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
Email: hillssport-h.school@det.nsw.edu.au
Principal: Amanda De Carli

The Hills Sports High School Newsletter

From the Principal

MARCH 2022

Newsletter – From the Principal – March 2022

Schools tell a story – they shape, inspire, and enable students to achieve their personal best. Education is a vehicle for change, a chance for students to believe and dream the unimaginable, hence, I am proud to be the Principal of The Hills Sports High School: My name is Amanda De Carli, my teaching background is PDHPE, and I have passion for public education and sport.

Growing up, sport was my life. I spent most of my spare time as a kid practising my sport in the front yard. Kicking a footy, being active, and enjoying a childhood spent outdoors. I am forever grateful to my parents as they spent most of their weekends and weeknights taking my brother and I to and from training for various sports. From Athletics, Touch Football and Karate, I spent my school years competing at both state and national level across these three sports respectively, and always feel blessed that my parents supported my sporting goals and endeavours. There were many wins, many losses, and of course, lots of tears shed, but I truly understand how it feels to win, lose, and keep pushing barriers until you achieve the absolute best you can. I was fortunate to attend Bossley Park High School and not only receive an outstanding education, but to also be exposed to incredible opportunities in sport. It was Bossley Park High School and its success in football (soccer) that gave me the opportunity to go on and compete in football and opened my eyes to the wonder of school spirit and sport. I had wonderful, dedicated, hard-working teachers at school, and it was my experience at Bossley Park High School that inspired me to pursue a career in teaching. And after almost 20 years in public education, I find myself at home, as Principal of the amazing Hills Sports High School, still learning, studying, playing sport, and leading a life shaped by my passion for public education.

So, I tell you my story as a bit of an introduction, so that when you see my face, or have a conversation with me, you know a little bit about me. Importantly, as we move through 2022 at The Hills Sports High School, I want our entire school community to understand why I am here, and how I can best lead this great school.

I am a true believer in the delivery of a holistic, balanced education. I believe that a school community should be a tapestry of music, languages, art, sport, student leadership, conversation, and academic endeavour. A school steeped in tradition like The Hills Sports High School is fertile ground for such rich educational experiences.

I will foster a culture where our students can pursue these endeavours in an environment based on respect, where each student is known, valued, and cared for, and can contribute to our learning community, as we take care of ourselves and take care of each other. Student wellbeing always comes first and will be our main priority. The best learning occurs when students feel happy and safe.

School should be fun. A place where students can enjoy each experience and opportunity presented. Our students will be able to take risks in their learning; try elective classes, explore their passion in science, and for that matter, understand what learning is, and the benefits it will bring to them during, and beyond school. A culture of lifelong learning is the main goal.

As the Principal, I have at my core a desire for all students to excel. I will work with you and our staff to support students to reach high levels of engagement, so that they may enhance their academic attainment and sporting success.

Let us be honest. This will not happen overnight. For this to occur, I have a responsibility to make plans, deliver these plans and provide an environment that provides opportunities for all staff to learn, reflect and improve collaboratively for the benefit of our students. I will work to facilitate an environment where the most current, evidence-based professional learning is delivered. I will lead our Executive and staff to be focused on continuous improvement for the benefit of all students. I plan to be here for a while, so I cannot wait to start the journey with you!

I will honour, value and work hard to maintain and enhance the rich culture of The Hills Sports High School- including honouring the wonderful work by Mr. Mitchell Struvye and his efforts over the years. I am grateful to have met Mitchell and have learned about the wonderful history and success of the school.

The profile of The Hills Sports High School in our local community will continue to be a focus. I want to work alongside you to continue to develop the relationship between you and the school, and between us and our partner school colleagues. I want our local community to continue singing the school's praises on a Saturday morning at community sport, at the shopping centre, including the local coffee shop and the infamous Bunnings BBQ. Over time, I want to hear that The Hills Sports is the school of choice, and the strongest specialised sports school. I have big plans, and I cannot wait to include you in them.

Our school motto 'Strive for Success' certainly sings to my tune, my stride, and I am excited to be on this journey with you. No matter what the goal is TAFE, university, apprenticeship, business owner, Olympian, or World Champion. I want to help our students reach their goals, achieve their dreams.

I look forward to meeting and working with you all.

Amanda De Carli

Principal

SCHOOL CAPTAINS FOR 2022

Jessika Nash and Joshua Vicary

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.

TALENTED SPORTS PROGRAM REPORT

Welcome back to 2022 and hopefully (I say with all fingers and toes crossed) we have a year that is free of cancellations or postponements replaced by competitions, glory and enjoyment!!

