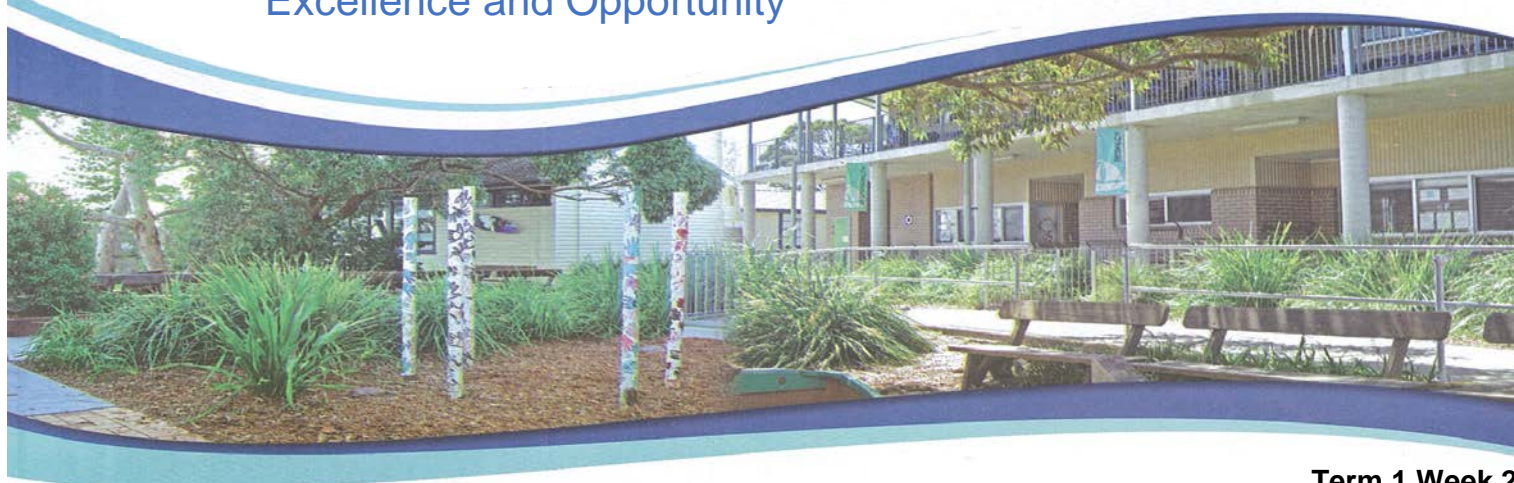


# Balgowlah Heights Public School

Excellence and Opportunity



**Term 1 Week 2**  
**6 February 2019**

## SCHOOL EVENTS

**Monday 11 February**  
P&C Meeting at 7pm

**Monday 18 February**  
K-2 Assembly School Hall at 2pm

**Tuesday 5 March**  
3-6 Swimming Carnival  
Manly Swim Centre

**Monday 11 March**  
Zone Swimming Carnival  
Manly Swim Centre



**Cunninghams**



Proud Diamond Sponsor of  
Balgowlah Heights Public School

**IN YOUR COMMUNITY**  
Steve Lambley | 0402 899 644  
Jane Thompson | 0410 526 224  
Jodie Lynch | 0407 955 551

Cunninghams



## Principal's Message

### Welcome to 2019

I trust your child has had an enjoyable and positive beginning to the new school year. If you require information at any time during the year you are welcome to contact the school. Appointments with teachers or me may be made through the office. Please note the teachers have professional meetings every Wednesday morning 8.15 - 8.45am and Tuesday afternoon from 3.15 - 4.15pm.

### Welcome Kindergarten

A warm welcome to our 104 kindergarten students who commenced school this week on Tuesday. The kindergarten students will commence full days as of Monday 11 February 2019.

