

Balgowlah Heights Public School

Excellence and Opportunity



Term 1 Week 11
10 April 2019

Contents

Principal's Message	Page 1
Upcoming Events	Page 3
School News	Page 3
P&C	Page 4
Uniform Shop	Page 5
Canteen	Page 5
Arabanoo	Page 5
Community News	Page 6

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

Autumn Holidays

We wish all families an enjoyable and safe Autumn Vacation. The holidays commence on Monday 15 April of next week. The students return to school on Tuesday 30 April.

Grandfriend's Day Easter Hat Parade

We look forward to Grandfriend's Day and our Easter Hat Parade on Thursday (11 April) of this week. 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 for information and advice on keeping your child safe online.

School Development Day

The school staff will be involved in a School Development Day on Monday 29 April. Areas for professional development include:

- Spelling
- Child Protection
- Student Welfare

Opportunity Class 2020

Applications for Opportunity Classes in 2020 will open on Tuesday 30 April and will close on Friday 17 May. An email will be sent home later this week to Year 4 families providing further information. The website for applications and further information is <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

NAPLAN

Students in Years 3 and 5 will sit for the National Assessment Program Literacy and Numeracy (NAPLAN) on the following days next term:

Tuesday 14 May	Writing
Wednesday 15 May	Reading
Thursday 16 May	Language Conventions
Friday 17 May	Numeracy

ANZAC Service

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

Year 1 School House Museum Excursion

We wish the students in Year 1 an enjoyable and worthwhile excursion to the Schoolhouse Museum on Tuesday 30 April.

Year 6 Farewell

We will be holding a meeting on Wednesday 1 May at 3.15pm for interested Year 6 parents to commence planning for the Year 6 Farewell. The meeting will be held in the 6L Classroom.

Winter Uniform

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

Year 5 Camp

The students in Year 5 enjoyed an excellent camp at Narrabeen Sport and Recreation Camp last week. Thank you to Mrs Deppeler, Mrs Chester, Ms Park, Ms Veney and Mrs Lynch for attending camp.



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
Term 2 Week 1	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
Term 2 Week 2	Monday 6 May	SportsPro Years 1 and 2 5P & 6S Writer's Festival Excursion Years K-2 Assembly	2.00pm
	Tuesday 7 May		
	Wednesday 8 May		
	Thursday 9 May	Mother's Day Stall	
	Friday 10 May	Winter PSSA Round 2	12.30pm

Have a great holiday.

David Shuster
Principal

School News

Nationally Consistent Collection of Data

Each year Australian schools are required to participate in a national data collection on school students with disability. This year the census date for data collection is August.

The definition of disability for the purposes of the data collection is any students who receives an adjustment to assist them to participate in education on the same basis as other students. Adjustments can include support from the Learning and Support teachers and School Learning Support Officers.

Privacy of students and their families is ensured, with information provided identifying school name only. The data collected will have no direct impact on students, as the collection identifies what parents of students who receive support should have been made aware by the class teacher as to the level and type of support provided.

School Photos

Class photos will be sent home this week. If you have requested to collect your child's photo pack directly from the school, they are now ready for collection from the school office. Group photographs will be available to view and order online from week 1 Term 2.

Megan Holland
Deputy Principal

Mother's Day - Order by Monday 6 May 2019



Don't forget to order Mother's Day Tickets for your children via [Flexischools](#) by **Monday 6 May** so they can get some lovely gifts at the stall on **Thursday 9 May**.

Just a reminder to new families that children will shop during school time using their 'tickets' purchased by you via Flexischools. Please buy for each child under their class name (same as the lunch orders). Tickets are \$16 each and you can get as many as you like per child if they want to purchase more than one gift.

This is a lovely and popular stall with the kids every year and \$5 from every gift goes to the P&C so it's a great way to support the school too.

Charity donation from the Bally Bolt

Our school, Balgowlah North Public School and Bally Boys have raised an amazing **\$7,000** for the Manly Adolescent and Young Adult Hospice as part of our charity fundraising at the **Bally Bolt**. These funds were raised in part by ticket sales and also hat sales. A huge thank you to everyone who took part in the race, this really is a very worthy cause. Students from all schools will be meeting our local MP James Griffin this week to hand over the funds. Look for them in the Manly Daily soon!

The great news is that the Bally Bolt also raised **\$16,000** for our own P&C. This includes \$2,000 from the ticket sales (after our donation to the hospice) and from the children's own sponsorship efforts plus \$14,000 from our generous community sponsors. Well done everyone and thank you!

