From the Principal

Congratulations to our school winners of the Premier’s Spelling Bee held recently. Good luck to Ethan Baillie, Adam Picknell, Sachi Lardner and Lucas Brown who will now progress to the district finals at Collaroy Plateau Public School on Tuesday 16 September.

You will have noticed a number of extra support teachers of late. We are very fortunate to have seven prac students from various universities completing their in school experience. Our student teachers have proved to be invaluable assistants of late; helping at our recent Athletics carnival, accompanying the choir to Chatswood HS and walking with the Year 5 debaters to visit Collaroy Plateau PS. These opportunities give the students a valuable insight to the workings of a K-6 school.

A special thank you to Belinda Reed, Mandy Spooner, Susie Russell, Jane McGrath and John Williams who have worked tirelessly to introduce Ethics classes to our school on Wednesdays during Religious instruction time. Years K-2 began yesterday and shortly Year 3-6 classes will commence.

Art Exhibition Evening- Thursday 4 September
The children and all classes are very excited about the upcoming Art Exhibition. You will be very impressed with the creativity and originality of each combined piece and the individual art works. Please be sure to keep Thursday 4 September free for a great night and a chance to own your own class masterpiece!!

Enrolments 2015
We are currently finalizing our enrolments for 2015. We hope to once again have four Kindergarten classes. If you do have a sibling ready for school next year or know of someone who does... please come to the office asap as we need to confirm all of our local enrolments. Letters will be sent to all 2015 enrolments in the next few weeks, in preparation for Orientation mornings in Term 4.

University Mathematics Test- tomorrow at 10.15am
Tomorrow is the final University of NSW competition for 2015. Almost 60 students from Years 3-6 will sit the test with Ms Waldock and Mr Scotter. Results for this test and others will be announced in the newsletter and certificates handed out at assembly. Could students please return the practice tests which I recently distributed. Good luck on Friday boys and girls!!

Car Park Safety
We have just placed some new signs reminding parents and students about walking through the car park. Please again be advised that such areas are extremely dangerous and that is why parents and students must use the appropriate walkways and stairways at all times. Please help us to set the correct example for our children.

P&C News
The P&C AGM is on next Monday 18 August at 7pm 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. Please see more details below and a few examples that will be up for auction on the night!!

David Scotter - Principal
I want 2 be DAY!.....Wednesday 20 August 2014

The SRC has organised “I want 2 be DAY” to support the Kids’ Cancer Project. All children are invited to dress up as what they would like to be when they grow up and bring a gold coin donation. I am sure there are many budding scientists; actors; vets; prime ministers and even teachers in our wonderful Wheeler community. The sky’s the limit!
Our fun day will be held on Wednesday 20 August.

Tracey Mavromatis - SRC Coordinator

BOUNCEBACK STUDENT WELFARE PROGRAM

All classes K-6 have commenced lessons 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’.

This week’s letter is C for Concentrate on the positives, no matter how small and use laughter.
Core values: It’s okay to be different.

PSSA THIS WEEK

This week’s round of PSSA is a make-up round for the wash out that occurred on Friday 13 June. Check draws via the permission notes section on the school website for venues. In the event that this week’s round is washed out, the game will be re-scheduled to Friday 22 August.

SPELLING BEE RESULTS

Congratulations to all of the students who participated in the finals of the Spelling Bee. The competition was intense in both levels and all participants performed well. The results were as follows:

Stage 2 – Adam Picknell (Winner) Ethan Baillie (Runner Up)
Stage 3 – Lucas Brown (Winner) Sachi Lardner (Runner Up)

These students were presented with their certificates and official invitation to the Regional Spelling Bee to be held at Collaroy Plateau on Tuesday 16 September.

Wheeler Heights ArtFest!

The countdown to the Wheeler Heights PS Art Exhibition has begun. As part of the event, we will be holding a major art auction on Thursday 4 September (Week 8) in the school hall. Each class from Kindergarten to Year 6 will be represented. Class major artworks can be viewed via the school website and in the weekly newsletter from Week 6 onwards.

Each student will be producing an individual piece of artwork for parents to purchase for $10. From Week 6, parents will be able to purchase their child’s individual artwork through Flexischools. Class major artworks will be auctioned on the night, however, parents can make bids prior to the event via the school email: wheelerhts-p.school@det.nsw.edu.au by including student’s name, class and bid.
The individual and major artworks will be on display in the school library on Wednesday 3 September and Thursday 4 September (in the morning). The art auction will occur on the evening of Thursday 4 September in the school hall under the guidance of a registered auctioneer.

Tickets to Art Exhibition are $10 which includes entry and a beverage on arrival (wine/beer/champagne). Tickets will be available through Flexischools or at the school office from Week 6 onwards. Here is a taste of two completed artworks from 2W and 6C.

2W were inspired by contemporary artist Heather Galler’s folk art landscapes in creating their individual and whole class artworks. Galler’s work is extremely colourful and fun. She uses folk art principles in creating her pieces and says she is primarily motivated by colour and lots of it.

