

# The Wheeler Word

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Term 3 Wk 10

Thurs 26 Sept 2019

## Acknowledgement of Country

*Before we begin we would like to pay our respects to the Gai-maraigal and Garigal people who are the traditional custodians of this land we stand on today. Under the concrete and asphalt is land that was and always will be Aboriginal land. They are the ones who brought the spirituality and environment to life. We want to thank them for what they have done for this beautiful place we call home.*

**Josh P – Year 6**

Special thanks to Monique W and her mum Bronwyn, and Zoe D who have kindly re-painted one of the Aboriginal murals outside the Kindy rooms. The Wassell family have painted a number of lovely pieces of art over the years and Bronwyn also regularly looks after the plants and flowers around the front entrance to our school. Thank you!

## NAPLAN Years 3 & 5

Our NAPLAN results have recently been received, and we have achieved very pleasing results. As usual, we will provide a school summary in the coming weeks. Individual letters for the students in Years 3 and 5 have been distributed today.

## P&C AGM

We had a very pleasing attendance at the P&C AGM last week and most positions have been filled for the 2019/20 year. I would like to again thank and acknowledge the tremendous job **Natalie Cook has done as our P&C President**. Natalie has always been extremely positive, hard working and very proactive in dealing with the many issues and activities that arise in a school. The number of parents attending the monthly meetings has greatly increased over the past few years and this is a clear reflection of Natalie's calm and concise management style and her willingness to encourage parents to voice and discuss their ideas and suggestions. Special thanks also to retiring Vice President **Julie Harrison** and Communications Officer **Susie Paul** for all their hard work and assistance to our school.

Congratulations to our new P&C Committee for 2019/20

President	Paul Hardy
Vice Presidents	Adam Baker & Simone Sakovits
Secretary	Suzanne Baker, Toni Lee Waller (Assistant)
Treasurer	Chris O'Brien
Communications Officer	Derek Mascarenhas

We are still looking to appoint a Canteen Convenor and Secretary. If you would be interested in either of these positions please let Paul or myself know.

## School Improvements - Roofing, Painting & Fencing

The roofing project should be finished during the coming holidays. We are very pleased with the new roofs and the tradesmen have done a wonderful job.

Also during the school holidays we will have painters on site. A number of rooms and surfaces are being re-painted and some floors are being renovated.

A safety fence will also be installed around the tennis courts.

**Consequently the school will not be open during the break for the Share Our Space Scheme. OOSH will operate as usual** over the holiday period and we ask that you at all times are careful and vigilant when entering and leaving the school as a number of tradesmen and vehicles will be on site.



## 2019 DATES

**Thurs 26 Sept** PCS Aboriginal Education Activities @ Bilgola Plateau PS  
Yr 5 Surf Skills talk

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

**Last day of Term 3**

## TERM 4

**Mon 14 Oct** All Staff & Students return to school

**Wed 16 Oct** Sydney North Athletics @ Homebush  
Kindy 2020 Info night 7pm

**Fri 18 Oct** PSSA summer recommences

**Mon 21 Oct** P&C Meeting 7pm

**Thurs 24 Oct** School Disco

**Fri 25 Oct** Kindy O morning 9.30am PSSA

**Sun 27 Oct** Wheeler Woodstock

**Mon 28 Oct - Fri 8 Nov** Yr 2 Special Swim Scheme @ Manly Pool

**Fri 1 Nov** Kindy O morning 9.30am PSSA

**Fri 8 Nov** Kindy O morning 9.30am PSSA

**Sat 9 Nov** P&C TRIVIA night

**Fri 15 Nov** PSSA TBC

**Mon 18 Nov** P&C meeting

**Thurs 21 Nov** Yr 5 Surf Skills

**Fri 22 Nov** PSSA TBC

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

**Wed 4 Dec** Yr 2 Drama

**Thurs 5 Dec** Carol Night TBC

**Fri 6 Dec** Sports Presentation

**Tues 10 Dec** Kindy Drama TBC

**Wed 11 Dec** Yr 1 Drama

**Thurs 12 Dec** Yrs 3-6 Pres. Day 9.30am

**Fri 13 Dec** K-2 Pres. Day 9.30am

**Mon 16 Dec** Yr 6 Farewell Dinner  
Yr 3 & 4 Picnics

**Tues 17 Dec** Yr 5 & 6 Picnics

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

**Last Day of Term 4**

## 2020 dates

**Tues 28 Jan** Staff return

**Wed 29 Jan** Years 1-6 return

**Wed – Fri 29-31 Jan** Kindy Best Start meetings

**Tues 4 Feb** Kindy start school

## PCS Emotional Health Survey - Years 4, 5 and 6

Wheeler Heights Public School, in partnership with the Peninsula Community of Schools (PCS), has teamed with the Centre for Emotional Health at Macquarie University to develop a student survey to measure emotional health. A PCS Committee has worked with Professor Ron Rapee ([Ron.Rapee@mq.edu.au](mailto:Ron.Rapee@mq.edu.au)) to "purpose-build" a questionnaire to measure the emotional health of students at our school and to determine whether any young people are going through current difficulties. This survey will include measures to assess issues relating to body image, anxiety, social media usage and bullying. Students do not have to answer any questions that make them feel uncomfortable.

This survey will help our school to better identify issues impeding student wellbeing and engagement. It will also help the Wellbeing Team discuss what works to improve student emotional health and related outcomes. The survey typically takes 30 minutes or less to complete and will be administered by classroom teachers.

