

Balgowlah Heights Public School

Excellence and Opportunity



Term 2 Week 4
22 May 2019

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Principal's Message

Staffing

We welcome Mrs Jacquie Daddo who has joined our school as a School Administration Manager (Acting) for the next three months.

Kindergarten Enrolments 2020

In Terms 2 and 4 this year we will be providing a number of opportunities for children commencing school next year to visit our school as part of our Kindergarten Transition Program. These include:

Parent Information Morning and School Tour	Wednesday 29 May 9.30am-11am
Orientation Visits	Wednesday 23 October Thursday 31 October Monday 11 November

Cunninghams

IN YOUR COMMUNITY

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



BALGOWLAH HEIGHTS PUBLIC SCHOOL

Kindergarten 2020 Orientation Program

Parent Information Morning
Wednesday 29 May 9:30-11:00am

Kindergarten Orientation Dates
Wednesday 23 October 9.30-10.45am
Thursday 31 October 9.30-10.45am
Monday 11 November 9.30-10.45am



NAPLAN

Last week students in Years 3 and 5 completed the NAPLAN tests. During this time our students were able to access the on-line platform with few issues. Students who were absent have had the opportunity to sit the tests this week.

Enrichment Program

We are commencing our Enrichment Program supported by the P&C this week. This term selected students in Years 2-6 will have the opportunity on a number of days to work with Mrs Laurenza Butcher. The program will be based around concept-based learning. The concepts are 'big ideas' which promote higher levels of thinking. Further details on the program will be shared at a future P&C meeting. Parents of students involved will be sent an email providing further details.

Term 2 School Invoices

School Invoices for Term 2 will be sent home next week. The fees for this term cover educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution.



Year 6 Canberra Excursion

The students in Year 6 enjoyed an excellent excursion to Canberra last week. Thank you to Mrs Coyle, Miss Liggett, Mrs Skanavis, Ms Veney and Ms Mellowes for their time and commitment.



Cross Country

Congratulations to all of the students for their efforts in our school cross country. Results will be published in next week's newsletter. Thank you to Mr Roxburgh for organising the event.



Recycling Bins

As part of our school's Environmental Plan we have introduced a number of recycling bins for the students to use. Currently we have the following bins:

- Paper & Cardboard
- Soft Plastics
- General waste

In the future we will be introducing Organic and Recycled Containers (e.g. bottles) bins. The students are undertaking lessons in class to support their knowledge and understanding of the use of these bins. Thank you to Miss Liggett and Ms Veney for their work in introducing this initiative.



Skoolbag App

A reminder to update your Skoolbag app to include the relevant groups your child is in this year to receive notifications. This includes changing your child's year group.

Upcoming Events

Term	Date	Activity	Time
Term 2 Week 5	Monday 27 May	SportsPro Years 1 and 2 Years 3-6 Assembly	2.00pm
	Tuesday 28 May		
	Wednesday 29 May	Kindergarten 2020 Parent Information Session	9.30am
	Thursday 30 May		
	Friday 31 May	PSSA Round 5	12.30pm
	Sunday 2 June	Band Workshops	
Term 2 Week 6	Monday 3 June	SportsPro Years K and 5 Years 3-6 Assembly	2.00pm
	Tuesday 4 June		
	Wednesday 5 June	Zone Cross Country	
	Thursday 6 June		
	Friday 7 June	Winter PSSA wet weather make-up round	

Have a great week.

David Shuster
Principal

School News

PACER – Parliamentary and Civics Education Rebate

Students from our school have recently undertaken an educational tour of the national capital. Students were given the opportunity to participate in a variety of educational programs with a focus on Australia's history, culture, heritage and democracy.

The Australian Government recognises the importance of all young Australian's being able to visit the national capital as part of their Civics and Citizenship education. To assist families in meeting the cost of the excursion the Australian Government is contributing funding of \$20.00 per student under the Parliament and Civics Education Rebate program towards those costs. The rebate is paid directly to the school upon completion of the excursion.

Kindergarten 2020 - Parent Information Morning Wednesday 29 May

We are looking forward to meeting the parents of our 2020 Kindergarten cohort at our Parent Information Morning next week, on Wednesday 29 May at 9.30am to 11.00am in the school hall. This meeting provides parents with essential information about our school and includes a school tour.

