

# The Wheeler Word



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**Term 1 Wk 7**

**Thursday 14 March 2019**

## Welcome to new Parents BBQ

Thank you to the wonderful P&C volunteers who cooked over 300 sausages last Thursday for the welcome BBQ. It was lovely to see our Kindy students interacting so positively with their Year 6 buddies on the oval. The school chickens were an obvious highlight for all!!

## Parent Interviews

Please see the detailed information in Mrs Wright's section about Parent/Teacher interviews to be held later this term. The booking system will open for parents tomorrow at 12 noon.

## Parents collecting children procedures

The school is always determined to provide the safest possible environment for our students. Consequently we have streamlined a number of procedures with regard to early and late departures. As has always been the case, we remind parents to always come to the school office to sign in any late children & always come to the office when arriving to pick up students early.

**We do ask that parents ensure that students arrive at school every day on time. It is frustrating, time consuming and disruptive when students regularly arrive late for no apparent reason. The children can feel uncomfortable and singled out as they enter their room when the class has already begun their lesson, had the instructions carefully explained or have trouble locating the class as they are at yoga, sport, library etc. Similarly in the afternoon more and more children are leaving early to accommodate appointments, specialist activities or early departures for holidays.**

**After talking with my principal colleagues, I know this has become a far more common problem of late in our schools. In some high schools such absences are not accepted.**

**Could I please ask that parents do carefully consider the scheduling of activities and endeavour to be at school each and every day on time and until the end of the day. Your support in this matter is greatly appreciated.**

## Election Day Cake Stall

The state election is on Saturday 23 March and our school is once again being a polling station. The P&C are organising a Cake stall and all cakes, slices or treats can be brought along on the day when you are voting or dropped to the school canteen on Friday afternoon. Please see the information flyer later in the newsletter. Plates and more details will be distributed next week. The band will again be busking in the school grounds to entertain the voters!

## Raffle Tickets to Win a Car

Thank you to the many families who have already returned their sold raffle tickets. Student leaders are in the school playground each morning from 8.45am to collect the tickets. Parents can collect more ticket books to sell from the school office. Remember there will be prizes for the best classes and students who sell the most tickets.

## Stewart House Donation Envelopes

Once again Wheeler Hts will be supporting the Stewart House Donation drive. Donation envelopes were distributed this week. A gold coin donation will put you in the draw to win a great holiday of your choice.

*David Scotter*  
Principal

## FROM THE OFFICE

### Students arriving late

If your child is arriving late to school and you are not attending the office with them, please ring the office informing us of the time they are arriving and the reason. All unaccompanied students arriving late will be marked as unjustified on the roll, if we have not been contacted. You will receive a letter requesting the reason for the absence.  
Thank you

