



Term 3 Week 2
31 July 2019

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Cunninghams

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



Principal's Message

Education Week Open Day

We look forward to celebrating Education Week Open Day next week on Wednesday 7 August. All parents and friends are welcome to attend. The activities include:

Class visits:	9.10am - 10.00am
Concert:	10.15 – 11.30am (Multipurpose Court) Kindergarten, Year 1, Year 2, Junior Band, Senior Band, Concert Band, Stage Band, Junior Dance Group, Senior Dance Group, Years 3-6 Choirs, Public Speaking, String Group.
Picnic Morning Tea:	11.30am – 12.00 noon Please bring a rug and your picnic and share morning tea with your child and friends on either campus.
Book Sale :	8.00am – 12.00 noon Books will be available for sale in front of the Library.
Student Representative Council (SRC)	Meeting from 12.00 noon to 12.45pm in the Hall. View our Year 6 leaders run a SRC Meeting with Years 3 and 6 as the audience.

P&C

The next meeting of the P&C Association will be Monday (5 August 2019) next week, commencing at 7.00pm in the Library. All parents are welcome to attend. Discussion topics for the night include:

- Enrichment Program
- Masterplan update
- Proposed building for Arabadoo (Eastern Campus)

Year Calendar

Included in this week's Newsletter (on Page 3) is our **updated** Year Calendar.

Year 5 Quarantine Station Excursion

We wish the students In Year 5 an enjoyable and worthwhile excursion to the Quarantine Station on Thursday (1 August 2019) of this week.

Senior Choir - ArtsAlive Concert

We wish the students in the Senior Choir all the best for their performance at the ArtsAlive Concert at the Sydney Town Hall next Monday (5 August 2019).

Festival of Instrumental Music

Congratulations to the students in our Recorder and String Groups who played magnificently as part of the Festival of Instrumental Music at the Sydney Opera House this week. Thank you to Mrs Cronin and Mrs McVicar for their work in preparing these groups.



Kindergarten Celebrate 100 Days of School

Congratulations to our wonderful 107 Kindergarten students who last week celebrated 100 days of being at school.



State Cross Country

Congratulations to Gemma Sellick and Jacob Kimball for their efforts at the State Cross Country last week. Gemma finished first in her age category.

School Athletics Carnival

We look forward to our School Athletics Carnival to be held at Sydney Academy of Sport and Recreation (Wakehurst Parkway, Narrabeen) on Wednesday 14 August. Students will depart school by bus at the following times:

- Years 3-6 8.15am
- Years K-2 9.30am

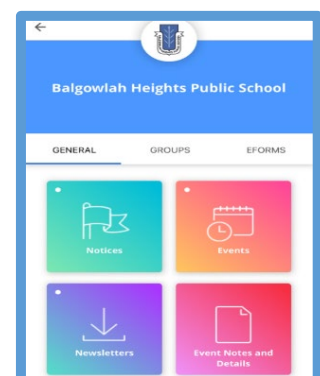
An email will be sent home later this week containing further information.

School App

Our School App is available free of charge and will provide you with information on school events. The App is SkoolBag and is available through the Apple or Android App stores.

The app will provide you with the following information:

- Calendar of Events
- Push notifications on reminders for upcoming events
- Push notifications advising you on changed circumstances e.g. PSSA sport cancelled
- School Newsletter
- Canteen link to Flexischools
- Notes
- School Policies





Balgowlah Heights Public School 2019 School Calendar

Term	Month	Date	Activity	
3	July	22	School Development Day	
		23	Students commence Term 3	
		24	Visiting Artist for NAIDOC Week	
		26	State Cross Country	
		26	Winter PSSA Round 9	
		29	Years K-2 Assembly	
		29	String Group & Recorder Group @ Festival of Instrumental Music (Acacia Concert)	
		29	Year 4 Drama Ensemble rehearsal	
		29	SportsPro Athletic Trials	
		31	OC Test	
		31	SRC Meeting	
		31	Year 4 Drama Ensemble Performance	
		August	1	Year 5 Quarantine Station Excursion
			5	SportsPro Years 5 and 6
			5	Senior Choir ArtsAlive Concert
			5	P&C
			7	Education Week Open Day
			9	Winter PSSA Semi Finals
			12	SportsPro Years 3 and 4
			12	Years K-2 Assembly
			14	School Athletics Carnival
			16	Winter PSSA Finals
			19	SportsPro Years 3 and 4
			21	Japan 2020 Parent Meeting
			22	School Tour
			26	SportsPro Years 1 and 2
			26	Years 3-6 Assembly
			28	Zone Athletics (Field)
			28	Parent Mathematics Information Night
			29	Zone Athletics (Track)
		30	Father's Day Breakfast	

