FROM THE PRINCIPAL:

Yesterday was a very moving and special service to farewell young Lachlan. A number of our students, families and friends attended the celebration of his life. Any families interested in making donations to Bear Cottage or the UNSW Ollie Fund for Brain Cancer Research, please visit:

http://www.donate.unsw.edu.au/form/donate_unsw.html
https://support.bandagedbear.org.au/donation-bear-cottage

K-2 Sports Carnival
What a lovely day we had on Friday for the re scheduled K-2 Sports Day. The children marched, ran and jumped superbly and showed excellent sportsmanship throughout the event. Special thanks to chief organisers Ms McCombie and Ms Mavromatis. The house points competition saw Wheeler 3rd, Jenkins 2nd and Ramsay in 1st place.

Leavers 2016
We are currently organising numbers and classes for 2016. If for any reason you will not be returning to Wheeler Heights in 2016 could you please be sure to let the office or your class teacher know as soon as possible.

Archie S
Congratulations to Archie S who finished 4th in the 100 metres event at the NSW State Carnival last week. This means that Archie once again qualifies for the national carnival to be held in Canberra, a wonderful achievement.

Selective High School 2017 - current Year 5 students
Students currently in Year 5 are able to apply for placement in a Selective High School for Year 7 in 2017. The applications are now available online at www.schools.nsw.edu.au/shsplacement A note with more information was emailed to all Year 5 parents last Thursday and information forms are also available at the front office. Applications must be made by 16 November.

Transition to High School Parent Workshop - TONIGHT at 7pm
The P&C have organised a special workshop tonight. This workshop is especially recommended for parents of Year 5 and 6 students but would be very valuable for any parents. Please feel free to bring along friends or neighbours; the night is open to all interested members of the community.
Please RSVP to the school office or at whps.parents@gmail.com.

School Program Fees
Thank you to the vast majority of families who have already paid their school program fees this year. Unfortunately there are still a number of outstanding fees. Each program we organise and run at school is carefully budgeted for the entire grade or stage. If families do not participate in a program or pay the required fees the school will then be forced to possibly increase fees in the following years. Reminder letters have been sent out this week & as always I ask that any families who are experiencing financial difficulties to contact the school office. All discussions will be strictly confidential.

P&C AGM
The P&C AGM was held on Monday evening. It was pleasing to see a large number of parents present including two dads of 2016 enrolments! Almost all positions were filled on the evening, except for the position of Secretary. Congratulations to Claudia Schremmer who was again elected as President. A full list of all elected committee members will be published in next week’s newsletter. If you would like to volunteer as Secretary or know someone who may be a suitable candidate could you please let Claudia or me know asap.
Trivia Night
Tickets are selling fast for the upcoming Trivia Night. Please see the flyer later in the newsletter and get your table together. Also each class is being asked to bring in donation items for the auction baskets which will be made up and sold on the evening. Last year these proved to be a big success so please bring in as many items as you can for your designated basket. The details are also later in the newsletter.

David Scotter
Principal

FROM THE DEPUTY:

White Ribbon
Continuing our education and promotion as a school involved in the “Breaking The Silence” Campaign, below is a link to a short informative video discussing the ‘tough guy’ image and how our young boys and men are influenced and their characters shaped in their formative years. The presenter, Jackson Katz is an American educator, filmmaker, and author. He is most well-known for his work centring on violence, media, and masculinities with an added focus on media literacy. Katz is the creator of a gender violence prevention and education program entitled Mentors in Violence Prevention, which has been actively marketed to the U.S. military and various sporting organisations.

As with the video last week, I would encourage parents to watch it without their children, at least initially. https://www.youtube.com/watch_popup?v=E6es_BvyZHE

If you are particularly interested in Katz’s ideas in this short video, there is also an excellent TED talk which is around 20 minutes long and explores some of these issues further. https://www.youtube.com/watch_popup?v=ktvsfecx3e8

I was going to suggest that the above materials are particularly pertinent to parents of young men, however, I would in fact suggest that it is just as important a concept for young girls to be made aware of also. Like any other community expectations, part of the process is education and exposure, but as Jackson very clearly points out, a big part is also being vocal about our expectations – Not Violent, Not Silent, and that goes for our men as well as our women!