To ensure confidentiality, participating students will use a generic login. Only schools will be able to identify students in the data by decoding their Student Registration Number and matching their name. Macquarie University will not be able to identify students as they will store the data on a secure server at Macquarie University with only the Student Registration Number. This de-identified data may be used, at a group level, to report outcomes from this project and may be published in scientific papers. No individual will ever be identified for research purposes. In years to come, we anticipate this survey will provide us with longitudinal data to advise programming as well as monitor the emotional health of individuals and cohorts.

Students of concern will then be identified through their SRN by the Principal and their parents/carers will be notified. A care plan will be offered for any students with concerning results and include options for support. Our school may suggest a specific program or agency to help students with particular difficulties to build their skills in this area.

Participation in the survey is highly encouraged and voluntary. Please assist us by providing consent for your child to participate in this important project. There is one survey for Years 4 and 5 and a separate one for Year 6. A consent form has been given to all Year 4, 5 and 6 students today and also emailed to those parents. Please complete the form and return it to your child's classroom teacher by 18 October or respond directly to the email.

More information about the survey and the research is available by contacting Mrs Priscilla Wright or myself.

## Year 5 Families - 2021 Selective High School Test

Today, Year 5 parents have been emailed the Intention to Apply to a Selective School in 2021 form. **Applications open online on Tuesday 8 October.**

## Maths Olympiad Years 5 & 6

During Terms 2 and 3, a group of Year 5 and 6 students have been working together on problem solving strategies in order to solve a series of Maths Olympiad problems. There were five tests completed over the time with five questions in each test. The questions are extremely difficult and devised to challenge and extend capable students.

Congratulations to all the students who worked so enthusiastically and collaboratively this year.

The top scorer this year was **Keilana S who scored a very impressive 17 out of a possible 20** (being absent for one test). Destiny J scored 16, Leo B, Zoe D, Zahra M and CJ W scored 14, Brae R 13 and Josie J and Monique W 12.

## Enrolment 2020

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

**Have a safe and happy holiday with your family and friends.**

*David Scotter*  
Principal

## WHEN PUBLIC SPEAKING IS NOT A SPEECH

Over the years, the students from Kindergarten all the way to Year 6 have participated in the Public Speaking Competition. Every year, I'm amazed by the engaging, creative ideas and the confidence and poise of our students. Last week however, the world was shown another very important form of Public Speaking. On Friday 20 September, 80,000 students and citizens from all over Sydney met at the Domain to use their collective voice on a topic dear to their hearts and important to their future. What an amazing example of democracy in action and empowerment for our young people. Also last Friday, you may have noticed a number of staff wearing green. We decided that although it was not within our power to attend the schoolstrike4climate rally, we wanted the students to know we support them. Wheeler Heights students and staff have a fantastic reputation for pursuing environmental education and sustainability on a daily basis. Sometimes you need to use a big voice and sometimes you just need some quiet action.

Trish McCombie





# Mrs Wright's Wrap Up



## CHEEKY, CRAZY, CONFIDENT, CLUCKY AND CONTENT CHOOKS!

Boy our lovely ladies are lucky! Having Mr Jones and his team of helpers looking after them each day has ensured they are happy, healthy hens! This is a shout out to Mr Jones for all his work with our chickens. He comes in on his weekends, early in the morning and stays late in the afternoon to make sure everything is working well for them. Mr Jones drove the initiative to have his Science Fair students design and build the chicken coop with him. Having a moveable structure has meant the chickens always have fresh healthy lawn under their feet and they are thriving. They each usually lay one egg a day. We are so lucky at WHPS to have dedicated and passionate teachers who provide opportunities for our students to experience many and varied learning environments and programs. Thank you Mr Jones! We appreciate you!

## THANK YOU MISS MODESTO AND MR STROZER! WE WILL MISS YOU BOTH!

KS, Mrs Smith and Miss Migan, 5/6T and Miss Tekampe are all a little sad this week. The time has come for Miss Modesto and Mr Strozer to finish their professional experience placements with us. Both teachers have been wonderful assets to our school and we are upset to see them go. We hope to see them in the very near future. We thank them for their commitment, bubbly demeanours, professionalism and contribution to our school. We will miss you!



## STAGE 1 INTERNATIONAL TRAVELLERS

Our amazing Stage 1 teachers created a wonderful cultural learning experience for their students this term. As part of their literacy unit classes they learnt about the food, language, art, culture and traditions of either India or China. 1/2E, 2J and 2W read the text *Finders Keepers?* by Robert Arnett about a person travelling in India, while 1G, 1M and 1R read the text *Noodle Magic* by Roseanne Greenfield Thong, which is set in China. They also created artworks inspired by their country. Each class then worked in small groups, shared their knowledge and explained what they learnt to a buddy class. Students taught each other and presented their information by creating Powerpoint presentations, making posters or sharing activities. This meant the students were exposed to an understanding of both cultures through the peer presentations. It was incredible to see the knowledge children so young had gained and many parents have expressed the excitement their children have shown at home towards the culture they were researching! Well done to all students and teachers in Stage 1!



Mrs Priscilla Wright  
Assistant Principal, Instructional Leader

## K-2 ATHLETICS CARNIVAL

**Get excited!! Our K-2 Athletics Carnival is tomorrow!**

Parents, grandparents and siblings are invited to attend the K-2 Athletics Carnival tomorrow Friday 27 September on our school oval. It will commence at 9.30am and conclude around 11.15am.

Come along, cheer the children on and even participate in the parents' and toddlers' events!



Students are asked to wear their normal sports shorts or skirt and runners with a t-shirt in their house colour. Most importantly, don't forget a hat, sunscreen and a bottle of water.