	Month	Date	Activity	
4	September	2	SportsPro Years 1 and 2	
		2	Bear Pit Public Speaking Competition	
		2	P&C	
		4-6	ICAS Science Competition	
		5	Interrelate (Years 3-6)	
		6-8	North Shore Band Festival	
		9	SportsPro Years K and 5	
		9	Years 3-6 Assembly	
		9-11	ICAS Writing Competition	
		10	Field of Mars Year 3 Excursion	
		10	Recital Night	
		11-13	ICAS Spelling Competition	
		12	Field Of Mars Year 4 Excursion	
		13	Year 6 Mini Fete	
		16	SportsPro Years K and 6	
		16	Years K-2 Assembly	
		16	Concert Band at Brindabella Concert at Sydney Town Hall	
		16-18	ICAS English Competition	
		18	SRC Meeting	
		18-20	ICAS Mathematics Competition	
		19	School Tour	
		19	Ensemble Night (Recorder, Choir, String)	
		20	Summer PSSA recommences Round 6	
		21	Trivia Night	
		22	Senior Band at Battle of the Bands	
		23	Years K-6 Recognition Assembly	
		25	PBL Thumbs Up Celebration Day	
	27	Last day of Term 3		
	4	October	14	Students commence Term 4
			14	Years 3-6 Assembly
			14	Year 2 Swim School commences
			16	Sydney North Athletics
			18	Summer PSSA Round 7
21			Years K-1 Assembly	
23			Kindergarten Orientation Visit 1	
23			SRC	
25			Summer PSSA Round 8	
25			World Teacher's Day	
28		P&C		
30		Opportunity Class 2020 Orientation Day		
31		Kindergarten Orientation Visit 2		
November		1	Summer PSSA Round 9	
		4	Years 3-6 Assembly	
		6	State Athletics	
	7	State Athletics		
	7	School Tour		
	8	Summer PSSA Round 10		
	11	Kindergarten Orientation Visit 3		
	11	Years K-2 Assembly		
	13	SRC Meeting		
22	Summer PSSA Semi Finals			
25	Years 3-6 Assembly			
25	P&C (AGM)			
29	Summer PSSA Finals			

	Month	Date	Activity
	December	2	Years K-2 Assembly
		3	Christmas Scripture Service
		3	Thank You Morning Tea
		3	Band Performance Night 6:30pm
		4	SRC
		5	School Tour
		9	Years K-6 Recognition Assembly
		10	Talent Quest
		11	Talent Quest
		12	Christmas Carols
		12	Year 6 Play
		16	Year 6 Farewell
		18	Party Day
		18	Year 6 Farewell Arch
		18	Last day of year for students

Upcoming Events

Term	Date	Activity	Time
Term 3 Week 3	Monday 5 August	SportsPro (Years 5 and 6) Senior Choir performing at ArtsAlive Concert (Sydney Town Hall) P&C Meeting	7.00pm 7.00pm
	Tuesday 6 August		
	Wednesday 7 August	** EDUCATION WEEK OPEN MORNING **	9.10am
	Thursday 8 August		
	Friday 9 August	Winter PSSA Semi Finals	12.30pm
Term 3 Week 4	Monday 12 August	SportsPro (Years 3 and 4) Years K-2 Assembly	2.00pm
	Tuesday 13 August		
	Wednesday 14 August	School Athletics Carnival	
	Thursday 15 August		
	Friday 16 August	Winter PSSA Finals	12.30pm

Have a great week.

David Shuster
Principal

School News

PBL News - Learning Dispositions

Each Term students focus on a specific learning disposition as part of our PBL program. Learning dispositions are the skills that assist us to become powerful learners, for example, persistence, risk-taking and learning from mistakes.

It is important for students to gain an awareness of the way they learn to assist the development of their life-long learning. Learning dispositions are directly linked to our 'Personal Best' school value and are explicitly taught through our teaching and learning programs. Each Recognition Assembly focuses on a specific learning disposition. The class awards acknowledge students who have been observed demonstrating the learning disposition for the term.

- Term 1: Challenge
- Term 2: Persistence
- **Term 3: Self-regulation**
- Term 4: Reflection

This Term students are learning to apply their personal best through using strategies of self-regulation. Self-regulation is being able to make sensible choices to assist learning:

Personal Best	
Learning Intention	Success Criteria
We are learning to use self regulation in the classroom.	<ul style="list-style-type: none"> • Be an active learner • Stay on task • Use initiative • Check the learning intention and success criteria

Positive Behaviour for Learning – Celebration Day Wednesday 25 September 2019

Students who are observed being respectful, responsible and demonstrating their personal best during eating time, assemblies, play time and when lining up receive a thumbs up token.

Students use their token to vote for a PBL celebration day. This Term the selected 3 celebration day options include:

- Silly Socks
- Music under the COLA
- Time with Buddies

The event that has the most tokens will go ahead in Week 10, Wednesday 25 September, to celebrate our school expectations.