Like last week, I also have some light reading. This time hopefully a positive factsheet which looks at the positive roles that men can play in reducing male violence in our community – maybe ‘How to be a Real Man!’: http://www.whiteribbon.org.au/uploads/media/updated_factsheets_Nov_13/Factsheet_2_The_positive_roles_that_men_can_play.pdf

Don’t forget that during week 8 we will be holding a community breakfast to show our community support. As a school we believe that education is the key to ensuring that the young men and women of tomorrow display and expect positive, respectful relationships. Not violent, not silent!

Chess:
Congratulations to our unstoppable Chess Champs who have recently been acknowledged at the Harbord Diggers Chess Club with three Wheeler Heights students receiving special awards. Oliver O is the Junior Champion for 2015 and Ethan B the runner up. Luke D also received an award for ‘Best Game’. Well done to those boys and all of the others involved – we are proud of your achievements!

Can I remind all budding Chess Stars that Lev is the coach at Harbord Diggers and would encourage any of our chess players to join the club for weekly lessons and games during Term 4 when we are not running chess at Wheeler Heights.

Please contact the office if you are interested.

K-2 Sports Day Results:
What a magnificent day we had last week for our postponed K-2 Sports Day. The sun was shining, the grass was green and the positive energy was palpable. All of our students did a magnificent job of displaying the Wheeler way with personal best efforts all day and a visible sportsmanship and camaraderie which is everything we strive for.

A big thank you to all of the K-2 teaching staff who set-up and ran the day, and in particular Ms McCombie, Ms Mavromatis, Ms Gordon and Ms Calvie Jnr who were responsible for the organisation.

Thanks goes also to the brave younger siblings, parents and staff who displayed their Wheeler Way Respect, Responsibility and Personal Best in the toddlers, parents and staff races.

Finally, well done to the following students who managed to place in their year group running final:

<table>
<thead>
<tr>
<th>Year Group</th>
<th>1st</th>
<th>2nd</th>
<th>3rd</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kinder Boys</td>
<td>Sterling N</td>
<td>Kai K</td>
<td>Thomas E</td>
</tr>
<tr>
<td>Kinder Girls</td>
<td>Addison P (KC)</td>
<td>Addison P (KT)</td>
<td>Mali K</td>
</tr>
<tr>
<td>Year 1 Boys</td>
<td>Matthew M</td>
<td>Charlie D</td>
<td>Kaden T</td>
</tr>
<tr>
<td>Year 1 Girls</td>
<td>Emily G</td>
<td>Lara F</td>
<td>Eleanor D</td>
</tr>
<tr>
<td>Year 2 Boys</td>
<td>Thomas J</td>
<td>Brae R</td>
<td>Koby W</td>
</tr>
<tr>
<td>Year 2 Girls</td>
<td>Ava S</td>
<td>Ebony D</td>
<td>Alana C</td>
</tr>
<tr>
<td>Marching</td>
<td>KT (Kindergarten)</td>
<td>1C (Year 1)</td>
<td>2C (Year 2)</td>
</tr>
</tbody>
</table>

John Williams
Deputy Principal (relieving)
From the Office

Outstanding statement of accounts have been posted home today.

Book Club pamphlets have been distributed. Orders are to be returned to the office by Friday 23 October.

Chicken Pox has been reported in the school.
Symptoms include:
Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
The rash usually begins as small lumps that turn into blisters and then scabs.
The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
Symptoms usually occur two weeks after exposure to the virus.
Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?
Early in the illness, the virus is spread by coughing.
Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs).
Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

People with chickenpox should avoid others, and not attend school until at least five days after onset of the rash and all the blisters have dried.

