

The Wheeler Word



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Term 2 Week 5

Thursday 28 May 2020

Acknowledgement of Country

I would like to acknowledge the traditional custodians of the land our school sits on. I feel happy when I'm at school so I thank them for looking after the land.

Harry A – Year 2

It was lovely to see almost all our students return on Monday. Thank you once again to our wonderful parent community for your great support during these challenging times.

DROP OFF & PICK UPS

As you will know, all schools are trying to limit the number of adults within the school grounds. We appreciate that most parents are supporting the school by dropping their child at the school gate in the morning and arranging to meet their child at one of the school gates in the afternoon. Please do not arrive at school too early in the afternoon and if you do, please wait in the car or on the designated yellow crosses or dots marked at the school entrances, until just before the bell is about to go. We must all continue to practise social distancing and be sure to set the right example for our children.

We are very fortunate that we have a number of school entrances and exits at our school, but the peak periods are always busy.

Mrs Wright and I are at the school gates each afternoon and we greatly appreciate the sensible and calm approach of most parents. Unfortunately, we have seen dangerous behaviour from a small number of parents. There has also been parents not observing social distancing. The school has received phone calls from members of the community, complaining about parent behaviour. Please let us remember to always focus on the safety of our children and community.

NORTHERN BEACHES COUNCIL COVID-19 PARKING RESTRICTIONS

Council will be displaying new COVID-19 restrictions to be in force around the school entrances. These signs will clearly indicate where Quick 2 Minute Parking is allowed to make dropping and collecting students a little easier.

PLEASE BE SURE TO FOLLOW ALL SIGNAGE AND DIRECTION FROM COUNCIL OR SCHOOL STAFF.

SCHOOL LIBRARY

The school library will be open next week. There are a number of Health Guidelines which we must follow. Mrs Josephs and Mrs Hammond, our fabulous Librarians, have and will speak to all staff and students to ensure that we are all following safe practices.

PARENT TEACHER INTERVIEWS

Please be sure to book in for the Parent Teacher phone interviews which will be held next week. The interview bookings opened today at 12 noon. Please see the details in Mrs Wright's column in this newsletter.

SEMESTER ONE SCHOOL REPORTS

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 modified format.

SCHOOL CANTEEN

Thank you to Heidi and Tracey who were back working in the canteen on Tuesday, Wednesday and Thursday. From next week the canteen will be open every day for Flexischools orders for recess and lunch. There will be NO over the counter sales.

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.

2020 DATES

Mon 8 June PUBLIC HOLIDAY

Mon 15 June P&C Meeting 7pm Venue or ZOOM TBC

Thurs 25 June School Tour 9:45am TBC

Fri 3 July TERM 2 ends

TERM 3

Mon 20 July Staff Development Day

Tues 21 July School starts for all students

Mon 27 July PCS Extension Test TBC

Wed 29 July Yr 4 OC Test TBC

Mon 17 Aug P&C Meeting TBC

Sun 6 Sept Fathers' Day

Mon 21 Sept P&C Meeting TBC

Fri 25 Sept Term 3 ends

TERM 4

Mon 12 Oct - Wed 16 Dec

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.

Take care & stay safe.

*Mr David Scotter
Principal*

FROM THE OFFICE

Book Club

Scholastic Book Club brochures were handed out yesterday. Please process your order online to limit visits to the office. The last date for orders is Tuesday 16 June.

Students leaving early – a person other than a parent collecting child

The emergency contacts listed on the enrolment form are only used when there is a medical emergency and we are unable to contact parents. If a person other than a parent (this includes grandparents) will be collecting a student before 3:15pm, a parent **MUST** provide the school with written permission before this can occur. Unfortunately, if we do not have permission and we are unable to contact a parent, the child will not be allowed to leave the school.

Impetigo

There has been a reported case of impetigo at the school. Impetigo is a contagious disease. Please see attached fact sheet for symptoms.

Thank you

Jodie Sly
School Administration Manager

Mrs Wright's Wrap Up

PARENT/TEACHER INTERVIEWS – BY PHONE

An email was sent to all parents on Tuesday explaining that we will be holding Parent/Teacher Interviews in Week 6 (1-5 June 2020). Due to COVID-19 restrictions, interviews will be coordinated differently this year. All interviews will take place via phone call. If you would like to make a booking, details can be found below.

Your child's classroom teacher will call you at your allotted time. These calls may come from a 'No caller ID' number. Please ensure you answer the call at your allotted time.