### Parent/Teacher Information Nights

Parent/Teacher Information Nights will be held in the near future to welcome you and provide a range of information. The Information Nights will be held on the following days:

- Kindergarten Monday 18 February 6.00pm
- Year 1 Thursday 21 February 6.00pm
- Year 2 Thursday 21 February 6.30pm
- Year 3 Tuesday 19 February 6.00pm
- Year 4 Tuesday 19 February 6.30pm
- Year 5 Thursday 21 February 6.00pm
- Year 6 Thursday 21 February 6.30pm

### School Captains/Vice Captains/Leaders

Congratulations to the following students who will be part of the Student Leadership Team for 2019.

School Captains	Alexander Harvey	Makia Bailey
School Vice Captains	Samuel Cloke	Kiara Sloan
School Leaders	Larnach Black Max Byron Liam Llewellyn Olly McDonald	Zara Lee Alisa Tantisuwannakul Harriet Wessling Michaela Woerlee

Elections for House Captains and Vice captains will be completed by Friday 15 February 2019.

### P&C

The first meeting of the P&C Meeting will be held on Monday 11 February at 7.00pm in the Library. All parents are very welcome to attend. Discussion topics for this meeting include:

- Meet the new Principal
- PBL Award system

## Uniform

Thank you for your support by ensuring your child/ren wear their Balgowlah Heights uniform each day. The students wearing their school hat and black shoes, along with other items of the uniform look fantastic.

## Swimming Carnival

We look forward to our Swimming Carnival to be held at Boy Charlton (Manly) Pool on Tuesday 5 March. Information and permission notes will be sent home in the near future. The students may enter races in freestyle, backstroke, breaststroke and butterfly. It is also a great opportunity to show our house spirit and support all the students. This year all students in Years 3-6 will attend the carnival as we will be holding novelty events in a smaller pool. Parents and friends are welcome to attend the carnival.

## School Photographs

School photographs will be held on Monday 25 February, Wednesday 27 February and Thursday 28 February 2019. Further information will be provided in the near future.

## Anaphylaxis

As part of our school and Department of Education Anaphylaxis Policy we thank you for your assistance by providing recess and lunch that does not involve peanut based products. If you require further information please contact the school.

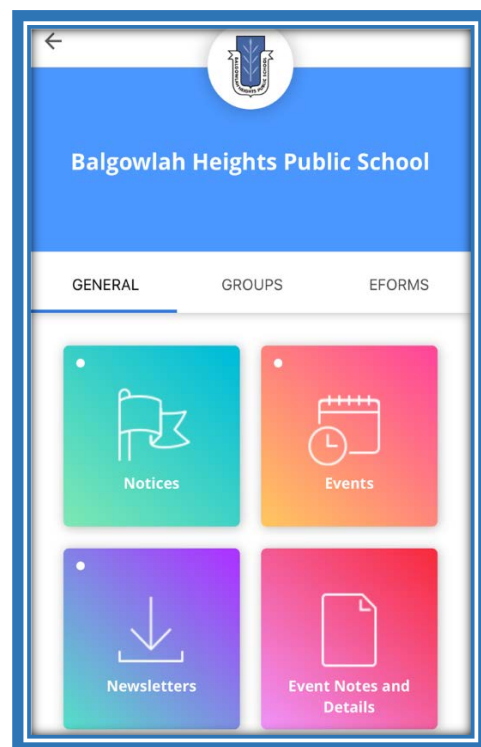
## Canteen

Our canteen has commenced operation for the year. If you wish to order lunch could you please change your child's class on Flexischools to this year's grouping.

## 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



## Northern Beaches Secondary College-Year 7 Talented Academic Placement Test 2020 Intake & Forest High GATS Test

Information is provided on Page 4 and 5 of this week's Newsletter in regards to the Northern Beaches Secondary College Year 7 Talented Academic Placement Test and Forest High GATS Test for 2020.

