From the Principal
Good luck to our choir and band who will be performing tonight at the Opera House in the Arts North Primary Concert series. A wonderful opportunity for our students!!

I know that all K-2 students are looking forward to their Sports Day tomorrow on the school oval starting at 9.20am. Parents of course are very welcome to attend.

Two of our students Luke Brown and Jordan Devries are currently representing Northern Sydney in the State Softball carnival at Lismore. Good luck boys!!

Spelling Bee Finals
Congratulations to our four school representatives who did so well at the Regional finals at Collaroy Plateau on Tuesday. In the junior competition, Adam Picknell from Year 3 made it to round 4, missing on the word ‘veal’ while Ethan Baillie from Year 4 made it to round 6 and stumbled on the tricky word ‘dolce’. In the senior competition, Sachi Lardner, from Year 5 made it to round 4 and missed ‘limerick’ while Lucas Brown went to round 11 and unluckily was eliminated by the word ‘typography’. Lucas finished 4th from over 40 school representatives. It was a very exciting competition and Mr Williams and I were highly impressed by our students and could not believe how calm and confident they appeared to be…compared to members of the audience!!!!!

Public Speaking Finals
Last Thursday and this Monday were very busy days with the finals of the school public speaking competition. Mr Williams and I were very proud of our students who all spoke confidently and clearly in front of a large audience of peers, teachers and parents in the hall.

This was the first time Wheeler Heights has held a final speak off for our Kindy and Year 1 students. Congratulations to Kindy finalists; Charlie Devoy, Jonas and Niklas Kapplermann and Erin Wallace with Erin being awarded 1st place for her speech on Lizards. In Year 1 Hayden Irwin, Jayden Kirby, Imogen Lumley and Kobe Webster were the finalists with Jayden being awarded 1st place for his speech on the Quokka.

The Year 2 classes were represented by three finalists each with Tiana Sleiman awarded first place for her speech on the benefits reading.(see the report later in the newsletter).

The Year 3-6 competition was also extremely difficult to adjudicate with any of the two finalists from each class worthy of the champion prize. The respective winners and their topics were; Yr 3 Sofia Bayfield - Why Dancing is good for you; Yr 4 Mia Herriot – Scottish Inventions, Yr 5 Erin Gaw - Wake Up Australia and Yr 6 Alyssa Logan – Laughter. Congratulations to all finalists.

Staffing News
As many of you will be aware, Mr John Williams is now the acting Deputy Principal and will fill this role during Term 4. Miss Belinda Calvi will be teaching KW for the rest of this year.

Special Dance Try outs
Students in Years 2-5 who have been selected for the school special dance groups were given a permission note yesterday. Special dance classes commence next term; Seniors on Thursday lunchtime in the Double Room and Juniors on Friday mornings from 8-9am in the school hall. Could all dancers please be ready and on time each week for classes with Miss Tahila.

Peninsula Community of Schools (PCS)
Please see the attached PCS newsletter with details and photos of many of the wonderful educational opportunities being provided by our local primary and secondary schools.

Uniforms
Some of the senior students have recently asked about the change over date for summer uniforms. The last two weeks of this term will be the transition period and then we ask that all students are in full summer uniform for the first day of next term. Also of late some students have been wearing inappropriate jumpers and footwear. We do request that school footwear is predominately black and only school jumpers and jackets are worn.
STAGE 2 & 3 PUBLIC
School Oval
Obviously due to the unsettled weather recently the school oval project has been delayed a little. We expect the re-grassing project to commence in the school holidays.

Term 4 Calendar
Please see the attached Term 4 draft calendar dates, which are also displayed on the school website. We will distribute a hard copy of this calendar with the first newsletter next term.

Please be advised that Term 4 will commence for all classes on Tuesday 7 October.

Best wishes to all our families and friends for a peaceful, enjoyable and relaxing holiday break.

David Scotter – Principal

PUBLIC SPEAKING FINALS

Year 2 Public Speaking Competition Final

The Year 2 Public Speaking Competition final was held on Thursday morning with Mr Scotter and Miss Alexander adjudicating.
The finalists were:

2JK
Hugo Tollan
Maddie Keary
Kane Sinclair

2M
Tiana Sleiman
Antoinette Grewco
Samuel Cooper

2W
Jett Decimbre
Kendi Cameron
Lily McCullum

All finalists were wonderful representatives for their classes. Mr Scotter and Miss Alexander were impressed by the high standard of public speaking skills exhibited. The children were judged on their clarity and volume, pace and timing, expression and tone, audience interaction and content of speech. It was a close competition which saw Tiana finally announced as the grade winner. Congratulations to Tiana and all the finalists on their preparation and final presentations.

Mrs Priscilla Wright
2W Classroom Teacher

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 **K- Keep things in perspective. It's one part of your life**

**PSSA SPRING COMPETITION**

Spring PSSA commenced last week and continues tomorrow against Collaroy Plateau PS.

