Easter Hat Parade
What a lovely Easter Hat parade and open classrooms we had this morning. Special thanks to Scotty’s Bakery who kindly donated the delicious Hot Cross Buns for the visitors today.

Harmony Day
Well done to all the students who dressed up in coloured mufti on Monday for Harmony day. Over $560 was raised to support Gedete our young sponsor child from Ethiopia. Obviously the morning assembly was washed out and so we plan to display the art work at the next Monday morning assembly on April 4 at 9.15am.

Holiday Chicken Roster
If you are interested in collecting the eggs and looking after our six chickens during the holidays please let the office know your available dates.

Raffle Tickets - Love for Lachie
There are still a number of raffle tickets outstanding from the Love for Lachie raffle. Could the money and tickets please be returned as soon as possible as the raffle draw for a new car will be made very shortly.

P&C Meeting
Thank you to Lance Berry, the principal of Narrabeen Sports High School who spoke and answered many questions at the P&C meeting this week.

Surveys
Please be sure to follow the link in this week’s newsletter about the school self-evaluation and planning survey.

Kindergarten 2017 Dates
We have now planned the dates for school tours and information nights for our 2017 Kindergarten. Please see the attached flyer and let your friends and neighbours know. We will soon send flyers to our local pre schools and Kindergartens.

Uniform change over date
Please be advised that the change over date for winter school uniform is Term 2.

NAPLAN Years 3 & 5 - May 10-12
Students in Years 3 and 5 received a separate email last week regarding the upcoming NAPLAN tests on May 10-12. The note will also be on the school website.

My School website
You may have seen the recent launch of the My School website. This site shows the school results in NAPLAN and also compares schools across the country. You can visit the site at www.myschool.com.au

School Program Fees
The special prize draw for an IPAD mini and restaurant vouchers will be made at the 9.15 assembly on Monday 4 March.

Traffic around the school
We spoke again at the recent P&C meeting about traffic concerns around our school. Once again I ask that you arrive a little earlier, use another school entrance, walk to school and always follow the road and traffic rules.

School Parent Teacher Interviews
Parent Teacher interviews are being conducted over the next few weeks. The booking site has now been closed; any parents still wishing to book an interview should contact the school office or class teacher.

David Scotter
Principal
**MindQuest 2016**

Glenwood HS  
Cnr Forman Ave and Glenwood Park Ave, Glenwood 2768  
Saturday 4 and Sunday 5 June 2016 9.30am – 3.30pm

On Saturday 4 & Sunday 5 June 2016, the seventy ninth MindQuest program will be held for gifted and talented primary students from Years 1-6 at Glenwood HS. These include gifted and talented students as well as students with well above average ability with a special interest. Students will have the opportunity to participate in over 36 exciting, fast paced courses in the 2 day program. They include courses in chemistry, earth sciences, drama, lego, robotics and much more. Most of these highly successful courses have been run and the past and students’ evaluations suggest that they have been challenged and enriched by the experience. The cost of the weekend is $190 (including GST)

Glenwood HS is in the Baulkham Hills area close to the M7 and is easy to get to from most parts of Sydney. Please ask Miss Tekampe at the office if you would like a brochure (or call Shelagh at MindQuest on 02 42322494)  
Closing Date Friday 6 May 2016.

Miss Rachael Tekampe  
Learning and Support Coordinator

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**FROM THE OFFICE**

School Desks - The school has a number of surplus teacher desks. If you would like one please see the office staff.

Hand Foot and Mouth Disease – There has been a case of Hand Foot and Mouth Disease reported to the school. A fact sheet is located later in the newsletter.

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**ONLINE SAFETY**

A big thank you to the Dee Why Police Youth Liaison Officers who came in to talk to Year 5 and 6 about their online safety. The students received some valuable information in regards to appropriate apps, identity protection and consequences for inappropriate use of mobile phones and social media. We must reiterate that most social media apps have age restrictions and strict terms and conditions. Parents should be aware and monitor their children's use of mobile phones and social media before allowing their children to have access.

