

The Wheeler Word



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Website: <https://wheelerhts-p.schools.nsw.gov.au>

Term 1 Wk 10

Thursday 4 April 2019

Parent Interviews

Parent Teacher interviews have begun and are being held over the last two weeks of term.

Please note that the booking system has now been closed & any new bookings should be made via email to the school office please.

Anxiety Talk – Wed 8 May 7pm

Next term we are very fortunate to have Dr Jennie Hudson talk to us about 'Understanding fears and worries in children'. Please see the detailed note later in the newsletter. We are also inviting parents from Cromer and Collaroy Plateau Public Schools to attend. Could parents please be sure to RSVP to the school office as soon as possible.

Kindergarten Enrolments for 2020

We had our first school tour for the year this week. The next tour is scheduled for Tuesday 21 May. All Kindergarten dates and details are on the school website. Please be sure to mention this date to your friends and neighbours.

School Fees draw

On Monday at the 9.15am assembly we will be drawing the lucky winners of the School Fees draw. All families who have paid their fees will be in the running to win meal coupons at our local shops and super hoots for the kids.

School Grounds open in the School Holidays

Once again our school will be supporting the Share Our Space program during the school holidays. Only the main school oval, cricket nets & climbing equipment will be available for use. We do ask that students only play in this designated area and be respectful of our WHOSHC providers who will be operating as usual over the holiday period.

Artificial grass

New areas of artificial grass will soon be installed at our school. The Year 6 tiered area adjacent to the oval and the area adjacent to the hall will be greatly improved. Thank you to our very generous P&C who have contributed substantially to this school project.

Staffing News

Congratulations to Holly Miller who will be finishing at the end of this term and going on maternity leave. Best wishes Mrs Miller for this very exciting time. Congratulations also to Lindsay Rolfe who is on leave for two weeks while she is getting married. We welcome Hayley Cullen who is teaching 1R for the remainder of Term 1.

Easter Hat Parade Open classrooms - Friday 12 April from 9.30am

Please see the flyer later in this newsletter and come along on the last day of Term 1.

Advertisements in the school newsletter

The school regularly receives requests to print community announcements and private advertisements in the school newsletter. We do carefully monitor the appropriateness of the announcements and services provided.

Once a term, the newsletter includes an advertising feature where appropriate advertisers pay to be included. **Please be aware that the school or I personally do not specifically endorse or recommend any of the advertisements which appear in the school newsletter.**

Safety before school

It has always been the rule that big balls are not allowed before school as many parents, siblings and babies are often in the playground area and may be endangered. Only small hand balls are permitted before school.

Pittwater High School

Please see the flyer later in the newsletter about Pittwater High School's musical production of Dirty Rotten Scoundrels, featuring Josh D, an ex-student and band captain of Wheeler Hts.

2019 DATES

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

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 9.30am Easter Hat
Parade & **10.15am** Open Classrooms

TERM 1 ends

TERM 2

Tues 30 April Students return

Friday 3 May School Cross Country
Carnival

Wed 8 May 7-8pm Hall Fears &
Worries in Children Talk for parents

Fri 10 May Mothers' Day Breakfast

Tues 14 May – Thurs 16 May
NAPLAN Yrs 3 & 5

Tues 21 May School Tour 9.45am

Thurs 23 May School Photos

Sat 25 May Dance @ Pittwater House

Sun 2 June Dance @ Abbotsleigh

Wed 5 June District Cross Country

Thurs 6 June PSSA & Special Group
Photos

Mon 10 June Public Holiday

Thurs 20 June PCS NAIDOC
Art Exhibition @ Warriewood Square

Fri 21 June Syd Nth Cross Country

Mon 1 July – Wed 3 July Yr 5 Camp

Wed 3 July – Fri 5 July Yr 6 Camp

Fri 5 Jul Last day of Term 2

TERM 3

Tues 23 July – Fri 27 Sept

Mon 5 Aug PCS Music Festival @
Pittwater HS

Tues 6 Aug Yr 3-6 Athletics Carnival
@ Narrabeen

Thurs 15 August Colour Run

Mon 2 Sept Pittwater Athletics
Carnival

Cromer High School

If you will be attending Cromer HS in 2020 you may be interested in the dedicated Creative Arts (CAPA) Enrichment Program. Copies of the application forms are available at the front office.