Jenkins – yellow  
Ramsay – red  
Wheeler – green



If you decide to take your child home after the carnival, please see your child's teacher to sign him/her out. **Children will not be permitted to leave early without a note from their parent or a parent signature on the roll. If you wish for another parent to take your child home, we must have written permission on the day.**

We are looking forward to a fun-filled day!

K-2 Teachers

## SUSTAINABILITY NEWS

For the past two terms, we have had a variety of classes from Years 3-6 take on and manage the bins. Some children are more passionate than others and really show the school the right things to do. I, and the other teachers have been watching carefully for children doing the right thing. Whilst the monthly award usually goes to a sustainability leader, I could not go past a super star who has been doing an outstanding job. She was reliably monitoring and assisting the children choosing the correct bin and then would help with the recycling or composting after. A very big congratulations to Autumn A (3B) for being a fine role model and leading the way in making sustainable decisions. Keep up the great job!



In other news, Spring has sprung and in order to help out our veggie patch, WHPS is holding another SEEDLING DRIVE! As you may already be aware, Woolworths are currently giving away seedling packs. We would love donations of any of these to plant in our garden. If you could please collect them over the holidays and start bringing them in next term, we will plant them after the holiday break. A collection box will be out the front of 6A for you to leave them in.

Thank you in advance! Mrs Alexander



## DANCE PROGRAM

It is nearly that time again for a new dance season!

Auditions for the Junior and Senior Dance groups for 2020 will begin in Week 1, Term 4. While Miss Tahlia is on maternity leave, we welcome Miss Becky to our dance program.

**Senior** try outs: Wednesday and Thursday 16 and 17 October (Week 1) for students currently in Years 4 and 5.

**Junior** try outs: Wednesday and Thursday 23 and 24 October (Week 2) for students currently in Years 2 and 3.

***If your child will be away for these dates, please contact the school and we can look at making alternative arrangements.***

Miss Higgs and Mrs Alexander  
Dance Coordinators





## MILSON ISLAND REMINDER!

Notes for the Year 4 Milson Island Camp were handed out on 29 August. There are still a few permission notes that need to be returned to classroom teachers. Permission notes and the first instalment payment were due on Thursday 12 September. The final instalment is due Monday 4 November.

The online medical form also needs to be completed. You can find the form at: <https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>.

You will need to use the following details when submitting your child's information.

Booking Number: 553577

Booking Start Date: 2/12/2019

Booking Venue: Milson Island Sport and Recreation Centre.

Each year we have a few students who become anxious about attending camp (with nights away from home, medical issues or special sleeping conditions being the major concerns). We will have many meetings and presentations with the students to appease any worries. Should you have any questions regarding the camp, please do not hesitate to contact me or your child's teacher as this is not only a very enjoyable excursion for all children who attend, but also an important social experience which can greatly aid independence and maturity.

If your child is not attending camp in December, can you please inform your child's teacher **as soon as possible** as we will be confirming numbers shortly.

We are looking forward to three fun and exciting days of camp!

Mrs Nadine Young  
Assistant Principal (Relieving) Stage 2



## STAGE 2 KIMBRIKI EXCURSION – Year 4 Wed 18 Sept & Year 3 Thursday 19 Sept

All students in Years 3 and 4 attended an excursion to Kimbriki Resource Centre last week. Unfortunately for Year 4, it was bucketing down with some much needed rain. Although this did not dampen their spirits and they were still able to enjoy and learn about ecology and how we can help our environment. Fortunately for Year 3, it was a warm and sunny day. They were shown through the entire centre before being taken back to the 'Eco House and Garden'. Here we were shown recycling ideas and learnt ways to help improve and protect our environment.

We were amazed to learn how much waste is taken to Kimbriki each and every day. Whilst looking at the recycled plastic bottles, we were upset to see lots of other waste that didn't belong in with the recycling. What you can see in the photo on the next page, is 10% of the bottle recycling taken to Kimbriki in only one day. We then learnt that if there is too much other waste mixed with the recycling and it cannot be removed easily, the whole lot has to be put in landfill. This made us really worried because we were also shown the landfill pit. It took four years to dig and will take less than that to fill. There is only enough land at Kimbriki to last the next 20 years in landfill. We realised, everyone needs to take more care in how much waste we create and how often we use single use plastics that take hundreds of years to break down.

At the Eco House and Garden we were shown how to use a worm farm and how easily food scraps can be used in the garden rather than being put in the rubbish and going to landfill. We tasted amazing native raspberries and held worms from the worm farms.

These few facts we have mentioned are only some of the things we learnt throughout the day. We've all left more determined to watch our personal waste and to recycle more efficiently. We are excited to be attending an amazing school with a fantastic sustainability program! We'd like to give a massive thank you to Mrs Crowe and Mrs Johnston for helping out with Year 4 and Mrs Simmat and Mr Beeby for coming along with Year 3 for the day.

We will learn more about recycling and reusing next term in our geography unit but seeing the waste in action at Kimbriki really opened our eyes to the impact we are having on our environment. It was great to see the passionate and incredible people who work at Kimbriki and how they are reusing items for other purposes to avoid unnecessary waste.

**From the Stage 2 Ecologists ~ "I'm an ecologist. I care for the places I go"**

See lots of fabulous photos on the next page.







## SPORTS UPDATE

WHPS Home Sport – Weeks 7, 8 and 9.

As the much needed rain continued to fall down  
I looked around me, but couldn't find a frown  
The beautiful oval became soggy and wet  
But not a single student began to fret  
As I looked up at the dark cloudy sky – wishing it was sunny  
I began to get a treacherously twisted tummy  
I couldn't believe it was now my time to teach  
My ideal Friday afternoon was slipping out of reach  
The thundering claps ensured my lazy afternoon was done  
But luckily for me, there's always a plan B

If my attempt at poetry didn't paint you a clear picture, home sport was unfortunately cancelled last week. Not that the Year 6's seemed to mind though. A few of them even joking that I'd have to write my own newsletter article for a change. However, as my Dad always says, 'why have a dog and bark yourself.' So, in a slight twist this week, we have embraced our inner Shakespeare and written some majestic poems to describe our home sport teaching experience. Enjoy!