Regards,  
Mr Tyson Blanshard  
Assistant Principal Stage 3

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**SCHOOL SELF EVALUATION AND PLANNING SURVEY**

As part of our ongoing efforts to critically self-reflect and improve what we do here at Wheeler Heights, we have created a brief parent multiple choice survey. This year we have specifically focussed on wellbeing, aiming to understand students’ feelings and attitudes about school and learning.

We would love your feedback and appreciate you taking a minute or two to complete the survey of wellbeing and learning at WHPS on line.

You will find the survey at: [https://www.surveymonkey.com/r/K7DF8QY](https://www.surveymonkey.com/r/K7DF8QY)  
As part of the process we have also asked students in years 3-6 to complete a very similar questionnaire and will also survey staff about their attitudes and beliefs.  
All surveys are entirely confidential.

Many thanks,  
John Williams  
Assistant Principal
BAND NEWS
A reminder, the band tour expression of interest is due back 1st April to the Band box. A copy of the note is attached to the newsletter.

SPORT NEWS
Pittwater Zone and Pittwater-Warringah Zone Trials
Best of luck to West LT, Ezra P and Archie S who are off to the Sydney North trial for Rugby League. We wish these boys the best of luck on the Central Coast next week.
If you are a talented Rugby Union or Netball player and would like to nominate yourself to trial, please see Mr Blanshard to see if you qualify.

Sydney North Swimming
A big congratulations to Ale B who competed at the Sydney North Swimming carnival this week. He represented Wheeler Heights and the Pittwater Zone with pride. Well done on a fine effort!

PSSA Summer/Spring WHPS vs CPPS
Unfortunately due to the weather, the last round for Term 1 was a washout and will be replayed at the end of Term 4 after the Summer/Spring season recommences.

PSSA Autumn/Winter Competition Trials will take place in Week 10 and 11 of this term for the following winter sports:

* Senior and Junior Boys Rugby League
* Senior and Junior Girls Netball
* Girls and Boys Soccer
* Senior and Junior Mixed AFL

Students will be asked to nominate themselves to trial and record their preferred sport next week. They will be allowed to trial for a maximum of two sports. A reminder that trials are open to seniors (students turning 11 and 12) and juniors (students turning 9 and 10). Due to Rugby League being a contact sport, students wishing to trial for League must complete the permission to tackle note that will be sent home when they nominate.

Yours in Sport,
Mr T Blanshard
Assistant Principal Stage 3
Sports Coordinator

SCHOOL CROSS COUNTRY
School Cross Country Training
To help children prepare for one of our school’s most important events, the school cross country carnival to be held on Wednesday May 4. Training will commence next week at 9:20am, Tuesday - Friday. All children from years 2-6 will follow a course through the school grounds. Children should wear their running shoes to school each day and pack their school shoes to change into. Please be mindful and take extra precautions if you are making your way around the school during these times. On the day of the carnival, all students who are turning eight (or above) will be able to compete.

Kind regards,
Holly Miller & Wendy McColl
Cross Country Coordinators

CHESS NEWS
Permission notes for the Friday after-school chess competition, beginning early in Term 2, went home with the children at Tuesday's lesson (spares on the website, if required).

Please return these directly to myself as a.e.p., as we are still trying to ascertain if we will be able to field the number of teams that we were hoping. If you are a newcomer to the way the competition runs, and have any questions, please do not hesitate to contact me (www.nswjcl.org.au also has useful information).

Ms Heike Zillhardt
Harmony Day

On Monday the school celebrated Harmony Day. The heavy rain meant that the students had to postpone sharing their harmony artwork. However the students brightened the day by looking like a colourful rainbow in their special harmony colours. The day raised $560 which is being donated to our sponsor child Gedete in Ethiopia.

Below are members of the SRC students and a harmony artwork by 3/4S

WHEELER HEIGHTS DANCE PROGRAM

Due to Friday being a public holiday junior dance will be cancelled this week.

The Eisteddfod dates are coming together now and the 1st Eisteddfod will be held on the Saturday the 28th of May (IRBD) and the 2nd Eisteddfod will be held on Sunday the 5th of June (Extreme). The Eisteddfod information will be emailed out as soon as we can confirm dates and times for these Eisteddfods.