Jodie Sly
School Administration Manager

SRC UPDATE

Woolworths Earn & Learn Funds:
The SRC and staff have selected Bear Cottage to be the recipient of the resources obtained through the Earn and Learn program which the school community supported so enthusiastically last term. As we are sure you are aware, Bear Cottage in Manly is the only children’s hospice in NSW - a very special place that’s dedicated to caring for children with life-limiting conditions and supporting their families and Wheeler Heights P.S. is very proud to support the exceptional work that they do.

Tracey Mavromatis
SRC Coordinator

K-2 Talent Quest
It has become a tradition over the past years to run a lunchtime talent quest during Term 4 for the interested K-2 students. This year it is in Week 4, Thursday 29th October. If your child has a particular skill that they are confident enough to share in front of an audience, they will be welcome to participate. Please let me know via email or visit my classroom if your child is yet to register.
Please note that Year 1 teachers have a selected list of students from their in-class talent shows.
Parents are welcome to watch this event next Thursday beginning at 1.10pm.

linda.williamson@det.nsw.edu.au

Linda Williamson
Year 6 teacher/organiser
Sport and Group Photos
Don’t forget that the sports and group photos will be taken tomorrow - Friday, October 23. The Year 6 photo will be the first photo of the day. They will need to wear their Year 6 shirt for the photo but bring their sports uniform to get changed into after the photo. We ask that all Year 6 students be at school on time ready for the first photo. All students will be wearing only their sport uniform for all photos so there is no need to bring dance uniforms or instruments.

Keep smiling,

Julia Smith
Relieving Assistant Principal

Sports News
BYE FOR PSSA THIS WEEK
There were some very close matches last week, however Collaroy Plateau managed to take away the silverware in most of our games. Well done to the Eagle Tag B’s who took the win! There is a Bye this week for all teams. Students will need to bring their sports equipment (if required) as training sessions will be taking place at school.

Results from last week’s round against Collaroy Plateau:
- Cricket: A’s: Loss
- Cricket B’s: Loss
- Eagle Tag A’s: Loss
- Eagle Tag B’s: Win
- Softball Boys A’s: Loss
- Softball Boys B’s: Loss
- Softball Girls A’s: Loss
- Softball Girls B’s: Loss

Please ensure that your children are punctual for training sessions. For up to date information, download the Primary Parent Planner App and select your child’s PSSA team to receive push notifications and reminders.

Home Sport
Another great week of our home sport program! The students are moving to a new sport this week to build on their skills and teamwork development! Students are allowed to bring in a T-Shirt in the team colour to wear for sport. However, they must wear their sports uniform to school.

Eagle Tag Gala Day
There is an upcoming Eagle Tag Gala Day on 12th November at Rat Park. The trials have begun for the boys and may continue into next week. The girls PSSA A teams from earlier in the year are also being entered. We are entering 4 teams (2 x Yrs 3/4 and 2 x Yrs 5/6). Your child will need to listen out for trial messages and be available on the 12th November.

Wheeler Heights Soccer Representative Uniforms
If any of your children have represented Wheeler Heights in PSSA or at a Gala day for Soccer and they still have a jersey, we would appreciate them being returned as we are missing a number of them! So parents, could you please look through your children's wardrobe and see if one has been "filed" up the back and either return it to the office or Mr Blanshard.

State Athletics
Archie S was successful in his final of the 100m to make it through to Nationals yet again! Nationals this year are being held at Canberra in early December and we wish Archie all the best of luck! Congratulations Archie for representing NSW and Wheeler Heights with pride!

Yours in Sport,

Tyson Blanshard
Sports Coordinator 2015

Interested in joining the Band in 2016?
Is your child in Years 3-6 next year? Are you interested in joining the school’s fun and successful band program next year?

We welcome any child in Years 3-6 in 2016 to join our band program. No previous musical experience is necessary – learning to play is what this program is all about! While most of our band students join band for the first time in Year 3, we have had many successful band members start in later years. It is never too late to make a start (including adults!)