Jodie Sly  
School Administration Manager

## 2019 DATES

**Thurs 14 March** Selective HS test

**Fri 15 March** PCS High School  
Extension Test  
Summer PSSA Rd 4

**Mon 18 March** Chess Day @ Mona  
Vale PS  
7pm P&C Meeting

**Wed 20 March** Band Blast Off

**Thurs 21 March** Harmony Day

**Fri 22 March** Summer PSSA (BYE)

**Sat 23 March** State Election, Cake  
Stall & Band Buskers

**Tues 26 March 7pm**  
Kindy 2020 Information Night

**Thurs 28 March**  
Syd Nth swimming carnival

**Mon 1 April – Fri 12 April (Wks 10 & 11)**  
Parent Interviews

**Tues 2 April 9.45am** School Tour

**Thurs 4 April** Hope Choir  
performance

**Wed 10 April Stage 2** Multicultural  
Public speaking finals

**Thurs 11 April Stage 3** Multicultural  
Public speaking finals

**Thurs & Fri 11 & 12 April** State  
swimming @ Homebush

**Fri 12 April** Easter Hat Parade TBC  
**TERM 1 ends**

**TERM 2**  
**Tues 30 April** Students return

**Friday 3 May** School Cross Country  
carnival

**Wed 8 May 7pm** Anxiety Talk for  
parents

**Fri 10 May** Mothers' Day breakfast

**Thurs 23 May** School Photos

**Thurs 6 June** PSSA & special group  
photos

**Wed 5 June** District Cross Country  
carnival

**Mon – Wed 1-3 July** Yr 5 Camp  
**Wed – Fri 3-5 July** Yr 6 camp

**Fri 5 Jul** Last day of Term 2

**TERM 3** Tues 23 July – Fri 27 Sept

**TERM 4** Mon 14 Oct – Wed 18 Dec

# Mrs Wright's Wrap Up



## Halogen National Young Leaders Day

Our school captains, vice captains and I were privileged to attend the Halogen National Young Leaders Day on Monday at the International Convention Centre. We attended with student leaders from all schools within the PCS as well as many schools across the state. To say this was an inspirational day is a massive understatement. We were wowed by four keynote speakers – Tim Diamond (Cotton On Foundation), Tamsin Janu (Author), Cate Campbell (Swimmer and Olympic champion) and Holly Ferling (Australian Cricketer). Each speaker delivered a different message but all were extremely profound. Each of our leaders has written a paragraph about one of the speakers to share their experiences with our school community.

Kobe, Chloe, Heath and Monique were incredible representatives of our school and will now be working to find ways to implement projects within the school using the leadership qualities they learnt throughout the day.





**Tim Diamond** is the General Manager of the Cotton On Foundation. In his presentation, he shared his experiences of working with less fortunate people in Australia and overseas. On his travels in Uganda, he met an 11 year old boy who had lost his mother and father to HIV/AIDS and had to look after his younger brother and sister. This inspired Tim to raise money and provide appropriate schools so children like this boy could gain a quality education. The Cotton On Foundation has raised over 60 million dollars and has made a difference to communities in need, delivering quality education projects in Uganda, South Africa, Thailand and Australia. The foundation has helped multiple girls and boys by giving them clean water to drink, a better classroom to work in and proper meals to stay nourished. Tim's message was about how helping others can make

you feel so good within yourself. He is a very kind man and he has helped me to realise that there are a lot of kids who have a hard life and aren't as lucky as me. Chloe W

**"A quality Education gives every child the potential to change the world. That's why we exist."**

**Tamsin Janu** is an author who doesn't like being the centre of attention. She was born and raised in Sydney and studied law at university. During her time at university, Tamsin decided she wanted to travel and her parents wanted her to go Europe so she would be safe but she wanted to push herself and decided to travel overseas to Africa. She had amazing experiences whilst in Ghana and wrote in a journal every day. When Tamsin arrived back home she looked at all of her journals and came up with the idea to turn all of her travels and experiences into a series of books, that's when she started to write about a girl called Figgy. Figgy goes exploring all around the world to try and find a cure for her grandma. Tamsin's main message is to step out of your comfort zone and do what you love doing the most. Monique W



**"Always challenge yourself, accept yourself and believe in yourself!"**



**Cate Campbell** is an Australian Olympic gold medal swimmer. She swims the 100m freestyle, 50m freestyle and is in the Australian relay team. Cate Campbell has inspired thousands of young swimmers to work hard, never give up and always be humble. Cate believes in hard work, using obstacles as opportunities and setting goals and breaking them down into smaller pieces to make sure you can achieve them. One of Cate Campbell's inspiring quotes is, "failure and success is only temporary." I met Cate Campbell today and was so impressed by her drive to be her best. Kobe W

**"Obstacles create opportunities"**

**Holly Ferling** is one of Australia's best female cricketers who has played for Australia and currently plays for the Melbourne Stars as a bowler. The idea of her presentation was 'Scary but Exciting'. She spoke about overcoming our fears and taking chances because it could have a fantastic impact on our lives. The best example of this is when she doubted herself when she had to have surgeries, which forced her to stop playing the game that she loved. She overcame this by believing in herself and following her passion. I think it's safe to say that she has inspired us all to do what we love no matter what. Heath M

**'Embrace the scary but exciting!'**





## Parent/Teacher Interviews

As stated last week, we will be holding Parent/Teacher Interviews in Weeks 10 and 11 this term. Interviews will take place in your child's classroom.

Please note that each booking is for 15 minutes. Teachers attempt to stick to this time limit to ensure people are not waiting for long periods for their appointment. Please be prompt for your interview and allow the teacher to finish within the 15 minute time frame.

**Bookings will open on Friday at 12 noon.**

You will need to book your interview online at <https://www.schoolinterviews.com.au> and the code is: **s3w4z**

**1R extra information** – Interviews for 1R students will take place in Week 9.

**5/6T extra information** – Miss Tekampe returns in Week 11. Parents of Year 6 students in 5/6T, please do not make a booking in Week 11. These slots are for Year 5 students only. Miss T will be completing interviews for Year 6 students early in Term 2 (dates TBA). Further information will be sent out before this time. Thank you for your understanding in this matter.