The representative pathway for many sports is already underway and there have been many accolades for our students so far; the following students were selected for Sydney West teams in their respective sports;

Cricket • Aurora Mavros, Alex Mavros, Sophia Mavros, Gunisha Garg, Hailee Quince, Lakshmi Rajadurai, Pat Lamont, Hamish Reynolds

HOWZAT! SCHOOL SPORT HITS THE VIRUS FOR SIX

ANGIRA BHARADWAJ

BUDDING athletes will again get the chance to compete in statewide championships with representative school sport returning today after a year out.

Rep sport was put on hold during the pandemic, halting the 100 championships held in 28 sports in NSW each year.

It returns with more than 120 players from 10 teams arriving in Albury today for the Combined High Schools girls cricket state championships.

Among them are the Mavros sisters - Aurora, 12, Alexandra, 14, and Sophie , 17.

"I'm very excited and I think it's been a while so I'm looking forward to getting back into it. It's much more competitive than the clubs," Alexandra said.

Education Minister Sarah Mitchell said regional hosts will also benefit. "It's not only about the extra dollars that get pumped into the local economy, but also the energy, excitement and inspiration that comes with watching students performing at the highest levels of sport," she said.

Hills Sports School girls are back for rep sport ... (L to R) Sophia Mavros, Gubnisha Gary, Alex Mavros, Hailee Quince & Aurora Mavros. Picture: Sam Ruttyn

Baseball

- Jett Davis, Kyan Roach, Max Underhill, Hayden Jenkins, Hayden Elliott, Nathan Mackean

Softball

- Angelique Iredale, Scarlet Proc, Keira Field, Ciara Saunby, Brooke Thomas, Olivia Bedwell, Kara Cassidy, Tanika Terkildsen, Liam Kucharski, Bailey Du Sart, Noah Seddon, Bailey Simpson, Hayden Elliott, Hayden Jenkins and Max Underhill

Rugby League:

- 15's: Tyler Birnie, Lincoln Fletcher, Robert Upulasi, Zaric Saban, Carter Saua, Liam Bell, Kingston Vaitusi, James Wilson, Lennix Hopoi, Tailyn Davis and Jermayne Dickinson.
- Opens: Liam Aarons, Hayden Stevens, Sam Squire, Moustafa Dirani, Marc Tannous, Alaa Lababidi, Billy Scott, Levi Smith-Mariri, Vena Patuki-Case Henry Finau, Luron Patea, Grayson Tukaki, Zedrick Tupulua, Siaosi Kaliti, Harry Hassett, Blake Metcalfe, Jonathan Ibrahim, Cassius Tia, Peteru Pritchard, Jesse Williams and PJ Sosaiete

Netball

- Allanah Gilbertson, Jayla Dicker, Lawdies Lucas, Jessica Stevens and Mia Chalcraft

Rugby Union

- Liam Aarons, Jonathan Ibrahim, Siasoi Kaliti, Peteru Pritchard, Alaa Lababidi, Luron Patea, Dontaye Pritchard, Levi Smith-Mariri, Markus Seckold, Cassius Tia, Brayden Matthews, Neal Fraser, Zedrick Tupulua and Kelvyn Togia.

Football

- Jesse Cameron, Max Buratto, Marcus Loukadounos, Morrie Kamara, Owen Henderson, Daanish Awaz and Maisam Awaz.

Many of these Sydney West teams have been unable to participate in the Combined High Schools Championships yet due to the extreme weather early in March. The schedule will hopefully allow for these sports to be re-scheduled in the coming months. There are more Sydney West trials coming up in the next few weeks including AFL, Girls Football, Touch Football and Rugby 7's.

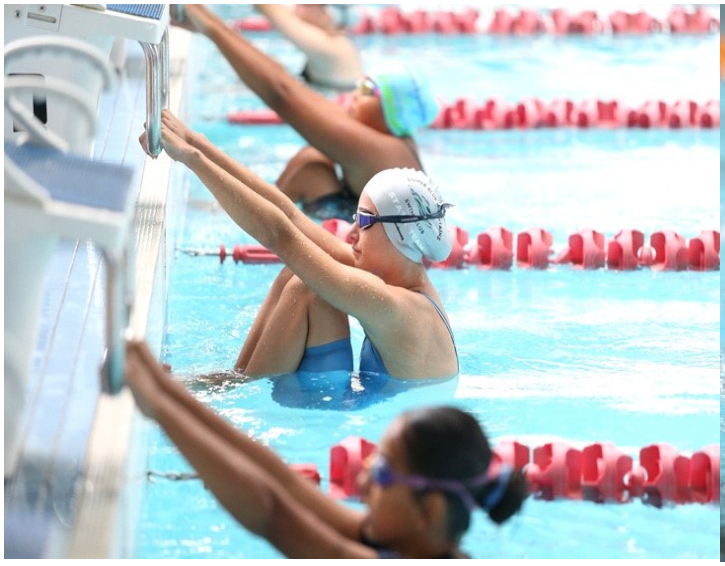
CHS Girls Cricket was able to take place in Albury and it was a successful week for both Sydney West and our students. Gunisha Garg was the leading wicket taker for the tournament and was selected in the NSW CHS First XI! Alex Mavros was named best first year player of the event and was rewarded with selection in the NSW CHS Second XI. Congratulation's girls.

