



# Heights Happenings

Winston Heights Newsletter

TERM 2

WEEK 6

## Update to COVID guidelines

In response to the emerging situation in Victoria, the NSW Department of Education has updated the COVID guidelines. I would like to highlight the following:

- Anyone arriving in NSW who has been in Victoria since 4pm on Thursday 27 May must remain at their home or place of residence in NSW for the seven-day duration of the Victorian measures.
- Anyone arriving in NSW by air, rail or road from Victoria (except those travelling within the defined border region) must complete a travel declaration that confirms they have not attended any of the growing number of venues of concern. Anyone who has attended a venue of concern must not travel to NSW; instead, they should follow the health advice on the Victorian Health website.
- NSW Health continues to urge people who have been in Victoria since 12 May to check the Victoria Department of Health and Human Services website regularly to see if they have visited any of these venues of concern, and if so, immediately follow the relevant public health advice.
- Staff and students should not attend work or school if unwell, even with mild symptoms of COVID-19. Any person with any COVID-19 symptoms should be sent home and should not return until they have received a negative test result and are symptom-free. In circumstances where children have other medical reasons for recurrent symptoms a letter from their GP is sufficient to negate the requirement for a negative test.
- Anyone who is unwell with COVID-19 symptoms is strongly encouraged to get tested and self-isolate until a negative result is received. Location of testing clinics are available via the [NSW government COVID testing clinics webpage](#).
- All staff must monitor the [NSW government COVID-19 News and updates webpage](#) and [Victorian Government website](#) for locations where there may have been exposure to COVID-19 and adhere to the advice as appropriate.
- Schools must be vigilant in implementing:
  - \* Personal hygiene, physical distancing, cleaning and record keeping practices at these events
  - \* Where possible to use outdoor areas (weather permitting) or large open spaces to enable

adequate physical distancing

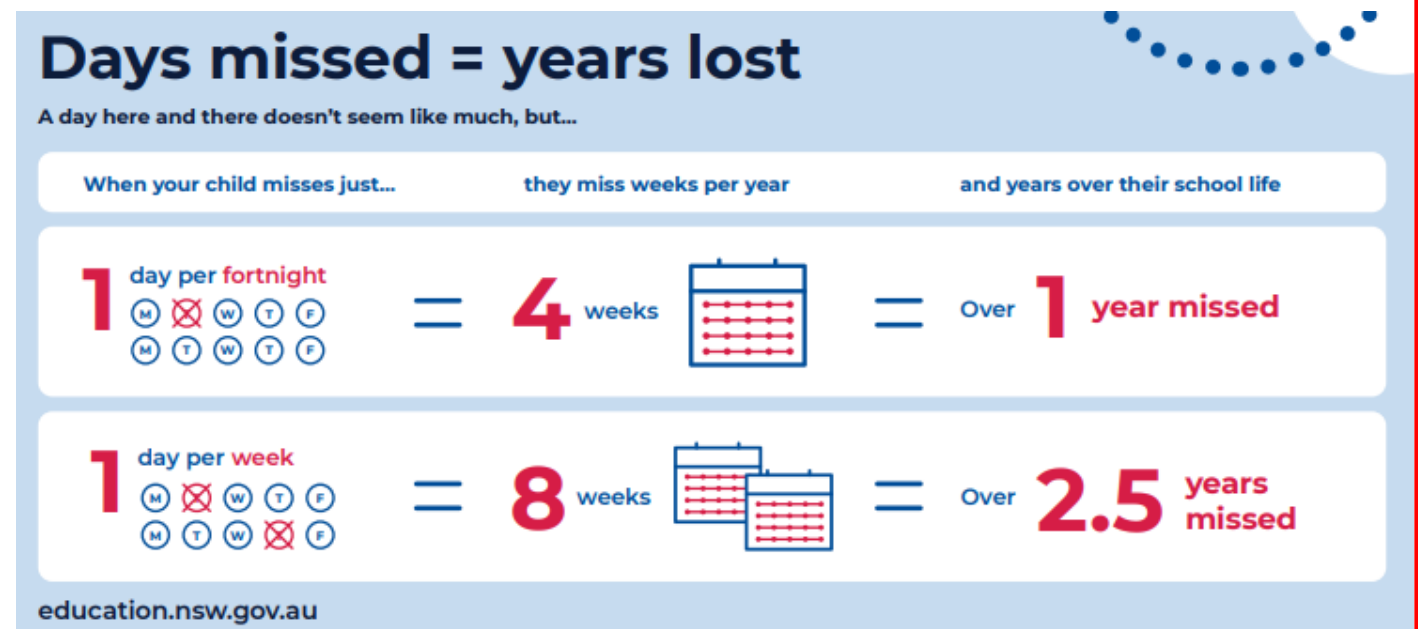
- \* All visitors to a school site must be well and symptom free, comply with sign-in arrangements, and maintain a physical distance of 1.5m
- Staff and visitors to schools and offices should maintain 1.5m distance from other people where practicable. Avoid congestion of groups of visitors in specific areas where possible.
- All visitors to a school site must comply with sign-in arrangements (established by the school) for each visit. This includes signing the [school sign-in sheet](#) to acknowledge they will comply with the [COVID-19 requirements for visitors, contractors and service providers](#). Visitors must also check in using the Service NSW QR code.

