

# The Wheeler Word



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**Term 2 Week 7**

**Thursday 11 June 2020**

## **Acknowledgement of Country**

Today we all stand on the traditional land of the Gai-maraigal and Garigal people. We all appreciate the amazing stories, beliefs and culture that they have passed down from generation to generation. Although things have changed, this land will always belong to the traditional caretakers. We thank them for keeping our country rich with nature and sustaining the land. Looking forward, we will learn from them and use methods they have taught to keep the land the way it should be.

**Ewan M – 6J**

## **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.

## **P&C MEETING – MONDAY 15 JUNE AT 7PM**

Please follow the ZOOM link details later in the newsletter to attend the meeting next Monday evening.

## **YEAR 5 OPPORTUNITY CLASS (OC) 2021 PLACEMENT TEST**

Students currently in Year 4 received an email last week with details about sitting the Year 5 2021 OC Class Test. The test will be held on Wednesday 16 September and all applications are to be made online.

## **SEMESTER ONE SCHOOL REPORTS**

Due to the COVID-19 situation and the Learning from Home program, our Semester One report will be in a modified format. The reports will be emailed to all parents in the final week of this term.

## **SCHOOL CANTEEN**

Thank you to Heidi and Tracey who have now reopened the Canteen 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.

Please see the attached flyer in this newsletter with a list of very useful resources for parents to use.

*Take care & stay safe.*

*Mr David Scotter  
Principal*

## **2020 DATES**

**Mon 15 June** P&C Meeting 7pm on ZOOM

**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

**Mon 17 Aug** P&C Meeting TBC

**Sun 6 Sept** Fathers' Day

**Wed 16 Sept** Yr 4 OC Test

**Mon 21 Sept** P&C Meeting TBC

**Fri 25 Sept** Term 3 ends

### **TERM 4**

**Mon 12 Oct - Wed 16 Dec**

# Mrs Wright's Wrap Up

## ABORIGINAL EDUCATION AND ACKNOWLEDGEMENT



4RO and Mrs Owens have been discussing and acknowledging Aboriginal Australians over the past few weeks. The students have been talking about reconciliation and what it means. Some of the students came to show me their work and talk to me about National Sorry Day and National Reconciliation Week. Their responses were extremely mature and very thoughtful. They talked to me about different perspectives and how learning about other cultures makes it easier for them to try and understand issues at hand. Mrs Owens utilised an amazing book called 'Once there was a boy' by Dub Leffler to provoke discussion and provide an opportunity for



students to explore differing viewpoints. Thank you so much for sharing your work with me 4RO.

## DEMONSTRATING MAGNIFICENT IDEAS THROUGH DESIGN, MAKE AND INNOVATE (DMI) PROJECTS

During Term 1 and 2, Stage 3 have been involved in the "Shrinking Our Footprint" project. The children worked together to explore climate change and how our carbon footprints are contributing to the current climate crisis. Throughout this project, students asked questions, collected data (both at school and home), and researched ways we can reduce our carbon footprints. Children wrote a letter to their family, explaining how they can reduce their carbon footprint. They took a Vlog (video blog) of their journey and worked through the Design Thinking Digital Folio to record evidence of their learning. Students worked in project teams with Northern Beaches Secondary College – Cromer Campus Student Mentors, to design and build a prototype for a product or technology that can help to reduce our carbon footprint on our planet. Our project culminated in a Showcase where students displayed their creative solutions for Mr Scotter and I to view.

Just WOW Stage 3!! Mr Scotter and I were completely blown away last Thursday by the outstanding DMI project presentations. When students explained the reasoning behind their ideas and the process they had gone through to get to the final product it was hard to believe we were talking to 11 and 12 year old children. We were shown water saving appliances to limit the time every member of a household spends in the shower, how to ensure all electrical appliances in a house are turned off prior to leaving via a sensor, how to manage recycling through creative use of worm farms and many other inspirational ideas. We were planning on taking one and a half hours to view the projects but ended up needing almost three hours due to the calibre of work. We are so proud of each and every one of the students for their commitment to the process. We want to send a huge thank you to Mr Bennett who was the chief organiser of the project and Miss Tekampe, Mr James, Mr Hewes, Mrs Sullivan and Mrs Alexander who assisted the students throughout the process. Also a shout out to the students from Northern Beaches Secondary College – Cromer Campus who came and assisted our students in Term 1. A massive thank you must go to all Stage 3 parents for their assistance in acquiring the resources for many of the projects and giving up their time to assist their children along the way. Although we were unable to send finalists to a next stage as this had to be cancelled due to the COVID-19 situation, we selected six groups as highly commended.

