

Balgowlah Heights Public School

Excellence and Opportunity



Term 1 Week 7
13 March 2019

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Cunninghams

IN YOUR COMMUNITY

Proud Diamond Sponsor of
Balgowlah Heights Public School
Steve Lambley | 0402 859 644
Jodie Lynch | 0407 955 551



Principal's Message

School Invoices

School Invoices were sent home recently detailing program fees which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. It would be appreciated if payments could be finalised by this Friday (15 March 2019).

P&C

The next meeting of the P&C will be Monday 18 March, commencing at 7.00pm in the library. All parents are welcome to attend. Discussion topics for the meeting include:

- 2019 School Priorities
- Japanese Program

National Day Against Bullying

This year we will be participating in the 9th National Day of Action against Bullying and Violence which will be held on Friday 15 March 2019. We will be joining with other schools in support of positive learning environments and in sending a very clear message, that bullying and violence are never okay. The day will provide an opportunity for us to focus on bullying and the big changes we can make to create safer communities for everyone. Let's Take a Stand Together. As part of this day the students will have the opportunity to take the following pledge against bullying and what this means.

Balgowlah Heights Public School Pledge against Bullying

I believe that everybody has the right to live in a community where they feel safe, included, valued and accepted regardless of differences.

- I will treat others with RESPECT and KINDNESS.
- I will have the COURAGE to not be a bystander.
- It is my RESPONSIBILITY to help others being bullied and to report bullying.

NAPLAN

Students in Years 3 and 5 at our school will participate in the National Assessment Program-Literacy and Numeracy (NAPLAN) commencing on Tuesday 14 May. The tests are in reading, writing, conventions of language (Spelling, grammar and punctuation) and numeracy. An Information Sheet will be emailed to parents who have students in Years 3 or 5 in the near future. We will also be holding a NAPLAN Information session for parents of Year 3 students on Tuesday 9 April. Further information will be provided on this session in the near future.

Parent/Teacher Interviews

We will be holding Parent/Teacher Interviews the fortnight commencing Monday 25 March. This will be a valuable opportunity to discuss how your child has settled into the new school year, share with you assessment information and areas of focus for the future. We will be using an online booking system for interviews.

For parents who do not have internet access please contact the office with a choice of two preferred booking times.

Bookings open: Monday 18 March 9.00am

Bookings close: Friday 22 March 3.00pm

URL: www.schoolinterviews.com.au

Event code: xxccs

1. Enter your details
2. Select the teachers you wish to see
3. Select the appointment times that suit you best

When you click 'finish', your interview timetable will be emailed to you automatically. You can return to www.schoolinterviews.com.au at any time and change your interviews until Friday 22 March (3.00pm).

Swimming Carnival

Congratulations to all of the students who participated in events at our recent swimming carnival. Results of the Carnival are published in this week's newsletter. Students who were placed will be presented with their ribbon at our next year's 3-6 Assembly on Monday 25 March, commencing at 2.00pm. Parents are welcome to attend this assembly.

Year 6 to Year 7 Enrolment 2020

Enrolment Forms for high school in 2020 are due for return by Tuesday (19 March) of next week.

Opportunity Class and Selective High School Information Session for Parents

We will be holding an Information Session for Parents on Opportunity Classes and Selective High Schools on Monday 18 March at 3.30pm.

Bally Bolt

We look forward to the Bally Bolt which will be held this Sunday 17 March.

Further information is on page 9 of this Newsletter.



Specialist Education Programs

On page 4 of this week's Newsletter is information on our Library program for this year.

Harmony Day

This year we will be celebrating Harmony Day at our school on Thursday 21 March. Harmony Day is a day to celebrate Australian multiculturalism. It is about inclusiveness, respect and belonging. To help celebrate this day we will be undertaking a number of special activities. Further information is on page 8 of this Newsletter.

National Youth Leader Day

A number of the Year 6 student leaders attended the National Youth Leader Day this week. The students listened and engaged with a number of motivational speakers such as Cate Campbell and Holly Thurling who shared their experiences and wisdom. Thank you to the parents who helped transport on the day.