The NSW CHS Netball 15's trials were held at Homebush at the end of February and some strong performances saw a number of our students make the extended squad. In what was an extremely competitive fight for positions we had one student named in the final squad. Massive congratulations to Tia Matthews on being named in a state team!!

Our Puma Cup Football teams had their first road trip of the year against Hunter Sports HS. The girls held a 1 nil lead for most of the match through an early goal to Clare Holder, however a late equalizer from Hunter saw a 1-all draw as the final score. The boys played some attractive Football in securing a 4-2 victory. Morrie Kamara grabbed a brace, while Favor Zeogar and Maisam Awaz also found the net. The next round of Puma Cup is against Endeavour Sports HS in what should prove another tough test

A reminder for all parents and students the School Athletics Carnival has been moved to Term 1 due to our regular venue being shut down suddenly. The good news is that we have secured a booking at Sydney Olympic Park for our two-day event. Students will get to experience the world class facility that was used for the Sydney Olympics. For Yr 7-10 students it forms part of their PDHPE assessment and involves competing in four events including the 100m. The schedule of events can be found on our webpage in the Athletics section.

Our Swimming carnival was slightly different to previous years with a "Competitors Only" style event. Hopefully this was a one off due to Covid regulations and we have everyone in attendance next year. That didn't stop a number of strong performances across each age group. A large group of swimmers will compete at the Sydney West Championships on March 18. That will include two of our new students who each set records at the school event. Felicity Wells broke a long standing record in the 12yrs Girls 50m Free-style while Sylas Phillips shaved almost three seconds off the 16yrs Boys 100m Backstroke record. Best of luck to all our students who will compete at Sydney West!!



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Dear Parents/ Guardians,

Due to unforeseen circumstances at Blacktown Sportspark and their Athletics track, we have moved quickly to secure a booking at Sydney Olympic Park, Homebush.

The new dates are as follows:
Tuesday March 22 - Warm-up Track, Sydney Olympic Park, Homebush
Wednesday March 23 - Main Track, Sydney Olympic Park, Homebush

Please return the attached note to the Front Office by Friday 18/03/2022 - for all students who have paid their carnival fee already, you will need to submit this new note to the front office due to the date change.

Both days of the Athletics Carnival are classified as a normal school day and attendance is expected, with rolls being marked at the start and end of each day.

Events that will be run are 100m, 200m, 400m, 800m 1500m, 3000m, 1500m Walk, Shot Put, Discus, Long Jump, High Jump, Triple Jump and Javelin. **A schedule of events for the two days will be made available closer to the event.**

Students will be given the choice of either making their way to the venue with parents/guardians or catching a bus from school. Students catching the bus will attend a short roll at school at 8.10am and will return to school by 2.45pm. The cost of the bus will be $8.50 each day. It is essential that the section below is completed correctly.

For **Years 7 – 10** PDHPE students, part of their formal assessment involves Cross Country and Athletics carnival participation. Please encourage your child to attend and participate, as they will find this a very enjoyable and rewarding day. If for some reason it is not possible for your child to compete, they can still participate as an active spectator. We also welcome parents / guardians or other family and friends to attend these days should covid-19 protocols allow.

It is advised students bring sun cream and a hat. Canteen facilities will be available.

STUDENTS WHO WILL BE LEAVING THE CARNIVAL EARLY FOR ANY REASON OR LEAVING WITH ANOTHER PARENT ARE TO ARRANGE THIS PRIOR TO THE CARNIVAL WITH THE FRONT OFFICE. NO STUDENT CAN LEAVE THE CARNIVAL EARLY IF THIS IS NOT DONE.