In creating their works, 2W considered perspective, their use of colour and thought about how to create line, shape and colour patterns. Each piece is very different and shows the personality of the creator.

Sections of each student’s completed individual work were taken and put together to create the whole class pieces. We have two (identical) artworks printed on canvas; they are each 75cm x 50cm in size. The colour ‘pops’ on the black background and will look fantastic in any home!

A massive thank you to Michelle Calabretta for all her time and assistance, we greatly appreciate it.

Mrs Priscilla Wright and Team 2W

In 6C we have been studying British contemporary artist Julian Opie and his distinctive artistic style. Portraits rendered with minimal detail in black line drawing, are hallmarks of the artist’s approach. Characteristic of his style is to include bold, contrasting background colours to enhance the features in each portrait.

Initially, students in 6C developed the simplicity of his style by creating portraits of famous celebrities such as actress Marilyn Monroe and musician John Lennon. As you can see, we then progressed to self-portraits.

Special mention in creating this class major artwork goes to students Sophia Monteleone, Lauren O’Brien, Alyssa Nitch, Chloe Herriot & Lulu Blayney. As you can see, this artwork encapsulates Julian Opie’s style through our class of 26 students. Some of the likenesses are amazing!

Ms Waldock & 6C

Ms C Waldock Acting Deputy Principal
Year 2 Excursion to the Art Gallery of NSW – Thursday 7 August 2014

Year 2 made the long trip over the Sydney Harbour Bridge to the Art Gallery of NSW on Thursday. They attended a number of exhibitions including the Archibald Prize. Volunteer guides who are specially trained showed students through the exhibition and highlighted techniques used, ways of interpreting artworks and finding meaning within them. The children enjoyed the experience and the guides were impressed with their enthusiasm and thought provoking discussions.

Year 2 also need to be commended on their conduct during the excursion. Members of the public approached various parent helpers and teachers to comment on the behaviour, manners and uniforms of the children. All students followed the Wheeler Way and were fantastic ambassadors for our school. Well done Year 2!

We’d like to thank the parent helpers who attended the excursion with us. The organisation of the day went smoothly due to their assistance. We greatly appreciated their time and energy.

Year 2 will now be creating portraits of a significant person in their own lives. We are looking forward to experiencing these artworks!

Mrs Priscilla Wright
Classroom Teacher 2W

Wheeler Heights Dance Program

Attention Year 2-5 students. The time is finally here to try out for the Competitive Dance Program. There will be no social hip hop program this coming year, however, dancers keen to be in the competition are encouraged to try out. The 2014-2015 dance season begins in Term 4 of 2014, and runs through to Term 2 2015. The financial commitment per student if selected in the Dance Group is approximately $250 (dance costumes, eisteddfod fees & lessons).

Trials will be held during Week 9 & 10 (Dates to be advised) with Miss Tahlia Chojnacki (private dance teacher). For further information please see Miss Calvi or Miss Alexander.
Live Life Well @ School

The focus this fortnight – Eat more fruit and vegies

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

What is a serve of fruit?

One serve of fruit is equal to one medium piece of fruit, two smaller pieces or one cup of chopped fruit.

What is a serve of vegetables?

One serve of vegetables is equal to one medium potato, half a cup cooked vegetables (including legumes) or one cup of salad vegetables.

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<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
</tr>
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<tbody>
<tr>
<td>4-7</td>
<td>1-2</td>
<td>2-4</td>
</tr>
<tr>
<td>8-11</td>
<td>1-2</td>
<td>3-5</td>
</tr>
<tr>
<td>12-18</td>
<td>3-4</td>
<td>4-9</td>
</tr>
</tbody>
</table>

Did you know…?

8 to 12 hot chips (100 g) have around 3 teaspoons of fat and 1000 kJ. Compare this to a small baked potato (100 g) with a light spray of oil that has less than ¼ teaspoon of fat and 400 kJ. The main difference is added fat, hence the added energy or kilojoules. Here is a quick, easy and delicious way to make healthy, hot chips:

Ingredients
- 2 large potatoes cut into chips or wedges
- 1 teaspoons canola oil
- 1 teaspoon soy sauce

Method
1. Place a large tray or baking dish into the oven and preheat oven to 200°C.
2. Place all ingredients into a small plastic bag and shake.
3. Take hot tray or baking dish from oven using an oven mitt, and empty bag of potato lightly coated with oil and soy sauce onto the hot tray. Discard the plastic bag. You can cover the tray with a piece of oven paper (optional). Return to the oven to cook for about 12 minutes or until the potato is golden brown and cooked, then serve.

Fresh fruit and vegetables – the green food

Fresh fruit and vegetables are not only good for your health, but they are also good for the planet. Fruits and vegetables come in their own environmentally friendly packaging. Fruit or vegetable scraps can also be composted or used in a worm farm. You can also help the environment by choosing produce without foam trays or plastic containers.
Last Thursday the Legends of League 7’s Gala Day was held and Wheeler Heights had four teams represented. It was a great day down at Nolan’s Reserve and all the kids were pumped for their games. There was some fantastic footy being played from all teams. The Year 5/6 Girls only dropped one game on their run to the grand final. The girls came runners-up to the very strong team from Narrabeen North. The girls played with great sportsmanship and enthusiasm. The Year 4 boys had an equally impressive run to the grand final, going down to Cromer in a very close match that was drawn for most of the game. The boys left any energy they had on the pitch and were happy with their efforts all day. Congratulations on being runners-up!

