

# The Wheeler Word



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**Term 3 Wk 9**

**Thurs 19 Sept 2019**

## **Acknowledgement of Country**

*We would like to pay our respects to the stories and connection this land holds. This land is very important to the Gai-maraigal and Garigal people who are the traditional custodians. We also pay respects to the Elders and the youth who will soon be the caretakers of this land.*

**Isaac P – Year 5**

## **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 will be distributed next week.

## **Colour Run4Fun Colour Explosion**

Our wonderful P&C fundraising team have been finalising the donations and prizes from the Colour Run4Fun Colour Explosion. Congratulations to all students who raised money for our school. All students received a certificate a few weeks ago. The special incentive prizes have been organised and will be distributed on Monday. **Special congratulations to 3S, the winning class who will receive a special lunch!**

Here is the list of top fundraisers, with **Alexander B (2W) raising over \$1100, an amazing achievement.**

- Over \$500 - **Logan T (1R), Daniel Z (3S) & Lucas C (3S)**
- Over \$400 - **Sebastian B (1G) & Matilda W (1G)**
- Over \$300 - **Jack O'H (5M), Zardi L (2W), Kaedan S (KT), Addison P (3/4Y) & Ruby L (3S)**
- Over \$200 - **Coco F (3B), Nate S (KH), Heath McL (6A), Jacob P (3B), Evie J (1/2E), Harli S (3S), Charlie T (1/2E) and Roan McG (3S)**



## **P&C AGM**

We had a very pleasing attendance at the P&C AGM on Monday evening and most positions have been filled for the 2019/20 year.

I would like to 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.

Congratulations to new **President Paul Hardy and Vice Presidents Adam Baker and Simone Sakovits**.

A full list of newly elected parents will be in next week's newsletter.

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.

## **Re-Roofing Project**

Obviously the rain has temporarily delayed the roofing project, but we do believe the project will be completed by the end of the school holidays.

We do ask that you continue to 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.

## **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**

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

**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** 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  
9.30am

**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

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

**Sat 9 Nov** P&C 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  
9.30am

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

**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

## MORE MARVELLOUS AND MIRACULOUS WRITING BY OUR KINDERGARTEN STUDENTS



Just WOW! Kindy continue to amaze me each and every day. On Tuesday whilst visiting KT, I listened to many students sounding out and then reading very difficult words involving some of the diagraphs they had learnt. They went on to explain what these words meant. Sometimes the words were a little too tricky so they talked about ways they could go about finding out what the word meaning was. I am blown away by how much they have learnt in 3 short terms! We have some extremely talented problem solvers and risk takers here at Wheeler Heights!

Last week I was visited by Angus L and Cooper A from KS with Cooper's incredible story about a sneaky sloth that snatched chips from a rich gentleman. I think we may have an author on our hands! Cooper's use of descriptive language was absolutely brilliant and made sure I was entertained from beginning to end! Congratulations Cooper!

## MIND QUEST 2019

On Saturday and Sunday 9 and 10 November 2019 the 93<sup>rd</sup> 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, face 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.

Mrs Priscilla Wright  
Assistant Principal, Instructional Leader

## EARLY STAGE 1 AND STAGE 1 PUBLIC SPEAKING FINALS



This morning we held the finals of the K-2 Public Speaking Competition. Our judges for this special event were Mr Scotter and Mrs Wright and what a difficult decision they had. The calibre of speeches was extremely high and all students should be enormously proud of the outstanding quality of their presentations. The audience thoroughly enjoyed the speeches and all audience members are to be commended for their wonderful manners.

The finalists from each year were:

Kindergarten - Cooper A, Imogen W, Penelope M  
Year 1 - Billie M, Kian D, Logan T  
Year 2 - Elodie B, Lily N, Rhys K

Topics included favourite animals, super powers and what scares kids. All talks were assessed on a range of criteria such as clarity, volume, pace, timing, expression, tone, content and audience interaction.

