From the Principal

We hope to see many parents, grandparents, carers and friends visit our school next week for Education Week. On Monday we have our choir and class 2M performing at Pittwater HS as part of the Peninsula Community of Schools (PCS) Music Festival with Ms McCombie as the combined choir conductor. The Monday evening performance starts at 7pm. On Tuesday we have our Year 3-6 Athletics carnival at Narrabeen and on Thursday we have our Open Day with a concert, open classrooms and morning tea.

Education Week Open Day- Thursday 31 July from 9.30am
Please come along next week for our Open Day, starting with a concert in the hall with the band, dance and choir performing. We then have open classrooms from 10.15-10.45 followed by morning tea in the canteen area from 10.45-11.15am. All parents, carers, grandparents and friends are very welcome to attend.

Gymnastics
Classes began last week for 1A, 1B, Year 2, 3M and 3C. Each class has a six week session of gymnastics this term or next on Wednesdays. We are very fortunate to again have Be Skilled Be Fit running the program with two qualified and very popular instructors. Reminder notes are being sent home to families who have not yet paid for gymnastics as part of their whole school fees.

University of NSW competitions
Excellent results have just been received for the Science test and certificates will be handed out at the 9am Monday assembly next week. From 21 participants we have been awarded 5 Credits (top 30% of Australia) and 1 Distinction (top 10% of Australia). Credits to Abigail Green, Jenna Manson, Brianna Wassell, Lucas Brown and Maya Turner and a Distinction to Kai Turner. Well done to all participants!!

Please note that the English test will now be held on Friday 1 August and the Mathematics test will be on Wednesday 13 August.

Super Hoots Morning Teas
Today was the 3-6 morning tea and tomorrow will be the K-2 morning tea for the students who have now received at least five Principal stickers for good deeds in and out of the classroom. Congratulations to the almost 200 students who came along!!

Clean Area Award
Congratulations to classes 4E and KW who won the clean area award last term. Each term two classes who have the tidiest area of the school will be awarded the trophy and also an edible prize!! Many parents have commented how tidy the school is always looking.

P&C News
We had a very well attended P&C meeting on Monday evening. Lots of interesting items are always discussed and parents became more aware of school issues, decisions and how things are organized at school. Next month is the P&C AGM on Monday 18 August and so now is the time to consider being involved in our great school! Please talk to your friends, myself or any current P&C representatives to see what the role may entail….Please see more details later in the newsletter.

Term 3 Calendar
A hard copy of the Term 3 calendar was sent home last week with every family. As additional dates and changes occur the Parent Calendar section on the school website will be updated.

Primary Ethics Education
We have had a very pleasing response to our Ethics classes. Ethics classes will commence at Wheeler Heights PS in Week 4 this term. A detailed note is on the school website and was given to Non Scripture students last term.

David Scotter - Principal
Art Auction – Thursday 4 September- 6.30-8pm

The P&C is conducting a major fundraiser in Week 8 of this term. It will take the form of an ARTFEST. Each class of students and their teacher are creating a masterpiece of art, which will be auctioned on the night of September 4th. As well as the class major art piece, all students in each class are producing individual art works, which will be sold to their parents for $10. During Week 8, all art pieces will be available for viewing in the school library, prior to Thursday. We hope you lock this date into your diary and we look forward to seeing you on ‘Auction Night’.

Cost: $TBC- entry will include drink and canapés.

Format: The 22 major pieces of class art can be viewed from 6.30pm. The auction of pieces will begin at 7pm. Prior bids and phone bidding will be permitted.

Ms Linda Williamson

Debating Camp

Twelve students in Year 5 and 6 will have the opportunity to attend the Sydney North Debating Camp on Tuesday 16th–Wednesday 17th September or Wednesday 17th–Thursday 18th September at The Collaroy Centre, Homestead Ave, Collaroy Beach. The camp is run by Northern Sydney Debating and provides a rich learning environment to further develop the debating and speaking skills of primary school students. The cost for the 2 days is $240 all inclusive. If your child is interested in going to the camp, please see Mrs Smith to collect a permission note. Due to the popularity of the camp, medical and permission notes are to be returned to Mrs Smith with full payment by Friday August 8 to secure your child’s place.