### Attendance

Attendance at Winston Heights is very important and we encourage positive attendance habits. Everyday counts, as regular attendance helps students to:

- Develop a sense of belonging,
- Develop and maintain friendships, and
- Be more engaged at school

Missing just one day a fortnight can amount to four weeks of lost learning over a year. Over their school life, this can equal one year of missed learning.



Please ensure that your child is attending school each day and are arriving on time when they are well. Parents and carers can help foster positive attendance habits by:

- Helping your child learn the importance of punctuality and routine,

- Ensuring your child arrives on time from the start of the school day, ready to participate in learning,
- Reducing disruption to learning where possible, by planning any necessary appointments outside of school time,
- Promptly communicating any absences to the school - within 7 days of the first day of absence, and
- Working with the school to encourage and support regular attendance.

### **When a teacher is away ...**

As mentioned in recent editions of our newsletter, the safety of all stakeholders is a priority at our school. As such, we are required to follow the Department of Education COVID guidelines, which state that teachers (along with students) are required to stay at home if they are unwell and displaying minor symptoms. Consequently, we have had many staff away sick. Whilst we make extensive attempts to replace teachers who are away with a casual teacher, this is not always possible. In fact, it is becoming more and more challenging to find casual teachers, resulting in multiple classes needing to be split on any given day. In speaking with the principals of other schools in our area, it appears that we are all experiencing the same challenge. When students are split to other classes they will be provided with split work. This work is compiled to cater for a range of independent student learning abilities.

### **Students at Winston Hills Mall Before School**

Recently I have been made aware that some WHPS students have been hanging out at mall before school, often playing on the merry-go-round rides and behaving inappropriately. While at the mall, some of these students have also been purchasing energy drinks and excessive amounts of lollies and chips. These are then consumed prior to school starting at 9am.

I have been in contact with Centre Management and have requested their cooperation in ensuring students in WHPS uniform who appear to be 'hanging out' are encouraged to leave the mall immediately.

Our school and students have a wonderful reputation in the community, and I would like this to continue. As a school, we have been reinforcing expectations such as behaving responsibly, being in the right place at the right time, making healthy food choices, and representing our school with pride.

It would be greatly appreciated if parents could talk to their children about these concerns and expectations.



## **Principal Gold Awards**

Each week at our K-6 assembly, one class is selected to receive the Principal's Gold Award for demonstrating safe, responsible, and respectful behaviour around the school, in their classroom, during playtimes and at the assembly. The winning class will receive a Principal's Gold Award, every student will receive a Principal's gold token, and their class photo will be featured in the newsletter.

**Principal's Gold Award** class for Term 2, Week 5 was 1L. Congratulations 1L!



**Principal's Gold Award** class for Term 2, Week 6 was 5/6A. Congratulations 5/6A!



Have a wonderful week and I look forward to seeing you next Tuesday at the Colour Fun Run!