Bally Bolt Sponsorship

Thank you to everyone who got sponsored for running the Bally Bolt. This money will go into the P&C building fund to be put towards much needed school resources such as air conditioners and to improve school grounds. It's now time to order your child's prizes if they raised \$10 or more. Simply [log into your child profile page](#), click *Order Prizes* and choose the prize you want. You have until **25 April** to do this and a few weeks later the prizes will be delivered to the school to be handed out in class.



Entertainment Book

You can now get your 2019/2020 Entertainment Memberships online, with exclusive offers for everything you love to do. It's our best Membership yet, packed with amazing offers for activities, attractions, shopping, travel and all kinds of tasty treats - from cool cafes to fabulous fine dining. \$14 of every order goes to our P&C so [click here](#) to order yours today and help support the school. If you would like a printed copy, please contact Alison on bhpsvpcomms@gmail.com.

Walking Bus - A Reminder of Routes

Here's a reminder of our routes to BHPS in the mornings. To find out more email Diana at 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).

Wishing you all a lovely Easter Break.

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

Term 2 - Back To School in Winter Uniforms

Thursday afternoon is your **last chance** to pick up your winter uniforms. The Uniform Shop will re-open after the school holidays from 8.30am on Tuesday 30 April.

Volunteers - Thank you to all the fabulous Uniform Shop Volunteers this Term - enjoy the holidays!

Loretta Mykityshyn
Uniform Shop Manager
bhpsuniformshop@gmail.com

Canteen

As we wind up the Term, the canteen is running at reduced stock levels. Please note there will be **NO MYO sandwiches** on Friday this week. Please order sushi or the hot food special (meat pies or sausage rolls).

We will be making some more changes to the menu over the holidays, to be winter ready, and to further meet the Department of Education's Healthy Canteen Guidelines. News will follow early next Term.

This week Monday 8 April – Friday 12 April is the turn of **Year 3** parents to help out. As always, everyone is very welcome to pop into the canteen. Any half hour you have spare, especially after drop off, will be an enormous help in getting lunches ready on time.

We have been so incredibly lucky this term to have had a great group of brand new volunteers, particularly from the early years. Let's keep that fantastic community spirit going next Term too and see our ManPowerMay poster to encourage Dads, Grandads Uncles and general family superhero blokes to come and help in the canteen in May. You can volunteer at:

<http://www.signup.com/go/yaQUgsw>

Have a safe and relaxing break everyone!

Sanja Vidaic and Kathrine Baulderstone,
Canteen Managers



Arabanoo

Vacation Care - Full to the brim!

Woodworking, Oprea House, Games 2U, Lego Day, Ice Zoo, Skater HQ and Karate/My Pet Dino have very limited space. All other activities are fully booked. 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.

VC Confirmation - Check your Email

Please check if you have received a VC confirmation email. If not, your booking form may not have been received and processed.

Jen Maternity Leave - Good Luck

The wonderful Jen is temporarily hanging up her Arabanoo boots this Friday. We wish her and family all the best and can't wait to meet the new addition to the Giddins' family soon.

Welcome - Hannah

With Jen away we are very lucky to have Hannah (also from England) joining us until the end of the year. Hannah has experience as an English teacher and most recently as a Centre Director in OOSH. Hannah, starts this week, introduce yourself to her if you see her around.

Family Challenges - About you cards

Thank you to all parents/carers who have completed About you Cards, we are still completing more this week. Results will be out by the end of the week.

After School Activities - Term 2

Monday - Yoga

~~Tuesday - Musical Theatre - FULL~~

Wednesday Morning - Mindfulness & Meditation (No booking form required)

Wednesday Afternoon - Skater HQ

~~Thursday - Uni-cycling - FULL~~

Friday Karate - Contact Key Martial Arts to book - 1300 304 532

Booking forms have been sent out via email today.

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

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.



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. 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

BOOK NOW - Phone 1300 168 742 or visit www.themusicbus.com.au

Live Life Well at School

Live Life Well @ School

HEALTHY LUNCH BOXES

Pack the five food groups!

Include all five food groups into your child's lunchbox and water as the best drink!

Breads & Cereals: Wholegrain bread, pasta, noodles, wrap or crisp bread.

Vegetables: Carrot, capsicum or celery sticks, salad on a sandwich.

Meat & Alternatives: These provide protein. Try cooked lean beef or lamb, skinless chicken or turkey, egg, legumes or hummus.

Dairy: These provide protein and calcium. Try a slice of cheese, yoghurt or milk.

Fruit: Serve in a fun and creative way. Try fruit skewers or fresh cut up fruit in a container ready to eat.

Provided by Cancer Council NSW

More tips and recipes:
healthylunchbox.com.au