In the opening round of competition last week, WHPS played Eagle Tag, Softball and Cricket against Avalon Public School. The results are below, revealing a good spread of wins, losses and draws – a positive start to the season. AFL games scores are not recorded as it is a ‘non-competitive’ skill development based program. Mrs Smith reports that the children all played strongly.

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<thead>
<tr>
<th>Sport</th>
<th>Score</th>
<th>Result</th>
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<tr>
<td>Eagle Tag</td>
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<td>Junior A</td>
<td>7 – 7</td>
<td>Draw</td>
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<td>Junior B</td>
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<td>Softball</td>
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<td>Junior A</td>
<td>2 – 8</td>
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<td>Junior B</td>
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<td>Senior A</td>
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<td>Win</td>
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<td>Senior B</td>
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<td>Cricket</td>
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<td>Senior A</td>
<td>5/32 v 4/47</td>
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<tr>
<td>Senior B</td>
<td>56 - 46</td>
<td>Win</td>
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In round 2, tomorrow, we will be playing against Narrabeen North. Pittwater Tag will play at Narrabeen Reserve (Walsh Rd), Softball at Rat Park, AFL at Narrabeen Sports HS Cricket at Plateau Park.

Please note that all practices will take place at school this week as the school oval is still available.

Good luck to all teams!!

**FATHER’S DAY STALL**

A big thank you to the wonderful parents from Year 2 did an amazing job running the Father's Day Stall;

Jacqui Ryals, Sam Casper-Richardson, Vanessa McCullum, Tash Porteous, Michelle Thacker, Jo Smith, Bek O'Hara, Julie Anderson, Kirsten Simpson and Fran Parry.

Our school fundraiser would NOT be possible without help from our parents. On behalf of the school and the P & C we thank you.

**Sherene LaGasse**

Fundraising Coordinator

**INTRODUCING PRIMARY ETHICS AT WHEELER HEIGHTS PUBLIC SCHOOL**

Primary Ethics provides the opportunity for NSW public primary school students who don’t attend scripture classes (SRE) to participate in philosophical ethics classes.

Primary Ethics classes have commenced for Kindergarten, Grade 1 and Grade 2 and will shortly be offered across K-6. We are pleased to introduce our three Ethics Teachers: Jane McGrath, Susie Russell and Mandie Spooner. All three teachers are school parents, volunteering their time to teach children how to approach ethical issues and develop their capacity for considered moral judgement, which will enable them to respond more thoughtfully to many of the problems and issues they will face in their lives.

We have a few vacancies for volunteers to teach years K-6 ethics classes. Volunteer Ethics Teachers are trained to deliver our age-appropriate curriculum every week and to use the accompanying learning and teaching materials. Ethics Classes run for 30 minutes each Wednesday morning.

For more information, please contact **Belinda Reed**, Ethics Coordinator for Wheeler Heights Public School at wheelerheightsethics@gmail.com
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<th>Week</th>
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<td><strong>October Week 1</strong></td>
<td><strong>Public Holiday</strong></td>
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<td><strong>October Week 2</strong></td>
<td><strong>Year 6 Taster Lessons NSHS Training Band Musicales 5pm P&amp;C Meeting 7pm</strong></td>
<td><strong>Students return</strong></td>
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<td><strong>Jnr PSSA training commences Plateau Park</strong></td>
<td><strong>SNR PSSA training commences Plateau Park</strong></td>
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<td><strong>Year 1 Rocks Excursion</strong></td>
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<td><strong>Snr Dance commences 1:10 Double Room Navy Band</strong></td>
<td><strong>Jnr Dance commences 8am Hall PSSA 12.20pm</strong></td>
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<td><strong>3-6 Assembly 2.30pm</strong></td>
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<td><strong>October Week 3</strong></td>
<td><strong>Year 3 Gibberagong Excursion</strong></td>
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<td><strong>PCS Eco summit</strong></td>
<td><strong>Sports &amp; Group Photos (9.15-12.15)</strong></td>
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<td><strong>3-6 Assembly 2.30pm</strong></td>
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<td><strong>Int. &amp; Snr Band Musicales 5pm</strong></td>
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<td><strong>October Week 4</strong></td>
<td><strong>CPCK Kindy 2015 visit</strong></td>
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<td><strong>Kindy Recruitment</strong></td>
<td><strong>Kindy ‘O’ 2015 No.1 9-11am</strong></td>
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<td><strong>Yr 5 Cromer SHS Taster Day</strong></td>
<td><strong>PSSA 12.20pm</strong></td>
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<td><strong>K-2 Assembly 2.30pm</strong></td>
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<td><strong>November Week 5</strong></td>
<td><strong>Melbourne Cup</strong></td>
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<td><strong>Year 4 Milson Island SRC</strong></td>
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<td><strong>Year 4 return from Milson Island SRC</strong></td>
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<td><strong>3-6 Assembly 2.30pm</strong></td>
<td><strong>Kindy ‘O’ 2015 No.2 9-11am</strong></td>
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<td><strong>PSSA 12.20pm</strong></td>
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<td><strong>November Week 6</strong></td>
<td><strong>Remembrance Day</strong></td>
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<td><strong>Kindy ‘O’ 2015 No.3 9-11am</strong></td>
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<td><strong>PSSA 12.20pm</strong></td>
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<td><strong>November Week 7</strong></td>
<td><strong>Year 2 Special Swimming Scheme P&amp;C Meeting 7pm (TBC)</strong></td>
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<td><strong>November Week 8</strong></td>
<td><strong>Year 1 Taronga Zoo Excursion</strong></td>
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<td><strong>Eagle Tag Gala Day @ Rat Park 9-3pm</strong></td>
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<td><strong>3-6 Assembly 2.30pm</strong></td>
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<td><strong>December Week 9</strong></td>
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<td><strong>Year 2 Drama Performance - TBC</strong></td>
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<td><strong>December Week 10</strong></td>
<td><strong>Year 5 Surf Education</strong></td>
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<td><strong>Christmas Showcase &amp; P&amp;C BBQ 3-6 Assembly 2.30pm</strong></td>
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<td><strong>December Week 11</strong></td>
<td><strong>Year 6 Farewell (6-8.30pm)</strong></td>
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<td><strong>Updated 18.9.14</strong></td>
<td><strong>Year 6 Graduation (2-3pm)</strong></td>
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<td><strong>December Week 12</strong></td>
<td><strong>Year 6 Graduation (2-3pm)</strong></td>
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**WHEELER HEIGHTS PARENTS TERM PLANNER – Term 4, 2014 DRAFT**
Howdy partner we need your help to support the school’s biggest fundraiser for the year.

