



Term 4 Week 1
16 October 2019

Contents

Principal's Message	Page 1
Upcoming Events	Page 3
School News	Page 3
P&C	Page 6
Canteen	Page 6
Uniform Shop	Page 7
Arabanoo	Page 7
Community News	Page 8

Cunninghams

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Balgowlah Heights Public School
Steve Lambley | 0402 859 644
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Principal's Message

Welcome back to Term 4. I trust you and your family had an enjoyable holiday period. During the holidays a number of building projects continued and some completed at our school. The toilets on the Western Campus have now been completed and the new school fence is almost complete.

Significant maintenance work on the school has almost been completed. New soft fall around the play equipment is due for installation during the next fortnight. Further information on these projects will be provided in upcoming newsletters and discussed at our next P&C Meeting to be held on Monday 28 October.

Tell Them From Me Parent Survey

You are invited to participate in the "Tell Them From Me (TTFM)" Partners in Learning Survey designed for parents and carers. This survey focuses on student engagement, wellbeing and effective teaching practices.

Parents and carers are an important and valued part of our school community. We will use survey feedback to make practical improvements and inform school planning. This online survey takes about 15 minutes to complete. It is anonymous and voluntary. The survey closes on Friday (18 October) of this week. We currently have had 29 surveys completed.

If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once. You can access the survey in your own time, between 18 September and 18 October 2019.

Go to the site below on your computer or tablet:

<https://nsw.tellthemfromme.com/balgowlah1>

More information on the Partners in Learning Survey can be found on the NSW Department of Education TTFM website: <https://surveys.cese.nsw.gov.au>

Term Calendar

Included in this week's Newsletter on Page 5 is our Term 4 Calendar.

Term Overviews

This week we will be sending home by email a Term Overview for each grade. The Overview will detail the topics and concepts the students will be studying this term. Please note the Overview is a guide and the topics and concepts may vary.

P&C

The next meeting of the P&C Association will be Monday 28 October, commencing at 7.00pm in the Library. All parents are welcome to attend. Discussion topics for the night include:

- NAPLAN
- Masterplan Update

Working Bee

On Saturday 19 October we will be holding a Working Bee at the school on the Eastern Campus from 9.30am – 1.30pm followed by a barbecue. If you are able to bring any of the following tools it would be appreciated: shovels, small trowels, rakes, wheel barrows, gloves and eye protection. If you are able to attend could you please register at [click here](#). The jobs we hope to undertake on the day are:

- Refresh garden beds
- Create new garden beds
- Spread mulch
- Transplant plants
- Paint brick wall

Year 5 Leadership Day

On Thursday (17 October) of this week all Year 5 students have the opportunity to participate in a Leadership Day. The day will involve activities such as embracing strengths and responsibilities, team problem solving and contributions. An email will be sent to all Year 5 families later this week providing information on our Student School Leadership Opportunities for next year and the processes we will follow.

Selective High Schools 2021

Applications for students in Year 5 who wish to apply for a Selective High School (Year 7) in 2021 are now open. Applications **close on Monday 11 November** and must be completed online. Late applications will not be accepted. An Intention to Apply letter has been emailed to all Year 5 families providing further information.

Bunnings Barbecue Japan Tour 2020

Our school will be holding a barbecue at Bunnings (Balgowlah) on Sunday (20 October 2019) of this week. The proceeds raised by the students will be supporting their Japan Tour in 2020.

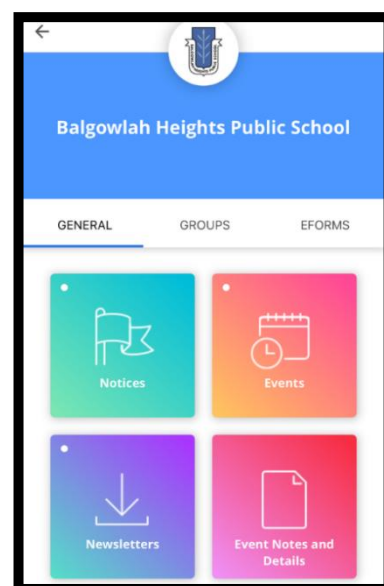
Summer Uniform

The students are requested to wear their summer school uniform as of the beginning of this term.

