



# The Wheeler Word

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**Term 3 Wk 3**

**Thurs 8 Aug 2019**

## Acknowledgement of Country

*Today we shall all acknowledge the traditional custodians of this land and how well they did to keep it alive. We need to thank them, for without their care of the Earth, this school would not be here today. We will continue to appreciate their land and community.*

**Heath M – Year 6**

## Re-Roofing Project

Tradesmen will be at school from next week to complete a re-roofing project. We are very fortunate to be one of many local schools whose old tile roofs will be replaced with new Colourbond roofing. There will obviously be some disruption and parts of the school will be cordoned off at various times. We do ask that you talk with your children about the project and at all times please follow the signage and directions...and set the correct example to our students. We hope the program of works will be completed by the end of term.

## PCS Music Festival

Congratulations to **Ms McCombie** who is the artistic director of the PCS Choral Festival for two nights of colourful and creative entertainment showcasing public education from Kindergarten to Year 12. Wheeler Heights performed on Monday evening with members of the PCS combined choir, Miss Rolfe's Year 2 dance group and our wonderful combined signing choir with Fisher Road SSP. It was undoubtedly one of the finest PCS Choral Festivals in memory. Well done to all! A full report and photos will be included in next week's newsletter.

## Athletics Carnival

Congratulations to all participants at Tuesday's carnival. It was a very busy day, with the 1500m now included as an event in the Pittwater PSSA. There were many school records, personal bests and examples of outstanding sportsmanship! Full results and details will be included in next week's newsletter. Special thanks to carnival organiser Mr Jones and all staff and parents for their support on the day.

## Book Week & Open Day- Thursday 22 August

Our School Open Day will combine with Book Week on Thursday 22 August. All students are asked to dress as their favourite book character. The Book Parade for Kindy, Year 1, Year 2 and Year 6 students will be held at 9.30am in the Hall and all Classrooms from Years K-6 will be open from 10.30-11.00am. Morning tea will then be available for parents and carers at 11.00am.

## School Run4Fun Colour Explosion Run- next week!!!

The School Run 4 Fun COLOUR Explosion is on next week ...

**Thursday 15 August!** Please see the latest info flyer attached later in this newsletter. A detailed information form and sponsorship form were distributed to all students last term and is on the school website.

Currently, we have nearly 200 students registered online and over \$7,500 has already been raised.



**To assist with the administration & collection of funds, we certainly hope that all funds can be raised online.** As you will be aware, students are able to access a great range of incentive rewards.

**Funds are being raised to improve our playground resources and technology within the school.** We hope that all school families will support our major student fundraiser for this year.



## School Supporter

We are excited to announce our new partnership with **Belle Property Dee** **Why** - Nick Duchatel. Our fundraising team has worked hard to build a relationship with Nick and his team over recent months and we are delighted that they have now come on board as our major school supporter.

Originally the major supporter of our Rotary Raffle earlier this year, Belle Property - Nick Duchatel will now partner with us across all of our fundraising events. Please join us in welcoming them to our WHPS community and say hello when they stop by.

**Enrolment 2020**

## 2019 DATES

**Fri 9 Aug PSSA**

**Mon 12 Aug** Basketball Gala Day  
STEAM Challenge at NSHS

**Tues 13 Aug** Woolworths Cricket  
Blast Cup

**Wed 14 Aug** School Tour 9.45am  
Parent Information Workshop -  
Helping your child with reading at  
home 3.30-4.30pm, 5.00-6.00pm