**Electro-Lights** - Erin H, Luiza R, Poppy S, Eva D and Isla A

**The Last Drop** - Natasha H, Erin W, Filippa T, Ella P, Stefanie H, Erica S

**Water Filtration Device 1000** - Luke P, Hayden W, Josh Y, Isaac P

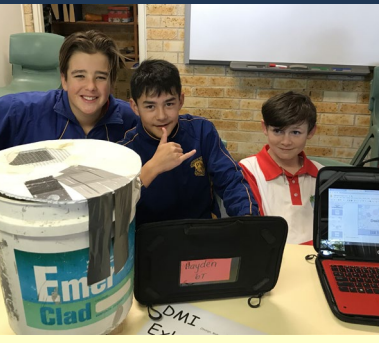
**KASSL - Timed Shower** - Shelly M, Kyah S, Lily Z, Lucy K, Annie B

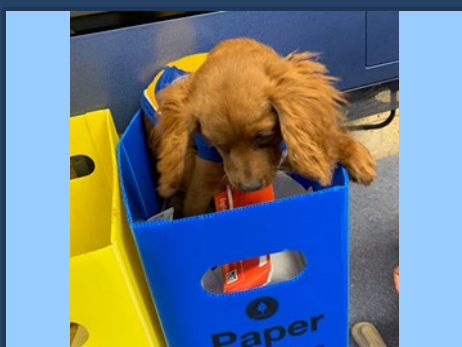
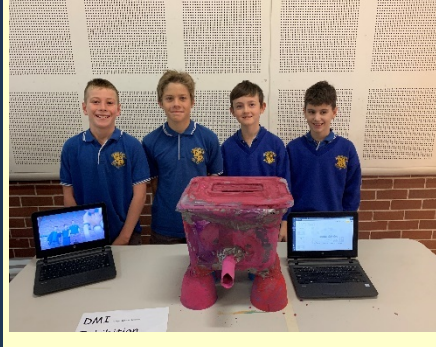
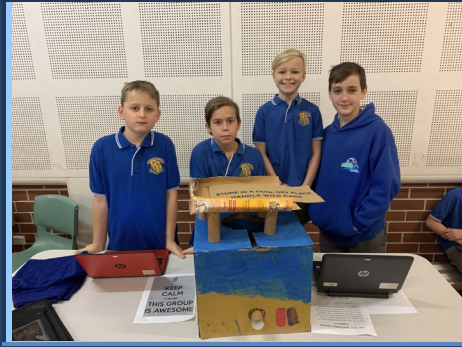
**ER DM1** - Josh S, Kaden T, Cody R, Thomas ME, Jayden R, Spencer W

**Underworm** - Zali S, Laura H, Tilly S, Julia NC, Poppy S, Samara M

Please see the next two pages for photographs of the exceptional work delivered. Well done Stage 3! We are so proud of you all!

Mrs Priscilla Wright  
Assistant Principal - Instructional Leader





## FROM THE OFFICE

### Students arriving late

If your child is arriving late to school and you are not attending the office with them, please ring the office informing us of the time they are arriving and the reason. All unaccompanied students arriving late will be marked as unjustified on the roll, if we have not been contacted. You will receive a letter requesting the reason for the absence.