School App

Our School App is available free of charge and will provide you with information on school events. The app is SkoolBag and is available through the Apple or Android App stores. The app will provide you with the following information:

- Calendar of Events
- Push notifications on reminders for upcoming events
- Push notifications advising you on changed circumstances e.g. PSSA sport cancelled
- School Newsletter
- Canteen link to Flexischools
- Notes
- School Policies



Upcoming Events

Term	Date	Activity	Time
Term 4 Week 2	Monday 21 October	Year 2 Swimming School Years K-1 Assembly	2.00pm
	Tuesday 22 October	Year 2 Swimming School	
	Wednesday 23 October	Kindergarten 2020 Orientation Visit	9.30am - 10.45am
		Year 1 (1W, 1G) Kimbriki Excursion Year 2 Swimming School SRC	2.00pm
	Thursday 24 October	Year 1 (1M, 1CL) Kimbriki Excursion Year 2 Swimming School	
	Friday 25 October	Year 2 Swimming School Summer PSSA Round 8 World Teachers' Day	12.30pm
Term 4 Week 3	Monday 28 October	P&C	7.00pm
	Tuesday 29 October		
	Wednesday 30 October	Opportunity Class Orientation Morning	9.30am
	Thursday 31 October	Kindergarten 2020 Orientation Day 2	9.30am - 10.45am
		Year 2 Band Concert	1.05pm
	Friday 1 November	Summer PSSA Round 9	12.30pm

Have a great Term 4.

David Shuster
Principal

School News

Balgowlah Heights Public School – Kindergarten Orientation 2020

We look forward to meeting the 2020 Kindergarten students and providing them with an opportunity to become familiar with school and the classroom environment. Please contact the school if you have not received information about the Kindergarten Orientation program which is being held on:

- Wednesday 23 October 9:30am – 10:45am
- Thursday 31 October 9:30am – 10:45am
- Monday 11 November 9:30am – 10:45am

School uniforms may be purchased directly after collecting your child on:

- Wednesday 23 October 10:45am – 11:45am (School Hall)
- Thursday 31 October 10:45am – 11:45am (School Hall)
- Monday 11 November 10:45am – 11:45am (Uniform Shop)

Or during the school term: every Tuesday 8.30am – 9.30am and Thursday 2.30pm – 3.30pm.



PBL News

Each week students learn how to be respectful, responsible and try their personal best in specific areas of our school. This week's focus is learning to be respectful in the playground.

Respect	
Learning Intention	Success Criteria
We are learning to be respectful in the playground	<ul style="list-style-type: none">• Put all rubbish in the bin• Eat our own food before we play• Share friends, equipment and space• Include others• Use friendly talk and friendly actions• Be considerate of other people's games

Positive Behaviour for Learning – Celebration Day Tuesday 17 December 2019

Students who are observed being respectful, responsible and demonstrating their personal best during eating time, assemblies, play time and when lining up receive a thumbs up token.

Students use their token to vote for a PBL celebration day. This Term the selected 3 celebration day options include:

- Silly socks
- Music under the COLA
- Dress as a celebrity



The event that has the most tokens will go ahead in Week 10, Tuesday 17 December, to celebrate our school expectations.

Positive Behaviour for Learning Merit Awards

Congratulations to the following students who have achieved their Silver Award for demonstrating the school values of respect, responsibility and personal best. The following students will receive their Silver Award at the next assembly.

- Monday 21 October 2:15pm: Kindergarten and Year 1 students
- Monday 11 November 2:15pm: Year 2 students

Silver Awards		
Kindergarten	Year 1	Year 2
James O'Driscoll (KM) Oliver Swindley (KM) Zachary McCoy (KC)	Charley Fowler (1M) Koen Balangcad-Williams (1W)	Fletcher McGregor (2F) Sara Ackless (2D) Lucas Grant (2L) Maddie O'Driscoll (2L)

Sydney Academy of CHESS

Learn to be a chess champion! Coaching for students at Balgowlah Heights Public School is held for Years 3-6 on Tuesdays from 1.10pm to 1.55pm, starting on 15 October 2019.