Please note that each booking is for no longer than 10 minutes. Teachers need to adhere to this time frame to ensure they can contact parents at their allocated time. If a longer interview is required it will need to be organised for another time.

Bookings were opened today at 12pm and will close Sunday 31 May at 6pm.

If you would like to book an interview please do so online at <https://www.schoolinterviews.com.au> and the code is **ays53**.



Mrs Wright's Wrap Up

ACKNOWLEDGING ABORIGINAL PERSPECTIVES

Wheeler Heights Public School acknowledges the traditional custodians of the land on which our school is situated, the Gai-maraigal (also known as *Gayamaygal*) and the Garigal clans, whose cultures and customs have nurtured, and continue to nurture, this land, since the Dreamtime. We pay our respects to Elders past, present and future.

Although Aboriginal perspectives are constantly woven into the learning of our students in units of work they complete, this week we all acknowledged and reflected upon two very significant dates in the calendar of our country. National Sorry Day (26 May) and National Reconciliation Week (27 May – 3 June).

What is National Sorry Day?

Observed annually on 26 May, National Sorry Day remembers and acknowledges the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities, which we now know as 'The Stolen Generations'.

National Sorry Day is a day to acknowledge the strength of Stolen Generations Survivors and reflect on how we can all play a part in the healing process for our people and nation. While this date carries great significance for the Stolen Generations and other Aboriginal and Torres Strait Islander peoples, it is also commemorated by Australians right around the country.

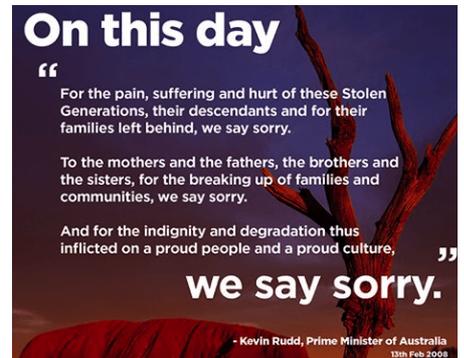
What is National Reconciliation Week?

National Reconciliation Week (NRW) is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia.

The dates for NRW remain the same each year; 27 May to 3 June. These dates commemorate two significant milestones in the reconciliation journey—the successful 1967 referendum, and the High Court Mabo decision respectively.

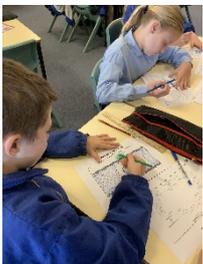
Reconciliation must live in the hearts, minds and actions of all Australians as we move forward, creating a nation strengthened by respectful relationships between the wider Australian community, and Aboriginal and Torres Strait Islander peoples.

(Excerpts from Reconciliation Australia Website)



All classes discussed the significance of the dates and completed activities appropriate to their age group. Responses written by some of the students were extremely moving. A highlight was listening to Harry A (Year 2) explain these dates to his class, read his personally written Acknowledgement of Country and finish off by playing his didgeridoo. During our immersion days in previous years, Ged (Cultural man from Dhurug tribe, Aboriginal educator and performer) and Clarence (Yaegl man, Aboriginal Education and Wellbeing Advisor NSW DoE)

had shown Harry how to breathe correctly and position the didgeridoo to make it work effectively. Harry has then spent more time with some of his family members improving his skills and learning to make different sounds. He has improved so much and thoroughly enjoyed being able to share his cultural heritage with his peers and teachers.



THANK YOU TO OUR WHEELER FAMILIES

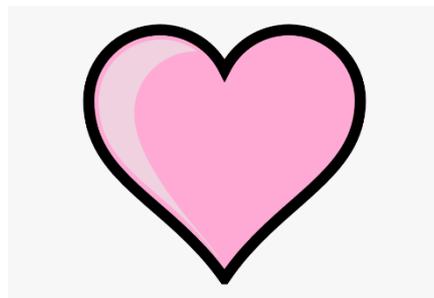
We are so thankful to all our Wheeler families for being so incredible during the ever-changing times of late. We feel this poem sums up our feelings! THANK YOU THANK YOU THANK YOU!



A Poem for Our Families.

You stepped in when times were tough,
When things were uncertain and very rough.
When we couldn't have our classes with us,
You connected them from home, without a fuss.
You supported your children to learn and grow,
Sometimes it was hard, this we know.
We loved working hand in hand,
To help your children understand.
Now it is time to return to school,
We have missed seeing their smiling faces,
And hearing learning happening in our classroom spaces.
Although, it is our turn again.
We don't want our collaboration to end.
We know working with you is the best.
Now we are tagging in, it's your time to rest.
Thank you, families, for all you have done.
You really are number one!