### Book Club

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

Thank you

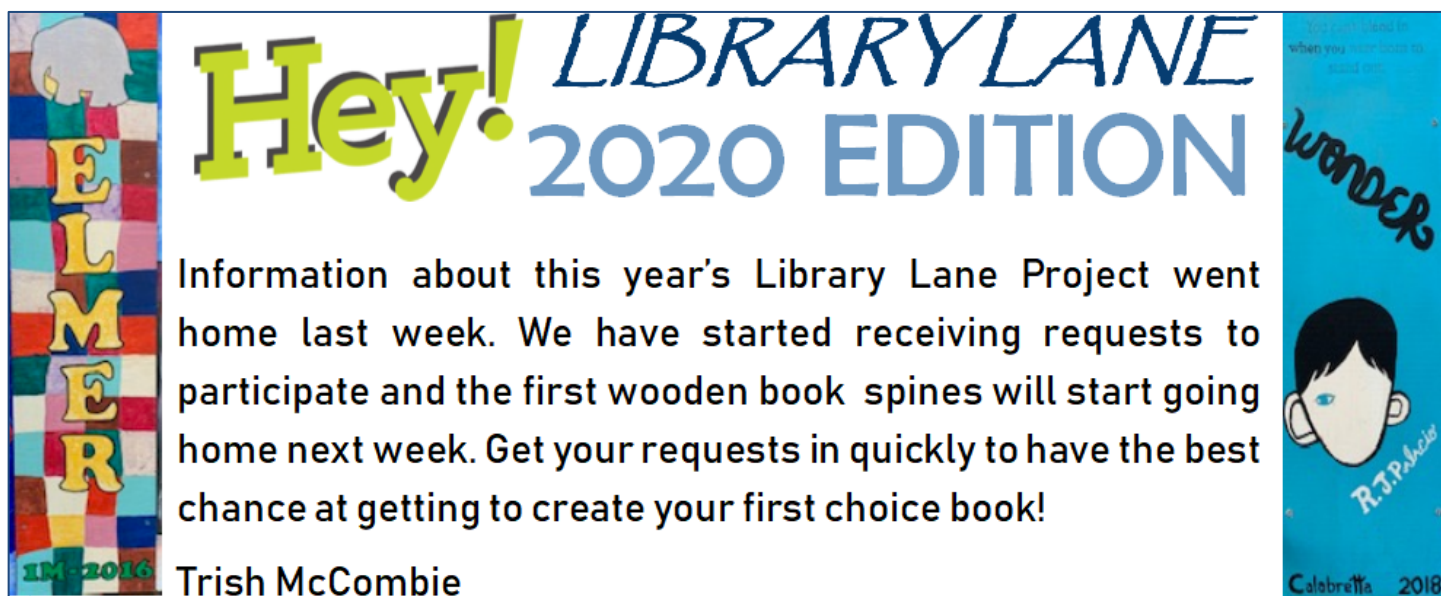
Jodie Sly  
School Administration Manager

## LIBRARY NEWS

### BORROWING IN THE LIBRARY

There are new procedures for NSW school libraries. We are following the DoE guidelines for our library learning space. From last week students began 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.

Amie Hammond and Corinne Josephs  
Teacher Librarian



**Hey! LIBRARY LANE**  
**2020 EDITION**

Information about this year's Library Lane Project went home last week. We have started receiving requests to participate and the first wooden book spines will start going home next week. Get your requests in quickly to have the best chance at getting to create your first choice book!

Trish McCombie

*Wonders*  
R.T.P. Author  
Calabretti's 2018

# What's on in the garden...



This week we looked after our worms and compost. We aerated them and are now patiently waiting for a bit more decomposition!

Having had a look at our greenhouse, we noticed some of the spinach and broad bean seedlings were ready to plant, so in they went with a big splash of worm tea.

Another of our capsicums was ready to pick and lucky Ethan took it home to eat....we can't wait to hear how it tasted.



On the sustainability front, a huge thank you goes out to our parent helpers from the Armstrong, Pudney and Wu families, who are helping to deliver our soft plastic recycling to the supermarket recycling stations. Every little bit counts and your efforts are tireless, THANK YOU!

If any other families would like to help out, we still need someone to take the soft plastics to the supermarket on a Wednesday and a Friday.