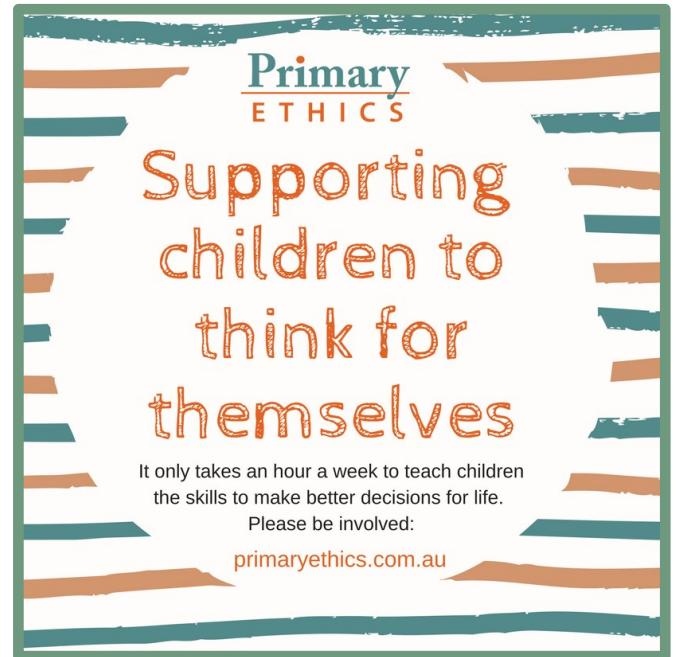
Primary Ethics

Our wonderful primary Ethics program at Balgowlah Heights Public School has been thriving over the last few years, however, we are in urgent need of more volunteers!

Could you spare 30 minutes on a Tuesday morning to teach Ethics at school? Full training is provided, it is simply completing online training modules and a one off, in person, 2 day workshop, usually in the CBD on a weekend.

Please register your interest now to help with planning for next year. If a week in/week out commitment doesn't suit, it is possible to job share.

For any questions about what the role entails, please contact Jo Reardon on bhps.ethics@gmail.com or call 0466 831 773, or have a look at <https://primaryethics.com.au>.



100 Days of School

Thursday 25 July marked an important milestone for this year's Kindergarten students, it was their 100th Day of School! Since their very first day at Balgowlah Heights Public School, our Kindergarten classes have counted up to Day 100 with anticipation.

Their 100th Day was full of celebration and the activities completed on the day centred around the number 100. The Kindergarten teachers are extremely proud of all their students and are looking forward to more fun and learning for the rest of the year. Congratulations Kindergarten!



NAIDOC Celebration

Last Wednesday we celebrated NAIDOC Week (National Aboriginal and Islander Day of Celebration) with amazing and informative performances by Fred and Chaydin Reid – The Maluerindi Clan. K-2 students were treated to Dreaming stories about the turtle and how he got his shell and 3-6 students were involved in learning Indigenous games.

The afternoon session was a combined school performance featuring traditional dance. Students were invited up on stage to dance the kangaroo dance for boys and the emu dance for girls. The highlight (for the students) was the invitation by Fred and Chaydin to the teachers to learn the Brojga dance. Students were extremely delighted to see their teachers on stage and especially delighted when Mr Roxburgh and Mr Shuster starred in the finale.

The feedback from students and teachers was very positive and we thank Fred and Chaydin for sharing their culture and stories with us.

Roslyn Elliott

Leader – Aboriginal Education Committee



JAPANESE News

Just letting you know of an exciting 'maneki neko' decorating workshop coming up at the Japan Foundation on Saturday 17 August 2019. Please click on the link for details. <https://jpf.org.au/events/maneki-neko-decorating-workshop>

Sensei

Japanese Teacher

Sports – Weekly PSSA Fixtures

Round 10 : 2 August 2019		
Girls Jnr & Snr A Soccer	v Manly Vale	Adams Street
Girls Jnr & Snr B Soccer	v Narraweena	Reub Hudson
Boys Snr A Soccer	v Harbord	Dee Why Oval
Boys Jnr B1 Soccer	v Harbord	Dee Why Oval
Girls Netball		John Fisher Park
Rugby League		Nolans Reserve

P&C Meeting - Next Monday (5 August) at 7pm in the School Library

Discussion topics for the meeting include the enrichment program and the masterplan update. The Arabanoo team will also be presenting the proposal for the new multi-purpose building on the Eastern Campus. The project will require some P&C funding so parents are encouraged to come along and participate in the presentation. Please note that you can only vote if you have already registered at a previous meeting by paying \$1.

Cyber-safety talk - Monday 19 August at 7pm

Tickets are now on sale via [Flexischools](#) for this informative event. Julie Inman Grant, Federal e-Safety Commissioner and mum at BHPS, will host a talk on cyber safety. Please email Alison at bhpsvpcomms@gmail.com if you would like her to cover any particular issues.



