



Term 1 Week 10  
3 April 2019

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### Cunninghams

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### Principal's Message

#### Recognition Assembly

We are looking forward to our K-6 Recognition Assembly on Monday 8 April 2019 of next week, commencing at 9.15am in the Hall. Parents of students receiving awards have been notified by email.

#### 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
8.30am - 12.00noon	Annual Book Sale	Library
10.15am	K-2 Easter Hat Parade	Netball Courts
11.00am - 11.25am	Morning Tea	Area B

#### eSafety Advice

We have become aware of some of the students from our school being involved in the Momo Challenge. Detailed below is information from the eSafety website to assist in dealing with such activities:

*It is very concerning when young people have been exposed to any content that scares them or plays on their emotions, like those reported via the Momo Challenge. Although it has now been widely reported and exposed as a viral hoax, the Momo Challenge is not the first, nor will it be the last, online "challenge" or phenomenon to target our children with potentially harmful consequences.*

*Our research shows 81% of parents hand their child an internet-connected device by the age of 4, so active parental engagement and oversight of a child's online activities is critical from the start, to help ensure they are prepared for what they may encounter. As young people often do not have the maturity or judgement to cope with confronting content online, it's important to guide and instil critical reasoning skills, so they are aware that not everything they see or receive online is real.*

*We encourage parents to co-view, co-play, ask questions about the games and apps they are using, and let them know you are there to support them if they are upset or uncomfortable about anything they see online.*

*Five top tips to help limit your child's exposure to harmful content online:*

- *Engage in your child's online activities – ask what apps, sites and games they're using and make sure they're age-appropriate.*
- *Use parental controls on devices to help limit what your child is exposed to.*
- *Let them know not everything they see online is real or true.*
- *Help them report and block upsetting content they see on social media sites or apps.*
- *Let them know they can come to you about anything upsetting they see online, and contact [Kids Helpline](#) if they need further support.*

Parents who are concerned their child may be susceptible to self-harm should be aware of the signs to look out for and know where to go for help – see more info here: <https://www.esafety.gov.au/about-the-office/newsroom/blog/is-your-child-at-risk-of-self-harm-or-suicide>. Parents can visit [www.esafety.gov.au/parent](http://www.esafety.gov.au/parent) for information and advice on keeping your child safe online.

### **Winter PSSA**

Trials for Winter PSSA teams will continue this 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 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

### **NAPLAN Year 3 Parent Meeting**

We will be holding a NAPLAN Information session for parents of Year 3 students on Tuesday 9 April at 8.00am in the Library. An email providing further information has been sent to Year 3 families.

### **ANZAC Service**

On Friday 12 April we will be holding a Years K-6 School ANZAC Service at 10.00am. Parents are welcome to attend the service.

### **PBL Celebration Day**

We look forward to our PBL Celebration Day on Wednesday 10 April of next week. Further information is on Page 3 of this Newsletter.

### **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

### **State Swimming**

We wish Gemma Sellick all the best competing in the State Swimming Championships next week.

### **Winter Uniform**

It would be appreciated if all students could wear their winter uniform as of the beginning of next term (Tuesday 30 April).

### **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.

## Upcoming Events

	Date	Activity	Time
<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	
<b>Term 2 Week 1</b>	Monday 29 April	School Development Day (Pupil Free)	
	Tuesday 30 April	Students commence Term 2 Year 1 School House Museum excursion	
	Wednesday 1 May		
	Thursday 2 May		
	Friday 3 May	Winter PSSA commences	12.30pm

Have a great week.

**David Shuster**  
Principal

## School News

### Positive Behaviour for Learning - Celebration Day Wednesday 10 April

Students who have been observed following our school expectations receive a thumbs up token which is used to vote for a whole school celebration day.

This term students have voted for a mufti hat day. Students are able to wear a mufti hat, instead of their school hat, on Wednesday 10 April to acknowledge their positive behaviour.

Emily Rhodes  
Deputy Principal



### Exciting Sustainability News!!!

At the end of last year our school applied for the Eco-Schools Grant with the Northern Beaches Council. We are happy to announce that BHPS been successful in our application and have been granted \$1,778.80. The money will be used to pay for the new waste recycling system that is commencing in Term 2 of this year. The bins will help us to divert the majority of our waste away from landfill. We are thrilled to receive financial support because it will aid us in our journey towards becoming an eco-friendly sustainable school.



Elise Liggett and Shona Veney  
Sustainability Coordinators



## Library News

As part of the celebrations on Grandfriend's Day Easter Hat Parade, we have organised a book sale in front of the library from 8.30am until noon. Everyone is welcome to peruse the books on sale (provided by Humphreys Manly) and visit our beautiful school Library.

## PSSA Representation Support

To assist Max Jans, Mason Palmqvist and Jonas Antolik attend the State AFL Championships later this year the students will be selling raffle tickets on Thursday 4 April 2019 and Friday 5 April 2019 of this week from 8.30am - 9.00am in front of the school Office. Tickets are \$2.00. Prizes for the raffle are:

- 1<sup>st</sup> Prize: Notebook Laptop
- 2<sup>nd</sup> Prize: iPad Mini
- 3<sup>rd</sup> Prize: Coffee Machine
- 4<sup>th</sup> Prize: Fit Bit

## Live Life Well at School



## P&C

### Mother's Day - Thursday 9 May

Tickets are now 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.