### *A Step into Sport*

*Sport - There are different types, it comes in many kinds  
Some people are good, others are bad, but it is always assigned  
It is normally so organised, the teachers make a fuss  
But for that short period, they leave it up to us  
Teaching is like learning to walk again, slow, and in small stages  
But when we learnt to teach the kids, we really didn't have ages*

*Sport - For others it may be fun, but such a burden it is for me  
Bang, Bash, Boom here comes the kids, too bad I can't just flee  
The trees are all there laughing, watching my attempts at control  
But it seems like it's not happening, I just can't reach this goal  
It is definitely an experience to teach Years 3-5  
And sometimes it can be challenging, just to feel like you'll survive*

*~ Josie J*

*It was such an awful experience, I was in quite some pain  
It was like trying to turn on the TV, in the pouring rain  
I felt like hitting my head heaps hard on the ground  
I like to believe that one day I will be found  
I hate the thought of being brought over to the court, doing home sport  
Crash, the Year threes came over and fought  
I was surely shocked, shaming the thought of going insane  
My happiness was leaving, as my sadness came*

*~ Leo B*

*"Ring Ring Ring" I hate that horrible screeching sound,  
I wished I drowned, or should I pound my head in the ground?  
I hate these Year threes, they're like swarming bees,  
Then there's Year four, they make me want to head butt a door,  
Next, Year five, even worse  
They are like a terrible curse*

*~ Callum H*

*Ring Ring Ring, I hear the terrible sound  
I felt like I wanted to stuff my face in the ground  
First comes the Year 3's, they're like swarming bees  
And then the Year fours, I just wanted to slam the doors  
Oh no there's the Year fives, the worst ones of the hives  
Finally we can pack up, I can say my goodbyes  
Right away I run out the gate  
I'm finally out and I can skate*

*~ Callum F*

*Ring, ring, ring  
I wonder what this afternoon will bring  
Here comes Year four  
They made me want to run into a door  
The court surface was scorching  
Like some Mexican salsa  
The weather was windy  
And Year four were stinky  
The trees were prancing and it looked like they were dancing*

*~ Xavier*

## Summer PSSA

Summer PSSA will commence Term 4, Week 1 - Friday 18 October 2019. All trainings will commence Week 1 of Term 4. Please see your coach to confirm training day and time.

### Round 1 Games: Wheeler Heights v Narrabeen North

- Boys Cricket – Plateau Park
- Girls Cricket – Narrabeen Reserve 1 (Rat Park)
- Eagle Tag – Boondah Field 5
- Softball – Boondah Field 1
- T-Ball – Boondah Field 2

### Pittwater Zone Athletics Carnival – Representative Hoodies

**All Pittwater Zone athletics representative hoodies are available to purchase from Newport Public School's uniform shop.** Today, is the last day they are available to purchase, from 3-5pm only.

The cost is \$50, with both cash and eftpos\* accepted (3% surcharge for eftpos).

### PSSA Singlets and Jerseys

Now that the PSSA season has finished, jerseys/singlets need to be returned to coaches. Could all jerseys/singlets please be returned to coaches ASAP – they are now overdue. Students with overdue singlets/jerseys received a reminder note on Friday 20 September. PSSA teams that need to return jerseys/singlets are:

- Junior and Senior AFL (Mrs Wright)
- Junior and Senior girls football (Mr Jeffery)
- Junior and Senior boys football (Mr James)
- Junior and Senior rugby league (Mr Jones)
- Junior and Senior boys eagle tag\* (Mr Jones)
- Junior and Senior girls eagle tag\* (Mr James)



**\*Throughout this year, I have collected singlets from eagle tag players as they have been needed for Zone Carnivals. These singlets will be re-distributed to the eagle tag teams before the first game on 18/10/19 (Term 4, Week 1).**

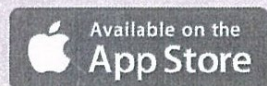
**Please ensure you have downloaded the Pittwater Team App and the Flexischools App, so you can keep up to date with all information related to PSSA, carnivals and gala days (all draws, calendars and results are posted and updated regularly).**

Yours in Sport,  
Sam James




#### Follow these steps:

1. Download Team App from the Apple or Google Play app store.



2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "Pittwater PSSA".
4. Choose your applicable access group(s).

 If you don't have a smartphone go to [pittwaterpssa.teamapp.com](http://pittwaterpssa.teamapp.com) to sign up and view this App online.



## P&C NEWS



Wheeler Heights Public School Parent & Citizen Committee

## **FUNDRAISING**

### **P&C FUNDRAISING EVENTS CALENDAR**

Events	Class Helper	Dates
School Disco	Kindy	Thursday 24 October
Trivia Night	Year 2 & 4	Saturday 9 November

#### **School Disco**

Thursday 24 October, put it in your diary. K-2: 5-6.30pm & 3-6: 7-8.30pm. See attached flyer for details.

#### **Trivia - "It'll Be All White On The Night"**

Our Fundraising Team and Volunteers are working hard to secure auction items, prizes and table sponsors for our most anticipated event of the year - the WHPS Trivia Night.

Do you have a business that you would like to promote while helping to raise money for technology and playground equipment upgrades?