School Environmental Management Plan

Next week the students in Years 3-6 will be undertaking a range of activities as part of updating our school SEMP. One of the activities is viewing a video clip titled "Blue". This video is rated "PG".

If you do not want your child to view "Blue" would you please inform the School.

Buddy Classes

Each year we have a Year's 3-6 class match with a Year's K-2 class to undertake a range of activities such as making Easter Hats, Sports, Literacy activities. Our buddy classes for this year are detailed below:

Years K-2 Classes	Years 3-6 Classes
KC	5L
KD	6C
KE	6/5V
KM	6L
KRA	6S
1CL	3K
1G	3M
1M	3R
1W	5D
2D	5P
2E	4CB
2F	4D
2J	4MC
2L	3S

Upcoming Events

	Date	Activity	Time
Term 1 Week 8	Monday 18 March	SportsPro (Years 3 and 4) OC/Selective High Information Session for Parents P&C	3.30pm 7.00pm
	Tuesday 19 March	High School forms due for return	
	Wednesday 20 March		
	Thursday 21 March	Harmony Day	
	Friday 22 March	PSSA Round 5 Year 6 Surf Skills and Volleyball	
	Saturday 23 and Sunday 24 March	Band Camp	
Term 1 Week 9	Monday 25 March	SportsPro (Years 1 and 2) Years K-2 Assembly	2.00pm
	Tuesday 26 March		
	Wednesday 27 March		
	Thursday 28 March	School Tour Sydney North swimming	9.30am
	Friday 29 March		

Have a great week.

David Shuster
Principal



Tell Them From Me Survey

Students in Year 3-6 will be completing the Tell Them From Me student survey over the coming weeks. The survey is designed to measure, assess and report insights from the student point of view at the school and system levels and focuses on student wellbeing, engagement and effective teaching practices.

Information about the survey was emailed to families last week with an option for students not to participate. If you require further information about the survey please contact the school.

Selective High School and Opportunity Class Information Session

An information session for Parents on applying for Opportunity Class and Selective High School placement will be held on Monday 18 March at 3.30pm in the Library. The session will provide information about:

- how Opportunity Classes and Selective High Schools differ from mainstream programs
- how to apply for entry
- how students are selected for entry (school scores and the test)
- important dates and timelines

For further information please contact the school.



Last week students in Years 3-6 were requested to complete an expression of interest for participation in the ICAS Competitions.

The competitions encourage students to attain greater academic success and to think beyond the classroom learning. For information about the competitions please see your child's class teacher.

Expression of Interest due **Friday 15 March 2019**.



Information for Year 3 and Year 5 Parents and Carers

Federal, state and territory education ministers have agreed that all schools will move online by 2020. Because we are now ready to deliver the NAPLAN test online the school has decided to participate in the online version of the test for the first time this year.

The NAPLAN Online assessment window starts on Tuesday 14 May and finishes on Friday 24 May 2019.

As students will be assessed on the same literacy and numeracy curriculum content, regardless of whether they complete the test online or on paper and results for both formats will be reported on using the same NAPLAN assessment scale. To find out more about NAPLAN Online, visit nap.edu.au.

Library Program

During Library lessons in Term 1, students took some time to re-familiarise themselves with the different borrowing areas of our Library and our Library expectations. We welcomed our Library Monitors for 2019 and have been very impressed by how capably they have taken to their new leadership roles.

We also introduced students to the Premier's Reading Challenge for 2019. This year a change has been made in the way that students in Years 4, 5 and 6 record their participation in the challenge and we have spent some time during Library lessons teaching these students how to log their own reading record online. We look forward to seeing many students succeed in completing the Challenge this year and to an equally busy and exciting Term 2 in the BHPS Library.

Positive Behaviour for Learning Launch Day

Balgowlah Heights turned **blue**, **green** and **yellow** last Thursday to launch the start of the new whole school merit system.

Students who have been observed following our school's expectations of **respect**, **responsibility** and **personal best** have the opportunity to receive a class merit award.

These new awards are handed out each week in class. Once students receive 3 class merit awards they will be awarded a bronze award at a K-2 or 3-6 assembly.

Congratulations to all the students who received a class merit award last week.