Tuesday 22nd March 2022 (Warm Up Arena)

Time	Event	Age
9:30am	Boys / Girls 3000m walk	17+ years
9:45am	Boys 3000m	15 years
	Girls 3000m	14 years
10:00am	Boys 200m	12 – 17+ years
	Girls 200m	12 - 17+ years
11:00am	Boys 800m	12 – 17+ years
	Girls 800m	12 – 17+ years
12:00pm	Boys 1500m walk	15 years
	Girls 1500m walk	14 years
12:30pm	Boys / Girls 200m finals	12 – 17+ years

Time	High Jump	Long Jump	Triple Jump	Discus 1	Shot Put 1	Shot Put 2	Javelin
9:30 – 10:30	B 13	B 12	G 15	G 14	G 13	B 16	G 16 – 17+
10:30 – 11:30	G 13	B 14	B 15	B 17+	B 12		B 13
11:30 – 12:30	B 14		G 16 – 17+	B 16	G 12	G 14	G 15
12:30 – 1:30	G 14 / 15	B 15	B 16 – 17+		B 14	G 16 – 17 +	G 13

Wednesday 23rd March 2022 (Competition Arena)

Time	Event	Age
9:30am	Boys / Girls 3000m	17+ years
9:45am	Boys 100m	12 – 17+ years
	Girls 100m	12 - 17+ years
11:00am	Boys 1500m	14 – 17+ years
	Girls 1500m	14 – 17+ years
12:00pm	Boys 400m	14 – 17+ years
	Girls 400m	14 – 17+ years
1:00pm	Boys 100m Finals	12 – 17+ years
	Girls 100m Finals	12 – 17+ years

Time	High Jump	Long Jump 1	Long Jump 2	Discus 1	Discus 2	Shot Put 1	Javelin
9:30 – 10:30	B 15	G 16 – 17+		G 13	B 13	G 15	B 16 - 17+
10:30 – 11:30	G 12 / B12	G 14	B 16 – 17+	G 16 – 17+	B 14	B 13	B 15
11:30 – 12:30	B 16 – 17+	G 15	G 13	G 12	B 12	B 15	B 14
12:30 – 1:30	G 16 – 17+	B 13	G 12	G 15	B 15	B 17+	G 14

THE HILLS SPORTS HIGH SCHOOL MISSION STATEMENT

Our mission is to provide meaningful educational opportunities by:

Promoting excellence in teaching practice

Encouraging achievement

Maintaining and enhancing a diverse, relevant and challenging curriculum

Ensuring a safe, caring and pleasant environment

Developing a shared relationship with the family and the community so that students may be more able to meet the challenges of a changing society

THE HILLS SPORTS HIGH SCHOOL VISION STATEMENT FOR POSITIVE BEHAVIOUR FOR LEARNING (PBL)

'Positive Behaviour for Learning' uses The Hills Sports High School values of Safety, achievement, respect and tolerance to support consistent high Expectations and standards of behaviour. Quality teaching and learning at our school will consequently be in a safe and effective learning environment which fosters positive student participation

PBL – Positive Behaviour for Learning

Positive participation at The Hills Sports High School will provide you with many opportunities for personal growth, academic achievement and sporting success.

PBL rewards and encourages positive achievement as you strive for success.

YEAR 12 Parent/Teacher/Student Interviews

Dear Parents,

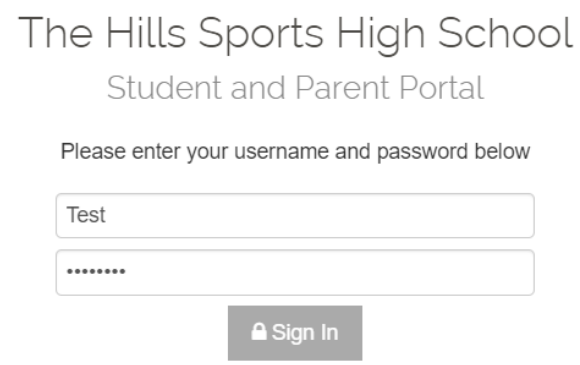
Parent/Teacher/Student interviews for **year 12** will be held shortly on **Wednesday the 6th of April 2022 from 3:00pm to 6:00pm** at The Hills Sports High School. **Bookings will be open at 9:00am on Wednesday the 23rd of March 2022 to 5:00pm the 4th of April 2022.**

Interviews are strictly 10 minutes and spaces are limited. If you require more time with a particular teacher, please arrange a separate meeting by telephoning the school on

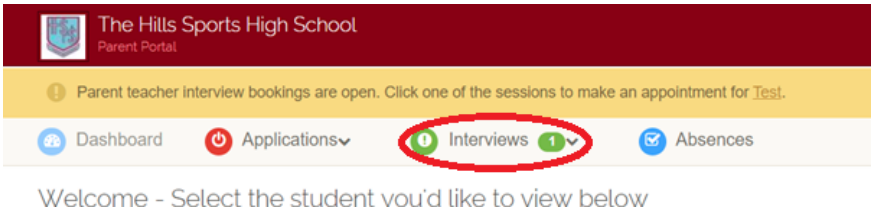
9622 7300.

Go to https://hillssport-h.sentral.com.au/portal/login and log in using your Sentral Username and Password.