School Holiday Chicken Roster

Our new chickens have settled in very well to their new home...and have just started laying eggs!! If you would like to look after the chickens for a few days over the upcoming school holidays, please let the school office know. Duties include letting the chickens out of their hutch in the morning & putting them back in the afternoon, collecting the eggs, ensuring that the food and water is available & general cleaning of their area.

Raffle Tickets to Win a Car

Thank you to the many families who have already returned their sold raffle tickets. Could **all tickets (sold or unsold) please be returned NOW, as the draw is early next week!!!**



David Scotter
Principal

FROM THE OFFICE

Autumn 2019 School Holiday activities programs run by Northern Beaches Council are now open for bookings. Brochures are available from the office.

Jodie Sly
School Administration Manager

Mrs Wright's Wrap Up

NAPLAN Practice Tests

This week, Years 3 and 5 have completed a NAPLAN practice omnibus test. This has been done to ensure all equipment is working effectively for the administration of Online NAPLAN testing in Term 2. If children were absent for these tests they will not be completing it at a later date, as the tests were administered simply for our school to address any technical issues.

Parent/Teacher Interviews

I have received a great deal of positive feedback regarding the parent/teacher interviews completed so far. Please ensure you stick to the 15 minute time slot so teachers can give everyone equal time. Thank you to the teachers for giving up their time to make these interviews possible.

Mind Quest 2019

On Saturday and Sunday 1 and 2 June 2019 the 91st NSW Talent Enrichment Weekend MindQuest will be held for primary students from Years 1-6 at Glenwood HS. These include gifted and talented students, gifted underachievers and students with above average ability with a special interest. Students will have an opportunity to participate in over 37 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, lego robotics, art and much, much more. The cost of the weekend is \$200. If you would like to apply, application forms can be obtained from the office.

Aboriginal Cultural Immersion Experience



Warami
(Hello – greeting)

Murra murrong byali
(It's a matter of honour to speak)

Murra murrong ti anaga-anaga
(It's a matter of honour to walk)

Gai-maraigal goori pemul
(on Gai-maraigal peoples' land)

(Greeting in Gai-maraigal language kindly shared by Uncle Dennis Foley)

Wheeler Heights Public School proudly sits on Gai-maraigal country and this week we were so fortunate to be immersed in Aboriginal culture and Gai-maraigal dreaming stories.

Uncle Dennis Foley (Gai-maraigal Elder, Professor – University of Canberra),
Clarence Bruinsma (Yaegl man, Aboriginal Education and Wellbeing Advisor NSW DoE),
Ged McMinn (Cultural man from Dhurug tribe, Aboriginal educator and performer),
Sheridan Bird (Wiradjuri woman, local Aboriginal artist),
Lea Harlow (Aboriginal educator from Gibberagong Environmental Education Centre) and
Dave Lardner (Aboriginal educator)

kindly shared their knowledge and culture with our students and teachers over the two days and what an experience this was! Children in Kindergarten to Year 2 completed the workshops on Monday and our Years 3-6 students participated on Tuesday.

We started each day with Monique W presenting her own *Acknowledgement of Country*. This was written at the beginning of term, when our Year 6 student leaders and Aboriginal students participated in a workshop to understand the significance of Country to Aboriginal people. Uncle Dennis Foley responded to this with a *Welcome to Gai-maraigal Country* in language and Ged McMinn performed the smoking ceremony with leaves from trees within our school. Uncle Dennis explained the significance of the *Welcome to Country* and that the smoke from the leaves was connecting us all to the Gai-maraigal Country and culture. Next students rotated in grade groups to a number of differing activities.

Gai-maraigal dreaming and story telling by Uncle Dennis Foley



Being able to listen to dreaming stories of the Gai-maraigal people was such a great honour for us all. Uncle Dennis explained that he had been told these stories by his grandparents and they had heard from theirs. He told the children that as he is sharing the stories with them, they can now pass them on and are connected and are part of the sharing of culture with future generations.