If you or someone you know has contacts for prizes that will get the crowd excited on the night, we'd love to hear from you. This could be big-ticket items such as holiday accommodation, trades or services, concert tickets or other fun experiences or small items such as vouchers to restaurants, gyms or the movies.

Or.....Why not sponsor a table for the evening?

For more information about our Trivia Night sponsorship packages please contact the Fundraising team on [whps.fundraising@gmail.com](mailto:whps.fundraising@gmail.com)

Remember to join the WHPS P&C Facebook group to keep up to date with what is happening around the school.

**WHPS Uniform Shop SALE**  
***TOMORROW - Friday 27 September 2019***  
**50% off all Second Hand Winter Uniforms ONLY**

## BAND NEWS

### SENIOR BAND @ CHATSWOOD CONCOURSE

What an astonishing performance! On Saturday afternoon (14 Sept) the **Senior Band** led the way with a wonderfully polished performance at the NSSWE Spring Festival. The band provided an appreciative audience with a colourful and exciting recital. Congratulations to Shauna and the Senior Band for their very dignified and professional appearances both on and off the stage. This is a wonderful band full of personality and poise. Actually, according to Shauna "it's one of the most courageous Senior Band performances ever...!"

### INTERMEDIATE BAND @ CHATSWOOD CONCOURSE

Not to be outdone, the Intermediate Band also performed on Saturday afternoon (14 Sept) on the Chatswood Concourse stage at the NSSWE Spring Festival (in the same concert as the Senior Band).

This band is now officially playing out of their skins and has developed a professional sound and attitude.

Congratulations to Shauna and the Intermediate Band for their mature and accomplished performance. This band is cooking! Great work guys. What a great experience for band and conductor alike!

Thank you to all the parents who braved the Chatswood traffic on a Saturday morning in order to attend this event. It is worth all the effort!

### TRAINING BAND TAKES CENTRE STAGE

Wow. What an enchanting concert.

In what has been a busy few weeks for all bands, the Training Band performed to popular acclaim at the K-2 Assembly on Thursday 12 September 2019.

This was a huge event for the band and its conductors, providing a musical feast for all who attended. What a great production! By all reports it was a fantastic concert, which can only mean one thing: this band is gaining in confidence by the minute. Well done to Shauna and the Training Band for a great show.

### NEW RECRUITS: READY, SET...

We're pleased to report that we have around 30 prospective and eager new band members for our 2020 band program.

If you missed out on the first blow tests, don't panic. Shauna (and Jenny) will be tracking down all those who have expressed interest (via our website: [www.whpsband.com.au/](http://www.whpsband.com.au/)). We'll make sure everyone who wants to have a go gets one. Shauna will be conducting final supplementary tests over the coming final days of term.

Notices will be going out shortly afterwards, by email advising of instrument allocations as well as the next few steps for those who are keen to join.

### JAZZ BAND 2019 MANLY JAZZ FESTIVAL

The WHPS Jazz Band will be performing at the 2019 Manly Jazz Festival at **10.00am** on Monday 7 October 2019 (this is a public holiday, on the middle weekend of the school holidays).

This is BIGGER THAN HUGE. It will be an incredible experience for band and conductor alike.

Please keep an eye out for a reminder notice. You must let Anthony know now if you are unable to attend.

### EXAM BLITZKRIEG

Zahra M sat her Grade 3 flute exam recently and ABSOLUTELY blitzed it, sailing through with flying colours. Great work Zahra, keep up the good work.

Estella B sat her Grade 2 piano exam last weekend and also nailed it with a wonderful result. Piano is Estella's second instrument (she had sat her French Horn exam the week prior and also killed it). Great work Estella!

### SECOND HALF YEAR ACCOUNTS NOW DUE

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

We ask for prompt payment. If you have any questions or comments about your next account for next semester please drop us a line at [whpsband@gmail.com](mailto:whpsband@gmail.com).

### WHPS Band Upcoming Events:

- **Now** - Term 3 - Recruitment processes commence for 2020 Bands
- **12 September** - Blow tests for 2020 Training Band began
- **Monday 7 October** – Manly Jazz Festival, John Speight Stage – Jazz Band – 10.00am
- **27 October @ 12noon to 4.30pm** – Wheeler Woodstock – Jazz band
- **10 November from 1.00pm** (time and date TBC) – Big Band Boom – Jazz Band
- **Wednesday 13 November** - Training Band Musicale
- **Thursday 14 November** - Intermediate and Senior Band Musicale
- **Tuesday 3 December** - Intermediate band rehearsal cancelled - due to Year 4 camp
- **Thursday 5 December** – Carols – Jazz Band TBC
- **Monday 9 December** - End of Year concert (All Bands)
- **Thursday 12 December** - 3-6 Presentation Day - Intermediate/Senior Band
- **Friday 13 December** - K-2 Presentation day - Training Band

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

**Warning: Please check your email before all performances. The "Band Event".**



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0427 174 472  
[whps.fundraising@gmail.com](mailto:whps.fundraising@gmail.com)

\*WISH eGift Cards can be used at a wide range of participating Woolworths Group brands, both in store and online. Go to <https://giftcards.woolworths.com.au/giftCardApp#/where-to-spend> to find your nearest store to see where you can at Woolworths, BIG W, BWS, Caltex Woolworths, Dan Murphy's and Cellarmasters. \*\$20 Woolworths WISH eGift Card issued when promo code GIFTME is applied at point of purchase. Offer valid for 19/20 Entertainment Book Memberships only purchased between 12:00am Thursday 19th September and 11:59pm Sunday 6th October 2019. Offer excludes 19/20 Entertainment Digital Memberships, Extra Editions, 30 Day Holiday, Explorer & Partner Membership sales. Free postage is on standard postage service only. eGift Card will be sent by email within 21 days of purchase. Woolworths WISH eGift Cards FAQs (<https://giftcards.woolworths.com.au/help>) Woolworths WISH eGift Cards do not expire. Lost or stolen cards cannot be replaced.