WILD WEST TRIVIA NIGHT
SATURDAY OCTOBER 18TH 2014 FROM 7PM
COME DRESSED IN YOUR BEST WILD WEST GEAR

Tons of unbelievable raffle prizes and games!

Tickets on sale from Wednesday, September 17th at the school office or on flexischools

TICKET OPTIONS
Single ticket - $30
Groups of 4 people - $120
Groups of 8 people - $240
(Tables set for 8)
Sponsor a table for your business for $150

BYO alcohol and food

Bring your spare change there are heaps of games & additional prizes to be won!

For more information or to donate a prize or to sponsor a table please email - whps.fundraising@gmail.com

Best dressed table & costume wins a prize!
Trivia Night – Gift Baskets

This is an easy and inexpensive way for you to help make this year’s Trivia Night a huge fundraising success. We need a host of wonderful and interesting prizes to offer on the night.

We are asking each child to donate a small gift item. The Trivia committee then collects all the donations and creates wonderful gift baskets and hampers for sale on the night.

Boxes will be placed in each classroom for the collection of gifts. We ask that all contributions be in by Friday, 10th of October.

Below are some themes and a few suggestions to get you started but please don’t feel restricted by this, all donations are very gratefully received.

Thank you for your support.
The P&C Trivia Committee

KC, KM, KT - “THINGS FOR KIDS TO DO”
Toys, books, textas, pencils, crayons, paints, handicraft supplies, origami paper, stamps, stickers, playing cards, games, stationery and office supplies.

KW, 1A, 1B - “THE GREAT OUTDOORS AND SPORTS”
Camping bits and pieces, fishing supplies, hats, torches, sunscreen, zinc cream, drink bottles, towels, umbrellas, sports supplies – golf, tennis, football, soccer etc

1c, 1JB, 2JK - “SMELLY STUFF”
Soaps, body lotions, bath bombs, bubble bath, candles, essential oils, body/face scrubs, perfumes, makeup (don’t forget the men!)

2M, 2W, 3C, 3M - “WE LOVE TO READ”
Books, comics, magazines, CDs, DVDs, Computer Games/Software

3Z, 4E, 4S - “FOOD GLORIOUS FOOD”
Gourmet food, coffees, teas, chocolates, lollies, kitchen gadgets and utensils, designer paper, jams, preserves, nuts, oils, dressings etc (only things that don’t need refrigeration and please check used by dates, thank you)

5RW, 5B, 5G, “MONEY DOES GROW ON TREES”
We would love each family from these classes to donate at least one instant scratch lottery ticket. The more we get the more “money trees” we can make to auction; these “money trees” can be great auction items. (Please don’t send the children to buy these as they must be purchased by an adult, thanks).

6C, 6L, 6N - “PARTY PARTY PARTY”
Party supplies, champagne glasses, wine glasses, beer glasses, decorations, serviettes, balloons, platters, music, fancy dress, etc...
SENIOR BAND & FRIENDS@ CHATSWOOD CONCOURSE
What an astonishing performance! Last Saturday night the Senior Band and Friends defied gravity and got smart...really smart. The band provided an appreciative audience with a sophisticated and endearing performance. Congratulations to Cheryl and her Band for their very dignified and professional appearances both on and off the stage. This is a wonderful band full of personality and poise which absolutely deserves to appear on the Sydney Opera House stage later this week.