Elizabeth Wilson  
Eco Warriors Coordinator



## THE LOST PROPERTY GUIDE

LOST PROPERTY IS CLEARED REGULARLY

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**NO** → IS IT A WHPS UNIFORM OR HAT? → **YES** → RETURNED TO UNIFORM SHOP FOR RE-SALE

**NO** → NON UNIFORM ITEMS ARE DONATED TO CHARITY

**YES** → ITEM IS RETURNED TO STUDENT

IF POSSIBLE, DRINK BOTTLES & LUNCH BOXES ARE RECYCLED

LOST PROPERTY IS LOCATED NEAR THE CANTEEN  
PLEASE LABEL ALL ITEMS CLEARLY

# P&C MESSAGES

## P&C MEETING MONDAY 15 JUNE AT 7PM

Please follow the ZOOM link below to attend the meeting.

**Topic:** vP&C Zoom Meeting

**Time:** Monday 15 June, 2020 7:00pm

Join Zoom Meeting

<https://zoom.us/j/94586922524?pwd=ajFnUzczUkxiZVpRcmIzdkk4TVlFdz09>

**Meeting ID:** 945 8692 2524

**Password:** 1MNX3J

## CANTEEN NEWS

### WHOO HOO! WHEELER HEIGHTS BITES IS BACK!

As of last week, Wheeler Heights Bites has been back in action, 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 (NOW OPEN EVERY DAY)

#### 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

### Live Life Well @ School

#### DO A FAMILY SCAVENGER HUNT

Be active as a family unit and do the **Bicycle NSW Scavenger Hunt** activity.  
*Try doing the hunt by bike, scooter, or skateboard!*



## SCAVENGER HUNT

<input type="checkbox"/>	1. Long grass	<input type="checkbox"/>	4. Play equipment
<input type="checkbox"/>	2. Park bench	<input type="checkbox"/>	5. Bridge
<input type="checkbox"/>	3. Water	<input type="checkbox"/>	6. Dog

Download the Scavenger Hunt, and other bicycle activities and information at:  
**bicycleNSW**  
[bit.ly/BNSWCOVID](http://bit.ly/BNSWCOVID)



Developed by Northern Sydney Local Health District

### Live Life Well @ School

#### ACTION: BUILDING WELLBEING

**ACTION CALENDAR:**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe			
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better

Are you looking for ways to build happiness, mindfulness, purpose, kindness and self-care into your everyday practice at home?

Download the action for happiness calendars today. They provide simple and practical tips for the family to do together to help build a culture of wellbeing.

Check out:  
[www.actionforhappiness.org/calendars](http://www.actionforhappiness.org/calendars)







Developed by Northern Sydney Local Health District

## Online Safety Resources for Parents

Online safety is paramount to keeping children and young people safe. Parents and carers can play a key role in their children and adolescent's mental health and wellbeing by ensuring steps are taken to regularly monitor and supervise your child or young person's online presence.



### Online Safety Resources and Websites

	<p><a href="https://www.esafety.gov.au/parents">https://www.esafety.gov.au/parents</a> Advice for parents to help children have safe experiences online</p>
	<p><a href="https://raisingchildren.net.au">https://raisingchildren.net.au</a> Information on media and technology safety for different age groups</p>
	<p><a href="https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety">https://aifs.gov.au/cfca/topics/cyberbullying-and-online-safety</a> Evidence based information and resources on cyberbullying and online safety</p>
	<p><a href="https://parents.au.reachout.com">https://parents.au.reachout.com</a> Information for parents on technology use and cyberbullying</p>
	<p><a href="https://kidshelpline.com.au/parents">https://kidshelpline.com.au/parents</a> Information for parents on cyberbullying, social media and safety</p>
	<p><a href="https://www.internetsafeeducation.com">https://www.internetsafeeducation.com</a> Information and courses for parents on internet safety</p>
	<p><a href="http://www.cybersafetysolutions.com.au">http://www.cybersafetysolutions.com.au</a> Information and courses for parents on internet safety</p>