**NOTICE - ALLERGY** - Please ensure all food is nut free

**\$20 annual registration fee applies to families using the service for the first time. Early bird discount of \$10 for bookings made by Wed, 11-09-19.**



## Monday 30 September

### SECRET GARDEN

#### IN-SERVICE

Let's go on a journey of fun through the wonderful Secret Garden.

Eco-Friendly day exploring the wonderful world of bugs and sustainable living. Movie: Honey I Shrunk the Kids



## Monday 07 October

### PUBLIC HOLIDAY

#### SERVICE CLOSED



## Tuesday 01 October

**EX** + \$29.00

### PASSPORT TO FUN

#### EXCURSION - PITTWATER MINI GOLF

Challenge your friends to a round of pirate-themed 36 hole mini golf. Can you get a hole in one?



## Tuesday 08 October

### COOKING UP A STORM

#### IN-SERVICE

Get creative in the kitchen and cook up some delicious goodies to share with your friends!

Spend the day playing in the kitchen corner and getting your fingers grubby making tasty treats.



**Arrive by 8.30am**

## Wednesday 02 October

**IN** + \$19.00

### BUBBLES AND SQUEAK

#### INCURSION - BUBBLE BALL GAMES

Run, laugh, roll and bounce all while being in a bubble - it's the ultimate fun!



## Wednesday 09 October

**EX** + \$29.00

### IT'S A RECORD BREAKING DAY

#### EXCURSION - TRAMPOLING & NINJA XTREME

Immerse yourself in amazing obstacle ninja courses, or try doing flips on our massive trampolines.



**Arrive by 8.30am**

## Thursday 03 October

### THE MAD SCIENTIST

#### IN-SERVICE

Mess up your hair and become a mad scientist for the day... with heaps of fun and fascinating experiments in store!

Lose your mind as we mix whacky concoctions, make things pop and fly through the sky!



## Thursday 10 October

**IN** + \$14.00

### MASTER BUILDERS

#### INCURSION - LEGO® BRICKS CHALLENGE

Young Engineers will be bringing their bucket loads of LEGO® for us to use. Let's create and construct movable masterpieces before breaking them back down for others to enjoy.



## Friday 04 October

### WHEELS DAY

#### IN-SERVICE

Enjoy your bikes, scooters, skates, blades or skateboards for a day of riding fun. Helmets and safety gear must be worn, no equipment can be shared.

...AND ELECTRONICS! Get the best of both worlds. XBOX, Playstation and Wii Provided for the day.



## Friday 11 October

### PYJAMA PARTY

#### IN-SERVICE

Come dressed in your Onesie or Pyjamas today as we jump around and play party games!

Transform the centre into a fort, act out your favourite movie scene and unwind for the last day of holidays





Junior Adventures Group continues to pioneer the OSHC sector, building stronger communities and brighter futures for more than 70,000 children, 50,000 families and more than 450 schools across Australia.



#### Our Values

- Considerate - Be there for others
- Passionate - Bring energy and determination
- Courageous - Challenge ourselves

The values we share guide our behaviour as we work towards our vision to **build brighter futures together.**

#### What we offer

- A healthy, safe, respectful and engaging environment
- Caring, enthusiastic, fun and friendly team
- New and popular excursions, incursions and theme days
- Stimulating experiences tailored to children's interests, abilities and current trends
- Primary OSHCare endeavour to link each fun experience to key learning outcomes



#### We are a child safe organisation



#### What Does My Child Bring?

Please bring morning tea, lunch and a refillable drink bottle. If bringing food please make sure it's NUT FREE, nutritious and doesn't require heating or cooking. Please be mindful of the planned incursion/excursion and ensure your children are dressed appropriately. Don't forget your sun smart hat, comfortable clothes, closed shoes and a drink bottle. To avoid loss or disappointment, please leave your valuables, money and electronic toys (including tablets and smartphones) at home.



#### Healthy Eating

Primary OSHCare follows the Australian dietary guidelines which can be found at <https://www.eatforhealth.gov.au>. Please see our LUNCHBOX Fact Sheet for suggestions

#### Activity Changes

If an excursion or incursion (due to unforeseen circumstances) is cancelled, the activity will either be postponed or an alternative activity of equal value will be provided where possible.



#### Before making your booking & cancellations

All children must be enrolled with Primary OSHCare prior to booking via [Primaryoshcare.com.au](http://Primaryoshcare.com.au). Payment is required IN ADVANCE of the commencement of Vacation Care. Please note that bookings are not confirmed unless payment is received. Payment for the day and for each excursion/incursion, once made, is NON-REFUNDABLE but a booked day may be changed for another day if staffing and organisation allows. Excursion/incursion costs are not transferable.

#### Child care subsidy

Our services are registered with Centrelink, so you will be able to claim Child Care Subsidy on your fees. For further information please visit <https://www.education.gov.au/new-child-care-package-frequently-asked-questions>. In order to claim Childcare Subsidy for Vacation Care, we must have the CRN and Date of Birth of you and your child/ren. If we do not have this information, full fees will apply.

#### Children with additional needs

We support all children including children with additional needs. If you would like to provide additional information about your child and his/her needs or require inclusion support funding, please contact us 6 weeks prior to program commencement on 0430 351 734 for staffing purposes.

