

# Balgowlah Heights Public School

Excellence and Opportunity



Term 4 Week 2  
23 October 2019

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## Principal's Message

### World Teachers' Day

Our teachers at Balgowlah Heights are a wonderful team who make a difference educating and inspiring our students. World Teachers' Day is an opportunity to acknowledge our teachers and say thanks for the significant contributions they make. World Teachers' Day is Friday (25 October) of this week.

### 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
- School Asbestos Report and action plan

### Tell Them from Me Parent Survey

Thank you to the 113 families who completed our 'Tell Them from Me Survey'. Your feedback is very much appreciated. We will share the results at a future P&C meeting.

### Working Bee

Thank you to the students, parents, staff and community members who assisted at our Working Bee last Saturday. Over 70 helpers allowed us to complete our work on a new native garden behind 1CL and 1G classrooms on the Eastern Campus. Next time you are at school please feel welcome to look at the area being created for the students.



**Cunninghams**

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COMMUNITY

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Balgowlah Heights Public School

Steve Lambley | 0402 859 644  
Jodie Lynch | 0407 955 551



## Band and String Programs

Later this Term a number of events will be held to provide information for families who are interested in their child joining Band and/or the Strings Group next year. Further information is provided on Page 4 of this week's Newsletter.

## Opportunity Class Open Morning

We look forward to our Opportunity Class Open Morning for students commencing in 2020 on Wednesday 30 October from 9.30am - 11.00am.

## Year 5 Leadership Day

The students in Year 5 had a productive and worthwhile Leadership Day last week. As a follow up all students in Year 5 have been provided with information on student leadership opportunities in 2020. This information has also been emailed to Year 5 parents.

## 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

Thank you to the students, parents and staff who assisted with the Bunnings Barbecue last Sunday. A special thank you to Billy Anderson for her work in organising the event.



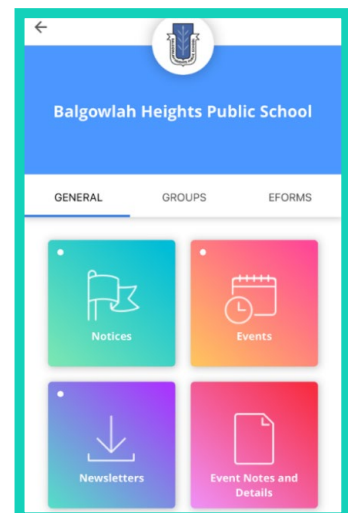
## Drive for the Drought

To assist families in drought affected areas of NSW we are supporting "Drive for Drought". You are welcome to forward non-perishable food or toiletry items to the School Office by Friday 8 November. Further information is on Page 7 under "Community News" of this week's Newsletter.

## 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 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 Year 2 Band Concert	9.30am - 10.45am 1.05pm
	Friday 1 November	Summer PSSA Round 9	12.30pm
Term 4 Week 4	Monday 4 November	Years 3-6 Assembly	2.00pm
	Tuesday 5 November		
	Wednesday 6 November	Year 5 Leader EOI Presentations State Athletics	11.30am
	Thursday 7 November	School Tour State Athletics	9.30am
	Friday 8 November	Summer PSSA Round 10	12.30pm

Have a great week.

**David Shuster**  
Principal

## School News

### Merit Awards

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

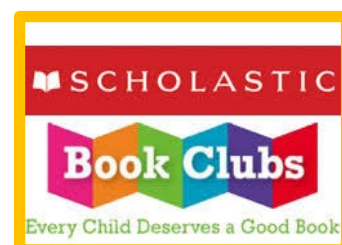
- Monday 4 November 2:15pm: Years 3 to 6 students
- Monday 11 November 2:15pm: Kindergarten, Year 1 and Year 2 students

Silver Awards		
Year 1	Year 2	Year 5
Hugh Young	Camilla Ellis Maeve Auchterlonie Fletcher McGregor Sara Ackless Lucas Grant Maddie O'Driscoll	Finley Vaughan

### Scholastic Books

Due to an issue at the Scholastic Warehouse, last term's Scholastic orders were delivered on an adhoc basis. All children should have their Term 3 orders now (except for those with an item on back order). If you have not received your books please email Brenda Kimball at [Brenda\\_Kimball@hotmail.com](mailto:Brenda_Kimball@hotmail.com).

Term 4 catalogues will be sent home with your child this week. If you would like to order Christmas gifts and do not want it delivered to your child – please email Lisa Mennie at [barmens@bigpond.net.au](mailto:barmens@bigpond.net.au) so that we can arrange an alternative delivery with you when your order arrives.



