place in the first two weeks of next term and I encourage all students to use this time to study hard, prepare well and take advantage of the help being offered by the teachers. Use the results of the Trial Exams as feedback about what areas need more study or work. Ask teachers for any help needed as I know they are all very willing to give their time to help the Year 12 students in particular.

Build in relaxation time to balance a stressful and busy few months ahead – it is now less than 100 days until Year 12 have finished school completely!

M. Struyve

Principal

## **From the Deputy Principal**

**July 2018**

### **Behaviour on Public Transport**

It is always upsetting when complaints are made from the general public regarding the behaviour of our students on public transport. I know that the majority of students do the right thing and are excellent ambassadors for our school. They stand for fare paying passengers, are quiet, respectful and careful in their choice of language when they are amongst the public. However, there is a small group of students who are disrespectful, do not stand for adults and use foul and inappropriate language on our trains and buses. It is this group that needs to change their behaviour and attitude towards those around them. The uniqueness of our school uniform ensures that students from our school are easily recognisable when in the presence of other students from other schools. Students need to be aware that the school's good name is being tarnished by poor behaviour. Poor behaviour is not restricted to modes of public transport but also applies to and from school and in shopping centres, on train stations and at bus stops.

With the extensive use of social media such as Face Book and Snapchat, many people have a quick and easy avenue through which they can lodge complaints and send images of students displaying poor behaviour to the school. The school acts immediately when recognisable images are sent to us of students acting inappropriately. This can range from counselling of the student to formal caution to suspension from TSP or suspension from school.

In the past I have requested that parents speak to their children, emphasising the importance of displaying good manners and upholding the good reputation of the school. It is important for all students that we maintain a sound reputation, as careers and jobs can sometimes come down to the school one attends and its reputation for behaviour, academic achievement and sport and cultural pursuits in the community. As The Hills Sports High School has a high media profile in Western Sydney through its sporting and educational achievements, its students when in uniform are easily identified and as such need to be on their best behaviour when in the public domain. Parents, it is essential we emphasise the importance of behaviour, as the future career of a student or students, may be determined by a good or bad experience by a potential employer on a bus, train or shopping centre involving students from our school. Our students need to understand that they are always being observed by the public and that they are potentially being observed for future employment. They need to wear their uniform correctly and proudly, always respectful and courteous to those around them. One never knows whether a potential employer may be on the train sitting right next to them.

## **Cyber Bullying**

The internet can open a world of connectivity and learning for young people, but to help them have enjoyable online experiences, it is critical that you are attuned to any signs of cyberbullying.

These can include:

- being upset after using the internet or their mobile phone
- changes in personality, becoming more withdrawn, anxious, sad or angry
- appearing more lonely or distressed
- unexpected changes in friendship groups
- a decline in their school work
- changes in their sleep patterns
- avoidance of school or clubs
- a decline in their physical health
- becoming secretive about their online activities and mobile phone use.

## **What are the steps to alleviate the bullying?**

Start a conversation and seek support

If your child shows any of these signs, or other worrying and out of character behaviours, it is important that you talk with them and maintain a close eye on both their online and offline behaviour and keep them connected to supportive friends and family. There is help at hand if your child is being cyberbullied and plenty of constructive ways to help your child take control of the issue. If cyberbullying involves another student from the same school, talk to your child's Year Adviser or Deputy Principal. If cyberbullying involves a student from another school contact the Deputy Principal.

Open the lines of communication

Open communication is so important, whether directly with you or a trusted adult they may feel more comfortable opening up to. This could be an aunt, older sibling or grandparent. Keep the focus off the situation by also encouraging your child to do something offline that they enjoy. Reassure them that you won't block their access to the internet because they have reported a problem to you.

There are a number of ways to collect appropriate evidence and report cyberbullying:

report the cyberbullying to the appropriate service provider using their reporting tools and ask for content to be removed

- lodge a complaint about a serious cyberbullying matter with the Office of the Children's eSafety Commissioner via their online complaints form
- Use their tips to keep a record of offending emails, text messages or online conversations.

