



**Term 3 Week 6**  
**28 August 2019**

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### Cunninghams

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### Principal's Message

#### School Administrative and Support Staff (SASS) Week

Our school community is made up of many different people, all of whom play a part in the running of schools and the provision of quality education to students. School Administrative and Support Staff, whether they work in the office, the library, on the school grounds or in the classroom setting, are important contributors to the success of our school and children's education.

Next week we recognise Mrs Callaghan, Mrs Daddo, Mrs Obern, Mrs Auton, Mrs Broadbent, Mrs Jones, Ms Susko, Mrs Skinstad, Mr Femia, Mr Vella, Mrs Lynch, Mrs Jerman, Mrs Chandler, Mr Gardner and Miss Wyngaard for the contribution they make for the students at our school.

The School will celebrate SASS Week by hosting a Thank You Breakfast for the staff on Wednesday 4 September. The school Office will not be open until 9am on this day.

#### Parent Mathematics Night

We will be holding a Parent Mathematics Information Night on Wednesday 11 September, commencing at 6.00pm and concluding at approximately 7.30pm. The Information Night will focus on aspects of number and will involve a number of 'hands-on' workshops focussing on the strategies, terminology and resources we use in the teaching of mathematics.

There will be the opportunity to participate in up to two workshops (6.30pm - 7.30pm) and an introduction session at 6.00pm for those who are interested. Further information will be emailed home later this week. The workshops will be:

Grade	Topic	Presenters
Kindergarten	Number	Mrs Steph Mawbey and Mrs Anji Kirwan
Years 1 and 2	Number	Ms Laura Ewan and Miss Hayley Fleming
Years 3 and 4	Number	Mrs Geri Kerr and Mrs Kim Santer
Years 5 and 6	Number	Ms Fiona Deppeler and Miss Nicola Park
K-6	Mathematics Curriculum Overview	Mrs Alice Lovett, Mrs Kelly Lockhart and Ms Emily Rhodes

#### Father's Day

We wish all fathers a happy Father's Day for this Sunday. We look forward to our Father's Day Breakfast to be held on Friday this week (30 August) from 7.00am - 9.00am. Further information is on Page 4 of this Newsletter.

## **P&C**

The next meeting of the P&C Association will be on Monday 9 September at 7.00pm. Discussion topics for the night include:

- NSW Department of Education Enrolment Policy
- Masterplan Update
- Proposal to provide \$50,000 to support the building of a room on the Eastern Campus for Arabanoo and school use
- Aboriginal Education

## **Interrelate**

On Thursday 5 September we will be hosting a visit from Interrelate. There will be two sessions, details of the sessions are as follows:

- Session 1 : Where Did I Come From? - 6.00pm (Suitable for students in Years 3 and 4)
- Session 2 : Preparing for Puberty - 7.15pm (Suitable for students in Years 5 and 6)

The sessions are for students and parents to attend. Information was emailed last week.

## **P&C Cyber Safety Presentation**

<https://www.esafety.gov.au/newsletter-subscription>

Following our Cyber Safety Presentation from Julie-Inman Grant detailed below are a number of links providing further information you may find worthwhile.

## **eSafety News**

<https://www.esafety.gov.au/newsletter-subscription>

Stay up to date with all eSafety matters including new resources, online issues, events, blogs and the latest research by subscribing to eSafety News. The latest news will come directly to your email once a month.

## **Commissioner's Blogs**

<https://www.esafety.gov.au/about-the-office/newsroom/blog>

The Commissioner and other staff regularly post opinion pieces and blogs related to a variety of online issues – they are free to reproduce with appropriate acknowledgement of the source and links back to the eSafety website.

## **eSafetyparent and carers**

<https://www.esafety.gov.au/parents>

eSafetyparents targets to the specific needs of parents and carers. It is designed for parents and carers to learn about the digital environment and how to help their children navigate the online world confidently and safely. This part of the website outlines the online risks that young people can face and strategies for parents and carers to help keep their children safe. It is evidence-based and provides advice on the big online safety issues, including:

- cyberbullying
- online pornography
- nudes and sexting
- online time
- gaming
- unwanted contact and grooming

## **Screen Smart Parent Tour**

<https://www.esafety.gov.au/parents/screen-smart-tour>

The 10 minute interactive tour is for parents of pre-teens and young teens (10 to 14 years). It has tips and practical steps to help your child explore safely and manage online issues should they arise. This is especially important at this age as they strive for independence and peer acceptance. There are no right or wrong answers and the tour allows the user to see how other parents responded to the same questions.

