



# The Wheeler Word

Phone: 9971 8352 Fax: 9982 5617

Email: [wheelerhts-p.school@det.nsw.edu.au](mailto:wheelerhts-p.school@det.nsw.edu.au)

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

**Term 2 Wk 10**

**Thurs 4 July 2019**

## Acknowledgement of Country

*Our school sits on important Aboriginal land and I would like to thank the Aboriginal people for looking after it.*

**Aurora H – Year 2**

## Year 5 and 6 Excursions to Canberra

Almost 60 Year 5 students returned last night and 80 Year 6 students will return on Friday night from three chilly days in Canberra. A huge thank you to the teachers Year 5 - Wendy McColl, Adele Sullivan, Cindy Waldock, Corey Strozer and Year 6 - Belinda Alexander, Sam James, Rachael Tekampe, Skye Migan, who accompanied the students.

Taking away a large group of students for such a long period of time is a huge responsibility for the staff who leave their own lives, families and homes to care for your children. We all know how much stress and worry a simple birthday party or sleepover for 10 friends can be....imagine 60-80 children for 60 hours with multiple meals, nights, activities, bus trips etc etc!!

Overnight excursions are always one of the highlights of the school year and I know that the children and staff have had a memorable time at camp.

Canberra was very busy and exciting this week with the new Parliament being sworn in on Tuesday. You may have seen our Year 5 students in yesterday's Sydney Morning Herald pictured with the Prime Minister Scott Morrison.



## Wheeler Heights at the Swap for Good Expo

Congratulations to Sherene Lagasse, our canteen supervisor and parent who spoke at the special council Expo on Monday night at the Harbord Diggers. Sherene was one of only four presenters who spoke about the great initiatives at Wheeler Hts. Sherene shared the stage with War on Waste guru Craig Reucassel. Special thanks also to ex parent Min Barker who assisted at the Expo stall. Please see more details and a photo later in the newsletter.

## School Run 4 Fun Colour Explosion Run

The next big school fundraising event is the School Run 4 Fun COLOUR Explosion on Thursday 15 August! A detailed information form and sponsorship form were distributed to all students this week. We hope that all school families will support our major student fundraiser for this year. Please see the information flyer later in the newsletter.



## Super Hoot Morning Teas

Students who have received 25 Super Hoot awards, that is five Principal stickers, will be eligible for the special morning tea this week. The K-2 event was on today and the Years 3-5 event will be on tomorrow at 11am. The Year 6 morning tea will be held next term due to the school camp.

## 2019 DATES

### TERM 2

**Wed 3 Jul–Fri 5 Jul** Yr 6 Camp  
**Thurs 4 Jul** Yr K-2 Super Hoot morning tea 10.45am  
Yr 3 & 4 Drama performances: 3S and 3B – 12.15pm  
3/4Y, 4J and 4R – 2.30pm  
**Fri 5 Jul** Yrs 3-5 Super Hoot morning tea 11am  
NO PSSA or Chess  
**Holidays commence!!**

### TERM 3

**Mon 22 July** Staff Development Day  
**Tues 23 July** Students return

**Wed 24 July** Spelling Bee Finals  
Stage 2: 9.30-10.30 - Hall  
Stage 3: 11.45-12.45 - Hall  
**Fri 26 July** PSSA & Chess (Home)

**Mon 29 July** P&C Meeting 7pm  
Drama Club (Chatswood)  
**Tues 30 July** Drama group perform at Drama festival (Chatswood)  
**Wed 31 July** Yr 4 OC Test  
Maths Olympiad No. 3  
**Thurs 1 Aug** Yr 5 & 6 Incursion  
**Fri 2 Aug** PSSA & Chess

**Mon 5 Aug** PCS Music Festival rehearsal & PM show @ Pitt HS  
**Tues 6 Aug** Yr 3-6 Athletics Carnival @ Narrabeen  
**Wed 7 Aug** Snr Choir rehearsal & PM performance @ Opera House  
Yr 3 excursion @ Concourse, Chatswood  
**Fri 9 Aug** PSSA