Uncle Dennis shared The White Headed Dolphin story with all students. This story is about an extremely kind and respected Aboriginal man who was taught to fish by the spirits. He became friends with the dolphins over time and after he died of old age the dolphins left the waters for a very long time. When the dolphins did return there was a white headed dolphin within the pod and the people realised it was the old man. From that day, in the place now known as Collaroy Basin near Long Reef, the members of the local Aboriginal Clan (Gai-maraigal Clan) have spoken to the dolphins and they have helped them to fish, and the white headed dolphin can still be seen in the pod. This story is told to teach about land use management, how you don't take too much, how you work with other fish and animals together so you don't exploit the sea. It is a story about ecological management and how humans interact with mammals and sea creatures and can live a balanced life, together as one.

Leo P really enjoyed listening to Uncle Dennis telling the dreaming stories. His favourite was about the Raven. He liked how Uncle Dennis explained about the Paradise Bird, Cockatoo and Eagle and

how they all dared each other to do things and how the Paradise bird flew so high it lost its colours and became black after being burnt by the sun. He explained that in the sun you can still see some of the blue. Leo liked how this story taught you to think for yourself and not do things when you are dared to.

Isaac P enjoyed Uncle Dennis sharing the dreaming stories and his favourite was the forty baskets story. This story highlighted the bravery of a man trying to protect children from a tiger shark. The story was very interesting but he liked understanding that it was about listening, paying attention to what is going on around you and being brave.

Having Uncle Dennis share these stories with us is a huge privilege and we thank him greatly for his time and kindness.



Mural artwork with Sheridan Bird (and Clarence Bruinsma)

Every student in the school participated in creating an incredible mural on the wall outside the computer room and 1M classroom (lucky 1M). Sheridan spent many hours creating the design, based on the Gai-maraigal peoples' *The White Headed Dolphin* dreaming story. She worked closely with Uncle Dennis to ensure the mural was authentic, appropriate and respectful. I'm sure you will agree the final product is not only amazing but extremely important and integral to connecting the culture to our school and it is a wonderful educational experience for our students.

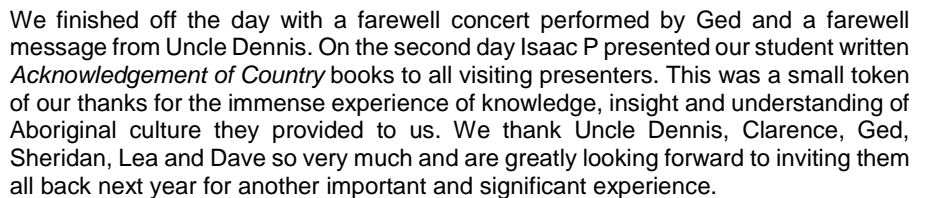
Bush resources workshop with Lea Harlow and Dave Lardner

Wow! None of us had any idea how many edible plants were in our school. We also didn't know how many ways different bush resources could be used in daily activities. We didn't know oyster shells could be spear tips or that a spider web could be used to wrap around things and keep them secure. Claire Z found it most interesting to learn that if you peel some bark off the paper bark tree there is powder inside that you can use to heal a cut like a bandaid. The Aboriginal people think creatively about using resources wisely and sustainably and learning about these resources was truly inspirational. Some teachers are already talking about incorporating what was learnt into our Critical and Creative Thinking lessons next term.



Dance workshops with Ged McMinn

Not only is Ged a very talented and knowledgeable Aboriginal dancer he is also highly engaging and a positive person to be around. Every grade was taught a different dance incorporating stories of various animals. This workshop was Dominic P's favourite part of the day. He and Year 3 were taught a kookaburra dance by Ged. Dominic said he really enjoyed this because he loves to dance and learn the meanings behind the dances. He also attends a workshop held at the Dee Why PCYC every second Wednesday by Clarence, Ged and others and he really enjoys learning how important the dances are to his culture. Learning to dance culturally significant dances was a highlight for many. If your children haven't already performed for you, make sure you ask them to! You won't be disappointed!



We finished off the day with a farewell concert performed by Ged and a farewell message from Uncle Dennis. On the second day Isaac P presented our student written *Acknowledgement of Country* books to all visiting presenters. This was a small token of our thanks for the immense experience of knowledge, insight and understanding of Aboriginal culture they provided to us. We thank Uncle Dennis, Clarence, Ged, Sheridan, Lea and Dave so very much and are greatly looking forward to inviting them all back next year for another important and significant experience.



