

The Wheeler Word

Phone: 9971 8352 Fax: 9982 5617
Email: wheelerhts-p.school@det.nsw.edu.au
Website: <https://wheelerhts-p.schools.nsw.gov.au>

Term 2 Wk 3

Thursday 16 May 2019

Farewell to the Gee family; Hunter, Cohen, Penny & Brenton who are off to New Zealand and finish at Wheeler Hts at the end of this week. Best wishes for a wonderful new chapter in your life.

Mothers' Day Breakfast

Congratulations to our wonderful P&C, and in particular the fundraising coordinators, Fiona, Jo, Yvette & Julie who organised a fabulous Mothers' Day breakfast last Friday. The team set up on Thursday afternoon, were at school from 6am on Friday and worked tirelessly throughout the day to ensure a hugely successful event. I had many many parents, grandparents and carers personally comment, and also a number of very positive emails on the lovely atmosphere of the breakfast.

Year 3 and 5 NAPLAN 2019

This year Wheeler Hts have completed NAPLAN online. There have been a few challenges but I have been very impressed at how well our students and staff have completed the assessments. Special thanks to Priscilla Wright who has ensured that everybody has been ready for NAPLAN this year.

Winter School Uniform

We expect that by now all students will be wearing full winter uniform. Thank you for your assistance in this matter.

Maths Olympiad

We have again entered a team in the Maths Olympiad problem solving competition for senior students. I will be taking this group on a Wednesday afternoon preparing for the five Maths Olympiads this year.

P&C Meeting

Once again we had over 20 parents attend this week's P&C meeting. It is wonderful that parents are willing to attend and discuss a variety of matters relating to our school and your children.

PSSA Sport Shirts



Each PSSA season and for PSSA carnivals we are very fortunate at Wheeler Hts to have excellent sport tops, singlets and jerseys, often funded by P&C donations. Each coach distributes the gear, records who has it and then asks and expects it to be returned ASAP as they are needed for carnivals and the next PSSA season. Unfortunately the job of collecting this uniform is becoming more and more difficult as gear is not returned after repeated requests. Could you please have a very good search at home and return all school PSSA/carnival shirts ASAP.

I thank you for your support in this matter.

OC (Opportunity Class) Applications for Year 5 2020

Applications for the Year 5 OC classes opened on 30 April and close on Friday 17 May 2019. Please note that all applications must be made online. Details of this process have been emailed to all Year 4 parents and copies of the form are available at the front office.

Kindergarten Enrolments for 2020

The next school tour is scheduled for next week, 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.

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. Applications close Friday 17 May.

David Scotter
Principal



2019 DATES

TERM 2

Fri 17 May Walk to School Day
PSSA Rd 2

Tues 21 May School Tour 9.45am

Wed 22 May Maths Olympiad No.1

Thurs 23 May School Photos

Fri 24 May PSSA Rd 3

Sat 25 May Dance @ Pittwater House

Mon 27 May Shakespeare group to Lakemba

Fri 31 May PSSA Rd 4

Sun 2 June Dance @ Abbotsleigh

Mon 3 June AFL Knockout

Wed 5 June District Cross Country

Thurs 6 June PSSA & Special Group Photos

Fri 7 June PSSA Rd 5

Mon 10 June Public Holiday

Wed & Thurs 12&13 June Yrs 1&2 Excursion - Vaucluse House

Fri 14 June PSSA Rd 6

Mon 17 June 7pm P&C Meeting

Wed 19 June Maths Olympiad No. 2

Thurs 20 June
Yrs 3&4 Excursion – The Rocks
PCS NAIDOC Art Exhibition @ Warriewood Square

Fri 21 June Syd Nth Cross Country

Wed 26 June School Tour 9.45am

Fri 28 June NO PSSA- BYE

Mon 1 Jul–Wed 3 Jul Yr 5 Camp

Wed 3 Jul–Fri 5 Jul Yr 6 Camp

Fri 5 Jul NO PSSA
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 Aug Colour Run

Mon 2 Sept Pittwater Athletics Carnival

Fri 27 Sept Last day of Term 3

TERM 4

Mon 14 Oct – Wed 18 Dec

Mrs Wright's Wrap Up

NAPLAN ONLINE

This week our tremendous, terrific, talented and tenacious Year 3 and 5 students have completed three NAPLAN online tests. They have worked through the writing, reading and conventions of language assessments. Next week they will complete the final component; numeracy. Our students have handled themselves with maturity and embraced the new format with positivity.

