

The Wheeler Word



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Term 1 Week 4

Thursday 20 Feb 2020

Acknowledgement of Country

Before we begin, I would like to acknowledge the Gai-maraigal and Garigal people for they are the traditional custodians of the land we stand on today. Under our school, the land was and always will be their land. They have passed down their stories, memories and culture to the future of all Australians.

Taj S – Year 6

Well done to all students for fabulous participation & performances at today's Years 3-6 Swimming Carnival at Manly Pool. I'm sure the K-2 students enjoyed their Bubble Day at school too. More details and photos next week!

P&C Meeting

There was a tremendous number of parents (including many new families) at the P&C meeting on Monday night.

University of NSW ICAS Competitions and Assessments – Years 2-6

The University of NSW changed their assessment practices in 2019 in order to cater better for school needs.

The **UNSW Global ICAS Assessment Tests** are still being conducted. These tests are designed for recognising academic excellence for high potential students. **Only high achieving students should sit these tests.**

They are open to students from Years 2–6 (unless otherwise stated) and will be administered by staff members from Wheeler Heights Public School. In 2020 tests will again be conducted during school time.

All ICAS Assessment Tests are now \$15.95 each & will be held ONLINE (except Yr 3 & 4 Writing).

All students in Years 4 and 6 will sit the **UNSW Global REACH Assessments**, which are designed for benchmarking and measuring full cohort progress. This assessment will be a very useful assessment to be completed in the non NAPLAN years and should be a much more appropriate assessment than the ICAS Assessment Tests which we previously used. Parents do not need to enter their children for these assessments as the school will do this. The charge for these assessments will be included in the whole school fee schedule for Years 4 and 6.

A detailed note will be on the school website and at the front office for parents wishing to enter their children in the ICAS Assessment Tests.

Sport Captains & Vice Captains

Congratulations to our recently elected Sports captains who received their badges recently. An official presentation of all badges (Sports, SRC, Band, Dance, Sustainability) will be held on Monday March 9 at the 9:15am assembly. Parents are very welcome to attend and assist with the presentation of badges.

Canteen Volunteers

Please see the note later in the newsletter regarding volunteering in the canteen. For this valuable service to run effectively, the P&C need your assistance.

Pedestrian Safety and Parking in the School Driveway

Once again, I implore all parents to carefully follow school signs and make Traffic and Pedestrian Safety a number one priority at our school. Teachers have talked to all classes and reiterated the rules regarding children crossing in front of the school car park. This route can ONLY be used when a child is accompanied by an adult. This is very important before school when teacher vehicles and delivery drivers may be arriving. After school there will be a teacher on duty who will monitor children crossing to depart school. I also have many reports of school parents illegally parking outside the school on Veterans Parade, Rose Ave and Berith St and parents parking in the school driveway early in the morning or late in the afternoon, often blocking access for teachers and deliveries.

Please follow the road rules and let's work together to ensure that no child or adult is injured at our school.

2020 DATES

Thurs 20 Feb Yr 3-6 School Swim Carnival @ Manly Pool
K-2 Bubble Day @ school

Fri 21 Feb 8am Junior Dance begins

Mon 2 March Leaders to Halogen leadership event

Tues 3 March Paul Kelly AFL Day

Wed 4 March Scripture begins

Fri 6 March PSSA starts

Mon 9 March Special Badges presented @ 9:15 assembly

Tues 10 March Pittwater PSSA Swim Carnival

Thurs 12 March Selective HS test (Yr 6)
5-6:30pm Kindy & buddies & new students Welcome BBQ

Fri 13 March PSSA Rd 2

Mon 16 March 7pm P&C Meeting

Wed 18 March Interrelate Evening

Thurs 19 March PCS Extension Test (Yr 6)

Fri 20 March PSSA Rd 3

Thurs 9 April Easter Hat Parade
Term 1 ends.

