COMING EVENTS
Thurs 10 March
Selective High School Test (Yr 6)
Parent Interrelate evening
6pm & 7.15pm

Wed 16 March
Yrs 3-6 Excursion to SSO
Syd Nth swimming
Chess Day @ MVPS

Thurs 17 March
Police visit to Yr 5 & 6

Fri 18 March
PCS Extension Test

Sat 19 March
Band Kick Start!!

Mon 21 March
Harmony Day
P&C 7pm

Thurs 24 March
K-2 Easter Hat Parade and Grandfriends Day, 9:30 am

Fri 25 March
Good Friday holiday

Monday 28 March
Easter Monday holiday

Wed 30 March
Yr 3 excursion

Thurs 31 March
Yr 4 excursion

Tues 5 April
School Photos

Wed & Thurs 6 & 7 April
NSW Swimming

Friday 8 April
Last day of Term 1

TERM 2

Tues 26 April
Staff Development Day

Wed 27 April
Term 2 begins

Wed 4 May
School Cross Country TBC

Fri 6 May
Mothers’ Day Stall

Tues-Thus 10-12 May
NAPLAN – Yrs 3 & 5

Tues 17 May
Uni NSW Digital Tech. test

Fri 20 May
Pittwater PSSA Cross Country

Term 1 Week 7

10 March 2016

Special thanks to James and the team at IGA Collaroy Plateau who kindly presented a cheque for $919.69 to our school recently. This money was part of the IGA Community Chest organisation who regularly donate funds to community organisations. Thank you to all the wonderful team at IGA Collaroy Plateau!!

Well done to our team of swimmers who represented our school at the District carnival on Monday at the Aquatic Centre. Please see Mr Blanshard’s report later in the newsletter. Special thanks to the parents for your support in transporting the team and assisting with timekeeping on the day.

Welcome Afternoon BBQ
Thank you to our wonderful P&C committee who cooked over 300 sausages last Thursday for our new school families at the BBQ. It was a lovely afternoon with the children happily playing on the oval and equipment with their Year 6 buddies and siblings.

Interrelate Family Evening- TONIGHT Thursday 10 March
The first session on Where Did I Come From? is from 6-7pm for Years 3-6 and the second session Preparing for Puberty is from 7.15pm for Yrs 5 & 6 (with Yrs 3 & 4 at parent’s discretion). Cost is $25 for one session or $30 for two sessions. This fee is for the whole family and primary children attend with their parent/s. Please see the flyer (distributed last week) for more details and RSVP to the office.

School Program Fees
Thank you to the many families who have already paid their whole school program fees and expenses. Prompt payment would be very much appreciated, with a special prize for payment made by the due date, March 18. This year we have an IPAD mini and restaurant vouchers at local businesses to give away.

Narrabeen High School Principal to visit
Please be advised that at the next P&C meeting on Monday 21 March the Principal of Narrabeen HS Lance Berry, will visit to talk about the school and answer questions from the parents. Recently the Cromer HS Principal Justin Hong visited and addressed the parents.

Student Safety & Evacuation/Lockdown Drills
Each term and semester we do have a number of safety drills, including evacuation procedures and lockdowns/lockouts. You will no doubt have heard about a number of incidents at schools throughout NSW. Please have a talk with your children about how to stay alert, not alarmed and always behave calmly and follow instructions given by the staff.
As many schools already do, we are now locking the school gates on Berith St and Rose Avenue from 9.45am to 2.45pm each day. Consequently if you are visiting the school or collecting children at any time please enter through the Veterans Pde gate and come to the front office.

School Photos- Date change……now on Tues 5 April
Due to a number of clashes we have had to change the school photo date to Tuesday 5 April. Please be sure to mark this date in your diary.

Cyber Safety & Police talk for Years 5 and 6
It is always timely to talk to your children about Cyber Safety and inappropriate language on social media platforms. We are very pleased that the local Youth Liaison officers will be visiting our school on Thursday 17 March to talk with all Year 5 and 6 students.

School Parent Teacher Interviews
Dates will soon be available for Parent Teacher interviews, to be conducted during the last three weeks of this term. Parents should visit www.schoolinterviews.com.au and use the code h4vmf. Bookings will open tomorrow Friday 11 March at 12 noon.

David Scotter
Principal

FROM THE OFFICE

Book Club orders closed today.

High School Forms
Year 6 parents, Expression of Interest High School forms must be returned to the office by Friday 18 March.
CHANGE OF DATE FOR SCHOOL PHOTOS!
SCHOOL PHOTOGRAPHS WILL NOW BE TAKEN ON: TUESDAY, 5th APRIL

School photographs are scheduled to be taken by advancedlife Photography. An envelope was distributed today if you would like to order using cash or cheque. Please return this envelope with your child on the day of the photos.

If possible, it is our preference that ordering be completed online to reduce administration and potential security issues related to the return of cash and envelopes on photo day.