We were expecting some hiccups with the new online platform but have so far not had any real issues. Teachers are able to pause the tests if students are experiencing any technical or other issues and therefore no students lose any time.

We have noticed anxiety and stress in some students and want to remind them and their families that this is just one test on one day and does not define them as a person. Every child is individual and good at different things. Some people find taking tests simple and for others it is an arduous task. **We are proud of each and every one of our students and no matter what their results, that will not change.**

A huge thank you to Year 6 students and teachers for handing over their laptops to Year 3 to complete these tests and lending a hand in setting them up each morning. Also, thank you to Miss Smithies, Miss Bamford, Mrs Young, Mrs McColl, Ms Waldock, Mrs Sullivan and Mrs Westwood for administering the tests to their students and tackling the new system with smiles on their faces. Finally, a massive thank you to Mrs Marshall who has not only administered tests, but has been incredibly supportive to everyone and helped with any issues that have arisen. ☺



SCHOOL PHOTOS

SCHOOL PHOTOGRAPHS WILL BE TAKEN ON: THURSDAY 23 MAY

*****FULL WINTER SCHOOL UNIFORM MUST BE WORN ON THIS DAY*****

School photographs are scheduled to be taken by advancedlife Photography.

Whilst an envelope and flyer was distributed two weeks ago, if possible it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school's unique 9 digit advanced order code **VV6 AZM K8X**. Portrait and group package orders are due by photography day.

Should you wish to purchase a sibling photograph online, the order must be placed **no later than the day before photography day**. Sibling photographs will only be taken if an order has been placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au



ORDER NOW

WWW.ADVANCEDLIFE.COM.AU

9 Digit Online Order Code
VV6 AZM K8X

advancedlife
photography & print specialists

Mrs Priscilla Wright
Assistant Principal, Instructional Leader

FROM THE OFFICE

Requesting Reports

If you mislay reports sent to you by the school and wish to request a copy, please allow 48 hours for this to occur. Unfortunately the office staff cannot access your request immediately.

Thank you for your consideration.

Book club orders are due by Thursday 23 May

Thank you
Jodie Sly, School Administration Manager

SRC NEWS



National Walk Safely to School Day is tomorrow, Friday 17 May 2019. This national initiative aims to encourage children to lead a healthier and more active lifestyle by including a walk as part of their regular daily activity. To support this event the SRC will be giving out stickers for students who walk to school. If it is not practical to walk to school, I hope you are able to enjoy an evening or weekend walk.



Woolworths Earn and Learn

If you shop at Woolworths please save your Earn and Learn stickers.

Students can put their stickers in the collection box inside the office. We also have collection boxes at the Woolworths stores at Narrabeen and Dee Why.

Regards
Miss Earl
SRC Coordinator

ANXIETY TALK

Last Wednesday evening, we were privileged to have a parent presentation by Dr Jennie Hudson, the Director of the Centre for Emotional Health within the Department of Psychology at Macquarie University. Jennie is not only an expert on children's anxiety and worries, she is also a local parent with children in both high school and primary school. She gave many easy to follow and practical suggestions and also addressed specific questions from the audience. A key aspect of Jennie's talk was to reinforce that worries and anxiety are natural emotions. She gave tips for us as parents and teachers to help children face and deal with their fears and worries.

For those of you unable to attend the evening, you will find Jennie's notes on Understanding Anxiety in Your Child at the end of this newsletter. Please take the time to look through this fact sheet – I'm sure you will find it worthwhile.



Mrs Kathy Westwood
Learning and Support Teacher

UPCOMING PARENT WORKSHOPS

Helping your child with reading at home

For parents with emergent readers in Kindergarten or Year 1, this is a hands-on workshop with activities, prompts and suggestions designed to help you help your child make progress in their reading.

Mrs Kathy Westwood, one of our Learning and Support teachers, will be presenting this workshop. Kathy is a trained Reading Recovery teacher and currently runs individual and small group literacy programs for students in Stage 1 at WHPS.

The workshop will include:

- activities to learn sounds and sight words
- how to introduce an unseen book to your child
- giving explicit and helpful prompts and praise
- leading discussions and questions to aid comprehension
- how to encourage fluency
- a focus on making reading a positive, enjoyable experience



Date: Wednesday 5 June
Time: 6:30 to 7:30pm
Location: WHPS library

Numbers are limited. Please RSVP to WHPS office by Friday 31 May.

