



The Wheeler Word

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

Term 3 Wk 2

Thurs 1 Aug 2019

Acknowledgement of Country

Before we begin we would like to pay our respects to the Gai-maraigal and Garigal people who were the caretakers of this land. We would also like to appreciate the traditional custodians of the past, present and future.

Chloe W

Welcome back Shauna Tyson

It is great to have Shauna Tyson back at school this term. Shauna will be taking the Intermediate and Senior bands and working with Anthony and the Training Band for their rehearsals each week. Special thanks to Derek, Kirrily and Kinsey who looked after the band program so well during Shauna's absence.

School Website

Special thanks to Amanda Downs from our Admin team for doing such a fine job in keeping our school website up to date with important dates and each week's newsletter.

PCS Music Festival – Mon 5 August @ Pittwater HS

Our Wheeler Wailers, Signing Choir & Miss Rolfe's Dance group are excited about the upcoming PCS Music festival in Week 3. I hope that parents have secured their tickets as this event is always a sell out!

Special thanks to **Ms McCombie** who is the artistic director for this PCS two night extravaganza and celebration of public education.

Education Week – Book Week & Open Day- Thurs 22 August

Education Week will be in Week 3 but at Wheeler Hts we will once again be combining Education Week with Book Week. Consequently, our Open Day will be on Thursday 22 August with more details to come.

School Run4Fun 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 last term and is on the school website. Currently, we have over 80 students registered online and over \$5,000 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. **See more details later in the newsletter.**



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

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

2019 DATES

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

Fri 9 Aug PSSA

Mon 12 Aug Basketball Gala Day

Wed 14 Aug- Fri 16 Aug
Life Education Van

Thurs 15 Aug School Run4Fun Colour Explosion

Fri 16 Aug PSSA

Mon 19 Aug P&C Meeting 7pm

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

Thurs 22 Aug Book Week author visit and Open Day

Fri 23 Aug PSSA

Mon 26 Aug – Fri 30 Aug SASS Recognition 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 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 TBC

Thurs 26 Sept PCS NAIDOC

sleepout @ Bilgola Plateau PS

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

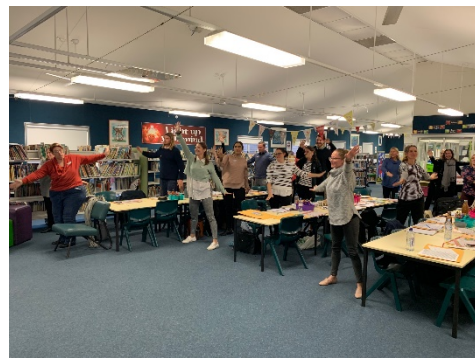
FROM THE OFFICE

Book Club orders are due by Monday 5 August.

Mrs Wright's Wrap Up

TEACHER PROFESSIONAL LEARNING

Last night our teaching staff remained at school into the evening 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. We are all thrilled to be implementing these programs into our school and have many exciting learning opportunities organised for the future. The training will continue for teachers next Wednesday with another late afternoon/evening presentation.



GYMNASTICS PROGRAM FOR KINDERGARTEN AND YEAR 1

In line with syllabus requirements our sensational, stretchy students in Kindergarten and Year 1 are participating in a glorious gymnastics program with 'Be Skilled Be Fit' gymnastics teachers this term. I visited Miss Thompson and KT on Tuesday whilst they were running through their jumping activities. I was so impressed with the attitude and effort of all students. The instructors had an iPad set up which allowed the students to watch themselves after doing their jumps to see what they needed to fix within their technique and approach for their next jump. The students worked hard to improve with each jump and all achieved success at their own level. Well done KT and thank you to the 'Be Skilled Be Fit' teachers for all their preparation and work.



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.

SPORT AND GROUP PHOTOS

ONLINE ORDER CODE: VV6 AZM K8X

Online Order link: <https://www.advancedimage.com.au/keycode/keycodefinder.aspx?keycode=VV6AZMK8X>

School extra-curricular group photographs were taken recently. These groups include sports teams / prefect groups, bands or other extra-curricular groups and these group images are now available for purchase at the **advancedlife** [Wheeler Heights Public School Community Portal](#).