Term 2 Tues 28 April - Fri 3 July

Fri 1 May School Cross Country

Mon 18 May School Athletics Carnival

Thurs 21 May School Photos

Term 3 Tues 21 July – Fri 25 September

Mon 31 Aug Pittwater PSSA Athletics

Mon 7 Sept Yr 5 Dance Sport (Ballroom Dancing) at Homebush TBC

Term 4 - Mon 12 Oct - Wed 16 Dec

Welcome to new Parents BBQ – Thursday 12 March from 5-6:30pm

The annual welcome BBQ for all new Kindergarten students and their buddies and any new school families will be held later this term from 5-6:30pm around the hall and canteen area. Invites will soon be distributed for this afternoon, organised by our wonderful P&C.

School Program Fees

A note outlining whole school program fees and expenses will be distributed shortly. Prompt payment would be very much appreciated, with a special prize draw for full payment made by the due date.

Newsletter by email and school website

The newsletter is emailed and uploaded to the website each Thursday afternoon. Hardcopies are available at the office if required. If your email has changed please be sure to confirm with the office. Again this year most notes will be available on the school website wheelerhts-p.schools.nsw.gov.au for easy access at any time. Notes can also be picked up from the front office.

Please see the following link to a Northern Beaches Council traffic safety video featuring one of our school families.

<https://youtu.be/TrheyGbvCXU>

David Scotter
Principal

FROM THE OFFICE

Extra clothing

Parents with students in grades Kindergarten, Year 1 and Year 2, please provide a spare set of underwear in your child's school bag to be used in case of toileting accidents. If your child is given a spare uniform due to an accident, a letter will be sent home requesting the return of the cleaned uniform.

Jodie Sly
School Administration Manager

MULTICULTURAL PERSPECTIVES PUBLIC SPEAKING COMPETITION 2020



All students in Years 3 and 4 should have received a note from their teacher regarding this years Multicultural Perspectives Public Speaking Competition.

Students in Years 5 and 6 who would like to participate have also received a note.

These notes outline for each stage when your child's speech will need to be presented in class.

Two students from each class will be selected for the Stage finals which will be held Wednesday 25 March (Week 9) in our school hall. Stage 3 - 9:30am & Stage 2 - 11:40am.

If you have any queries or concerns regarding this assignment, please contact your child's classroom teacher.

Mrs Nadine Young
Stage 2 Organiser

Miss Rachael Tekampe
Stage 3 Organiser

CLEAN UP AUSTRALIA DAY



Clean Up Australia Day at Wheeler Heights Public School

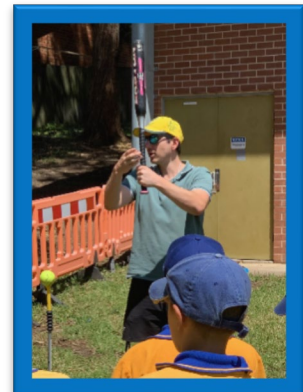
Clean Up Australia Day is on Sunday 1 March, celebrating 30 years of cleaning up Australia!!! Wheeler Heights' students will help our school environment by participating in a clean-up of our school playground on Friday 28 February 2020. Students are encouraged to bring gardening or kitchen gloves (labelled with their names) to wear during the clean-up.

Stage 2 Teachers (Clean Up School Organisers)

Mrs Wright's Wrap Up

Terrific Teachers and Sensational Students during Tremendous Trials

Phew... we finally got the trials completed. Mrs Young was beginning to stress that due to all the rain we weren't going to get them done in time!! Luckily yesterday was a lovely day and so many of our sensational students from Years 3-6 completed the second trial for various Summer PSSA teams. Our terrific teachers - working in pairs - conducted the trials and will now go away and make the difficult decisions of putting teams together. This is an extensive process and a great deal of thought and effort goes into it. Not everyone can make a team and some children will be left feeling disappointed. This is unavoidable. If this is the case for your child please work with them and help them grow to be able to handle disappointment in the future. Thank you to all students for doing their personal best and a huge thank you to our teachers for their time and effort in this process and for providing these opportunities for our students. Oh and you'll notice we had a celebrity visit us for the trials! Welcome back Mr Webster! We've all missed you!