Mrs Julia Smith

Chess News

Last Friday, Round 8 of the NSWJCL competition, the Rookies "A" team had yet another convincing 4-0 win against Collaroy Plateau Bs - DEFINITELY undefeatable now! SUPER well done, Ethan, Jet, Luke and Kai! The "A" Team's final game for the season is in our Library on Friday (after school), so pop by to cheer them on (in mime)!

Ms Zillhardt

EDUCATION WEEK (28 JULY – 1 AUGUST) OPEN DAY PROGRAM

On Thursday 31 July, our school Open Day will be held. The School Concert in the hall will begin at 9.30am and performance groups involved are outlined below:

-Senior Band
-Senior Arts North Choir
-Stage 2 winner of the Multicultural Public Speaking Competition
-The Wheeler Wailers
-Senior Dance Group

All parents, carers and grandparents are invited to come along. Classroom visits & morning tea follow the concert respectively. Parking is restricted to streets outside of the school grounds.
BOUNCEBACK STARTS

All classes K-6 commenced lessons this week using the BOUNCEBACK program. The program aims to develop and build a child’s resilience and their capacity to cope well with times of adversity or hardship (and even be strengthened by them.) It is the ability to bounce back from difficult times to a fulfilling life while retaining a positive sense of self. Resilience skills are also needed to academic success, e.g. persistence, courage and goal setting.

Each week, class lessons focus on a letter in the name ‘BOUNCEBACK’.

FOCUS THIS WEEK:

Bad times don’t last. Things get better. Stay optimistic. Core values: It is important to be honest
Other people can help if you talk to them. Get a reality check. Core values: It is important to be fair.

SPELLING BEE

Students in classes 3-6 are sharpening their spelling techniques and teachers are finalising the stage competitors. Details regarding the Spelling Bee are available on the school website.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Year</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage 3 (Year 5/6)</td>
<td>Friday 8 August</td>
<td>9.15am</td>
<td>in the hall.</td>
</tr>
<tr>
<td>Stage 2 (Year 3/4)</td>
<td>Monday 11 August</td>
<td>11.40am</td>
<td>in the hall.</td>
</tr>
</tbody>
</table>

CYBER SAFETY PARENT WORKSHOP

Parents are invited to attend a Cyber Safety Workshop on Wednesday 30 July (7.00-8.30pm) to be held at Narrabeen Lakes PS. Bookings are essential on 9942 2681. See attachment flier for further details.

ATHLETICS CARNIVAL

WHPS Athletics Carnival is being held next Tuesday 29 July at Sydney Academy of Sport Narrabeen. It will commence at 9.30am sharp with the 800m races being held first. Year 3-6 will need to be at school at 8.45am when rolls will be marked on C Deck. Buses depart shortly afterwards from Berith St. Year 2 students with Little Athletics experience or a talent for running are invited to attend with their parents on the day. Fingers crossed for fine weather and good luck to all competitors!

STATE CROSS COUNTRY

Congratulations to Kahli Johnson who competed recently in the NSW PSSA Cross Country at Eastern Creek. Kahli crossed the line in 19th place in a very competitive line up of 70 students. A fine achievement and it has been many years since we have had a competitor represent our school at this level in this event.

EN GARDE!

Champion Australian fencer Sally Bennett will be visiting our school on Monday 28 July at 2-3 pm in the hall. It should be a very interesting presentation. Parents are welcome to attend.

Nickname: Sabre Sally
Major Achievements: Gold in NSW State Championships 2012
Selected to represent Australia after less than two years in the sport.

Why do you think it is important to be involved in the Premier’s Sporting Challenge? Health and fitness lead to a better quality of life. Without good nutrition and plenty of exercise we feel tired, stressed and unhappy.

The more active we are the more energy we have to do things we enjoy. We can think more quickly which means we can do our work faster and perform better at everything. I am living proof of how you can become a champion in your field with the right food and exercise.