PBL News

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

Respect	
Learning Intention	Success Criteria
We are learning to be respectful in assembly	<ul style="list-style-type: none">• Enter and leave calmly and quietly• Use good manners• Celebrate the success of others• Listen to the person speaking• Sing the anthem and school song with pride

Swimming Carnival

Our school Swimming Carnivals on Tuesday 5 March both went off without a hitch. The competitors' carnival was well attended and we saw some great racing in the 50m pool.

Many thanks to the parents who acted as timekeepers on the day, we really appreciate your help and we certainly couldn't run the carnival without you. Thanks also to the teachers who worked this carnival, there was no break for officials and everyone was pretty much 'heads down' all day.

We really went to the wire, with the freestyle finals being run whilst half the school was loading onto buses, but this is testimony to how well students, parents and teachers worked together to make it happen. Well done House Captains and Vice Captains for your organisation and motivation.

The non-competitive carnival in the 25m pool was also a huge success. The students involved in this carnival had plenty of 'swim time' with kickboards, noodles and a variety of equipment. Thanks to the Year 6 students at this carnival for their assistance and many thanks to Mr Shuster and his band of teachers for ensuring that this was a fun-filled day for the students not competing.

The winning house on **overall** point score was: **Bligh**

The winning house on **'handicap'** point score was: **Flinders**

See pages 6 and 7 for the placegetters in each event. These students will receive their ribbons at the Years 3-6 Assembly on Monday 25 March (Year 2 students receiving ribbons will also attend this Assembly).

Lindy Chester
Convenor

BHPS 2019 Swimming Carnival Placegetters

- **All placegetters in 8 years to 12 years 50m Freestyle** events went to Zone.
- Students who finish **1st and 2nd** in 100m Freestyle and 50m Breaststroke, Backstroke and Butterfly went to Zone.

BOYS	GIRLS
100m Freestyle	100m Freestyle
Open	Open
1. Sam Davis	1. India Stevenson
2. Cillian McGrath	2. Sienna Rivers
3. Charlie Lewcock	3. Annabel Lynch
50m Freestyle	50m Freestyle
8 Years	8 Years
1. Harvey Cloke	1. Evie Davis
2. Oscar Chang	2. Holly Mansfield
3. Samuel Cook	3. Tallulah Devenney & Sally Reardon
9 Years	9 Years
1. Luke Larcombe	1. Camilla Squire
2. Rupert Anderson	2. Freja Nixey
3. Will Easton	3. Lila Davis
10 Years	10 Years
1. James Bousie	1. Katherine Edgton
2. Oliver Howlett	2. Frankie Floyd
3. Henry Trueman	3. Margot Connell
11 Years	11 Years
1. Sam Davis	1. Ellen Hirschi
2. Finley Vaughan	2. Lily Griffiths
3. Olly McDonald	3. Cleo Wright
12 Years	12 Years
1. Cillian McGrath	1. Annabel Lynch
2. Charlie Easton & Beau Gowenlock	2. India Stevenson
	3. Sienna Rivers
50m Breaststroke	50m Breaststroke
Juniors	Juniors
1. James Bousie	1. Frankie Floyd
2. Cai Jeffreys	2. Margot Connell
3. Thomas Charlton	3. Isabella Sabey
11 Years	11 Years
1. Sam Davis	1. Ellen Hirschi
2. Olly McDonald	2. Lily Larkin
3. Finley Vaughan	3. Olivia Paul
12 Years	12 Years
1. Cillian McGrath	1. Annabel Lynch
2. Charlie Easton	2. Sienna Rivers
3. Beau Gowenlock	3. Grace Woodward