*Terri Bullock*

**Principal**



**Enrolments Are Open**



*Now Taking  
Enrolments  
for 2022*

*Contact the office for more information*

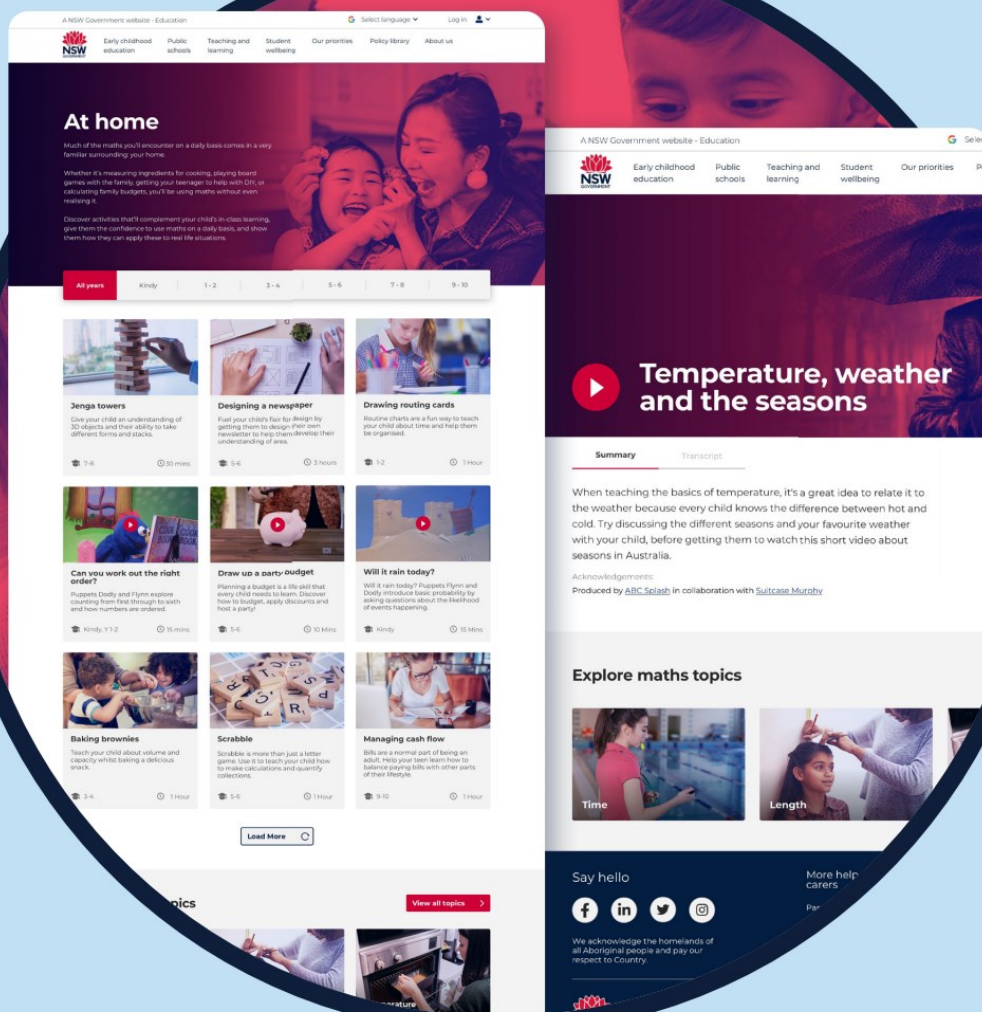
**STEWART HOUSE Donation Drive 2021**

# THANKYOU



For your generous donations to STEWART HOUSE. We raised **\$322.25**. Later this month, the prize draw will take place so *good luck!* Stewart House is a great cause, and your donation has gone towards the wellbeing and joy of some very vulnerable children. WELL DONE WHPS!





| NSW Department of Education

# Explore the **Everyday Maths Hub** >

It is easier for children to understand maths when they relate it to something real and see it as part of their everyday life. The Everyday Maths Hub is designed to support parents and carers to bring mathematics into their home, the outdoors and anywhere else their children learn and play.

You can find the Everyday Maths Hub at  
[education.nsw.gov.au/everyday-maths](https://education.nsw.gov.au/everyday-maths)



## News from our *Library*



### *Premier's Reading Challenge (PRC)*

50 students have now completed the 2021 PRC. Students in Years 1 - 2 are encouraged to bring their green reading logs to be stamped each week.

Years 3 - 6 are required to record the Premier's Reading Challenge online through the DET portal. This can be done at home or during library classes using the library I pads. Kindergarten students are progressing well, completing the challenge at school with their class teacher.