Mrs Priscilla Wright
Assistant Principal (Rel)
Aboriginal Education Co-ordinator
Instructional Leader





Multicultural Perspectives Public Speaking Finals

The finals for the Multicultural Perspectives Public Speaking Competition are being held in the hall next week. Stage 2 (Years 3 and 4) will be competing on Wednesday morning (9:30 – 10:45am) and Stage 3 (Years 5 and 6) will be competing on Thursday morning (9.30 – 10.45am). Congratulations to the following students.

Stage 2 Finalists

3S – Ruby L and Mason K
3B – Everett M and Beau O
3/4Y – Evie D and Max C
4R – Cody R and Kai K
4J – Laura H and Archie H

Stage 3 Finalists

5M – Jake B and Taj S
5S – Anna C and Eva D
5/6T – Kobe W and Alana C
6A – Malie G and Lili B
6J – Imogen L and Josie J



Finalists will be presenting their prepared speech based on one of a variety of multicultural topics provided. They will then be participating in an impromptu speech where they will be given the topic, have 5 minutes to prepare a short speech, then present it to the audience. Mr Scotter and Mrs Wright are adjudicating the finals. They will be choosing 2 students from each stage to represent Wheeler Heights at the Regional Final which is being held sometime next term. Parents are most welcome to attend and support our finalists.

Good luck to all speakers!

Mrs Priscilla Wright
Public Speaking Coordinator

Miss Madi Smithies
Stage 2 Organiser

Mrs Adele Sullivan
Stage 3 Organiser

SRC UPDATE



A fantastic benefit of our school is the terrific playgrounds and facilities the students enjoy. During lunch time K-2 students could be in the library; drawing, reading or building with Lego or they could be in the K-2 playground; creating rock clubs and exploring nature, enjoying a game of soccer or playing on the equipment.



Each Friday in K-2 we also have Friday Fun Sports. This year that involves SRC students volunteering to organise games and activities on the tennis court at lunch time for K-2 students. A special thank you to this term's helpers Lilly P., Maddi N., Mikayla W. and Samara Mc. The girls are responsible for setting up the sports equipment and packing it up. They also organise fun games and activities for the students to play. As you can see from the photos the students have a great time playing with the equipment and trying the different activities.

Miss Earl
SRC Coordinator



SUSTAINABILITY NEWS

A big thank you to families who have donated seedlings for our vegetable patch already! Our eco-warriors have planted celery, eggplant, strawberries, spinach and lettuce. If you are still willing and able to donate, there is a black box outside 6A.

GREAT NEWS

**We've just been awarded
a Woolworths Junior
Landcare Grant!**



In other news, we've been successful with our application for a Woolworths Junior Landcare Grant for our project in expanding our sustainability initiatives! This money will be put towards our waste minimisation scheme, our chickens and our vegetable gardens. WHPS is one of 538 primary schools and early learning centres throughout Australia receiving a Woolworths Junior Landcare grant to help grow our next generation of environmental champions.

The grants are being funded with money made from the sale of the Woolworths recyclable Bag for good™ which was launched in 2018 when the supermarket stopped using single-use plastic bags. The children and teachers are looking forward to working and learning from this project and we'll keep you updated on the results!

Belinda Alexander
Sustainability and ECO Coordinator

**WHEELER HEIGHTS
PUBLIC SCHOOL**



Easter Hat Parade and Grandfriends Day

K-6 Grandfriends, parents and younger siblings are invited to our Annual Wheeler Heights K-2 Easter Hat Parade.

Friday, 12 April at 9:30am

The parade will be held on **C-Deck**. There will be some seating available on C-Deck but you're welcome to bring a picnic chair to set up on B-Deck to look down at and enjoy the festivities.



HATS

Kindergarten making hats with buddies at school.
Year 1 and 2 are to make their Easter hats at home.

WET WEATHER PLAN- in the hall



'Pre-school' siblings are invited to make their own creative hats and join in their own special parade.