Book now at [primaryoshcare.com.au](http://primaryoshcare.com.au) | be quick as places are limited



WHPS BRINGS YOU

# GET YOUR GLOW ON *disco!*

**Wear white + bright and you'll be good to glow**

**THURSDAY OCTOBER 24**  
**K-2: 5-6.30PM**  
**3-6: 7-8.30PM**



**TIX \$10 Flexischools, \$15 Door**

**INCLUDES: water & icy pole**  
**UV facepaint + nailpolish \$2 (at door)**

**belle**  
PROPERTY

Nick Duchatel  
Senior Sales Agent  
0430 443 633





## WHPS Trivia night



# IT'LL BE ALL WHITE ON THE NIGHT!

SATURDAY NOVEMBER 9  
WHPS HALL

Full details to follow  
soon



PROUDLY SUPPORTED BY



## Cool Kids – Taking Control

If your child is 7 – 11 years of age and has been bullied by their peers and also experiences anxiety, then they may be eligible to take part in the Cool Kids – Taking Control program run by the Centre for Emotional Clinic at Macquarie University.



The program is designed to teach your child about bullying and anxiety with the intent to help them better manage these experiences in social situations. These lessons will be delivered via the internet with parental guidance. Your child's progress through the program will be supported by a member of the research team at the Centre for Emotional Health.

To assess the eligibility of your child to take part in this program, you can complete this quick survey via the link [tinyurl.com/CKTC-intake](https://tinyurl.com/CKTC-intake).

If you have any further queries or concerns, please do not hesitate to contact the study researchers at [takingcontrol@mq.edu.au](mailto:takingcontrol@mq.edu.au).



# Cool Kids – Taking Control

## AN INTERNET DELIVERED PROGRAM FOR CHILDREN EXPERIENCING BULLYING AND ANXIETY (AGES 7-11 YRS)

Cool Kids - Taking Control is an online self-help program that is designed to help children who have been targets of bullying and who also have high levels of anxiety. It is based on the well-known Cool Kids anxiety program developed at Macquarie University in Sydney. The efficacy of Cool Kids - Taking Control in reducing peer victimisation is currently being investigated by a team at Macquarie University.

### WHAT IS THE COOL KIDS - TAKING CONTROL PROGRAM ABOUT?

Cool Kids - Taking Control is designed for parents to work through with their child at home.

The program is delivered over the internet and involves eight lessons delivered over ten weeks. It teaches children:

- about bullying and anxiety,
- how to be confident in social situations,
- how to better manage fears,
- helpful ways to act if they are bullied, and
- how to cope with bullying.

Cool Kids – Taking Control includes instructions, examples, and videos for parents and their child. There are lots of practice exercises to help children master the skills.



### WHO IS THE COOL KIDS - TAKING CONTROL STUDY DESIGNED FOR?

The Cool Kids - Taking Control program is suitable for your child if:

- he or she is between 7 and 12 years of age
- he or she is being victimised by peers at school AND anxiety is significant affecting your child's day-to-day life
- he or she is not accessing other psychological treatment (except medication). NOTE: Medication should be stable (same type and dose) before starting and during treatment.
- you and your child are proficient in English

The Cool Kids - Taking Control program is not suitable for your child if he or she is currently experiencing any of the following issues:

- Significant learning delays, developmental or intellectual disorders.
- Autism or related disorders.
- Significant unmanaged behavioural disorder.
- Considered at risk (i.e., due to abuse, neglect, suicidal ideation, self-harm or school refusal).
- Unmanaged psychotic symptoms.

These exclusions are in place to ensure that our treatment program is delivered to children who are most likely to benefit from it and for whom we are best equipped to offer services.

## **WILL I RECEIVE SUPPORT TO COMPLETE THE PROGRAM?**

Absolutely. The program will be supported by a member of the research team who is trained in Cool Kids - Taking Control. Each parent will receive a short (10-15 minutes) weekly phone call after each lesson to discuss goals and to work through any difficulties with the program.

### **WHAT ARE THE BENEFITS OF THE COOL KIDS TAKING CONTROL PROGRAM?**

- Allows families across Australia to receive access to the Cool Kids Taking Control Program.
- Families are able to complete treatment lessons at their own pace and at a convenient time each week.
- The interactive online format is engaging for children.
- Cool Kids Taking Control is a research treatment study, so we are able to offer access at a reduced fee.

## **WHAT DOES THE STUDY INVOLVE?**

- An initial assessment to determine if our program is likely to be suitable and beneficial for your child.
- A 10-week treatment program (immediately or 6 months after the treatment group have completed the online program) that you complete online at home with the help of a therapist over the phone.
- Two more assessments - 10 weeks after joining the study and then again six-months later.

## **WHAT DO THE ASSESSMENTS INVOLVE?**

- Assessments are conducted before your family commences treatment as well as after treatment. All assessments involve you and your child being interviewed over the telephone by a psychologist and completing questionnaires about thoughts, feelings and behaviours.
- The purpose of the initial assessment is to

determine if our program is suitable for your child. If the program is not considered to be suitable for your child, you will be provided with alternative referral options that would best suit your needs.

All assessments involve you and your child being interviewed over the telephone by a psychologist and completing online questionnaires about thoughts, feelings, and behaviours.

## **WHO DECIDES WHICH CONDITION WE ARE IN?**

The condition to which you are allocated is decided randomly, like drawing names out of a hat.

## **HOW MUCH WILL IT COST?**

- In return for your participation in our research, there is an initial fee of \$100 which includes assessment and treatment for the Cool Kids - Taking Control study. (For your information, an initial clinical assessment would typically cost \$290. The face-to-face Cool Kids program at the CEH typically costs \$500).
- Once your final assessment has been completed you will receive \$100 as a thank you for participating in the Cool Kids - Taking Control research study.