Further information on our program is being sent to parents by email, is available from the school office, the band website or by emailing the band. If you are interested in joining for 2016, return our ‘Application for Assessment’ to the band box in the school office by TUESDAY 10TH NOVEMBER. By returning the form, you have just asked to have your child matched to an appropriate instrument for him or her. After we have completed assessments, we will send out to all children who were assessed an offer to join the band program. Only at this point are we asking for full commitment to our program for 2016. [Please note that all current band members do not have to complete the forms]

We also welcome back any students who have previously been a part of our band program but for various reasons had to stop. Please send us an email. We would love to see you come back!

If you have any questions, please feel free to contact our Band Convenor Anthony MacDermott on 0417 277 893 or email the band committee at whpsband@gmail.com.
Wheeler Heights Dance Programme

Hello Dancers,

Congratulations to the dancers who were successful after the auditions last week. These students have received notes with details of the commitment required. Well done also to the many students who tried out and were not successful this year.

Dance Rehearsals begin next week. Seniors on Wednesday (Oct 27th) at 8am and Juniors on Friday (Oct 29th) at 8am in the hall.

Jasmine and I are here to be parent helpers and answer any questions that you might have and liaise with the school dance teachers. Feel free to email any questions you may have to whps.dance@gmail.com

Thank you,

Deneille and Jasmine

Year 4 parents and dance parent liaison
Transition to High School

A workshop for parents presented by CHILD AND ADOLESCENT PARENTING, Northern Sydney Local Health District, on how to help your children make the transition and settle into high school smoothly.

WORKSHOP TOPICS:
- The differences between High School and Primary School
- How your child is changing into a teenager
- Communication tips
- Building positive self esteem
- Looking after yourself during this transition

VENUE: Wheeler Heights Public School
DATE: Thursday 22nd October 2015
TIME: 7.00pm – 9.00pm

GOLD COIN DONATION, REFRESHMENTS PROVIDED

We highly recommend this seminar to parents of children in Years 5 and 6 in particular, although all parents are welcome to attend

BOOKINGS ESSENTIAL whps.parents@gmail.com
WELCOME BACK EVERYONE!

A big THANK YOU to Deneille G and Philippa B for popping in to lend a hand last Friday when we were short of volunteers.

MENU CHANGES

A new summer menu will be out in Week 4.

Butter Chicken will soon be taken off the menu and replaced with something equally as delicious.

We will also be introducing a couple of new items.

Icy poles are back $1

ROSTER

If you are available for any vacant spots please email us at whpscanteen@gmail.com

9:15-11:40
12:30-1:40
or all day 9:15-1:40

CERTIFICATE OF EXCELLENCE

We were awarded with a Certificate of Excellence by Warringah Council.

» Score on Doors
» Hygiene and food safety
» 5 Star rating

See you in the canteen

Kind regards,

Zoe & Tracey

ROSTER WEEK 4 – 6

<table>
<thead>
<tr>
<th>MONDAY 26th</th>
<th>TUESDAY 27th</th>
<th>WEDNESDAY 28th</th>
<th>THURSDAY 29th</th>
<th>FRIDAY 30th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanne Tester</td>
<td>VACANT</td>
<td>Karen Nitch Sam Wheeler</td>
<td>Penny Soegaard</td>
<td>Jo Gaw Susie Wu</td>
</tr>
<tr>
<td>MONDAY 2nd NOVEMBER</td>
<td>TUESDAY 3rd</td>
<td>WEDNESDAY 4th</td>
<td>THURSDAY 5th</td>
<td>FRIDAY 6th</td>
</tr>
<tr>
<td>Emma Rutty</td>
<td>Jenni Nelson Tanya Zanelli</td>
<td>Ann Crowe</td>
<td>Deneille Gigg Jeanette Helyar</td>
<td>Joob Kofoed Philippa Blaxhall</td>
</tr>
<tr>
<td>MONDAY 9th</td>
<td>TUESDAY 10th</td>
<td>WEDNESDAY 11th</td>
<td>THURSDAY 12th</td>
<td>FRIDAY 13th</td>
</tr>
<tr>
<td>Mandy Spooner Kareena Carols</td>
<td>VACANT</td>
<td>Lou Cannell 12.30-1.30 Rachel 9.15-11.40</td>
<td>Marg Jacobs Kylie Fokkens</td>
<td>Leanne Tester Kara Moorhouse</td>
</tr>
</tbody>
</table>
Teachers and parents once again we need your help for our upcoming fundraiser. This is an easy and inexpensive way for you to help make this year’s Trivia Night a super successful and profitable event for your school. We are looking for a host of wonderful and interesting prizes to arrange in gift baskets to raffle off on the night.