SPORTS UPDATE

PSSA

A massive thank you to all our teachers and coaches who ran or supported PSSA trials over the past two weeks. On Friday afternoon, our fabulous coaches attended a team drafting meeting and our teams were finalised this week. All winter PSSA teams were posted on Wednesday. There were many students who missed out on teams and we understand their disappointment. If your child is disappointed, please ensure that you talk to your child about resilience and support their positive growth mindset. Notes will be sent home this week.

CROSS COUNTRY

It's time to get your running shoes on! The school cross country is just around the corner and it's time to start preparing. Cross country training will run for the following dates:

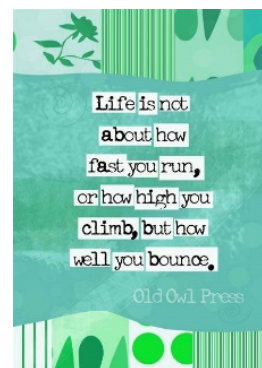


- Week 10: Tuesday 2 April – Friday 5 April
- Week 11: Tuesday 9 April – Friday 12 April

The actual cross country event will be held on Friday 3 May, commencing at 9:30am. Students will need to bring their running shoes for the training days and a water bottle for afterwards. It is expected that all students will participate in the training and event (if there is a medical reason that they cannot participate, a note will be required).

In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say 'I have finished.' There is a lot of satisfaction in that. Author Unknown

Samuel James
Cross Country Coordinator



UPCOMING PITTWATER ZONE TRIALS

| Date | Sport | Location | Time | Cost |
|----------------------|---------------------|--------------|--------|------|
| Monday 13 May (T2W3) | Girls Zone Softball | Newport Oval | 2.00pm | nil |
| Monday 20 May (T2W4) | Boys Zone Softball | Newport Oval | 2.00pm | nil |



The Sydney North Swimming Carnival was held last Thursday 28 March. The junior boys relay swam well, qualifying 7th for the final, then swam into 5th place in the actual final bettering their heat time by another 3.46 seconds! Such a great team effort from all 4 of them swimming up against a lot of other bigger schools, they definitely did WHPS proud.

There were a few PB's swum, and Connor made the final for freestyle and backstroke. Archie missed the freestyle final (they take top 10) but was happy finishing 14th with a PB, a patch and a jumper!

Jett, Campbell and Bodhi all swam well too in their events. Congratulations to everyone for giving their best.

FREE FOOTBALL TICKETS



Western Sydney Wanderers v Sydney FC Saturday 13 April 2019 7.50pm @ ANZ Stadium

Thanks to the Western Sydney Wanderers, the NSW Premier's Sporting Challenge and ANZ Stadium, students and staff at WHPS have the opportunity to witness these two Sydney giants go head to head!

As WHPS is participating in this year's NSW Premier's School Sport Challenge, up to four (4) FREE tickets are available for each student and staff member to redeem for the match. Tickets are limited so be sure to secure them quickly for what will be a great evening of football. To take up this fantastic offer, students and their parents should follow the easy steps below:

1. Simply go to the website: <http://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Register details
3. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.

For additional information please visit the ANZ Stadium website at <http://www.anzstadium.com.au>. **Please note:**

- Students must have parental permission to participate in this offer.
- Each student is entitled to up to four (4) free tickets (limited to one registration per student).
- Match ticket voucher must be printed and presented at Stadium entry gates for entry to this match.
- There is a limit of 8,000 vouchers/tickets (redemption available to 2,000 individuals).
- Entry may be refused if match ticket vouchers are damaged or defaced in any way or redeemed in an unauthorised manner.
- If a match ticket voucher is resold or redeemed in an unauthorised manner it may be cancelled and the bearer of the ticket refused entry.
- Accessible seating is available within the allocated general admission seating area.



Yours in Sport
Nadine Young
Sports Coordinator



This year Wheeler Heights is participating in the Interschools Snow Sports Competition.

The Interschools is an organisation running school based snow races for students in Kindergarten to Year 12. Public and Independent schools compete together within their regions. There are three regions within our state (Northern, Southern and Sydney). Wheeler Heights competes in the Northern Region and will contest its Regional Titles during the first week of the July school holidays at Perisher.