Learning and playing chess helps children develop their logical thinking and problem solving skills, improves their concentration and focus, while also being a great source of enjoyment. Activities include group lessons on a demonstration chess board or interactive whiteboard, puzzle solving and fun practice games.

Students earn merit awards by making checkmates, or by displaying skills and positive qualities, which all good chess players strive to develop.

If your child is interested in taking part, you can collect an enrolment form from the school office, or email enrol@sydneyacademyofchess.com.au for a copy. For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.

Balgowlah Heights Public School

Term 4 2019 Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday
October 1	14 Students commence Term 4 Year 2 Swim School Years 3-6 Assembly 2.00pm	15 Year 2 Swim School	16 Year 2 Swim School Sydney North Athletics	17 Year 2 Swim School Year 5 Leadership Day	18 Year 2 Swim School Summer PSSA Round 7 Years 3-6 sports programs commence Parent Tell Them from Me Survey closes 19 School Working Bee 9.30am-1.00pm 20 Bunning BBQ fundraiser for Japan Tour
October 2	21 Year 2 Swim School Years K-1 Assembly 2.00pm	22 Year 2 Swim School	23 Year 2 Swim School Kindergarten Orientation Visit 9.30-10.45am Year 1 (1M,1W) Kimbriki Excursion SRC 2.00pm	24 Year 2 Swim School Year 1 (1G,1CL) Kimbriki Excursion	25 Year 2 Swim School concludes Summer PSSA Round 8 World Teachers' Day
October 3	28 P&C 7.00pm	29 Year 5 Student Leaders Expression of Interest due	30 Opportunity Class 2020 Orientation Day 9.30-11.00am	31 Kindergarten Orientation Visit 9.30-10.45am Year 2 band Concert 1.05pm	1 Summer PSSA Round 9
November 4	4 Years 3-6 Assembly 2.00pm	5	6 State Athletics Year 5 Student Leaders Expression of Interest Presentations	7 School Tour 9.30am State Athletics	8 Summer PSSA Round 10
November 5	11 Remembrance Day Kindergarten Orientation Visit 9.30-10.45am Years K-2 Assembly 2.00pm	12 Year 2 (2F,2J,1/2 2L) Kimbriki Excursion Band Information Evening for Year 2 Parents	13 Year 2 (2D,2E,1/2 2L) Kimbriki Excursion SRC 2.00pm	14 P&C Clothes Swap 6.00-9.00pm String Group Information Night 6.30pm	15 P&C Lunch Container Sale 8.30am Summer PSSA Semi finals
November 6	18 Year 5 Student Leaders Speech Writing	19	20 Year 5 Student Leaders Speech Presentation	21	22 Schools Spectacular
November 7	25 Years 3-6 Assembly (including ICAS Awards) 2.00pm P&C (AGM) 7.00pm	26	27	28	29 Summer PSSA Finals
December 8	2 Years K-2 assembly 2.00pm	3 Christmas Scripture Service Thank You Morning Tea	4 Kindergarten Field of Mars Excursion SRC 2.00pm	5 School Tour 9.30am	6 House Captain 2020 Elections
December 9	9 Recognition Assembly 9.15am	10 Talent Quest Band Performance Night 6.30pm	11 Talent Quest	12 Christmas Carols 9.15am Year 6 Play 11.30am & 1.40pm	13 Student Semester II Reports home
December 10	16 Year 6 Farewell 5.00-9.00pm	17 Thumbs Up Celebration Day	18 Party Day Year 6 Farewell Arch 2.45pm Last day of Term for students	19	20

Term 1 2020-School resumes on Wednesday 29 January for students

Welcome back to school for a busy Term 4!

