

# Balgowlah Heights Public School

Excellence and Opportunity



Term 1 Week 9  
27 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

### Grandfriend's Day Easter Hat Parade

We look forward to Grandfriend's Day and our Easter Hat Parade on Thursday 11 April. All grandparents, friends and parents are welcome to join in the day's activities with us. The program for the day is as follows:

Time	Activity	Location
9.15am - 10.00am	Classroom Visits	Classrooms
8.00am - 12.00noon	Annual Book Sale	Library
10.15am	K-2 Easter Hat Parade	Netball Courts
11.00am - 11.25am	Morning Tea	Area B

### Parent / Teacher Interviews

Parent/Teacher Interviews have commenced. 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.

### Harmony Day

The students took part in classroom and whole-school activities for Harmony Day last week. Thank you to the students who provided Harmony Day photos.



### Year 5 Narrabeen Camp

We wish the students in Year 5 all the best for their camp at Narrabeen Sport and Recreation Camp on Wednesday (3 April) and Thursday (4 April) of next week.

## Band Camp

Thank you to the many parents and teachers for their endless hours and wonderful efforts to ensure a successful Band Camp. Further information is on page 4 of this week's Newsletter.

## Winter PSSA

Trials for Winter PSSA teams will commence next week for students in Years 4-6. Students are requested to wear their sports uniform on these days if they are trialling. Shin pads for soccer and a mouthguard for rugby league are required. The trials will be held after lunch on the following afternoons:

- Thursday 28 March Junior (turning 9 or 10 this year)
- Friday 29 March Senior (turning 11 or 12 this year)
- Thursday 4 April Junior (except Year 5 Juniors)
- Friday 5 April Senior and Year 5 Juniors

The following sports will be offered:

- Junior Girls Soccer      Junior Boys Soccer      Senior Girls Soccer      Senior Boys Soccer
- Junior Netball      Senior Netball
- Junior Rugby League      Senior Rugby League

## Sydney North Swimming

We wish the students attending the Sydney North Swimming Carnival on Thursday (28 March) of this week all the best.

## Drama and Dance Ensembles

Congratulations to the following students who have been chosen in the following ensembles:

- Sydney North Public Schools Junior Dance Ensemble - Makia Bailey and Madeleine Grattan
- NSW Public Schools Combined Primary Drama Ensemble - Luke Harper
- NSW Public Schools Combined Year 6 Drama Ensemble - Toby Reardon

## Easter Scripture Service

We will be holding a Combined Scripture Service on Tuesday 9 April at the following times:

- Years K-2 10.30am
- Years 3-6 11.25am

## Masterplan

We would like to establish a school Masterplan which details all of the physical projects we would like to undertake at our school during the next five year period. To assist in this process later in the year, we will be asking for parent input to assist in establishing our priorities. If you have landscape design background and are able to assist us in creating our Masterplan we would be pleased to hear from you.

## School Accounts

It would be appreciated if school accounts could be finalised by Friday 12 April 2019.

## Patrons and Monitors

This week at our Years 3-6 Assembly our Patrons and Monitors were presented with their badges.



*Sound Monitors*



*Sustainability Monitors*





*Class Patrons*



*Office Patrons*



*Photography Monitors*



*Flag Monitors*



*SRC Representatives (Years 3-6)*

## Upcoming Events

	Date	Activity	Time
<b>Term 1 Week 10</b>	Monday 1 April	SportsPro (Kindergarten and Year 6) Years 1-2 Assembly	2.00pm
	Tuesday 2 April		
	Wednesday 3 April	SRC Meeting Year 5 Narrabeen Camp	2.00pm
	Thursday 4 April	Year 5 Narrabeen Camp	
	Friday 5 April		
<b>Term 1 Week 11</b>	Monday 8 April	Years K-6 Recognition Assembly	9.15am
	Tuesday 9 April	Year 3 Parent NAPLAN Information Meeting Easter Combined Scripture Service	8.00am
	Wednesday 10 April	PBL Celebration Day	
	Thursday 11 April	Grandfriend's Day Easter Hat Parade State Swimming Carnival	9.00am 10.00am
	Friday 12 April	State Swimming Carnival Last day of Term 1	

Have a great week.

**David Shuster**  
Principal

## School News

### Band Camp Success

Over the weekend our Band students participated in our annual Band Camp at Sydney Academy of Sport & Recreation Narrabeen where they participated in band sessions, tutor groups and a really fun drumming workshop. The commitment and effort by the students to learning their pieces, listening and playing was impressive and we were incredibly proud of the achievements of each band over the weekend.