Our email address is whps.dance@gmail.com

Kind regards,
Denille and Jasmine
Dance Parent Liaison
Lifeline Northern Beaches Giant Book Fair: 29th April to 1st May 2016

Venue: Balgowlah Boys Campus
Cnr Sydney Rd & Maretimi St
Balgowlah

Dates/Times: Friday 29th April 4 pm – 9 pm
Saturday 30th April 9 am – 5 pm
Sunday 1st May 9 am – 2pm

Please note we accept Visa & Mastercard and also have EFTPOS facility available
(Entry by gold coin donation very much appreciated)

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages.
For the enthusiast/collector we have a large number of award winning and collectible books.
In addition to the above we will also have a wide selection of puzzles, games, CD, vinyls etc so there’s something for everyone!
With winter just around the corner, now is the time to stock up your reading for those chilly evenings.
All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14), provides a lot of services to our community, including 24 hour counselling (with suicide prevention a major focus), bereavement support, anger management and problem gambling to name but a few.
Your support for our Book Fairs goes a long way in generating the funds required to continue providing these services to our community.

See you there!
Dear Senior, Intermediate and Jazz Band Parents,

With the full support of our school executive, the band committee is excited to announce the inaugural WHPS Band Tour 2016.

The Tour will depart Sunday 23rd October and return Tuesday 25th October 2016 (the start of Week 4 of Term 4) travelling by bus to the Blue Mountains. The Bands will have opportunities to perform at local schools in the Lithgow and Blue Mountains area. Some fun activities will be planned to ensure Band Tour is an enriching musical and fun experience for creating lifelong memories.

The Tour is expected to cost around $300 per child (TBC). This will include:

- Travel on an air-conditioned coach equipped with seat belts
- All meals (except recess and lunch on the first day)
- Accommodation and activities for the 2 nights/3 days

The band committee will plan fundraising activities to help supplement the cost.

*Initial planning has taken place and we would like to gauge interest for participation by your child in this fantastic musical and social experience.*

In order to finalise numbers, attending band members are asked to pay a ‘commitment deposit’ of $100 by Friday 29th April (Week 1 of Term 2), with the outstanding amount to be confirmed once numbers are finalised.

*Be sure not to miss this amazing opportunity for your band child*

Please direct any questions to whpsband@gmail.com

Kind Regards

*WHPS Band Committee 2016*

Please complete the ‘Expression of Interest’ below, returning it to the band box by 1st April 2016

………………………………………………………………………………………………………………………………………………………

Childs Name: ………………………………………………….. Band: ………………………. Class: …………….

Parents name: ………………………………………………… Signature: ………………………………………….

☐ Yes, my child would love to attend Band tour 2016.

I am willing to pay a ‘commitment deposit’ of $100 by Friday 29th April (Week 1 of Term 2), with outstanding balance TBC when numbers are finalised.

☐ No, sorry my child is unable to make Band tour 2016
UNIFORM SHOP NOTICE

We would like to extend our SINCERE THANKS to all parents & carers who purchase their school uniform items through the WHPS Uniform Shop.

When you buy your socks, shorts & blouses etc from us & not from a department store, that really helps. We keep our prices down and quality up, so please feed back any issues you may have with any item we have sold you. Even though there is no other outlet to buy the WHPS customised items such as tunics & polos, every purchase made through the WHPS UNIFORM SHOP helps us to help the school.

We have a great selection of 2nd Hand uniforms & accessories available for sale.

Look out for Winter stock coming out soon. Students will be returning in T2 dressed in Winter Uniform.

Please consider donating your old school uniforms & accessories for re-sale; all money goes back to the school. These can be dropped off at the Uniform Shop any Friday morning or at the office any other day.

Please make sure they are proper uniform items and that they are clean & undamaged.

Thank you

ORDER ON LINE
www.flexischools.com.au
Download the App
Hand, Foot and Mouth disease

What is hand, foot and mouth disease?
Hand, foot and mouth disease is generally a mild illness caused by the coxsackievirus. It is not a serious illness and is not at all related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

What are the symptoms?
- Coxsackievirus infection may cause no symptoms at all or only very mild symptoms
- When symptoms do occur, they include blisters that start as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, the coxsackieviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

How is it spread?
- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

Who is at risk?
- The viruses that cause hand, foot and mouth disease are common and adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease
- Outbreaks may occur in child care settings.