The Year 6 boys dropped only one match on their run to the semi-finals. They played well all day and the semi was a really tough match. The boys were knocked out by a very strong Narrabeen North team who ended up taking out the day. The Year 5 boys had a super tough draw. They improved in each game showing some really slick plays and good defence. They should be very proud of their efforts! A big thank-you to Super Coach Mrs Bevan, who guided the girls around the park all day. Also, to all the parents who supported the children from the sideline. A special mention to Mr Swain and Mr Delaney for their assistance with the Year 5 and Year 6 boys teams! Finally, I would like to thank the boys and girls for being great representatives of Wheeler Heights by showing great sportsmanship and support for each other! Well done!

Mr T Blanshard
Rugby League Coach 2014
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.

Auditor Needed

Did you know that the P&C tries to give back every dollar raised through fundraising to the school? From chickens to computers, and play equipment to smart-boards, the P&C has contributed to providing better facilities for our children.

As part of our operations, we are required to have our accounts audited annually, and are looking for any parent who is a qualified auditor that might be able to help.

If you are able to assist, please contact the P&C Executive at whps.committee@gmail.com. Remember that a volunteer to help means we don’t need to hire someone and therefore the more we can give back to the school.

Thank You,

P&C Executive Committee.
**SIMPLE LOVE CHARITY DONATION**

Simple Love is a charity that collects and distributes essential items to asylum seekers on bridging visas or who have recently been granted residency in Australia. In August the H30 Church in Dee Why will be collecting donations for the charity and will deliver to the Asylum Seekers Centre and House of Welcome in Sydney. Both of these centres distribute to those in need in the community. There will be a box in the admin building at Wheeler Heights School where anyone can make a contribution from next week onwards. All goods will be collected from the school and added to the H30 Church collection.

If you would like to donate, please choose from the below list to ensure that all items are non-perishable, unopened, and culturally sensitive.

- Breakfast Cereal, Cooking Oil, Rice, Noodles
- Tinned Fruit & Vegetables
- Tinned Fish, Tomato Paste, Spices & Curry Powder
- Tea, Long Life Milk, Instant Soups, Chocolate and sweets
- Travel 10 bus passes (1 or 2 section). These help refugees get to appointments with lawyers and case workers.
- Nappies
- Shampoo, Conditioner, Soap, Toothbrushes & Toothpaste
- Sanitary Napkins, Washing Powder, Deodorant, Razors

For any further enquiries please contact Sarah Kearney (kindergarten parent) on 0425 262 289

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**NSW Premier’s Reading Challenge News**

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 to all the Year 4 students who are leading the way in the PRC. Watch this space for final numbers and the highest achieving PRC class!

The library is open on:-

- **Monday**: 2nd half lunch for borrowing/reading only (Mrs Bevan is available for assistance)
- **Tuesday**: Closed
- **Wednesday**: 2nd half lunch (Mrs Fairweather is available for assistance)
- **Thursday**: 2nd half lunch (Mrs Fairweather is available for assistance)
- **Friday**: 2nd half lunch (Mrs Bevan is available for assistance)

Ms Fairweather and Mrs Bevan (WHPS Library)
NARRABEEN LAKES SCHOOL MARKET

LOTS OF FABULOUS STALLS WITH ORGANIC, HAND-CRAFTED, AUST MADE, FAIR TRADE AND INDIGENOUS PRODUCTS. GREAT FOOD. LIVE ENTERTAINMENT. MAKE A DAY OF IT.

SATURDAY 6TH SEPT

9 AM - 3 PM

BY THE LAKE, NEXT TO THE SEA
1299 Pittwater Rd, Narrabeen
(OPPOSITE THE FIRE STATION)
COLLAROY NETBALL CLUB

NET SET GO – SKILLS PROGRAM

7 YR OLDS

Collaroy Plateau Netball Club is excited to introduce our Net Set Go Skills Program for 2014. This skills based program is the perfect introduction for your daughter before entering into Nettas in 2015.

COST: $60 per child
VENUE: Curl Curl Courts, Abbot Rd, Curl Curl
COMMENCING: Monday 13th Oct 2014  4.00pm – 5.15pm
COMPLETION: Monday 3rd Nov 2014 (with presentation)

What you will receive:
- A great introduction to Netball
- Experienced CPNC Coaches
- Net Set Go Kit (including your own ball)

This program is only for those girls aged 7 years (birth year  2007 ) not currently playing netball and particularly for those ready to play their first year in 2015.

Places are limited - confirm your interest now by visiting the Collaroy Netball Website at www.collaroy.netball.asn.au to get your registration pack, complete forms and hand into Linda Moss by the 12th of September 2014.

More details – visit www.collaroy.netball.asn.au