MUSICAL MAYHEM ...
Don’t forget to keep practicing in the holidays because, early in Term 4, our annual “Musical” for each band will be held in the School Hall. We want everyone to have a go at performing a short solo piece! A note will be sent out in the first week of Term 4 by way of reminder, but start practicing now!

If you don’t feel up to a solo, ask around, perhaps you could play a duet with a friend. It’s all in the name of fun and helping develop confidence. We guarantee that EVERYONE will be cheered for having a go.

SECOND HALF YEAR ACCOUNTS – NOW OVERDUE
Band fees for the second half of the year are now overdue. If you haven’t paid, please pay as promptly as possible through Flexischools, direct deposit or cheque – please no cash to the Band Box.

If you’re struggling to meet your band fees for this semester please let us know, on a confidential basis, so we can discuss and coordinate a suitable arrangement.

UPCOMING REHEARSALS
Due to our Opera House commitments, there will no rehearsals on Thursday 18th September.

Rehearsals for Term 4 will start again on Tuesday 7th October, with Jazz Band in the morning and the usual Intermediate and Senior Band rehearsals in the afternoon. Training Band rehearsals will start again on Wednesday 8th October (as the Monday is a public holiday).

CONGRATULATIONS!
Cooper Rowe magically scored a B in his Grade 4 trumpet exam. Great work Cooper, you are amazing.

Kahli Johnson blitzed her Grade 3 French Horn exam. She got an A. Well done Kahli! You are a phenomenon.

Good luck to those still to sit their exams, please keep those results rolling in!

ANTHONY MACDERMOTT
whpsband@gmail.com / 0417 277 893
Science at Mona Vale PS

K-2 Science
This term at Mona Vale Public school the Kindergarten to Year 2 children have had the opportunity to attend our new K-2 Science Club. Each week 3 new members of each class have the chance to discover and enjoy the magic of science through a variety of fun hands-on science experiments. We have also recruited a team of enthusiastic Year 6 volunteers who help the younger ones make sense of what they are seeing and experiencing as well as helping to clear up afterwards! It raises the profile of science in the lower school and you only have to see their expressions and hear their incredible questions to realise the effect engaging in real-life and unexpected science has on everyone. We look forward to continuing the initiative in Term 4.

3-6 Science Club
The Science Club students in Years 3-6 have been learning about space food with our School Scientist, Hette Mollema. We have discussed the issues with taking fresh food to space and tried dehydrated food. We have also dehydrated our own fruit! We have learnt about how water is recycled in space so astronauts can have enough water to rehydrate their food.

We also had NASA astronaut, Dr Greg Chamitoff, visit Stage 3 and Science Club students. We asked him about his experiences eating food in space. We are looking forward to presenting our work on space food at the PCS Science Fair!
Pittwater High School

Pittwater Learns About Farming Futures at the University of New England

It can be a little challenging to appreciate the opportunities available in the agriculture sector whilst living on the northern beaches. However, earlier this month, five Year 11 students took the opportunity to explore the course offered by the University of New England and to talk to graduates and employers of the sector. Whilst there, Meagan Story, Marley Donoghue, Trenton Crosse, Blake Wilson and Mitchell Wyton were lucky enough to hear some of the leading experts talk about their areas of interest. This included cattle methane production, implications for the environment and profitability, calculating animals energy expenditure and managing a multi-faceted cropping and grazing simulation in a game which Blake and Mitchell won overall (beating several agri-cultural schools and students from rural backgrounds).

The students and their teacher had a great time and would particularly like to thank Hurlstone Agricultural School for helping us get there and back on their bus.

Pittwater Wins Interzone Debating Final

Throughout the last two terms our Year 9 and 10 Debaters have been participating in the Premier’s Debating Challenge. Both teams were in the same pool alternately debating Mosman High’s two teams and then against each other. Our Year 10 team won this pool and last week they proceeded to the Interzone Final against Normanhurst Selective Boys High School. In front of a Pittwater Year 10 audience and with the support of our Year 9’s, we successfully debated the ‘Negative’ position for the topic “That we should force the victims of natural disasters to rebuild elsewhere.”

What a fantastic achievement! The camaraderie between all our debaters and the time spent in pursuit of improvement is to be commended. They remained composed against a more experienced team, presenting a unified response to all arguments put forward, and have progressed to the Regional Quarter Final.

Pittwater Engineering Students Discover UTS

In July, 35 Year 9 and 10 Engineering students visited the University of Technology Sydney, Ultimo campus, for a discovery day. The students were impressed by the size of the main lecture hall and the comfortable seats, and that was just for the introduction. After the briefing the students were separated into groups with members from 17 other schools and they met their university student chaperones. The students participated in interactive and engaging workshops throughout the day including artificial intelligence, making crystal AM radios, floating houses, formula one car models, robotics, coding and mind control. Pittwater won a number of challenges and it was excellent to see the students out of their comfort zone displaying leadership skills and collaborating with students from other schools.
Narrabeen Sports High – Open Girls Touch NSW Runners Up

On Tuesday 19th and Wednesday 20th August the Open Girls Touch Football Team competed in the Final 10 of the NSW All Schools Touch Football Competition. On Tuesday the girls defeated Tomaree High School 5-2 and Matraville Sports High 7-1 and drew with Hills High School 3-3. On Wednesday the girls played their Semi Final against Tweed River High and won 3-2. The girls made the final of the NSW All Schools Touch Football Competition against Hills Sports High School. The girls were amazing and showed great sportsmanship, however, ended up going down 6-3. It is the first time that Narrabeen Sports High School Girls have made the Final of the Competition. Congratulations to the players and coaches on this fantastic achievement.