Thank you to Ms Donna Bowers, Mr David Shuster, Ms Emily Rhodes, Mrs Laura Simpson and Miss Maddie Goldrick for their supervision of the students. Thank you to the core organisation team comprising Mrs Caroline Fechner, Mrs Amanda Murray and Mrs Lisa Mennie, Mrs Jane Connors and Ms Louise Campbell for co-ordinating the weekend and the many parent volunteers who assisted. Thank you also to the conductors, Mr Ray Hampton and Mrs Emma Clain along with the tutors for your hard work, effort and support of all our musicians and making the 2019 Band Camp such a success.







### War on E-Waste (Recycling Program)

The Balgowlah Heights Community is invited to recycle their e-waste at Balgowlah Heights Public School starting from Thursday 28 March 2019.

It is a free service provided by SIMS Recycling Solutions. The school will receive a fortnightly certificate detailing the weight of the plastics and metals that have been collected and therefore diverted from landfill.

Everyone in our community is encouraged to use this service. Please drop off your e-waste to the recycling bin located outside the West Campus Administration Office.

**Shona Veney and Elise Liggett**  
Sustainability Coordinators



### 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 responsible in the toilets.

Responsible	
Learning Intention	Success Criteria
We are learning to be responsible in the toilets.	<ul style="list-style-type: none"> <li>Are clean and tidy</li> <li>Consider other people's privacy</li> <li>Remember that toilets are not play areas</li> </ul>

**Emily Rhodes**  
Deputy Principal

## Cyber Safety

There are three main kinds of internet risks for children:

- **Content risks**

For school age children these risks include things that they might find upsetting, disgusting or otherwise uncomfortable, if they come across them accidentally.

- **Contact risks**

These risks include children coming into contact with people they don't know or with adults posing as children online. For example, a child might be persuaded to share personal information or provide contact details after clicking on pop-up messages.

- **Conduct risks**

Conduct risks include children acting in ways that might hurt others, or being the victim of this kind of behaviour. Another risk is accidentally making in-app purchases.

You can use a range of strategies to help your child stay safe when using the internet:

- Use child friendly search engines like Kiddle, or content providers like ABC Kids.
- Check that games, websites and TV programs are appropriate for your child. You can do this by looking at reviews on [Common Sense Media](#).
- Use the internet with your child or make sure you're close by and aware of what your child is doing while he's online.
- Check privacy settings and location services, use parental controls, use safe search settings on browsers, apps, search engines and YouTube.
- Block in-app purchases and disable one-click payment options on your devices.
- Make sure older siblings follow your internet safety rules, like watching only age appropriate programs when they go online with younger children.



## Live Life Well at School

### Live Life Well @ School

#### LETS SKIP TO IT!

Skipping is a fun way to improve cardiovascular fitness, balance coordination and muscle tone.

**Get Skipping!**

- **Practice** a walking skip by moving arms over the head before attempting to step or jump over the rope
- **Skip** through a hoola hoop
- **Play** fun music and skip in time to the beat
- **Get involved** in Jump Rope for Heart!

**Skipping rope teaching cues:**

1. Head and shoulders held level and straight
2. Arms held at 90 degrees with elbows close to the body
3. Move wrists in a circular action to turn the rope
4. Slight knee bend

For more ideas: Search 'Jump Rope' at [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

**NSW GOVERNMENT** | **Health** Northern Sydney Local Health District

Megan Holland  
Deputy Principal

### Mother's Day - Thursday 9 May

Tickets will soon be available via Flexischools for your children to be able to purchase Mother's Day gifts at the Mother's Day stall on Thursday 9 May.

This is held during school time and parents buy credit for their children to be able to purchase carefully selected, quality items as gifts for mothers, aunts and grandmothers. We will let you know as soon as the tickets are available.

### Trivia Night - Year 3 Team to Lead

Year 3 has been allocated the task of running this year's ever-popular Trivia Night. Please contact [Alison](#) if you would like to lead the working group to run this fun event.

There are lots of templates available to make this job a little easier. If we don't have a team to coordinate this event it will unfortunately not take place.

### Bally Bolt - still time to Fundraise

Don't forget you can still get sponsored for another couple of weeks, until Friday April 5. Remember, all money raised is tax deductible and goes to the school Building Fund. It's not too late to visit [schoolfundraising.com.au](http://schoolfundraising.com.au) and create a student profile page.