Uniform Shop volunteers needed for Kindergarten 2020 Orientation

If you can spare an hour to fit uniforms on the new Kindy kids please come and join us! [Click here to register](#). We still need volunteers for Thursday 31 October and Monday 11 November 10.45am to 11.45am

Join our new, interactive P&C Facebook Group

The P&C has created a closed and moderated Facebook Group for all BHPS families to share school community and P&C related information. We hope this new group (linked to the existing Page, which will eventually be phased out) will help families stay up to date with school and P&C news, initiatives and events. We'd like it to be an interactive Group for members to share stories and school community relevant information.



For this to be a useful Group we need lots of members. Please visit [Balgowlah Heights Public School P&C Group](#) and request to join. You will be asked to answer a few simple questions so we can ensure that Group members are connected to the school. These questions will need to be answered before we can approve you as a member. Please also take note of the Group rules when you join. The Group moderators are [Alex Cowie](#), [Alison Pignon](#) and [Diana Worman](#) so feel free to drop us an email if you have any questions.

P&C Meeting

The next P&C Meeting is on Monday 28 October at 7pm in the School Library. We'll send out an agenda shortly. [Click here](#) to read previous 2019 P&C Meeting agendas and minutes.



11 - 17 November is National Recycling Week

Start collecting your lightly worn clothing, shoes, hats, bags and accessories to donate to a sociable school Clothes Swap event in that week (more details to follow).

Of course we'll have our usual Great Lunchbox recycle, plus more environmentally-conscious initiatives.

Working Bee

We'd love to see lots of families at the school Working Bee this Saturday 19 October on the Eastern Campus from 9.30am to 1.30pm. Bring gloves, shovels, trowels, rakes, wheelbarrows and eye protection if you can and enjoy a community vibe with a BBQ and good company.

End of Summer Drinks - Save the Date!

Make sure you've got Friday 21 February 2020 in the diary for our fabulous End of Summer Drinks event being held at Middle Harbour Yacht Club.

P&C Role up for Grabs

We are looking for someone to fill the following vacancy on the P&C team:

- **Band Treasurer** - from the start of next year. Working with Caroline Fechner (Band Manager) and Nicole Larcombe (P&C Treasurer) you will oversee all Band accounts. This role should only take a few occasional hours of your time and would be a huge contribution to the school P&C. Please contact Alison at bhpsvpcomms@gmail.com for more information.

If you have any questions about P&C events or initiatives, or would like to find out how you can get involved (we are always happy to welcome new volunteers and members!) please contact Billie, Alison or Diana on bhpsvpcomms@gmail.com.

The P&C Team

Like us on Facebook at [Balgowlah Heights Public School P & C](#) 

Canteen

Now that we are heading into warmer weather, watermelon is back on the menu for recess or lunch - the kids will love it! Our "Thursday Special" is now Hamburgers! The patties are made right here in the canteen, with love and hidden veggies (carrots and zucchini). Choose the classic burger (with lettuce and tomato) or the plain burger (just meat and sauce). Cheese is an option for both, as is a gluten free bun.

As always, volunteers are most welcome - come in any time. Your help will be much appreciated.

Sanja Vidaic & Kathrine Boulderstone
Canteen Managers

Uniform Shop

Opening Hours: Tuesday 8.30am - 9.30am
Thursday 2.30pm - 3.30pm

Welcome to Term 4 and Summer Uniform!

Kindergarten Orientation Volunteers

If you can spare an hour helping kids with their new Uniforms for Kindy please [click here to register](#).

- **Thursday 31 October** 10.45am - 11.45am (School Hall)
- **Monday 11 November** 10.45am - 11.45am (Uniform Shop)

NEW - Girls Navy Summer Shorts! - to be worn with the BHPS White Polo Shirt.

Loretta Mykityshyn
Uniform Shop Manager
bhpsuniformshop@gmail.com

Arabanoo

Welcome back to Term 4! We can't believe there are only ten weeks until Christmas! A few updates from us ...