Yoga and Mindfulness lessons



Our students in Years 2 to 6 are so lucky to be developing their wellbeing and mindfulness during Yoga lessons with the Lifeskills Group this term. The children are thoroughly enjoying the experience and teachers have noticed growth in the student's emotional wellbeing, concentration and ability to self-regulate when dealing with differing emotions.

Learning these skills allows children to remain true to themselves and their values and allows them to understand their own feelings effectively. They can use these skills when they are upset or angry and can calm themselves. Similarly, the skills will assist them in understanding and recognising what makes them truly happy. This will help them throughout their entire lives. In a

time when children have to deal with pressure from many areas including social media and images portrayed through the media; fostering self-confidence, emotional wellbeing and maturity is vitally important.

The most exciting part of these sessions is that it all happens whilst they are having fun!

Kindergarten and Year 1 will complete the program in Term 2 so look out for some photos then.



Interrelate

Reminder: Please see details later in the newsletter regarding Interrelate sessions coming to our school on Wednesday 18 March. Many families have attended these sessions in the past and find the information provided to be extremely helpful and beneficial.

Mrs Priscilla Wright
Assistant Principal
Instructional Leader



SPORTS UPDATE SUMMER/SPRING PSSA



Yay... we had some beautiful sunshine this week and yesterday we were able to hold our last round of PSSA trials. The coaches will finalise their teams over the next few days and teams *should* be announced on Monday. Permission notes and behaviour contracts will come home next week. The Summer/Spring season starts in Week 6 so notes will need to be returned by Monday 2 March. Please remember that coaches take these trials very seriously and look for many qualities in their team selections. Students are judged on:

- Game sense and skill
- Sportsmanship
- Cooperation and attitude
- Commitment to training sessions

If your child does not make a PSSA team, please help them learn from the experience and build their resilience...

"SUCCESS IS NOT FINAL, FAILURE IS NOT FATAL: IT IS THE COURAGE TO CONTINUE THAT COUNTS!"

Winston S. Churchill.

Summer/Spring Sports	Coach	Cost/Training
Boys Cricket	Mr Sam James	\$50 / Friday Snr: 7:45am, Jnr: 8:20am
Girls Cricket	Mr Alex Bennett	\$90 / Monday Snr: 8am, Jnr: 8:30am
Boys Tag	Mr Mitch Jeffery	\$90 / Friday Snr: 7:45am, Jnr: 8:20am
Girls Tag	Mrs Nadine Young	\$90 / Thursday 8:15am-9am
Senior Softball	Mr Chris Jolly	\$90 / Friday 8am-8:45am
Junior T-Ball	Miss Rachael Tekampe	\$90 / Friday: 8am-8:45am



SWIMMING CARNIVAL

The WHPS 3-6 swimming carnival was today. It was a great day!!! A massive thank you to Mr Sam James and Mr Alex Bennett for organising such a wonderful event. All results will be posted next week. Congratulations to all students who participated in races. Thank you to all the parents who volunteered their time to help with time keeping. These days cannot run without your help and support. Please stay posted for more details regarding ribbon presentation and zone carnival.

IMPORTANT NOTICE: Zone Carnivals hoodies will be sold at the Zone Swimming carnival on Tuesday 10 March. **\$50 each.**



PITTWATER ZONE TRIALS



A huge congratulations to **Lara F** and **Ollie G** who were successful at the Pittwater zone basketball trial and will now trial at Sydney North. Good luck!

PSSA Zone trials are for students in Years 5 and 6 who **excel** in a particular sport. They must have several years of club/representative experience. We are only allowed to send 2-3 students for each sport. Successful students must be able to commit to training and future trial sessions.