Simply follow the link above to go directly to the WHPS community portal.



Important Information:

- Extra-curricular group photos can only be purchased online, DO NOT return payment to school
- Photos will be returned to the school for distribution approximately six weeks after photos are ordered
- Past years' photographs including sports, extra-curricular and representative groups are also available

Mrs Priscilla Wright
Assistant Principal, Instructional Leader

DANCE PROGRAM

The dance season for 2018/19 has now officially finished.

However, there is some very exciting news for our Junior Dance Group only. As they received first place at the Extreme Competition earlier this year, they have been invited to a special invitation-only Gala Performance. Please see more details about this performance and how to buy tickets below:

20th Anniversary Gala Performance
Sunday August 25, 2019, 5pm-8pm
Abbotsleigh School
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

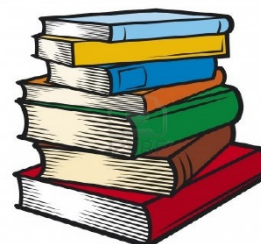
Just a reminder that the students have a little less than a month to finish their reading logs for the Premier's Reading Challenge which ends on August 30. Please print off the Reading Record when completed and hand in to the library.

Book Week Parade

This year's Book Week theme is "Reading is my Secret Power!" and we will be having a Costume Parade for K-2 in Week 5 to celebrate (more details to come!). We are looking forward to seeing your creative Book Week costumes.

Happy Reading!!

Amie Hammond and Corinne Josephs



SUSTAINABILITY NEWS

Last Friday was Schools Tree Day and to celebrate, all of the Sustainability Leaders planted 10 new native trees behind the office block. These are tucked up in the top right corner, near the native bee hive. This is in the hope of attracting more bees! Feel free to take a wander up there and have a look at the new additions. While you are there, check out our amazing chickens and bee hives! Well done to our leaders for leading the way! In other news, our Eco Warriors have been busy promoting Plastic Free July for the last two weeks and during last week last term. They have been monitoring and rewarding those children trying their best to pack wrapper free. A very big congratulations to Wheeler for having the most children pack wrapper free in July! They earned over 4000 points for their house! Well done! See if you can keep up the great work and pack wrapper free every day!

Mrs Belinda Alexander
Sustainability and ECO Coordinator



SPORT NEWS

Athletics Carnival

The WHPS athletics carnival will be held Week 3, Tuesday 6 August at the Sydney Academy of Sport, Narrabeen. All classroom teachers have entered students into the following events: 1500m, 800m and field events. Please encourage your child to compete in events, earn points for their house and enjoy the carnival. Please see the following page for program of events.

Children are to wear sports uniform on the day or house colours. While canteen facilities will be available from 10am, children are encouraged to bring recess and lunch. There is a covered grandstand, however children should be advised to bring wet weather gear and a tracksuit to keep warm. Buses will leave school from 8:30am sharp. **Nominated 1500m runners will make their own way to the track for an 8:30am race start** and the carnival will conclude at 2:40 pm. Children may wear spikes to compete in their respective events.



Basketball and Cricket Gala Days

Miss Bamford will be taking Stage 3 girls (Senior A Netball Team) and a Stage 3 boys (Knockout Team) to play in the Manly Warringah Public Schools Basketball Gala Day on Monday 12 August at the NBISC. No trials need to be held and notes will be sent home soon.

Mr James (boys coach) and Mr Jeffery (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. Trials will be held this week and notes will be sent home to successful players.

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.

