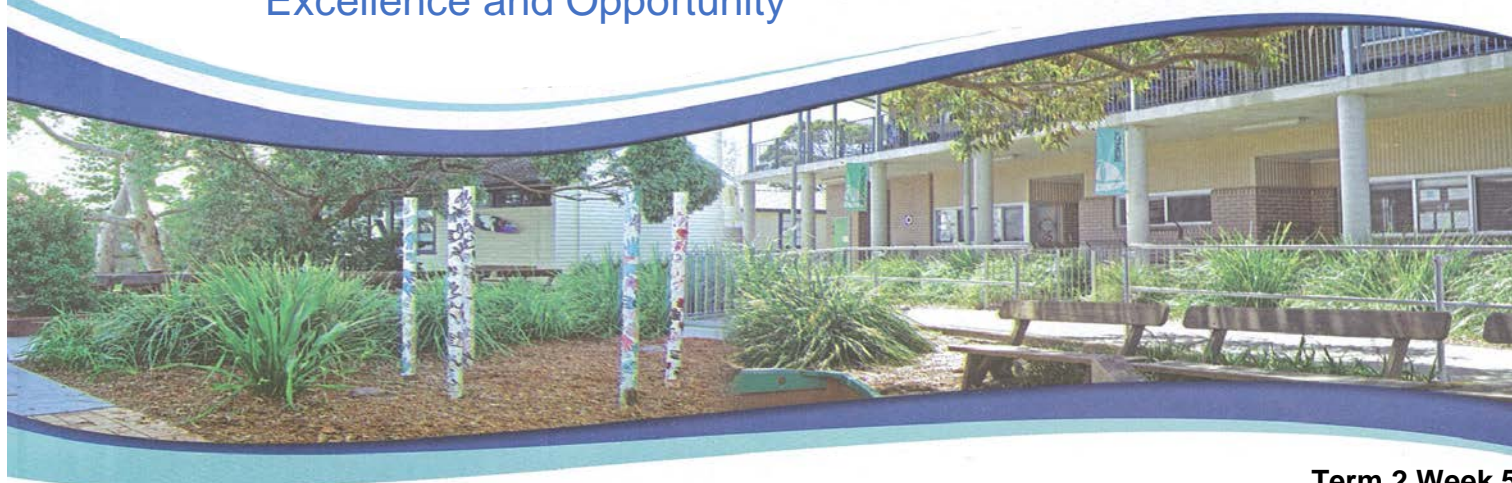


Balgowlah Heights Public School

Excellence and Opportunity



Term 2 Week 5
29 May 2019

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Principal's Message

Kindergarten Enrolments 2020

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

Orientation Visits

Wednesday 23 October
Thursday 31 October
Monday 11 November

To assist in our planning it would be appreciated if parents of siblings of current students could request by email (balgowlah-p.school@det.nsw.edu.au) a ghosted enrolment form from the Admin Office by the end of this month.

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



Term 2 School Invoices

School Invoices for Term 2 were sent home this week detailing the fees for this term which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution.

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.



The photograph shows the amount of rubbish we have saved in one week from going to landfill

We would welcome our parents to be involved with our new BHPS waste management initiative. You can be a huge help by signing up to our Parent Recycling Roster. All that is involved is taking **one or two bags** of soft plastics to Coles or Woolworths, to drop off at the REDcycle soft plastic recycling drop off point just **once a week**. If you are able to help our schools war on waste, please contact Felicity at felicity.stevens.aus@gmail.com to sign up to the roster.

Zone Cross Country

We wish the students participating at the Zone Cross Country next Wednesday 5 June at John Fisher Park, North Curl Curl all the best.

Lost Property

Thank you to Mr Femia, our General Assistant, who has constructed a Lost Property box for us. If you are looking for lost property the box is located around the corner from the Administration Office.



Band Workshops

We look forward to our Band Workshops which will be held at school this Sunday 2 June 2019. The times for each band are as follows:

- Junior Band: 2.30pm - 5.35pm
- Senior Band: 11.30am - 2.45pm
- Concert Band: 3.00pm - 6.00pm
- Stage Band: 11.30am - 6.00pm

School Fence

Work will commence in the near future on the security fencing for the Western Campus. The fence installation and financing of the project is an initiative of the Department of Education.

