From the Principal

Congratulations to all students and teachers for participating so enthusiastically in “I want to be 2 day” yesterday. There were many creative and inspiring costumes and over $500 was raised for the Kids’ Cancer project. Well done to the SRC representatives and Ms Mavromatis for organizing such a successful event.

Well done also to our Year 5 Debating team who had a friendly debate against Collaroy Plateau this week. Thanks to Mrs Smith for co ordinating this special group.

Staffing News
Welcome back to regular temporary teachers at Wheeler Heights PS; Gine Svendsen who is teaching 5G for five weeks and Sarah Higgs who has been teaching 1JB for the past fortnight. Please see the article from our Italian teacher, Gina Polito later in the newsletter.

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!! Tickets are now available to purchase at the front office and very shortly on Flexischools.

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 Writing Test
Outstanding results from the recent Writing competition. From just 26 entries we received a Merit award to Scarlett Burney, Credits to Sofia Bayfield, Ainslie Bennett, Abigail Green, Dorothy MacDermott, Ryan Mackenzie, Hamish Stoddart, Jaylen Lyndon, Daniel Smith, Brianna Wassell and Chloe Herriot. Distinctions were awarded to Alice MacDermott and Maya Turner and High Distinctions to Sachi Lardner and Alianna Burney. Congratulations to all participants and certificates will be presented at the 9.15am Monday assembly.

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 was very well attended on Monday evening. I would like to give a huge thank you to the 2013/14 committee for their tremendous hard work for the students of our school. After many years of service a number of parents will be standing down from executive positions on the P&C. President Kylie Trewartha and Secretary Karen Harris.

Congratulations to newly elected Vice Presidents Kirriilee Wallace and Simone Sakovits and to committee members Lorenzo Cernecca, Leanne Tester and Matthew Langer with Matt Soltau being re-elected as Treasurer. We are therefore still looking for a President and a Secretary. If you would like to volunteer….or know a suitable candidate please see me asap.

David Scotter - Principal
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 focus is E for everybody experiences sadness, hurt, failure, rejection and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

Core values: It is important to be friendly and show respect to others.

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 this week onwards.

Each student will have an individual piece of artwork for parents to purchase for $10. From today, parents can purchase their child’s individual artwork through Flexischools or over the counter at the school office. They would make terrific Christmas gifts for grandparents, aunts, uncles and family friends! 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. Bidding begins at $200.

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). Children are not invited to attend the exhibition but will be given the opportunity in classes to view the artworks when on display in the school library. Tickets to the exhibition are available through Flexischools or at the school office from today onwards. Here is a taste of some class’ completed artworks from 2W, 6C, 6L, 2JK, KT and 1JB. Happy viewing!

2W (Creative Colour Explosion) 6C (Julian Opie Style Self Portraits)
TEAM SELECTIONS FOR PSSA SPRING COMPETITION

Starting this Friday and continuing into next Friday 29 August team selections will be held for different PSSA sports. The sports played during the Spring PSSA Competition open to Year 4-6 students include:

- Junior Girls Pittwater Tag
- Junior Boys Softball
- Senior Girls Softball
- Senior Boys Cricket

If selected, training will require a commitment to either Thursday mornings (Junior teams) and Friday mornings (Senior Teams). Trials for Year 3&4 AFL (non-competitive) TBA.
I WANT TO BE DAY

Congratulations to students and staff for their support of the SRC fundraiser ‘I Want to be Day’ which was held on Wednesday. Costumes were many and varied such as restaurant chefs, zoo keepers, surgeons, firemen, super heroes to sports stars. Many at school were enchanted by Ms McCombie’s pink prima ballerina outfit which she personally designed, as I believe were local coffee merchants. Mr Blanshard looked charmingly regal in his King of Wheeler County costume. Our school raised an amazing $500 for the ‘Kids with Cancer Project’. Special thanks to Ms Mavromatis and the SRC team for the organisation of such a fun and successful day.

Ms C Waldock Acting Deputy Principal
Wheeler Heights Debating 2014

Congratulations to Brianna, Bailey, Alice, Sienna, George and Luke of Year 5 who make up The Wheeler Heights Debating Team 1. These clever students participated in their first debate yesterday at Collaroy Plateau Public School. The topic being debated was ‘School canteens should sell junk food’. The Collaroy Plateau Team was the affirmative team (agreeing with the statement) and the Wheeler Heights Team was the negative team (disagreeing with the statement). Both teams put forward some fantastic arguments which made for one of the best friendly debates the adjudicator had ever seen. Unfortunately, after a very long deliberation, the adjudicator awarded Collaroy Plateau the win. These students should be very proud of themselves having performed at such a high standard in their first debate. Great job!