CRITICAL AND CREATIVE THINKING (CCT) UPDATE

The development of critical and creative thinking skills requires knowledge and practise. As a result students are participating in a whole school CCT program. Each week we will include information about the focus disposition and explain a crunch.

There are 7 dispositions. Each week all students from Year 1 to 6 will focus on a different disposition.

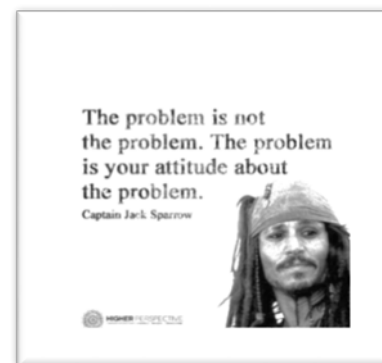
Why Teach these 7 Dispositions to Students?

- improve learning outcomes
- teach students to think for themselves
- improve student resilience
- develop problem solving skills
- increase student confidence and motivation
- to promote and enhance critical and creative thinking skills
- to assist students to develop future work and life skills

Week 4 Focus Disposition: Open-Minded

What is an Open-Minded Disposition?

Being open-minded means that you are open to new and different ideas and consider the opinions of others.



To support learning in the classroom, try to find opportunities to reinforce this trait in your child at home.

Ask your child: *How they have been open-minded this week?*

Are they open minded to trying new things?

(Example: Are they open to trying new ways to play games or different ways of doing things)

Are they considering the opinions of others?

(Example: Did they listen and consider the opinions of others during family conversations about different topics)

What are CCT Crunches?

As part of the school's CCT program, all students from Year 1 to Year 6 will participate in regular CCT crunches.

Crunches are fun activities but they are supported by research and inspired by the Australian Curriculum's Critical and Creative Thinking learning continuum. Crunches help to improve creative thinking skills as they require the student to think in new ways and put students in the mind frame for thinking creatively.

Have a Try at Home

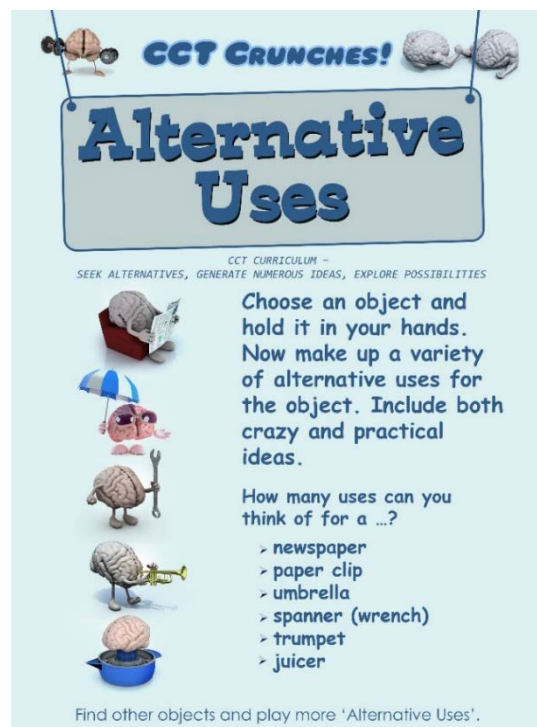
Each week we are going to include information about a CCT crunch (designed by Minds Wide Open). You may wish to use these CCT crunches as a fun activity to do while enjoying dinner.

CCT Crunch of the Week – Alternative Uses

Alternative uses is simply choosing an object and deciding on a variety of uses for it. The more you do this activity the easier it becomes and the more creative the responses are.

In Term 2:

- Kindergarten will be learning the disposition songs.
- Year 1 and Year 2 will learn about the dispositions. Students will learn crunches but will focus on each crunch for two weeks.
- Year 3 - 6 will learn about the dispositions and will have a different focus crunch for each week.



Look at the newsletter each week to read about the following week's focus disposition and find out more about the crunches.

An overview of the dispositions are:

Week 4: Open-minded

Week 5: Risk-taker

Week 6: Flexible

Week 7: Resourceful

Week 8: Patient and Persistent

Week 9: Ubiquitous Learner

Week 10: Reflective

If you have any questions please feel free to ask a member of the CCT Team: Miss Higgs, Miss Tekampe, Miss Earl, Mrs Young, Mr Jones and Mrs Sullivan.