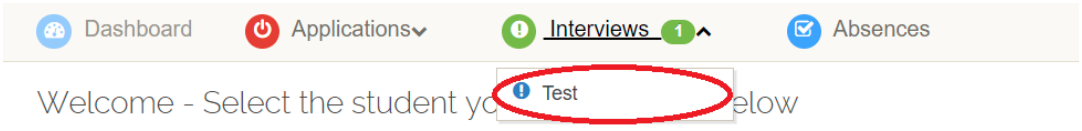
1. Login



2. Click on Interviews.

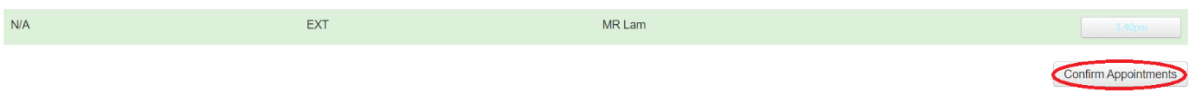


3. Select your child from the drop-down menu.



4. Click on Select Timeslot then click on an available timeslot.

5. Click on Confirm Appointments when all your timeslots are selected.



6. Print or set a reminder on your calendar and you are done!

THE HILLS SPORTS HIGH SCHOOL OPEN AFTERNOON

WEDNESDAY 30TH MARCH 2022,
3:30 - 6:00pm

2022 Year 6 students and their parents/caregivers are invited to attend The Hills Sports High School Open afternoon. Come along and meet staff, explore what learning opportunities are available, visit our specialist rooms including the Technology Centre and Science Laboratories and the Don Mitchell Fitness Centre for practical lessons.

Tours of the school will occur every half hour until 5:30pm.

TALENTED SPORTS PROGRAM INFORMATION

An information session will be conducted for students and parents interested in the Talented Sports Program for Year 7 2023 at 4:00pm & 5:30pm. Sports on offer are AFL, Athletics, Baseball, Cheerleading, Cricket, Netball, Rugby League, Rugby Union, Rugby "7's" (Girls), Soccer, Softball, Swimming and Touch Football.

Sport Trials will be held in May/June 2022,
Talented Sports applications close Friday 13th May 2022.

hillSpresso

Enjoy a refreshment as you tour the school, provided by our Senior Hospitality Students

Prices

Coffee	
Small -	**$3.00**
Large -	**$3.50**
Milkshakes -	**$4.00**

SAFETY. TOLERANCE. ACHIEVEMENT. RESPECT.

IF YOUR CHILD IS ABSENT FROM SCHOOL

What do I need to do as a parent/guardian?

1. Reply to the absence message you receive from the school via **email OR write a note** with the reason for the absence. DO NOT TEXT.
2. Have your child hand the note to their roll call teacher when they return to school.

You must follow both steps above to ensure that their absences are successfully registered and justified as soon as possible.

Mrs Gadow (Year 8, 9 &10) and Ms Potts (Year 7, 11 & 12)

Attendance and Engagement Leaders

NSW GOVERNMENT | Education

FACTSHEET

No knives at school – parent factsheet

Health and Safety Directorate

There is no good reason to bring a knife to school.

NSW now has the toughest knife laws in Australia. As a parent, you need to be aware of these laws, as you can also be charged if you allow your child to carry a knife.

No knives allowed at school under any circumstances

If a student has a knife at school the principal may call the police.

The student may be expelled or suspended immediately. Possessing a knife includes your child simply having one in their bag or locker. Having a knife for self-protection is also illegal. If you are concerned about your child's wellbeing or safety, contact the principal.

Tough penalties apply for children convicted of knife offences, including gaol sentences of up to 25 years if someone is injured with a knife during an assault.

Every child has the right to feel safe and secure at school. There is no good reason for a child to ever have a knife at school.

If you want to talk about children and knives at school, please contact the principal.

What kind of knives are prohibited?

As school policy is designed to keep all students safe, no type of knife is allowed at school. That means no butter knives or fruit knives in lunchboxes, or knife tools for craft purposes.

Flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives and star knives are all prohibited.

Your child cannot bring to school any item that can be used as a weapon (such as a chisel).

In lessons requiring the use of knives, for example cooking or trades, your child's teacher will supply and supervise the use of the tools.

There are some senior subjects, such as hospitality, where children may be required to have their own knives.

Your child's school will advise you about these courses and the procedures for carrying knives legally to and from school.

The law makes parents responsible

You need to make certain your child is aware of the school's rules and the State laws about knives.

If you allow your child to carry or possess a knife at school or in a public place, you can be charged.

The police can search any child they suspect of having a knife. They can confiscate any dangerous object they might find during the search.

Your child must comply with such a police search, or they may be arrested and charged.