**WHEELER HEIGHTS PUBLIC SCHOOL
ATHLETICS CARNIVAL
PROGRAM OF EVENTS 2019**



1500 metres (8:30) *Run as finals on times and by age group * Long Jump

Junior Girls

Junior Boys

11 years Girls

(Note: Races merged pending numbers)

11 years Boys

12/13 years Girls

12/13 years Boys

200 metres *Run as finals on times * High Jump

Junior Girls

Junior Boys

11 years Girls

11 years Boys

12/13 years Girls

12/13 years Boys

100 metres *Run as heats * Shot Put

8 years Girls

8 years Boys

9 years Girls

9 years Boys

10 years Girls

10 years Boys

11 years Girls

11 years Boys

12/13 years Girls

12/13 years Boys

100 metre FINALS

Relays – 4 X 100 m **Junior** Relay: 4 fastest girls and 4 fastest boys in each house.

4 X 100m **Senior** Relay: 4 fastest girls and 4 fastest boys in each house.

*800 metres *Run as finals on times and in groups as per 1500m and 200m*

Carnival Organisers: Mr N Jones and Mrs N Young



Premier's sporting challenge

We are in the 7th 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 4 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.

New staff uniform

On Monday we were very lucky to have 3 amazing models at WHPS. Many people would have seen them at our Monday morning assembly or walking around the school. They wore the new staff uniform with great pride and style. Look out for more stylish staff over the next few days.



Winter PSSA

Wow that was an exciting week of sport against Newport last week. We had some awesome results. Some teams are well on their way to making finals in Week 5 (weather permitting).

SCHOOLS:	WHPS	V	NEWPORT	Term 3 Week 1
SPORT	SCORE		WIN/DRAW/LOSS	
Jnr Girls Football	1-1		DRAW	
Snr Girls Football	0-1		LOSS	
Jnr Boys Football	0-1		LOSS	
Snr Boys Football	1-0		WIN	
Jnr Rugby League	4-12		LOSS	
Snr Rugby League	20-6		WIN	
Jnr AFL	68-8		WIN	
Snr AFL	71-1		WIN	
Netball Snr A	6-11		LOSS	
Netball Snr B	14-11		WIN	
Netball Snr C	12-6		WIN	
Netball Jnr A	2-11		LOSS	
Netball Jnr B	3-9		LOSS	
Netball Jnr C	1-0		WIN	

We hope the weather Gods 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.

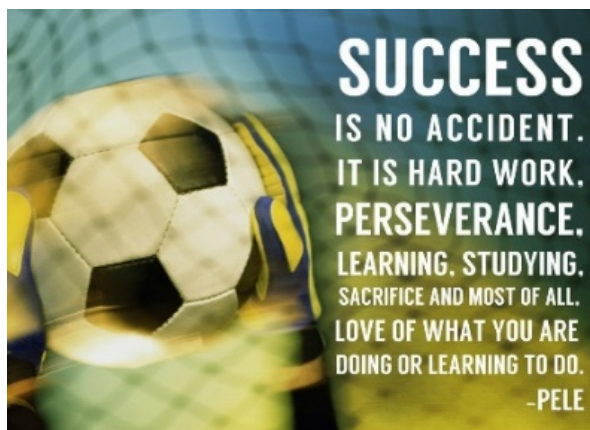
Week 2: WHPS V. Avalon

NETBALL – Boondah
FOOTBALL – Boondah
RUGBY LEAGUE – Narrabeen 3
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).

Yours in Sport,

Nadine Young
Sports Coordinator





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

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.

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 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 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. 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

Run 4 Fun Colour Explosion

There is less than two weeks 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 \$5000 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 see their teacher or the office or follow the [link here to register](#).

Many thanks,

P&C Fundraising Team



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

Entertainment Book

We're fundraising with

Please Help Support Wheeler Heights Public School Canteen

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

FUNDRAISING WITH

THANK YOU FOR YOUR SUPPORT!
Wheeler Heights Public School Canteen
Sherene Lagace
0427174472
whps.fundraising@gmail.com

BAND NEWS

JAZZ BAND TO IGNITE WITH THURSDAY RECRUITMENT GIG!

In an exciting coup, the Jazz Band performed a Recruitment Concert on Thursday morning, 1 August 2019 (immediately after its ordinary Thursday morning rehearsal).

