From the Principal

Welcome back to Term 3. I trust you all had a peaceful and enjoyable holiday period. Special thanks to the Wassell, Oldfield and Hawyes families who looked after the chickens so well during the holidays.

Staffing for Term 3
As mentioned in last term’s newsletter there will be a few staff changes for Term 3. Mrs Bronwyn Lombardo our Assistant Principal and RFF teacher is now on leave. Her RFF position will be filled by Ms Rachael Tekampe for the rest of the year. Ms Tekampe has been acting the Deputy Principal for Term 2. Ms Cindy Waldock will be the Deputy Principal for this term.
We also welcome back Mrs Beth Campbell who will be teaching Learning and Support for a number of weeks this term as Ms Alina Loneck is on leave.
We welcome Ginny Macpherson who will be teaching Drama two days per week for Years K-2 and Gina Polito who will be teaching Italian for three days to Years 3-5.

Education Week – Week 3
Please be advised of our Open Day on Thursday 31 July from 9.30am. We have a concert in the hall with the band, dance and choir performing and then open classrooms from 10.15-10.45 followed by morning tea in the canteen area. More details will be confirmed shortly.

Gymnastics
Classes began yesterday 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
Please note that the English test will now be held on Friday 1 August.

Excellent results have just been received for the Computer Studies test and certificates will be handed out at the 9am Monday assembly next week. From 26 participants we have been awarded 6 Credits (top 30% of Australia), 3 Distinctions (top 10% of Australia) and one High Distinction (top 1% of Australia) Credits to Jenna Manson, Kai Turner, Will Green, Tori Faed, Daniel Smith, Ethan Rosnell, Distinctions to Ainslie Bennett, Cian Hay, Maya Turner and High Distinction to Luke O’Donnell. Well done to all participants!!

Super Hoots Morning Teas
I know that there are many boys and girls who have now received at least five Principal stickers for good deeds in and out of the classroom. The K-2 morning tea will be held on Friday 25 July at 11am and the 3-6 morning tea will be on Thursday 24 July. Eligible students will receive their notes very shortly.

Semester 1 Reports
Reports were distributed to each student at the end of last term. The school office posted a copy of the report to a parent or carer who may not reside with the student. Please let the office know if we need to update our records to ensure that a copy is received by all parents.

Stewart House Clothing Appeal
Clothing bags have recently been distributed. Could these please be returned to the school by 18 July.

Term 3 Calendar
A hard copy of the Term 3 calendar will be sent home today 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. We are hoping that Ethics Education classes may be able to 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

Lost Property
At the end of every term our school ends up with many, many unnamed drink bottles, food containers and pieces of clothing. These items are then disposed of, often thrown in the rubbish. Last term, we accumulated a lot of pre-loved clothing that has the name of past students on them. I will keep these jumpers and jackets in my classroom until Week 2 for you to collect. After this they will be resold through the uniform shop. Please visit me in my Y6 classroom, or send your child with a note about whose name is on their top, if you have lost an item.
Note: All term lost property is found in one of 3 large containers outside the canteen. Please name each food container your child brings to school and 6L will work hard to return it to you.

Term 3 Art Auction Request
A special request: Do you have, or know of anyone who has, some left over bathroom mosaic tiles? Year 6L are tiling a coffee table and a surf board for our fundraising art auction being held at the end of Term 3. As I have under estimated the amount of tiles needed, I am requesting some donations from families who may have some in their garage. We are using the blue and green shades to reflect the surfing theme. Please let me know if you have some available.

Ms Linda Williamson

SPELLING BEE
Teachers in Year 3-6 will be assessing their classes shortly in preparation for the School Spelling Bee. 10 students from each stage will display their skills in this traditional school event. We will be staging the event on two dates:

- Stage 3 (Year 5/6) Friday 8 August at 9.15am in the hall.
- Stage 2 (Year 3/4) Monday 11 August at 11.40am in the hall.

GYMNASTICS IS STARTING!

Commencing this term and moving into Term 4, Wheeler Heights begins our gymnastics program. Each Wednesday seven classes will be involved in a six week program in the hall. The students will be involved in learning the correct techniques of jumping & landing, performing different types of rolls, cartwheels and other skills. The external provider brings along all of the specific equipment which is age appropriate and two trained instructors to support classroom teachers. The cost of $30 was included as part of whole school fees.

CHAMPION FENCER TO VISIT

As part of our school’s involvement in the Premier’s Sporting Challenge, Wheeler Heights is privileged to be having a visit from Australian fencer Sally Bennett. Sally won gold in the NSW State Championships and has won selection in the Australian Olympic team to travel to Rio in 2016. Sally will be attending our school on Monday 28th July and will be providing a presentation in the hall at 2pm.
SOFTBALL TRIUMPHS!