## Interrelate

Interrelate courses were held in our library last night. We had a massive turn out and everyone appeared to be learning a lot and having fun. These courses are extremely valuable learning experiences to have with your children and we are so glad so many of our families got to enjoy the presentations.

Mrs Priscilla Wright  
Assistant Principal (Rel)  
Instructional Leader

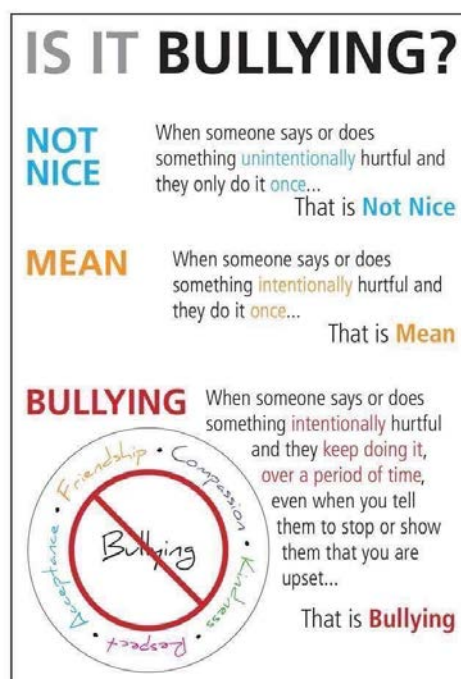
## THE WHEELER WAY - RESPECT



Friday 15 March (Week 7) is a national day of action against bullying. All teachers will talk to their classes about bullying on this day or during the week. You may also want to take this opportunity to talk to your child about the issue of bullying.

At Wheeler Heights the issue of bullying is regularly discussed throughout the year in a number of different ways. It may be a component of PDHPE units. For example, this Term, Stage 2 are completing a PDHPE unit that teaches them what bullying is and what to do if you are being bullied or see someone being bullied. Discussions about bullying are also part of our Wheeler Way lessons that teach students about doing their Personal Best, Being Responsible and Showing Respect. The issue of bullying is also often explored as part of the school's technology programs. For example, this Term, Stage 3 students are learning about cyber safety and appropriate use of the internet.

Miss Earl  
Classroom Teacher



## SPORTS UPDATE

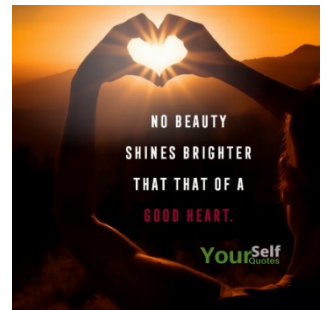
### SUMMER PSSA

Last week was a very competitive but great round of PSSA for all our teams. This week is the last round for WHPS as we have a bye next week. Weather permitting, we will be starting Winter PSSA trials Friday Week 8. Students are currently registering their preferences with their class teachers. These preferences help teachers with their trials, once we begin trials students cannot change their preferences.

SCHOOLS: WHPS V AVALON	Term 1 Week 6	
SPORT	SCORE	WIN/DRAW/LOSS
Jnr Boys Cricket	155-66	WIN
Snr Boys Cricket	26-31	LOSS
Jnr Girls Cricket	40-54	LOSS
Snr Girls Cricket	67-112	LOSS
Snr Boys Softball	2-7	LOSS
Snr Girls Softball	2-7	LOSS
Jnr Boys TBall	7-7	DRAW
Jnr Girls TBall	7-5	WIN
Jnr Boys Tag	6-7	LOSS
Snr Boys Tag	2-6	LOSS
Jnr Girls Tag	2-11	LOSS
Snr Girls Tag	2-7	LOSS

### Round 4: Friday 15 March ~ WHPS v. Newport

<b>Boys Cricket:</b>	Plateau Park
<b>Girls Cricket:</b>	Narrabeen Reserve
<b>Tag:</b>	NSHS
<b>Softball:</b>	Rat Park 1
<b>T-Ball:</b>	Rat Park 2



### WINTER PSSA TRIALS

There have been a few changes to the Pittwater Constitution this year. The main change is with netball and rugby league where girls can trial for rugby league and boys can trial for netball. These are not mixed teams and will be selected based on the best players available for each sport (excluding AFL). Please consider size, skill and stamina before trialling for any sport.