Too Sick for School?

At times we receive enquiries in regards to students attending school if they are not feeling well. Included in this week's Newsletter on pages 6-7 is a guide to assist you. Generally, if your child feels unwell, keep them home from school and consult your doctor as required.

School App

A reminder to update your school 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 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	12.30pm
Term 2 Week 7	Monday 10 June	** Public Holiday **	
	Tuesday 11 June		
	Wednesday 12 June		
	Thursday 13 June	Year 6 DigiEd Day	
	Friday 14 June	Winter PSSA Round 6	12.30pm

Have a great week.

David Shuster
Principal

School News

Years 3-6 Cross Country

We had a beautiful day for the School Cross Country last week and the event was a great success. Well done to all the students that competed in the event. It was fabulous to see so many children trying their personal best and enjoying the race.

Congratulations and good luck to the team of 50 students going to the District Cross Country in Week 5 at John Fisher Park. I would also like to thank all the parents who came along and helped at the carnival. The ribbons will be handed out at the next 3-6 Assembly on Monday 3 June.

Neil Roxburgh
Carnival Coordinator

Results from BHPS School Cross Country

Event	Place	Name
8/9 years Girls	1	Matilda Whitehead
	2	Yasmin Offwood
	3	Camilla Squire
	4	Sienna Nowytarger
	5	Lila Davis
	6	Charley Floyd
8/9 years Boys	1	Luke Larcombe
	2	Cai Jeffreys
	3	Elliot Atkins
	4	Ben Wilsher
	5	Beau Richards
	6	Harvey James
10 years Girls	1	Zoe Rheinberger
	2	Madeline Simmons
	3	Margot Connell
	4	Annabelle Bourgault
	5	Olivia Kaill
	6	Kinvara Lewcock
10 years Boys	1	Jacob Kimball
	2	Harper Whiteley
	3	Henry Cannon
	4	James Bousie
	5	Henry Trueman
	6	Archie Grimes
11 years Girls	1	Pantha Tilsley
	2	Emmerson Kouzoukas
	3	Ellen Hirschi
	4	Kyra Mykityshyn
	5	Amelie Whitehead
	6	Jessica Mace-Smith
11 years Boys	1	Jonas Antolik
	2	Sam Davis
	3	Reuben Masters
	4	Casey Bray
	5	Tyler Brown
	6	Ethan James
12/13 years Girls	1	Grace Woodward
	2	Annabel Lynch
	3	Charley Hookway
	4	Sophie Lintvelt
	5	Lucy Zaknic
	6	Tara Hollyoak
12/13 years Boys	1	Toby Reardon
	2	Alexander Harvey
	3	Alfie Gatehouse
	4	Cillian McGrath
	5	Evan Cahill
	6	Oliver Crofton



Inter School Chess Challenge

Last Thursday five of our students represented our school in the Inter School Chess Challenge at Curl Curl North Public School and were placed third. Congratulations to Maxim who was the undefeated winner of the day.



Kai Sawaki, Mylo Davies, Maxim Berberian, Aiden Gilbert, Jarod Binley

Sports – Weekly PSSA Fixtures


Round 5 : 31 May 2019		
Girls Jnr & Snr A Soccer	v Seaforth	Seaforth 1
Girls Jnr & Snr B Soccer	v Seaforth	Seaforth 2
Boys Snr A Soccer	v Curl Curl North	John Fisher 1
Boys Jnr B1 Soccer	v Curl Curl North	Reub Hudson
Girls Netball	John Fisher Park	Girls Netball
Rugby League	Nolans Reserve	Rugby League

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	<div>  ... if they have symptoms. Contact your doctor before returning to school. </div> <div>  ... if they have a chronic infection (not the first outbreak) and no symptoms. </div>
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

***It is important that the rest of the family is checked for head lice, scabies and ringworm**



Information provided by NSW Health.

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2/2

Road Safety

It's so important for our children to be safe at school drop-off and pick-up time. Please remember these rules and guidelines to help prevent any accidents or incidents:

- The Kiss and Drop zones allow a 2-minute waiting period only before cars should move on.
- If possible, please move up the line if you are waiting so that cars are not overtaking each other to grab a spot.
- Children shouldn't cross the road to a waiting car unsupervised.
- If possible, walk to school (with the Walking Bus for instance!) or park on a nearby street and walk from there.