50m Backstroke	50m Backstroke
Juniors	Juniors
1. James Bousie	1. Margot Connell
2. Jacob Kimball	2. Frankie Floyd
3. Oliver Parker	3. Katherine Edgton
11 Years	11 Years
1. Sam Davis	1. Ellen Hirschi
2. Finley Vaughan	2. Jasmin Greuter
3. Casey Bray	3. Lily Larkin
12 Years	12 Years
1. Cillian McGrath	1. Annabel Lynch
2. Beau Gowenlock	2. Sasha Laguna
3. Charlie Easton & Sam Cloke	3. Sienna Rivers
50m Butterfly	50m Butterfly
Juniors	Juniors
1. James Bousie	1. Katherine Edgton
2. James Pallant	2. Sienna Spence
3. Harper Whiteley	3. Zara Brown
11 Years	11 Years
1. Olly McDonald	1. Ellen Hirschi
2. Sam Davis	2. Zoe Gordon
3. Finley Vaughan	3. Amelie Whitehead
12 Years	12 Years
1. Cillian McGrath	1. Sienna Rivers
2. Beau Gowenlock	2. Annabel Lynch
3. Dylan Simmons	

Sydney North Swimming Carnival

On Monday 11 March a group of students represented BHPS at the Zone Swimming Carnival at Manly "Boy Charlton" Swim Centre. The students enjoyed competing at this level with some even achieving their personal best times. Congratulations to the following students who will now participate in the Sydney North Swimming Carnival on Thursday 28 March at Homebush.

Sam Davis	Evie Davis
Charlie Easton	Holly Mansfield
Luke Larcombe	Gemma Sellick
Cillian McGrath	Camilla Squire
Finley Vaughan	

Harmony Day

Our school community is invited to celebrate Harmony Day on Thursday 21 March 2019. Harmony Day is a day to celebrate Australian multiculturalism based on the successful integration of migrants into our community. Australia is the most successful multicultural country on Earth and we celebrate this and work to maintain it. Harmony Day is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a core set of Australian Values.

What will we do?

To help celebrate this day we invite students to submit a photograph that represents the concepts of diversity, inclusiveness, respect and a sense of belonging. Photographs are to be printed A4 size and labelled with the students name and class with a brief description or message of their image. Photographs will be handed to classroom teachers no later than Monday 18 March 2019.

On Harmony Day students are asked to wear an orange accent clothing item to accompany their school uniform (for example, orange socks, hair ties, wristbands). The photographic images will be displayed in the school hall for the whole school community to view and enjoy. Looking forward to your participation.

Live Life Well at School

Live Life Well @ School

FRUIT, VEGETABLE AND WATER BREAK

The Crunch&Sip break at school is a good opportunity for children to stay hydrated.

Children lose fluid when being active, especially over the summer months.

Drinking water is the best way to quench your thirst.



Help your children choose water as their drink:

- Pack a water bottle each day.
- Try adding a frozen water bottle to your child's lunchbox to keep food items cool.

For more ideas, search 'choose water' at healthykids.nsw.gov.au

 **Health**
Northern Sydney
Local Health District

Megan Holland
Deputy Principal

STUDENT ACHIEVEMENTS



Congratulations to Lucy Zaknic (6C) who participated in the Pittwater/Manly Girls PSSA Zone Soccer tournament, challenging primary school teams located in Sydney's North. In 36 degrees, Pittwater/Manly won 3 games and drew 2 with Lucy scoring 2 goals.



TWO days left to buy your Bally Bolt tickets!

The Bally Bolt is coming – rain or shine!

We have such a wonderful day lined up with lots of fun for all the family. It's not too late to register! The cut-off for ordering tickets is **Friday 15 March at MIDNIGHT**. Visit www.ballybolt.com to get your tickets. Every finisher receives an awesome wristband and there are medals up for grabs in the timed 5km! The first 200 kids home receive an AMAZING Healthy Mummy smoothie pack. You don't want to miss out!



Don't forget you can get sponsored to run (or do any other activity). Create your profile at www.schoolfundraising.com.au and you can collect money up until April 5. You only need to raise \$10 to receive a prize. All donations are TAX DEDUCTIBLE.

Bally Bolt Fair

There will be LOTS of post-race entertainment for all the family so please stick around! We have TWO bouncy castles (for big kids and small kids), lots of food and drink (ice cream, tea/coffee, Turkish pancakes, sausage sizzle, toasted sarnies, home-made lemonade, a cake stall), a chance to try your secret ninja skills, a Healthy Mummy raffle and lots of free giveaways with local businesses!

Come and support the school and enjoy the atmosphere! Don't forget to please bring CASH for the day - cards not generally accepted.

Want to know how to pick up your bibs?