## Upcoming Events

DATE	ACTIVITY	TIME
Monday 11 February	Kindergarten commences full days SportsPro (Years 5 and 6) P&C	7.00pm
Tuesday 12 February	Concert Band	7.45am
Wednesday 13 February	Senior Band Junior Band	7.45am 1.00pm
Thursday 14 February	Concert Band Junior Band	1.00pm 3.05pm
Friday 15 February	Senior Band	7.45am
Monday 18 February	SportsPro (Years 5 and 6) K-2 Assembly Kindergarten Parent/Teacher information Nights	2.00pm 6.00pm
Tuesday 19 February	Concert Band Year 3 Parent/Teacher Information Nights Year 4 Parent/Teacher information Nights	7.45am 6.00pm 6.30pm
Wednesday 20 February	Senior Band Junior Band	7.45am 1.00pm
Thursday 21 February	Concert Band Junior Band Year 1 Parent/Teacher information Night Year 2 Parent/Teacher Information Night Year 5 Parent /Teacher Information Nights Year 6 Parent/Teacher Information Nights	1.00pm 3.05pm 6.00pm 6.30pm 6.00pm 6.30pm
Friday 22 February	Senior Band PSSA Summer competition commences	7.45am

Have a great week.

**David Shuster**  
Principal

## School News

### Reading with your child at home

Reading has always been an important skill.

In our modern world it is more important than ever. Children learn about the importance of reading as they watch family members use reading and writing for everyday purposes.

When they see you reading and writing in everyday life -reading for pleasure, using a recipe, making a shopping list, writing a birthday card or reading street signs it reinforces that that reading and writing are useful skills in today's world and models important life skills.



### Hints for reading with your child

1. Before reading, talk about the cover, the title, the pictures, and discuss what the book may be about.
2. During reading, discuss what has been read up to that point, and imagine what will happen next time.
3. After reading is finished, talk and ask questions about the story and the pictures.
4. When reading a harder book together, take turns. Beginning readers can read the repetitive parts and more experienced readers can read a paragraph or a page.
5. On finding an unknown word:

**Pause** - give your child time to work out the word

**Prompt** – go back to the beginning of the sentence, or read past the difficult word to the end of the sentence. – look for a clue in the picture or the words – look at the first letter and think about what the words could be – ask “Does this make sense?” – try to sound out the word – if necessary tell your child the word

**Praise** - for trying even if mistakes are made

## What to read and do

1. Tell and re-tell stories of all kinds including favourite stories, fairy tales, movie plots, local news items and family history.
2. Ask your child to read out simple recipes while you cook together.
3. Read comics, magazines, short stories, poems and rhymes, including nursery rhymes.
4. Do crosswords and other word puzzles together.
5. Read the TV guide before watching a program.
6. Look at letterbox leaflets together.
7. Read directions and signs when driving and shopping.
8. Read and write notes and letters to family members.
9. Play board games together and read the rules.
10. Provide plastic letters, crayons, pencils, pens and writing paper.

## BHPS Instrumental Programs – Register to Join

We would like to invite students in Years 3 – 6 to join our excellent band program. Being a member of large team like a band is an enjoyable, social experience, benefiting children in many ways. There is also compelling evidence for how playing an instrument benefits brain development. You may wish to [view this short video](#) which explains the long-term positive effects on the brain. Please register your interest by sending an e-mail to [bhpsconcertband@optusnet.com.au](mailto:bhpsconcertband@optusnet.com.au).


## String Ensemble – Years 3 – 6 Expressions of interest

If you play a string instrument and would like to know more about joining our String Ensemble please contact us via [bhpsstrings@gmail.com](mailto:bhpsstrings@gmail.com).

Find out more about our instrumental programs via the website – [www.bhpsband.com](http://www.bhpsband.com).

**Diary Date – Saturday 23 March and Sunday 24 March: BHPS Band Camp.**

**Megan Holland**  
**Deputy Principal**



**Year 7 Talented Academic Placement Test - 2020 Intake**

Placement in the Year 7 Talented Academic classes for Year 7, 2020 at NBSC Balgowlah Boys, NBSC Cromer Campus and NBSC Mackellar Girls Campus is based on supporting evidence of eligibility including the results achieved in the ACER Academic Placement Test. Details are available as follows:

**Application Forms**

Application forms can be downloaded from the Northern Beaches Secondary College website [www.nbscollege-m.school@det.nsw.edu.au](http://www.nbscollege-m.school@det.nsw.edu.au) then go to Curriculum Opportunities/Yr 7 Academic Placement