**Wed 14 Aug- Fri 16 Aug**  
Life Education Van

**Thurs 15 Aug** School Run4Fun  
Colour Explosion

**Fri 16 Aug PSSA BYE**

**Mon 19 Aug** P&C Meeting 7pm

**Tues 20 Aug** Yrs 3-6 Author Visit

**Wed 21 Aug** Maths Olym. No. 4  
GOT IT parent workshop – Hall  
6.00-7.30pm

**Thurs 22 Aug** Book Week and  
Open Day

Book Parade – Hall 9.30am  
Open classrooms – 10.30-11.00am

**Fri 23 Aug PSSA TBC**

**Mon 26 Aug – Fri 30 Aug** SASS  
Recognition Week

**Friday 30 Aug** Father's Day B'fast  
PSSA TBC

**Mon 2 Sept** Pittwater Zone  
Athletics Carnival

**Wed 4 Sept** GOT IT parent  
workshop – Hall 6.00-7.30pm

**Fri 6 Sept** Premier's Spelling Bee  
Regional Finals

**Mon 9 Sept** Ballroom Dancing @  
Homebush

**Wed 11 Sept** Maths Olymp No. 5

**Mon 16 Sept** P&C AGM 7pm

**Tues 17 Sept** School Tour 9.45am

**Wed 18 Sept** Yr 4 to Kimbriki

**Thurs 19 Sept** Yr 3 to Kimbriki  
ES1 & Stage 1 Public Speaking  
Competition

**Wed 25 Sept** Yr 5 Surf Skills

**Thurs 26 Sept** PCS NAIDOC  
sleepout @ Bilgola Plateau PS  
Year 5 SEA Education Talk

**Fri 27 Sept** K-2 Sports Carnival  
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

**Fri 25 Oct** Kindy O morning

**Sun 27 Oct** Wheeler Woodstock

**Mon 28 Oct-Fri 8 Nov** Yr 2 special  
swim scheme

**Fri 1 Nov** Kindy O morning

**Fri 8 Nov** Kindy O morning

**Sat 9 Nov** TRIVIA night

**Mon 18 Nov** P&C meeting

**Mon –Wed 2-4 Dec** Yr 4 to Milson  
Island

**Fri 6 Dec** Sports Presentation

**Thurs 12 Dec** Yr 3-6 Pres. Day

**Fri 13 Dec** K-2 Pres. Day

**Mon 16 Dec** Yr 6 Farewell Dinner

**Wed 18 Dec** Yr 6 Graduation &  
clap out.

**Last Day of Term 4**

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

David Scotter  
Principal

## FROM THE OFFICE

### Change of Details

If any personal details have changed please inform the school office by email [wheelerhts-p.school@det.nsw.edu.au](mailto:wheelerhts-p.school@det.nsw.edu.au)

Address

Phone No.

Change in family relationship

### Medical conditions

Include your child's name and class.

Thank you

Jodie Sly

School Administration Manager

# Mrs Wright's Wrap Up

## SPECTACULAR, SHINY, SPECIAL SPORTSMANSHIP

I was beyond proud of so many of our students on Tuesday as I witnessed so much spectacular, shiny, special sportsmanship. I watched friends compete and give races their personal best whilst being cheered for by their peers. Then my heart swelled with pride as I saw children high-five each other, shake hands, hug and congratulate each other. On occasions, I knew certain students were extremely disappointed in not winning a race, however, they maturely accepted the result, were resilient and went to congratulate their friends. So many times I heard children tell others they were proud of them and compliment them on their speed. Can everyone win? No they can't. Is everyone a fast runner? No they are not. Everyone is good at different things and achieves well in different areas. It was wonderful to have so many students participating in events to obtain a point for their house even if they didn't win. Taking risks and putting yourself in situations when you know you may not be successful are so very important and teach invaluable life skills. Our students did this! Many students dealt with disappointment yesterday and watching them handle situations maturely was simply terrific! Well done Wheeler kids! You've made us all so proud!





## GENEROUS, GRACIOUS, GORGEOUS, GREEN FRONT OFFICE STAFF

We are beyond lucky to have the wonderful staff we do in the office. They help students, parents and teachers alike and are the backbone of our school. Being conscious of our school's environmentally sustainable reputation Mrs Wendy Clifford, Mrs Amanda Downs and Mrs Helen Braund were concerned that plastic cups and pill containers were used within the sickbay. So they started investigating and have sourced products to reduce the amount of plastic being used. Cups that are dishwasher safe, and paper pill containers are now being utilised in the sick bay. They haven't stopped there, they are all working to find other ways to make improvements. Wendy is currently searching for suitable coverings for our ice packs instead of using 'Chux'. Stand by for further updates in coming months. Thank you for this wonderful initiative ladies! By working as a team WHPS is leading the way in this area!



