



# The Hills Sports High School

56 Best Road, Seven Hills 2147 – PO Box 657, Seven Hills 1730

Ph: 02 9622 7300 – Fax: 02 9831 6190

Principal: Mitchell Struyve



## The Hills Sports High School Newsletter

### From the Principal

August 2020

#### **SUBJECT SELECTIONS FOR 2021**

Planning has commenced for 2021 with a subject selection information now online. Due to ongoing COVID restriction we are unable to have events with audiences at this time so our subject selection information evenings are not running this year. Instead we have created a series of videos to explain subject sections and the processes that must be followed.

These videos can be viewed on our website (currently, videos and instructions for Year 10 selecting for Year 11 next year are available). Mrs Middleton and Mr Gadow will provide further subject selection information as the need arises.

Year 10 students will make final decisions in individual interviews about their subjects which will be via telephone with the teacher and student at school ringing the parent to discuss.

*Information on these processes is sent via email and in paper form via the students.*

#### **FINAL PHASE FOR YEAR 12**

As we enter the final phase for students in Year 12, I encourage all students to seek feedback from their teachers on their recent Trial Examination results, make plans to improve these results where necessary and commence a determined approach to preparing for the HSC Examination.

As you are aware, the final date for attendance in Year 12 has been changed this year and will now be Friday 16 October 2020. The HSC Examinations will commence on Tuesday 20 October 2020.

Some final assessments are now falling due and staff will soon calculate final results to be sent to NESAS (NSW Educational Standards Authority formerly known as The Board of Studies). It only takes "one more mark" each time a piece of work is submitted to change a final result quite significantly. Look for ways to improve as the feedback from exams is distributed by the teaching staff.

Therefore, we only have about 5-6 teaching weeks left before Year 12 officially leave us to make final preparations for the HSC exams!!

I encourage all students to work hard, enjoy their education and seek the help of teachers to ensure that improvements are achieved.

#### **YEAR 12 GRADUATION & FORMAL**

A reminder that Year 12 students who are eligible to receive the HSC (i.e. satisfactorily complete their Year subjects) are eligible to graduate from this school.

Our ceremony is currently scheduled for the morning of Friday 16 October 2020 but this date may be changed if we are still not permitted to have an audience present. We may have to restrict the size of the audience by issuing tickets and collect all contact details of ticket holders. The back up date will be the morning of 17 November 2020. If we are still not permitted to have an audience in the hall due to COVID restrictions this will mean a cancellation of the event for 2020.

The Formal has been re-scheduled to the evening of 17 November 2020 (again assuming the venue is permitted to hold a function at that time). Should the venue be unable to open on that date due to COVID restrictions on social gatherings then the formal will need to be cancelled. Of course, we hope that our formal can go ahead as planned on 17 November but the situation is still constantly changing and we have no guarantees.

#### **FINAL PHASE FOR YEAR 11**

Year 11 Students are now also approaching the completion of the Preliminary Courses which also end at the end of term 3. Students are reminded that these courses are graded and staff will assess student achievements, determine a grade and forward these to the NESAS.

Final exams commence on Monday 31 August and run for two weeks.

It is a condition that students satisfactorily complete 12 units of study in the Preliminary Course as a part of the HSC. Students receiving N notifications (a warning that courses are not complete) must address these, catch up and submit work urgently so that the result can be calculated and permission to enter Year 12 can be granted.

Mrs Middleton will be working with any student in danger of not completing Year 11 and helping them to get their work done. I encourage all students to take advantage of the help that Mrs Middleton is offering at this crucial time of the year.

### COVID UPDATES/RESTRICTIONS

The following list of restrictions is updated regularly and is current at the time of writing: -

- Parents are asked to notify the school office if their child is having a COVID test and the student cannot return to school until a negative result is received.
- No student can be at school with even the mildest of cold/flu symptoms.
- Non-essential visitors including parents are not permitted at school.
- Any visitor to the school must sign a declaration and leave contact tracing details on file at the school for 4 weeks.
- No audiences or large gatherings of parents are permitted for school and sporting events.
- No excursions or camps are permitted.

