

The Wheeler Word



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Term 3 Wk 8

Thurs 12 Sept 2019

Acknowledgement of Country

Before we begin we would like to acknowledge the Gai-maraigal and Garigal people for being the caretakers of this land. They are the traditional custodians of the land our school stands on today. Their connection to this land is valuable and we must respect that. Thank you to the Elders of the past, present and future for taking care of this beautiful land.

CJ W – Year 6

Year 5 DanceSport (Ballroom Dancing) Extravaganza

Certainly one of the highlights of the year was the DanceSport Gala Night at Homebush on Monday evening. Our 20 couples from Year 5 students danced the Cha Cha, Tango, Salsa and Jive, against 26 schools from Northern Sydney. Five of our couples made it through to the semi-finals with Lennox C and Erica S awarded 8th place in the final of the Tango. Special thanks to Mrs Sullivan for her excellent organisation of the dance program and Mr Strozer for accompanying the dancers on Monday, and also the many teachers, parents and families for their support at Homebush.



P&C AGM Monday 16 September 7pm

I hope to see many parents at next week's P&C AGM. Please come along and get involved with our great school. Please see the flyer later in the newsletter and if you know any friends who you may think could be a helpful P&C representative, please encourage them to come along. Please chat to Natalie Cook (President), one of the other executive members or me if you need any more information about a specific role.

Spelling Bee Finalists

Congratulations to Kai K and Harrison H (Juniors) & Sofia P and Imogen L (Seniors) who competed in the District Spelling Bee finals last Friday at Manly Vale PS. All students spelt superbly and were fine representatives of our school.

Re-Roofing Project

The re-roofing project is in full swing. 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.

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.

David Scotter
Principal

2019 DATES

Sat 14 Sept Inter & Snr Band @ Chatswood

Mon 16 Sept Pyjama Mufti Day
P&C AGM 7pm

Tues 17 Sept School Tour 9.45am
ICAS English Test

Wed 18 Sept Yr 4 to Kimbriki

Thurs 19 Sept Yr 3 to Kimbriki
K-2 Public Speaking Finals
ICAS Maths Test

Thurs 26 Sept PCS NAIDOC
sleepout @ 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 – Wed 18 Dec

Wed 16 Oct Kindy 2020 Info night

Fri 18 Oct PSSA summer
recommences

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

Thurs 21 Nov Yr 5 Surf Skills

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

Wed 11 Dec Yr 1 Drama

Thurs 12 Dec Yrs 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

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

Mrs Wright's Wrap Up

WONDEROUS AND WITTY WRITING BY OUR WONDERFUL KINDERGARTEN STUDENTS



As you know, I love being visited by students showing me their personal best work. This week, I was so excited to be visited by Ms Migan and two very hardworking Kindergarten students. Noah P and Jackson O came to show me how much they had improved as writers and all I can say is WOW... I was so impressed. I asked the boys why they had come to see me and they told me it was because they had been working hard to write sentences and had received four stars. They explained to get four stars they had to remember some very important aspects within their writing.

They had to:

- ★ Use a capital letter at the start of their sentence.
- ★ Have a finger space between each word.
- ★ Their writing needs to make sense.
- ★ They need to finish their sentence with a full stop.

As you can see both the boys nailed it!!! I absolutely loved their illustrations too. Massive congratulations to these students for their hard work and perseverance.

MIND QUEST 2019

On Saturday and Sunday 9 and 10 November 2019 the 93rd NSW Talent Enrichment Weekend MindQuest will be held for primary students from Years 1-6 at Glenwood HS. These include gifted and talented students, gifted underachievers and students with above average ability with a special interest. Students will have an opportunity to participate in over 37 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, debating, digital animation, art and much, much more. The cost of the weekend is \$200. If you would like to apply, application forms can be obtained from the office.