Wheeler Heights is becoming known as the ‘Softball School’ after the recent selection of Ellie Watts into the NSW Girls Softball team. What a wonderful achievement! Congratulations, Ellie. This follows Jordan Devries and Luke Brown’s selection into the Sydney North Boys Softball team late last term. Coincidentally, this followed the selection of Jade Callabretta, Mel Morris and Izzy Morris into the Sydney North Girls softball team in the middle of Term 2. Congratulations to all! Go Wheeler!

Ms C Waldock - Deputy Principal (Acting)

Peninsula Community of Schools NAIDOC Week celebrations

The Peninsula Community of Schools held NAIDOC week celebrations at Mona Vale Public school in Week 9 of Term 2.

NAIDOC Week celebrates Aboriginal and Torres Strait Islander cultures and offers an opportunity to recognise the contributions that Indigenous Australians make to our country and our society.

The celebration included the ‘Land Beyond the Sands’ art exhibition featuring Indigenous Australian inspired artworks submitted by students from the thirteen schools within the Peninsula Community of Schools. Artworks completed by WHPS students were included in this exhibition and these pieces were an outstanding representation of the talents within our school.

Eight students from our school were involved in the celebration held from the Thursday afternoon to Friday morning. Four of these students participated in the ‘sleep out’. The event was also attended by Mrs Wright, Mr Williams, Miss Tekampe, Mr Scotter, parents, Indigenous elders and representatives from the Department of Education including Dean White, Director Public Schools NSW – Warringah.

Participating students spent the day learning about Australia’s rich Indigenous heritage and participated in activities such as mural painting, weaving and dance workshops, didgeridoo playing and a “Let’s bridge the Gap Performance” by Fred Reid and his sons.

Students also heard from several speakers including Director Dean White and Indigenous ex Wallabies player Jim Williams who spoke of the importance of discipline and perseverance drawing on his experience as a young man in the army to help the kids understand this. Both inspiring speakers encouraged the students to believe in themselves and to follow their dreams. Their life stories demonstrated dreams can become a reality if you work hard and never give up.

The students enjoyed camping on the school grounds overnight. Before retiring for bed they participated in fun scavenger hunt, followed by keeping warm around the open camp fire, making Jonny cakes and listening to Indigenous Australian stories.

The students who represented our school were wonderful ambassadors for WHPS and I thank them for their participation.

Mrs Priscilla Wright
WHPS representative – PCS NAIDOC committee
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.


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.
THE LAKES CATHOLIC PARISH OF ST JOSEPH'S NARRABEEN AND ST ROSE 
COLLAROY PLATEAU 
FAMILY BASED SACRAMENTAL PROGRAM

The 2014/2015 Family Based Sacramental Program is due to commence soon. To be eligible for enrolment in this program your child needs to be baptised and at least in Year 2 at School. An information evening about the program will be held in St Rose Church, 4 Rose Avenue, Collaroy Plateau, at 7pm on Monday 21 July 2014. If you are considering enrolling your child in this program it is essential to attend this information evening. It would be helpful for you if you went onto the parish website www.lakesparish.org.au click on Sacraments and subscribe at the end of the page. This will enable us to send you updates and reminders about the Sacramental Program. However it is very important that you attend the information night if you want to enrol your child/ren in the program. 

The Lakes Parish Sacramental Team
‘THE POTTER LEAGUE’

WHEN: Starts in August runs ‘til Dec (No games in school holidays)

WHO: Designed for new players. Individual players can join at any

Time or you can enter a team of between 7 & 10 players.

COST: $150 per player includes registration, insurance, game fees, playing singlet,

match coaching court hire & referees

VENUE: Northern Beaches Indoor Sports Centre NBISC, Jacksons Rd, Warriewood

DIVISIONS: Saturdays School Year 5 & 6 Mixed & All Girls

Tuesdays School Year 1& 2 Mixed & School Year 3 & 4 Mixed

GAME TIMES: All Girls & Mixed Saturday’s 2pm/2.40/3.20/4/4.40pm

Tuesday’s 4/4.40/5.20pm Competitions start term 3 & run term 3 & 4

REGISTRATION: You can register 2.30-4.30pm any Saturday during school term at

(NBISC) and join the trainings TRAININGS any Saturday during school term at NBISC

Biddyball 7 & under session, 2.30-3.30pm, Lightning League session (ages 8 & over

mixed session,3.30-4.30pm) Expert coaching by accredited coaches plus short game

$9 per session,Girls only Pinkball session 2.30-3.30pm (join for the term $70) with

Manly representative ladies players coaching,

ENQUIRIES: MWBA office ph 9913 3622 Fax 99133644

mwba@manlybasketball.com.au  http://www.manlybasketball.com.au

*If you wish to play or enter a team, complete the form below and return to MWBA for

player information and our records preferably attend the Saturday training sessions

&register where possible.