Team: Drew, Bailee, Piper, Hannah, Shellie, Ruby, Brianna, Hayley, Sinead, Georgette, Macy, Caitlin, Aleya, Jennaya, Meri.

Avalon Public School’s Science Club

Avalon Public School introduced a Science Club this term. It is a result of a Student Representative Council initiative. The Science Club is designed to introduce students to activities that have a real world focus, that utilise technology where appropriate to problem solve and to provide opportunities for students to explore and experiment in a collaborative, supportive environment.

The first activity the Science Club was involved in was the Royal Australian Chemical Institute Crystal Growing competition. Students were required to research different methods of growing crystals and to select one to use to create their alum crystal. Avalon Public School’s Science Club members presented five crystals to be judged. We were successful in gaining two ‘Highly Commended’ awards for the crystals.
Avalon Public School’s Science Club took part in the second annual Peninsula Community of Schools ‘Sensational Science Fair’ in Week 8 this term. The focus this year was ‘Food for Our Future: Science Feeding the World’. The students and teachers researched various methods of farming and growing vegetables. The students planted a vertical garden. Each week they monitor, measure, record and plot the growth. They will present their Vertical Garden at the Science Fair.

The Science Club is a part of Avalon’s promotion of science and all the exciting things it offers students.

Newport Public School

Over the past two weeks, the students at Newport were treated to not one but two and sometimes three of their teachers engaging in learning with them in their classrooms, during a series of lesson observations conducted as part of our Term 3 professional learning plan.

Why? Research on effective professional learning tells us that it needs to be organised around collaborative problem solving and provide opportunities for collegial inquiry, observation, critique, reflection and group support. It exposes teachers to actual practice rather than to descriptions of practice and includes deliberate evaluation and feedback by skilled practitioners with expertise in ‘good teaching.’ (Cole 2012). So we structured our professional learning this term to be led by staff, with the aim of developing their knowledge and skills to examine effective classroom practice through research and to have the opportunity to work collaboratively for this purpose.

Who was involved? Based on the model of “peer reflection,” the staff got together in pairs or trios. They examined evidence of student work and reflected on their own learning needs as well as those of the students, to establish a question to be explored. For example, which learning experiences give students the opportunity to articulate and develop their reasoning skills? What happens to the students’ use of mathematical language when learning intentions are made explicit?

What did we do? The pairs and trios then spent time examining syllabus content, reviewing current student work, viewing and reflecting on relevant Adobe Connect sessions and planning lessons. Each teacher taught a lesson over the two week period, while colleagues observed and participated. They gathered data from students during the lesson, by asking questions such as; “What are you learning about today and how will you know if you are successful?” The teachers reflected on their findings and shared their process, lesson plans, student work and the data gathered with colleagues.

Where to next? After evaluating the outcomes for conducting professional learning in this way, we plan to adapt and repeat the process, exploring the question of how we can make more visible our students’ success in learning? This will involve a focus on specific evidence-based, effective teaching techniques.

Engaging with Science at Narrabeen Lakes Public School

At our school all students are fortunate to participate in a dynamic science program based on the Primary Connections units of work which span a broad range of scientific disciplines. While Kindergarten studies science with their classroom teachers, Years 1 to 6 undertake 90 minutes of science RFF per week in the Science room with a specialist science teacher.

This term Stage 1-3 students are studying biological science. Stage 1 students are observing, measuring and recording the lifecycle of mealworms; Stage 2 is doing the same for broad beans; and Stage 3 classes are designing and conducting experiments with yeast and mould.

Cromer Public School

Cromer Public School's Year 3 and 4 students have been participating in a variety of Science lessons this term to learn where food comes from and how it should taste.

Did you know that flavour is detected by a combination of taste and smell and that acid is mainly responsible for the sour taste?

The students have discovered how all five senses (taste, sight, smell, touch and hearing) are used to appreciate food. They have investigated through many sensory activities, including taste testing whilst blindfolded, how to discern sweet, sour, salty, bitter and umami tastes.

Staff at Cromer prepared a “Fanta/orange” looking drink using food colouring and lemonade for the students to taste! The observations by the students were amazing! The students learnt that sight is deceptive, that they can’t trust looking at some food and knowing what it is, how it tastes or whether they will like it. The students found out that they had to use all their senses to enable them to determine the taste.