AUSTRALIAN GIRLS CHOIR ASSESSMENTS – CANCELLATION

On Tuesday 10 September the Australian Girls Choir team was due to visit our school to conduct an assessment workshop for interested girls. Due to illness of their staff this was unable to happen and they have not been able to organise another appropriate time. They will be sending packs for the girls who nominated with information regarding an open assessment day. Although this is out of our hands, we apologise to the interested students and will provide them with the packs as soon as we receive them.

Mrs Priscilla Wright
Assistant Principal, Instructional Leader

EARLY STAGE 1 AND STAGE 1 PUBLIC SPEAKING FINALS

All K-2 classes have been participating in the annual K-2 Public Speaking Competition. Teachers would like to congratulate all students for their fantastic speeches. Students are assessed on a range of criteria such as clarity, volume, pace, timing, expression, tone and audience interaction.

The finalists from each class were:

KH - Penelope M, Koa M, Otis H
KS - Angus L, Cooper A, Kieran L
KT - Imogen W, Owen M, Tobias C
1G - Alexis N, Maddy J, Scarlet G
1R - Billie M, Logan T, Mia P
1/2E - Hunter C, Kian D
1M - Abigail G, River Z, Sophia F
2E - Ashlynn H, Quade K
2J - Elodie B, Lily N, Rhys K
2W - Lucy L, Zardi L, Zion D



Next Thursday at 9.30am in the hall we will hold the K-2 Public Speaking Final. Good luck to the following finalists:

Kindergarten - TBC
Year 1 - Billie M, Kian D, Logan T
Year 2 - Elodie B, Lily N, Rhys K

Miss Earl
Organising Teacher

DEBATING

Last Thursday, the WHPS Year 6 Debating team competed in the finals for our zone in the NSW Premier's Debating Challenge. Unfortunately, they lost to Elanora Heights PS. Imogen L, Josie J, Alanah C, Malie G and Charlotte W should be commended for making it so far in their first year of debating. We are very proud of them and hope that they continue debating in high school.

Many thanks to Mrs Julie Harrison for transporting the girls to their debates at other schools and to all the parents who attended debates to support the girls.

Congratulations to Josie J who has been selected to join the Northern Sydney Primary School State Debating Championship Representative (PSSDC) team. We wish Josie the best of luck in the championship which will take place in November. Go Wheeler!

Mrs Sullivan
Debating Coach



YEAR 5 DANCESPORT

Wow! What an exciting week it has been for our Year 5 ballroom dancers. Last Thursday, all Year 5 students impressed their parents, grandparents and friends with their ballroom dancing skills in the school hall. It was a delight to watch the progress they have made in the 15 week program. DanceSport encourages respect, responsibility, communication, self-confidence and personal best, as well as dance skills. All of these values were evident in the way Year 5 students embraced the program by respectfully communicating with their partner and challenging themselves to perfect their dance skills by practising during recess. The exhibition finished with students asking their parents to dance and I witnessed students teaching their parents ballroom dancing steps!



On Monday this week, 40 students accompanied Mr Strozer and I to the DanceSport Gala Night at Homebush. The audience of nearly 2,000 supporters were enthralled by a sea of colour when all 850 students were twirling on the dance floor at the same time. It was truly an amazing sight!

Eight couples (2 couples per dance) represented WHPS in the competition part of the night. We were thrilled when another couple, Josh S and Charlie W, were awarded a wildcard by the judges to also represent us in the jive. As the table below shows, many of our couples made it into the semi-finals of their dances.

Congratulations to Lennox C and Erica S who came 8th in the Tango.

Students	Achievement
Taj S and C Burke James P and Eva D	Cha Cha Quarter-Finals
Campbell P and Erin H	Tango Quarter-Finals
Alanah R and Connor W	Salsa Quarter-Finals
Lewis G and Poppy S	Salsa Semi-Finals
Connor W and Emily G Jake B and Maya L Josh S and Charlie W	Jive Semi-Finals
Lennox C and Erica S	Tango Finals – 8 th place

Thank you to Mr Scotter, Mrs Wright, the Year 5 teachers (Ms Waldock, Mrs McColl, Miss Tekampe and Mr Strozer), the teaching and administrative staff and all the parents for their support of the ballroom dancing program. The success of this program each year is due to the involvement of so many people as part of our school community. We encourage all students to build on the confidence and skills they have gained from the program by continuing to strive to be their very best!