**CLOSING DATE FOR APPLICATIONS**

**NBSC Mackellar Girls Campus**  
Friday 22<sup>nd</sup> February, 2019 by 4.00pm

**NBSC Balgowlah Boys Campus and NBSC Cromer Campus**  
Thursday 28<sup>th</sup> February, 2019 by 4.00pm

Students **must** sit the test at the campus they wish to attend in 2020:

- **NBSC Balgowlah Boys Campus** – 27 Maretimo St, Balgowlah
- **NBSC Cromer Campus** – 120 South Creek Rd, Cromer
- **NBSC Mackellar Girls Campus** – 11 Campbell Pde, Manly Vale

**Test Date: Thursday 21<sup>st</sup> March 2019 at 9.00am**

For further clarification regarding the Academic Placement Test, please contact:

**Sandra Bonello – Phone: 9939 7348**  
NBSC Administration Centre

**Other Talented Year 7 Programs**

For information regarding other talented programs, visit the relevant campus websites:

NBSC Balgowlah Boys Campus [www.nbscblgb-h.schools.nsw.edu.au](http://www.nbscblgb-h.schools.nsw.edu.au)  
(Talented Academic and Music Programs)

NBSC Cromer Campus [www.nbsccromer-h.schools.nsw.edu.au](http://www.nbsccromer-h.schools.nsw.edu.au)  
(Talented Academic and Music Programs)

NBSC Mackellar Girls Campus [www.nbscmgirls-h.schools.nsw.edu.au](http://www.nbscmgirls-h.schools.nsw.edu.au)  
(Talented Academic, Athlete, Dance, Music and Visual Art Programs)



**PRINCIPAL**  
Ms Rosemary McDowall  
BA, Dip Ed, B.Ed



**DEPUTY PRINCIPAL**  
Ms Cathryn Thompson B.Ed  
Mr Mathew Finley B.Ed

## **THE FOREST HIGH SCHOOL – GATS TEST, OPEN NIGHT & MEET THE PRINCIPAL DATES**

The Forest High School will be holding our **GATS (General Achievement) Test** on the following date:

**Saturday 9<sup>th</sup> March from 9.00am to 11.30am**

Testing will take place in the school hall. If you are unable to attend on this date a reserve session will also be held on **Monday 11<sup>th</sup> March from 4.00pm to 6.30pm**

Students wishing to be placed in our Gifted and Talented class for Year 7 2020 must first sit for this test. The Year 7 G&T class for Year 7 2020 will be determined after close examination of the test results and the students' NAPLAN results from Year 5. The cost of the test is \$40.00, payable on the day in cash only. Students are to bring a 2B or B pencil, an eraser and a ruler. No calculators or dictionaries can be used.

The test consists of three parts:

Part 1 – Mathematics – 40 multiple-choice questions

Part 2 – Reading and Language – 40 multiple-choice questions

Part 3 – One writing task

Students are requested to arrive at The Forest High School **by 8.45am for a 9.00am start** or **by 3.45pm for a 4.00pm start**. They are also requested to bring a copy of their NAPLAN results on the day of the test. **If you would like your child to sit for this test please ring The Forest High School on 9451 5111 to register. Please register by Friday 1st March.**

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### **OPEN NIGHT – Wednesday 6<sup>th</sup> March 2019 from 5.30pm to 8.00pm**

Parents and students are invited to attend The Forest High School Open Night

The evening includes an address from the Principal & School Captains; displays & activities from each faculty; school tours; music, dance & drama performances; teachers & parents will be available to answer questions.

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### **MEET THE PRINCIPAL – dates for 2019**

Our informal Meet The Principal sessions give parents and students who are interested in coming to The Forest High School the opportunity to meet with our Principal Ms Rosemary McDowall, have a school tour and ask any questions you may have about The Forest High School and starting high school.

