

The Wheeler Word



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Term 2 Week 4

Thursday 21 May 2020

Acknowledgement of Country

Before we begin, we would like to acknowledge the traditional custodians who have looked after and taken care of this land for many years. We would like to respect the memories and stories from the Elders who have passed down their knowledge to many people. We must remember that under the buildings, concrete and asphalt, this land will always be remembered by the original caretakers of this land.

Lennox C – 5/6B

ALL STUDENTS WILL RETURN TO SCHOOL FULL TIME FROM MONDAY 25 MAY 2020

Please see separate email attachment 'UPDATE #10 COVID-19' for all details regarding arrangements for the return to school of all students.

SEMESTER ONE SCHOOL REPORTS AND PARENT TEACHER INTERVIEWS

All schools are now discussing and finalising plans for the Semester One reporting period. Obviously due to the COVID-19 situation and the Learning from Home program, our Semester One Report will be in a different format to usual. As soon as the new arrangements have been confirmed we will advise our school community of the plans and timelines to be followed.

P&C MEETING

We were able to hold a very successful ZOOM P&C Meeting on Monday night with many items addressed including the Rotary Raffle. Please see the details below which were discussed and agreed upon in principle at the meeting.

ROTARY RAFFLE TICKETS

As we have mentioned in recent newsletters, due to the onset of the COVID-19 virus and related logistical restrictions, the Rotary Club of Upper Northern Beaches cancelled the 2020 Rotary Car Raffle. In these unprecedented times, it was not appropriate to conduct ticket sales and incur significant financial expenses.

After feedback from many parents and after discussion at the recent P&C meeting we have decided to make a donation to Rotary who have absorbed all the costs associated with the raffle. We will also make a donation to a suitable charity linked to the COVID-19 crisis or a local hospital. We will also have a draw for the tickets which have already been sold, with prizes from local businesses. The remaining funds will then be placed in the P&C fundraising account. Specific details will be tabled at the next P&C meeting on Monday 15 June (venue TBC).

Please be sure to contact the school if you would like a refund for any tickets sold or please drop in sold tickets so they can be placed in the draw to be held later this term.

CYBER SAFETY

Please be vigilant during these challenging times to ensure that your children are communicating and responding appropriately to online chats, messages and websites. There are a number of extremely helpful sites on the Department of Education website. During first term all Year 3 and 4 students had a Cyber safety workshop with members of the local police. The Year 5 and 6 workshop was unfortunately cancelled due to COVID-19 but will be rescheduled as soon as practical.

WINTER SCHOOL UNIFORM

Now is the time for all students to begin wearing Winter School Uniform. As always, we allow a few weeks transition period. We hope that all students will be in full winter uniform as soon as possible.

The Uniform Shop is still closed but Online ordering can be made at any time through Flexischools. Orders will be at the office for collection on Friday morning after 10:00am for orders placed between the previous Friday - Thursday or delivered to the students directly.

We are trying to be a NUT FREE School. Anaphylaxis - What is anaphylaxis?

Anaphylaxis is a severe and sudden allergic reaction. It occurs when a person is exposed to an allergen (such as food or insect bites). We currently have a number of anaphylactic students enrolled at Wheeler Heights. Many schools have students with such allergies. As a community we are requesting that students do not bring nut products to school. Most importantly we remind you that students should never share their food at school or pressure any other child to try something to eat.

Take care & stay safe.

*Mr David Scotter
Principal*

Mrs Wright's Wrap Up

PARENT FUN

Zooming with some of the P&C for the monthly meeting on Monday night was lots of fun! We are hoping to see more faces at the June meeting on 15 June 2020. Our Wheeler community is truly wonderful and extremely collaborative. Many great ideas are shared at these meetings and allow us to work together to create a fantastic learning environment for your children. If you have the time, please come along, we'd love to see you!

YEAR 6 TAKING ON LEADERSHIP RESPONSIBILITIES

I'd like to thank Emily, Filippa, Max and Lewis for exhibiting terrific leadership skills whilst proactively assisting us in reminding all our students of personal hygiene and prevention strategies. All four students selected appropriate positions and placed posters around the school. These posters provide advice on strategies to stop the spread and protect yourself from viruses, refilling water bottles and washing hands. We have been so proud of our students and how they have embraced new responsibilities. We know these posters will help to remind them throughout each day.