**Mon 12 Aug** Basketball Gala Day  
**Wed 14 Aug–Fri 16 Aug**  
School Tour 9.45am  
Life Education Van  
**Thurs 15 Aug** School Run4Fun  
Colour Explosion  
**Fri 16 Aug** PSSA Bye

**Mon 19 Aug** P&C Meeting 7pm  
**Wed 21 Aug** Maths Olympiad No. 4  
**Thurs 22 Aug** Book Week author visit

**Mon 26 Aug – Fri 30 Aug** SASS Week  
**Friday 30 Aug** Father's Day B'fast

**Mon 2 Sept** Pittwater Zone Athletics Carnival  
**Wed 4 Sept** GOT IT parent workshop – Hall 6.00-7.30pm

**Mon 9 or Thurs 12 Sept** Ballroom Dancing @ Homebush TBC  
**Wed 11 Sept** Maths Olympiad No. 5

**Mon 16 Sept** P&C AGM 7pm  
**Tues 17 Sept** School Tour 9.45am  
**Wed 18 Sept** Yr 4 to Kimbriki Exc.  
**Thurs 19 Sept** Yr 3 to Kimbriki Exc.  
ES1 & Stage 1 Public Speaking Competition

**Wed 25 Sept** Yr 5 Surf Skills TBC  
**Thurs 26 Sept** PCS NAIDOC sleepout @ Bilgola Plateau PS  
**Fri 27 Sept** Last day of Term 3

### TERM 4

**Mon 14 Oct – Wed 18 Dec**  
**Wed 16 Oct** Kindy 2020 Info night  
**Mon 21 Oct** P&C Meeting 7pm  
**Thurs 24 Oct** School DISCO

### Musical Instruments Donation

Special thanks to Janet, nan of Lucy and Angus L, who recently donated a bass marimba and some glockenspiels to our school. Janet was a high school music teacher at Sydney Grammar. The marimba was made by students at the school during a workshop with Jon Madin. This marimba was inspired by African xylophones. The instruments are now in Mrs Alexander's music room for use by our students.

### Enrolment 2020

Please remember to come to the office & collect an enrolment form for 2020. Often siblings tend to forget or leave it till the last minute. Please be sure to remind your friends and neighbours to come along and enrol.

### End of Year dates

We are currently finalising a number of dates for the end of the school year and these will be updated as they are confirmed. Many parents ask us for future dates so that they can plan holidays or other activities. Occasionally some events do come up quite unexpectedly or teams/groups qualify for finals and extra opportunities. In these cases, it is often not possible to give much notice. Obviously, we expect children to attend school each and every day and if this is the case then you will be assured of not missing any important school activity.

***Best wishes for a very happy and safe holiday period with your friends and family. School resumes for all students on Tuesday 23 July.***

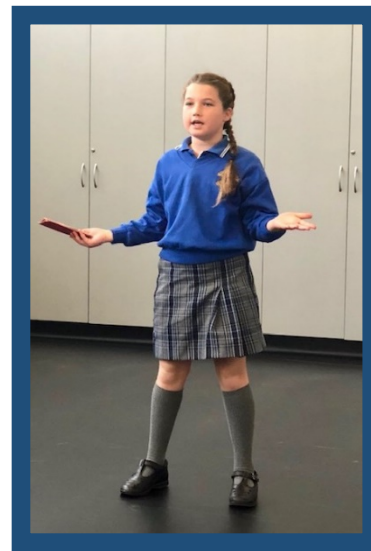
David Scotter  
Principal



## Mrs Wright's Wrap Up

### STAGE 2 MULTICULTURAL PERSPECTIVES PUBLIC SPEAKERS SPARKLE SPECTACULARLY

Finally it was time for Everett M and Laura H to represent our school in the local area final of the Multicultural Perspectives Public Speaking Competition at Collaroy Plateau Youth and Community Centre, yesterday. Everett and Laura spoke beautifully and did a terrific job of their prepared speeches. Everett's chosen topic was 'What's your language' and Laura spoke about 'Kid Power'. Getting ready for these finals takes a big commitment from these students and both spent a lot of time rehearsing their speeches at home and should be very proud of themselves. They had a very difficult task in undertaking the impromptu component of the competition. 'Accidents' was the topic which is very broad and being given only 5 minutes to prepare, made these impromptu speeches a massive task. Like Alana and Imogen before them, Everett and Laura spent time working through planning strategies with Miss Smithies at school and spending more time at home. This meant they were both extremely well prepared. We are very proud of them. Congratulations Everett and Laura! A big thank you to Miss Smithies for helping the students prepare for their finals.