Father's Day Breakfast is on Friday 30 August

Tickets and food orders will be on Flexischools next week. We will need quite a few **volunteers** to help with set up, cooking, serving and pack-up. Please put your name down here [Father's Day Breakfast](#) if you can spare any time between 7am and 9.30am on the morning of Friday 30 August. Thank you!



BHPS Trivia Night - A VIKING'S FEAST

Saturday 21 September 6.30pm to 11pm in the School Hall.

Tickets on sale now via [Flexischools](#).

Join in our annual celebration of our ever popular P&C fundraising Trivia Event. Book your table of 10 fearsome vikings! More details to come at the start of Term 3.

To ensure another hugely successful night, why not help by volunteering? If you are interested please contact [Sharmila Normington](#) at Sharmilanormington@gmail.com

Entertainment Book

Get your Entertainment Book online or in paper form. \$14 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 (bhpsvpcomms@gmail.co) so you can pick it up.

The P&C Team

Like us on Facebook at [Balgowlah Heights Public School P & C](#) 

Uniform Shop

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

Winter Long Sleeve Polos - **Size 6** are back in stock!

Year 2 – Recorders are still available, please purchase in the Uniform Shop or via Flexischools.

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

Thank you to our wonderful volunteers who donate their time to bake and prep and, of course, serve with a smile. We couldn't do it without you!

Next Monday (5 August) marks the return of our very popular Millin's Meat Monday! Order your sausage in a roll through Flexischools by Friday morning to ensure your child doesn't miss out (the usual Monday Special will be cancelled that day).

If you have an hour to spare on Fridays, please consider coming in to sell treats to the K-2s. Unfortunately, they missed out last week. You would only be needed from 12.45pm to 1.30pm.



Sanja Vidaic & Kathrine Baulderstone
Canteen Managers

Arabanoo

Eastern Campus Proposal - find out more

We're excited to present our plans for the Eastern Campus building, there will be a short presentation on Monday 5 August at the school P&C meeting. Parents will have the chance to ask questions and have their input. In brief the building will enable Arabanoo's growing junior numbers to have an indoor venue on the eastern campus and also provide the school with two extra learning areas during school hours, thus relieving classroom and resource juggling. For further information please contact the Arabanoo Office or see the displays outside Arabanoo.

Endangered Species Entries - last chance

We had a great response from children entering this competition. Please hand your entries to Hannah by Thursday this week (1 August 2019).

App Users - thank you

Thank you for those families who are using the My Family Lounge App. You can use the App for the following:

1. Booking AM casual sessions;
2. Absenting a permanent or casual AM or PM session;
3. NB - You can't book a PM session via the App (Please call or email for this)

Step 1: Download the App from Google Play or your App Store. 'My Family Lounge' (Green splodge as the logo.)

Step 2: Log in with the credentials you've just set up previously to enrol your child.

For a better understanding of how My Family Lounge works, please visit www.myfamilylounge.com.au or contact the Arabanoo Office.

Opening Hours & Fees - thank you

Thank you to those 145 families who took part in our recent survey monkey, some great useful feedback that will be taken into consideration when discussing opening hours and the fee increase for 2020.

PMC Meeting - Wednesday 7 August

Our term PMC meeting will be held at Arabanoo on Wednesday 7 August from 7pm - 8pm. All members of PMC are encouraged to attend.

After School Activities - Term 3

Monday - Yoga

Tuesday - Musical Theatre FULL

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

Wednesday Afternoon - Uni Cycling

Thursday - Skater HQ

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

Booking forms are available on our website. As always, please contact us if you have any enquiries.

Rowan Friend
The Arabanoo Team



Lifeline Northern Beaches Giant Book Fair: 23rd to 25th August 2019

Venue: Ted Blackwood Hall
Cnr Jacksons & Boondah Rds
Warriewood

Dates/Times: Friday 23rd August 12pm - 8pm
Saturday 24th August 9am - 5pm
Sunday 25th August 9am - 2pm

At the Book Fair there will be thousands of good quality books, at bargain prices, in many categories, including a wide range of children's books suited to all ages plus puzzles, games DVDs, CDs & vinyls.

All funds raised support the activities of Lifeline Northern Beaches which, in addition to the crisis line (13 11 14) with a focus on suicide prevention, provides a lot of other services to our community.

Catch us on Facebook at: Lifeline Northern Beaches – book life

Live Life Well @ School

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Fresh is best, but when buying packaged food use the health stars.

Discover more at:
healthstarrating.gov.au
healthyschoolcanteens.nsw.gov.au



Health
Northern Sydney
Local Health District

Lifeline Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Warriewood

Ted Blackwood Hall

Jacksons Road

August 23-25

Friday 12-8

Saturday 9-5

Sunday 9-2