

Balgowlah Heights Public School

Excellence and Opportunity



Term 3 Week 4
14 August 2019

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Cunninghams

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YOUR
COMMUNITY

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



Cunninghams



Principal's Message

Staffing

After twelve years of valuable service at Balgowlah Heights, Mrs Bowers is retiring next week on Thursday 22 August. Mrs Bowers has taught at our school a range of classes, learning support, library and science during this period of time. We wish Mrs Bowers all the best in the next chapter of her life.

P&C Cyber Safety Presentation

On Monday (19 August) of next week we look forward to the presentation of a Cyber Safety Presentation from Julie Inman-Grant (e-Safety Commissioner). Details of the presentation are:

- Time: 7.00pm – 8.15pm
- Location: School Hall
- Bookings: [Flexischools](#)
- Cost: \$15.00

PSSA Finals

We wish the following teams participating in PSSA Finals on Friday (16 August) of this week all the best. The games will commence at 12.30pm:

- Junior A Girls soccer
- Junior rugby league



Junior Rugby League Semi Final win 7/8/19

Book Week

We look forward to celebrating Book Week next week. The theme of Book Week this year is *Reading is my Super Power*. We will be holding a Book Fair and a number of library activities will be undertaken with the students including book readings under the eastern and western COLA's. Further information is on Page 3 of this week's Newsletter.

School Invoices

School Invoices for Term 3 will be sent home later this week detailing the fees for this term which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution.

P&C

The next meeting of the P&C Association is Monday 9 September. All parents are welcome to attend.

Japan 2020 Parent Meeting

A meeting for students and their parents participating in the Japan Study Tour in 2020 will be held on Wednesday (21 August 2019) of next week at 7.00pm in the Library. Further information will be emailed later this week.

Upcoming Events

Term	Date	Activity	Time
Term 3 Week 5	Monday 19 August	SportsPro (Years 3 and 4) P&C Parent Cyber Safety Talk	7.00pm
	Tuesday 20 August		
	Wednesday 21 August	Japan 2020 Parent Meeting	7.00pm
	Thursday 22 August	School Tour Multicultural Public Speaking State Final	9.30am
	Friday 23 August		
	Sunday 25 August	Harbourside Music Festival (Bands)	
Term 3 Week 6	Monday 26 August	SportsPro Years 1 and 2 Years 3-6 Assembly	2.00pm
	Tuesday 27 August		
	Wednesday 28 August	Zone Athletics (Field)	
	Thursday 29 August	Zone Athletics (Track)	
	Friday 30 August	Father's Day Breakfast	7.00am

Have a great week.

David Shuster
Principal

School News

PBL News

Each fortnight 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 in the toilets.

Respect	
Learning Intention	Success Criteria
We are learning to be respectful in the toilets.	<ul style="list-style-type: none">• Turn taps off• Leave food and drink outside• Do not use the toilets as a play area• Consider other people's privacy

Library News



Reading is my
SECRET POWER



THE CHILDREN'S BOOK COUNCIL OF AUSTRALIA BOOK WEEK: 17 AUGUST - 23 AUGUST

Book Week will be celebrated in the Library with a **BOOK FAIR**. Cash/Cheque/EFTpos and click on link [Payment Methods](#)

The Fair will be open:

- Monday 19 August 8.00am – 4.00pm
- Tuesday 20 August 8.00am – 4.00pm
- Wednesday 21 August 8.30am - 2.00pm
- Friday 23 August 8.30am – 2.00pm

Students will be able to purchase books during their library time. You are welcome to visit the Library to browse the books with your children at these times. There will be **BOOK READING** under the Cola (East) and in the Library (West) at recess and lunch on certain days.



Please send in your completed Premier's Reading Challenge forms as soon as possible as submissions are closing soon.

Teresa Souter
Teacher/Librarian

Sports News

16 August 2019	*** FINALS ***	
Junior Girls A Soccer	v Harbord	John Fisher Park at 12.30pm
Junior Rugby League	v Seaforth	Nolans Reserve at 12.30pm

P&C

Cyber-Safety Talk - this Monday 19 August at 7pm in the School Hall

Get your bargain \$15 ticket via [Flexischools](#) for this informative talk by Julie Inman Grant, Federal e-Safety Commissioner and mum at Balgowlah Heights Public School. There will be a Q & A at the end as well as a light supper. The proceeds will go to the P&C to help fund technology for the school such as smartboards.

Father's Day Breakfast - Friday 30 August

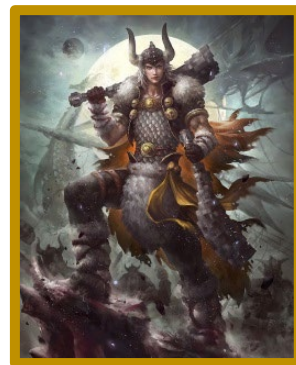
Order your tickets and food via [Flexischools](#) now. Dads, Uncles and Grandads are all welcome to come and enjoy unlimited coffee/tea/juice and either a bacon and egg roll or a pastry with your kids. Please also consider if you can help volunteer on the day by adding your name [here](#). If you have any questions, please contact Mark Griffiths at mark.griffiths@raywhite.com

BHPS Trivia Night - A VIKING'S FEAST

Unleash your inner barbarian and prepare for a ferocious battle of the minds! Join in the action on Saturday 21 September 6.30pm - 11.00pm in the School Hall.