It is also illegal for anyone to sell a knife to anyone who is less than 16 years old

SCHOOL PAYMENTS

Payments will only be accepted via:

☑ In person at the Main Administration Counter

☑Via your child at Student Counter before school or during recess and lunch

☑Online payments via the school's website www.hillssport-h.school.com.au

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities, Talented Sport Program fees. There is also a category called *Other*, to cover items not covered in the previous headings, *Other* can be used to make a complete payment of a school invoice.

Make a payment icon

When you access the "Make a Payment" you must enter:

the student's name, and
class and reference number OR
the student's name, and
date of birth

These details are entered each time you make a payment as student information is not held within the payment system.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office on 9622 7300.

We thank you for your cooperation

UNIFORM DONATIONS

We are accepting donations of school uniforms for the second hand uniform shop.

We kindly ask that the pre-loved uniforms are clean and in good condition.

Donations can be dropped off to the front office,

Monday-Friday between school hours.

Your help is greatly appreciated

Many Thanks

Do you have extra clip hangers

or coat hangers you no longer need?

We are happy to take them off your hands for our uniform shop.

Drop off between school hours to our front office.

Thank you for your support

The Hills Sports High School

SECOND HAND UNIFORM SHOP

Due to current restrictions in place for visitors to the school, the Uniform shop will not be open for parents to attend in person. Please complete the form with your choices we will advise the availability via email and, if available, simply pay on line through the school website, uniform items can then be collected from the school office.

✂----------

Parent Name:_____ **Email:**_____

Student Name:_____ **Year:**_____ **Ph:**_____

Uniform item	Size	Price	Available	Emailed	Paid	Collected
Girls Jnr Blouse Blue		$10.00				
Girls Snr Blouse White		$10.00				
Boys Jnr Shirt Blue		$10.00				
Boys Snr Shirt White		$10.00				
Grey Pants		$25.00				
Grey Shorts		$20.00				
Skirt		$30.00				
Sport Polo Shirt		$10.00				
Sport Shorts		$10.00				
Woollen Jumper		$30.00				
Tracksuit pants		$20.00				
Tracksuit jacket		$30.00				
Maroon School Jacket		$40.00 *				
School Socks		$9.00 (new)				

***Limited stock available**

Items cannot be held, payment will be required to secure item.

Items that are not suitable will need to be washed before returning to the school for refund or exchange.

The Hills Sports High School

SCHOOL JACKET

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

The Hills Sports High Jacket for $95.

The Hills Sports High School Jacket is ordered by the school.

An order form can be collected from the school office.

Payment can be made by cash, cheque/money order, EFT or

Parent Online Payment (POP).

Please make cheque/money order(s) payable to “NSW Government School”.

Parent Online Payments (POP) need to be made before 6pm on business days to ensure the payment is received by the next business day.

SCHOOL CARPARK:

Parents/Carers are reminded the School Carpark is not available for Parent/Carer parking, or for drop off or pickup of Students. There is no pedestrian access through the carpark and into the school for safety precautions. Parents/Carers who require an exemption, please contact the school for information on application requirements.

ALTERATION TO STUDENT RECORDS FORM

Please notify the School of any changes to your contact details.

Examples:

- Change of Address
- Change of parent/guardian contact details
- Change of emergency contact numbers

Due to a new system these are the only options available for payment of school fees, excursions etc

- Cheque – made payable to The Department of Education
- Cash /Card – via schools reception
- Parent Online Payment (POP) access "$Make a Payment" from the school website

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, 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, air pods 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

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. 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. You may wish to phone the school to advise of the absence. This will ensure that you do not receive a text message. If the student is going to be absent from school for more than three days, parents need to notify the school and approval by the Principal will be required if the absence is not related to student health.

Late Arrival

Please contact the school to advise of late arrival by phone or email to avoid receiving a text message.

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 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.nsw.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 for 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.

School Canteen Menu

SANDWICHES

CHEESE & TOMATO E	$3.5
HAM & CHEESE E	$3.5
HAM, CHEESE & TOMATO E	$4.0
EGG & LETTUCE E	$4.0
CURRIED EGG & LETTUCE E	$4.0
TUNA LETTUCE, & MAYO E	$4.0
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO E	$4.5
CHICKEN, LETTUCE & MAYO E	$4.5
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	$4.5
CHICKEN, CHEESE & TOMATO E	$4.5
CHICKEN CAESAR CHICKEN, LETTUCE, CAESAR DRESSING E	$4.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	$4.5