PBL News

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

Respect	
Learning Intention	Success Criteria
We are learning to be respectful at the canteen	<ul style="list-style-type: none">• Only buy for ourselves• Use good manners• Line up and wait our turn• Follow canteen staff instructions

Emily Rhodes
Deputy Principal

Library News

2019 Premier's Reading Challenge

The Premier's Reading Challenge aims to encourage a love of reading in students, and is designed to enable students to experience quality literature. It is an excellent list of books which gives both students and parents an idea of suitable reading material for each age group. Students are able to explore a wealth of quality books in a broad range of genres and at varying reading levels. We encourage all students at Balgowlah Heights Public School to participate.

- Kindergarten students are currently sharing Premier's Reading Challenge books with their classroom teacher and teacher librarians and will complete the Challenge as a class.
- Students in Years 1-6 are encouraged to complete the reading challenge independently.
- Students in Years 1-3 are requested to complete a written reading log and submit it to the Library, by the end of Term 2.
- Students in Years 4-6 are requested to complete their reading log on-line by Thursday 15 August 2019. Students can access their own reading record at home using their DoE username and password.

"The more that you read, the more things you will know. The more you learn, the more places you'll go."— Dr. Seuss

Volunteers for Book Covering

If you would like to volunteer to help cover new library books, we would very much appreciate your assistance. If you are interested this will take place on Monday afternoons before school pickup. Please email balgowlah-p.school@det.nsw.edu.au further information.

The Library Team

Sports – Weekly PSSA Fixtures

Round 4 : 24 May 2019		
Girls Jnr & Snr A Soccer	v Cromer	John Fisher 1
Girls Jnr & Snr B Soccer	v Cromer	Reub Hudson
Boys Snr A Soccer	v North Curl Curl	David Thomas 2
Boys Jnr B1 Soccer	v North Curl Curl	David Thomas 1
Girls Netball	John Fisher Park	Girls Netball
Rugby League	Nolans Reserve	Rugby League

Free Sea Eagles Tickets



To celebrate URM's 23rd year of sponsorship in season 2019, the Major Partner of the Manly Warringah Sea Eagles is offering the opportunity for thousands of kids to attend the footy for FREE! Click on the link to find out more:

https://www.seaeaglescorporate.com.au/urm/?camfrom=EMCL_2903057_138862906

P&C



Last Friday was **National Walk Safely to School Day**. Thanks to all the wonderful **Walking Bus** volunteers who operated all three routes on the same day.

Here's a note from Megan Holbeck, one of our Walking Bus drivers, about why she likes taking the leisurely route to school:

"Want healthier, more independent and connected kids while making your own life easier? If the answer's yes (and whose isn't?) then think about joining the walking bus."

We've been doing it for almost a year now, and it's a great part of our week. We all enjoy the walk, chatting with friends, enjoying the exercise and that week's excitement. (Birds, flowers, dog poo obstacle courses - who knows what the week will bring!) It makes getting to school fun, develops new friendships and independence. It also makes your kids fitter, stronger, and more aware of road safety. And it makes parents' lives easier too - you just have to meet the bus and drop your kid off and that's it - the school run is done. You don't have to join the walk and there's no pressure to help. (Although feel free!)

If you're interested, get in touch with [Diana](mailto:diana@bhpswalkingbus@gmail.com) on bhpswalkingbus@gmail.com. Or just come and try. If there isn't a route that works for you, talk to Diana anyway - we may be able to work something out."

[Click here](#) to watch our very own Walking Bus video.

Democracy sausages

A big thank you to Diana Worman and all the volunteers who helped at the Election Day Sausage Sizzle on Saturday. Their efforts raised more than **\$3,500** for the school which will help fund new equipment and go towards future projects to improve school grounds.

Entertainment Book

Don't forget to order your new Entertainment Book online or in paper form if you haven't already. Fourteen dollars from every purchase goes to the school. [Click here](#) to buy and if you order a printed copy please forward your receipt to Alison at bhpsvpcomms@gmail.com so you can pick it up.



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

Thursday Volunteers needed! If you can help out please email bhpsuniformshop@gmail.com

Donations

Thank you for your donations. Please check that your donated items are in good condition and are **current uniform items**, no socks, tights or hair accessories.

If you can't make the Uniform Shop please use the online order form located on the school website or Flexischools and your items will be delivered to your child's class.