## REPORTS

Semester 1 reports were emailed out yesterday (a Flexischools app push notification was sent advising this had occurred). Two weeks ago, an email was sent as a test to ensure we had the correct email address for parents of each student. A push notification was also sent through the Flexischools app advising this email had been sent.

As with any new system, there may be some teething issues. If there is an issue relating to you receiving your child's report, please advise us as soon as possible so we can rectify any problems quickly.

Thank you for your support and understanding throughout this process.

Specialist teacher reports for specific students have been sent home with students in envelopes. Please note, this is not for every student.



## WOW – TERM 2 HAS BEEN A WONDEROUS WONDERLAND OF WONDERFUL FOR OUR WHEELER KIDS!

So much has happened this term and we are so proud of every student at our school. Similarly, our teachers have worked very hard and I hope they all enjoy a well earned break. Please take care over the holidays and we look forward to seeing you all back for an equally amazing Term 3.

Mrs Priscilla Wright  
Assistant Principal, Instructional Leader

## PREMIER'S SPELLING BEE

Congratulations to all our students for their efforts in the Premier's Spelling Bee class heats. The class representatives for the Stage Finals have been selected. On Wednesday 24 July they will battle it out and four students from Stage 2 and Stage 3 (two each) will go on to represent WHPS in the Regional finals (date and details to be confirmed).

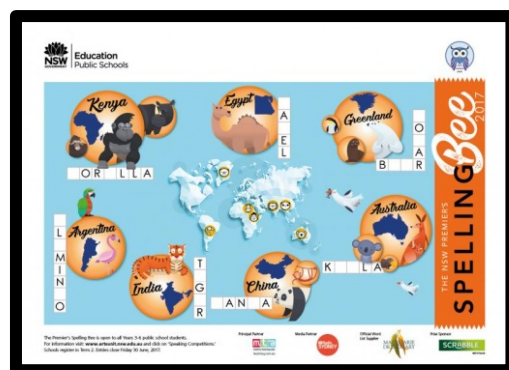
Wednesday 24 July: 9.30 – 10.30am – Stage 2 final – hall  
11.45 – 12.45pm – Stage 3 final – hall

### Stage 2 Finalists

Fraser B	Tex K
Everett M	Harrison H
Ryan H	Aiden N
Harper H	Lucy K
Jackson C	Kai K

### Stage 3 Finalists

Calum H	Charlie B
Natasha H	Keilana S
Sofia P	Heath M
Taj S	Lily S
Tyson B	Imogen L



Congratulations to these students on making the finals and good luck in the final next term!

Madi Smithies  
Premier's Spelling Bee Coordinator

## SUSTAINABILITY NEWS



### A big congratulations to Ben C (3/4Y) and Lachlan J (3B)

for receiving our Sustainability Leader of the Month award for the month of June! These two leaders are consistently demonstrating their dedication to improving our sustainability here at WHPS. Without a doubt, we can always count on them to do their duty and help others to do the right thing. Keep up the great work!

In other news, it is **Plastic Free July!** To help promote this initiative, our Eco Warriors have been conducting Wrapper Free July, which is similar to Wrapper Free Wednesdays. For every day in July our Eco Warriors will patrol at lunch to see who has come wrapper and single-use plastic free to gain 50 house points! Remember you can pack your lunch in bento box style containers or use bees wax wraps. If you are extra creative with your packaging, you will receive double house points!

I look forward to seeing your wrapper free lunches!  
Mrs Alexander - Sustainability and Eco Coordinator



## WHEELER HEIGHTS DANCE PROGRAM

The dance season for 2018/19 has now finished. Auditions for the 2019/2020 season will occur in Term 4.

Please keep an eye out for information regarding these.