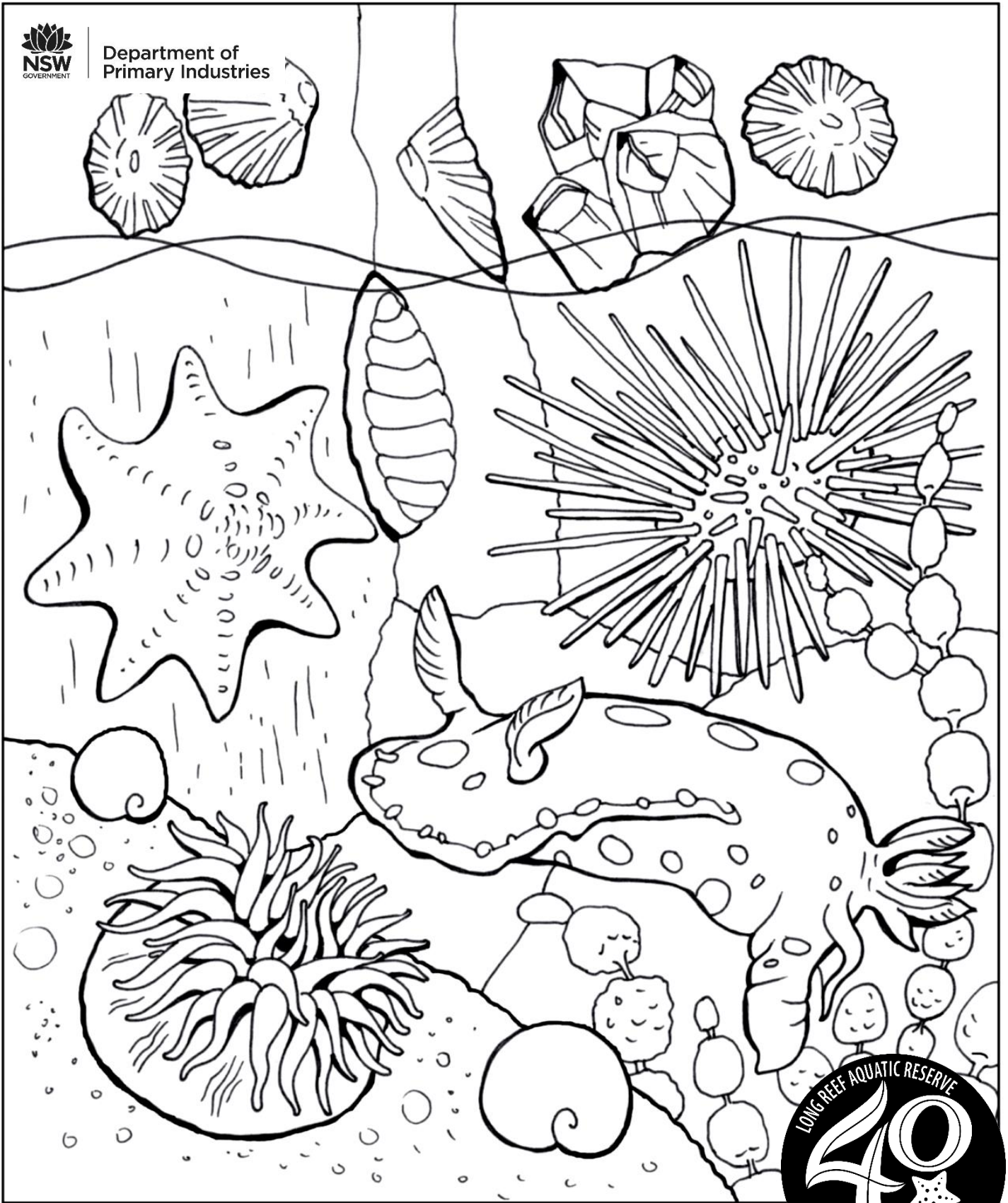
### Helpful Tips for Parents and Carers

- **Educate yourself** to become familiar with the online activities your children engage in
- **Supervise and regularly monitor** your children's online activities. Keep a look out for inappropriate or harmful content and any change or unusual behaviour in your child.
- **Empower children and young people** to use the internet safely and educate your children on internet safety
- **Report** prohibited or inappropriate material to the [eSafety Hotline](#)

References:

1. Robinson, E. & Carlow, M. (2018). Online Safety. CFCA Resource Sheet– April 2018. Retrieved from <https://aifs.gov.au/cfca/publications/online-safety>





"I will help to look after the Long Reef Aquatic Reserve by

.....

.....

....."

Name: ..... Age: .....

Email: .....