## TEACHER PROFESSIONAL LEARNING

Continuing from last week, our teaching staff again remained at school into the evening on Wednesday completing further professional learning regarding the teaching of critical and creative thinking skills. We have identified critical and creative thinking and problem solving as a priority within our school plan. Having our entire teaching staff trained in this area provides us with the opportunity to ensure consistency across the school and allows for collaborative planning and programming to ensure all students in our care are afforded opportunities to show growth in this area. As you know all students K-6 have been working on using these skills with a weekly focus. This additional training provides our teachers with an array of tools and resources to enable them to equip their students to use critical and creative thinking across the curriculum and solve problems. The focus of this week was critical thinking, and for one component of the training our staff worked in teams in a Rube Goldberg machine competition using everyday items. We needed to work together, be persistent and think critically to be successful. There were many failed attempts before the machines worked. This activity was an invaluable learning experience for all and will help us to implement these programs for our students. Exciting times ahead! A huge thank you must go to James Phelps of Minds Wide Open for sharing his knowledge, ideas and resources with us all.



## NATIONAL CONSISTENT COLLECTION OF DATA

Wheeler Heights Public School is participating in the National Consistent Collection of Data (NCCD) on School Students with Disability. All Australian schools are required to collect this data in the NCCD in accordance with their obligations under the Disability Discrimination Act 1992 and Disability Standards for Education 2005. The data will be provided to the Australian Government to assist in the development of a consistent, national picture of the education needs of students with disability. The data provided to the Australian Government by the NSW Department of Education is provided in such a way *that it cannot be used to identify any individual student or school*. General information about the national data collection can be found on the Australian Government website at <https://www.nccd.edu.au/tools/fact-sheet-parents-guardians-and-carers>. If you have any questions about the data collection, please do not hesitate to contact me.

Mrs Priscilla Wright  
Assistant Principal, Instructional Leader

## ATTENTION - All Kindy Parents

### Parent Information Evening - Helping your child with reading at home

Please join us for 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.

**Date:** Next Wednesday 14 August  
**Time:** 3.30pm – 4.30pm or 5.00pm – 6.00pm  
**Location:** WHPS library

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



**Please RSVP by Monday 12 August** to WHPS office (ph. 9971 8352) or your child's class teacher, which session you will be attending. You are most welcome to bring your child and work with them in the session.

Hope to see you there!  
Kindergarten Teachers

## STAGE 3 INCURSION: A Journey to Antarctica

Last Thursday 1 August, Chris Olsen visited our school to take our Year 5 and 6 students on 'A Journey to Antarctica!' Students watched original footage and heard stories from Chris's three expeditions to Antarctica. Below are excerpts from two students' recounts followed by photos taken on the day.

Mrs Sullivan  
Incursion Organiser

*Chris had all these cool pictures from his trip, he had pictures of penguins, elephant seals, massive waves from his trip down to Antarctica, the boat moving through ice and pictures of rock faces. He showed us really funny videos. There was a video of an elephant seal making weird noises. Also there were penguins trying to get across the rocks and there was one penguin that fell. It was super funny.*

*Overall it was the most interesting and funniest incursion I have ever been to. It was amazing. I loved all the things he told us about Mawson's Hut, penguins and elephant seals.*

Alanah R 5S

*Chris had some photos and videos of seals, different penguin species and Antarctic weather. He showed us the clothing that you would wear in Antarctica. He also showed us the real tent he slept in during his trips.*

*Chris had a few soft toy penguins and told us a story of when he made a joke near Mawson's hut. You are not able to walk up to a penguin, you have to stay five metres away, (unless they come to you) and the joke was that he put a stuffed penguin toy near the hut and everyone on the trip didn't know if it was a real penguin or not, because they couldn't get close to it.*