We would like to thank our amazing Miss Tahlia and dance mums, Shelley M and Jenni N, for an outstanding season. Your countless hours and many efforts with our dance students has been so appreciated.

Without your hard work, there definitely would be no dance groups.

Miss Higgs and Mrs Alexander  
Dance teachers



## SPORTS NEWS

### ATHLETICS CARNIVAL



The WHPS athletics carnival is fast approaching (Term 3, Tuesday 6 August). This year Pittwater Zone and Sydney North are including a 1500m race for juniors, 11yrs and seniors. It will be a timed final. In order for the smooth running of our carnival and with time restraints at the track, we would like to get an idea of how many students would be interested in competing in the 1500m. So this year we will be registering students before the carnival for the 1500m, 800m, long jump, high jump and shot put. Classroom teachers will be entering students into these events. Please let me know via email if you have any questions or if you are away and would like to register your child in any of these events. However, there will be opportunities for students to be added early next term too. Please be mindful when talking to your children about putting their names down for events, that many hours go into organising a carnival and preparing the relevant paperwork for each event.

### PREMIER'S SPORTING CHALLENGE

We are in the 5<sup>th</sup> week of the Premier's Sporting Challenge. We will have a 2 week break over the holidays. However, please continue to encourage and support your child to get outside, play games and be more active.

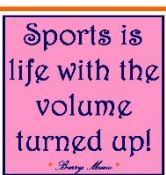
### SNOW SPORTS TEAM - Ice Block Fundraiser Don't forget you gold coin donation tomorrow!

This year WHPS are entering a snow sports team. We will be travelling to Perisher and competing in the first week of the school holidays. It is a very exciting time for the group of athletes who will be competing in a range of ski and snowboarding events. To support the snow sports team, we will be holding an ice block fundraising event **TOMORROW**, Friday 5 July. All proceeds will go to support our snow sports team.

**When:** Friday 5 July at lunch

**Where:** Canteen Cola

**Cost:** Gold coin



That's a wrap for sports for Term 2 2019. I look forward to many more exciting sporting events and achievements next term, including the athletics carnival, the completion of the Premier's Sporting Challenge and the Colour Run! I hope everyone enjoys a fun, safe and active school holidays.

Yours in Sport  
Nadine Young  
Sports Coordinator

### PSSA

The PSSA winter competition recommences on Friday 26 July - Week 1 Term 3, when we will be playing Newport.

**NETBALL** – Boondah

**FOOTBALL** – Kitchener

**RUGBY LEAGUE** – Newport

**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).*

# THE COLOUR CRAZE THAT'S SWEEPING THE NATION™



Dear Parent/Guardian

## **School Run4Fun Colour Explosion**

We're turning our fundraising from bland to GRAND this year by adding an explosion of colour. The more money we raise the more we can provide for the students through vital school projects such as upgrades to classroom technology and outdoor equipment.

The School Run4Fun Colour Explosion will be held on **Thursday, 15 August**. On the day, students should wear appropriate clothes and footwear to school that can get incredibly messy! We recommend a plain white shirt as students will be covered in powder from head to toe. The day's focus is on fun and fitness with the added benefit of raising funds for our school.

### **Colour Powder**

The colour powder used in our event has been sourced direct from India, the home of Holi Powder. It is made of high quality corn starch and permitted food colours. It's non-toxic, biodegradable, skin safe and environmentally friendly. Toxicological Risk Assessment and ingredient listings can be obtained from the School Office upon request. Students with asthma are advised to be careful in their decision to participate.

### **How Does My Child Fundraise?**

Accompanying this letter is a Sponsorship Form with instructions on how to raise money and order prizes. Students can obtain donations in cash using the Sponsorship Form and/or via online fundraising. **The preferred option for fundraising is ONLINE.**

Students who raise as little as \$10 or more will receive an incentive prize for their efforts. But why not aim higher? You have the option to choose up to five (5) prizes and this will set your fundraising goal. Family and friends are your greatest supporters, so ask them first for your support. You will reach your fundraising goal in no time.