This concert was a "band promotion" event and was performed to all those potential musicians who will be in Years 3-6 next year and who are interested in joining the band next year. It showcased the various instruments in the band as well as the remarkable talents of the jazz band generally. These guys rocked!

RECRUITMENT NOW UNDERWAY FOR 2020

If you know anyone interested in joining our bands in 2020, send them to our website www.whpsband.com.au/ We have a wealth of information online, together with all the forms you need to get started.

As part of our recruitment structure, we are commencing recruitment in Term 3, so that our new musicians can get started in Term 4 when they will receive their instruments and participate in group lessons. So please pass our details on to anyone you know who may be interested.

OPEN REHEARSALS – NEXT WEEK!

Over the course of next week all our morning rehearsals are open to anyone interested in joining band in 2020. Please let everyone know that they are welcome to come to the school hall anytime between 8:00am and 9:00am on Monday, Tuesday and/or Thursday morning to have a look at what happens in our bands.

WHEELER WOODSTOCK – PRIMARY SCHOOL JAZZ BAND WORKSHOP & FESTIVAL

Here it comes! In conjunction with the jazz bands from Collaroy Plateau, Harbord and Mona Vale Public Schools, Wheeler Heights Public School is hosting a **Jazz Band Workshop** on **Sunday 27 October 27 noon – 4:30pm**.

Renowned Jazz Musician and Educator John Morrison along with trombone & pocket trumpet extraordinaire James Greening will be running the workshops and working with the children in sectionals. Also coming along as a mentor this year is the renowned local musical legend Geoff Power.

At the conclusion of the workshops a Combined Jazz Bands Concert **will begin at around 3:45pm** for families and friends. Entry is free, all are welcome to attend. This concert should be a blast.

SENIOR & INTERMEDIATE BANDS TO PERFORM AT CHATSWOOD CONCOURSE – NSSWE 2019 SPRING FESTIVAL!

Please note that our Senior and Intermediate Bands will be performing at this festival on Saturday 14 September at 2:30pm.

This is an incredibly exciting event at a world class venue. This amazing acoustic facility will be an incredible experience for musicians and parents alike. We recommend you order your tickets early and get ready to enjoy the magic! Tickets normally go on sale through Ticketek and at The Concourse Box Office (we will let you know when this happens). The NSSWE Spring Music Festival is a celebration of music and musicianship. It is an important and prestigious event on our Senior and Intermediate Bands' calendar.

BE ON TIME TO REHEARSAL

We know it's cold and dark in the morning...but we ask that everyone please make an effort to get to band rehearsals on time. Actually, please get to rehearsal 10 minutes before the start time, so you can help set up the hall and also set up your instrument and be ready for the first downbeat.

SECOND HALF YEAR ACCOUNTS NOW DUE

Band parents will have received details as to how to pay their account for *band fees* for the second half.

We ask for prompt payment - online - or by cheque or cash (properly labelled) posted in the band mail box in the office. If you have any questions or comments about your next account for next semester please drop us a line at accounts@whpsband.com.au

WHPS Band Upcoming Events:

- Now - Term 3 - Recruitment processes commence for 2020 Bands
- 2 September - Blow tests for 2020 Training Band begin
- 14 September @ 2:30pm – NSSWE Concert @ Chatswood Concourse – Senior & Intermediate Band
- Monday 7 October – Manly Jazz Festival, John Speight Stage – Jazz Band – 10:00am
- 27 October @ noon to 4:30pm – Wheeler Woodstock – Jazz band

For more info on the WHPS Band go to: 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

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	GABRIELA BILIBIO 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



TICKETS

Visit www.parentingteens.com.au
 to book your place now



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

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

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

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

Live Life Well @ School

NSW HEALTHY SCHOOL CANTEENS ARE...

Using the Health Star Ratings

Health stars are on the front of many packaged foods.

Fresh is best, but when buying packaged food use the health stars.

Discover more at:
healthstarrating.gov.au
healthyschoolcanteens.nsw.gov.au

 Health
 Northern Sydney
 Local Health District