*At the end of the incursion, everyone got to touch real rocks from Antarctica, real ice that was nearly two thousand years old and real timber from Mawson's hut. I think it was a great experience and that Chris was a great guy.*

Erin W 5S





## DANCE PROGRAM



Our Junior Dance Group received first place at the Extreme Competition earlier this year, and have been invited to a special invitation-only Gala Performance. Please see more details about this performance and how to buy tickets below:

**20<sup>th</sup> Anniversary Gala Performance**  
**Sunday August 25, 2019, 5pm-8pm**  
**Abbotsleigh**  
**1666 Pacific Hwy Wahroonga**

Tickets \$25 adult, \$20 child/senior via Trybooking  
<https://www.trybooking.com/BDSUJ>  
 Tickets on sale from July 1, 9am

Please note: the Junior Group will have extra rehearsals on the Friday mornings in Weeks 4 and 5 to prepare. Once we have a confirmed schedule, we will give you more information.

Auditions for the 2019/2020 season for both Junior and Senior groups will occur in Term 4. Please keep an eye out for more information regarding these.

Miss Higgs and Mrs Alexander  
 Dance teachers

## LIBRARY NEWS

### Premier's Reading Challenge


Just a reminder that the students have a little less than a month to finish their reading logs for the Premier's Reading Challenge which ends on August 30. Please print off the Reading Record when completed and hand in to the library.

### Book Week Parade

This year's Book Week theme is "Reading is my Secret Power!" See details below.

Happy Reading!!

Amie Hammond and Corinne Josephs



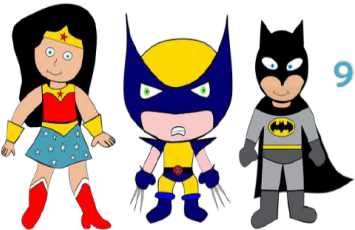
**WHEELER HEIGHTS P.S 2019**

**BOOK WEEK AND OPEN DAY**

**'READING IS MY SECRET POWER!'**

**All students K-6 dress up in Book Week theme or favourite book character**

**THURSDAY 22ND AUGUST**



**9.30 – 10.30 K-2 Book Week**  
**Parade in hall + Yr 6 Buddies**  
(Jazz band performing)

**10.30 - 11am K-6 – Open Classroom Visits**





**10.30 – 11.30 Book Fair** (Cash only - books purchased for donation to the library)  
with morning tea for visitors in library



## SPORTS UPDATE

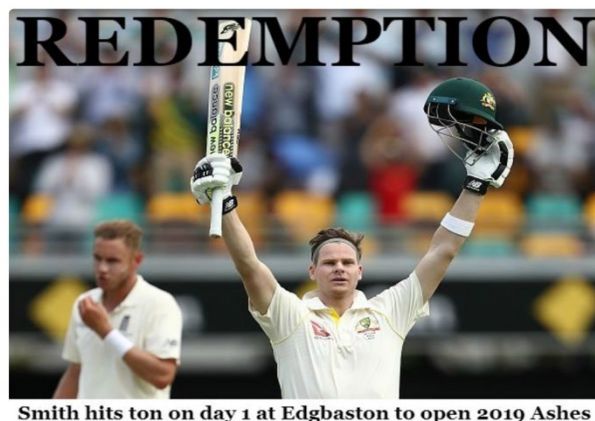
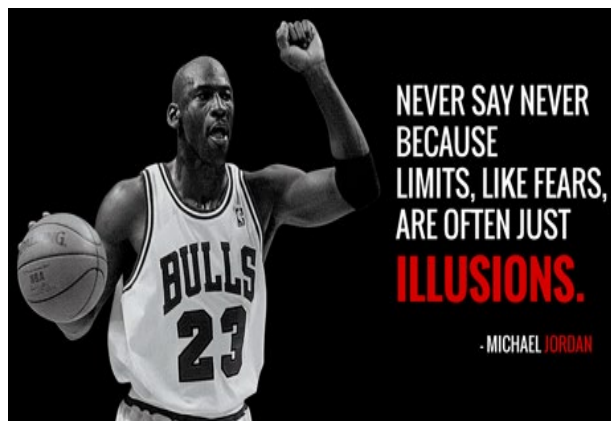
### ATHLETICS CARNIVAL

On Tuesday 6 August we had our Athletics Carnival. There were some amazing results and performances from all students and every competitor should be very proud of their efforts. A huge congratulations to Mr Jones for organising the carnival. It was a very successful day. Results and further information will appear in next week's newsletter (Week 4). Ribbons will be presented at the Monday morning assembly in Week 5.