- Work Placement/work experience can resume where the work place is COVID safe.
- TAFE lessons has resumed face-to-face.
- Some sporting games can resume under strict guidelines and only with a teacher present.
- Parent/teacher meetings should be online or by phone rather than face-to-face.
- Graduation assemblies should not be held until at least Term 4 and then possibly without an audience.

Refer to updated COVID Safety Advice attached.

I hope that we can all work together to keep our students, their families and the staff safe during this difficult time in history.

Thanks to all of the many people who have supported our school and the staff to manage this ever-changing situation and for being understanding and patient as we sort through restrictions and plans for the rest of the year.

Best wishes for the weeks ahead to all students and their families.

M.Struyve  
Principal

## Positive Behaviour for Learning

Our school values of Safety, Tolerance, Achievement and Respect are the core principles which should guide both students and staff at The Hills Sports High School.

Tolerance is the recognition that everyone is different and that we are conscious that all differences are valued.



Page content:

## **Schools are operating full time while actively following health advice.**

Schools continue to be safe, and operations are in line with Australian Health Protection Principal Committee (AHPCC) and NSW Health advice. All students should be learning on campus unless they are unwell or have a medical certificate to support their absence.

The activities that are permitted at school will be conducted in a way that is safe and appropriate in the current environment. Those that remain on hold will be reviewed during the term and will recommence when appropriate based on health and other relevant advice.

## **School attendance**

Students should be at school unless:

- they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition and the expected timeframe
- they are currently unwell.

In accordance with advice from NSW Health, parents and carers are reminded **NOT** to send children to school if they are unwell, even if they have the mildest flu-like symptoms. Schools will make arrangements for students who present as unwell or have flu like symptoms to be sent home.

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

Students and staff with flu like symptoms will need to provide a copy of a negative COVID-19 test result before being permitted to return to school.

Schools are not required to conduct widespread temperature screening or mandate the wearing of a mask.

All schools will be vigilant when implementing infection control, physical distancing and personal hygiene protocols to protect the health and safety of students and staff. Schools will promote the need to follow good hygiene practices such as:

- regularly washing hands
- avoiding sharing drinks or food
- coughing or sneezing into your elbow, or a tissue which should be discarded immediately
- filling water bottles from bubblers rather than using the bubbler directly.

All students and staff who reside in or have visited Victoria must have a [permit to enter NSW](#) and are required to comply with health restrictions relevant to their permit which may include the need complete the 14 day self-isolation period commencing the last day they were in Victoria.

## **Latest COVID-19 case locations in NSW**

Check the [Latest COVID-19 case locations in NSW](#) and follow the recommended actions if you have been in a location where there have been confirmed cases of COVID-19. We encourage members of the community to monitor this site. Please follow the relevant health advice if you have been at any of the locations at the specified dates and times.

The locations along with the times and dates of when the cases were identified can be found on the [NSW COVID-19 website](#).

## **School activities/school site usage**

Additional safety measures for school activities have been put in place to minimize the risk of COVID-19 transmission in schools for the remainder of Term 3.

The following principles underpin these measures:

- Where possible, students will stay within their relevant cohort group (i.e. class, year group, or stage) for all learning activities within their school in order to limit close contacts to the relevant student cohort.

- Inter school activities must remain within the local community or zone. This applies to all interschool sport and physical activities, curriculum activities, arts activities and extra-curricular activities organised or sponsored by the school. Schools must not travel outside of their local community area.

Metropolitan schools cannot travel outside their local area or to regional areas. Regional areas cannot travel into metropolitan areas or other regional areas. Find your school's **sport zone**.

- Only providers that are essential to the delivery of curriculum can continue to provide services and programs until further notice.
- Parents/carers and other non-essential visitors are not allowed on the school site.
- All group singing (choirs) and/or other chanting activities, as well as the use of wind instruments in group settings, are not permitted. Special arrangements are in place for HSC students.
- Year 11 and 12 students completing HSC subjects may continue to attend classes/activities relating to subjects only available on other campuses. All other students including Year 11 students not completing a HSC subject are not to attend other campuses for the remainder of Term 3. TAFE and other Vet programs may continue.
- School formals, dances, graduation or other social events are not permitted. Schools may hold a Year 12 assembly at school without parents to recognise the completion of school. Schools may consider delaying events until later in the year.