### Trivia Night – Year 3 Team to lead

Calling Year 3 parents - can you volunteer a little time to help us run the Trivia Night?

We now have a lead for this event - yay! Please contact [Alison](#) at [bhpsvpcoms@gmail.com](mailto:bhpsvpcoms@gmail.com) if you would like to be a part of this Team.



Picture from a past Trivia Night

## Easter Hats

Following feedback from many parents, we're happy to confirm that the Easter hat parade is going to be more sustainable this year using recyclable cardboard and paper instead of single use plastics and other materials containing toxins. Kids are making their own decorations so there is no need to provide any. We're excited to see what special ideas they create!

## Walking Bus

Here's a reminder of our routes to BHPS in the mornings. All our routes are managed by volunteer parents with WWC. It's a great way for your children to get to school. Why not try it out? To find out more email Diana at [bhpswalkingbus@gmail.com](mailto:bhpswalkingbus@gmail.com).

Route 1 - Ernest Street to BHPS (Wednesday morning)

Route 2 - Willawa Street to BHPS (Wednesday and Thursday morning)

Route 3 - Corner White/Wanganella (Tuesday and Friday morning).

## Bally Bolt - 1 week of fundraising left

Don't forget you can still get sponsored until the end of this week, Friday 5 April. 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. Then between Friday 5 April and Friday 26 April you can order your child's prize. If they have a profile you will have received an email from School Fun Run confirming this info. Please don't bring cash to school as suggested by the email but instead, collect in person and add to your child's amount online.

## Fill your bucket!

Following the success of Clean Up Australia Day at Clontarf, the school P&C has donated a bucket for people to use to pick up rubbish at Clontarf. It's located at Clonnys. You can post your efforts on social media to #thebucketprojectaustralia

Like us on Facebook at [Balgowlah Heights Public School P & C](https://www.facebook.com/Balgowlah-Heights-Public-School-P-&-C) 

## The P&C Team

# Uniform Shop

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

A **BIG** thank you to all the wonderful Volunteers who have helped in the Uniform Shop this term.

## 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 wonderful Year 1 parents who answered the call to assist in the canteen last week. Your generosity of time and energy was much appreciated.



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

This week Monday 1 April to Friday 5 April is the turn of **Year 2** 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/yaQUqsw> to sign up.

**Sanja Vidaic and Kathrine Baulderstone**  
Canteen Managers

## Arabanoo

### Vacation Care - Filling Up

Our early bird rate ends today (Wednesday 3rd April). At present Surfing and Kayaking are fully booked and others are filling fast. Please note there is a \$15 fee for changes to bookings after the early bird booking deadline. Booking forms can be downloaded from our website or picked up from the centre.

### Family Challenges - Thank you

Thank you to all parents/carers who took part in last week's challenges, the children had great fun running the activities. We are collating the results and will announce them next week.

### This week's activities - About you

This week's activities for parents are about 'About You Cards'. We'd love to find out a bit more about you and also see if there are any skills we can call on you for. To make Arabanoo what it is today we have had amazing parental support through; Architecture drawings, Construction advice, Financial advice, Gardening, Graphic Design, Human Resources, Plumbing, Project Management, Risk Management, Supplying timber for bag hooks, the list goes on. The children will be handing out the cards this week. Parent involvement allows Arabanoo to grow stronger and better helps support you and your children. Thank you in advance for your participation.

### Succulent donations - Thank you

Thank you for the fabulous donations of succulents, look out for them around the centre and in the garden before the end of term.

### School Camp - Please email

If your child is attending Year 5 school camp this week and intending to come to Arabanoo straight from the bus please let us know. Likewise, if they're not attending Arabanoo, please let us know as well. The bus tends to arrive after 3:05pm, so to save us calling you all to see where your children are, please pop us an email.

### After School Activities - Term 2 (Booking forms have been sent out via email today)

- Monday – Yoga
- Tuesday - Musical Theatre
- Wednesday Morning - Mindfulness & Meditation (No booking form required)
- Wednesday Afternoon - Skater HQ
- Thursday - Uni cycling
- Friday Karate - Contact Key Martial Arts to book - 1300 304 532



## 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

## Community

### Get on and Rock! At your school!

BOOK  
NOW!



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

The Music Bus is the teacher, instruments, curriculum and classroom (the bus), all in one complete package! And... it's now rocking at your school.

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.

THE MUSIC BUS



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)

# AFL SCHOOL HOLIDAY CLINIC

- Hours of fun
- AFL skills & activities
- Boys & Girls aged 5 to 12

Date: Tuesday, April 23 & Wednesday April 24, 2019  
Time: 9am-3pm  
Location: Gore Hill Oval, St Leonards  
Cost: \$130  
Inclusive of both days

Register: [aflnswact.com.au/aflschoolholidayclinics](http://aflnswact.com.au/aflschoolholidayclinics)

School holidays are for FOOTY!

REGISTER NOW