The K-2 Public Speaking Competition winners are:

Kindergarten - Imogen W  
Year 1 - Logan T  
Year 2 - Rhys K

Winners will be presented with certificates at the end of year K-2 Presentation Assembly.

Miss Earl  
Organising Teacher



## STUDENT REPRESENTATIVE COUNCIL (SRC)

### PYJAMA MUFTI DAY

On Monday, teachers and students enjoyed wearing their pyjamas to raise funds for Stewart House. There were lots of superhero pj's, onesies, comfortable flannelettes and teachers masquerading as bananas in pyjamas as everyone got in the spirit of pyjama day. As a special treat, students were also able to order unicorn popcorn on the day. We raised an impressive \$590.00 for this important charity.

Thank you to our school community for your support of this very worthy charity.

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**



## 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 Year 4 and 5.

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

Miss Higgs and Mrs Alexander  
Dance Coordinators

## SPORTS UPDATE

### WHPS Home Sport – Weeks 7, 8 and 9

Well, as enjoyable as last week was to watch, this week was no different. As I'm sure you all read in last week's newsletter, Year 6 had a difficult time being placed in charge of teaching home sport. Once again, I've decided to let my creative minions do my job and produce the goods for this week's sports report.

*"Year 6, time to set up your sport" Mr James yelled over the loudspeaker while sitting in his red camping chair in front of the sport shed. 16 year 6 groups were grabbing their equipment and running to their area to set up their sport for the afternoon ahead. I was very excited for home sport as the week before I had such a fun experience. As my group set up kick tennis I was looking forward to teaching our lesson again. The Year 3, 4 and 5's ran to their home sport group and I hoped that we had more Year 3's as they were so easy the week before. I turned around and my face fell as the Year 5's came running to us. I knew this week was going to be difficult. It got harder and harder throughout the lesson. I mean some of them weren't too bad but most of them weren't listening, were talking to their friends and not getting involved in the activity. My group had a hard time controlling those Year 5's. It was definitely a hard lesson and I certainly feel sad for the Year 5 teachers. I hope this week we have a better and easier lesson. Lily S – 6J*

*The wicked screeching bell went at the end of lunch. We were ready for all the Year 3s to just unload on us like bricks. But they weren't that bad, they listened to everything we had to say, but the Year 4s were the irritating ones. If we said don't do that they would do the opposite of what we told them to do. They were so annoying as soon as the teachers said that the day was over we ran to go put our stuff away, bolted to the gates and were so happy. But, firstly, we need to go back a bit to the Year 5s. They were just saying hurry up and start the game. Some of them were kicking each other and wrestling. They wouldn't quit. It was like talking to a brick wall. We would ask them to be quiet but they don't. We eventually split them up into 2 teams and then they were playing, but of course there is this one student who has to just ruin the game by mucking it up. We had a chat with him and he went out and played how we told him to play and it was all good. When the day was over, we were all out of teaching. It was the best feeling I have ever had in a long time and hopefully it's called off next week because of rain.*

**Beau M – 6J**

*On the second week of teaching the younger kids for sport, we were now teaching year fours and don't get me wrong, they weren't as bad as the year threes, but they were still a bit difficult. This time it was Aleks and Lochie bringing them over to the court. What seemed like ages finally came to an end when Aleks and Lochie came over to our section with the year fours. You could see the terror in their eyes about to strike our hearts with fear. This is when I remembered how bad the threes were and it scared me out of my mind... when we started playing they started screaming and completely ignoring our safety precautions by smacking the ball as hard as they could being completely ignorant to what we were telling them. All I was thinking in my head was 'NOT A REPEAT OF LAST WEEK, NOT A REPEAT OF LAST WEEK'. As the first group was finished I could tell the next one wasn't so bad, and they weren't! Which was a relief. This was definitely the best group we had yet and the next group was exactly the same. Maybe home sport will be better now, as we had gotten the year threes out of the way... oh yeah, we still have the year fives to go. NOOOOOOO! Leo B – 6J*