Students from Kindergarten to Year 6 are encouraged to join in the fun at the Regional Championships.

Students qualifying through their Region can expect to then compete at State and maybe even National level. The Interschools offers the disciplines of Alpine Ski, Skier Cross, Mogul Skiing, Cross-Country Skiing, Snowboard GS & Snowboard Boarder Cross.

The races are divided into divisions as follows:

Division 4 = Years 5 & 6

Division 5 = Years 3 & 4

Division 6 = Kindergarten to Year 2

The Wheeler Heights ski and board program is teacher co-ordinated, requires parent involvement and is funded on a user pays basis. If you would like to be part of our snow team, take a further look at the Interschools website <https://ausinterschools.com.au/> for a great overview of snow racing in NSW.

An information afternoon for interested families will be held on Tuesday 9 April at 3:30pm in Miss Smithies' classroom. Snow sports is a wonderful winter opportunity for both students and their families.

We look forward to welcoming you to the information afternoon.

Miss Smithies and Mrs Young
Snow sports Co-ordinators



Ugandan Kids Singing, Dancing & Drumming Troupe

Today our school hosted a school incursion performance by the 100% hOPE Choir. This Ugandan group of 10 once destitute children and teenagers offered a fantastic interactive, peer-to-peer educational experience that was uplifting, inspiring and exciting!

Who is 100% hOPE?

100% hOPE was founded in 2011 by Gold Coast teacher Trishelle Sayuuni. It is an Aussie charity that partners with the local Ugandan community to provide education and support for children facing profound hardship. Many of these children have lost both parents to the ravages of AIDS and would otherwise be living on the streets or in dire circumstances.

The incursion was a highly energetic concert with traditional African acapella singing, dancing and drumming, leading into more contemporary dance, culminating in head-spinning breakdancing. The choir composed several songs plus choreographed all the music. They shared their extraordinary stories of survival and answered questions from our students about their lives and culture.



How your participation will benefit Ugandan children?

The incursion fee was included in the whole school program fees. 100% of funds raised will go directly to building classrooms at the 100% hOPE village in Mityana, Uganda.

Find out more about 100% hOPE at www.100-hope.org

UPCOMING PARENT PRESENTATIONS

Understanding fears and worries in children



MACQUARIE
University
SYDNEY · AUSTRALIA

Professor Jennie Hudson is the Director of the Centre for Emotional Health within the Department of Psychology, Macquarie University. Jennie's research focuses on understanding the factors that contribute to children's emotional health and working to improve the services available to children experiencing anxiety and other emotional disorders. She is an author of the internationally renowned Cool Kids program, an evidence-based program for managing anxiety problems in children & young people.

Jennie's presentation will provide parents with information on anxiety problems in primary school aged children. She will discuss how to know if your child's fears and worries are normal, when to seek help, and what strategies you can put in place to set them on the right track.

Date: Wednesday 8 May
Time: 7pm - 8pm
Location: WHPS School Hall
Cost : FREE



Please RSVP by phone or email to Wheeler Hts PS by 3 May. Phone 9971 8352 wheelerhts-p.school@det.nsw.edu.au

Mrs Kathy Westwood
Learning and Support Teacher

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 superhooter 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 10 | 01/04 - 05/04 | 5/6T & 6A | |
| WEEK 11 | 08/04 -12/04 | 5M | |
| SCHOOL HOLIDAYS | | RETURN APRIL 30 | |

BLOKES' VOLUNTEER DAY IN THE CANTEEN



**"Blokies' Day" in the
school canteen
Wednesday April 10
all day!**

Let's celebrate with a
sausage sizzle!
\$3.50

Vegetarian option available
Sausages are Gluten Free
Gluten Free bread available upon request
Pay online with flexischools

To volunteer please email whpscanteen@gmail.com or pop into the canteen

P&C FUNDRAISING EVENTS UPDATE



| Events | Class Helper | Dates |
|------------------------|-----------------------|---------------------|
| Rotary Raffle | Fundraising Committee | Feb - April |
| 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 |

COMMUNITY NEWS

BECOME A VOLUNTEER ETHICS TEACHER AT WHEELER HEIGHTS PUBLIC SCHOOL

At Wheeler Heights Public School we are fortunate to be able to offer ethics classes to all students currently enrolled. However, many of our classes are beyond capacity and we urgently require additional ethics teachers to ensure we can continue to offer these classes to current and future students.