We are also looking for an additional volunteer for the Scholastic orders in 2020. It takes a morning of your time once a term, with all work done in the Library at school. Please contact Brenda on the above email if you can help out next year.

## Band News

### Join the Band – Invitation to current Year 2 Students

Current Year 2 students are invited to join our wonderful band program next year. Experience the joy of playing an instrument and the fun of being in a band with your friends. Apart from the sense of pride and accomplishment that comes from playing an instrument, there are many other benefits including improved literacy and mathematical skills, better coordination, social development, organisation skills and much more. Learn more about those benefits on our Band Blog - go to <https://www.bhpsband.com/blog>.



Over the next few weeks Year 2 students and parents will have the opportunity to learn more about our excellent band program. Make a diary note to come along to the Band Information Evening on Tuesday 12 November. In the meantime, go to the Band website to learn more about how you can become a Band Member - <https://www.bhpsband.com/joiningband>.

### Strings Information Evening – 2020 Year 1 Students

An information evening is being held on Thursday 14 November at 6.30pm in the hall. Balgowlah Heights Public School currently has two string ensembles - Beginner Strings and a String Ensemble which is made up from students who are also having private instrumental tutoring. Some of the more experienced students recently had the opportunity to perform in the Festival of Instrumental Music at the Sydney Opera House. Students may join the String Ensemble after a year in Beginner Strings or after having had at least 6 months of private lessons. If you have a child interested in learning Violin, Viola or Cello, please come along to the information evening or for more information please email [bhpsstrings@gmail.com](mailto:bhpsstrings@gmail.com).

### Student Achievement

During the recent school holidays Charlie and Alice Sinclair attended the Unicycling Nationals Tournament in Canberra and both came third in Unicycle Hockey - a great achievement to you both.

## P&C

The next meeting is this coming **Monday 28 October at 7pm** in the School Library. The Principal, Mr Shuster, will be presenting NAPLAN and school Masterplan updates. Hope to see lots of you there! [Click here](#) to read previous 2019 P&C Meeting agendas and minutes.

### Uniform Shop volunteers needed for Kindergarten 2020 Orientation

We still need a couple of volunteers for Thursday 31 October and Monday 11 November 10.45am to 11.45am. [Click here to register](#).



### Join our new, interactive P&C Facebook Group

The P&C has created a private, moderated interactive Facebook Group for all BHPS families to share school community and P&C related information. Visit [Balgowlah Heights Public School P&C Group](#) and answer two simple questions when you ask to join so we can ensure that Group members are connected to the school. Please also take note of the Group rules. The Group moderators are [Alex Cowie](#), [Alison Pignon](#) and [Diana Worman](#) so feel free to drop us an email if you have any questions.



### Walking Bus - Drivers Wanted

Want to be a part of our amazing walking bus? If you have a few minutes to spare in the morning, then the BHPS Walking Bus is a great way to get involved with your local community. We are currently looking for drivers for:

- Tuesday morning from the corner of White/Wanganella to school.
- Wednesday morning from the bottom of Ernest Street to school.

Of course, if you are keen to have your child participate, or want to start your own route, please don't hesitate to get in touch. Check out more information on our website here:

<https://balgowlah-p.schools.nsw.gov.au/supporting-our-students/walking-bus.html> or contact Diana with any questions on [bhpswalkingbus@gmail.com](mailto:bhpswalkingbus@gmail.com)

## Clothes Swap evening - Thursday 14 November

Start collecting your lightly worn clothing, shoes, hats, bags and accessories to donate to a sociable school Clothes Swap event for the grown-ups. It's being held during National Recycling Week on **Thursday 14 November from 7pm to 9pm in the School Hall.**

Come and try on nice clothes, drink wine and maybe even have a bidding war on a coveted item! We're asking for just \$10 on the door as a donation towards the P&C when you come.



Clothing waste is the second biggest contributor to climate change in the world so the more clothing we can swap, rehome or recycle the better! All donations can be dropped off to the school office. Please contact [felicity.stevens.aus@gmail.com](mailto:felicity.stevens.aus@gmail.com) if you can lend clothes racks and/or donate any unused clothes hangers for the event. We also need some helpers to help hang the clothes. Please [click here](#) to register your interest in attending and/or helping.

## Working Bee

A huge thanks to the teachers, parents, children and other family members who came to help with the creation of our native garden on the Eastern campus on Saturday. Join our new [BHPS Facebook Group](#) for photos and stories about this and other community events.