The “Week of Tastes” educational program run by Helen Campbell was used to support this unit of work. The program allows the students:

- to understand how they use their five senses to appreciate food
- enrich their food vocabulary
- develop curiosity and a positive attitude towards new foods
- discover the diverse world of flavours
- and learn the link between good food choices and good health.
Each class was visited by a chef from the community. These visits helped the students to develop an appreciation for the origin of the food, how it is prepared, and its taste, as well as hearing about the life of someone with a passion for food. Native honey producers, Beecology, food consultant Tawnya Bahr, Chef Doug Fraser and his apprentice Izzy Ruger from Barbuto organised taste preparations for the students and staff.

Wheeler Heights Public School

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 20 August. 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.

A superb job from our SRC representatives in their ‘I Want to be Day’ costumes
Wheeler Heights Artfest

The Wheeler Heights PS Art Auction was held on Thursday 4 September (Week 8) in the school hall. Each class from Kindergarten to Year 6 were represented through individual artwork pieces and class major works. A sensational array of varied and quality artworks were on display for all to enjoy.

Here are some examples of the class major artworks:

1A Live Laugh Learn & Play

6L Surfboard Mosaic

3M Tree of Life

KC Up, Up & Away!
Science at Collaroy Plateau

At Collaroy all students from Kindergarten to Year 6 have been involved in experimenting, inventing and hypothesizing at school to celebrate Science Week. Students rotated within their grade to be inspired by their teachers who organised exciting hands-on activities.

All year, students have enjoyed working with Primary Connections units in their classrooms and they have appreciated presentations by Fizzics Education, CSIRO and the NRMA to reinforce lessons taught in class on Physics, Biology, Chemistry, Earth and Space.

The lunchtime ‘Science Club’ has continued in 2014 and these students have explored such topics as magnetic forces, volcanoes, and electricity to name a few.

At this year’s PCS Science Food Fair, eight talented students will present ‘What will be in your lunchbox?’ They will take you on a journey into the world of Genetically Modified food and its impact on society. Is this the way of the future?

It has been an extraordinary year of science at CPPS and we hope our students continue to develop in their scientific understandings. ‘To infinity and beyond!’

Chickens Return to Roost at Bilgola

Last term Bilgola Plateau retired its aged flock of chickens to a nursery in Narrabeen and this term with the help of two enthusiastic, knowledgeable and hardworking parents we have refurbished our coop and ten healthy young birds arrived in Week 7 of this term.

The aim of the refurbishment was to provide the school with a clean, rat proof, low maintenance chicken coop. We wanted to incorporate the chickens with our existing vegetable gardens to provide a system that nourishes our gardens and allows the chickens to feed as naturally as possible with the use of weeds and plants that supplement the chickens’ diet and helps to prevent mites and parasites.

In refurbishing the coop we firstly lined the floor with gal mesh panels to stop rodents burrowing under and any gaps were also filled in. The door was also repaired to stop rodents from entering at night.

Poop shelves were installed under the perches to reduce cleaning time and waste of saw dust. We also installed two low-maintenance automatic feeders. The feeders help to discourage rodents as the food isn’t left in the open and can only be accessed via a ledge. The automatic feeders will contain chicken starter until the chickens are 18 weeks old, at that point we will commence feeding the chickens layer pellets.
Once the chickens are fully grown the feeder should only need to be filled once a week. Organic seed will be offered to the birds to encourage them back into the coop at night. A nipple watering system has been set up in the coop to give the chickens fresh water and will only need filling once a week. Clean water is extremely important for the chickens as it encourages laying and helps to prevent disease. Chickens tend to kick and scratch anything into their water, including faeces. ‘Protexin’ probiotics will be placed in their water for the first week as it is good for their digestive system and reduces stress which sometimes occurs when birds are relocated.

The run has also been covered with mulch 8cm deep to encourage bugs and weed growth. The mulch also serves to disperse water runoff.

Finally we plan to plant ‘clucker tucker’ and ‘good bug mix’ gardens inside the run. Our plan is to provide weeds that will reduce feed costs and act as a worm and parasite preventer. The “good bug mix” will provide the chickens with high protein bugs and also provide our gardens with beneficial insects to allow pollination and reduce pest outbreaks. Chickens deplete good bugs and bacteria from the environment so a “good bug mix garden” will help to readdress this imbalance. The gardens will be protected with wire mesh so the chickens can eat the tips of the plants and not devour the entire crop.

With our refurbishments completed in Week 6 of this term we welcomed our new flock in Week 7. We now have 7 salmon Faverolles and 3 Plymouth Rocks. The Faverolle and Plymouth Rock breeds are known to be docile, laid back and very friendly birds. Because they are quite docile, they tend to be picked on by other breeds of chickens so introducing them first into the flock ensures they will be well established into the coop and at the top of the pecking order when more chickens are introduced. Faverolles and Plymouth Rocks are also great layers and we look forward to fresh eggs for many years to come.

Narrabeen North

Following our successful Sciencefest in Term Two of this year, Narrabeen North Public School students busily prepared for the PCS Science Fair. The theme this year was “Food for our future: Science feeding the world”. The theme was inspired by the International Year for Family Farming.
The topic we chose to research was bees and how important they are to the survival of everything. The students found bees fascinating and are now all bee experts! They found out that bees are responsible for pollinating the majority of the world's agricultural crops and that without them, we would simply not have fresh fruit and vegetables. In fact, we would all starve because nothing could be pollinated.