All ethics class teachers are volunteers (parents, grandparents or other community members) who can spare half an hour a week to run the class. All volunteers receive full training through online modules and a comprehensive 2 day workshop. It's a fun, rewarding and interesting curriculum for both students and teachers, with full lesson plans provided by Primary Ethics.

The curriculum aims to help children develop a life-long capacity to make well-reasoned decisions on ethical issues. Children discuss topics such as:

- imagining how others feel
- how do we treat living things?
- what is laziness?
- how do we disagree in a respectful way?
- fairness

We hope students will become informed and inquiring adults with the ability to recognise ethical issues and explore them with others in a considered, productive and respectful way.

At Wheeler Heights Public School, Ethics classes run on a Wednesday afternoon 2-2:30pm and 2:30-3pm. For more information about the program or to find out more about volunteering please visit www.primaryethics.com.au or contact:

Emilie Mascarenhas
(Ethics Co-ordinator)
E: wheelerheightsethics@gmail.com

Primary
ETHICS

Supporting
children to
think for
themselves

It only takes an hour a week to teach children the skills to make better decisions for life.

Please be involved:

primaryethics.com.au

PITTWATER HIGH PRESENTS

DIRTY ROTTEN SCOUNDRELS THE MUSICAL

Book By
Jeffrey Lane

Music and Lyrics By
David Yazbek

Based on the film "Dirty Rotten Scoundrels" written by
Dale Launer and Stanley Shapiro & Paul Henning

Matinee Preview: Sunday 31 March 1pm

Thursday 4 April
7:30pm

Friday 5 April
7:30pm

Saturday 6 April
7:30pm

Thursday 11 April
7:30pm

Friday 12 April
7:30pm

Saturday 13 April
7:30pm

TICKETS AVAILABLE: [trybooking.com](https://www.trybooking.com/8896C)

<https://www.trybooking.com/8896C>

Licensed exclusively by Music Theatre International (Australasia).
All performance materials supplied by Hal Leonard Australia.

Live Life Well @ School

R-E-D-U-C-E RECREATIONAL SCREEN TIME!

And increase
outdoor green
time!



'Research shows that time spent outdoors, especially interacting with nature, can lower stress and anxiety, improve mood, increase perceived wellbeing, and improve concentration and attention.'

Search 'Outdoor Play' at
www.mindmatters.edu.au



Health
Northern Sydney
Local Health District

FREE Kids Gardening Classes

11am

Mon 15 - Thurs 18 &
Tues 23, Wed 24 & Fri 26 April

No classes on Good Friday, Easter Monday & Anzac Day

Kids under 5 must be
accompanied by
an adult.



flower
power

For more gardening advice, visit
flowerpower.com.au

Autumn School Holiday Activities



Check out our
school holiday
activities for
primary school
students

Get an interactive presentation on
the new \$50 banknote and discover
banknote security features.

Explore the Museum with a treasure
map and learn about the history
of Australia.

Autumn Session Times

Sessions for Kindergarten - Year 2

Monday, 15 April, 10.00 am - 11.30 am

Wednesday, 17 April, 10.00 am - 11.30 am

Sessions for Year 3 - Year 6

Monday, 15 April, 1.00 pm - 2.30 pm

Wednesday, 17 April, 1.00 pm - 2.30 pm



Cost: FREE (bookings essential)
Bookings can be made online
via the Museum Website
www.museum.rba.gov.au/events

For more information or assistance with
online bookings please contact the
Reserve Bank of Australia Museum.

Email: museum@rba.gov.au
Phone: (02) 9551 9743
Ground Floor, 65 Martin Place
Sydney NSW 2000



RESERVE BANK OF AUSTRALIA

Get Lost Mr Scary



The Cottage
Counselling Centre

Is your child:

- In Kindergarten to Year 2?
- Seem more anxious than their peers?
- Worry so much that it gets in the way of them having fun?
- Have any specific phobias?
(eg. scared of the dark, or social situations)

Get Lost Mr Scary is an early intervention anxiety program for children in Kindergarten to Year 2.