### **Student Profile Page**

Create a Student Profile Page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au) which is safe and unique to you. There are also some great features like recording your sponsorships and selecting your prize goal. You can also register for online fundraising. It's the easiest way to help your child raise money and to reach your fundraising goal sooner.

**WIN A SHARE OF \$200,000 WORTH OF FREE SPONSORSHIP DONATIONS.** Create a Student Profile Page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au) and enter your unique code found on page five (5) of your Sponsorship Form to see if you're an instant winner. Give your fundraising goal a kick start!

### **How to Order Prizes?**

To reward your child for their efforts, they will receive incentive prizes based on the total amount of sponsorship dollars raised in cash, online, and if applicable, any **FREE SPONSORSHIP DONATIONS** won using the unique code on page five (5) of the Sponsorship Form. You have two options to place your prize order:

1. Login or create a Student Profile Page at [www.myprofilepage.com.au](http://www.myprofilepage.com.au). Once the fundraiser has finished, click the 'ORDER MY PRIZE' button and then confirm your total amount raised and order your prize/s, **OR**
2. Complete the back page of the Sponsorship Form and return to the school.

Please note, all donations need to be finalised on or before **Friday, 16 August**. Student prizes will be delivered shortly after.

Further information about the event will be provided early next term. We'd like to thank you in advance for your participation and get ready for a BLAST OF COLOUR! Happy fundraising!

**David Scotter, Principal and the P&C Fundraising Team**





## P&C NOTICES



### P&C FUNDRAISING EVENTS CALENDAR

Events	Class Helper	Dates
Colour Run	Year 5	Thursday 15 August
Father's Day Breakfast	Year 1	Friday 30 August
School Disco	Kindy	Thursday 24 October
Trivia Night	Year 2 & 4	Saturday 9 November

## CANTEEN NEWS

### Swap for Good Initiative

The canteen was invited to speak at the council's new initiative "Swap for Good" on Monday 1 July at the Harbord Diggers. The Northern Beaches Council's, "Swap for Good" program is all about supporting and empowering business in moving away from single-use plastic.

The Swap for Good Expo showcased suppliers of sustainable materials (specifically hospitality and retail industries), independent packaging bodies and recycling businesses. Over 300 people attended the event with nearly 25 eco conscious businesses taking part. Wheeler Heights and Bilgola Plateau were the only two canteens showcased for their sustainability efforts. It was a huge honour to be recognised for the efforts that have been made in the canteen and through the school. Craig Reucassel, presenter of the ABC's popular **War on Waste**, compered the event. More images of the evening will be featured on the council's website in the coming weeks. *Sherene LaGasse (WHPS Canteen Supervisor)*

*pictured with Craig Reucassel (Presenter of ABC's War on Waste)*



CANTEEN ROSTER 2019	
TERM 2 2019	CLASS VOLUNTEER
WEEK 10 01/07 – 05/07	5M & 5S
SCHOOL HOLIDAYS	RETURN 23 JULY
TERM 3 2019	
WEEK 1 23/07 – 28/07	6J

We really appreciate everyone that takes time to volunteer their help in the canteen. Can all parents please always use the sign up webpage. On the website you can see which slots are available and even who else is volunteering.

<https://signup.com/go/wXnukHJ>. Once signed up you will be sent an email confirmation and will also be sent a reminder link a couple of days before in case you need to change or cancel your spot. It's easy to use and will make it simple for parents and the canteen to manage their time. Please can you still let your class parent know when you sign up (day and time) for your class week. Thank you!

**Canteen News Update – Baby Sushi is Back This Friday!**

The canteen is happy to report that after much perseverance our sushi supplier has decided to change their single use plastic container to a BioPak sugarcane container. This container is carbon neutral, recyclable and compostable. Which in theory sounds good, however, it has to make it to a commercial compost machine or home composter for it to break down. For those reasons this container is a temporary solution while we source a better reusable option. It also raises the baby sushi purchase price to the canteen. We do appreciate the school parents' patience and support of our sustainability program while we resolved the matter.