Call the School Office on 9451 5111 to book a place or just come to the School Office at 9am on the day

**Monday 18th February – 9am**

**Monday 18th March – 9am**

**Monday 13th May – 9am**

**Monday 5<sup>th</sup> August – 9am**

**Monday 28th October – 9am**

## STUDENT ACHIEVEMENTS



Annabel Lynch (6L) has been selected in the Sydney Swans Academy in the 2019 U12 Youth Girls Academy program.



Sienna Rivers (6C) and Annabel Lynch (6L) won Silver at the recent Australian Water Polo Championships held in Brisbane in January. They were part of the Sydney Northern Beaches Breakers U12 Girl's Water Polo Team and competed against teams from all over Australia. At full-time it was a draw so it then went to penalties. As a result they were runners-up at Nationals.

## P&C

**Don't miss the first P&C meeting on Monday 11 February at 7pm** in the School Library. See the agenda below:

- PBL Rewards System presentation by the school
- School update from David Shuster, Principal
- P&C Draft Budget 2019
- Update on upcoming fundraising events
- Update on Road Safety
- Arabanoo, canteen, uniform shop and band updates
- Update from environment/sustainability team
- Voting in new VP Services
- AOB

Are you keen to attend the P&C meetings but find that childcare is an issue? We are considering the option of a crèche service for future meetings to enable more parents to attend and we would like to gauge parent interest. Please contact Alison at [bhpsvpcomms@gmail.com](mailto:bhpsvpcomms@gmail.com) to register your interest.

**Summer Drinks Saturday 23 February** - A few tickets are still available via [Flexischools](https://www.flexischools.com.au).



### Kindy Welcome Drinks - Friday 8 March

Come and enjoy a welcome drink and canapes at the [Balgowlah RSL](https://www.balgowlahrsl.com.au) on **Friday 8 March** at 7.30pm. This is such a great opportunity to meet new people and make some friends for life! Tickets are available on [Flexischools](https://www.flexischools.com.au).



**Bally Bolt early bird registrations now open!**

Drum roll!!! You can now register for the Bally Bolt fun run on **Sunday 17 March**. Early bird rates are available until 25 February for both the 2.7km and the 5km at [www.ballybolt.com](http://www.ballybolt.com). Bally Bolt is a fun community and charity event generously supported by our local sponsors, Balgowlah RSL and Cunninghams Real Estate and by our local community. The routes take you on closed streets around the local Balgowlah Heights area and Tania Park. We have improved the course so it is less steep, and included timing chips for those running the 5km.

As well as raising valuable funds for our school, the P&C is also using this community event to raise funds for the proposed Young Adult Hospice which will be built on the site of Manly Hospital. You can register and find out lots more information on our brand new website [www.ballybolt.com](http://www.ballybolt.com) and our Facebook event page: <https://www.facebook.com/events/302550343791603/>

For a taster, watch the video from last year's race [here](#). We are looking for volunteers to help us with making this awesome community event happen - any time you can spare would be helpful. Please email [Diana](#) to find out more.



### Walking Bus - resuming this week

Welcome back to all our walking bus drivers and riders. This year we want to make the walking bus bigger and better so why not think about getting involved - either as a volunteer or participant? Walking to school is a great way to start the morning for children, not only the benefits of exercise but it's a great way to make friends and meet your local community. The Bus is also a key part of our plan to reduce traffic congestion around the school and improve our overall road safety. Just a reminder, so far this term we are operating three routes:

Route 1 - Departing the bottom of Ernest Street (Wednesday morning)

Route 2 - Departing from Willawa Street (Wednesday morning)

Route 3 - Departing from corner of White/Wanganella (Tuesday and Friday morning)

If you would like to join these routes please email Diana at [bhpswalkingbus@gmail.com](mailto:bhpswalkingbus@gmail.com) to sign up. We are always looking for new volunteers, either to join an existing route, or start your own. It's very easy to get started. Drop Diana a line to find out more.

### School Banking

Commonwealth Bank school banking starts on Tuesday 12 February. Students hand in their deposit books and money to their teacher on Tuesday mornings. All new Youthsaver accounts need to be opened directly with the Commonwealth Bank. Find more information at <https://www.commbank.com.au/banking/school-banking.html>

New student banking volunteers are always welcome. It's just two or three times per term on Tuesday mornings from 9:15-10:15am and involves counting the money and sorting it into coin bags to be sent to CBA. If you are interested, please contact Billy Anderson at [billyknudsen3@gmail.com](mailto:billyknudsen3@gmail.com).