**Boys Soccer** - Mr James, **Girls Soccer** - Mr Mitchell, **Senior Netball** - Mrs Young, **Junior Netball** - Ms Smithies, **AFL** - Mrs Wright, **Rugby League** - Mr Jones

The Autumn/Winter season of PSSA will commence in Week 2 Term 2, Friday 10 May. PSSA sport options are offered to all students in Years 3-6. PSSA teams are organised according to age. All Autumn/Winter sport teams have a Junior and Senior team. Junior teams are for children who are 8-10 years old and senior teams are for children who are 11-13 years old. At Wheeler Heights we run our trials in accordance to the Pittwater Zone constitution.

### WHPS PSSA Trial Guidelines:

- Children do not have to participate in this sport out of school to be eligible to try out for the team
- Students pre-register their interest by indicating a preference for two sports only
- The selections will be made according to performance on selection sessions
- Two teachers are present at the trials and make the decision together
- If a child is absent for one of the selection days or away due to other school commitments, please let the school know and we will do our best to make suitable arrangements

When selecting students during trials, consideration will be given to those who display ability, stamina and strong skill level on the days of the trials (Students complete a range of activities that involve demonstrating the skills needed to play that particular sport. It is not about which children know how to play that sport or whether they play it on the weekend or not). Consideration may also be given for those that display:

- Sportsmanship;
- Cooperation and attitude; and
- Commitment to training sessions

Unfortunately some of the popular sports have over 50 students trialling and most teams can only take 10-15 players. Yes, we understand that this means there are students who are disappointed and upset. These decisions are difficult for our teaching staff who volunteer their time and effort in coaching PSSA teams. They do not make these decisions lightly and use their professional judgement to select teams. If your child does not make a PSSA team, please help them learn from the experience and build their resilience...



***"Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"***

Please ensure you have downloaded the Pittwater Team App, so you can keep up to date with information (all draws, calendars and results are posted and updated regularly).



### PITTWATER ZONE TRIALS

PSSA Zone trials are for students in Years 5 and 6 who **excel** in a particular sport. They must have several years of club/representative experience. We are only allowed to send 2-3 students for each sport. Successful students must be able to commit to training and future trial sessions.

Date	Sport	Location	Time	Cost	Nomination Deadline
10/4/19	Netball	Narrabeen North Public School	3.30pm	Nil	27/3/19
23/5/19	Rugby Union	Rat Park, Narrabeen (back fields)	8:15am - 1:30pm	Nil	5/4/19

Please email the school if your child is interested in trialling for Pittwater Zone teams. Please remember that these trials are very competitive and of a very high standard. You will need to include details of your child's ability (years' experience and representative teams). Notes will be sent home to students selected to trial.



Congratulations to CJ W who successfully trialled for our zone in AFL and will be attending the Sydney North trial on Tuesday 19 March. We wish her the best of luck at this next level.

Yours in Sport,

Mrs N Young  
Sport Coordinator

### PITTWATER ZONE SWIMMING CARNIVAL

Last Wednesday saw 32 amazingly talented Wheeler Heights swimmers head to Warringah Aquatic Centre for the Pittwater Zone Swimming Carnival. After seeing what had unfolded during our school swimming carnival, I was very confident that WHPS would put on a strong display. Moments before the carnival was set to kick off, there was an unusually quiet lull around our section of the grandstand. The big stage can do funny things to people and I'd never seen a more nervous group in my life! After a few reassuring words from their children, all the parents composed themselves and settled in to watch the races commence.

A strong performance during the heats, saw 11 students qualify for the finals – a fantastic achievement. The following students were successful in placing either 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> in their event(s) and qualifying for the Sydney North Swimming Carnival:

- Jett K (2<sup>nd</sup> freestyle, 1<sup>st</sup> breaststroke, 1<sup>st</sup> backstroke, 1<sup>st</sup> butterfly)
- Bodhi K (2<sup>nd</sup> freestyle)
- Connor W (1<sup>st</sup> freestyle, 1<sup>st</sup> breaststroke, 1<sup>st</sup> backstroke, 1<sup>st</sup> relay)
- Campbell W (3<sup>rd</sup> freestyle)
- Archie H (2<sup>nd</sup> freestyle, 1<sup>st</sup> relay)
- Max C (1<sup>st</sup> relay)
- Nathan C (1<sup>st</sup> relay)

Our performances were so strong across the board that Wheeler Heights placed 3<sup>rd</sup> overall in points and 1<sup>st</sup> place for the handicap trophy (points per primary enrolments). A phenomenal achievement by all involved and continues our good form at district carnivals. Lastly, I'd like to thank all the parents who helped transport and support our students and a special mention to the time keepers Julie, Lisa, Caroline, Brigita and Deborah for their time and effort! Without your help these fantastic events can't take place.