Ms C Waldock - Deputy Principal (Acting)
Notice of Annual General Meeting

Notice is hereby given that a meeting of members of the Parents & Citizens Association of Wheeler Heights Public School will be held at 7.00pm on Monday 18th August 2014 in the school office staffroom.

Agenda:
1. Apologies
2. To confirm the Minutes of the previous Annual General Meeting
4. To receive and accept the Financial Statements for the financial year ended 30 June 2014.
5. To receive and accept the annual reports from the Uniform Shop, Canteen, Dance and Band Committees.
6. To elect the Executive Committee of:  
   a. President  
   b. Vice President(s)  
   c. Secretary  
   d. Treasurer  
   e. Executive Members  
7. To endorse the elections to the following Sub-Committees:  
   a. Canteen  
   b. Uniform  
   c. Fundraising  
   d. Band  
   e. Dance  
   f. Grounds

Please join us at our next meeting on the 18th August. The AGM will be followed by a General Meeting. At the AGM all positions on the Executive Committee will be declared vacant and nominations for positions will be taken and voted on.

Live Life Well @ School

The focus this fortnight – Choose water as a drink

All students will bring home a healthy living information sheet with a homework activity attached next week. Please read this information and discuss it with your children. Further information can be obtained for the Healthy Kids website below.

Mrs Priscilla Wright – LLW@S Co-ordinator

Water

Tap water makes the best drink!

Not only is it thirst quenching, but also contains fluoride which helps make teeth stronger. Here’s what water has to offer:

- it is cheap and readily available
- it doesn’t contain any kilojoules or sugar
- it encourages optimal function of the body
How much water do children need?

The amount of fluid that children need varies between individual children. The older the child, the more fluid they need. Children should drink approximately 1–1½ litres of fluid a day. Children will need more when they are physically active and on hot and humid days. Water is the best drink – for both children and adults – in all situations.

Healthy party drink idea

- Fruit spritzers are a fun alternative to soft drink for parties and social events, and so easy to make! Just mix ½ fruit juice and ½ soda water!
- Or why not freeze juice in ice cube trays to add to mineral or still water for a nice fruity taste!

Cordials, soft drinks and sports drinks

Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water as a drink whenever possible.
It’s all excitement in the school library as we’re almost at the finishing line for the 2014 Premier’s Reading Challenge. All on-line entries must be submitted by midnight on August 22nd to count towards this achievement. To ensure that they read the required number of books a few very keen students are borrowing over their usual class quota.

It has been very pleasing to see how many students have embraced this voluntary ‘challenge’ with enthusiasm. A total of 101 have already completed their on-line entries and had their records validated. Another 150 have registered on-line and partially completed. Special congratulations is due to all the Year 4 students who are definitely leading the way in the PRC.

Watch this space for final numbers and the highest achieving PRC class!

Ms Fairweather and Mrs Bevan (WHPS Library)
PITTWATER HIGH BAND FESTIVAL FRENZY!
You might recall that late last term, on a chilly Sunday morning in June, all the WHPS bands performed at Pittwater High. Our Bands’ performances were met with great respect and appreciation from a very welcoming audience, augmented with some helpful and friendly observations from some highly qualified assessors. Congratulations to all bands and their conductors, Cheryl and Kelvin, for a great morning of music.
Extra special accolades go to the Intermediate Band who managed to produce a very big sound with a surprisingly small band. Particular congratulations go to the solo clarinetists Taylor Hosking and Archie Saunders whose tricky harmony solo in “Music Makers March” was amazing. Well done guys!

BAND COMMITTEE AGM: 11 AUGUST, 7PM
At our Annual General Meeting, ALL POSITIONS are declared vacant and a new band committee will be elected. Please come along and contribute however you can. Your help, no matter how small, can make a big difference. (Need we remind you that the entire band program at WHPS is run by VOLUNTEERS?)
This year the Band Committee will unfortunately be losing some amazing parents who, over the years, have done some very heavy lifting. To keep functioning on all cylinders we desperately need to urgently replenish our stocks! Please don’t be scared, our meetings are friendly, fun and efficient. Many, many helpers and thinkers are required to keep this program AFLOAT. Even if you don’t want to join the committee please come along, participate in the discussion and help support this important component of childhood development.