WRAPS

	SGL	DBL
SWEET CHILLI CHICKEN LETTUCE, SWEET CHILLI MAYO E	$3.5	$6.0
SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEETROOT E	$3.5	$6.0
CHICKEN, LETTUCE & MAYO E	$3.5	$6.0
CHICKEN CAESAR CHICKEN, LETTUCE, EGG, CHEESE E	$3.5	$6.5
HAM SALAD LETTUCE, TOMATO, CARROT, CUCUMBER, BEET E	$3.5	$6.5

SALADS

WATERMELON WATERMELON CHUNKS E	$4.8
FRUIT FRESH SEASONAL FRUITS E	$5.5
GARDEN LETTUCE, TOMATO, CUCUMBER, CARROT, BEET ROOT E	$5.3
CAESAR COS LETTUCE, EGG, CROUTONS, CHEESE E	$5.5
SWEET CHILLI CHICKEN LETTUCE, TOMATO, SWEET CHILLI E	$6.0
CHICKEN CAESAR CHICKEN, COS, EGG, CROUTONS, CHEESE E	$6.0

CRUNCHY BREAD ROLLS

SALAD E	$6.0
EGG & LETTUCE E	$6.0
SWEET CHILLI CHICKEN 2X TENDERS, LETTUCE, SWEET CHILLI MAYO E	$6.0
CHICKEN, LETTUCE & MAYO E	$6.0
HAM SALAD E	$6.0
HOT N SPICY CHICKEN SCHNITZEL WITH LETTUCE & MAYO E	$6.0
HOT CHICKEN & GRAVY E	$6.0

SUSHI ROLLS

	x1
SWEET CHILLI CHICKEN E	$4.0
VEGETARIAN E	$4.0
TUNA E	$4.0

SNACKS

POPCORN	$1.0
BROWNIE	$1.5
BANANA BREAD	$2.7
BROWNIE BREAD	$2.7
WICKED FIZZ	$0.4
PIRANHA SNAPS	$2.5
POPCORN	$1.0
CHIPS 45GM	$3.0

COLD

SNAP APART ICE BLOCKS	$1.0
FROZEN JUICE CUPS	$1.5
JELLY CUP	$2.0

EXTRAS

SAUCE PORTIONS	$0.4
GRAVY	$0.5
SOUR CREAM	$0.5
CHEESE	$0.5
CONTAINER & LID	$0.7
UTENSILS	$0.1

BREAKFAST BEFORE 9:30AM

COLD & FRESH

SEASONAL FRUIT E	$1.3
WATERMELON BOWL WATERMELON CHUNKS E	$4.8
FRUIT SALAD FRESH SEASONAL FRUITS E	$5.5
YOGHURT E	$3.5
MUFFINS HOMEMADE ASSORTED FLAVOURS O	$3.8

HOT FOOD

HASH BROWN O	$1.5
CHEESE WRAP TOASTED E	$3.0
HAM & CHEESE WRAP TOASTED E	$3.8
HAM, CHEESE & TOMATO WRAP TOASTED E	$4.0
BACON & EGG ROLL WITH SAUCE O	$4.8
TOASTED SANDWICHES ASSORTED SPECIALS DAILY E	$3.5

DRINKS

POPPER JUICE 250ML E	$2.0
WATER 600ML E	$2.5
OAK MILK 300ML E	$2.8
OAK MILK 500ML E	$4.8
ALOE VERA 500ML E	$4.2
ICE TEA 500ML E	$4.2
PUMP WATER 750ML E	$4.2
PUMP FLAVOURS 750ML E	$4.8
UP N GO 250ML E	$3.2
HOT CHOCOLATE E	$3.0
MINERAL WATER 475ML E	$3.8
ICE BREAK COFFEE 500ML E	$5.0
SOFT DRINK 375ML NO SUGAR O	$3.0
SOFT DRINK 600ML NO SUGAR O	$4.8
POWERADE 600ML NO SUGAR O	$4.8

FOOD CODING

E EVERYDAY RATED

O OCCASIONAL RATED

ALL ITEMS ARE HALAL

EXCEPT PORK BASED PRODUCTS

NO FEES

$2 MINIMUM PURCHASE

eftpos

RICE - PASTA

	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE E	$4.0	$6.5
PASTA BOLOGNESE RICH BEEF SAUCE E	$4.0	$6.5
FETTUCINE CARBONARA WITH CHICKEN E	$4.0	$6.5
ROASTED VEGES PASTA TOMATO SAUCE E	$4.0	$6.5
FRIED RICE WITH CHICKEN E		$6.0

GLUTEN FREE OPTIONS

RICE - PASTA

	REG	LGE
BUTTER CHICKEN OUR FAMOUS RECIPE & RICE	$4.0	$6.5
PASTA BOLOGNESE RICH BEEF SAUCE	$4.0	$6.5
LASAGNA VEGETARIAN	$5.5	