Each class has been assigned a theme and the committee kindly asks that each child donate something towards their basket. Each classroom will have a box placed in the front for donations. Below are the suggested themes for each classroom to get you started, have fun. **The deadline for all donations is the 30th of October.**

**KM & KC**
“THINGS FOR KIDS TO DO”
Toys, books, textas, pencils, crayons, paints, craft supplies, paper, stamps, stickers, cards, games, stationary, office supplies, jewellery making items, paints, colouring books, sewing stuff, etc.

**1A & 4S**
“THE GREAT OUTDOORS”
Camping gear, fishing supplies, hats, torches, tents, sleeping bags, water bottles, radios, socks, bbq items, etc.

**1C**
“A DAY AT THE BEACH”
Chairs, towels, sunscreen, zinc, hats, umbrellas, sand toys, beach cricket, balls, bags, aprons, bbq items, etc.

**3/4C & 1/2T**
“WE LOVE SPORTS”
Balls of all kinds, sports gear, rebel vouchers, tennis, cricket, footy jerseys, game tickets, water bottles, volleyball, handballs, team hats, Mike Pawley vouchers, etc.

**2M & 3M**
“SMELLY STUFF”
Soaps, lotions, candles, bath salts, bubble bath, cologne, perfume, essential oils, diffusers, body & face scrubs, etc.

**2C & 3R**
“WE LOVE TO READ”
Kids’ books, magazines, subscriptions, comics, Dymocks gift cards, adult literature, books on tape, bookmarks, etc.

**5G & 4M**
“FOOD GLORIOUS FOOD”
Gourmet food, chocolates, lollies, kitchen gadgets, crackers, jams, preserves, oils, dressings, nuts, etc.

**5RW & 6B**
“TECHIE”
iTunes cards, DVD’s, laptop cases, iPad cases, software, headphone’s, google play cards, EB games, etc.

**2W & 1B**
“DIY & GARDENING”
Gloves, magazines, seeds, pots Bunnings vouchers, spades, plants, books, flowers tools, worm farms, compost, etc.

**KT**
“HOMEWARES”
Glasses, mugs, cups, napkins, vases, cutlery, candle holders, candles, towels, tea towels, frames, etc.

**KG**
“TEA & COFFEE”
Cups, mugs, tea, coffee, tea pots, beans, teabags, keep cups, coffee press, coffee vouchers, biscuits, etc.

**6L & 6N**
“MONEY DOES GROW ON TREES”
We would love each family from these classes to donate at least 4 scratch off lottery tickets. The more we get the more “money trees” we can make in the auction. Or we can use them as prizes. Just a reminder adults need to buy these not the children as they are not allowed.

Thank you for your support, - The Fundraising Committee

**The deadline for all donations is the 30th of October.**
WHEELER HEIGHTS P & C PROUDLY PRESENTS

SATURDAY, NOVEMBER 7th 2015 • SCHOOL HALL ARENA

Come dressed as your favourite music legend or band

Doors open at 6.30pm Showtime 7.00pm GAMES & PRIZES GALORE!

BUY TICKETS NOW AT www.flexischools.com

TABLES OF 10 FOR $300.00 INDIVIDUAL TICKETS $30.00

ROCK N ROLL

TRIVIA NIGHT!

Loads of awesome raffle prizes!! You wont want to miss out on your chance to win!!

Tickets going fast book today!

Sydney Swans jersey and footy signed by the entire team!

Wallabies jersey signed by the entire team!

BLOCH unlitmate dance pack!