We now look forward to The Wheeler Heights Debating Team 2 participating in their first debate on Monday 1 September. We wish them the best of luck.

Mrs Julia Smith – Debating Co-ordinator

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.

BUONGIORNO A TUTTI

Hello to parents and friends of the Wheeler Heights School community.
I thought you might like to know what we have been doing in Years 3-5 Relief From Face to Face Classes this term.
We have been studying Italian! So far your children have learned a little general cultural information about Italy and can recognise Italy on a map (ask them what it is shaped like). They can now make formal and informal greetings appropriate to the time of day; ask and answer their names; say their gender; ask and answer their phone number and age and say numbers from 0-20. We have even been doing some simple maths in Italian. All this and we are only in Week 6!
I believe the students are enjoying themselves as much as I am and look forward to sharing much more language and culture with them in the coming weeks. Please ask your child to tell you what they can remember and encourage them to use their new language as much as possible.
If you have any queries about our exciting language program please feel free to come and see me in the RFF room on B Deck.
A presto.

Maestra Gina Polito
Premier's Reading Challenge: Final Day

The 2014 challenge (PRC) will close on Friday 22 August so there is still a day left to finalise your reading records. Over 150 students have persevered with this worthwhile challenge and it’s rewarding to see how pleased they are with themselves once they realise that they’ve succeeded.

Apart from the satisfaction of a ‘job well done’ the PRC provides students with an opportunity to read a wide selection of quality books both fiction and non-fiction. The good news is that even if you didn’t participate in the 2014 PRC it will be on again in 2015.

Certificates are awarded to all students who complete the challenge and a gold certificate is awarded to any student who completes 4 challenges. This participation doesn’t have to be over 4 consecutive years.

Ms Fairweather and Mrs Bevan (WHPS Library)

The library is open on:-

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Availability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>2nd half</td>
<td>Mrs Bevan is available for assistance</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>2nd half</td>
<td>Mrs Fairweather is available for assistance</td>
</tr>
<tr>
<td>Thursday</td>
<td>2nd half</td>
<td>Mrs Fairweather is available for assistance</td>
</tr>
<tr>
<td>Friday</td>
<td>2nd half</td>
<td>Mrs Bevan is available for assistance</td>
</tr>
</tbody>
</table>

Ms Fairweather and Mrs Bevan (WHPS Library)

BOOK CLUB IS DUE BACK 28 AUGUST

LLW@S Committee Insert

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.

<table>
<thead>
<tr>
<th>Age of child (years)</th>
<th>Fruit (serves)</th>
<th>Vegetables (serves)</th>
</tr>
</thead>
<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 teaspoon 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.

---

**SIMPLE LOVE CHARITY DONATION**

Thank you very much to everyone who has left a donation for the charity Simple Love. The items are being collected and will all be delivered to those in need on 31 August. So if you would still like to donate, you can do so by leaving groceries in the box up until Friday 29 August.’

Sarah Kearney
FATHER’S DAY STALL

Hosted by grade 2

Friday, September 5th

All gifts are only $10.00 cash on the day or pre-pay online at flexischools.com.au
CANTEEN NEWS
bites from behind the counter

MENU
We are currently recipe testing the Summer Menu. If you have any suggestions please send us the recipe at;
whpscanteen@gmail.com

FLEXISCHOOLS / LUNCH ORDERS
Please remember as of Term 4 you can only order through Flexischools, we will be changing the cut off time from 8.45am to 9am.
Its easy and convenient.
www.flexischools.com.au
Enter your email, you will be emailed a link, choose a username and password, complete the form, add each student and their class.

Thank you,
Zoe & Tracey

---

ROSTER WEEK 7 & 8

<table>
<thead>
<tr>
<th>MONDAY 25th</th>
<th>TUESDAY 26th</th>
<th>WEDNESDAY 27th</th>
<th>THURSDAY 28th</th>
<th>FRIDAY 29th</th>
</tr>
</thead>
</table>
| Jenni Nelson 0412 451 351  
Hayley Kaines 0406 960 566 | Jeanette Helyar 0403 823 504 | Deneille Gigg 0403 069 247 | Nicole Byford 0414 723 264  
Kerrie Maxworthy  
Steph Ferguson  
Isla O’Hara  
Sally Cratchley |  
<table>
<thead>
<tr>
<th>MONDAY 1st</th>
<th>TUESDAY 2nd</th>
<th>WEDNESDAY 3rd</th>
<th>THURSDAY 4th</th>
<th>FRIDAY 5th</th>
</tr>
</thead>
</table>
| Paula O’Donnell 9972 9226  
Katie Brown | Sarra Camier 0431 984 797  
Michelle Pitt | Leanne Tester  
Merryn McLachlan 0404 796 706 | Marg Jacobs 0414 470 003  
Karina Barnes | Mona Johnson 9984 1084  
Joob Kofoed 8021 6703 |
NEW BAND COMMITTEE ELECTED!
Here we go again! Get ready for another year of challenges and fun!