Gordon Gilkes has kindly made the video of the night available for free for our community. Click on this link http://dancesportlive.net/dsl/results/2019/dsc_metro_north/video_bynumber.php

A DanceSport after school program will commence next term at Collaroy Plateau Public School. Please call 9158 8450 or log onto www.dancesportconfidence.com for more information.

Mrs Sullivan
DanceSport Co-ordinator

STUDENT REPRESENTATIVE COUNCIL (SRC)

PYJAMA MUFTI DAY

is on
next Monday 16 September 2019



to raise funds for Stewart House

students are asked to
**** wear pyjamas and bring a gold coin ****

As a special treat students will also be able to order
Unicorn popcorn for the day (via Flexischools)



About Stewart House

Every year, 1,700 public school children from Years 2 to 8 attend Stewart House at Curl Curl. During their 12 day stay children attend an onsite school and participate in educational programs and excursions designed to develop their social and emotional skills, build self-esteem and improve their overall wellbeing. They are provided with dental, optical, hearing and medical screening and treatment. Whilst the NSW Department of Education provides infrastructure and staffing, all other costs associated with the children's stay are funded by donations.

Thank you in advance for your support of this very worthy cause.

Miss Earl
SRC Coordinator

K-2 ATHLETICS CARNIVAL



Get excited!! Our K-2 Athletics Carnival is just around the corner!

Parents, grandparents and siblings are invited to attend the K-2 Athletics Carnival on 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!

This year, we will require some parent helpers to assist with novelty events. You will only be assisting with the events while your child is participating in them so you will not miss their big race. If you are able to help out, please complete the form on the bottom of the information note sent home, and return it to your class teacher as soon as possible.

Students are asked to wear their normal sports shorts or skirt and runners with a t-shirt in their house colour:

Jenkins – yellow

Ramsay – red

Wheeler – green



Most importantly, don't forget a hat, sunscreen and a bottle of water.



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

SPORTS UPDATE

WHPS Home Sport – Weeks 7, 8 and 9.

As I'm sure you all read in last week's newsletter, Year 6 was placed in charge of teaching home sport to Years 3-5. I had a feeling it would be entertaining to watch... and I wasn't disappointed! Here are some quotes that made me laugh throughout the afternoon.

- *Mr James, they aren't listening to me!*
- *Nobody was following the rules in my group!*
- *This is harder than it looks!*
- *How come they listened to you, but not me?!*
- *I'd much rather be playing my game instead of teaching it!*
- *I'm tired!*



It was a very chaotic, but enjoyable afternoon and I'm sure all of the Year 6's will have learnt a lot from the experience. It can be very frustrating at times teaching kids, but I was very proud of seeing each group give it their best. This week I've thrown the creative baton over to my students, who have attempted to capture the bedlam of the afternoon in a few short, but entertaining sentences.

"Ahh", my head is ringing with the sound of our screaming bell for the end on lunch. But that didn't matter... because something remarkable, wonderful, fantastic, exciting and just so great was about to happen. Before I knew it, the whole year six grade was all dashing like a pack of cheetahs to the sport shed to gather their equipment for this afternoon. Luckily, my group was doing dance so I didn't need to compete with anyone to get the last cone on the shelf. As everyone was getting their equipment, I ran down to Mr James and asked for his keys to open the hall... it had almost started. My heart was racing with excitement as I heard the rumbling footsteps of year 3, 4 and 5 making their way down to the grandstand! My group and I rushed to the sound cupboard to start preparing. We practised a couple of our dance moves and got ready for the wild year 5's to arrive to the hall. Of course we had to get the microphone going, we knew we wouldn't be able to talk above the rowdy year 5's. As they started to enter the hall, my head started ringing like it did when the bell went. "Wow, they can talk quite loud", I thought to myself. We sat them down and introduced them to the lesson. We knew a lot of the boys weren't going to be very engaged so my group and I had to try and psych them up a bit! It was difficult, but we were somewhat able to do it. It was so exciting to have the opportunity to teach other people! Although at times I was dreading the idea of having the next group come in as we only had 20 minutes to teach them a dance. We often found ourselves running out of time as we also had a musical chairs or statues game at the start that took a bit more time than we were predicting. The whole day was really fun! I truly enjoyed the challenge of the day! **Chloe B – 6J**