Miss Earl for the CCT Team

SPORTS NEWS

AUTUMN/WINTER PSSA:

Don't wish for it
Work for it

The PSSA competition started with a bang last week. It was an eventful round for some sports with some epic wins and sorrowful losses. Please ensure that your students are prompt to morning training sessions as coaches have limited time to prepare teams for our weekly games.

PSSA payments are due by tomorrow Friday 17 May.

Good luck to all our teams.

Fingers crossed we have a successful round this week!

SCHOOLS: WHPS V NARRABEEN NORTH	Week 2 Term 2	
SPORT	SCORE	WIN/DRAW/LOSS
Jnr Girls Football	2-1	WIN
Snr Girls Football	1-6	LOSS
Jnr Boys Football	1-3	LOSS
Snr Boys Football	2-4	LOSS
Jnr Rugby League	0-60	LOSS
Snr Rugby League	0-32	LOSS
Jnr AFL	41-6	WIN
Snr AFL	28-27	WIN
Netball Snr A	15-9	WIN
Netball Snr B	17-11	WIN
Netball Snr C	34-3	WIN
Netball Jnr A	12-6	WIN
Netball Jnr B	2-4	LOSS
Netball Jnr C	2-3	LOSS

Round 2: WHPS V. BILGOLA PLATEAU

NETBALL – Boondah

FOOTBALL – Narrabeen North Public School

RUGBY LEAGUE – **No Game** (Training at school)

AFL – Narrabeen 6

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).

KNOCKOUT TEAMS:

We have 4 teams playing in State Knockout competitions this term:

- Girls Netball, coached by Mrs Young. A date for our game is being negotiated with our opponent, Newport. A note will be coming home soon.
- Boys Basketball, coached by Miss Bamford. Training has begun and the game should be played by 7 June.
- Boys Soccer, coached by Mr James. We are waiting on other schools to play to find out our opponent.
- Mixed AFL, coached by Mrs Wright. The trial will be held on 21 May and the game on 3 June at Pennant Hills. A note will be sent home with successful players.



All coaches will send permission notes home and private transport will be required to get players to the games. Stay tuned for more information in the coming weeks.

WHPS SPORT SINGLETs:

Unfortunately we are still chasing up many WHPS sport singlets for the upcoming cross country event. We currently do not have enough singlets for our zone cross country team to all race in a representative singlet. If your child has been involved in the following sports/carnivals, can you please have a good search in your cupboards for a WHPS singlet.

- 2018 Zone Athletics Carnival
- 2018/19 Boys & Girls Eagle Tag

We are currently checking our records and compiling a list of students who may not have returned their WHPS singlet. Notes will be sent home and charges may occur if singlets are not returned by Friday 24 May.

PREMIER'S SPORTING CHALLENGE:



All students from K-6 have today received a note with more information regarding the Premier's Sporting Challenge. The challenge will start Monday 3 June, (Term 2, Week 6). If you would like more information please see the website: <https://app.education.nsw.gov.au/sport/Page/1513>

Yours in Sport
Nadine Young
Sports Coordinator

Award Level	Daily Activity Time
Bronze	30 minutes per day
Silver	45 minutes per day
Gold	60 minutes per day
Diamond	80 minutes per day

PUBLIC SERVICE ANNOUNCEMENT...



During Term 2 and 3, Year 4 will be participating in the **Week of Tastes** program.

The Week of Tastes is a program that culminates in an annual event, designed to change children's relationship with food and address eating habits contributing to many health issues.

The Week of Tastes allows children to:

- to understand how they use their five senses to appreciate food
- enrich their food vocabulary
- develop curiosity and a positive attitude towards new foods
- discover the diverse world of flavours
- learn the link between good food choices and good health
- connect to chefs, bakers, pastry chefs or other food producers in their community

For this program to run successfully at WHPS we need **FOOD PRESENTERS!** We are looking for a parent or parents who work with a quality food product – they can be a chef, baker, pastry chef, butcher, etc.

They need to be willing to:

- Spend 1 hour in each class (there are 3 classes)
- Bring in food for the children to taste
- Talk about your work and why taste is important to your work

Please email or call the school if you are interested in supporting this innovative, engaging and educational program.