*The Cool Kids - Taking Control study is funded by Australian Rotary Health.*

## **HOW TO ACCESS THE PROGRAM?**

If you would like your child assessed for the Cool Kids – Taking Control study please complete the online registration form. We will then contact you to set up the initial assessment. You can access the registration form [here](#)

For further information about the program please contact us at [takingcontrol@mq.edu.au](mailto:takingcontrol@mq.edu.au) or find out more by visiting [centreforemotionalehealth.com.au](http://centreforemotionalehealth.com.au)

***“As a Cool Kids – Taking Control coach, you have an important role in helping your child face their fears and build their confidence so that anxiety and bullying has less of an influence on their life.”***

This research has ethics approval from the Macquarie University Human Research Ethics Committee. All data collected is confidential, and is de-identified.



**FIND OUT MORE**  
Cool Kids – Taking Control Online Study  
Centre for Emotional Health  
Macquarie University NSW 2109 Australia  
T: +61 (2) 9850 8715  
[takingcontrol@mq.edu.au](mailto:takingcontrol@mq.edu.au)  
CRICOS Provider 00002J / ABN 90952801237



**MACQUARIE**  
University

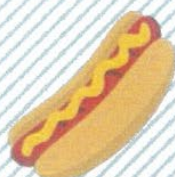


# BBQ and Bake sale

**HEAD  
ABOVE  
WATER**

24 HOUR  
SWIMATHON

Want to raise money for  
Men's Mental Health?



Sausage Sanger	\$3
Egg and Bacon Roll	\$4
Baked goodies	\$2 each
Box of goods	\$10/\$20



71 Telopea St Collaroy Plateau on Sunday 29<sup>th</sup>  
September between 8:00am to 11:00am

To donate or find out more, visit [headabovewater.com.au](http://headabovewater.com.au)



# Collaroy swimming club



**Register now** to join Collaroy Swimming Club

**COLLAROY SWIMMING CLUB** is a family friendly swimming club, catering for all ages and abilities. We have swimmers aged from 3 to 88 enjoying the sun, sea, summer, swimming and socialising.

Our Sunday program has races ranging in distance from 15 metres to 100 metres covering all strokes. In addition we have Parent and Child races throughout the season. All races are handicapped so everyone has a chance to win.

For those who like distance swimming, our Wednesday evening program includes races from 200m to 1500 metres as well as individual medley.

**Collaroy Swimming Club** takes part in Warringah district carnivals throughout the season giving all swimmers the opportunity to compete against other clubs.

This year the season kicks off on Sunday 13 October and runs through to Easter. Races start at 10am. Pre-register or come down and have a look to see if this is the club for you. The BBQ may even be running for a sausage sandwich!

Make new friends you'll have for life.

**Membership fees for 2019/2020 season. No other club offers such great value for money.**



No of Members	1	2	3	4	5	More than 5
	\$55	\$110	\$160	\$190	\$220	Extra \$20 per person



Email: [collaroyswim@gmail.com](mailto:collaroyswim@gmail.com)

Website: [collaroyswim.com.au](http://collaroyswim.com.au)

Contact: Mary Houten 0419 373 583

David Lorimer 0403 666 244

Find us on





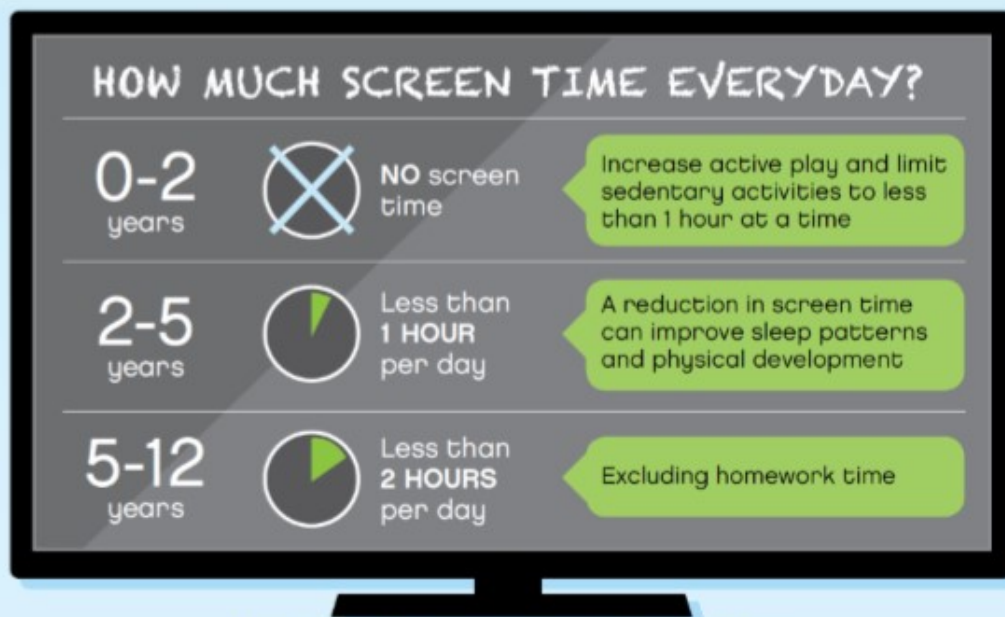
# Live Life Well @ School

## TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication.

Too much screen time can be unhealthy.

***Try to sit less and move more!***



\*\* Based on Australia's Physical Activity and Sedentary Behaviour Guidelines 2014

### Types of screens?



TV/DVD/BLURAY



Computer



Game Console



Tablet/Portable Games



Phone

Based on WSUHD Screen time poster

More information at:  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District