Thank you from the bottom of our hearts to last year’s committee for your hard work and extraordinary dedication. Best of luck to the new committee – keep up the good work guys! Let the good times roll!

Welcome and special thanks to Antony Rowe (our new Assistant Equipment Manager) and Noeline Jenkins (our new Librarian).

SPECIAL THANKS TO SPECIAL PEOPLE
The Band Committee also says a heartfelt “farewell” to Sue Miles who will not be returning to Band Committee duties next year. Both Sue and her husband Ken have provided enormous assistance to the band program over many years and will be sorely missed (in fact they leave a gaping hole). Their commitment to the band program at our school has been unrelenting and, as band parents, we thank them profoundly for helping keep music alive at our school.

Special thank you also to Joob Kofoed who has returned to the committee as a General Committee Member, even though her son James will not be at the school next year. You are amazing Joob!

BUT DON’T RELAX: MORE HELPERS ARE NEEDED!
There are lots of ways you can help to keep our band program alive and kicking, even if you are not on the committee! As parent helpers, most of the jobs we have to perform require no musical talent or experience! Despite the fact that we have a healthy committee, we really need more parents from each band involved in their child’s band.

If you think you can lend a hand somehow and want to know more about what needs to be done, please let us know (either by email or by speaking with someone at a rehearsal). Duties can involve setting up, packing up, taking the roll, helping hand out music, marshalling, “shooshing” and keeping a watchful eye on things at rehearsal. Of course there are many other less menial things to do, so please feel free to offer us the services of any of your own special skills which you think could help develop and improve our system.

SECOND HALF YEAR ACCOUNTS—NOW DUE
Band parents will by now have received an account for band fees for the second half of the year. 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.

ANTHONY MACDERMOTT
whpsband@gmail.com / 0417 277 893

NORTH SHORE PRIMARY SCHOOL BAND FESTIVAL@CHATSWOOD HIGH
This event is scheduled to take place on Saturday 30th August at Chatswood High School. The Training Band’s session is to be held from 2.30pm to 3.30pm (arrive at 2.00pm). The band will perform a few pieces, including a set competition piece which, this year, is Sunset Serenade, composed by Brian Hogg. Musicians (and parents) are encouraged to have a listen to the tune – even play or sing along (a few times). The tune can be located at: http://www.sheetmusicplus.com/look_inside?R=17979155. Put it on high rotation in the car!

The Senior Band’s session is to be held from 4.30pm to 6.30pm (arrive at 4.00pm). The Senior Band also will perform a few pieces, including the set competition piece which, this year, is Mountain Ridge, composed by Brian Hogg. Find it at: http://www.sheetmusicplus.com/look_inside?R=17979198. Play it until you’re sick of it!

After playing their pieces, each of our Bands will have an adjudication workshop. All students are asked to remain until the very end of their session to watch and listen to the other bands (who are also playing the same competition piece). Audience entry $5 adults/$3 concession. Refreshments will be available.

NSSWE SPRING FESTIVAL@CHATSWOOD CONCOURSE – 13TH SEPTEMBER
The Performance Band (Senior Band plus invited players) have been confirmed to play as a part of this annual festival at Chatswood. This is an exciting event at a world class venue. The Theatre at the Concourse is an amazing acoustic facility and this will be an incredible experience for the kids. We recommend you order your tickets early and get ready to enjoy the magic.

Tickets are now on sale through Ticketek. Students are to meet at 6.00pm, concert starts at 7.00pm. Students will need to stay for the entire concert.

EVENTS FOR THE DIARY
North Shore Primary School Band Festival
Chatswood High School
Saturday 30th August
Training Band: 2.30-3.30pm (arrive 2.00pm)
Senior Band: 4.30-6.30pm (arrive 4.00pm)

NSSWE Spring Festival
Chatswood Concourse
Saturday 13th September
Senior Band+Invitees: 7pm concert (arrive 6pm)

ArtsNorth Music Festival
Sydney Opera House
Thursday 18th September
Senior Band+Invitees: 7pm concert

MORE DETAILS TO COME SOON!

MONA JOHNSON
whpsband@gmail.com