Year 4 Teachers

Mrs R Radom, Mr N Jones and Mrs N Young

LIBRARY NEWS

National Simultaneous Storytime

On Wednesday 22 May at 11am, all K-2 students will be participating in the National Simultaneous Storytime. This year we will be reading *Alpacas with Maracas*. Many schools participate in this annual event, all reading the same book at the same time.



Happy Reading!

Ms A Hammond (Monday, Tuesday, Wednesday)

Mrs C Josephs (Wednesday, Thursday, Friday)

P&C NOTICES

P&C NEWS

Thank you for such a great turn out on Monday night for our meeting. It was great to see so many new faces with input and feedback to the P&C. Your opinions are valued and always welcome. It's a great way to get involved with the community and also your children's school.

Mother's Day was a great success, please see the separate thank you to all of the volunteers. Thanks again to the fundraising committee for organising such a lovely event.

The community kickbacks scheme at Rebel that you may have contributed to by mentioning our school when purchasing has benefited our school greatly. Today I spent around \$500 on new sporting equipment for the school so thank you!

Regards, Natalie Cook
P&C President

Fundraising News

Thank you to Deb & Alistair Keep for their continued support in donating the delicious Lindt chocolates.

Thank you to the following mums for all their help in ensuring that the day was well organised and ran smoothly! Nikki Clark, Louise Edwards, Bronwen Ingham, Jen Polo, Nicole Cattnach, Lauren Armstrong, Michele Freebairn Kate & Stuart Mack.

Helpers for prep and on the day - Caroline Mathie, Sam Beeby, Brendan Lowe, Melinda Garland, Brenton Gee, Jane Pollard, Nikki Kelleher, Susie Paul (and her visiting Mum from the UK, Janet!), Belinda Lind, Julie Harrison, Cathie Butler, Julie McKinnon, Pernille Kold Jensen, Colleen Camelin, Elisa Winslett, Johanna Smith, Marie Gray, Zoe Lown, Andrew Cattnach, Penny Gee, Emma Schmarr, Simone Sakovits, Kerrie Robertson and Sherene LaGasse

A big thank you also to Tyson Butler for helping with our slide show and mood setting music!

Thanks, Wheeler Heights Public School Fundraising Team




P&C FUNDRAISING EVENTS CALENDAR

Events	Class Helper	Dates
Father's 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

CANTEEN


CANTEEN ROSTER 2019			
TERM 2 2019		CLASS VOLUNTEER	
WEEK 3	13/05 – 17/05	1/2E & 2J	
WEEK 4	20/05 – 24/05	KH & KS	
WEEK 5	27/05 – 31/05	KT & 1G	
WEEK 6	03/06 – 07/06	5/6T	
WEEK 7	10/06 – 14/06	2W & 3B	
WEEK 8	17/06 – 21/06	3S & 3/4Y	
WEEK 9	24/06 – 28/06	4J & 4R	
WEEK 10	01/07 – 05/07	5M & 5S	
SCHOOL HOLIDAYS		RETURN 23 JULY	

Please email Belinda Lind, at bellelind@live.com.au, the canteen convenor, the Friday before your class is scheduled. If you're unable to volunteer the week you've been given please sign up at signup.com or pop into the canteen to pick a time.



Wheeler Heights Weekly Canteen

Winter Menu



DAILY SPECIALS

Monday

Sushi	\$3.50
Pasta Bolognese (GF pasta available and vegetarian)	\$3.50

Tuesday

Pizza Parcels	\$4.00
Honey Soy Chicken & Rice	\$4.50

Wednesday

Nacho Wrap	\$4.00
Sushi	\$3.50

Thursday

Beef Burgers	\$4.00
Butte Chicken & Rice	\$4.00

Friday

Sushi	\$3.50
Sausage Rolls	\$3.50

Please visit [flexischools](http://flexischools.com.au) for descriptions and more options at www.flexischools.com.au

Everything is homemade and made with hidden veggies when possible, see complete menu for ingredients.
For any questions email us at whpscanteen@gmail.com to volunteer please click <http://signup.com/go/NsULEeM>

Recess and Lunch Counter Items

Hard boiled organic egg	\$0.50
Freshly baked item	\$1.00
Seasonal fresh fruit	\$1.00
Garlic bread	\$1.00
Cheese melt	\$1.00
Cheese & vegemite scroll	\$1.00
Ham & cheese scroll	\$1.00
Fresh fruit cup	\$0.50
Fresh fruit cups with yoghurt	\$1.00
Chips & Salsa	\$1.00
Popcorn	\$1.00