Hearing the noise of the lunch bell ringing 'ding dong ding dong ding dong.' I was playing footy with my mates and can't wait to play Friday afternoon sport, but then I remembered that I was teaching years 3, 4 and 5 how to play basketball. We had to set up our station and I was very amazed by how Kobe W was so organised. After I slapped the 15th fly off my face I was ready to teach some basketball in the courts. Bouncing the sphere piece of leather and throwing it into a hoop like Michael Jordan. As I see the 14 year 4 students strolling down the concrete path my group and I had butterflies in our guts. I had explained all the games, nailed out the short instructions and I tell the group to go off and start and they move around like they're in no man's land. They did not listen to a single word I said and if Mike Tyson was there, I would have told him to knock me out. Although it was a tough experience, I can't wait for what the problems will be next week. **Brae R – 6J**

Ding! Ding! Ding! The bell for the end of lunch rang and everyone in year 6 went straight to their sport stations in excitement and started to set up for years 3-5. All the year sixes were so excited and could not wait for their first lesson to arrive. They had all been waiting the whole week for this and the dance group even made special name tags. When all of the kids got down to the grandstand they were all jumping with enthusiasm and were ready to start. Mr James took the microphone and had a lot of happiness in his voice to start the afternoon session off. As I looked on to the oval it looked amazing and I could see that everyone had made a big effort to make it a really pleasant time for the younger years. I was in the dance group in the hall and we were dancing to a great hit 'Old Town Road'. We had year 5, and all the boys came in thinking it was going to be boring but as we got stuck into it, my group and I could see a big change in them. As we started everyone was getting more entertained by the dancing and at the end of each group they were looking like professionals. At the end of the day everyone was saying 'is it already over? I want to keep going'. When the year sixes heard this a big smile came across their face. All in all this day was very enjoyable, entertaining and exciting and I can't wait to do it again this Friday! **Chloe W – 6J**

Tip tip tip! me and some of the other year 6's are playing tip. We finish the first game of tip and I won, so we started again and this game went to the end of lunch. Then the ominous, loud and unnerving bell rang. I knew it was time for the year 6's to be the teacher. Me and some of my friends were teaching handball. It didn't need much setting up since it was just handball. We were teaching our game in front of the assembly hall and the healthy canteen. Our first set of devil children to teach were the wild year 3s. We tried to handle them but we couldn't because I could barely talk that day so we asked them to be quiet, but they weren't listening. It was like trying to slay the Ender Dragon in Minecraft with a wooden hoe! We told them to be quiet or they don't get to play and then we explained what we were doing. It was a handball tournament and we got them to get into pairs to play. Then the bell went and we got our next group of devils, the year 5's. This set of kids was like trying to get your brother to listen to you... it was impossible! The 3rd group was good and they did what they were told. They were by far the best kids we taught all day. However, I never want to be Mr James again because teaching is impossible. **Jayden J – 6J**