Good luck to all students competing at the Sydney North Swimming Carnival.

Yours in sport,

Mr James



## WHEELER HEIGHTS DANCE PROGRAM

Junior and Senior Dance are in full swing this year. Miss Tahlia has been rehearsing hard with our groups to prepare our dancers for performance season which starts very soon.

A few dates for the diary:

The Dance Challenge 'I'd Rather Be Dancing' is on Saturday 25 May at Pittwater House School.

'Extreme' is on Sunday 2 June at Abbotsleigh School.

The Sydney North Dance Festival dates at Glen Street Theatre will be confirmed once notification has been received.

If you are away for any period of time please advise us now as stage positioning is extremely important. It is also very important as performances are approaching that children attend all classes. For absences please email the school or the dance committee - [whps.dance@gmail.com](mailto:whps.dance@gmail.com)



Miss Higgs and Mrs Alexander  
Dance teachers



## YOGA & WELLBEING

### Inner and Outer Strength and courage

This week in Life Skills lessons students learnt about the importance of both inner and outer strength and being courageous when trying new or challenging things. We can train our brain to show inner strength in our mind and train our body to show outer strength. We can build two types of strength in our bodies and minds.

Our outer strength is our muscles in our body. We can build our outer strength by moving every day and holding our poses longer. But to build strong bodies we also need to build strong minds by building our inner strength. Our inner strength is using courage and determination to help us do new things and reach our goals. For example, when we do something challenging like a plank we are showing outer strength in our bodies and when it gets difficult to continue holding the pose we must show inner strength and courage in our minds to keep going. Showing inner strength when we are working to achieve our goals and stand up for what we believe in helps make up good team players. For example : showing inner strength and standing up for a friend, working hard in the classroom to not give up on a challenging task makes us a good team player.

Parents/carers: Ask your children about what inner strength is and how they could show it in the classroom?

Family self care tip: Inner strength is often hard to have when we feel overwhelmed and exhausted. Take time out to reflect on the things that give you energy and help revitalise you. What are some family activities you can do which are relaxing and calming?

Namaste

Miss Rachael Tekampe  
Assistant Principal – Yoga Coordinator



## HARMONY DAY



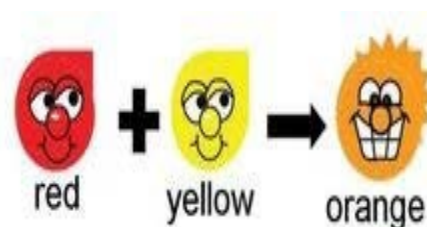
### Everyone Belongs Harmony Day 2019

Our diversity makes Australia a great place to live. Next week on Thursday 21 March, (Week 8) students will participate in Harmony Day which is a celebration of cultural diversity. The message of Harmony Day is 'Everyone Belongs'.

To celebrate Harmony Day students are asked to wear orange clothing. If students do not own orange clothing they are requested to wear yellow or red clothing. Students are asked to bring a gold coin which will be used to support our World Vision sponsor child Gedete who lives in Ethiopia.

To prepare for this special day please talk to your child about their cultural background and where their ancestors have come from.

In class, students will design a paper cut out of their hand which will be displayed on the grassed area between the library and the school office block. Designs may be anything that represents their cultural heritage. Suggestions include: cultural icons, colours or symbols of flags, special food, clothing, cultural celebrations, landmarks or native animals.



As an extra special treat the canteen has created some special meals inspired by the cuisine of various countries. These will be available on Harmony Day but need to be ordered in advance. Please check on Flexischools in Week 7 for the meals and the order cut-off date.

Year 2 Teachers – Miss Earl, Mr Jeffery and Miss Wilson







The flexischools app currently used to place canteen and uniform orders will now also be our communication app. You will be able to:

- receive instant notifications regarding whole school events
- receive specific information relating to a roll class or group e.g. individual PSSA team, dance group.
- send absence notes via the app

## GET STARTED

### Step 1: Download the App

Download the Flexischools App from the App Store or Google Play.

Note: for iPhone and iPad select 'Allow' notifications.



### Step 2: Add your School and Group/s

Click on the search icon and search for 'Wheeler Heights Public School'

Ensure when you add the communication groups you choose for each child:

- Scholastic Year
- Roll class
- Each extra curricula group e.g. senior dance

If your child is in a PSSA team, choose the individual team e.g. 'girls cricket' AND the group titled 'PSSA'. The individual team group will have specific information regarding that team only, the PSSA group will give information regarding cancelled games/wet weather.