Manage contact with others

Simple, practical steps can be taken to help manage the issue in the short term, including:

- advising your child not to retaliate or respond to any messages from a bully, which may prevent material being further used against your child
- blocking or unfriending the bully to stop contact with your child
- helping your child change their privacy settings to restrict who can see their posts and profile page.

This information has been taken from the e-safety commissioner website: [www.esafety.gov.au](http://www.esafety.gov.au)

Further information regarding cyber bullying can be obtained from this site.

David Calleja

Deputy Principal

## NOTES REGARDING STUDENT ABSENCES

Dear Parent/ Carer,

If your child is absent from school or late to school, a note must be submitted within 7 days of the 1st day of absence. You can either send an email to The Hills Sport High or the note must be given to the Roll Call Teacher during Roll Call

If for a reason has not been received within 7 days of the absence, the absence within remain UNJUSTIFIED.

**REMINDER 2ND INSTALLMENT OF TSP FEES DUE BY:  
6TH JULY 2018 (last day of Term 2)**

# WWI HISTORY INCURSION:

As part of our **Australians at War History** unit, all of **Year 9** recently participated in an interactive World War One presentation entitled *Life for diggers in the frontlines of The Western Front – a hands on approach to studying WWI*. It involved a trench display presented by Shane Blackman from WWI Living History. Students learnt about the daily life of soldiers and had the opportunity to handle WWI artefacts including uniforms, tools and training weapons, giving them an understanding of the difficulties faced by soldiers during the war.





Photo credit: Hollie Aarons & Emily Kendall Yr 10 Photography

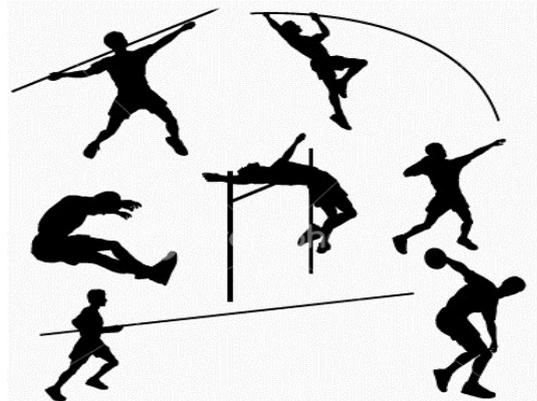
# SYDNEY WEST ATHLETICS CHAMPIONSHIPS

## Term 3

Week 2 , Thursday 2nd and Friday 3rd of August

Blacktown International Sports Park  
Please return PERMISSION NOTES

ASAP



## 2018 Term Calendar Dates

Term 1 – Tuesday, 30 January to Friday, 13 April 2018 (11 weeks)

Term 2 – Tuesday, 1 May to Friday, 6 July 2018 (10 weeks)

Term 3 – Tuesday, 24 July to Friday, 28 September 2018 (10 weeks)

Term 4 – Monday, 15 October to Wednesday, 19 December 2018 (10 weeks)



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INTRODUCING...

### Dr. Kabir Ahmed, FRNZCGP, FRACGP

Dr. Ahmed graduated from Dhaka Medical College, Bangladesh. He went on to study at the University of Otago, where he attained a Master of Immunology and worked in probiotic research at Massey University, before starting a career in General Medicine. Dr. Ahmed practiced in New Zealand for 14 years, mainly in internal medicine in a hospital setting before relocating to Australia.

*Interests:* Aboriginal health, chronic care management, emergency medicine and palliative medicine.

*Languages:* Bengali

*To make an appointment with Dr. Ahmed, go online at [kildaremedical.com.au](http://kildaremedical.com.au), use the Appointuit App or call Reception on 8822 3000*

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Saver Plus is Australia's largest and longest running matched savings and financial education program, supporting over 20,000 people to build their financial confidence since 2003.

You may be eligible if you have a Health Care or Pensioner Concession Card, are at least 18 years old, have some regular income from work (you or your partner) and have a child at school or study yourself.