Screech! I heard my mum's car pull up at the front gate, and I was ready to go! I was so eager to teach and I didn't want to miss a great opportunity like this. I sprinted so hastily, frantically past the bubblers, around the hall, and down to the Multipurpose Court, super excited to try something new - educating Years 3-5 basketball skills! It was 2.20 and I arrived just in time. All of my group were psyched up shooting some goals, ready for our new group of Year 3 to arrive. The picturesque sky and beautiful, unclouded day just added to the greatness of the afternoon. Finally our new students came, running through onto the court, ready to show their skills (they are very competitive). Whilst playing number basketball with them, there were a select few kids who really, really liked to push our buttons; "wait, what's my number again?" "It's three." As well as, "can you call my number?!" Can you call my number?! Can you call my number?!" Though some were annoying, there were many kids who really tried their hardest, putting their heart into it, using their other sporting skills to attempt to score during all of our games. While it took a long time to explain to them what they were actually doing (they say they're listening, though when it is actually time to play they were bamboozled), eventually they got the hang of the games and they really enjoyed playing something new. Kids with mixed abilities all learnt some new basketball skills. I must say, it was a school afternoon where I was actually quite unhappy it was over. **Imogen L – 6J**

As the sudden, menacing school bell rang, I finally realised it was happening. I would finally realise what it's like to be Mr James, to learn what it's like to despise teaching kids. I can't imagine what it'd be like to do this for a living, after all, I'm only doing it for a bit over an hour! This was going to be a nightmare... Toby, Ollie and I were all worried, listening to all the year three's racing like a stampede of rhinos. After we got it all set up, Toby and I wandered over to the grandstand, almost dying of fear, listening to all the devilish year three's shouting or disobeying teachers' orders. Finally, Toby and I led the tiny, yet intimidating year three's over to our section. As I looked over to Ollie, just as we got to the courts, he looked at me with a truly frustrated and alarmed face. As we explained the game to the mischievous little demons, we knew they were about to

deliberately annoy us, just for a bit of fun. They were lucky I didn't have a few bamboo canes next to me. As I saw the next group come over, I was already dreading the thought of explaining it to them, seeing all the boys going up to each other's faces yelling "GET IN THERE," wondering how I could possibly get through this hellish moment. Finally, there was the last group, which seemed calm, but really, you could tell they were ready to intentionally ask questions they already knew the answer to, or kick the volleyball when they knew they weren't allowed to. After we got through all of the little troublemakers, Toby, Ollie and I all felt so relieved that the pain we went through was over. I had never been so pleased to hear that final bell of the day, letting me know I didn't have to speak in front of those little fiends ever again... oh yeah, we have to do that for two more weeks. NOOOOOOOO! Leo B – 6J

Just as lunch was drawing to an end, I quickly made the commute to the sports shed, eager to get stuck in to the sport programmed for the afternoon. After an amazing PSSA season, years 3-5 were in high demand of the annual Yr 6 sport. I was ready to have my go being a teacher and getting to run my own sport lesson. I was running cricket, excited to be with my friends. I was a little flustered at first, not so sure about what was going to lay ahead. As we set up our well prepared game, we watched the young kids stack up in the grandstand, full of energy and set to get going. As our group sat in the nets, watching Mr James and Mrs Young desperately trying to control the kids, a cool gust of wind bestowed us through the breezy trees. I felt very lucky, seeing some kids on the oval trying to keep cool - swatting away flies, with the sun beating down on them. And before I knew, the first group made up of Yr 3's was coming our way. They themselves had mixed emotions, some confident, some scared, some just not wanting to be there. We split our group into two, explaining our two mini games and wrangling them into lines. Then we were into it, having fun and observing the kids behaviour. After a while, a buzzer blared, and we then repeated the cycle. Each group brought different, and eccentric personalities to the table, some like sweet little angels, some like evil little demons. We taught the second group the same thing, with it starting to get a little repetitive. Then, yet another group made their way to us, and I knew some of those kids were going to let it rip on us. Although they were extremely annoying, it was still pretty fun. Just when things were starting to get a little tiring with three groups of year threes, the final buzzer sounded and everyone made their way over to the grandstand. At the end of the day, I had mixed emotions. Although I had a fun time, some of those kids aren't afraid to show their true colours, and I was pretty tired. Let's hope next week is a little better. Josie J – 6J

Please tune into next week's newsletter to find out how the Year 6's fared in their second attempt at teaching home sport.