Orders for all photos including packages and sibling photographs can be placed securely online at www.advancedlife.com.au using our school’s unique 9 digit Online Order Code. Portrait and group package orders are due by photography day (5th of April). You do not need to fill out the envelope if you have placed an order online.

Should you wish to purchase a sibling photograph online, the order must be placed no later than the day before photography day. Please let your children know if you have placed a sibling photo order so they know to have the photo taken on the day. Sibling photographs will only be taken if an order is placed.

Should you have any queries concerning school photographs or online ordering, please direct them via email to enquiries@advancedlife.com.au

Julia Smith
Relieving Assistant Principal

LEGO CLUB

Lego Club is up and running on Tuesdays at lunchtime. Children are to arrive at the library after they have eaten their lunch i.e. 1.10pm.

We have 11 teams working hard at trying to meet a new challenge every week. These teams will continue in the club until the end of Term 2. At the beginning of Term 3 there will be an opportunity for a new group of children to join the club.

This week’s team challenge was to create a marble run, with walls 4 bricks high, and an entry and exit point for the marble.

Many thanks
Fiona Bevan
Teacher Librarian

MULTICULTURAL PERSPECTIVES PUBLIC SPEAKING FINALS

The finals for the Multicultural Perspectives Public Speaking Competition are being held in the hall next week. Stage 2 (Years 3 and 4) will be competing on Tuesday morning (9:15am – 10:30am) and Stage 3 (Years 5 and 6) will be competing on Thursday morning (10:00am – 11:15am).

Congratulations to the following students.

Stage 2 Finalists
3C – Maddi N and Josie J
3M – Jayden K and Callum H
3R – Ruby S and Saxon G
3/4S – Tiana S, Alex C, Jackson S and Madi B
4M – Lulu R and Ethan M
4RM – Lily M and Gethan H

Stage 3 Finalists
6Y – Finnley W and Neve K
5G – Zoe H-B, Rachael S
5W – Luke R, Georgia N and Max A
5/6B – Elsa M, Ainslie B, Archie S and Jenna M
4M – Lulu R and Ethan M

Finalists will be presenting their prepared speech based on one of a variety of multicultural topics provided. They will then be participating in an impromptu speech where they will be given the topic, have 5 minutes to prepare a short speech then present it to the audience. Mr Scotter and Mrs Armstrong are adjudicating the Stage 2 final on Tuesday. Mr Scotter and Mrs Armstrong will be adjudicating the Stage 3 final on Thursday.

They will be choosing 2 students from each stage to represent Wheeler Heights at the Regional Final which is being held sometime next term. Parents are most welcome to attend and support our finalists.

Good luck to all speakers!
Mrs Smith
Relieving Assistant Principal
Public Speaking Coordinator

SPORT NEWS

Pittwater Zone Trials

Congratulations to Elise T who competed at Gosford in Tennis on Tuesday. She played well all day to finish up in 8th position for the day! It was a great achievement for Elise, improving her ranking from last year. Well done, Elise!

We have West LT, Zac C, Kiah M, Archie, Ezra P and Lachie B off to trial for Rugby League next Monday. We wish them the best of luck. Play fair and tackle hard boys!

If you are a talented Hockey player or Diver and would like to nominate yourself to trial, please see Mr Blanshard.
**Pittwater Zone Swimming**

It was a great day at the Warringah Aquatic Centre on Monday with the Pittwater Zone Swimmers. All competitors represented Wheeler Heights with pride and great sportsmanship. A big congratulations to both Georgia N and Ale B who placed in their finals. Ale will be off to Olympic Park to compete on March 16th representing the Pittwater Zone, well done on a fine achievement!
A special thanks to the parents who helped with timekeeping and lifts for the children.

**PSSA WHPS vs NNPS**

Last week was the 2nd round of the PSSA competition. It was a strong round for Wheeler Heights and it has been great to see the teams really starting to come together!

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<td>T-Ball</td>
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This week we take on Elanora Heights. Cricket Boys are at Plateau Park; Cricket Girls are at Narrabeen Reserve; Eagle Tag Boys & Girls are at Narrabeen North Public School; Softball and T-Ball are at Rat Park. Best of luck in this week’s matches!

Reminder to select your child's sporting team on the Primary Parent Planner App to receive updates.

Yours in Sport,

Mr T Blanshard
Assistant Principal Stage 3
Sports Coordinator
HARMONY DAY 2016
Wheeler Heights Public School will be celebrating Harmony Day on March 21st with a mufti-day. It is a day to celebrate and embrace Australia’s cultural diversity and to share what we have in common.
The message for Harmony Day is that ‘everyone belongs’, reinforcing the importance of inclusiveness and respect for all Australians. To celebrate Harmony Day each class will design a poster that focuses on a symbol of belonging or peace. A gold coin donation will benefit a charity nominated by the SRC. For this special mufti day each grade has been allocated a specific colour to wear. Kindergarten - green, Year 1 – pink, Year 2 - blue, Year 3 - orange, Year 4 - yellow, Year 5 - red, Year 6 – black. Students must wear enclosed shoes.