This week we will start distributing bibs for collection at Balgowlah Heights Public School. If you ordered your bibs before Tuesday 13 March at 5pm your bibs (and hats if you ordered them) will be delivered to your child's class. Alternatively, you can pick-up your bib from outside the school office on Friday 15 March from 8.30am-9.15am and 3.00pm-4.00pm. You can also pick up bibs on the day from 6.45am on the Western Campus.

Race Information

The 5km race starts at 8.00am and the 2.7km starts at 8.15am. Please be there with plenty of time to spare as we have some special VIPs opening the race and a fun warm-up for all the little kids. Don't forget that Lewis Street and surrounding roads are CLOSED for the event, so you will need to park and walk to get there.

BAG DROP is in the school Hall from 6.45am. Possessions are left at your own risk. Any questions please email Diana at ballybolt@gmail.com.

P&C News

The next P&C meeting will be on Monday 18 March at 7pm in the School Library. We look forward to seeing you there!

The P&C Team

Uniform Shop

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

Volunteers Please! - If you can help out on a Thursday afternoon for only 1 hour, please email Loretta at bhpsuniformshop@gmail.com

All New Students - Winter Uniforms for Term 2

It's time to get your Winter Uniforms for Term 2. Don't leave purchasing your Winter Uniforms until the last week of Term, the Uniform Shop gets very busy!

Donations - Thank you for your donated uniforms. Please make sure all donations are in good condition, washed and are current school uniform items. No socks, tights or hair accessories please.

If you can't make it to the Uniform Shop, orders for Tuesday deliveries can also be placed through the Online Order Form, under P&C on the school website or Flexischools and delivered to your child's class.

Loretta Mykityshyn
Uniform Shop Manager
bhpsuniformshop@gmail.com

Canteen

Flexischools, unfortunately, continue to have problems on Friday mornings. They have suggested that orders be placed before 7.30am to avoid the peak-hour rush, and delays. (You can also place it any other day, and completely avoid the Friday morning hassles).

For our K-2 parents, just a reminder that we will now be selling MINI-COOKIES and POPCORN for 50c on Fridays, as well as the usual ice-block treats.

Also, Kindy parents, did you know that you can order morning tea for your child, delivered to the Eastern campus? Head over to Flexischools to check out the great recess options.

Thank you to all our wonderful volunteers. Your time is much appreciated, and essential to the success of our healthy canteen. Sign up with a buddy at <http://www.signup.com/go/yaQUgsw>

Sanja Vidaic & Kathrine Boulderstone
Canteen Managers

Arabanoo

Parent Management Committee (PMC) - Did you know?

Arabanoo is a not-for-profit community based organisation used by over 220 families in our community and school. Which in a nutshell means Arabanoo is in the hands of the parents that use the service and flourishes with parental support and involvement.

Some of you may not be aware, but Arabanoo is managed by a diverse team of Voluntary Parents of children attending Arabanoo. Together they form the Parent Management Committee (PMC). Which in collaboration with Rowan, Jen, Mariah and team is how our service continues to support working parents in the community and contribute to the BHPS.

The PMC, headed up by Kate Sellick, are fantastically passionate about providing support for the Centre Management team to make Arabanoo an enjoyable, safe and welcoming community environment for you and your children. Kate and Arabanoo are supported by Holly O'Driscoll, Jack Grundling, Craig Dent, Martin Budd, Claire Daniel and Sarah Macleod.

With the aim to continue to deliver great outcomes for children who use our Centre, we encourage you to tell us your hidden skills or availability to contribute to being part of the PMC.

Sustainability - Welcome Kiri

We are currently developing a centre wide sustainability plan with our newest employee, Kiri. The plan extends beyond the gardens, into service practices and out into the community. This includes, policy and procedure development/review, staff professional development, asset-based community development, community-based alliances, and budgetary commitments to name but a few.

This week we observed and made an inventory of what plants are growing in our gardens, sketched identification labels, split and re-potted. We have selected a number of certain plants to work with over others because of their medicinal value and tastiness in our menu planning.