### *OLIVER Library Book Reviews*

The term 2 Student Book Reviews is becoming very popular with 25 students having their book reviews published this term. This term's prize is a Roald dahl pack.



### *Book Club*

Issue 4 brochures have been sent home. LOOP orders will close on Monday 31<sup>st</sup> May at 7pm. No late or cash orders are accepted. Thank you to Amber Edmonds and her efficient helpers for supporting Book Club.

### *Lunchtime Activities*

Our school library is open for passive play lunchtime activities or for borrowing books Monday to Thursday. It is a very busy and playful space.

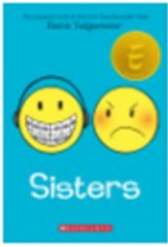


Thank you for your ongoing support of the Library,  
Jenine Hinton  
Teacher Librarian



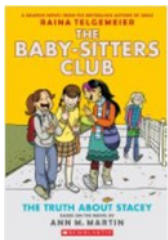
## OLIVER Library - May Book Reviews

Are looking for a good read? Check out the book reviews posted by our talented students in OLIVER Library.



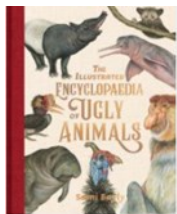
I have this book at home, and I am so glad I do! It is so interesting (and relatable) to read about long car drives with your siblings. The cover is iconic and funny, showing Raina with the braces and headphones, and Amara with the blushing cheeks and frown! It is a graphic novel, which is easy and fun to read! I'm not kidding with the 5 stars!

Matilda Yr5



THE TRUTH ABOUT STACEY IS A WONDERFUL BOOK. STACEY THE MAIN CHARACTER HAS TYPE 2 DIABETES AND CANNOT HAVE ANY SUGAR. SHE HAS BEEN HIDING HER DIABETES FROM EVERYBODY FOR A LONG TIME BUT IN THIS BOOK SHE OPENS UP AND TELLS HER FRIENDS. EVERY CLUB MEETING CLAUDIA HER FIRST STONY BROOK FRIEND SHARES A PACKET OF UNHEALTHY FOOD WITH THE CLUB MEMBERS AND EVERYONE ASKS STACEY WHY SHE DOESN'T EAT THE UNHEALTHY FOODS. STACEY IS SICK OF THIS SO SHE HAS NO CHOICE, TO STOP ASKING HER

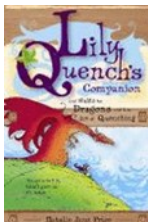
THE SAME QUESTION EVERY WEEK SHE TELLS THEM THE TRUTH. NFP YR4



Have you ever read 'The illustrated encyclopaedia of ugly animals'? I bet you have not, but I definitely suggest you read it, because I have to say, if you are an animal lover like me, you will absolutely love it! These animals are very unique and different in their own kind of way. This book represents animals who are ugly but should be known to exist.

Oh, and it has fantastic illustrations and a great amount of facts and information. If

I were you I would read this book and learn about ugly animals! 👍 😊 Olivia Yr4



This book is amazing because it is helpful to understand the series if you have read the books. It teaches you more about Lily Quench's history of relatives and her opinion on the art of Quenching. I highly recommend this book to readers of the Lily Quench series. Lily Yr4





**3H**

**loves learning maths!**

We can work on our own, with a partner or as part of a group.





# Winston Heights

## Run4Fun

# Colour Explosion

Tuesday 1st June 2021



**Run4Fun Colour Explosion** begins at 1.30pm.

Students can wear mufti with sneakers, a white shirt is preferred. Remember all clothes will get coloured powder on them!

Parents are invited to watch from the safety of the artificial grass at the top of the oval.



# Merit Certificates



## Congratulations!

Well done to these PBL Award winners who have been Safe,  
Respectful & Responsible Learners

Abi, Keira, Georgia, Thomas, Lucas, Justin, Zoey & Aditya

### AWARDED TO

#### WEEK 5

KB : Zoey & Shahzayn  
KE : Paarth & Aliyah  
KL : Abaigeal & Phoenix  
1L : Callum & Theo  
1S : Tegan, Adam, Divij & Josephine  
1/2C : Ava & Harrison  
2F : Ebony & Troy  
2LW : Justin & Anamitra  
3H : Jonah & Penelope  
3P : Victoria & Winnie  
3/4L : James & Olivia  
4M : NFP & Aarvin  
4O : Victoria & Rubie  
5B : Elliot & Thomas  
5/6A : Archie & Elyane  
6G : Cheryl & Roshan  
6N : Kieran & Peyton