Date	Sport	Location	Time	Cost
27/2/20	Boy and Girls Soccer	Cromer 1	1:30-3:30pm	Nil
7/3/20	Girls Cricket (Syd North)	Bill Sohler Oval	9:30am-2:30pm	\$6.00
11/3/20	AFL	Balgowlah North Public School	1:30pm to 3:30pm	Nil
30/3/2020	Netball	NBISC	12-3pm	\$5.00

Please email the school if your child is interested in trialling for Pittwater Zone teams. Please remember that these trials are very competitive and of a very high standard. You will need to include details of your child's ability (years' experience and representative teams). Notes will be sent home to students selected to trial.

Please ensure that your Flexischools and Team App are updated for your child's PSSA sport so you can keep up to date with information.

Good luck to all our students' trialling for sports this week.

Yours in Sport,
Mrs N Young
Sport Coordinator

SRC NEWS

SRC Voting

Year 2 to Year 6 classes are currently in the process of electing their Student Representative Council members (SRC). SRC badges will be presented to students at the Monday morning assembly in Week 7. Parents/carers are invited to attend this occasion to present their child's badge. Further information will be sent home via elected SRC members and the newsletter.

Bicycle and Scooter Permission Notes

All Year 2 to Year 6 students who ride a bicycle or scooter to school need to sign and return a bicycle and scooter agreement. **To encourage safe riding and support road safety awareness, all students and parents need to sign a new permission note every year.** The agreement explains the expectations for behaviour expected by all students when riding a bicycle or scooter.

The first time students receive a licence, I will attach it to their bike or scooter to ensure it is placed in an appropriate and safe position. If your child is interested in riding their bicycle or scooter to school there will be another information session next week.

Miss Earl
SRC Coordinator



LIBRARY NEWS

Library Monitors

Congratulations to the 2020 Library Monitors. Each Year 5 monitor will work with Ms Hammond and Mrs Josephs in the library at lunchtimes over a semester.



Ciara F
Lily Z
Sydney D
Ava D
Macy M
Mackenzie P

Amelia M
Summer P
Annie BH
Addison P
Mali K
Kyah S

Rihanna H
Taya S
Kirra B
Gemma C
Laura H
Natalie T

Willow P
Poppy S
Kassia A
Mikaylah W
Zali S

Premier's Reading Challenge (PRC)

The 2020 Premier's Reading Challenge (PRC) begins on 2 March.



All students are strongly encouraged to complete their PRC. It is a great opportunity for students to read more and more widely. Information was sent home last week regarding how to complete the challenge. If you did not receive this information please see your class teachers.

Borrowing

Borrowing for most classes has begun. We are encouraging all students to borrow each week focussing on "Reading for Enjoyment". See below for your class's library borrowing day.

Monday	Tuesday	Wednesday	Thursday	Friday
4RO 4E 5S	5/6B 6J 6T 3J 2S KM 2J	5A 3Y	2W K/1H 1J	1M KT KB

Volunteer Helpers

We are looking for some volunteers to help cover books. If you have some time to help us that would be wonderful! Please contact the office or pop in to the library before school to chat with Mrs Josephs or Ms Hammond. Thank you!

Mrs Corinne Josephs and Ms Amie Hammond



Wednesday 18 March 2020 in WHPS Library

overview & session outline

6pm - Session 1: Where did I come from? (Years 3 & 4)

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Content

- Introduction
- Family structure and family relationships
- Male/female babies – which is which?
- Protective behaviours
- Male/female reproductive systems
- Sexual intercourse & conception including assisted
- Foetal development
- Twin explanation
- Birth
- Conclusion

7.15pm - Session 2: Preparing for Puberty (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

Objectives

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Content

- Introduction
- Revision of Session 1
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion

Cost: **\$32 (incl. GST) per family to attend one session**
 \$37 (incl. GST) per family to attend both sessions

Permission Flyer

Session 1: Where Did I Come From?

Time: 6:00pm

Audience: Year 3 and 4 students and their parents/carers

Sessions: 1 x 60-minute session

Program focus:

- Discuss the male and female reproductive systems, foetal development and the birth process
- Personal safety and protective behaviours

Note: Older students are encouraged to attend if they have not previously seen this program.