### **Activities/site usage that can take place:**

- Use the school library
- Engage in sporting activities - within restrictions
- Canteens and uniform shops can open at principal's discretion
- All VET work placements can proceed subject to the availability of placement, appropriate risk assessments, and a COVID-19 Safety Plan must be in place. For any that can't proceed, refer to [the NESAs website](#).
- School based apprenticeships and traineeships can recommence once the relevant workplaces are back in operation and a COVID-19 Safety Plan is in place.
- Trade Training Centres can operate on school sites with a COVID-19 Safety Plan in place.

- School assemblies (limited to 15 minutes and no external visitors)
- Students may attend other schools for essential curriculum related reasons or placements (e.g. auditions or placement tests)
- Hydrotherapy pools can be used
- Incursions/external providers can provide activities that support delivery of curriculum (e.g. music tutors, sport skills development programs, science demonstrations, drama tutors, Healthy Harold).
- Day field trips to outdoor locations with no physical distancing requirements can take place (e.g. DoE Environmental Education Centres and sport and recreation facilities, trips to local river to collect water samples)
- Face-to-face TAFE attendance (see TAFE website for further information)
- School photos
- Department of Community and Justice services and programs
- Community use agreements involving adult attendance must have a COVID Safe Plan in place.
- SRE/SEE lessons within restrictions
- Work experience for students with a COVID Safe Plan in place.
- P&C meetings and events must be on-line only.
- Parent/teacher meetings will be online unless involving serious matters that require face to face discussion.

### **Activities on hold for Term 3**

The following events will be reconsidered in Term 3. For now, these events must remain on hold.

- Kindergarten orientation
- Year 7 orientation has been delayed until Term 4.
- School camps
- Excursions (other than field trips explained above)
- Interstate excursions
- International excursions (cancelled until further notice)
- All students (except year 12 students) attending classes/activities relating to subjects only available on other campuses
- School or community run playgroups
- Face to face professional learning for staff. Refer to the [Physical distancing guidelines](#).

- Parent and carer attendance at assemblies and other school events
- Parent and carer volunteers – e.g. parent reading helpers (note: canteen and uniform shop volunteers are permitted)
- School-based activities that involve large gathering of adults. These include parent/community gatherings such as parent functions, working bees, fundraisers, school BBQs, large parent information evenings, and large on-site cultural events.
- Interschool sport, drama, debating and other events that are not within the local community or zone including gala days and regional sporting carnivals.
- Certain large arts and sports events are cancelled or delayed. Many large-scale arts events and sports tournaments rely upon feeder activities and have long-lead time organisational arrangements. As a consequence, a number of annual activities are planned to be delayed or cancelled ([refer to Impacts on arts and sports events programs](#))

## **Activities that are cancelled**

- Certain large arts and sports events are cancelled or delayed because they require feeder activities and have long-lead-time

organisational arrangements. Please speak to your schools if you would like to know more.

- International excursions are cancelled until further notice.

## **Physical distancing**

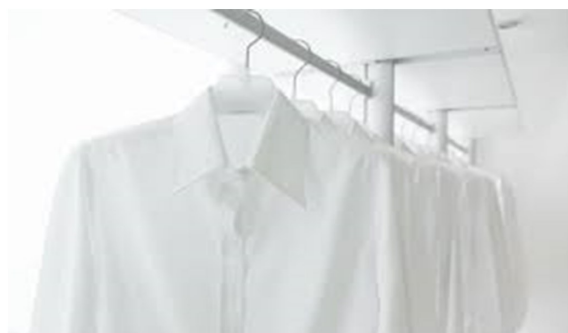
Physical distancing of students in schools is not required under the AHPPC guidelines.

All teachers, support staff and parents must maintain physical distance from each other (1.5m).

Parents should ensure school pick up and drop off arrangements enable them to physically distance from one another and from staff.