INTERMEDIATE BAND: INTERSTELLAR ASSEMBLY
This Thursday, 24 July the Intermediate Band will be performing at the K-2 assembly. Thanks to Class 1A (who is hosting the assembly) for the opportunity. Have fun guys.

SECOND HALF YEAR ACCOUNTS
Invitations for Terms 3 and 4 are being sent out for band fees. Options for payment include Flexischools, direct deposit and cheque – please no cash to the Band Box. If you have not received an invoice, please contact us so that we can check your email contact address.

PLAYERS OF THE WEEK
...well they’re not exactly ‘players’...This week’s prize for the most amazing contribution to our school’s bands is awarded to our wonderful band liaison teachers, Ms Sandi Miles and Mrs Margaret Butler. Thank you both for your conscientious unwavering commitment to our children. As parents we deeply appreciate the love, dedication and the sometimes pain you suffer in helping improve our kids.

ANTHONY MACDERMOTT
whpsband@gmail.com / 0417 277 893

GO BRAVO SHOWCASE: SAT 26 JULY
MOSMAN, HERE WE COME! Please bring your own labelled music stand (if possible) and wear full band uniform. ALL bands are performing. The venue is at St Clements Church located at 144 Raglan Street, Mosman. Band performance and arrival times are as follows:

- Training Band – session runs from 2.00-3.00pm (arrive at 1.45pm)
- Jazz Band – playing during the “high tea” interval 3pm-3.30pm (arrive at 2.45pm)
- Intermediate and Senior Bands – session runs from 3.40-5.00pm (arrive at 3.30pm)

An entry fee of $8.00 applies for adults, $6.00 for children (non-performers) or $18.00 for a family. Performers are requested to please stay for the entirety of their allotted session.

This is a showcase of the various talents in Cheryl’s “Go Bravo” stable and wider musical network. There’ll be bands, choirs, and solo performers (and “high tea” – to be held between the Sessions!). Cheryl has agreed that proceeds from this event will be going to support Debbie English’s family in its time of need.

WHEELER WOODSTOCK: JAZZ FESTIVAL
In conjunction with Curl Curl Primary School, Harbord Primary School and Mona Vale Primary School, Wheeler Heights Primary School’s Jazz band is hosting a Jazz Band “shin-dig” with the Jazz Bands of each of these schools, on Sunday 3 August 2014 between 1pm and 4pm.

Attending the event will be two Australian Jazz MEGA STARS: John Morrison and James Greening, who will mentor each of the school bands both individually and in sections. The event promises to be quick, simple, informal and heaps of fun, culminating in a concert to conclude the afternoon (to start at around 3.30pm and run for half an hour).

EVENTS FOR THE DIARY
K-2 Assembly
Intermediate Band
Thursday 24th July: 2.15pm

Go Bravo Showcase
St Clements Church, Mosman
All Bands
Saturday 26th July: Arrival and playing times above

Wheeler Woodstock: Jazz Festival
WHPS School
Jazz Band
Sunday 3rd August: 1.00pm—4.00pm

WHPS Band Committee AGM
Monday 11th August: 7pm, School Staffroom
All welcome.
**BREAKING NEWS**

After 15 years of loyal service to the school the mini and mega shots will be retired at the request of Mr Scotter. We will be running the stock down. Available for purchase frozen pineapple rings 40c or frozen oranges 10c any suggestions of a replacement would be greatly appreciated.

whpscanteen@gmail.com.au

A BIG THANK YOU to SALLY CRATCHLEY…for coming in and helping me out last week and for all your delicious baking. Not only did the children love your goodies so did the teachers.

**MENU - STARTING WEEK 4**

Menu starting Week 4 as suggested by a parent at the P&C we will be replacing Nachos and trialling a salad roll and a water for Mondays special, $3.50, also available on a Monday will be a roast jacket potato with delicious fillings, bacon and creamed corn, and plain cheese $3.50.