Yoga and Mindfulness - Monday Afternoons

We will be running several activities again in Term 4. We need a few more children signed up for Yoga and Mindfulness on Monday afternoons for it to go ahead. Angela has been running these classes at Arabanoo for over 3 years and we get great feedback from parents and children.

Angela provides a nurturing, safe and positive environment for children to come together to connect to themselves and to one and other. Through unique, playful and fun classes they will learn the skills of self-awareness, emotional intelligence, growth mindset, social skills, mindful movement and self-love practices.

Her classes empower children with tools and strategies to cope with day to day challenges such as anxiety, stress, 'busy' life, overwhelm, social difficulties, focus and confidence. Each week the classes are planned to suit the needs of the children within the class.

The children are provided with a supportive and fun environment to explore their mind, breath, body and soul through mindful movement, purposeful interactive games, creativity, mindfulness activities, breathing techniques, guided meditation and relaxation. Please email the Arabanoo office for a booking form.

We are running Musical Theatre, Skater HQ and Unicycling classes in Term 4, forms for these activities are also available at the Arabanoo office.

Animals Onsite Reminder

Please be aware and reminded that Balgowlah Heights Public School is a pet free school and animals (no matter how small or cute) are not permitted on site during School or Arabanoo times please. Thanks for your help with maintaining this moving forward.

Extra-Curricular Activities

If there are any changes to your child's extra-curricular activities in Term 4 please email the Arabanoo office so that we can update our records accordingly.

Vacation Care

We went horse riding, visited the Opera House, rode a tractor at the farm and explored Berry Island Reserve over the last 2 weeks. Any feedback about the activities is appreciated. We are now starting to plan Dec/Jan Vacation Care. If you have any activity suggestions please email the Arabanoo Office.

Lost Property

Our lost property boxes are filled to the brim! If you are missing hats, jackets, other clothes, drink bottles or lunch boxes please stop by the Arabanoo Office and have a rummage through our lost property. Anything not collected by the end of this month will be donated to charity.

Contact Us

T - 0299 486 722

M - 0421 014 308

E - admin@arabanoo.com

W - www.arabanoo.com

Hannah Goodeve

Acting Centre Director

Community



COME PLAY OUR GAME

Come to a FREE afternoon of training for students in Years 4, 5 and 6 and try an Academy sport followed by light refreshments. Narrabeen Sports High School offers professional coaching and world class facilities through our unique specialist Sports Academy.

AFL, Baseball, Basketball, Cheer, Dance, Football, Netball, Rugby All Code, Swimming, Surfing, Tennis, Touch Football

THURSDAY 14 NOVEMBER 2019 3:45PM – 5:00PM

Please RSVP to: <http://bit.ly/CPOG2019>

For more information about the Come Play Our Game afternoon or enrolments, please contact the school office or visit our website.



NARRABEEN SPORTS HIGH SCHOOL
SPORTS ACADEMY



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A 2 DAY FESTIVAL OF MACHINES, ENTERTAINMENT & GOURMET FOOD. 100% PROFITS FOR OUR CHARITIES

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Cure Brain Cancer Foundation
bear cottage

For all the details: [machinesandmacchiatos](https://www.facebook.com/machinesandmacchiatos) machinesandmacchiatos.org

SATURDAY 23 NOV
FROM 3:30PM UNTIL 11:00PM

plus
OUTDOOR BAR
FREE BAND
DRIVE-IN MOVIE
KIDS RIDES
FREE FACEPAINTING
SUPER HERO DRESS-UP
FREE CRAFTING

SUNDAY 24 NOV
FROM 10:00AM UNTIL 3:00PM

HUGE 450+ Show machines on display
BILLY CART
RACE YOURS & OURS
FREE ENTRY

plus
BATMAN & BATMOBILE
FOOD TRUCKS
GO FOR A RIDE IN A CLASSIC CAR
FREE LIVE BANDS
FREE FACE PAINTING
AMUSEMENT RIDES
OUT DOOR BAR
plus loads more...