From the Principal

Well done to our two dance groups who auditioned at Newport PS on Monday for a place in the Sydney North Dance festival at Glen Street. Good luck to our band members and staff who are very excited about the Band JAM this weekend at school.

Please see the information later in the newsletter about Live Life Well, a new initiative to promote a whole school approach to physical and nutritional education. Please note that the P&C meeting is on next Monday at 7pm in the staff room. Come along to find out exactly what, why, when and how things happen at school!!! All parents are very welcome. Don’t forget the Working Bee on Saturday 24 May from 8am.

Year 5 @ Project Penguin last week…
More photos on the school website

NAPLAN – Years 3 and 5
Students in Years 3 and 5 successfully completed their NAPLAN tests this week with students all over Australia. Results will be available later in the year.

Starting School in 2015
On Friday 23 May we have a school tour at 9.45am and on Wednesday 4 June is the School Information Evening. Please mention these dates to friends and neighbours who may have children ready for school in 2015. If you do have a sibling attending Wheeler Heights next year could you please let the office know so that we can begin to collate numbers for next year. Please visit the website or office for an enrolment form.

Mothers’ Day Stall
Many thanks to Katie Brown, Sherene LaGasse and the team of our wonderful parent organisers of the Mothers’ Day Stall last Friday. The children were very excited when purchasing their gifts.

School Car Park Safety
Please be advised that no parents are permitted to use the school car park after 7.30am in the morning. There have been a number of very dangerous incidents of late often involving band children and before school care children. After 7.30am there are a number of school deliveries and staff are arriving. Similarly in the afternoon no parents are permitted to use the car park before 5.30pm. Please assist in ensuring the safety of our students.

COMING EVENTS
Fri 16 May Winter PSSA begins
Sat/Sun 17/18 May Band Jam
Mon 19 May P&C Meeting 7pm
Tues 20 May Uni NSW Computer Skills Test Yr3-6
Wed 21 May Crazy Colour Day!!!
Thurs 22 May District Cross Country Year 5 Project Penguin @ Manly Band Eisteddfod
Fri 23 May School Tour 9.45am
Sat 24 May School Working Bee from 8am
Mon & Tues 26/27 May CSIRO visit Year 1 & 2
Thurs 29 May School Disco
Mathletics Success
Each year the school subscribes to the Mathletics on line mathematics program (as part of your technology school program fees) This activity is a world wide site with students competing against others in Australia and the world. Recently I believe some of our Year 3 classes have been identified as being in the top 20 places in Australia and the world.!!!! Well done boys and girls.

Toilets and Hygiene
The staff, SRC, students, parents and I have recently been talking about the state of our toilet facilities. The cleaners always endeavour to ensure that soap and paper towels are available and we ask that parents have a little chat with your children about appropriate behavior and hygiene when visiting the toilets. Thank you for your support in this matter.

Opportunity Class (OC) placements for 2015
Students in Year 4 received a note last week about OC classes for 2015. Applications to attend on OC class are now available online at www.schools.nsw.edu.au/ocplacement. Parents can complete the form online and need to submit the forms by May 16. Hard copies of the application form are available at the front office.

David Scotter
Principal

Wheeler Way Owl Groups
This term students and staff across the school will be involved in Wheeler Way Groups. These group sessions will be held fortnightly before the 3-6 Assembly with students being split into mixed grade Owl Groups and working with different teachers across K-6. Follow up lessons will also be included in classroom programs over the fortnight. These sessions will involve lessons to teach and encourage our school wide expectations:

  Show RESPECT  Be RESPONSIBLE  Do your PERSONAL BEST
This fortnight’s focus is Toilets and Bubblers – topics of discussion will include hygiene, being mindful of privacy and the personal space of others and keeping the toilets clean and tidy.

Rachael Tekampe
Relieving Deputy Principal

WORKING BEE 🐝 SATURDAY 24TH OF MAY
8am – 2pm

We are seeking as many volunteers to help tidy up our school grounds. The more hands we have, the more we will be able to achieve. So please come along, even for an hour as there is planting to be done, cleaning up of the vegie garden area, removal of fallen branches, to name a few things. Of course, we will gather at the end of a short day to enjoy a light refreshment, admiring all that we have achieved. All you will need to bring along other than yourself is a pair of working gloves.

Chess News
Our NSW Junior Chess League teams are off to a great start this year! Last Friday, the Rookie team (comprising Ethan Baillie, Jet Tracy, Luke Dixon and Kai Turner), AND the first timer Junior Rookie team (Alexander Wu, Patrick Aldridge, Zoe Henderson-Brooks, Jago Barker and Ben Soltau) both had colossal wins against Collaroy Plateau and St Luke's Grammar respectively – signs of the season to come? Wish them luck for their first home game in the Library tomorrow! Many thanks to all the parents who provide the driving-to-venue and snack provision support to our players, and of course to Lev for his expert coaching.