Book your fearsome table of 10 via [Flexischools](#) for just \$65 per person.

If you or your business have a prize that you can donate to the trivia night raffle or auction, we'd love to hear from you. Please contact Billy Anderson on bilyknudsen3@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](#) so you can pick it up.

Soft Plastics

Can you lend a hand and help our sustainability team to recycle the soft plastics generated at school? We only need help a few times a week and all you have to do is pick up a bagful of plastics at the school at drop off or pick up and take them to Coles or Woolworths. Please [click here](#) for more info and to add your name to the roster. For any questions please contact Felicity at felicity.stevens.aus@gmail.com.

Next P&C Meeting - Monday 9 September

The next P&C meeting will cover the shortlist of Masterplan items to be considered for P&C funding. More information on this in the coming weeks.

If you have any questions about P&C events or initiatives, or would simply like to find out how you can get involved and help out (we are always happy to welcome new volunteers and members!) please contact Billie, Alison or Diana on bhpsvpcomms@gmail.com.

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

Donations Please - If you have outgrown uniform items, please consider donating them to the Uniform Shop. Just leave items at the door. Please check that your donated items are in good condition and are **current uniform items**, no socks, tights or hair accessories, thank you.

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

Remember, you are always welcome to volunteer in the canteen, any day for however long you are able. You can pop in, or sign up at <http://www.signup.com/go/yaQUgsw>

Sanja Vidaic & Kathrine Boulderstone
Canteen Managers

Karate - Authorisation Needed

If your child is booked in for Karate on Friday's we need an extra-curricular authorisation form to be completed. The activity is separate from Arabanoo and unless we have this form we don't know the details of your child's class. The form is available in the centre or on our website under the 'Forms' tab, (Onsite Extra-Curricular Authorisation).

Opening Hours and Fees - Survey Monkey

A decision on opening hours and fees for 2020 was decided to be moved to the 13 November PMC meeting.

After School Activities - Spaces available

- Monday - Yoga
- Wednesday - Uni Cycling
- Thursday - Skater HQ

PMC Meeting – Minutes

Our termly PMC meeting minutes from the 7 August are available in the Centre.

Multi-Purpose Eastern Campus Building

In brief the building will enable Arabanoo's growing junior numbers to have an indoor venue on the eastern campus and allow the school to have a flexible space to run a huge range of programs such as; Learning Support - Kindy, Mini and Multi literature programs, Enrichment programs, Stage One Choir, Tech Club and K-2 Science Program and Sensory area/breakout space. If you have any questions please contact the Arabanoo Office.

Annual Leave - Rowan

I will be on annual leave from 14 August - 4 September. Hannah Goodeve will be taking the helm in my absence. Please contact hannah.goodeve@arabanoo.com in my absence.

Contact Us

T - 0299 486 722

M - 0421 014 308

E - admin@arabanoo.com

W - www.arabanoo.com

Rowan Friend

The Arabanoo Team

Live Life Well @ School

MEAL TIME CONVERSATION

Meal time conversations can be a time to develop healthy eating behaviours and encourage food exploration.

Child centred nutrition phrases and repeated exposure to foods can develop kids willingness to try healthy foods.



Try some of these:

- Eating your greens will make you run faster
- Whole grains help you jump high
- Broccoli trees make you strong

More healthy eating tips at healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District

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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



SCHOOLS SPECTACULAR



QUDOS BANK ARENA
22 & 23 NOVEMBER 2019



REGISTER TO BECOME A MANLY NIPPER NOW

Join Manly Life Saving Club Nippers this summer and enjoy a fun activity based program that will educate you about surf safety and awareness.

Nippers is a great way for kids to build confidence and learn valuable life skills and knowledge in a safe beach environment. On the way, kids make new friends and have the opportunity to participate in competition events. Nippers who successfully complete the program are awarded a Surf Rescue Certificate and with further training can become qualified surf lifesavers.

How to Register

All nipper renewals can be done online:
manlylsc.com/nippers/how-to-join/

You can use Active Kids vouchers for all online regos.

All new nippers, including U6 first time nippers can attend one of two registration days:

Time: 8.30am-12.30pm
Date: Sunday 8th and 15th September 2019
Venue: Manly Life Saving Club (upstairs)
Bring: Proof of nipper age (passport or birth certificate)

More information

Find further details about registration including starting age, age categories, pool swim certificate requirements, merchandise and fees by visiting the Nippers homepage on the Manly Lifesaving website at:

www.manlylsc.com



Contact: Kate Martin, Registrar - Manly Nippers
Email: nippers@manlylsc.com