Beauty treatments worth over $350.00!
... LOOKING FOR A FUN FAMILY ACTIVITY FOR SUMMER?

Collaroy Swimming Club

Our club offers a great family environment for swimmers aged from 5 to 85. Children improve their swimming by competing in races over distances which increase as their ability increases. Parents can improve their fitness by swimming at the same time. You don’t need to be an Olympic champion!! Just a spirit of fun for some friendly competition.

We swim all strokes over distances of 15, 25, 33, 50 and 100 metres. All races are time handicapped to ensure that everyone swims against members of similar ability and wins a few races during the season. We also offer free stroke correction to members and “learn to swim” for juniors.

We swim every Sunday at 10:00 am but you must be registered by 9:45. All races are usually finished by 12:30. So why not come down to the Collaroy rock pool and see how it works before you decide if it is the Club for you.

Enquiries please email collaroyswim@gmail.com.au

SIDE BY SIDE:
BRINGING FUN BACK TO FAMILY!

Do you feel like you have run out of answers for parenting your child?
Are you feeling stressed and overwhelmed?

The Health Psychology Unit, UTS is offering a free treatment research program for families who have children with behavioural problems.

Clinical psychologists from the Unit located near Royal North Shore Hospital will see families with children aged 7-14 for up to 14 sessions.

For more information please contact
Dr Rachael Murrhy on 9514 4077 or at Rachael.murrhy@uts.edu.au
Website: www.uts.edu.au/research-and-teaching/our-research/health-psychology-unit

Like us on facebook: ‘Side by Side Project UTS’
Join our club anytime between November and March

1 pm Saturdays

Narre Warren Pool

Nov - Mar

Swim Club

Family

Does your child have a disability?

Steppling Stones Triple P

Fund for the National Research and Development Council Australia

www.cla.gov.au

Welcome! Please register the mail

Email: contact@nsw.gov.au

Phone: 02 9114 4060

Join in with the family fun as parents and children

Parking at the pool is free with either a Fitwater or Warringah Council sticker

get together to swim distances from 1.5m to 20m

of all standards and ages

SBPP’s cluster of professionals are doing good work in a research project please

Where: Central Park, Lane Cove, NSW

When:

Wednesday 20th of November 9:45am-11:30am

Wednesday 27th of November 9:45am-11:30am

Wednesday 4th of December 9:45am-11:30am

Seminar 1: Early Identification of Children with a Disability

Seminar 2: Enhancing Parenting in the Early Years

Seminar 3: Using Early Intervention to Prevent Further Developmental Disability

Registration Information

Registration is FREE but limited to numbers available. To register, please email the following:

nsw.pals@nsw.gov.au

Wednesday 20th of November 9:45am-11:30am

Wednesday 27th of November 9:45am-11:30am

Wednesday 4th of December 9:45am-11:30am

Please email your name, address, email, children’s names, age and age range

Fixed Cost: $20 per person

Morning Tea and Lunch

Contact: Sue Allsopp, 0413 278 000

Family Fun

Fitwater

Warringah Council

www.cla.gov.au
PRESENTATION for PARENTS:
Parenting an Anxious Child

This talk is aimed at helping parents recognise and understand anxiety in their child, as well as providing guidance on how best to help.

Components of the presentation include:

- “Why anxiety?”- contributing factors in the development and maintenance of anxiety
- Recognising anxiety in children and differentiating it from non-compliant behaviours
- Setting clear rules and expectations for behaviour
- Determining when parent/child interactions are contributing to anxiety
- Helping children think more helpfully and gradually face their fears
- Generalising anxiety management strategies to new fears and worries.

WHEN: Monday 9 November 2015, 6.00 - 7.30pm
WHERE: Ku-ring-gai Gordon Library, Meeting Room 2
        Corner Park Ave & Pacific Highway, Gordon
        (free parking in Council carpark off Park Ave & Wade Lane)
COST: $15 per person (please bring cash on the night)

Please reserve your place by emailing your required number of seats to donna@approach-psychology.com.au

Please note that places are limited.