It’s not too late for any chess players to fine-tune their game by signing up for Lev’s Tuesday session. Likewise, Miro will gladly welcome new-comers from Grades 1-2 on Mondays.

Ms Zillhardt (Chess co ordinator)
The SRC will have a Crazy Colour Day to raise money for our sponsor child, Gedete. The children can:

- wear crazy colour clothes;
- colour their hair or wear a wig
- wear odd socks etc

(For safety reasons, children will not be permitted to bring hair sprays to school. Any hair spray found at school will not be returned.)

Each child is asked to bring a gold coin donation on the day.

Tracey Mavromatis (SRC Coordinator)

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**Live Life Well @ School**

WHPS is very proud to be involved in the Live Life Well @ School initiative. LLW@S is a joint program between NSW Health and NSW Department of Education and Communities that aims to promote a whole school approach to physical and nutrition education.

Over the next two terms the whole school will be bringing home information sheets promoting healthy living concepts. These sheets are being incorporated into the homework of each grade in some manner. Please take the time to read and discuss this information with your children.

This fortnight’s focus is 5 ways to a healthy lifestyle.


Great reasons to be active for children and parents

- boosts confidence
- improves fitness
- makes bones and muscles stronger
- improves posture
- helps maintain a healthy weight
- lowers the risk of heart disease
- reduces stress
- improves sleep
- reduces the risk of cancer
- improves self confidence
- teaches you new skills
- develops better motor skills
- makes a person happier with their body
- lowers the risk of disease including heart disease and cancer later in life.

Heart smart

Here are some healthy heart food tips:

- use margarine spreads instead of butter
- choose reduced-fat milk (2% fat or less) for children two years and over
- have fish at least twice a week
- snack on fresh fruit
- don’t add salt to cooking or at the table
- enjoy a variety of foods especially fruits, vegetables, breads and cereals.
Next week our school K-6 begins participating in the 2014 NSW Premier’s Sporting Challenge. The purpose of the Challenge is to encourage students to participate in sport, games and physical activity and to have more students more active, more often!

Over a ten week period (12th May- 1st August) our school will be monitoring the physical activity we do during class time, at lunch as well as outside of school hours.

Each student will be issued with a Challenge log book to record their physical activity which they keep at school. Your support in encouraging your child to be physically active before and after school as well as on weekends will encourage him/her to develop healthy lifestyle habits. You may like to join us in this venture by organising family activities such as walking, swimming and cycling.

Each student completing the Challenge will receive a personalised certificate from the Premier of NSW. As part of our school’s registration in the program, we will receive additional funding for sports equipment.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends. I know our students are really looking forward to taking part in the Challenge and having fun along the way.

Live Outside the Box Program – Stage 3 Students
As part of our PDHPE curriculum this term, students in Year 5 and 6 will be involved in the Live Outside the Box program. It is a fun two week challenge for primary students which focuses on each student’s lifestyle habits over that time. The challenge begins on Monday 12th May and concludes on Sunday 25th May 2014.

In the program, students are encouraged to Live Outside the Box. This means turning off the TV and computer games more often, getting outside, moving, playing and being active. It also means reducing the amount of less healthy foods they consume and replacing these with fruit, vegetables and water. The students record their results each day in the passport provided. This is then signed by parents/caregivers at the conclusion of the two weeks.

It could be an interesting insight into your child’s ability to maintain a healthy lifestyle.

Thanking you for your support of the program.

Zone Sports Trials
Congratulations to the following students who were selected in the following PSSA zone teams recently:

Reid Forsyth - Combined zone rugby union & combined zone boys touch football
Mel Morris and Izzy Morris - Combined zone girls touch football

These are all excellent achievements as they were competing against students in both Manly and Pittwater zones for selection. Well done Mel, Izzy and Reid!

PSSA Sport Commences
PSSA sports of netball, rugby league and soccer commence this Friday 16th May. Draws have been placed on the school website for information on venues each week. Sport buses depart at 12.30pm each week so children are advised to eat their lunch at recess time and to carry a snack to the game. Junior games commence at 1pm followed by the senior games. Good luck to all teams.

Permission notes and behavior contracts are due in tomorrow (16 May)
Bus money due by Friday 23 May

Zone Cross Country
Pittwater zone cross country will be held on Thursday 22nd May at North Narrabeen Public School (opposite Warriewood Centro). All competitors walk the course at 10.15am and races will commence shortly afterwards. 12/13 year old races boys/girls will be staged first. It has been terrific to see so many in our team training each lunchtime for the event. We wish all competitors the best on the day.