It is a play-based, experiential group program that utilises Cognitive Behavioural Therapy (CBT) techniques.

<http://cottagecounselling.org.au/>

 @thecottagecounsellingcentre

When:

Parents Only Information Session:

Monday, 6 May > 1:30–2:30pm

Six Group Sessions for Children:

Mondays > 3:30–4:30pm

13, 20, 27 May & 3, 17, 24 June

Cost:

\$30 for the whole course
(includes snacks)

Venue:

The Cottage Counselling Centre,
St Faith's Anglican Church, Narrabeen
(5–9 Clarke St Narrabeen NSW)

Course Facilitators:

Helen Fuller – Helen is a Registered Psychologist. She has previously worked for a number of years as a School Counsellor, and has had vast experience counselling children and adolescents in both individual and group settings.

Anne Hong – Anne is a Counsellor and member of the ACA (Australian Counselling Association). She is currently studying Masters of Counselling at Morling College, and has a particular interest in counselling children and adolescents.

Registrations essential as numbers are limited. To register or find out more:

Contact Helen on 0410 294 336 or helen.fuller@cottagecounselling.org.au

Could your child's resilience do with a top-up?

Book them into one of our fun, play-based, Term 2 after school workshops!

Wheeler Heights Primary School

Tuesdays | K-3 | 3.30 - 4.30

We will meet your child when the bell goes and supervise them until 3.30. We can also pick up from and drop off at after school care

Your \$292.50 investment includes 9 1-hour workshops, a 1-hour parent briefing and resources and support through the term

Book them into one of our 1-day April school holiday camps!

Neutral Bay, Roseville, Cammeray | Ages 5-8 and 9-12
Superpower Camps, Resilience Bootcamps,
Confidence Camps, Chill-out Camps

Book online at:
www.resilienceinkids.com.au/book

www.resilienceinkids.com.au
hello@resilienceinkids.com.au
0406 776 800



RESILIENCE IN KIDS



OPEN UP, AVALON

youth mental health done differently

Here at One Eighty we're breaking the stigma around mental health. Research shows that peer support systems of support are beneficial in the recovery and prevention of a range of mental health disorders.

Open Up sessions foster this - they involve authentic, judgement-free conversations with friends and strangers alike, about the realities of everyday life.

Each session is free to attend and run by volunteers who facilitate healthy conversations. The sessions are supported by a framework of ground-rules which encourage an atmosphere of acceptance, honesty, authenticity and inclusivity.

Open Up sessions for under 30s are now running every second Monday night 7-8.30 pm at Avalon Beach SLSC. Visit www.oneeighty.org.au for the most up to date info.

Follow @oneeighty_inc



The Today Show is coming to the The War Vets

On Thursday, 25 April, the Today Show will broadcast live from our village.



Come and show your support!!

Program for 25 April

- 5.30-10.00 The Today Show filming live in the forecourt of the Gallipoli Village Centre.
- 6.00am ANZAC Dawn Service at the Cenotaph, with Guest Speaker Major General Mick Slater AO DSC CSC (Ret'd)
- 6.30am Free Community Breakfast for all.
- 7.15am Taxi Cavalcade with Police Escort to City leaving from the traffic circle at Colooli Road and Veterans Parade. Please line Veterans Parade and wave to our veterans as they make their way to the CBD

All Welcome

For further information, please contact Cindy Campbell: T: 8978 4216
"The War Vets" 4 Colooli Road, Narrabeen NSW 2101

ANZAC March & Service

Wednesday, 17 April 2019

- 10.00am March – March commences from the forecourt of Peter Cosgrove House
2 Edmondson Drive, Narrabeen
- 10.30am ANZAC Service – at the War memorial, Montgomery Centre with Guest
Speaker Major General Mick Slater AO DSC CSC (Ret'd)
Endeavour Drive, Narrabeen

All Welcome to March or Line our Village Streets and Salute their Service



COURAGE ENDURANCE MATESHIP SACRIFICE

For further information, please contact Cindy Campbell, 02 8978 4216
RSL ANZAC Village, 4 Colooli Road, Narrabeen