How is it prevented?
- Good hygiene is the best protection: wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing
• Ensure the mouth and nose are covered when coughing and sneezing. Wipe the nose and mouth with tissues, dispose of used tissues and then wash your hands.

How is it diagnosed?

The doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?

Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin. If the headache is severe, or if fever persists, consult a doctor.

What is the public health response?

Hand, foot and mouth disease is not notifiable. Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried.

To help prevent spread, parents should report the illness to the director of the childcare centre or school principal.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au
Ethics classes are an option for all NSW public school children (Kindy to Year 6) as an alternative to scripture or non-scripture. **However, without more volunteer Ethics Teachers some children will miss out.**

Ethics classes are free for public school students and organised by the charity Primary Ethics, who are authorised and approved by the NSW Government.

Volunteers commit to a 30 minute lesson each week plus a little preparation time (during the school term only). All Ethics Teachers are provided professional training, engaging curriculum and ongoing support.

**Teaching children ethics is fun, challenging and very rewarding, get involved today!**

For more information or to apply, email Belinda at wheelerheightsethics@gmail.com
Do you know a 6-10 year old who:

- Struggles to connect with other kids?
- Often experiences conflict with peers?
- Is easily hurt by playground politics?
- Is socially isolated and needs to learn strategies to meet like-minded children?

**CIRCLE OF FRIENDS** is a nurturing small group program that gives children the skills, knowledge and confidence they need to make and keep friends.

Facilitator: Corinne Mescher Child Psychologist

Parents must attend a preliminary session with the psychologist prior to the start of **Circle of Friends** to ensure that this small group program is the most appropriate clinical option for their child.

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**CIRCLE OF FRIENDS**

_friendship & social skills groups for children Aged 6-10_

CIRCLE OF FRIENDS helps kids learn how to connect, compromise and manage conflict with other children.

In fun weekly sessions, held on Tuesday or Saturday afternoons, small groups of 6-8 and 8-10 year olds are guided by an experienced Child Psychologist.

With a focus on giving kids practical strategies so that they can cope with and overcome difficult social situations, CIRCLE OF FRIENDS teaches children how to problem solve their way through playground politics and find like-minded peers.

Visit our website


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BOOKINGS OPEN NOW
Call for details

9938 5419

Visit our website

Anxiety affects up to 20% of Australian children and teenagers. If a child’s anxiety is not addressed, it can significantly interfere with learning and development. Anxiety can also lead to serious problems in later life, such as social isolation, underachievement and depression.

COURAGEOUS KIDS supports kids who need practical help to develop better self-esteem, problem solving, self-expression and relationships with peers and adults.

In fun weekly sessions, held on Thursdays or Fridays at 4.00pm, small groups of children aged 6-8 and 8-10 are guided toward a more confident future by a qualified and experienced Child Psychologist.

COURAGEOUS KIDS is a health service and children who participate may be eligible for private health insurance or Medicare rebates.

Do you know an 6-10 year old who:
- Is often overcome with fear and worry, even in familiar situations?
- Struggles with change?
- Has low self-esteem?
- Experiences levels of stress that prevent the enjoyment of everyday activities?

COURAGEOUS KIDS is an early intervention and anxiety prevention program that helps children and their families build effective strategies to deal with worry, stress and change.

“I have learned that I don’t have to let my worries get me down. There are lots of things I can do to relax and feel better about myself. My teacher says I am doing much better at school and I feel good.”

Evie, Courageous Kids participant

Facilitator: Robyn Fallshaw
Child Psychologist

Parents must attend a preliminary session with the psychologist prior to the start of Courageous Kids to ensure that this small group program is the most appropriate clinical option for their child.

Visit our website
www.kids-first.com.au

Or call Kids First now on
9938 5419

Bookings now open. Call Kids First for more information

Level 1, 527 Pittwater Road, Brookvale NSW 2100 • 9938 5419 • enquiries@kids-first.com.au