Written by Kylie Youkhana – Teacher



PENS, PALS AND PUSH-UPS

Over the last three weeks, many Stage 3 teachers and students have been participating in the Push-Up challenge to raise awareness for Youth Mental Health.

Starting on Monday 11 May, the goal has been to achieve 3,046 repetitions of push-ups or alternate exercises of their choice over 21 days. Each day a different target is set depending on various mental health statistics and then broken down into smaller sets to be completed throughout the day.

At the start of this challenge, most of us struggled to complete 5 push-ups, let alone 150+ in a single day! However, we were all persistent and have been completing this challenge to the best of our abilities. Everyone has increased their strength and we push each other to complete the daily goal. Our biggest day has been today, where we completed 232 push-ups!

With the unpredictable and unprecedented times currently happening in the world, it's nice to have an outlet where we can 'push out' any of our troubles. We have been challenged as a society like never before, but knowing you have the support of all your friends and teachers is a wonderful thing. There's nothing like committing to a difficult challenge with friends, to really feel a sense of solidarity and being a part of a team.

While I was doing the challenge, I felt myself becoming a stronger and a more persistent person. It has been so fun to be able to do it. Everyone has enjoyed it. Another good thing is that if you didn't do enough push-ups for the day at school, you can do them at home. As it has been raining and we can't go outside and get exercise, we just do push-ups inside. I have loved doing it because it has been a really difficult challenge to complete, but very rewarding. We look forward to the next challenge that life brings us.

Mr James & Emily G
6J



ECO WARRIORS NEWS

What's on in the garden...



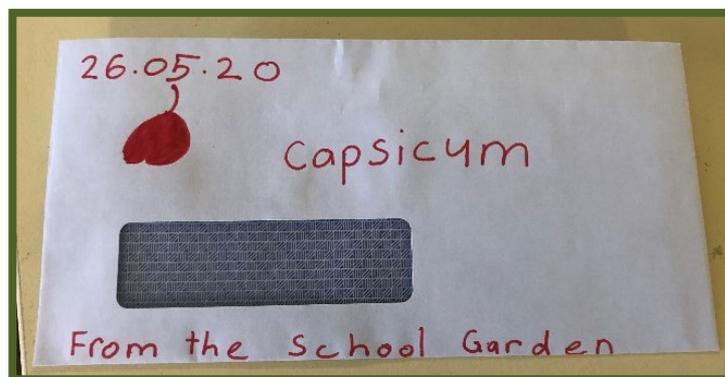
Despite the rain, we managed to get out this week to take a look at the compost, worm farms and garden. We cleared the compost of any plastic and cans and turned it. Because it hasn't been added to in a while, it has degraded and should be nutrient rich soil soon enough.

The worms are once again happy! They are being fed more regularly now as most children returned to school. Banana skins and apple cores from crunch and sip are a favourite, and already they are producing more worm tea.

Some of our capsicums had fallen off the vine while we were staking them, they were too small to eat, but we did cut them open with a trowel and took out the seeds. Half we planted in the garden, and the other half we have scooped out, saved and put in an envelope to plant later down the track.

We also took a look at our teeny tiny leeks and thinned them out where necessary, pulling out ones that were too close together. We have tried to replant the thinned ones and will see how they go! Our new greenhouse is doing well, and we can't wait for some things to sprout soon.

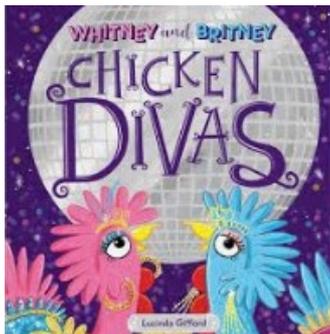
Elizabeth Wilson
Eco Warriors Coordinator



LIBRARY NEWS

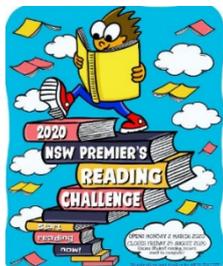
2020 NATIONAL SIMULTANEOUS STORYTIME

On Wednesday 27 May, many classes participated in the 2020 National Simultaneous Storytime at 11am with a shared reading of "Whitney and Britney Chicken Divas" by Lucinda Gifford. This is an annual event with many schools around Australia and New Zealand participating. We were lucky this year to be able to listen to a live reading by the author! What a great experience for all participating students.