**Baby sushi will be available this FRIDAY!**

If you have any questions or ideas please email the canteen [whpscanteen@gmail.com](mailto:whpscanteen@gmail.com)





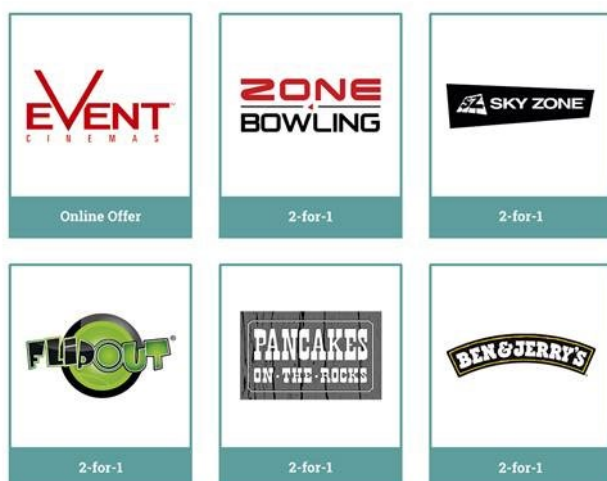


**Wheeler Heights Public School Canteen is raising funds  
and helping you keep the family 'Entertained'  
these school holidays.**

Help us raise funds by buying an Entertainment Membership.  
Packed with hundreds of up to 50% off and 2-for-1 offers across activities, dining, shopping and travel,  
the whole family will love the value of an Entertainment membership.

**Purchase your 2019 | 2020 Entertainment Membership!**

**Fun for the whole family**



[CLICK HERE TO  
SUPPORT US NOW.](#)



**THANK YOU FOR YOUR SUPPORT!**

**Wheeler Heights Public School Canteen**

Sherene Lagasse – Ph: 0427 174 472  
[whps.fundraising@gmail.com](mailto:whps.fundraising@gmail.com)

FUNDRAISING WITH  
**entertainment**

## BAND NEWS

### SENIOR BAND SHINES @ NSSWE CONCERT

Last Thursday (27 June), on a frosty winter's evening, our Senior Band took centre stage at the NSSWE winter concert series at Forest High School. What a great band, with a full and well-balanced sound! Congratulations to Derek and the band - the word on the street is that our Senior Band is one of the hottest acts in town! Keep up the amazing work guys, you're sounding incredible. Special thanks also to those parents who came along and helped shepherd and supervise our musicians on the night.

Extra special thanks and congratulations go to Derek who has played an integral part in covering for Shauna over the last two terms. Over that time, the bands have done more than simply maintain a holding pattern, they have grown and matured immensely thanks greatly to Derek (and Kirrily's) passion and dedication. Thanks guys!

### JAZZ BAND PLAYS THAT FUNKY MUSIC!

Congratulations also to the Jazz Band for their inspiring performance at the Northern Beaches Instrumental Festival Stage Band Sessions on Sunday 30 June. The feedback from the mentor for the sessions, the legendary Mr Tim Rowland, was most supportive and encouraging. What a big sound! What a great concert.

Special thanks go to all the WHPS Jazz Band parents who turned up on Sunday (the traditional day of rest!) and allowed their budding jazz musicians to perform and participate in this shindig. It's worth all the effort. Great job all round.

**PLEASE NOTE:** The Jazz Band's next gig will be on Thursday 1 August when they will be performing to the Year 2 children in our annual recruitment concert, immediately following the Jazz Band's normal Thursday morning rehearsal. BRING IT ON!

### STOP PRESS - SHAUNA TO RETURN NEXT TERM!!!

Following her medically imposed hiatus we're pleased and excited to report that Shauna is returning to conduct our bands next term. Shauna reports that she is fighting fit and ready to fire on all cylinders – this is great news for our bands and for the school generally and we are greatly relieved that Shauna has managed to bravely fight through her medical difficulties so successfully. It will be fantastic to have her back.

Of course, Shauna's return brings with it a hint of sadness as we say farewell and thank you to Kinsey, Kirrily and Derek. We have been immensely lucky to have received the support, at very short notice, of these three wonderful musicians (and people) who dropped everything to make sure our bands continued to grow and develop despite Shauna's absence. We cannot thank them enough. What an incredible group of people. Thank you guys from the bottom of our hearts!