Session 2: Preparing For Puberty

Time: 7:15pm

Audience: Year 5 and 6 students and their parents/carers

Sessions: 1 x 60-minute session

Program focus:

- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children's personal safety and protective behaviours

Note: Younger students are welcome to attend at the discretion of their parents/carers.

Family cost: 1 session \$32 per family | 2 sessions \$37 per family

Please note that this cost is GST inclusive

Where: Wheeler Heights Public School

When: 18 March 2020

(Specialty books are available for purchase on the night)

Please complete and return to your school with payment.

Amount enclosed \$_____ (please make cheques payable to the school)

OR I have made an Online payment (POP). Description: *INTERRELATE*

My receipt no _____

Family name: _____

No. attending: Session 1: Where did I come from? _____

Session 2: Preparing puberty _____

Signed _____ Date _____

Parent / Guardian

P&C VOLUNTEER OPPORTUNITIES

Canteen Volunteers Required

Our school canteen is seeking more volunteer parents. To operate, the canteen needs 1-2 volunteers Monday-Thursday and 2-3 volunteers each Friday from 9:30am until 11:30am and/or 11:30am-1:30pm. No experience is necessary to volunteer – just bring a sense of fun and embrace the opportunity to interact with other parents and friends in the school community. Our canteen Managers, Heidi and Tracey will guide you as much as necessary, and tasks generally include heating and preparing hot/cold lunch orders, cleaning up and working at the window during lunch. Every child loves the feeling of having a family member on canteen duty for the day. Volunteering in the canteen is a direct and easy way of helping make a significant contribution to your child's education at Wheeler Heights Public School.

If you are interested in volunteering at the canteen, please sign up using this link <https://signup.com/go/gOWjaGQ>

If you have any questions, please feel free to email our Canteen Treasurer at canteen.treasurer@whps-pandc.org

Live Life Well @ School

PARK & WALK or RIDE

Try parking a short distance from your school and let the kids either walk or ride a bike under your supervision the rest of the way.



Benefits include:

- Less traffic congestion around your school
- Extra exercise for you and your children
- Socialising with community members and other families
- Learning important road safety skills
- Children who live too far to walk or ride all of the way can still participate in active travel.

Hold the hands of
children aged up to 10
when crossing roads!



Health
Northern Sydney
Local Health District

COMMUNITY NEWS



NEW @ WHEELER HEIGHTS PUBLIC SCHOOL

SPANISH CLUB ON EVERY WEDNESDAY
FRENCH CLUB ON EVERY THURSDAY
3.30pm - 4.30pm

For Year 1 - Year 6 students

Activities; Music; Games; Drama
Unique online resources for members
Experienced & enthusiastic native speaking teachers

We accept the creative kids voucher!!

ENROLLING NOW!!!
To receive an information pack or to enrol
Call Nathalie Roy 0430 286 590
or email: nathalie.roy@lcfclubs.com.au
www.lcfclubs.com.au



ST LUCY'S SCHOOL OPEN DAYS




Does your child have an intellectual disability or Autism Spectrum Disorder?

We invite you to one of our Open Days to see how your child will benefit from St Lucy's intensive instruction in: literacy, numeracy, social competence and independence skills in a dynamic and creative environment.

For more information contact the Registrar on 8355 3157 or enrol@stlucys.nsw.edu.au. Applications close 15 May 2020.

To book an Open Day session in March, visit
www.stlucys.nsw.edu.au/enrolment/open-days-2020/

ST LUCY'S OPEN DAY SESSIONS:

Wahroonga Campus

- **Friday 6 March** High School Open Day 9.15am
- **Tuesday 10 March** K-6 Open Day 9.15am
- **Thursday 26 March** K-6 Open Day 9.15am

St Lucy's School, 21 Cleveland Street, Wahroonga

Narrabeen Campus

- **Friday 20 March** 9.15am
- St Joseph's Primary School
(St Lucy's Satellite class)

108 Ocean Street, Narrabeen

JOY | COMMUNITY | COURAGE | TRUTH