Students also researched why bees are disappearing and how we can help in reducing the number of bees vanishing from our world. The children looked at the honey making process. They also demonstrated honey collection by using a manual honey extractor machine. The children had a sensational time presenting all the facts they knew about bees at the PCS Science Fair and they enjoyed learning about the other science topics. They cannot wait to attend next year’s Science Fair!

Barrenjoey High School

MADD Evening Was a Sensation!
Barrenjoey’s MADD evening was held on 28th August. It was an opportunity to display the talents of Barrenjoey’s students in the fields of Music, Art, Dance, Drama and Design & Technology.

It’s worth noting that more than 80% of our students choose HSC courses that contain a Major Work, with approximately 35% doing two of these courses. This is testament to the creativity of our students and the physicality they bring to their HSC studies.

Quality was displayed, not just in Visual Arts and Photography but also in Music, Industrial Technology - Timber, Design & Technology, Drama, Hospitality and Dance, work that was the result of effort, application, vision, determination and imagination.
MADD Evening is Barrenjoey High School’s collaboration between the CAPA (Creative & Performing Arts) and the TAS (Technology & Applied Studies) faculties, and this year it incorporated 14 staff members from 9 subject areas involving more than 140 students.

The displays, products and performances were mostly by Year 12 students and therefore their development over the years was incredibly obvious to us all. Personally, I reflected on how special it is to see a student mature and progress. The student’s artistic and creative growth paralleled their emotional maturity, and that was easily reflected in their Major Works.

Our unique artists and photographers, talented woodworkers and designers, and gifted musicians, dramatists and dancers treated the audience to displays and performances all while sampling the delights from the gorgeous kitchens of the Hospitality class. Both the Jazz and Concert Bands also played and wowed the audience with their abilities.

Congratulations to all staff for making MADD possible, and to all the talented students for producing each individual piece, whatever its medium, and all the student helpers who collectively created the impressive exhibition and showcase of student work. Barrenjoey’s MADD Evening has become an event that any school community would be incredibly proud of.

Pub2Pub Team

The Barrenjoey team won the School's Challenge section of the Pub2Pub, beating out Stella Maris and Mater Maria to take the prize offered by NAB, which is a $2000 top up to our charity. This takes us to only a couple of hundred away from our $5000 fundraising goal!
At Elanora Heights Public School we were all inspired by the amazing artistic abilities of one of our year 1 classes and their painted seascapes. Their teacher, Ms St Heaps had been to an art workshop session as part of our PCS professional learning and was keen to try out her wonderful ideas with the class. Year 1 had been reading the beautiful picture book called Magic Beach and thinking about the lovely language associated with the sights and sounds of the beach. They looked at some real seascapes and talked about how the sea and sky looked. Then they started experimenting. They used water colour on a wet background to make the cool colours bleed into each other, just like the sea. Stipple brushes used in a stabbing motion made the waves look foamy, and flicking and tapping techniques sprayed splashes across the picture. Wow! Everyone was so proud of their work, well done!

The Peninsula Community of Schools would like to wish all staff and students a wonderful spring holiday.
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Narrabeen Nippers

Register now for Summer 2014-15
Hey Kids want to join a club where you get to have fun every week?
Then come and join Narrabeen Nippers this season.
Our focus is on having fun in a family friendly atmosphere.
Get your friends and come and sign up.

Registration Dates:
Sunday 14th Sept and 21st Sept 9.30 till 11.30am
Where: Narrabeen Beach SLSC - Ocean St, Narrabeen
For more details visit our website: http://www.narrabeach.org.au

e-mail: nippers@narrabeach.org.au
Sea Eagles Final Series
Rugby League Beach Clinic

Come and learn to play league.

PLAYNRL.COM

Thursday 25
September

10AM – 1PM, Collaroy Beach

COST: $20 per participant (morning tea provided, manly merchandise)

WHO: Boys and girls aged 5-12 years

TIME: Registration commences at 9:15am. All registrations online at playnrl.com

Show your true colours by wearing maroon and white

PLAYNRL.COM
Welcome to our September Calendar / Newsletter

Pictured are some of our carers enjoying a break in the Southern Highlands town of Robertson, where we had a “Christmas in July” Experience.

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**September Events**

**Friday 5th September, 10.00am - Women’s Circle, ‘Australian Garden Show’, Centennial Park.**

Embrace the coming of Spring with a glorious and stylish event celebrating Australia’s love of gardens and outdoor spaces. The Show offers free talks and demonstrations to explore new ideas in gardening techniques and design, and offers spectacular displays and a wide variety of lifestyle products. Centennial Park is the most beautiful backdrop to showcase the depth of expertise and creativity of Australia’s garden designers and horticulturists. **Female Carers only.**

**Thursday 11th September, 9.15am to 3.00pm – Men’s Group Fathers Day Special tour of the National Maritime Museum followed by lunch.**

We’ll meet at Bradfield Park and be taking the ferry to the National Maritime Museum at Darling Harbour where we will be having a guided tour, followed by an all you can eat buffet lunch at The Star Garden Buffet, then travel back home. Transport at carers expense. **For Male Carers.**
Tuesday 16th September 10.30am to 1.00pm for 8 weeks – “Don’t Make It Worse!” Program at Bradfield Park.