Contact Domenic Rosina, your local Saver Plus Worker:

(02) 9853 3251 / 0466 745 311 or  
[domenic.rosina@thesmithfamily.com.au](mailto:domenic.rosina@thesmithfamily.com.au)

*Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in Blacktown and Penrith by The Smith Family. The program is funded by ANZ and the Australian Government.*

# What is Saver Plus?



A free ten-month savings program providing financial education, budgeting and savings tips.



Participants receive up to \$500 in matched savings for education costs for themselves or their children.



Delivered by Brotherhood of St Laurence, Berry Street, The Benevolent Society and The Smith Family and other local community organisations.



Offered in communities across Australia in every state and territory.

## A Saver Plus Participant's Journey



### Goal

Talks to a Saver Plus Coordinator from a community organisation and, if eligible for the program, sets a goal to save a regular amount of money over 10 months



### Saving

Opens an ANZ Progress Saver account and makes regular deposits



### Education

Completes the MoneyMinded financial education program with support from a Saver Plus Coordinator



### Matching

Reaches savings goal and receives matched funds, up to \$500, for their own or their children's education costs

## Who can join?

Participants must meet all of the below criteria:

- have a Centrelink Health Care or Pensioner Concession Card
- be at least 18 years old
- have some regular income from work (themselves or their partner)
- have a child at school or attend vocational education themselves.

## Benefits for participants<sup>1</sup>



**87%**

continue to save the same amount or more up to three years after completing the program



**81%**

were better equipped for unexpected expenses



**93%**

reported increased self-esteem



**85%**

had more control over their finances

## How did it start?

Saver Plus began in 2003 as a Brotherhood of St Laurence and ANZ pilot program with 268 participants in three sites across Victoria and New South Wales.

Since then, the program has expanded to all Australian states and territories, reaching more than 32,000 people, making it the largest and longest-running program of its kind in the world.

## Since 2004<sup>1</sup>:

 **32,000+** participants

 **\$17.3m** – total amount saved by participants

 **\$14m** – matched funds paid by ANZ

 **\$753** average amount saved per participant

## Find out more

 1300 610 355

 [saverplus@bsl.org.au](mailto:saverplus@bsl.org.au)

 [www.saverplus.org.au](http://www.saverplus.org.au)



saverplus

<sup>1</sup> RMIT University, 2016. A number of Saver Plus program evaluations have been carried out since 2004. For more information see [anz.com/saverplus](http://anz.com/saverplus)



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- Fully registered and accredited with NESA
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- No uniforms
- Small school environment
- Fulltime Wellbeing Coordinator
- Work education and work experience



**To make an appointment for an interview or school tour, contact our main office on 02 9011 5335 between 9am and 2.30pm.**

**[www.blacktownyouthcollege.nsw.edu.au](http://www.blacktownyouthcollege.nsw.edu.au)**

*The Hills Sports High School*

# SECOND HAND UNIFORM

## SHOP

### Uniform Shop Opening Times 2018

**1<sup>ST</sup> Wednesday of each month during 2018**

**8.00AM -8.30AM**

**7<sup>th</sup> March**

**4<sup>th</sup> April**

**2<sup>nd</sup> May**

**4<sup>th</sup> July**

**1<sup>st</sup> August**

**5<sup>th</sup> September**

**17<sup>th</sup> October**

**7<sup>th</sup> November**

**5<sup>th</sup> December**

**Second Hand items available are:-**

**Junior girls blouse - \$10**

**Grey pants - \$25**

**Sports polo shirt - \$10**

**Skirt - \$30**

**Grey shorts - \$20**

**Jumper - \$30**

**Junior boys shirt - \$10**

**Sports jacket - \$30**

**Also available at the shop are:-**

- The Hills Sports High socks in various sizes and styles can be purchased for \$9.
- The Hills Sports High Jacket for \$95.



This image is a draft, there may be slight changes, zip length, attached hood etc. to the final product.

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