### WINTER PSSA

WHPS had another fantastic week of sport against Avalon last week. We had some amazing results. Some teams have already secured a semi-final place, with other teams on the cusp of locking in semi-final action. Finals will be played in Week 5 (weather permitting).

Sport	Score	Win/Loss/Draw
Jnr Girls Football	0-3	LOSS
Snr Girls Football	0-2	LOSS
Jnr Boys Football	4-0	WIN
Snr Boys Football	6-0	WIN
Jnr Boys League	10-30	LOSS
Snr Boys League	6-28	LOSS
Jnr AFL	60-15	WIN
Snr AFL	18-78	LOSS
Netball Snr A	10-21	LOSS
Netball Snr B	7-17	LOSS
Netball Snr C	10-6	WIN
Netball Jnr A	1-17	LOSS
Netball Jnr B	2-17	LOSS
Netball Jnr C	0-5	LOSS



We hope the weather God's are kind to us and keep the rain away for another few weeks. If the weather remains clear we will have semi-finals in Week 5 (23/8/19) and finals in Week 6 (30/8/19). Good luck to all our teams this week.

### Week 3 games: Wheeler Heights vs Collaroy Plateau

NETBALL – Boondah  
FOOTBALL – Boondah  
RUGBY LEAGUE – Lake Park  
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).**

### BASKETBALL and CRICKET GALA DAYS

Miss Bamford will be taking a Stage 3 girls (Senior A Netball Team) and Stage 3 boys (Knockout Team) to play in the Manly Warringah Public Schools Basketball Gala Day on Monday 12 August at the NBISC. Please return notes to Miss Bamford ASAP.

Mr James (boys coach) and Mr Jefferies (girls coach) will be taking Stage 2 and Stage 3 cricket teams to play in the Woolworths Cricket Blast Cup on Tuesday 13 August at North Narrabeen Reserve. Please return notes to Mr James ASAP.

Both of these events are designed to increase engagement and enjoyment in team sports. They will be conducted in a fun and safe learning environment with a focus on participation and sportsmanship. We wish all teams the best of luck.

### PREMIERS SPORTING CHALLENGE

We are in the 8<sup>th</sup> week of the Premier's Sporting Challenge. Students are enjoying lots of planned physical activity with their teachers, including outside games and lesson energisers in the classroom. 3-6 students will continue to complete their log books for the next 3 weeks, with teachers registering their physical activity. K-2 students will continue to work with the Year 6 PSC Leaders registering their activity. Please continue to encourage and support your child to get outside, play games and be more active.

Yours in Sport  
Sam James  
Sports Coordinator (relieving)





**Health**  
Northern Sydney  
Local Health District



**All Wheeler Heights Public School Parents (K-6) are invited to attend two seminars on:**

## **How to Support Your Child's Social and Emotional Development**

### **What will be covered:**

- Importance of identifying feelings in yourself to help your children identify and manage their feelings
- Looking at different parenting styles
- Introducing Emotion Coaching techniques
- How and when to use Emotion Coaching with children to support their emotion regulation



**Session Dates:** **Wednesday 21 August & 4 September**

**Time:** **6:00pm - 7:30pm**

**Venue:** **WHPS Hall**

**Please RSVP to the school via email:** [wheelerhts-p.school@det.nsw.edu.au](mailto:wheelerhts-p.school@det.nsw.edu.au)

### **Parent testimonials:**

*"Definitely relevant for all kids and great that I have these tools before they are teens!"* St Ives Parent

*"Invaluable for all parents, this will definitely help me connect more with my children."* St Ives Parent