Sustainability Committee - Forming soon

Soon you will receive an invitation to join our sustainability committee which will be comprised of a cross section of our community, including children. Watch this space for more information. If this is of interest please let us know. *'Where there is ruin, there is hope for a treasure' - Rumi*

Gardening Donations – Can you help?

The donations we receive from our community are fabulous, thank you so much. As we are ever evolving we are looking for donations of the following:

- Live worms for our worm farm
- Liquid fertiliser
- x2 adult gardening forks
- Gardening trolley
- Wheelbarrow
- Compost stirrer
- Mushroom compost

If any of these items are gathering dust and being underutilised, we'd love to bring them back to life at Arabanoo.

Save the number - 0421 014 308

We are increasingly using the Arabanoo work mobile to contact parents in the afternoon for child non- attendance. Please save this number into your phones.

Vacation Care - Booking Forms out next week

Vacation Care dates: 15 / 16 / 17 / 18 / 23 / 24 / 26 & 29 April. Booking forms out on the 20 March.

Cleaner Required - Vacation Care

We are on the look for a reliable cleaner during our school holiday periods. If you know someone who is suitable please ask them to contact us.

Contact Us

Email: admin@arabanoo.com

Website: www.arabanoo.com

Phone: 02 9948 6722

Mobile: 0421 014 308

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

Rowan Friend
Arabanoo Team

Community



MWBA HOLIDAY CAMP

Date: April 16th & 17th 2019
(2 day booking only)
Time: 9:30 to 1:30
Includes a food break
Please note NO NUT products
Venue: Northern Beaches Indoor Sports Centre
Ages: 5 to 12 years (broken into age groups)
Cost: \$99 includes a singlet & drink.
Professional guest coaches
Prizes

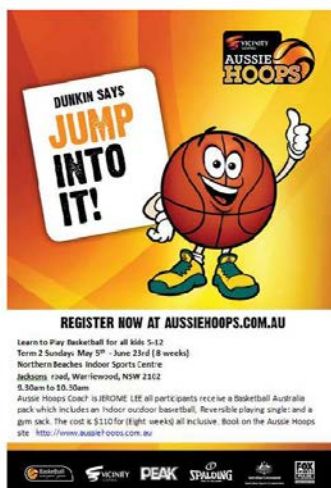
To Book: <https://www.trybooking.com/BBFJF>



PINK BALL TERM 2
GIRLS ONLY BASKETBALL PROGRAM
FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL SKILLS WITH FEMALE COACHES

DATES: SAT 4th May to 22nd June (8 WEEK PROGRAM)
TIME: 1:30-2:30 PM
VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE
COST: \$90 INCLUDES A PINK BALL OR SINGLET
TO BOOK: <https://www.trybooking.com/BBFQQ>

To use your Active Kids Voucher, email: mwb@manlybasketball.com.au & we will send you the code to void payment.
WWW.MANLYBASKETBALL.COM.AU



DUNKIN SAYS JUMP INTO IT!

AUSSIE HOOPS

REGISTER NOW AT AUSSIEHOOPS.COM.AU

Learn to Play Basketball for all 5-12
Term 2: Sundays May 19th - June 23rd (8 weeks)
Northern Beaches Indoor Sports Centre
Jedsons road, Warriewood, NSW 2152
9:30am to 10:30am
Aussie Hoops Coach is JEROME LEE all participants receive a Basketball Australia pack which includes an indoor/outdoor basketball, Reversible playing singlet and a gym sock. The cost is \$110 for (8 week) all inclusive. Book on the Aussie Hoops site: <http://www.aussiehoops.com.au>



Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term. No need to book, just come along and join in the fun.

Ages: 5-7yrs., 1:30-2:30
7yrs and up, 2:30-3:30
Venue: Northern Beaches Indoor Sports Centre
Cost: \$10 per child.

Saturday Learn To Play
TERM 1: 9/2/19-13/4/19 TERM 2: 4/5/19-29/6/19



CANTEEN NEEDS YOUR HELP!

1 IS THE MAGIC NUMBER!

1 VOLUNTEER PER FAMILY

1 HOUR

1 DAY

1 TIME

Go to the school website to sign up:
balgowlah-p.schools.nsw.edu.au/need-to-know/canteen/canteen-rosters
Or just pop in to the canteen.