**Library:** KE & 4M

**Super Award:** Justin

**RFF/The Studio:** Year 2 and Year 1 & 3P

### AWARDED TO

#### WEEK 6

KB : Leo & Ellie  
KE : Arun & Zachary  
KL : Allegra & Owen  
1L : Addison & Ronia  
1S : Tiffany & Jazz  
1/2C : Jackson & Alessandra  
2F : Victoria & Jake  
2LW : Leo & Daryn  
3H : Harley & Sparsh  
3P : Jessica & Jarrod  
3/4L : Vinara & Lucas  
4M : Aoife & Ava  
4O : Mahan & Brianna  
5B : Jacob & Elijah  
5/6A : Mariam & Thomas  
6G : Harry & Svend  
6N : Sienna & Travis

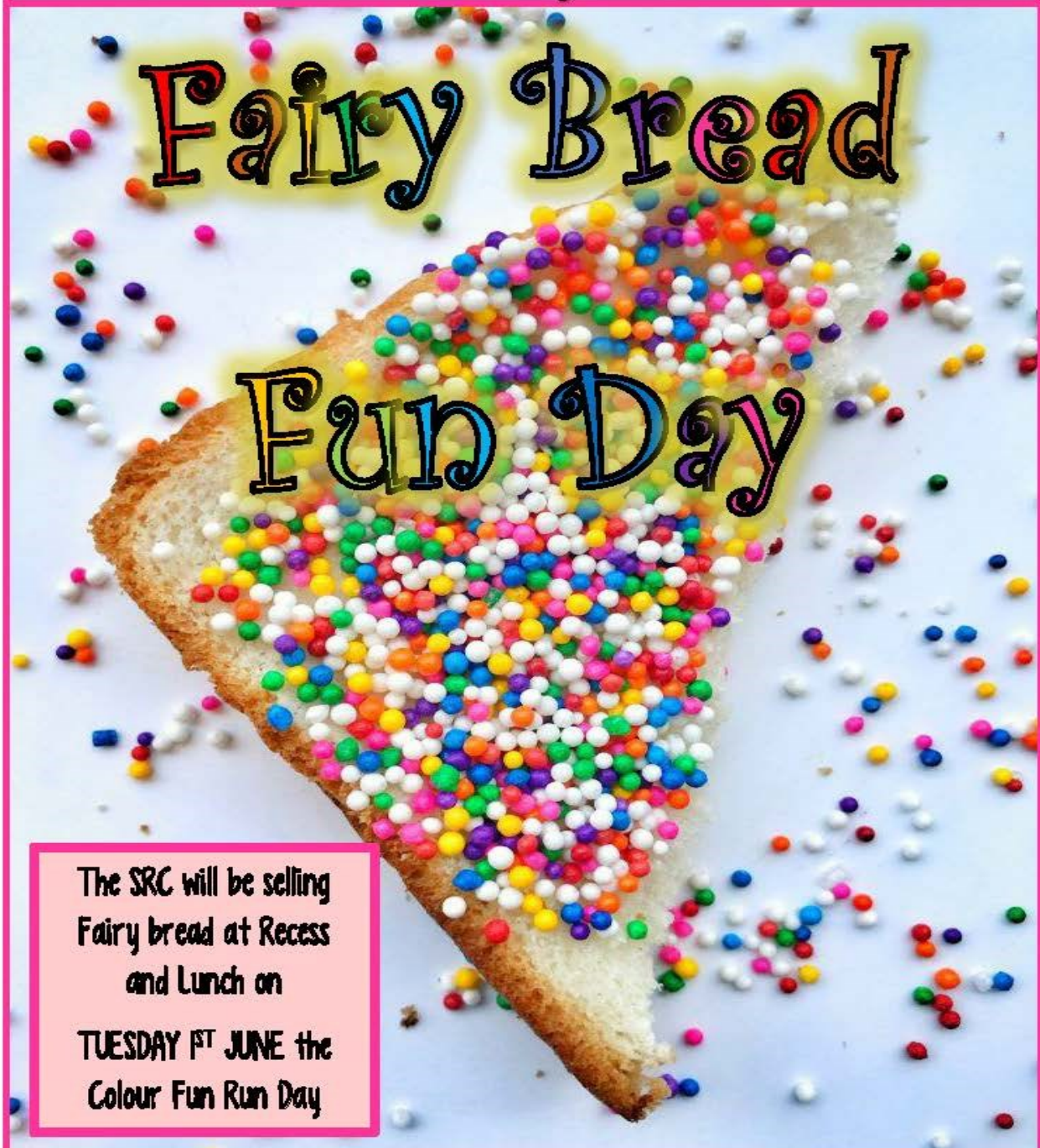
**Library:** 1/2C & 3P

**Super Award:**

**RFF/The Studio:**



Winston Heights Public School  
**STUDENT REPRESENTATIVE COUNCIL**  
are having a . . .



The SRC will be selling  
Fairy bread at Recess  
and Lunch on

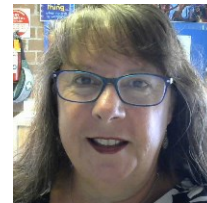
**TUESDAY 1<sup>ST</sup> JUNE** the  
Colour Fun Run Day

50 cents for one triangle (half a slice of bread)

\$1.00 for two triangles (full slice of bread)

Money raised at the Fairy Bread stall will go towards playground toys, equipment & activities.

## Chaplain Chat – Week 6



Hi friends this week, we continue our series on helping your child manage their anxiety, but first, let me recommend this free webinar on the “dos and don’ts of discipline” at the Happy Families site on the 10<sup>th</sup> June at 8pm. I always find this resource to be so clear and worthwhile. [Find all the details and register for free right here.](#)

### Childhood Anxiety 4

Last time, I talked about how you as a parent can model the skill of allowing uncertainty and discomfort to be a normal part of an experience, not an emergency. This can help your family to develop a sense of hope, optimism and strength. Approaching difficult situations with an acceptance that they are difficult (and that worry can be normal and valuable) takes the power out of “worry’s” hands and allows us to plan how we will cope when worry shows up.