Visit [www.dpi.nsw.gov.au/long-reef-anniversary](http://www.dpi.nsw.gov.au/long-reef-anniversary) to learn about the aquatic animals & plants at Long Reef



## Long Reef Aquatic Reserve 40<sup>th</sup> Anniversary 'Colouring Competition'

### Terms and Conditions

1. You can only submit one entry in your age group to the competition.
2. By submitting your entry you acknowledge that NSW Department of Primary Industries may publish and promote your entry and your name: on the department's website, on social media, and in media relations and other communications.
3. All entrants agree to the use of their name and entry in any current and future promotional material for the Department of Primary Industries. Any other personal details relating to entrants will be used solely in accordance with current Australian privacy and personal information protection legislation and will not be disclosed to a third party without the entrant's prior consent.
4. Every entry must include information on how the entrant is going to help Long Reef Aquatic Reserve.
5. A parent or guardian must sign each entry accepting the Terms and Conditions.
6. Prizes will be awarded by age group, to an entry that meets all the criteria. The judges' decision is final and there will be no correspondence entered into.
7. There are first, second and third prizes for each age group. The total value of the overall prizes is up to \$2250, inclusive of GST.
8. This competition is organised by NSW Department of Primary Industries, ABN 19 948 325 463.
9. Competition starts on the 4 June 2020 and ends on 30 June 2020 at 5 pm. All entries must be received before 5 pm on 30 June 2020 including postal entries.
10. Entrants may email their entry to [marine.environment@dpi.nsw.gov.au](mailto:marine.environment@dpi.nsw.gov.au) or mail a hard copy entry to "DPI Long Reef Aquatic Reserve 40<sup>th</sup> anniversary" at PO Box 5106 Wollongong NSW 2520. Both hardcopy and electronic copies (scans or photographs) will be accepted.
11. The prizes will be decided by a panel of judges: two from the Department of Primary Industries and one from an external organisation. Judging will be completed by the 10 July 2020.
12. Winners will be notified by email by 13 July 2020.
13. Prizes will be sent out to the winners at the email address they provide with their entry.
14. The results including the name of each prize winner, will be published on the Department of Primary Industries website. No other personal details will be published.
15. No personal details of entrants will be kept by Department of Primary Industries following the conclusion of the competition, except winning entries as per condition 3 above.

Parent / guardian signature: .....

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.

### Movement skills

#### TIPS

- Kids can follow these these skills videos: <https://app.education.nsw.gov.au/sport/participation/getactive> OR
- Access the Family ACTIVation Pack which helps parents/carers get active with their children and teaches FMS.



**SKILLS DEVELOPED**  
PDHPE- FMS

#### REFERENCES

<https://www.healthpromotion.com.au/q4-family-activation-pack/>

### Obstacle course

#### TIPS

- Find items around the house that you can safely use to create an obstacle course e.g. chalk, sticks, leaves, sports gear.
- Incorporate as many skills as you can e.g. Jog on the spot, hop, throw, catch, roll, balance, skip.
- How fast can you complete the course?



**SKILLS DEVELOPED**  
PDHPE- FMS

#### REFERENCES

Pinterest backyard obstacle course ideas.

### Performance

#### TIPS

- Create a stage area.
- Plan a performance e.g. puppet show, comedy, singing, drama performance.
- Invite family or neighbours to watch.

#### RESOURCES

Dress ups, musical instruments, props, music.



**SKILLS DEVELOPED**  
Creative Arts - music, dance, drama, comedy

#### REFERENCES

Search for kids performance ideas.

### Scavenger hunt

#### TIPS

- Write a list of items your child might find outside or use this hunt sheet.
- Find as many items on the list as you can.
- Encourage children not to touch or collect items, but record their findings on their hunt sheet.



**SKILLS DEVELOPED**  
PDHPE- FMS, Science & Technology

#### REFERENCES

<https://www.natureplayground.org.au/nature-play-scavenger-hunt>

### Skipping

#### TIPS

- Master a skipping rope routine by putting skipping tricks together.
- Add music.
- Look online for 'jump rope tricks' advice.
- Challenges: Who can skip for the longest time? Who can do the most tricks?



**SKILLS DEVELOPED**  
PDHPE- FMS

#### REFERENCES

For inspiration, search: 'Jump rope demonstration' or 'teacher manual' at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)