BORROWING IN THE LIBRARY

There are new procedures for NSW school libraries. We are following the DoE guidelines for our library learning space. From Week 6, students will begin borrowing on their allocated day but there is no browsing of shelves as this is a high touch area. Safety is our priority and ongoing cleaning is taking place including the quarantining of books for 24 hours before they are re-shelved. The library is currently closed at lunchtime.



PREMIER'S READING CHALLENGE

The Premier's Reading Challenge is still going. Students are encouraged to continue reading and adding to their list.



Hey! LIBRARY LANE 2020 EDITION IS COMING BACK!

Next week information will come home explaining how you can be a part of this fantastic project. While you are waiting for the details, ask the kids to take a little walk along Library Lane to get inspired. There are a lot of great titles already on the wall but there are still plenty out there waiting for their spot on the giant bookshelf. Will your family be the one to give one of those great books a chance?

Trish McCombie



LOST PROPERTY IS LOCATED NEAR THE CANTEEN

THE LOST PROPERTY GUIDE



LOST PROPERTY IS CLEARED REGULARLY

UNLABELLED ITEMS ARE RECYCLED, DONATED TO CHARITY OR RETURNED TO THE UNIFORM SHOP FOR RE-SALE

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.

Wheeler Heights Public School Fundraising Team



CANTEEN NEWS

WHOO HOO! WHEELER HEIGHTS BITES IS BACK!

As of this week, Wheeler Heights Bites has been back in action. Next week, Week 6, the canteen will be open every day. 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 look forward to keeping their tastebuds satisfied.

TERM 2 MENU ITEMS AVAILABLE (OPEN EVERY DAY FROM WEEK 6)

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
- Popcorn

Impetigo is a highly contagious bacterial infection of the skin.

Good hygiene helps prevent spread of infection.

If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.

Impetigo

Last updated: March 2017

What is impetigo?

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

What does it look like?

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

How is it diagnosed?

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

How is it treated?

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed thoroughly with soap and running water for 10 – 15 seconds after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap. Resources on handwashing can be found at <https://www.nhmrc.gov.au/guidelines-publications/ch55>.
- Not to scratch scabs or pick their nose.
- Not to share their clothes, towels, or toothbrushes.
- To have scratches and cuts cleaned and covered.

Parents should be careful not to allow items such as clothes, towels, bed sheets, razors or toothbrushes used by the affected person to be used by others. Other grooming items, such as nail scissors or tweezers, should be disinfected/washed thoroughly after each use.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- Teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- Hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- Activities should allow time for hand washing as part of routine practice (before eating and after going to the toilet)
- Temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- Surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.

What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus*. In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

For further information please call your local Public Health Unit on 1300 066 055

For health benefits, children aged 5-12 years need at least 60 minutes of moderate to vigorous physical activity every day. Variety is important! These activities can be done in a safe outdoor area and adapted for different ages and spaces.

Bubbles

TIPS

- See who can pop the most or blow the biggest.
- Work out which way the wind blows.

RESOURCES

Bubble mixture and bubble blower.



SKILLS DEVELOPED

PDHPE- Fundamental Movement Skills (FMS), Science & Technology

Build a cubby house

TIPS

- Use your imagination.

RESOURCES

Sticks, old sheets, blankets, cardboard, etc.



SKILLS DEVELOPED

STEM, Creative Arts

Dance

TIPS

- Try to dance like a robot, basketball player, superhero, grasshopper, football or soccer try dance, tiptoe dance, high energy dance.
- Wear headphones to create a silent disco.



SKILLS DEVELOPED

PDHPE- FMS, Creative Arts- dance

REFERENCES

Youtube 'Exercise, dance and movement videos'.

Chalk art

TIPS

- Create pavement art such as fun images or a nice message for your family, neighbours or community.
- Share a photo.



SKILLS DEVELOPED

PDHPE- fine motor skills, Creative Arts

REFERENCES

Search 'sidewalk chalk activities'.

Chalk challenges

TIPS

- Draw hop scotch, obstacle course, challenge course.
- Encourage kids to jump, hop, stand on one foot, spin etc.



SKILLS DEVELOPED

PDHPE- FMS, Maths

REFERENCES

Search 'kids chalk challenges'.



Young Writers' Competition 2020

Open for entries Tuesday 14 April - Wednesday 10 June

Write an original story using this years theme word
"splash" for a chance to win prizes and be a published
author in a Library eBook.

Enter online at northernbeaches.nsw.gov.au
Open to students, Kindy through Year 12
Enquiries: writers.comp@northernbeaches.nsw.gov.au



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