**FLEXISCHOOLS**

Flexischools please be advised the canteen is in the process of phasing out lunch orders made at the canteen the only way to order your child’s lunch is through Flexischools, you have Term3 to get organised. Its easy and convenient.

www.flexischools.com.au

Click register now then enter your email, you will be emailed a link, choose a username and password, complete the form, add each student and their class.

**BAKING**

If you don’t have the time to spend all day in the canteen why not come by in the morning and do some baking for an hour, any help is appreciated and of course the children love a bake goodie to purchase for recess.

Eggs, many parents will be pleased to know the canteen is now using the eggs from the schools very own chickens, the baking tastes even more delicious. I think Tayla Simpson had an egg laid by Liquorice and Mitchell Jones’s was laid by Pineapple, how delicious.

**PSSA**

Please remember to use the PSSA tab on the Flexischools website.

Welcome back and warmest regards,

Zoe & Tracey

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**ROSTER WEEK 3 & 4**

<table>
<thead>
<tr>
<th>MONDAY 28th</th>
<th>TUESDAY 27th</th>
<th>WEDNESDAY 30th</th>
<th>THURSDAY 31st</th>
<th>FRIDAY 1st</th>
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<td>VACANT</td>
<td>Linda Glasson</td>
<td>Tracy Logan</td>
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<td>0419 294 249</td>
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<tr>
<td>Mel Gilmartin</td>
<td>Jo Day</td>
<td>Megan White</td>
<td>Penny Soegaard</td>
<td>Andrew Barker</td>
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<td>Noeline Jenkins</td>
<td></td>
<td>Jo Smith</td>
<td>Peita Hillman</td>
<td>Kate Van De Wall</td>
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<td></td>
<td>0429 456 664</td>
<td>0432 956 656</td>
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</tr>
</tbody>
</table>
Warringah Council presents

RAISING RESPONSIBLE
DIGITAL CITIZENS

With Leonie Smith the Cyber Safety Lady

Leonie Smith is one of Australia’s leading cyber safety educators and a mother of four. Learn how to keep your kids safe online.

- Screen time balance
- Safe social media
- Cyber bullying
- Smart phone safety
- Avoiding adult content

Wed 6 Aug
7 – 8.30pm
Narrabean Lakes Public School
1299 Pittwater Rd, Narrabeen
FREE but bookings essential on youthbookings@warringah.nsw.gov.au. For more information call 9942 2681.
As a passionate supporter of the Burdekin Association, Northern Beaches Business Education Network (NBBEN) and Manly Drug Education & Counselling Centre (MDECC), we would like to extend an invitation to you to join us for our first collaborative gala dinner and fundraiser for young people on the Northern Beaches -

**YOUTH UP FRONT**

Together we hope to raise funds to support some of the vital services in our region that ensure that vulnerable young people do not get left behind.

**Where:** Miramare Gardens | 48 Myoora Road, Terrey Hills NSW 2084

**When:** Saturday, 23rd August 2014

**Time:** 6:30pm Drinks and Canapes followed by a three course meal and live entertainment - drinks included

**Tickets:** Tickets can be bought from [StickyTickets](#) for $150 per person. Discounts apply for early bird and group bookings. See page for details.

If you cannot make it but would still like to support us, raffle tickets and donations can also be accepted. To donate, go to [GiveNow](#) or for raffle ticket sales, please contact our organisations directly.

Thanks again for your ongoing support!
The 2014-2015 Baseball Season is Almost Here!!

Come and Join your friends at Warringah Baseball Club for another exciting season

Registrations are now open

Aussie T-Ball  Under 6 yrs
T-Ball  7-9 yrs
Zooka  9-10 yrs

Little League  11-12 yrs
Junior Baseball  13-16 yrs
Senior Baseball  17 and over

Register online @ www.warringahbaseball.com.au
Or
Saturday 2 August 2014
10 am – 3:00 pm
St. Matthews Farm, Cromer

For more information visit our website
www.warringahbaseball.com.au

Follow up on Facebook
Warringah Baseball Club