Shauna will return as the full-time conductor of both the Intermediate and Senior Bands. She will share the Training Band with Anthony who will continue with their Monday morning rehearsals, while Shauna takes the Wednesdays.

### WHEELER WOODSTOCK V - JAZZ AND STAGE BAND FESTIVAL

In conjunction with Collaroy Plateau, Harbord and Mona Vale Public Schools, Wheeler Heights Public School will once again be hosting a Primary School Jazz/Stage Band "get together" with the Jazz Bands of each of these schools. This year the event will be taking place on Sunday 27 October 2019 between 12 midday and 4.30pm.

The event will feature the presence of some Australian Jazz MEGA STARS and guests who will mentor the school bands both individually and in sections.

As with previous years, this event promises to be swingin', informative, informal and heaps of fun culminating in a hoot of a concert to conclude the afternoon. **This will be bigger than Ben Hur. We can't wait...**

### SENIOR & INTERMEDIATE BANDS @ CHATSWOOD CONCOURSE

This is another huge event on our band calendar. Details are still to be finalised; however, we are hoping that:

- The **Intermediate Band** will be performing at **1.00pm on Saturday 14 September**
- The **Senior Band** will be performing at **7.00pm on Saturday 14 September**

### Further details will be provided once they become known.

This is a fantastic concert and is a great opportunity for students and their families to appreciate the musical talent of Northern Sydney! It takes place in a very prestigious musical venue on a professional stage and is a wonderful experience for all those involved.

Stay tuned for the finer details of this event to be sent to you once they become known. Please make a note in the diary in the meantime.

### HOLIDAY PRACTISE

All band musicians are reminded that, if you're looking for something to do in the upcoming holidays, nothing beats a few minutes practising your instrument. Term 3 will be a very musically active term. So, don't lose your chops, keep playing your instrument! We need everyone in full swing from the first down beat of Term 3. Don't forget that a little bit of practise every day is all it takes to keep progressing on your instrument.

### ANTHONY TO STAND DOWN!

After a long and industrious career as a volunteer, conductor, musician and administrator in the WHPS Band program, this week Anthony MacDermott will stand down from the role of Convenor of the WHPS Band Program, effective as and from the end of this term. Farewell El Presidente!

If approved by the new committee, Anthony has agreed to continue indefinitely as the co-conductor of the Training Band (with Shauna) as well as to run and conduct the Jazz Band. So, he'll be around to share his knowledge for some time yet.

But it's time for him to move on, administratively.

After 8 very successful years as our administrator and leader, Anthony has shown an exuberance and passion for band which has led to a continued growth in the size, quality and reputation of our band program.

Over the last 8 years Anthony has written over 160 band newsletters. He started the school's Jazz Band. He has organised events and gigs previously thought impossible for primary school children. With the help of an amazing band committee he has made things happen.

Thanks for the memories, Anthony...good luck!



### WHPS Band Upcoming Events:

- **23 July** - Term 3 Starts - Recruitment processes commence for 2020 Bands
- **1 August 2019 @ 9.30am** – Year 2 recruitment concert (Jazz band)
- **14 September** – NSSWE Concert @ Chatswood Concourse - Intermediate Band [TBC]
- **14 September** – NSSWE Concert @ Chatswood Concourse - Senior Band [TBC]
- **14 October** – Term 4 Starts
- **27 October @ 12.00 to 4.30pm** – Wheeler Woodstock – Jazz band

For more info on the WHPS Band go to: [www.whpsband.com.au/](http://www.whpsband.com.au/)

**Warning:** Please check your e-mail before all performances. The “Band Event Reminder” will provide updates on all band event details. As circumstances change, dates and times may also change.

### COMMUNITY NEWS

All proceeds assist The PHS Instrumental Tour 2020

# CAR BOOT SALE



**Pittwater High School**  
**Sunday 4th August 2019**  
**7.30am – 1.30pm**

Available on the day.....**BARGAINS FOR BUYERS**  
Sausage sizzle, drinks, coffee and cakes

**Bookings Essential**

[www.trybooking.com/BBKPZ](http://www.trybooking.com/BBKPZ)  
Vehicle \$45 Trailer \$55

**Next Car Boot Sale.... Sunday 10th November 2019**

**Live Life Well @ School**

**ENERGIZERS AT HOME**

Try this fun brain & body energizer at home!