*"This is great information on skills we can use in all relationships."* Allambie Heights Parent

*"I would highly recommend to other parents! Thank you."* Brookvale Parent

*"A great insight into a child's perspective of the world which helped me understand ways in which I could improve my parenting"*  
North Ryde Parent

*"A very powerful way to understand your children's emotions and your own emotions to be able to connect on a much closer level."* Allambie Heights Parent

**Parents are encouraged to attend both sessions. The 2 sessions cover different content.**



## P&C NOTICES

### Run 4 Fun Colour Explosion

There is now less than a week to go until our kids get colourfully messy in our very first Run4Fun Colour Explosion. There are still many children who have not yet registered online to fundraise, so please jump online now!!! We obviously want this to be a huge success so a reminder to all parents to register online with their child. Online fundraising is our preferred method (over cash). Thank you to those families who are already raising money. They are doing a great job with over \$7,500 raised so far. There will be a special class party for the class who raises the most money. The initial note and sponsorship book details were sent home last term so students who were away or have lost their forms can follow the [link here to register](#).

Many thanks,  
P&C Fundraising Team



Dear Parent/Guardian

Proudly supported by

**School Run4 Fun Colour Explosion – Thursday 15 August – 1.30 – 3pm**

Thank you for your support with the School Run4Fun Colour Explosion so far. The event is only a week away which is very exciting and we are well on our way to reaching our fundraising goal!

#### Dress

Get ready to get colourfully messy! We recommend:

- Wearing a plain white t-shirt and sport shoes that you don't mind getting messy
- Bringing eye protection such as sunglasses or goggles. We will do our best to throw powder at the torso, however wind and other factors can cause the powder to protrude on the face
- Bringing a change of clothes for any after school activities. Students will not return to the classrooms

Students may also like to wear lots of colour such as crazy socks and shorts/skirts and wear crazy hair styles. It's all about the fun!

#### The Event

- Students will go to the oval at 1:15pm ready for a 1:30pm start
- The obstacle course will be run in stage groups with Kindergarten running with their Year 6 buddies
- Parents are welcome to attend. The event will end with a run for teachers and parents!
- There will be various colour powder stations throughout the course. Students that don't wish to have colour thrown at them can bypass the stations

#### Online Fundraising and Cash Donations

Please continue to fundraise right up until the day of the event! Online fundraising is the preferred method.

- Online donations will close on the evening of Thursday 22 August
- Cash donations must be returned to the office, along with the completed hardcopy sponsorship form by Friday 23 August

#### Prizes

- Prizes ordering will be available online from 24 - 30 August.
- There will be a special prize for the class who raises the most money.

#### The Colour Powder

The colour powder used in the event is non-toxic, biodegradable and environmentally friendly consisting of 98% corn starch and 2% food colouring. It will likely washout of your child's clothing, however it is not guaranteed.

The colour powder is considered safe for use. Should you wish to view the ingredient listings and toxicology risk assessment of the powder, please see the staff in the Administration Office.

It is our responsibility to seek permission for your child to participate in the School Run4Fun Colour Explosion. All measures have been taken to ensure that this event is safe for all students.

Get ready for a **BLAST OF COLOUR**, and thanks in advance for your support! If you have any questions please contact your class teacher or email the Fundraising Team at [whps.fundraising@gmail.com](mailto:whps.fundraising@gmail.com). Happy fundraising, happy running!

David Scotter, Principal and the Fundraising Team

**IF YOU DO NOT COMPLETE THE BELOW CONSENT FORM THIS WILL CONFIRM THAT YOUR CHILD CAN PARTICIPATE**

### SCHOOL RUN4FUN COLOUR EXPLOSION PARENT CONSENT FORM

Please complete and return to the Administration Office if you **DO NOT** consent for your child/s to participate in the School Run 4Fun Colour Explosion.

I, ..... do not wish for my child/s stated below to participate in the School Run4Fun Colour Explosion.

Student's Name: ..... Class: .....

Student's Name: ..... Class: .....