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

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. 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



P&C NEWS

Please note next Monday's AGM, 7pm sharp in the staffroom. All positions are up for nomination. Membership is available on the night, gold coin donation is all that is needed.

This is my last year as President. Next week's newsletter will contain my final Presidents report, please take the time to read it as it sums up all the P&C have done over the last year.

None of it could be done without the amazing team that I have behind me so now is your time to step up and volunteer some time for your child/children's school.

Thank you and see you all on Monday 16th at 7pm!

Regards,

Natalie Cook
President



WHPS P & C Notice of Annual General Meeting

Notice to the whole school community is hereby given that the Annual General Meeting of the Wheeler Heights Public School Parents and Citizens Association will be held on Monday 16th September 2019 at 7pm in the staffroom. This notice is in accordance with the 14 days required prior to the meeting on notifying the school community. All are welcome and encouraged to attend. Please note to be nominated or to vote you must be a member. Membership will be available on the night.

Agenda

1. Apologies
2. Confirm the minutes of the previous AGM.
3. Receive and accept the Presidents report for 2018/19.
4. Receive and accept the Treasurers Audited Annual report for 2018/19.
5. Receive and accept the annual reports from the Uniform Shop, Canteen, Band and Fundraising subcommittees.
6. Election of Executive Committee Positions
7. President
8. Vice President x 2
9. Secretary
10. Treasurer
11. Executive members
12. Endorse elections to the following Sub- Committees - Canteen - Uniform - Fundraising - Band - Grounds

The auditor for the following year will also be appointed. If you have any further questions please do not hesitate to contact me on whps.committee@gmail.com

Thank you,

Natalie Cook,
President.



P&C FUNDRAISING EVENTS CALENDAR

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



WHPS Trivia night

IT'LL BE ALL WHITE ON THE NIGHT!

SATURDAY NOVEMBER 9
WHPS HALL

*Full details to follow
soon*

PROUDLY SUPPORTED BY










CANTEEN NEWS

CANTEEN ROSTER 2019	
TERM 3 2019	CLASS VOLUNTEER
WEEK 8	3/4Y & KS
WEEK 9	1R & 4J

Wheeler Heights Weekly Canteen Summer Menu Starts 16 September! **NEW ITEMS!**



DAILY SPECIALS

Monday

Sushi	\$3.50
Mac & Cheese NEW	\$4.00

Tuesday

BLT (bacon, lettuce & tomato) sandwich NEW	\$4.00
Sausage Roll	\$4.00

Wednesday

Pasta Bolognese	\$4.00
Sushi	\$3.50

Thursday

Cheese Burger	\$4.50
Ramen Noodle Salad NEW	\$4.50

Friday

Sushi	\$3.50
Sausage Roll	\$3.80

RECESS AND LUNCH COUNTER ITEMS

Hard boiled organic egg	\$0.50
Fresh banana bread slice NEW	\$2.50
Seasonal fresh fruit	\$1.00
Garlic bread	\$1.00
Cheese melt	\$1.00
Cheese & vegemite scroll	\$1.00
Ham & cheese scroll	\$1.50
Fresh fruit cup	\$1.00
Pretzel NEW	\$1.50
Chips & Salsa	\$2.00
Popcorn	\$1.00
Orange quarter	\$0.20
Fresh pineapple slice	\$0.50
Homemade icy pole	\$0.50
Smoozes	\$1.00
Twisted Frozen Yoghurt	\$2.00
Organic Milk	\$2.00
Juice Bomb	\$2.00
Raw C Coconut Milk NEW	\$3.00

Please visit [flexischools](http://www.flexischools.com.au) for descriptions and more options at www.flexischools.com.au
Everything is homemade and made with hidden veggies when possible, see complete menu for ingredients.
For any questions email us at whpscanteen@gmail.com to volunteer please click <http://signup.com/go/NsULEeM>