**Hit The Deck**

1. Place a deck of cards in front of standing players
2. Have 1 person select a card. Players then do the corresponding activity to the chosen suit for 20 seconds:
  - Hearts:** high knees
  - Diamonds:** squats
  - Clubs:** push ups
  - Spades:** star jumps
3. Repeat with another player to pick a new card!

For more ideas, visit: [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)

**NSW GOVERNMENT**

**Health**  
Northern Sydney  
Local Health District



Australian Government  
Department of Health

# Have you **moved** enough today?



## SLEEP

- 5–13 year olds need 9–11 hours per night.
- 14–17 year olds need 8–10 hours per night.



## PHYSICAL ACTIVITY

Aim for 60 minutes or more per day – the more you huff & puff the better!



## INACTIVITY

Move more & sit less in your spare time.

Find out more at [www.health.gov.au](http://www.health.gov.au)

Children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

Australian 24-Hour Movement Guidelines for Children and Young People (5 to 17 years):  
An Integration of Physical Activity, Sedentary Behaviour, and Sleep



# Have Fun Play *Softball* With Your Friends



COME ON... JOIN ME PLAYING SOFTBALL

## ALL AGES WELCOME

We have players from as young as 4 and as old as 81

Competitions for all skill and experience levels

5  
LOCAL CLUBS

**PENINSULA**  
Sammi Williams  
m: 0439 436 743  
[peninsulasoftball@hotmail.com](mailto:peninsulasoftball@hotmail.com)

**PITTWATER**  
Mel Stevenson  
m: 0403 777 441  
[Pittwatersoftball@gmail.com](mailto:Pittwatersoftball@gmail.com)



**FREE**  
Mitt, Helmet, Cap & Ball#  
**\$100** Active Kids Rebate\*

**WARRINGAH**  
Kim Trim  
m: 0410 697 180  
[registrar@warringahsoftball.com.au](mailto:registrar@warringahsoftball.com.au)



MANLY WARRINGAH  
SOFTBALL ASSOCIATION  
FIND OUT MORE  
ABOUT YOUR  
LOCAL CLUB &  
TRAINING GROUNDS  
[www.mwsarocks.com](http://www.mwsarocks.com)

**DAVIDSON FOREST**  
Doug Stracey  
m: 0412 074 070  
[davidson@mwsa.com.au](mailto:davidson@mwsa.com.au)

**FOREST ALLAMBE**  
Heather Bone  
m: 0412 790 343  
[heatherbone65@gmail.com](mailto:heatherbone65@gmail.com)

**Not sure? A Fun "Come and Try" Day is available**  
Come and Try Softball 19/7/19 at Abbott Rd Softball Fields, North Curl Curl, 9am - 12pm  
register your interest at: [www.come-and-try.com](http://www.come-and-try.com)

\* Free Mitt, Helmet, Cap & Ball available for all NEW under 12 players registered  
\* Juniors will be eligible for the State Government \$100 "Active Kids" rebate





**ARE YOU TURNING 7 IN 2019?**

**REGISTRATIONS NOW OPEN FOR OUR:**



**8-WEEK PROGRAM FOR 7 YEAR OLDS (BORN IN 2012)**



**LEARN BASIC NETBALL SKILLS WITH OUR EXPERIENCED COACHES**

**FRIDAY AFTERNOON'S 4.00-5.00PM**

**STARTING 9 AUGUST TO 27 SEPTEMBER, CURL CURL NETBALL COURTS**

**ONLY \$100 – INCLUDES NET SET GO PACK + END OF PROGRAM AWARDS**

**DON'T FORGET TO APPLY FOR YOUR NEW OR 2<sup>ND</sup> ACTIVE KIDS VOUCHER BEFORE REGISTERING**

**REGISTER ONLINE NOW: [collaroync.nsw.netball.com.au](http://collaroync.nsw.netball.com.au)**

**REGISTRATION CLOSES: 2<sup>ND</sup> AUGUST**