This is an 8 week DBT (Dialectical Behavior Therapy) integrated skills training for carers of someone with a mental illness who want to acquire effective skills to manage themselves in overwhelming situations. Three areas of DBT skills being focused on in this program:

- Mindfulness
- Distress Tolerance
- Emotion Regulation

Commitment to participate in all 8 weeks sessions is essential.

If interested contact us by Friday 22nd August. For Carers Only. This course is funded by Partners in Recovery Sydney North Shore and Beaches.

Friday 19th September, 10.30am to 1.30pm – Lost Bird Found Stitching Workshop.

In this creative workshop for adults, make a hand-crafted bird and attach a healing message. The birds will be distributed around Northern Sydney during Mental Health Month. Join us for a light lunch. In Facebook search for ‘Lost Bird Found Project North Sydney’ - For Carers and Consumers.

Thursday 25th September, 8.30am to 4.00pm - Young Carers School Holiday Program (13-17years old) “ANZ Stadium Tour & Private Archery Lesson at the Olympic Park”

View the ANZ Stadium in a spectacular way, 45m directly above the arena floor! You will also have a chance to visit areas you would never see otherwise. Conclude the day with a fun and challenging archery lesson! For Young Carers (13-17yr)

Monday 29th September, 9.00am to 3:30pm - Young Carers School Holiday Program (8-12years old) “Let’s Fly!”

Let’s FLY! After learning about its science and engineering through a powerful lecture, you will be flying in the wind tunnel at this indoor skydiving venue!! For Young Carers (8-12yr)

Saturday 4th October, 2.00pm to 4.00pm - ‘Cirkopolis’, at Sydney Opera House.

The circus is coming – but not as you know it! The acclaimed circus troupe Cirque Eloize are bringing their award-winning circus spectacular, ‘Cirkopolis’ to the Sydney Opera House. Dive into an exhilarating world where circus, dance and theatre burst onto stage. Twelve acrobats lift audiences out of the everyday and into Cirkopolis – an industrial yet fanciful world between a dream state and reality. Inspired by the legacy of the 1920’s, a stream of acrobats challenge their bodies and push the boundaries of visual and audio innovation to strive for their ultimate goal – true beauty and freedom. Cirkopolis will forever change the way you think about the circus and physical limitations. For Carers only.

Exercise Programs

These are running regularly every week:

- Mondays at 12.30 pm – Thornleigh Gentle Exercise – Run by Healthy Lifestyle.
- Wednesdays at 9.30 am – Bradfield Park Gentle Exercise – Run by ex Wallaby, John Dowse.
- Thursdays at 6.30 pm – Narrabeen Fitness – Run by Cutting Edge Fitness.
- Aquarobics at North Sydney Pool – A time you choose

Just call us before coming to arrange to be part of these programs. For Carers only

Counselling

We provide short term, Solution Focused counselling for carers, up to six sessions.

As usual, please contact us if you wish to attend any of our events by phoning Mike, Akiko or Gerri on 8920 0675 or by email at bradfieldpark@kirribilli.org.au.

RSVP’s are essential for all events.

In order to be involved in our programs it will be necessary to come in for an initial interview so we can fill out a referral form with you for data required by our funding body. We only release anonymous data that cannot identify individuals to the Australian Government.

Address: 41 Alfred Street, Milsons Point NSW 2061 – visit our web site: www.bradfieldpark.org.au

Funded by the Australian Government and
Let’s FLY!

Let’s fly! Join us in this powerful science and engineering lecture, and we will be skydiving in the amazing wind tunnel!!

When: Monday 29 September 2014
Where: Meet at Bradfield Park Wellbeing Centre
Time: 9:00AM – 3:30PM
Eligibility: Young Carers (Aged 8 – 12) of people with a mental illness, living in the Northern Sydney Area

*** Limited Spaces, Transport can be arranged with prior notice. ***

ANZ Stadium Tour & Private Archery Lesson at the Olympic Park

View the ANZ Stadium in a spectacular way, 45m directly above the arena floor! You will also have a chance to visit areas you would never see otherwise.
Conclude the day with a fun and challenging archery lesson!

When: Thursday 25 September 2014
Where: Meet at Bradfield Park Wellbeing Centre
Time: 8:30AM – 4:00PM
Eligibility: Young Carers (Aged 13 – 17) of people with a mental illness, living in the Northern Sydney Area

*** Limited Spaces ***

RSVP ESSENTIAL: Contact Bradfield Park Carers Program
8920 0675 / bradfieldpark@kirribilli.org.au