NACHOS

NACHOS BEEF OR VEGETARIAN	$5.5

SANDWICH - WRAPS - SALAD

ANY WRAP GLUTEN FREE WRAP + FILLINGS

ANY SANDWICH GF BREAD +50c

ANY SALAD GLUTEN FREE DRESSINGS + TOPPINGS

BURGERS

CHICKEN BURGER WITH LETTUCE & MAYO E	$5.0
CHICKEN & CHEESE BURGER WITH YOUR CHOICE OF SAUCE E	$5.2
HOT N SPICY CHICKEN BURGER DEVIL FILLET & LETTUCE E	$5.7
CHEESE BURGER BEEF, CHEESE, TOMATO SAUCE E	$5.7
AUSSIE BURGER BEEF, LETTUCE, TOMATO, BEETROOT, BBQ SAUCE E	$5.7
VEGETARIAN BURGER PREMIUM VEGETABLE PATTIE & SALAD E	$5.7

PASTRIES

SAUSAGE ROLL O	$3.8
MEAT PIE O	$4.7
SPINACH & RICOTTA ROLL O	$4.7
CHILLI BEEF & CHEESE PIE O	$5.0
POTATO PIE POTATO & BEEF O	$5.0

DONER KEBABS

DONER KEBAB & CHEESE E WITH BBQ SAUCE	$6.6
DONER KEBAB & SALAD E LETTUCE, TOMATO, ONION CHEESE + 50c	$7.6

SNACK PACKS

DONER KEBAB MEAT & SALAD E CHEESE + $1	$8.2
DONER KEBAB MEAT & WEDGES E CHEESE + $1	$8.2

* AUTHENTIC DONER MEAT *

HOT BITES

HOT & SPICY CHICKEN WINGS E	EACH	$1.5
	x4	$5.5
CHICKEN TENDERS SWEET CHILLI CHICKEN E		$2.2
GARLIC BREAD LOAF E		$2.7
CUP OF NOODLES TOM YUM, BEEF, CHICKEN, VEGETARIAN O		$3.5
CHICKEN BREAST NUGGETS O	x6	$4.6
HOT DOG WITH SAUCE (CHICKEN) O		$3.6
POTATO WEDGES WITH SAUCE O		$4.0

NACHOS

BEEF BEEF MINCE WITH CHEESE - SOUR CREAM 50c O	$5.5
VEGETARIAN SALSA, LETTUCE, CHEESE - SOUR CREAM 50c O	$5.5
THE LOT BEEF MINCE, LETTUCE, TOMATO, CHEESE, SOUR CREAM O	$6.6

TOASTED WRAPS

SWEET CHILLI CHICKEN WITH CHEESE E	$5.5
BBQ CHICKEN & CHEESE WITH BBQ SAUCE E	$5.5
MEXICAN SPICY CHICKEN WITH CHEESE E	$5.5

PIZZA

CHEESE WITH FRESH TOMATO PIZZA SAUCE E	$4.2
PEPPERONI WITH CHEESE & FRESH TOMATO PIZZA SAUCE E	$5.0
BBQ CHICKEN WITH BBQ SAUCE E	$5.0

Inner Wheel Australia chose Cord Blood Research as its National Project in 2001 and through many fundraising programs over the years, has raised over $3million which has been given as grants for much needed and worthy research projects.

Why was Cord Blood Research chosen and been supported for over 20 years?

- Because umbilical cord blood, is an important source of such potent stem cells, which may be stored for potential future use. Called the miracle of recycling - once discarded now saving lives.
- Cord blood is rich in special immature blood stem cells that can generate all types of blood cells in our system and form building blocks for all blood cell varieties in the human body, such as red and white blood cells, and platelets once they have been transplanted.
- Some cord blood stem cell transplants are being used in place of bone marrow transplants for many life-threatening conditions such as blood cancers (e.g. leukaemia), immune system and metabolic disorders.
- Worldwide, cord blood has been used in over 40,000 transplants in the treatment of over 80 conditions. Today there is a vast and expanding range of new therapies being researched that anticipate using cord blood in the future; e.g. type 1 diabetes, cerebral palsy, infant brain injury and spinal cord injury.

For more information: innerwheelaustralia.org.au/national-project

HOW CAN YOU HELP??

Put on your walking shoes, pack a picnic

Join us for a

FAMILY FUN DAY AND WALK

2km for $10 donation

between 9am and 2pm

Sunday 3rd April 2022

Francis Green Blacktown Showground Precinct.

There will be

the Rotary Club sausage sizzle, balloons, face painting,

games, bric-a-brac stall

and RFS and St John's Ambulance will join us

If you are unable to attend, you may like to donate using this QR code

Organised by
Inner Wheel Club of Blacktown City
on behalf of Inner Wheel District A53

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