### Step 3: Select NEWSFEED

### Step 4: Add your Flexischools Account

Click the 'Order Now' button located in the bottom right hand corner of the App. This will open up a login screen.

- Already a Flexischools User – enter your details and login.
- New to Flexischools User – Click 'Register', enter your email address and follow the instructions in the email.

### To place an order with canteen or uniform shop

Click on the 'Order Now' button located in the bottom right hand menu of the App.

- Select the items you wish to order.
- Select payment option and complete payment.





## P&C NOTICES

### P&C NEWS

Reminder that the next P&C meeting is Monday 18 March at 7pm.

Natalie Cook  
P&C President

### CANTEEN NEWS

We would like the class parent to please email the canteen with your volunteer list by the Friday before the week you've been allocated. If your volunteers use the signup.com website you'll still need to email the canteen your list including those parents.

Parents, if you use the online sign up system please email your class parent to let them know.

If you can't help during the week your class has been given, you can volunteer for any other time throughout the year. Please sign up today online at <http://signup.com/go/NsULEeM>

Every volunteer will receive a canteen superhoo for their child to use at a later date. You'll also go into the draw to receive a \$50.00 voucher to a local restaurant.

The class with the most parent volunteers will get a pizza party at the end of the year!

Grab a friend and sign up!

Thank you, The Canteen

CANTEEN ROSTER 2019		CANTEEN ROSTER 2019	
TERM 1 2019		CLASS VOLUNTEER	
WEEK 6	04/03 – 08/03	2W & 3B	
WEEK 7	11/03 - 15/03	3S & 3/4Y	
WEEK 8	18/03 - 22/03	KS & KT	
WEEK 9	25/03 - 29/03	KH & 1R	
WEEK 10	01/04 - 05/04	5/6T & 6A	
WEEK 11	08/04 - 12/04	5M	
SCHOOL HOLIDAYS		RETURN APRIL 30	



## **CANTEEN SPECIALS FOR HARMONY DAY: Thursday March 21**

### Recess:

Spring Rolls (China)  
Brazilian Cheese Bread (Brazil)  
Italian Meatballs (Italy)

### Lunch:

Lamb Kebab (Greece), Chicken Schnitzel (Germany)

### Desserts:

Lamington (Australia)  
Portuguese Tart (Portugal)  
Scottish Fudge (Scotland)

**Prices and ingredients can be found on Flexischools.**

**You can order all items online. You can purchase recess and dessert items over the counter but lunch items must be pre-ordered.**



*A portion of the sales from online and on the day will go to the Harmony Day charity.*



Dear talented, creative and generous Parents/Carers and our own gourmet baking Students,

Election Day (Saturday 23 March) is fast approaching and we will be holding a cake stall to raise money for our school.

**We would love donations of:**

- whole cakes
- slices
- cupcakes
- gluten free cakes and slices
- biscuits
- savoury items
- all other baked goods

To kick start our families into baking action, we will send home a plate\* next week and a leaflet that you will need to attach to your baked goods. This will let you list the ingredients and state what it is eg; banana cake.

You are able to use nuts or any other ingredients as long as this is stated with the goods. If your goods are store bought, please just simply stick the ingredients label on the plate.

If you have grandparents or friends who enjoy cooking please encourage all to help in any way possible.

We also need volunteers on the stall between 8 am – 11 am, you can sign up for a 45-minute slot at <http://signup.com/go/pXphOkk>. It will be a very busy morning so your help would be greatly appreciated.

All cake stall items can be delivered to the canteen on Friday 22 March or on the day – just come and drop them off before 11 am at the cake stall near the hall on your way in to vote. We will price items on the day.

Thank you to all parents and carers for supporting this initiative.  
**WHPS Fundraising Team**

\* We have had an oversupply of plastic plates from previous events, so we will use these up first to avoid additional costs.



## P&C FUNDRAISING EVENTS CALENDAR



Events	Class Helper	Dates
Rotary Raffle	Fundraising Committee	Feb - April
Election Day Cake Stall	Fundraising Committee	Saturday 23 March
Mothers' Day Breakfast	Year 3	Friday 10 May
Fathers' Day Breakfast	Year 1	Friday 30 August
Colour Run	Year 5	Thursday 15 August
School Disco	Kindy	Thursday 24 October
Trivia Night	Year 2 & 4	Saturday 9 November