Loretta Mykityshyn

Uniform Shop Manager

bhpsuniformshop@gmail.com

Canteen

Canteen

This week 20 May - 25 May is the turn of **Kindergarten** parents again to help out. Just one parent per class would be fantastic. 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.

ManPowerMay is here!

Calling all Dads, Grandads, Uncles and other superhero blokes in the family - it's your time to shine in the kitchen! If you can spare just half an hour or an hour to help in the canteen in May, we can make sure you have a photo with your child, grandchild, nephew, niece godchild etc. which will go up on the photoboard by the hall opposite the canteen. The kids love to see you at school so why not give it a try? No cooking skills needed! Go to <http://www.signup.com/go/yaQUgsw> to sign up.



Sanja Vidaic & Kathrine Boulderstone
Canteen Managers

Morning Drop off - 7:30am only

We know what a rush it can be to get to work in the mornings but we are legally not allowed to have children signed in before 7:30am. Our rolls will only open up at 7:30am from now on. Thank you for your understanding.

Early Drop off - Survey

If you would like us to consider earlier opening times please email us stating the time you would prefer. Either 7am or 7:15am for term time. If we get enough uptake we will discuss a change of times and follow the procedures to gain approval.

Date for the Diary - Wednesday 26 June

Term 1 brought us some fun parent/carer challenges and back by popular demand in Term 2, we have the Arabanoo Fete. Pop the date in the diary, times TBC.

AGM - Last call for nominations

Thank you to those association members who have sent in their nominations for the Arabanoo AGM. Kate and the team will hold the AGM from 7pm followed by the PMC meeting.

Roles are being allocated for the upcoming year, if you would like to nominate yourself please email us for a nomination form. We would welcome all parent members in particular ones with the following skill sets or ability to assist with Marketing and community engagement.

Nominations must:

1. Have the written consent of the candidate.
2. Delivered, for the attention of the President of the Association (Kate Sellick), to the Arabanoo office at least seven days before the AGM (by 6.30pm on Wednesday 22 May 2019).
3. Be co-signed by two members of the Association.

Any items for the agenda should be notified to the President at pmc.arabanoo@gmail.com

Suggestions Box - Let us know

We love getting feedback from you guys, and have lots of ideas that we're trying to get off the ground and into a routine, currently we are trying to get a Story Time Session in the morning as a regular activity.

Contact Us

Email: admin@arabanoo.com

Website: www.arabanoo.com

Phone: 02 9948 6722

Mobile: 0421 014 308

Rowan Friend

The Arabanoo Team

ORAL HEALTH SERVICES FOR CHILDREN UNDER 18 YEARS



IT'S FREE!



CALL TODAY

General dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

* Some specialist services require additional eligibility and/or may incur a fee.

Clinic Locations:

HORNBY | TOP RYDE | ROYAL NORTH SHORE | NORTHERN BEACHES
PHONE 1300 732 503

Healthy Mouths for Kids at School

Dental information for parents and carers

Eat Well
Offer healthy snacks like cheese, veggie sticks, fresh fruit & plain yoghurt.

Drink Well
Make tap water your family's drink.

Clean Well
Brush teeth after breakfast and before bed. Help children brush until they are 8 years old.

Stay Well
Children should have regular dental checks.

Play Well
A well fitted mouthguard can reduce the risk of injury.

Did you know?

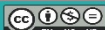
Not brushing teeth daily, and sugary food and drinks, cause tooth decay.
Children with tooth decay can have trouble eating, sleeping, talking and focusing in class.



10 INTERNET SAFETY TIPS FOR PARENTS

- 1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6 Help your child learn to **filter** information online and navigate fact from fiction.
- 7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8 **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10 **Learn more:** Explore reliable resources for parents so you can educate yourself.

@kathleen_morris



www.kathleenamorris.com

Live Life Well @ School

FRUIT, VEGETABLE AND WATER BREAK



Budget crunching

Buying fruit and vegetables in season often means they will be cheaper and better quality.

May	June
Fruit: apples, banana, grapefruit, grapes, kiwifruit	Fruit: banana, kiwifruit, mandarins, grapefruit
Vegetables: broccoli, carrot, cauliflower, mushrooms, potato, pumpkin	Vegetables: broccoli, carrot, cauliflower, potato, pumpkin

For a full seasonal calendar, search 'seasonal produce' at healthykids.nsw.gov.au



Health Northern Sydney Local Health District