### Class Coordinator Callout Years 1 to 6

Class Coordinators are integral to helping the P&C and the teachers communicate with parents. Please consider if you can sign up for this role for your class for a couple of terms. It is a huge help to everyone. If you have a child in Years 1 to 6: [Click here to put your name down for your class](#) (note the role now spans half the year, i.e. two terms).

**Please note** you can also come to the Hall on the western campus tomorrow (Thursday 7 February) to sign up in person if you prefer and if you would like to sign up for other P&C volunteering roles (e.g. Trivia Night, Gardening Club, Banking, Ethics etc.). A couple of P&C members will be there to greet you warmly!

### New to the school and want to make sure you don't miss out on all the P&C comms?

Please make sure you sign up for Skoolbag and also send an email to Alison at [bhpsvpcomms@gmail.com](mailto:bhpsvpcomms@gmail.com) and we'll make sure you are on your class mailing list to receive the 'In the Loop' weekly email P&C Newsletter.

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



**The P&C Team**

## Uniform Shop

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

**Year 6 Parents - 2019 Leaver Jackets** are now available to order through Flexischools or at the Uniform Shop. Orders **Close Friday 8 February**, this item **will not** be available after this date.

**We need you!** : Just **1 hour** of your time any **Thursday 2.30pm - 3.30pm**, please let me know if you can help out at [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)

**What's New!** : **Girls Navy Summer Shorts** - Available now at the Uniform Shop and Flexischools.

**Loretta Mykityshyn**  
**Uniform Shop Manager**  
[bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)

## Canteen

Remember from next Monday 11 February, the new **cut-off time** for Flexischools lunch orders will be **8.45am**.

We will start the \$1 deposit scheme on reusable cups from next week. Please give your child an extra \$1 to buy a milo or rice cup, which will be returned to them when they return the reusable cups to the canteen. Thank you for supporting us with this initiative.

Click here to sign up for a canteen volunteer slot: <http://signup.com/go/yaQUgsw>

**Sanja Vidaic & Kathrine Boulderstone**  
**Canteen Managers**

## Arabanoo

### Absences

Please let us know if your child is not attending Arabanoo. You can notify us via the My Family Lounge app, email or call us.

### Breakfast Times - 8:15 cut off

Please remember we stop serving the breakfast special at 8:15am.

### Extra Curricular Activities - New 2019 Forms needed

If your child is attending an extra-curricular activity during their time at Arabanoo (AM or PM) we require an extra-curricular activities form to be completed. Contact the Office for forms.

### After School Activities - Book in for Term 1

Still spaces available on Yoga, Musical Theatre, Skater HQ and Uni Cycling, all starting next week. Contact the Office for booking forms.

### Contact Us

Email: [admin@arabanoo.com](mailto:admin@arabanoo.com)  
Phone: 02 9948 6722

As always, please contact the Arabanoo office if you have any questions.

**Rowan Friend**  
**The Arabanoo Team**





**Lifeline Northern Beaches Giant Book Fair: 22<sup>nd</sup> to 24<sup>th</sup> February 2019**

**Venue:** Ted Blackwood Hall  
Cnr Jacksons & Boondah Rds  
Warriewood

**Dates/Times:** Friday 22<sup>nd</sup> February 12pm – 8pm  
Saturday 23<sup>rd</sup> February 9am – 5pm  
Sunday 24<sup>th</sup> February 9am – 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 all the books we also have a wide selection of puzzles, jig saws, games, CD, DVDs, vinyls etc so there's something for everyone!

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14) with a focus on suicide prevention, provides a lot of other services to our community, including 24 hour counselling, 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

This is our first Book Fair for 2019 and with the holidays behind us it's a great opportunity to pick up a bargain.

You can also catch us on Facebook at: Lifeline Northern Beaches – book life



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