Frozen items

Orange quarter	\$0.20
Fresh pineapple slice	\$0.50
Homemade icy poles	\$0.50
Smoozes	\$1.00
Juicies tube	\$1.50
Twisted Frozen Yoghurt	\$2.00

Beverages

Organic Milk	\$2.00
Juice Bombs	\$2.00
Nudie Juice	\$2.00

Understanding anxiety in your child

Professor Jennie Hudson, Director, Centre for Emotional Health

Anxiety, fear and worry are normal emotions that every child experiences. Some children experience anxiety more often and more intensely than others. Here are some principles that can be helpful for parents to prevent and manage anxiety, so that it doesn't impact on their life.

1. **Love and security:** Providing a loving and safe environment is fundamental for your child's mental health.
2. **Healthy lifestyle:** Other fundamentals such as regular bedtimes, adequate sleep, healthy eating, daily activity and limited screen time are also critical to help children regulate their emotions.
3. **Gradually face fears:** Staying away from scary or challenging situations in the short term may reduce the child's distress but in the long term it makes it worse. Using a stepladder approach to gradual and gently encourage your child to face situations they find challenging, will help them to learn that the situation is not as scary as they think and they can handle it. Encourage your child to practice bravery and practice often, gently pushing them outside their comfort zone, in a loving and supportive way.
4. **Pay attention to courageous behavior:** Use praise and rewards to focus on the times your child faces their fears "I really liked the way you said hello to the teacher" Acknowledge your child's fears and worries, don't dismiss them but pay attention to when they are being brave and courageous.
5. **Avoid jumping in too soon:** Although it is often easier, try and step back and let the child handle the situation on their own. This is often hard to tolerate their distress, but you want to send the message that you are confident in their ability to handle the difficult situation.
6. **Encourage realistic thinking:** Children who have high anxiety, are often on the lookout for bad things to happen or expect the worst in a situation. Encourage your child to think realistically, like a detective. *What are the facts? What happened last time? What do you think is most likely to happen?*
7. **Take risks and make mistakes:** Some children with anxiety avoid taking risks like not

putting their hand up in class in case they get it wrong, saying no to an invitation to somewhere new, or spending too long on their work to make it perfect). Using a step ladder approach, encourage your child to make mistakes and do things out of their comfort zone.

8. **Be a coping role model:** Our children learn by watching how we manage stress and how we handle challenging situations. By modelling calm and courageous behaviour, your child can learn to manage their own fear and worry in a healthy way.



If anxiety is impacting on your child's life (e.g., stopping them from getting the most out of life) there are a number of programs that can teach them strategies to manage their anxiety. Speak to the school counsellor, GP or there are a number of resources available at Macquarie University including online programs (www.mq.edu.au/CEH-clinic)

For other information see also: raisingchildren.net.au; and, Raising emotionally health children (Tedx talk) youtu.be/hmJDHdicMiY

FIND OUT MORE

Macquarie University NSW 2109 Australia
T: +61 (2) 9850 8711
ehc.admin@mq.edu.au

ABN 90 952 801 237
CRICOS Provider 00002J



The poster features a central illustration of a fairground with a Ferris wheel, a striped tent, and balloons. A red banner at the top reads 'BEACON HILL PUBLIC SCHOOL AUTUMN FAIR'. A red starburst on the left says 'Fun Food Games'. A blue banner at the bottom of the illustration says '2019 SUNDAY 26TH MAY 2019'. The background is blue with yellow and red dotted lines separating sections of text.

BEACON HILL PUBLIC SCHOOL
AUTUMN FAIR

Fun Food Games

2019
SUNDAY 26TH MAY 2019

Beacon Hill Public School
AUTUMN FAIR
SUNDAY 26 MAY
10AM - 4PM

.....

AWESOME RIDES	• • • • •	"WIPEOUT" STYLE OBSTACLE CHALLENGES	• • • • •	INDOOR MARKETPLACE
------------------	-----------------------	---	-----------------------	-----------------------

.....

CAKE STALL ----- BOOKS	• • • • •	LASER TAG ----- DUNK THE TEACHER	• • • • •	PETTING ZOO
---------------------------------	-----------------------	---	-----------------------	----------------

.....

WWW.BEACONHILLPANDC.COM.AU