*There goes that school bell, signalling the start of yet another round of Yr. 6 sport. After a rocky experience last week, I wasn't really sure what to expect this time. While designated members from each group went to get equipment from the dark and dusty sport shed, others went to round younger kids off the oval, and start setting up their sport. Soon all groups were reunited, and discussion started about that afternoon's activities. Once the groups were set up and ready to go, kids started to trickle into the grandstand, slowly bunching up and awaiting Mr James's instructions (who was patrolling the area). After a large dose of Yr. 3s last week, our group was ready for a change. But we had one last group of them before a new age group. We started to teach our first lesson, perhaps with the most enthusiasm. But soon the lesson was over, and a group of Year fives were finally coming over to us. While they were a nice change from the Yr. 3s, they turned out to be not so good. While the younger kids could sometimes be a little aggravating, the older children were relentless, and most would not do what you say at all. Trying to control them was like trying to control a pack of angry wolves. And although some were happy to learn and take instructions, only a fair few showed those attributes. Some also thought that the skills we were teaching were boring, or too easy for them and just didn't want to contribute to the lesson. We went through 3 separate groups of Yr. 5s, all with different exuberant personalities. After the first group finally left the station, we barely could take a breath and the next group was coming down. Despite getting small shielding from the sun from a cluster of trees above our head, which were also emitting just a slight breeze, we could still feel the heat. Finally, the last group came our way, and we performed our lesson for the last time that day. And soon, finally, that final buzzer boomed. While the Yr. 6's hastily put away equipment, kids from all the groups found the path back again to the grandstand, who were soon joined by all the Yr. 6's. As the teachers wrapped up the day, I felt some minor relief that at least this week's lessons were over. Josie J – 6J*

*"Ok, Year Six, it's time to set up your home sport games!" Mr James yelled over the microphone at 1:50, the end of lunchtime. It was time for another home sport Friday; though would the day be remarkable or remarkably tiring? My group's job is firstly, to set up the oval cones to create the different sections of the oval, which was exasperating knowing that the boys didn't bother to show up to help. Though once we finally got that job completed, we were able to walk up to courts to set up our group's basketball games. I hoped that today's home sport session was as good as last week's. Though let me tell you, it wasn't. Two people in our group were absent, so I knew it would be harder to teach with less of us. I saw the group of Year 4s walk down into the courts; I thought I was prepared. Though today, there was twice the amount of annoying kids as there was last week. Just the kids that wouldn't listen; "Ok, everyone sit behind the white line." There always is the one student who sits in front of the white line. "All of you are on Team One, and all of you are on Team Two." Two students would whinge to us: "but my friend is on the other team! That's not fair! Come on, please, please, please can I be on Team One, please?!" Last week, there were one or two kids who didn't listen. I thought one or two frustrating kids was bad. Every rotation, we attempted to get through number basketball, and shooting knockout or a game with the Year 3s or Year 4s. Though things would become problematic when the students wouldn't listen to our instructions or watch the demonstrations, so once the game started they were bewildered. When*

*some of my group members would become distracted and would just shoot the basketballs instead of helping teach, it made it even worse. All in all, our group were successful in creating an entertaining experience for the Stage 2 students. Like last week, everyone we taught learnt some new abilities, and are now capable of doing something that they didn't know how to do previously. Even though many students were a pain to teach, I still had a great and enjoyable day. Apart from having to carry back all the sporting equipment while the boys did nothing. Imogen L – 6J*

Please tune into next week's newsletter to read about the Year 6's final go 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

### **Pittwater Zone Athletics Carnival – Representative Hoodies**

Unfortunately, at the recent Zone athletics carnival, the Pittwater representatives hoodies were unavailable to purchase... until now!

All Pittwater Zone athletics representative hoodies are now available to purchase from Newport Public School's uniform shop (situation at the northern end of canteen). They will be available to buy until the end of Term 3. The uniform shop will be open on the following dates:

- Monday 23 September 8-10am
- Thursday 19 and 26 September 3-5pm.