Building Fund Contribution

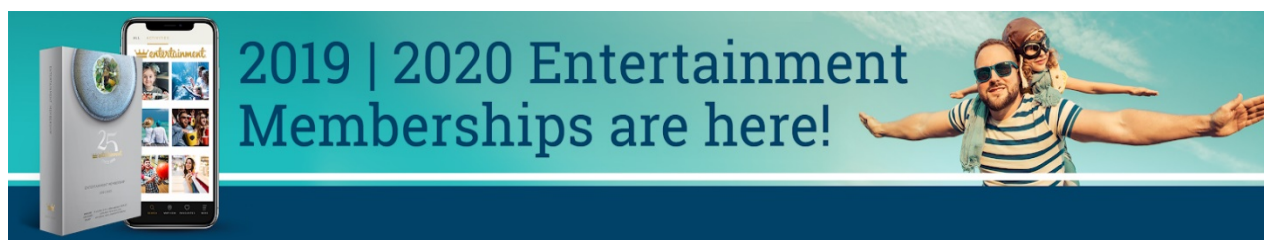
This week BHPS P&C will send out a more detailed message via the Skoolbag App to invite all parents to make a **tax-deductible donation of \$100** per family to the **School Building Fund**. The money from the fund is used to support important capital developments at the school. Please follow this link to [Flexischools](#) if you would like to make a contribution before the end of the financial year.

Uniform shop needs Volunteers

Can you spare a few hours on a Thursday afternoon from 2.30pm to 3.30pm to volunteer in the Uniform Shop? If you can help out, please email [Loretta](#) at bhpsuniformshop@gmail.com.

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

Donations

Thank you for your kind 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

This week Monday 27 May – Friday 31 May is the turn of **Year 1** parents again to help out. Just one parent per class is all that's needed to make a huge difference to the canteen staff. Sign up here: <http://www.signup.com/go/yaQUgsw>.

ManPowerMay is almost over! But it's not too late to help!

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

Arabanoo

Thank you - Early Start Survey

Thank you to those parents who used the voting jars and emailed us last week. We will be discussing the topic at this evenings PMC meeting. If you missed it, we have been gathering responses regarding opening the centre at 7am, 7:15am or keeping the same opening time of 7:30am. Please email us if you would like to register your vote.

AGM/PMC - Tonight 7pm

Our AGM is being held tonight (Wednesday 29 May) and will be followed by our Ordinary PMC meeting at 7:30pm. All association members are welcome to attend.

Sign In/Out - 'Mark as Read'

When signing out, if a message pops up requiring you to 'Mark as Read' this means a member of staff needs to talk to you. Please ensure you speak to a staff member if this happens.

Don't Share your Sign In Pin - Security

Please ensure if there is someone new picking up your child that we know their name, phone number and that they bring along photographic ID. Please don't share your own pin for others to sign your child out.

Recycling - Ink Cartridges

Have you spotted our Planet Ark Cartridges recycling box yet? We have been recycling ink cartridges for a number of years but now encourage all Arabanoo families and the BHPS community to drop off their used printer and photocopier cartridges with us so that we can send them off to get recycled. Please check out the Planet Ark website to see what other great initiatives they offer, www.planetark.org

Head Lice - Check & Treat

A few parents have reported to us that their children have had head lice recently. Can you please check and treat your children's hair, if you need any tips, please follow this link;
www.health.nsw.gov.au/environment/headlice/Pages/default.aspx

Contact Us

Email: admin@arabanoo.com

Website: www.arabanoo.com

Phone: 02 9948 6722

Mobile: 0421 014 308

The Arabanoo Team

Live Life Well @ School

HEALTHY SCHOOL CANTEENS

Great News! By December 2019 NSW school canteens will help students make the healthy choice, the easy choice.

Thanks to the NSW Healthy School Canteen Strategy and our canteens:

EVERYDAY, healthy, tasty, food and drink options will be the main items available*

OCCASIONAL foods will be limited on the menu

Sugary drinks will not be sold.



*based on the Australian Dietary Guidelines above.

For more information, visit:
healthyschoolcanteens.nsw.gov.au



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