## **Online Safety – a guide for parents and carers**

<https://www.esafety.gov.au/parents/online-safety-guide>

This guide covers some of the key online safety issues for young people and includes a range of practical tips and advice on what to do if things go wrong. You can also find a list of important services that can offer extra support.

## **Bear Pit Public Speaking Competition**

Congratulations to all of the students who took part in the Bear Pit Public Speaking Competition. We wish the following students who will be representing our school at the competition next Monday (2 September 2019) at Parliament House all the best.

- Years 3 and 4 : Alice Thorne
- Years 5 and 6 : Eowyn Williams

## Multicultural Public Speaking Regional Final

Congratulations to Zarina Nestel who finished third in the Regional Final of the Multicultural Public Speaking Competition.

## Harbourside Music Festival

Congratulations to the students in the Junior, Senior and Concert Bands who on Sunday came to school to perform in the Harbourside Music Festival. Thank you to parents for your support of the Festival.

## Upcoming Events

Term	Date	Activity	Time
Term 3 Week 7	Monday 2 September	SportsPro Years 1 and 2 Bear Pit Public Speaking Competition	
	Tuesday 3 September		
	Wednesday 4 September	ICAS Science Competition	
	Thursday 5 September	ICAS Science Competition Interrelate	6.00pm & 7.15pm
	Friday 6 September	ICAS Science Competition North Shore Band Festival (Senior Band)	4.30pm
	Saturday 7 September	North Shore Band Festival (Junior Band)	11.50am
	Sunday 8 September	North Shore Band Festival (Concert Band)	4.30pm
Term 3 Week 8	Monday 9 September	SportsPro Years K and 5 ICAS Writing Competition Years 3-6 Assembly P&C	2.00pm 7.00pm
	Tuesday 10 September	ICAS Writing Competition Year 3 Field of Mars Excursion Recital Night	6.30pm
	Wednesday 11 September	ICAS Writing Competition ICAS Spelling Competition Parent Mathematics Night	6.00pm
	Thursday 12 September	ICAS Spelling Competition Year 4 Field of Mars Excursion	
	Friday 13 September	ICAS Spelling Competition Year 6 Mini Fete	

Have a great Father's Day.

**David Shuster**  
Principal

## School News

### Debating Workshop

In Term 4 Years 5 and 6 will have the opportunity to work with expert debating coaches from Masters Academy to develop their speaking skills and confidence. This will run from week 2 for 8 weeks. More information can be found in the Community section on Page 6.

### Recycling Program

Thank you to everyone for supporting our recycling program. Our community has collected and recycled a total of 195kg's of e-waste so far this year! Well done!

**The Sustainability Committee**

### Father's Day Breakfast - this Friday 30 August 7am - 9am

Orders have now closed for the Father's Day Breakfast this Friday 30 August. We won't be letting the wet weather dampen our spirits so the event will still go ahead if it rains. Please look out for notices via Skoolbag in case there is a change of location.

- Please remember to check what food you ordered before coming as we won't have that info at hand.
- Please bring a keep cup for hot drinks. \*WIN\* The first 100 people to arrive at the coffee van will get their very own FREE keep cup!
- Bring umbrellas, raincoats and smiles. Even if it rains the music will still be playing and the food and coffee will be warm!

### VIKING'S Feast Trivia Night - ONLY 4 TABLES LEFT!

Book your fearsome table of 10 via [Flexischools](http://Flexischools) for just \$65 per person. The best-dressed table wins a prize – have you organised your Viking costume yet?

At [CostumeBox.com.au](http://CostumeBox.com.au) Balgowlah Heights Public School families will receive a **10% discount** on purchases PLUS Costume Box will give a further 10% donation to the school! Simply enter this code at checkout: **BHPS10**

Donations for Trivia Night hampers can be **taken by parents only (not students)** to the school Administration Office on the Western Campus or dropped directly to the front veranda of our fabulous coordinator, Sharmila Normington at 28 Bareena Drive, Balgowlah Heights.