# THE HILLS SPORTS HIGH SCHOOL

## SECOND HAND UNIFORM SHOP



Open on the first  
Monday of each  
month

8am-9am

7/9/2020

12/10/2020

2/11/2020

9/12/2020

During the Covid-19 restrictions we ask that you call the office prior to these dates to confirm shop is open

Requests can be emailed to the school if you are unable to attend during this time. Please advise student name, uniform item required and size, we will advise availability and make arrangements for payment

JUNIOR GIRLS BLOUSE \$10

JUNIOR BOYS SHIRT \$10

SENIOR GIRLS SHIRT \$10

SENIOR BOYS SHIRT \$10

GREY PANTS \$25

GREY SHORTS \$20

SKIRT \$30

SPORTS POLO SHIRT \$10

SPORT SHORTS \$10

SPORTS JACKET \$30

JUMPER \$30

\*MAROON SCHOOL JACKET \$40

THE HILLS SPORTS HIGH  
SCHOOL SOCKS \$9

\*LIMITED STOCK AVAILABLE





### **SMS ATTENDANCE NOTIFICATION:**

After attendance information has been entered, the information is 'polled' by an external SMS system that sends SMS messages to parents of absent students, informing them that their child has not yet attended school today, or is late. Parent/Caregivers are able to contact the school indicating whether they are aware of their child's absence and if it is legitimate. **PLEASE NOTE the SMS system does not support SMS replies. Parents/Caregivers are required to contact the school, by email to [hillssport-h.school@det.nsw.edu.au](mailto:hillssport-h.school@det.nsw.edu.au), or by letter which is to be given to your child's Roll Call Teacher upon students return to school.**



### **MOBILE PHONES / ELECTRONIC EQUIPMENT:**

Mobile phones and other electronic equipment are not to be used during class time by students. Mobile phones are not permitted in exams. It is at the discretion of the teacher if mobiles are to be used in the classroom. If mobiles are not permitted, they are to be secured by the student and turned off. The school takes no responsibility for their loss, damage or theft. If a student continues to use any electronic device after being instructed not to by a teacher it will be handed in to the office by the teacher and require a parent to collect.



### **PARENT/CARER IDENTIFICATION:**

All parents/carers who are wanting to make contact in person with student or picking up student early from school for any reason early leave, sick bay, etc. will be kindly asked to produce photo identification. (Driver's Licence or Photo Identification card)





## **STUDENT LEAVE:**

### **Absence**

If a student is absent from school, the parent/caregiver should provide a written explanation within 7 days of the absence. This can be in the form of a letter or email. You may wish to phone the school to advise of the absence. In each case the information provided should include the date, student's name, Roll Call class, the days and dates the student was absent, the reasons for the absence and, for letters, a parent signature. If the student is going to be absent from school for more than three days, parents need to notify the school.

### **Early Leave**

A letter from parents is required and should show the date it is written, student's name, Roll Call class, the time and date when the student wishes to leave, the reason for the request and a signature of a parent or guardian. This letter needs to be handed to the Roll Call teacher. Students are then issued with an early leaver pass. Students must report to the student office with the pass at the required time before leaving the school grounds to sign out officially.

### **Emergency Early Leave**

Parents/Carers who are unable to come to the school to collect their child from the school for an emergency early leave would need to email the school ([hillssport-h.school@det.nw.edu.au](mailto:hillssport-h.school@det.nw.edu.au)) indicating the reason for leave and the time needed to leave. The child would be sent from class to come to student office to collect the emailed note to have it signed by a Deputy Principal before being signed out of school at the time required.

### **Participation in Sporting Events (outside of school)**

An Exemption from Attendance form needs to be obtained from the Student Office or downloaded from the DET website. Sufficient notice is required along with documents to support the request.

### **Holiday Leave**

An Application for Extended Leave (Travel) form for absences of 5 days or more can be collected from the Student Office or downloaded from the DET website. Sufficient notice is required along with documents to support the request.