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 will receive 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 October 2019 (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).



### **Free Footy Tickets – NRL Telstra Premiership Finals Series**

See attached flyer. Go the Sea Eagles!

Yours in Sport,

Sam James





## FREE FOOTY TICKETS

### NRL Telstra Premiership Finals Series Semi Final – Rabbitohs v Sea Eagles Friday 20 September 2019 @ 7.40pm ANZ Stadium

Thanks to the NRL, the NSW Premier's Sporting Challenge and ANZ Stadium, students and staff at your school have the opportunity to witness these two Sydney giants go head to head!

As your school is participating in this year's NSW Premier's School Sport Challenge, up to **four (4) FREE tickets** are available for *each* student and staff member to redeem for the match.

Tickets are limited so be sure to secure them quickly for what will be a great evening of rugby league. To take up this fantastic offer, students and their parents should follow the below easy steps:

1. Simply go to the website: <https://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Click on the link:
3. Register details.
4. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.

For additional information, please visit the ANZ Stadium website by [clicking here](#).

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#### **Please note:**

- Students must have parental permission to participate in this offer.
  - Each student is entitled to up to four (4) free tickets (limited to one registration per student).
  - Match ticket voucher must be printed and presented at Stadium entry gates for entry to this match.
  - There is a limit of 8,000 tickets (redemption available to 2,000 individuals).
  - Entry may be refused if match ticket vouchers are damaged or defaced in any way or redeemed in an unauthorised manner.
  - If a match ticket voucher is resold or redeemed in an unauthorised manner it may be cancelled and the bearer of the ticket refused entry.
  - Accessible seating is available within the allocated general admission seating area.
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## P&C NEWS

### **Presidents Report 2018/2019**

Welcome to the Wheeler Heights Public School Annual General Meeting. Thank you all for coming.

This year the executive committee has consisted of myself as President, Simone Sakovits and Julie Harrison as Vice Presidents, Paul Hardy as Treasurer and Toni-Lee Waller as Secretary. The sub committees have had some changes throughout the year. Please see their reports.

Over the past 12 months, thanks to the uniform shop and fundraising team we have raised funds that have been committed or presented to the school. This year we donated \$13,000 for the solar panels, \$20,000 towards the synthetic grass, hosted and supplied food for the welcoming BBQ as well as the Christmas carols BBQ, sent the SASS staff out for breakfast and supplied Christmas gifts for the staff.

From October 2018, the P&C:

- Fundraising lead by Sherene LaGasse hosted the trivia night
- I did a talk at the welcoming to the new Kindergarten families
- Uniform Shop did a fashion parade for the incoming families
- Hosted the Christmas BBQ/Carols night where the school band also played
- Gave a gift to leaving families that have contributed to the P&C, as well as to all teachers and support staff

In 2019 the P&C:

- Along with the school, the P&C supported Derek Mascarenhas, who applied for and got approval to change the access to the school to keep our children and families safe
- Hosted the welcoming BBQ for new families and year 6 buddies
- Fundraising, with the new team of Yvette Dee, Joanna Golding Lowe, Fiona Simmat and Julie Hannah managed the Rotary Raffle, note the winning ticket was sold by WHPS and went to one of our families, hosted the Mother's Day and Father's Day breakfasts (the addition of the coffee truck was a huge success), cake and white elephant stall and the very successful Colour Run4Fun Colour Explosion. They have raised \$36,000 which is up from \$19,000 last year
- Canteen had entertainment books for sale and received an Ocean friendly Award, as well as continuing to work towards sustainability with the products used
- Karen Nitch resigned from the uniform shop, Holly O'Brien was appointed. The uniform shop also donated \$20,000 to the P&C.
- I was on the interview panel for a new staff member at the school
- Distributed Rebel Kickbacks where needed, including supplying the school with new sports equipment
- Started a school Facebook page, thanks to Joanna Golding Lowe for getting us into social media
- Paul Hardy implemented many new processes in his role as treasurer, including Xero
- Band have struggled to fill their sub committee
- We've had many new faces and larger than usual turnouts at meetings