Please support the Trivia Night by donating in the following categories:

- **Kindy:** Women's Health and Beauty
- **Year 1:** Men's Health and Beauty
- **Year 2:** Home Decor
- **Year 3 & 4:** Gourmet Food, Deli Items, Non Perishable
- **Year 5 & 6:** Alcohol

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 [billyknudsen3@gmail.com](mailto:billyknudsen3@gmail.com)

### Next P&C Meeting - Monday 9 September

The next P&C meeting will be on Monday 9 September at 7.00pm in the School Library. Come and hear from the Principal, David Shuster, and join in the discussions regarding:

- NSW Department of Education Enrolment Policy
- Masterplan Update
- Proposal to provide \$50,000 to support the building of a room on the Eastern Campus for Arabanoo and school use
- Aboriginal Education

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](mailto:bhpsvpcomms@gmail.com).

### The P & C Team

Like us on Facebook at [Balgowlah Heights Public School P & C](https://www.facebook.com/Balgowlah-Heights-Public-School-P-&-C) 



**Shop, Save & Donate**

**Help your school EARN money!**

**1. YOU SHOP & SAVE**  
At [CostumeBox.com.au](http://CostumeBox.com.au) and receive 10% off your order.  
Use code:  
**BHPS10**

**2. WE DONATE**  
A further 10% cash donation made by us to your school.

 **CostumeBox.com.au**  
Australia's #1 for Costumes, Party & Fun



## 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 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](mailto:bhpsuniformshop@gmail.com)

## Canteen

Healthy Choice Rewards are here! Encourage your child to purchase a special marked healthy option at the canteen, and after 10 great choices, they can spend up to 70c at canteen on anything they like! The healthy choice will vary from week to week, so encourage your child to check out what is on offer each week. The rewards system works for over-the-counter items only (not orders through Flexischools) to encourage children to make their own healthy choices.

We have a group of very loyal and hardworking volunteers who consistently give up their time to help the canteen run smoothly. We'd like to thank all our volunteers for their amazing efforts. If you would like to see first-hand how wonderful it can be to volunteer, why not pop into canteen? The K-2's especially love to see the special people in their lives selling ice-blocks and other treats on a Friday. You are always welcome! You can pop in, or sign up at <http://www.signup.com/go/yaQUgsw>

**Sanja Vidaic & Kathrine Baulderstone**  
**Canteen Managers**

## Arabadoo

### Book Week Donations

A big Arabadoo thank you to the families who donated books last week! We appreciate your donations and have enjoyed some quiet reading! The kids were thrilled, and our Library is looking well stocked!

### Father's Day Breakfast – this Friday 30 August

If your child is booked into Before School Care on Friday, and you are planning to attend the Father's Day Breakfast, we would love it if you could let us know that they **will not** be attending beforehand. Please note, that you **will not** be able to sign your child in to Arabadoo and then take them to the breakfast! We will be running as usual, and all children who are signed in will be taken to school at the usual time!

### Temporary Change of Director

Our wonderful Director, Rowan Friend, will be staying in the UK until the end of October. In his absence, Hannah Goodeve will be the Acting Centre Director for Arabadoo. We hope he has a great time in the UK and are looking forward to his return. If you have any questions, please don't hesitate to contact us!

### After School Activities - Spaces available

- Monday - Yoga
- Wednesday - Uni Cycling

Is there anything different you would like to see on next Term's After School Activities? We would love to hear your ideas.

### Permission for Extra Curricular Activities

Any families who are taking part in our wonderful Extra Curricular Activities, are also required to fill in a Permission Form. The form enables us to take your child to their activities!

### Multi-Purpose Eastern Campus Building

In brief, the building will enable Arabadoo'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, K-2 Science program and Sensory area/breakout space. If you have any questions, please contact the Arabadoo Office.

**Hannah Goodeve**  
**Acting Director**

# BALGOWLAH HEIGHTS PS DEBATING CLUB FOR STAGE 3 STUDENTS



**Years 5 and 6 students will have the opportunity to work with expert debating coaches from Masters Academy to develop their speaking skills and confidence!**

We have teamed up with BHPS to offer weekly debating workshops for Years 5 and 6 students during Term 4. Classes will commence in Week 2 and run for 8 weeks. **Classes will be held on school grounds on Thursday mornings from 8 to 9 am.**

This is an exciting new opportunity for BHPS students to continue to develop their persuasive speaking skills and confidence in a small class of their peers.