No-one likes discomfort, or for their children to feel bad. However, if you look for opportunities to demonstrate your own coping skills, your children will learn from you. Don’t be afraid to seek out unsettling situations, (within reason of course) and then talk about the courage you used, and how pushing through your insecurity turned into success. Then when your child says they are worried, use words like “that sounds like worry talking” or “what can you say back to worry when it says that?” Talking to their worry helps them to step away from their feelings so they can learn emotional management skills.

**Robyn Bowman – School Chaplain**    [robyn.bowman2@det.nsw.edu.au](mailto:robyn.bowman2@det.nsw.edu.au)

### Nutrition Snippet

#### HEALTHY SWAPS.

Check out our [healthy swap section at healthy lunchbox.com.au](#) today!

Click on an unhealthy snack to see some healthy alternatives

Select a snack to see a healthy alternative

...for these healthy snacks instead

For this and more visit:  
[healthy lunchbox.com.au](https://healthy lunchbox.com.au)

**Cancer Council**  
Healthy Lunch Box

### Nutrition Snippet

#### MEAT-FREE MONDAY.

Get your family eating more veg by making Monday 'meat-free'.

Try these meat-free meals:

- [Easy pizza](#)
- [Cauliflower and spinach dahl](#)
- [Tofu soba noodles](#)

Any leftovers can be used in the lunch box the next day!

For these recipes and more visit:  
[healthy lunchbox.com.au](https://healthy lunchbox.com.au)

**Cancer Council**  
Healthy Lunch Box



# STATE OF ORIGIN

## **Mufti Day**

**Wednesday 9<sup>th</sup> June 2021**

**Gold Coin donation**

**Funds raised are for Year 6 Farewell**

**Wear your favourite State of Origin jersey, footy jersey or  
blue and maroon colours with your sneakers**





## Vacancies in Keyboard Program

There are currently spaces available for students in grades 1-6 who would like to join the school keyboard program. Lessons are half an hour, once a week and take place Tuesday-Friday mornings before school. Fees are: 1/2 year \$265 + \$55 music levy + \$20 book. If you would like more information about the program, please contact Sara Wienand on 0413 193 002 or at [keyboardcoordinator.whpsmusic@gmail.com](mailto:keyboardcoordinator.whpsmusic@gmail.com)