Thank you to all of you for your support, as you know this is my last year at the school. Thanks to David Scotter, Priscilla Wright, the other teachers and the support staff over the last few years. The SASS staff not only look after the office and the grounds, they manage the student school banking along with the student book club. Any help we receive from them we are grateful for; however, they often are not able to help us with our activities, that's where the P&C committee and other friends are encouraged to be relied upon. Also, a huge thank you to the many people who have served on or are currently on the executive committee, the sub committees or who volunteer. The P&C could not run without all of you.

Going forward, there are always things that can be improved on and I feel communication is the key here. Communication between our staff, Tracey Brilman, Sherene LaGasse (occasionally Kerrie Robertson) and Holly O'Brien and their respectful Convenors is essential. Direct and open lines with the President is vital because at the end of the day the President will be held accountable. Your role on the committee is to ensure that communication is open with your peers/ friends too about the P&C and the job we do as volunteers. Again, looking forward I'd like to see the canteen break even financially. Sustainability has come at a cost and I think the new committee will need to work with the staff on ways to still be sustainable but financially viable. I'd also like to see the Band subcommittee have all positions filled.

I've felt that my role and responsibility on the P&C has been to be open and transparent, we are here to serve and help the school in a way that benefits our child/children. I look forward to watching the energy of the new committee and I know I'm leaving you in safe and hardworking hands.

Thank you all again.

Regards,

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

### School Disco

Thursday 24 October, put it in your diary. K-2: 5-6.30pm & 3-6: 7-8.30pm. More details to follow shortly.

### 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 Trivia night

# IT'LL BE ALL WHITE ON THE NIGHT!

SATURDAY NOVEMBER 9  
WHPS HALL

*Full details to follow  
soon*

PROUDLY SUPPORTED BY





## Wheeler Heights Weekly Canteen Summer Menu



### DAILY SPECIALS

#### Monday

Sushi	\$3.50
Mac & Cheese <b>NEW</b>	\$4.00

#### Tuesday

BLT (bacon, lettuce & tomato) sandwich <b>NEW</b>	\$4.00
Sausage Roll	\$4.00

#### Wednesday

Pasta Bolognaise	\$4.00
Sushi	\$3.50

#### Thursday

Cheese Burger	\$4.50
Ramen Noodle Salad <b>NEW</b>	\$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 <b>NEW</b>	\$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 <b>NEW</b>	\$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 <b>NEW</b>	\$3.00

Please visit [flexischools](http://flexischools.com.au) for descriptions and more options at [www.flexischools.com.au](http://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](mailto:whpscanteen@gmail.com) to volunteer please click <http://signup.com/go/NsULEeM>



# Healthy Mouths for Kids at School

Dental information for parents and carers

## Eat Well

Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.



## Drink Well

Make tap water your family's drink.



## Clean Well

Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.



## Stay Well

Children should have regular dental checks.



## Play Well

A well fitted mouthguard can reduce the risk of injury.



## Did you know?

Not brushing teeth daily, and sugary food and drinks, cause tooth decay.

Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.





# DENTAL SERVICES FOR CHILDREN

General dental treatment **for children under 18 years of age is free** at NSW Public Dental Health Clinics

It's  
**Free!**  
call today



## Clinic locations:

Brookvale | Hornsby | Royal North Shore | Top Ryde

**Ph: 1300 732 503**

If you need an interpreter please call the free Translating and Interpreter Service (TIS) on 131 450. Ask TIS to call us on 1300 732 503.

\* Some specialist services may require additional eligibility and/or may incur a fee



**Health**  
Northern Sydney  
Local Health District

ID: 45099



# 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 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](http://www.jacksharpmagic.com.au/events)**

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MAGIC & COMEDY ENTERTAINMENT  
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