## 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 Roles up for Grabs

We are still looking for someone to fill the following vacancies on the P&C team for next year:

- *Band Treasurer* - Working with Caroline Fechner (Band Manager) and Nicole Larcombe (P&C Treasurer) you will oversee all Band accounts.
- *P&C Secretary* - Prepare P&C meeting agendas and minutes, manage the filing on the shared drive and perform adhoc secretarial duties.

These roles 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](mailto: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](mailto:bhpsvpcomms@gmail.com).*

## The P&C Team

Join our Facebook Group at [Balgowlah Heights Public School P&C](#)

## Uniform Shop

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

**Kindergarten Orientation Volunteers Please!** [use this link to Register](#)

- Thursday 31 October from 10.45am - 11.45am (School Hall)
- Monday 11 November from 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](mailto:bhpsuniformshop@gmail.com)

Term 4 is in full swing!

There is a definite buzz in the air and we are loving daylight savings and the extra sunshine! Please read below to find out what's going on at Arabanoo.

### **Children's Week**

We are lucky to have some seriously amazing children at Arabanoo! With so many well-mannered, funny and talented kids with us every day, it got us thinking about how amazing their parents must be and all the hard work they put in behind the scenes! Our moto this week is 'behind every great child is an amazing parent'. On Tuesday morning, we gave away croissants to all our wonderful families! Here's to you guys!

### **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 receive 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 another. 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.

### **2020 Kindy Orientation – Wednesday 23 October 2019**

On Wednesday, we will be talking to parents about next year's enrolment process. If you have another child joining Balgowlah Heights and are wanting to sign up for Arabanoo please give us a call! We are happy to help!

### **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](mailto:admin@arabanoo.com)

W - [www.arabanoo.com](http://www.arabanoo.com)

**Hannah Goodeve**

**Acting Centre Director**

# 29 NOV-1 DEC, 2019 DRIVE FOR DROUGHT

**A Letter from Dr Max & Jeni Zuber**  
**Gladesville Veterinary Hospital**

## Our farmers need your help.

In August this year, our family and friends joined forces to collect household items to support the Tamworth region. While we were there, we met a local group called "Doing It for Our Farmers". For 18 months, they have been valiantly trying to **support 200 local farmers** struggling to survive in the drought-stricken region.

We are now developing plans for **"Drive for Drought"** to Dubbo and Tamworth. We need other like-minded people to **join us to support more of the farming community** in rural NSW.

## How Can You Get Involved?

### Household Item Donations

We are collecting the household items listed to the right. If you would like to donate, please give these items to your veterinary clinic for collection by the 18<sup>th</sup> of November.

### Join us on the Drive For Drought

We'd love for you to join us on the road! All vehicles, fuel and accommodation will need to be organised and paid for by the participants.

We need your help. Please join us in our Drive for Drought to bring some much-needed support and relief to our NSW farming friends doing it tough.

Thank you for your support,

Dr Max & Jeni Zuber

## Items to Donate

Bottled water, cereals, spreads, tinned hams, tinned tuna, sauces, tinned vegetables, tea, coffee, microwavable rice, pasta, cordials...

Toothpastes, toothbrushes, shaving cream, brushes, soaps, deodorants, dry shampoos, sanitary items, razors, mouthwashes, hand sanitizers, lipsticks, foundations, socks...

Aluminum foil, biscuits, chocolate, gluten free goods, animal foods, Christmas gifts...

Dog & cat food, equine food, chicken food, lick blocks, worming paste, flea/tick control, cattle and sheep feed...

If you do wish to participate or if have any queries, then please contact Jeni Zuber:

### Call

0400 007 450

### Email

[dizzyzuber@yahoo.com.au](mailto:dizzyzuber@yahoo.com.au)

## PLEASE NOTE:

We are not a registered charity. Your donations will not be tax deductible. Please contact Jeni Zuber directly if you would like to make a monetary donation.



# Saturday 26th October FAIR TRADE MARKETS

All Saints Anglican Church  
18 Boyle St Balgowlah

9am - 2pm



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ABN 93 049 724 409



## Dalwood Jumble Sale Sat Nov 23rd

21 Dalwood Avenue Seaforth  
Parking at rear via Calicoma Rd

**08:30am until 12:30pm**

Bric-a-Brac, Jewellery, Books, Craft,  
Toys & Bikes, Sporting Goods, Cakes,  
Ladies and Children's Clothing, Men's  
Shed – Camping, Tools, Auto etc

Devonshire Teas and BBQ Available  
all morning.

All proceeds to Children's Services at  
Dalwood

T 02 9951 0300 [www.dalwood.com.au](http://www.dalwood.com.au) or [www.dalwoodauxiliary.com.au](http://www.dalwoodauxiliary.com.au)  
f Dalwood Auxiliary Seaforth

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



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