WINSTON HEIGHTS PUBLIC SCHOOL

**canteen**

### WEEKS 7 & 8

Date	Recess Orders	Lunch Orders	Over-the-counter sales
Monday, 31 May 2021	Yes	Yes	Yes
Tuesday, 1 June 2021	No	No	Yes-no lunch orders
Wednesday, 2 June 2021	CLOSED		
Thursday, 3 June 2021	Yes	Yes	Yes
Friday, 4 June 2021	No	No	Yes-no lunch orders
Monday, 7 June 2021	Yes	Yes	Yes
Tuesday, 8 June 2021	No	No	Yes-no lunch orders
Wednesday, 9 June 2021	CLOSED		
Thursday, 10 June 2021	Yes	Yes	Yes
Friday, 11 June 2021	No	No	Yes-no lunch orders

# Messages from The Office

- **Thank you Year 6 2020:** A big thank you to our 2020 Year 6 students and families. This month, through their fundraising efforts from last year, we were able to purchase three 3D printers for the Studio. Using the 3D printers, Year 3-6 students guided by the talented Mrs Sim have been producing key rings. Next month the students will be creating toys to sell at the Year 6 mini Fair! This has been an amazing learning process for our students, allowing them to immerse themselves into the world of manufacturing. The aim of the Studio is to provide our students with exposure to new and emerging technologies such as 3D printing. Our 2020 Year 6 students have made this possible! Well done!
- **Run4Fun Colour Explosion Reminder:** Only 2 days left for students to return their sponsor booklets and nominate a prize. All booklets and sponsor money needs to be returned by Tuesday 1st June. The sponsorship booklets were handed out in February. We do have a couple of spares left in the office should students need a replacement. Students can wear mufti on Tuesday with sneakers. For the best effect of colour students are asked to wear a white shirt. Remember all clothes will get the colour powder on them! Parents are invited to watch from 1.30pm. We ask all parents/carers to watch the fun run from the artificial grass area at the top of the oval.
- **SRC Fundraiser:** Fairy bread day will be held next Tuesday 1st June at recess and lunch. 50c for one triangle or \$1 for two triangles.
- We are now taking enrolments for Kindergarten 2022. Enrolment forms are available at the office or you can now enrol online via our website <https://winstonhts-p.schools.nsw.gov.au/> Click on the Enrolment tab then click 'Apply Online'. You will need to provide 100 points of residential identification (this form is located on our website under Permission notes tab), along with student's birth certificate or passport and immunisation statement. If parents were born overseas we will also need to sight your passport and visa.
- **Notes and Money Due:**
  - \* Run4Fun Colour Explosion - Whole School - Sponsor Booklets by 1st June
  - \* Great Aussie Bush Camp - Stage 3 - 2nd Instalment \$80 due by 28th May
  - \* Annual School Fees - Whole School - **OVERDUE**



**Office Hours 8.30am - 3.15pm**

**Mrs Lee Wood, Mrs Rachael Calvar, Mrs Carolyn Leverton  
and Ms Marlaine Schultz**

# Diary Dates

## TERM DATES 2021

**Term 2** - Tuesday 20 April to Friday 25 June

**Term 3** - Tuesday 13 July to Friday 17 September

**Term 4** - Tuesday 5 October to Thursday 16 December

*Please note the following diary dates may be subject to change.*

*Further information will be sent home closer to the event being held.*

### June 2021

<b>Tues 1</b>	Colour Run SRC Fairy Bread Fun Day
<b>Wed 9</b>	State of Origin Mufti Day
<b>Tues 15</b>	Athletics Carnival
<b>Fri 25</b>	Last day of Term 2

### July 2021

<b>Tues 13</b>	<b>Term 3 begins</b>
<b>Mon 26</b>	P&C meeting, 7pm in Staff Room
<b>Mon 26-29</b>	Education Week

### August 2021

<b>Mon 9</b>	Kindergarten excursion
<b>Mon 23</b>	P&C Meeting, 7pm in Staff Room
<b>Mon 23-25</b>	Stage 3 camp
<b>Sat 28th</b>	P&C Trivia Night

### September 2021

<b>Thurs 2</b>	Father's Day Fundraiser
<b>Fri 3</b>	Jersey Day
<b>Sat 4</b>	Council Election BBQ
<b>Sat 11</b>	Working Bee P&C