Student's Name: ..... Class: .....

Parent/Guardian's Signature: ..... Date: .....



## P&C FUNDRAISING EVENTS CALENDAR

Events	Class Helper	Dates
School Run4Fun	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

CANTEEN ROSTER 2019	CANTEEN ROSTER 2019
<b>TERM 1 2019</b>	<b>CLASS VOLUNTEER</b>
WEEK 3	2J & 2W
WEEK 4	1/2 E & 3B
WEEK 5	5S & 5/6T
WEEK 6	1M & KT
WEEK 7	1G & KH
WEEK 8	3/4Y & KS
WEEK 9	1R & 4J
WEEK 10	3S & 4R

**WE**  **VOLUNTEERS**

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.

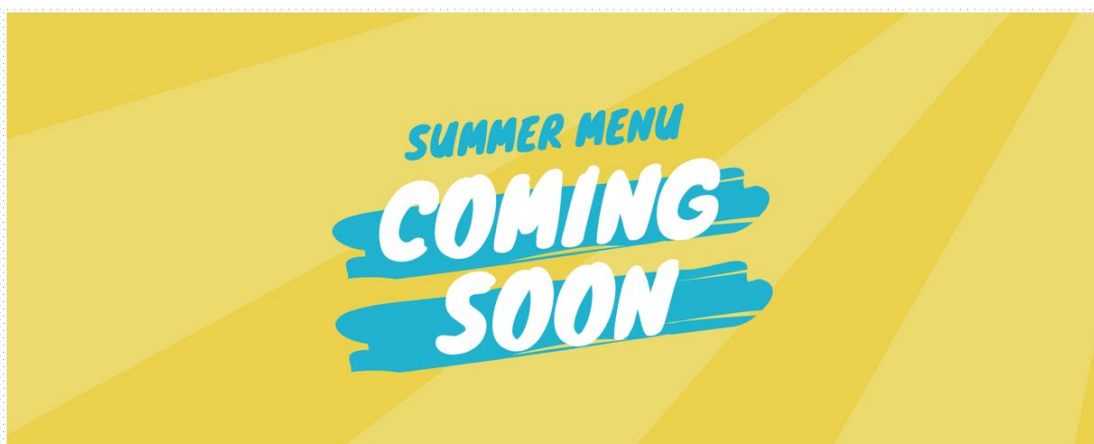
Parents if you use the online sign up system please email your class parent to let them know by emailing us at [whpscanteen@gmail.com](mailto:whpscanteen@gmail.com)

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/NsULFeM>

Every volunteer will receive a canteen superhoo for their child to use at a later date.

Grab a friend and sign up! Thank you, The Canteen



**NEW CANTEEN ITEMS BEING ADDED SOON FOR SUMMER!**  
**EVERYTHING IN YOUR CANTEEN IS HOMEMADE AND WITH NO ADDITIVES, PRESERVATIVES OR ARTIFICIAL COLOURS AND FLAVOURS.**

**HAVE A LOOK AT THE CURRENT MENU AT [WWW.FLEXISCHOOLS.COM.AU](http://WWW.FLEXISCHOOLS.COM.AU)**



Do you want  
to make a  
difference in  
the life of a  
child?



# Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.

Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 8303 7644 or email [CapsMetroCentral@facs.nsw.gov.au](mailto:CapsMetroCentral@facs.nsw.gov.au)



**Family &  
Community  
Services**

# PARENTING *Teens*

## A one-day guest speaker event

7th September 2019 | 10:00 - 4:00pm  
Manly Golf Club - 40 Balgowlah Road, Manly

### THE PARENTING TEENS 2019 IS A LOCAL COMMUNITY ONE DAY EVENT

With a professional guest speaker forum covering the many important topics and challenges of raising teens that are common to all of us. The audience will hear from mentors, practitioners and community leaders about all the issues facing our local teens in the age in which we live. We were all teens once but perhaps in a very different world.