**Easter Hats** for the parade this year are going to be made using sustainable materials only. This is a great step forward towards a more environmentally-friendly mindset. More information coming soon...

### Walking Bus - Route 1

Did you know we have an amazing team of volunteers that walk children from the bottom of Ernest Street to school every Wednesday morning? Why not jump on board the Route 1 Walking Bus. All 'drivers' have Working With Children (WWC) and it's free and easy to join! If you are interested in participating in, or volunteering for, a route from Clontarf, please drop us a line. We are keen to extend the walking bus in that direction. To find out more email Diana at [bhpswalkingbus@gmail.com](mailto:bhpswalkingbus@gmail.com).

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

**Volunteers Please!** - If you can help out on a Thursday afternoon for only 1 hour, please email Loretta at [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)

### Term 2 starts in Winter Uniforms

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!

Girls – Kindergarten to Year 2	- Winter Tunic Dress / Grey Tights <b>or</b> - Navy Pants and Blouse
Girls – Year 3 to Year 6	- Winter Skirt / Grey Tights <b>or</b> - Navy Pants and Blouse
Boys – Kindergarten to Year 6	- Long Winter Polo and Long Grey Pants
Boys and Girls	- Years K-2 Navy Tracksuit Pants for Sport (in sizes 4,6 and 8) - Fleece are available in sizes 4-14 - Navy Jumpers are available in sizes 4-12 - Rain Jackets are available in sizes XS, S, M, L, XL

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](mailto:bhpsuniformshop@gmail.com)



## Canteen

A special thank you this week to all those Kindy parents who answered the call to assist in the canteen last week. Your generosity of time and energy was much appreciated. Thank you for your community spirit.

Remember, too, that the cut-off time for Flexischools orders is **8.45am**.

This week 25 - 29 March is the turn of **Year 1** parents to help out. As always, everyone is very welcome to pop in to the canteen. Any half hour you have spare, especially after drop off, will be an enormous help in getting lunches ready on time. Go to <http://www.signup.com/go/yaQUgsw> to sign up.

**Sanja Vidaic and Kathrine Boulderstone**  
**Canteen Managers**

## Arabanoo

### **Vacation Care - Spaces filling up**

Thank you to those parents who have got their Vacation Care forms in already. We currently have space on all days. Please note there is a \$15 fee for changes to bookings after the early bird booking deadline (3rd April). Booking forms can be downloaded from our website or picked up from the centre.

### **Family Challenges - Prepare yourself**

Thank you to those parents who have already taken part in the parent/carer challenges! Please allow 5 minutes to complete some fun challenges at some point in the afternoon this week.

### **Succulent Donations - Thank you**

Thank you to families who have donated some plants this term. We are on the succulent hunt, if anyone has any small cutting they could donate from the garden, it would be greatly appreciated.

### **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.

### **Lost Property - Check it out**

We have a large amount of lost property which we will be donating to the uniform shop or charity shop at the end of term. Please come and see if there's anything in there belonging to your child.

### **Contact Us**

Email: [admin@arabanoo.com](mailto:admin@arabanoo.com)

Website: [www.arabanoo.com](http://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**



## Get on and Rock! At Your School!

**BOOK NOW!**



### The Music Bus brings music education and fun to your school.

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Tuition in Keyboard, Ukulele, Singing, Drums, Guitar and Rock Band.

Only \$16 per week (Drums \$18).

The Music Bus offers modern and rock-style courses, using well-known songs backing tracks, games, awards and much more to truly engage with students.

Limited space available, so be sure not to miss out!



"It's so great being at school. They're learning something new each week and the rapport the teacher has with the kids is wonderful." Sarah, Parent, NSW.



### Did you know...?

**You can Apply to Receive \$100 Towards your Child's Fees in 2019**

Simply use your Creative Kids voucher for lessons at The Music Bus

1. Apply for your Creative Kids Voucher: Visit Service NSW at [www.service.nsw.gov.au](http://www.service.nsw.gov.au). This benefit is available to all families with school aged children in NSW.
2. Redeem your Voucher at The Music Bus: Once you have received your voucher contact The Music Bus on 1300 168 742 or email [creativekids@themusicbus.com.au](mailto:creativekids@themusicbus.com.au)

**BOOK NOW - Phone 1300 168 742 or Visit [www.themusicbus.com.au](http://www.themusicbus.com.au)**

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