Cromer Campus Uniform Shop SALE

20% off SALE for 3 weeks only

Monday 9 September to Friday 27 September 2019

During normal shop hours – Tuesday 8.00am-12.00pm &
Thursday 12.00-4.00pm

20% off stocked items (excluding jumpers, blazers &
backpacks)

No refunds or exchanges (unless garment is faulty)

No rainchecks

Live Life Well @ School

24 HOURS IN A DAY

*How do you
make
your move?*



- Grab a ball to play soccer or go for a run with a friend to add some 'huff and puff' **vigorous activity**
- Swap a drive to the shops with a bike or scooter ride for **moderate activity**
- Walk the dog or play handball for some **light activity**
- **Strengthen muscles and bones** by climbing trees or swinging on monkey bars at the playground

Read the guidelines for kids.
Search 'Movement
Guidelines' at health.gov.au



Health
Northern Sydney
Local Health District



GREAT FUN FOR ALL THE FAMILY



BRING THIS FLYER & RECEIVE A FREE LOLLY BAG

★ **TREASURE
IN THE SAND**

★ **DUNKING
MACHINE**

★ **BEST DRESSED
PIRATE PRIZES**

★ **WALK THE PLANK**

★ **CRAFTY FUN**

★ **SIDE SHOW ALLEY**

**JOIN OUR SAND CASTLE WORKSHOP & COMPETITION
TEAMS OF 3 - 6, ENTRY: \$25 ADULTS & / OR KIDS!**

**BOOK YOUR PLACE FOR THE BIG DIG ~ \$10 EA
OR FOR A TEAM IN THE SAND SCULPTURE COMPETITION
TryBooking.com [Search: Big Dig]**

OR ... JUST COME ON THE DAY & REGISTER AT 9:30



**Rotary Club of Upper Northern Beaches
will use the proceeds to support the work of
Be Centre, Lifeline Northern Beaches
Headspace & Northern Beaches Veterans' Centre**

www.rotaryuppernorthernbeaches.org PH: 8003 0711



LIVING WELL PHOTOGRAPHY COMPETITION 2019



1st Prize: \$300

2nd Prize: \$200

3rd Prize: \$100

THEME: MY TRIBE

We are social beings. We connect and interact with people and places that we feel close to. Environments where we feel safe, secure, strong or supported. We are seeking photographs that portray people that you feel comfortable around and/or places that you feel comfortable being. It could be your family, relatives, friends or an iconic person in your life. It could be an event that you attend, gathering that you hang out at, or a place that you visit to refresh and be inspired. Tell us about the people and places where you feel acknowledged, accepted, loved by submitting a photograph with a title and description (maximum 100 words) that captures your idea.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

Information & Registration

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



Health
Sydney
Local Health District

Submission By
30.09.2019

School Holiday Activities

Free activities for primary school students at The Reserve Bank Museum

Students will receive an interactive presentation on banknote security features and get a sneak peek at the new uncirculated \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Cost:

Free (Registration essential)

Booking Information:

- Expressions of interest are now open for the Spring school holiday period.
- For further information, session times, and to register your child please visit the Museum website.
- Registrations will close on 20th September at 5.00 pm.



museum.rba.gov.au



museum@rba.gov.au



(02) 9551 9743



Ground Floor, 65 Martin Place,
Sydney NSW 2000



RESERVE BANK OF AUSTRALIA

SCHOOL HOLIDAY MAGIC CAMP

Thursday 3rd October

9.00am - 3.00pm (drop off at 8.30am)



**NEW VENUE,
MORE FUN**

Collaroy Plateau Public School,
41 Plateau Road, Collaroy Plateau

\$60 per child

Includes a Bricks4Kidz session

PERFORMANCES & TUITION

- Magic • Balloon Twisting • Face Painting
- Juggling • Plate Spinning • Stilt Walking... and more

Book online at www.jacksharpmagic.com.au/events

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