#### SPEAKERS



**DR KRISTY GOODWIN**

Digital Wellness



**PAULINE POLLARD**

From Anxiety to Calm & Confident



**MATTHEW JOHNSTONE**

Mindset and Wellbeing



**LEONIE SMITH**

The Cyber safety lady



**DIANNE LAVENDER**

Building Resilience



**GABRIELLA BILBILIO**

Building Resilience

#### WHAT TO EXPECT

Our intention is for you to leave the Parenting Teens event uplifted and confident about the road ahead. Feeling empowered and equipped with strategies, solutions and expert advice to help you and your teen navigate through the challenging years.

#### WE GRATEFULLY ACKNOWLEDGE THE SUPPORT OF...

G.J. Gardner. **HOMES**



#### TICKETS

Visit [www.parentingteens.com.au](http://www.parentingteens.com.au) to book your place now



[www.parentingteens.com.au](http://www.parentingteens.com.au)  
[parentingteens](https://www.facebook.com/parentingteens)  
[@parentingteensips](https://www.instagram.com/parentingteensips)

**Lifeline** Saving Lives  
Crisis Support. Suicide Prevention.

# GIANT BOOK FAIR

**Warriewood**  
Ted Blackwood Hall  
Jacksons Road

**August 23-25**

**Friday 12-8**  
**Saturday 9-5**  
**Sunday 9-2**

# BAYRUN

SUNDAY 4 AUGUST 2019



**Join our school's BayRun '19 team!**

**Sunday August 4, 2019 at 8am**

Run the Primary OSHCare 2km children's challenge

Everyone receives a medal for taking part!

Register now at [www.bayrun.com.au](http://www.bayrun.com.au)

Like us on [facebook.com/bayrunaustralia/](https://www.facebook.com/bayrunaustralia/)



#### Make your race count!

Fundraise for the Indigenous Literacy Foundation and help children in remote communities across Australia!

Set up your own fundraising page at:  
[give.everydayhero.com/au/team-bay-run-2019](https://give.everydayhero.com/au/team-bay-run-2019)





# **COLLARROY SURF LIFESAVING NIPPERS**



## **REGISTRATION DAY 2019/2020 Season**

Saturday 31st August 1pm - 4pm

Sunday 15th September 9am - 12pm

@ Collaroy Surf Lifesaving Club

**Do you want your children to be confident in the surf?  
Learn surf skills and rescue, board paddling and  
first aid all while having fun at the beach!  
Join us @ Collaroy Surf Life Saving Club.**

**Orientation Day – Sunday 22nd September, 9am -10.30am**



Find us on  
**Facebook**

Collaroy SLSC Nippers or go to [www.collaroysurfclub.com.au/nippers](http://www.collaroysurfclub.com.au/nippers)



# Register Now with Pittwater Softball for the Upcoming Summer Season.



## THIS SUMMER DO SOMETHING NEW!

Softball and T-Ball is a great sport for girls and women of all ages and all levels of fitness. From social to elite, from 6 to 60 plus. You will have a ball!

- All games played at Curl Curl
- Juniors play Saturday morning
- Seniors play Saturday afternoons
- Divisions and Grades available for all ages and skill levels
- Competition starts September, breaks for Christmas and finishes in March
- Training for juniors is usually at Boondah Fields, Warriewood
- Groups of friends, school teams or corporate teams welcome.
- We try our best to keep registration costs as low as we can. This makes softball one of the best value sports on the Peninsula.
- We offer a free cap, ball, helmet and glove to new U12 players

Registration is open after 2 July 2019

Link for Pittwater Softball Registration:

[http://websites.sportstg.com/club\\_info.cgi?c=1-10854-167809-0-0&SID=382601](http://websites.sportstg.com/club_info.cgi?c=1-10854-167809-0-0&SID=382601)

**Be Quick!  
Don't miss  
out!**



Use your \$100 active school voucher when you register. See <https://www.service.nsw.gov.au/transaction/apply-active-kids-voucher>

For further details about registration contact Mel Stevenson :

[MELISSA.STEVENSON@det.nsw.edu.au](mailto:MELISSA.STEVENSON@det.nsw.edu.au) or phone 0403 777 441