Ms C Waldock
Sport Co-ordinator 2014

Primary Ethics – Volunteer Ethics Teachers Required
Primary Ethics provides the opportunity for NSW public primary school students who don’t attend scripture classes (SRE) to participate in philosophical ethics classes. We need volunteers to teach ethics classes at Wheeler Heights Public School. The classes teach children how to approach ethical issues and develop their capacity for considered moral judgment, which will enable them to respond more thoughtfully to many of the problems and issues they will face in their lives. Volunteer Ethics Teachers are trained to deliver our age-appropriate curriculum every week and to use the accompanying learning and teaching materials. For more information about the role and to volunteer, please go to http://www.primaryethics.com.au. Alternatively, you can contact me at wheelerheightsethics@gmail.com.
Belinda Reed (Ethics Coordinator) or please contact Mr Scotter at school.

Lost Property
A black John Holland quick dry jacket has been found, possibly belonging to a parent helper…..please see the front office.

Reforms to P&C Federation
The NSW Parliament has introduced legislation to reform the NSW Federation of Parent and Citizens Associations, which has suspended operation pending Supreme Court action. While these reforms will not affect the day-to-day operation of individual school P&Cs, they will introduce a new executive structure which will ensure the Federation operates as a modern and representative body on behalf of school P&C Associations. Each school’s P&C Association will be asked to vote for councillors and delegates who will represent their electorate at the Federation’s Annual General Meeting and councillors who will serve on the Federation’s Board of Management. More information will be available on the Department’s website at http://www.schools.nsw.edu.au/gotoschool/a-z/involvement.php.

Wheeler Heights Public School is looking for keen skiers and snowboarders who may be interested in competing in the NSW Interschoolsnowsports competition in the school holidays. Initially, we need to know if we have enough competitors to form a team to compete.

Any interested families can gather more information from the Interschool’s website and they need to send a letter confirming their interest to Mr Cox over the next fortnight (by 16th of May). He will contact you with further details. Our school will have to compete on the following dates at the venues mentioned below.

Please be advised that no transport, accommodation or lift tickets will be paid for by the school. These will all be the responsibility of competitor’s families.

Wed 2 Jul Thredbo
Travelplan Ski Northern NSW Interschools Champs: Snowboard GS All, Snowboard X All, Moguls 5,4

Thu 3 Jul Thredbo
Travelplan Ski Northern NSW Interschools Champs Alpine 5: Skier X 4, 1, Moguls 3,2,1

Fri 4 Jul Thredbo
Travelplan Ski Northern NSW Interschools Champs Alpine 4,3: Skier X 5,2

Sat 5 Jul Thredbo
Travelplan Ski Northern NSW Interschools Champs Alpine 2,1: Skier X 3

What Disciplines are on Offer?
• Alpine - Skiers are timed on a modified giant slalom course
• Skiercross - Skiers are timed individually on a slope-style course.
• Freestyle Moguls - Skiers are scored on a bumps/jumps course.
• Snowboard Giant Slalom - Boarders are timed on a modified giant slalom course
• Snowboard Cross - Boarders are timed individually on a slope-style course
• Cross Country Freestyle - Raced with skate or classic cross country skis or style with a mass start. Teams need to field three skiers to achieve a team result.

• Cross Country Classic - *New for 2014 as a trial event at the NSW & ACT Cross Country Champs.. Raced with classic cross country skis and style with a mass start.

• Cross Country Relay – Three skier relay team event only.

What are the Entry Fees?

Race entry fees are $40 per race, per competitor.

Which Regional Championships do I Compete In?

New schools will need to compete in either the Northern NSW or ACT-Southern NSW Regional Championships depending on where they are located. **Schools located North of Moss Vale, NSW should compete in the Northern NSW Championships.** Schools located South of Moss Vale should compete in the ACT-Southern NSW Championships.

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**Learn Music on Keyboard at Wheeler Heights PS**

**Enrolment for Term 2**

* Music theory  * Instrument playing
* Ensemble practice  * Fun music games
* 45 mins lesson weekly, small group  * Competitive rate
*Music material included  * Instrument not required initially

**Smart Kids LOVE Music!**

**Call to enrol: 9411 3122**

(VIP Music est. 1984)

THURSDAY, MAY 29TH
TICKETS $10.00 IN ADVANCE
$12.00 AT THE DOOR
K-Y2 5:00pm - 6:30pm
Y3-Y6 7:00pm - 8:30pm

Note: Disco is for school children only. Sign in with parent or guardian only.

Price includes: Chips, water and a flashing light!
Plus glow sticks will be available to buy on the night.
Advance tickets can be purchased via Flexi School online (www.flexischools.com.au).
Advance tickets must be purchased before 5pm, Wednesday May 28.

Volunteers are needed please email whps.fundraising@gmail.com
A BIG THANK YOU to the grade 4 parents for working so hard on this year’s Mother’s Day Stall, it was a huge success.

I want to give a special mention to Katie Brown, she was instrumental in helping the fundraising committee and I couldn’t have done it without her.

Thank you, Sherene LaGasse
Fundraising Coordinator WHPS