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

CHOIR NEWS

SENIOR CHOIR- ARTS ALIVE PRIMARY CHORAL CONCERTS CANCELLED

It is with regret that I inform you that the 2020 Arts Alive Primary Choral Concerts have been cancelled. Senior Choir should keep learning and practising the songs on Google Classroom as we **may** have the opportunity to perform when restrictions are lifted.

Rosemary Radom
Choir Coordinator

ECO WARRIORS NEWS

What's on in the garden...



We can't wait to have all Eco Warriors back next week!

This week we were very busy in the garden. We planted some onion, silver beet, spinach and broad beans in pots and put them into the new greenhouse to sprout.

Our leeks are finally starting to pop through which is a relief as we thought they weren't going to! Our lettuces, tomatoes and capsicums are all growing strong and with some added worm tea this week, we should see them continue to do so.

Last week we did a little experiment with an old piece of spring onion from the fridge. Normally, you would just throw this out, but considering it had roots, we planted it and it looks like it is very healthy.

Next week we might make a start on the scarecrow as he will no longer be nude! A big thank you to the Pudney family for donating some clothes, gumboots and a hat.

Elizabeth Wilson
Eco Warriors Coordinator



P&C MESSAGES

FUNDRAISING TEA TOWELS

We still have some tea towels available and have opened up the Try Booking link for anyone who missed out or would like more.

If you have any questions please contact the Fundraising Team via email on whps.fundraising@gmail.com (rather than the school office).

<https://www.trybooking.com/book/event?eid=622247>

The Fundraising Team will collate the orders each week on a Friday. The tea towels will be sent home with the students the following week. If you would like it earlier please contact the Fundraising Team and we will do our best to sort this out for you.

Regards,

Wheeler Heights Public School Fundraising Team



CANTEEN NEWS

WHOO HOO! WHEELER HEIGHTS BITES IS BACK!

As of Tuesday 26 May, Wheeler Heights Bites will be back in action every Tuesday, Wednesday & Thursday. Orders must be made online through Flexischools ONLY as there will be no over the counter sales until further notice. We will be following the strictest hygiene guidelines and have made the decision to return to paper bags for orders due to COVID-19 precautions. We are super excited to see all the children back at school & look forward to keeping their tastebuds satisfied.

TERM 2 MENU ITEMS AVAILABLE EVERY TUESDAY, WEDNESDAY & THURSDAY

Sushi (soy sauce not available)

HOT FOOD

- Canteen made ham, cheese & spinach scrolls
- Canteen made vegemite scrolls
- Canteen made cheese melts/ garlic bread
- Canteen made sausage rolls (no sauce available)
- Canteen made pasta bolognese
- Meat pies small or large (no sauce available)

SANDWICHES/WRAPPS

- cheese
- ham
- vegemite
- chicken

SNACKS

- Canteen made banana bread
- Canteen made cookies
- Choc magic muffins
- Pretzels

Live Life Well @ School

BREAKFAST IS THE BEST ROUTINE



Breakfast is important for a student's blood sugar levels. It helps them to concentrate while learning, moderate behaviour and have the energy to engage in physical activity.

Breakfast also reduces the desire to snack on high sugar and high fat foods.

Quick and easy breakfast ideas:

- Cereal with milk, yoghurt and/or fruit
- Wholegrain toast or raisin bread
- Smoothies made with fresh, frozen or canned fruit

For more ideas, search 'breakfast' at healthy-kids.com.au

TIP: Help kids be in a better frame of mind for school work by discouraging them from eating in front of the TV.



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Live Life Well @ School

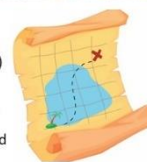
GET ACTIVE + MAP A TREASURE HUNT



- One person hides some treasure in the yard or around the home (e.g. a coin, small toy, sticker etc.) and then draws a map for the other person to find the treasure.

- Take turns hiding the treasure and drawing a map.

- Optional extra: Work out north, south, east and west



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