### October 2021

<b>Tues 12</b>	Sports Photos
<b>Mon 18-Tues 19</b>	Stage 2 camp

### PSSA Sport Calendar

#### Netball

Students leave at 12.10pm

28/5	Bus to Wellgate Ave Kellyville
4/6	Bus to Wellgate Ave Kellyville
11/6	Bus to Wellgate Ave Kellyville
18/6	Bus to Wellgate Ave Kellyville

#### AFL

Students leave at 12.10pm

28/5	Bus to Hills Centenary Park
4/6	Bus to Hills Centenary Park
11/6	Bus to Hills Centenary Park
18/6	Bus to Hills Centenary Park

#### Soccer

Students leave at 12.10pm

28/5	Bus to North Rocks Park
4/6	Walk to Max Ruddock
11/6	Bus to Max Ruddock
18/6	Bus to Ted Horwood

#### Newcombe Ball

Students leave at 12.10pm if not at WHPS

28/5	Bus to Winston Hills Public School
4/6	Bye
11/6	Bus to Northmead
18/6	Home



# P&C News

## Term 2 Week 6



Hi! My name is Roseanne and I am your new P&C President.

I have two children attending Winston Heights and will have another two joining over the coming years.

I have been an active member on both the P&C and canteen committees since joining the school in 2019.

I am excited about taking on this role and look forward to hearing ideas and suggestions to build on the great school we have here at Winston Heights.

As always, any feedback can be sent to [president@winstonheightspandc.com](mailto:president@winstonheightspandc.com)

### P&C Executive Committee 2021

Left to Right

John C - Vice President

Roseanne S - President

Dean L - Secretary

Anand S - Treasurer



## UPCOMING EVENTS

### Term 2

- Athletics Carnival BBQ - Tuesday 15<sup>th</sup> June **Volunteers needed**

### Term 3

- PJ, Popcorn and Popper Day - Thursday 5<sup>th</sup> August
- Billy G's Gourmet Cookie Dough Fundraiser to launch in Week 5
- Trivia Night - Saturday 28<sup>th</sup> August (Please note the date change)
- Father's Day Stall - Thursday 2<sup>nd</sup> September
- Working Bee - Saturday 11<sup>th</sup> September

If you would like to volunteer for any of the above events, please email [event@winstonheightspandc.com.au](mailto:event@winstonheightspandc.com.au)

# P&C News

## Upcoming P&C meeting dates for your diary:

To be held Mondays at 7pm in the staffroom.

- 26 July
- 23 August
- 25 October
- 22 November

All are welcome to attend.



## Healthy Lunch Box recipe

### Layered mixed potato bake.



#### Ingredients

Olive oil spray  
2 large potatoes, peeled & thinly sliced lengthways  
1 large sweet potato, peeled & thinly sliced lengthways  
2 zucchinis, thinly sliced lengthways  
½ cup frozen corn kernels  
½ cup frozen peas  
8 eggs, lightly beaten  
½ cup reduced-fat milk  
½ cup reduced-fat Ricotta  
½ cup reduced-fat tasty cheese, grated  
1 tsp fresh thyme, leaves picked

#### Method

Preheat oven to 180°C. Line and spray a 20cm square cake tin with olive oil.  
Steam the sweet potato and potato until just tender.  
In the base of the cake tin, layer half of the sweet potato followed by half of the potato, then ¼ cup frozen peas and ¼ cup frozen corn. Top with a layer of half the zucchini. Repeat.  
Mix the eggs, milk, ricotta and ¼ cup of the cheese in a jug. Pour over the vegetables. Top with remaining grated cheese and the thyme.  
Bake for 25–30 minutes or until golden and set. Cool for 5 minutes before serving.

For more recipes visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

 **Cancer Council**  
Healthy Lunch Box

## Nutrition Snippet

### WINTER WARMING SOUPS.



**Soups are a great way to eat more veg!**

**Try these winter warmers:**

- Red lentil soup – 3 serves of veg in each bowl
- Veggie pasta soup – 2.5 serves of veg in each bowl

For these recipes and more visit:  
[healthylunchbox.com.au](http://healthylunchbox.com.au)

 **Cancer Council**  
Healthy Lunch Box