GERMAN RIDING PONIES

## About AKL

Anne-Katrin Liebe

Sports Scientist M.Sc (Sp)

International Equestrian Coach Level 2

Certified German FN and EA NCAS

### COACHING CLASSICAL CENTERED RIDING

Dressage, Show jumping

Riders all ages and levels

Private, semi Private and  
group lessons

Education and Competition  
Programs



What's new in 2020:  
Rider video analysis  
clinics,  
Centered Riding  
courses,  
Kids vaulting  
Cavalettis clinics

### BOARDING and TRAINING

Young and advanced  
performance ponies and  
smaller horses

Short and long term  
Dressage, Show jumping  
Competition and Sales  
Preparation



Are you a rider wanting to train the  
Classical German Equestrian way  
with the view to join our competition  
team?

AKL German Riding Ponies

162 Arcadia Rd

ARCADIA 2159 NSW

Mob: 0422 279 657

Email: [info@aklgermanridingponies.com.au](mailto:info@aklgermanridingponies.com.au)

Website: [www.aklgermanridingponies.com.au](http://www.aklgermanridingponies.com.au)

*Advert artwork by: Show Ring Classifieds 2018*

## WHO ARE WE?

Our gymnastics club offers recreational and competitive programs for kids from 2 months to 18 years. We support talent at all levels and encourage artistic expression through gymnastics.

## WHY IS GYMNASTICS EXCELLENT FOR TEENAGERS?

- encourages positive self-esteem and confidence
- strengthens bones & muscles
- improves flexibility
- improves cognitive function
- encourages positive social relationships
- teaches discipline

**TEEN GYM /  
TUMBLING GYM  
/FREE GYM**  
classes to suit all ability  
levels



Venue 1: 3/4 Gladstone Road, Castle Hill  
Venue 2: 1/1 Meridian Place, Bella Vista



info@sydneyhillsgymnastics.com.au  
sydneyhillsgymnastics.com.au | 9659 9010



**FIRST CLASS IS  
FREE**



## BEST ROAD MEDICAL CENTRE



**SEVEN HILLS • TOONGABBIE**

**SHOP 3, CORNER OF BEST ROAD AND  
MACKENZIE BLVD, SEVEN HILLS.**

# FREE FLU VACCINE!

*medicare  
Bulk Billing*

**CALL (02) 9631 7200 FOR ALL APPOINTMENTS**

**OPEN MONDAY-FRIDAY**

[www.bestroadmedical.com.au](http://www.bestroadmedical.com.au)



**FULL RANGE OF HEALTH SERVICES NOW AVAILABLE**

- Asthma Care
- Weight Loss

- Allergy Testing
- Mental Health/Counselling

- Immunisations
- Physiotherapy

## BLACKTOWN AUTISM SUPPORT GROUP



The Autism Community Network provides free support during school terms for families living with autism conditions. If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support group meetings

**When:** First Wednesdays 10 am to Noon

**Venue:** Westpoint Blacktown - in the Food Court, Coffeeland café

For more information :

[www.autismcommunity.org.au](http://www.autismcommunity.org.au) | [info@autismcommunity.org.au](mailto:info@autismcommunity.org.au) | 9543 9036

# NOW OPEN!

Join the world's fastest  
growing fitness network today

Sessions from 5:30am - 10.15am

## FREE 2 WEEK TRIAL

Download the F45 Training App to  
book-in



26 Powers Rd, Seven Hills

0437 505 908

[www.f45training.com.au/sevenhills](http://www.f45training.com.au/sevenhills)

FREE TRIAL  
Classes available



## ARE YOU LOOKING FOR SOMETHING NEW IN DANCE?

DANCE • INSPIRE • CREATE • EMPOWER

- ✓ 1 combination class a week includes jazz, tap, ballet & some magic!
- ✓ Convenient monthly payments for families
- ✓ All Inclusive price packages, NO MORE to pay at concert time.
- ✓ A studio that makes things easy for you
- ✓ Offering a holistic approach to dance letting children explore all the performing arts has to offer.

### CONTACT

**WHERE** Shelley Primary School  
Blacktown

**WEBSITE** [innovativedance.com.au](http://innovativedance.com.au)



Registered providers for the  
Active & Creative Kids Schemes

A NEW APPROACH  
TO DANCE IS  
WAITING FOR  
YOUR CHILD.

ENROL ONLINE  
TODAY