Thank you

Year 2 Teachers

WHEELER HEIGHTS DANCE PROGRAM

Important date change, sorry for the inconvenience but The Extreme Eisteddfod dates have changed. They are now either on the weekend of the 3rd, 4th, or 5th of June, they will confirm with us which day asap. The dates have been changed to suit the new program. This is great news for us now, as the juniors and seniors won’t be competing against each other this year. IRBD dates are still on the 28th of May.

If anyone still hasn’t received any emails from us could you please re email your details to the email address below. The Eisteddfod information will be emailed soon.

Jasmine & Deneille
whps.dance@gmail.com

PLAY HOCKEY

Fun · Fitness · Friends
WHEELER HEIGHTS PUBLIC SCHOOL

Easter Hat Parade and Grandfriends Day

K-6 Grandfriends, parents and younger siblings are invited to our annual Wheeler Heights K-2 Easter Hat Parade

Thursday 24th March at 9:30am

K-6 open classrooms from 10:30am

Morning tea for Grandfriends and parents from 11:00am

Kindergarten making hats with buddies at school.
Year 1 and 2 are to make their Easter hats at home.

‘Pre-school’ little brothers and sisters are invited to make their own creative hats and join in their own special parade.

We hope to see you all there!
The CoolKids and Adolescent Health Program: Helping distressed children & adolescents suffering from somatic health complaints (including recurring headaches, stomach-aches etc).

About 40% of children and adolescents may experience functional somatic health complaints, which are medically benign (that is, they have no identified organic cause). The most common somatic-health complaints experienced by children and adolescents include recurring abdominal pain, gastro-intestinal symptoms, recurring headaches, chest pains, dizziness and nausea. Research has shown that these children are prone to have increased rates of school absenteeism, and this may also have an impact on their learning, peer relations and overall quality of life. Studies have also indicated that up to 80% of children and adolescents struggling to cope with these recurring functional somatic health complaints may also be experiencing anxiety and/or depressive problems.

Our new, CoolKids and Adolescent Health Program is designed to specifically help children learn how to concurrently cope and manage their somatic symptoms as well as learn stress management skills. This program is specifically designed for children aged 7 to 17 years who are experiencing recurring somatic health complaints for at least 3 months (and which a GP or medical specialist has confirmed that the symptoms are medically benign). The program is individually based and involves 10 x 1 hour weekly therapy sessions held either in-person at the Centre for Emotional Health (CEH) Clinic at Macquarie University or via Skype or telephone. Interested families will be invited to attend a screening assessment to determine eligibility.

Organisation: Centre for Emotional Health, Macquarie University.

Researchers: Associate Professor Maria Kangas, Prof Ron Rapee, & Prof Mike Jones.

Who is eligible? Children and adolescents aged 7-17 years who are experiencing recurring somatic health complaints for a minimum of 3-months.

Contact: For more information, please contact Assoc. Professor Kangas and her team (email: CoolKidsHealth@mq.edu.au or maria.kangas@mq.edu.au) or telephone (02) 9850 8599 or (02) 9850 4082.
What is ChatterCamp?

ChatterCamp is a unique public speaking and confidence-building school holiday camp where kids in Years 4/5/6 learn while having enormous fun. Using public speaking games, activities, training and practice, we help your child to build confidence and improve their speaking skills. Outdoor activities include canoeing and archery. Students sleep over at ChatterCamp, making new friends and completely immersing themselves in the ChatterCamp experience.

Who runs ChatterCamp?

ChatterCamp is organised and run by SpeakersBank Australia Incorporated, a not for profit public speaking training organisation (www.speakersbank.com.au). The training is delivered by NSW registered teachers, professional speakers and Cert IV trainers – all with current "Working With Children" background checks.

When’s the next ChatterCamp?

Wednesday 20th April to Friday 22nd April 2016
(Public Speaking Showcase for Parents: 3pm – 4pm Friday)

Stringybark Lodge, Wesley Vision Valley Conference Centre
7 Vision Valley Road, Arcadia NSW 2159

Camp fees (all inclusive): $365
Siblings: $285 each

Spaces are limited and bookings close on the 4th April 2016, so please book early to secure your place!

Sign me up!

For bookings or further information, please contact:
Dale Rees-Bevan :: dale@speakersbank.com.au :: 0431 292 437
Info and bookings: http://www.chattercamp.info

"As a parent of a young student, I am always eager to embrace new opportunities for my child and it gives me great pleasure to use my extensive public speaking and teaching experience to create an opportunity for growth and confidence-building to a group of students. Public speaking is a skill required in so many work arenas and life situations – often when you least expect it!"

Dale Rees-Bevan, President of SpeakersBank Australia