Our coaches will work through different foundational debating concepts each week, including how to create and refute logical arguments, with weekly games and activities for students to practice their new skills.

We aim to keep class sizes to approximately 16 students where possible, ensuring each student receives plenty of individual attention and regular opportunities to practice. Interested parents can learn more about the program and enrol via the link below.

**Term 4 Debating Club at Balgowlah Heights PS**

Our Thursday morning classes will take place on school grounds under the guidance of a qualified coach. Parents can enrol via the link at the bottom of this page and call our office during business hours for any assistance.

Students Per Class	Hours/Weeks Per Program	Total Cost Per Student
<b>16</b>	<b>8</b>	<b>\$160</b>

*Ask us about the \$100 Creative Kids voucher!*



### Leadership

Our PD courses are endorsed by NESA, recognising our expertise in speaking pedagogy.



### Value

Parents are entitled to a \$100 voucher on any of our programs via the Creative Kids scheme.



### Safety

All coaches have current WWCC numbers, accessible by client schools at all times.

### About Us

Established in 2007, Masters Academy is the leading provider of debating and public speaking services to schools in NSW.

We offer extracurricular debating programs, delivered on school grounds, at many of the state's leading schools, including: James Ruse Agricultural HS, North Sydney Boys HS, Baulkham Hills HS, North Sydney Girls HS and Manly Selective Campus.

We're on a mission to improve the quality, consistency and availability of debating and public speaking education and opportunities across NSW.

If you choose to enrol your child into our upcoming program, they will be joining more than 1,200 students in NSW taking their speaking skills to the next level with Masters Academy!

**Learn More and Enrol:**

[www.mastersacademy.com.au/signups](http://www.mastersacademy.com.au/signups)



Phone: (02) 8283 2905  
Email: [info@mastersacademy.com.au](mailto:info@mastersacademy.com.au)  
ABN: 60 143 264 724

/mastersacademytraining

# RECYCLING CERTIFICATE

Presented to

Balgowlah Heights Public School

Thank you for your support

The total weight collected  
195 kg's

## WAR ON E-WASTE

RECYCLING PROGRAM



SIMS  
RECYCLING  
SOLUTIONS





# Live Life Well @ School

## WOW – WALK/WHEEL ONCE A WEEK

Map safe walking and bicycle routes from home and travel the route with your children.

Organise regular walk or wheel to school Wednesdays.

Walk or ride *short* distances instead of taking the car.

Chart active travel progress with a wall chart.

Have themed super hero walks or pyjama days!



For more tips:

Search 'Active Living' at [healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District

## 2019 Northern Beaches Science Competition

If your young Scientists are keen to participate or attend please visit [www.eyehatscience.com.au/event-info](http://www.eyehatscience.com.au/event-info) for all information and to register

### CALLING ALL YOUNG CURIOUS MINDS

Do you love science and solving problems?  
Showcase your project at the

## 2019 NORTHERN BEACHES SCIENCE COMPETITION

THURSDAY 19<sup>TH</sup> SEPTEMBER  
4:30-6:30PM

PROUDLY BROUGHT TO YOU BY



eye • heart • science  
Igniting young minds to think

SUPPORTED BY





Event info & registration:  
<https://bit.ly/2JkfrID>



## Junior SCIENCE ACADEMY

## BLAST OFF INTO THE WORLD OF SCIENCE AT MACQUARIE UNIVERSITY

Join our exciting science programs for Years K-6 during the school holidays

Science classes offered at Blair Wark VC Community Centre, West Lindfield.

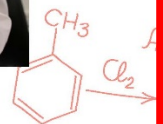
Robotics classes offered at Cheltenham Girls' High School.

- Class topics include learning about dinosaurs, volcanic eruptions, DNA, how to analyse blood for diseases & why animal poop is so fascinating!
- Our courses are designed to teach scientific concepts through experiments, art, drama, physical activity, craft & other hands-on activities.
- New courses are always added & all-time favourites are rotated each school holidays.



**Creative Kids vouchers (value \$100) can be claimed for any robotics class. Apply through ServiceNSW for your child's voucher.**

Drop off	8.30am – 9.30am
Activities	9.30am – 4.30pm
Pick-up	4.30pm – 5.30pm
Cost	\$126.50



Want more information? Visit our website:  
[mq.edu.au/about/holidays](http://mq.edu.au/about/holidays)

