



Term 3 Week 8  
11 September 2019

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### Principal's Message

#### School Planning 2020

In the near future we will be commencing the process of organising classes for 2020. If you will be moving from our school at the end of this year it would be appreciated if you could complete the eForm **"Not Returning to BHPS in 2020"** on the Skoolbag App or on the link ["not returning to BHPS in 2020"](#).

Also, if you have any special social considerations you would like the school to be aware of in planning classes (e.g. siblings close in age) you are welcome to send a letter/email to me providing details by Friday 27 September.

#### Parent Focus Groups

As a follow up to the *Parent Tell Them from Me Survey* we undertook in Term 4 last year we are holding two Parent Focus Group Sessions this term. The purpose of these sessions is to gain further ideas and suggestions in areas such as school communication, community engagement and inclusiveness of our school. We have selected a random sample of families to invite to these meetings on Tuesday 17 September (9.15am and 6.30pm). If you did not receive an invitation and would like to attend please contact me.

#### Chicken Pox

We have had some reported incidents of chicken pox of recent times. If your child is diagnosed with chicken pox or other diseases it is appreciated you reporting it to the school.

#### North Shore Band Festival

Congratulations to the students in the Junior, Senior and Concert Bands for their performances at the North Shore Band Festival last weekend. Thank you to parents for your support of this program.



Junior Band



Concert Band

**Cunninghams**

IN YOUR COMMUNITY

Proud Diamond Sponsor of Balgowlah Heights Public School

Steve Lambley | 0402 859 644  
Jodie Lynch | 0407 955 551



**Balgowlah Automotive**

FREE RANGE BUTCHERS

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### **Concert Band - Primary Proms - Brindabella Concert**

We wish the students in the Concert Band all the best for their performance at the Brindabella Concert at the Sydney Town Hall on Monday (16 September) of next week.

### **Recital Night**

Congratulations to the 20 students who performed at the Recital Night. It was a very enjoyable evening. Thank you to Mrs Fechner and Mr Hampton for organising the night.



### **Bear Pit Public Speaking Competition**

Congratulations to Alice Thorne (4MC) and Eowyn Williams (5P) for their efforts at the Bear Pit Public Speaking Competition.



### **Year 6 Mini Fete**

We look forward to the Year 6 Mini Fete on Friday 13 September. All students K-6 will have the opportunity to be involved in this event. An email has been sent home providing further details on donations that are requested for the Fete.

### Ensemble Night

We look forward to our Ensemble Night on Thursday 19 September in the School Hall, commencing at 6.30pm. On this night the Years 1/2 Choir, Junior Choir, Senior Choir, Recorder Group and String Ensembles will perform. A note providing further information will be sent home with students tomorrow.

### King's Feast Trivia Night

We look forward to our Trivia Night to be held on Saturday 21 September. Further information is on Page 4 of this week's Newsletter.

### Lunch with the Stars

Our Year 6 Library Monitors enjoyed meeting a number of authors, including Debra Abela, at *Lunch with the Stars* last week.



### The Great Lunchbox Recycle

On Monday (16 September 2019) of next week from 8.30am we are holding a Lunchbox Recycling Sale. Further information is on Page 5 of this week's Newsletter.

## Upcoming Events

Term	Date	Activity	Time
Term 3 Week 9	Monday 16 September	SportsPro Years K and 6 ICAS English Competition Years K-2 Assembly Concert Band performing at the Brindabella Concert (Sydney Town Hall)	2.00pm 7.00pm
	Tuesday 17 September	ICAS English Competition	
	Wednesday 18 September	ICAS English Competition ICAS Mathematics Competition SRC	2.00pm
	Thursday 19 September	School Tour ICAS Mathematics Competition Ensemble Night (Recorder, String, Choir)	9.30am 6.30pm
	Friday 20 September	ICAS Mathematics Competition Summer PSSA recommences (Round 6)	12.30pm
	Saturday 21 September	TRIVIA NIGHT	6.30pm
	Sunday 22 September	Senior Band - Battle of the Bands	
Term 3 Week 10	Monday 23 September	Recognition Assembly Debating Camp	9.15am
	Tuesday 24 September	Debating Camp	
	Wednesday 25 September	Kindergarten Art Gallery Excursion	
	Thursday 26 September		
	Friday 27 September	Last day of Term 3	

Have a great week.

**David Shuster**  
Principal

Well done to Madeleine Grattan (6/5V) and Makia Bailey (6S) for recently attending the State Dance Festival as part of the Sydney North Region Junior Dance Ensemble.



## P&C



**KING'S FEAST TRIVIA NIGHT – Single seats and raffle tickets on sale now!**

### Helpers needed

Preparation is under way for this feast to beat all feasts! But we need your help. Please contact Sharmila at [sharmilanormington@gmail.com](mailto:sharmilanormington@gmail.com) if:

- if you are able to help with AV on the night
- or can video the event

### Trivia Night set up/pack up Tuesday 17-Sunday 22 September

Can you help make the Trivia Night a success by giving a little of your time before or after the event? If you can help, simply

- fill in your details on the google sheet [here](#) or
- contact [natasha.harras@outlook.com](mailto:natasha.harras@outlook.com) or [sharmilanormington@gmail.com](mailto:sharmilanormington@gmail.com)

Any help is appreciated and will assist with this major fundraiser for our school.

### Looking for a single ticket or two?

You're in luck! A few are now on sale on [Flexischools](#). Table of 10 sales are now final so refunds are not available. If you are looking to fill or add extra seats to your table please contact Sharmila at [sharmilanormington@gmail.com](mailto:sharmilanormington@gmail.com)

## Don't miss your chance to win an amazing raffle prize!

Raffle tickets are on offer to everyone via Flexischools - including friends and family, even if you/they aren't going on the night. Just make sure you enter the name of the person they are for so they can claim their prize. Tickets are \$5 for 1, \$20 for 5 or \$50 for 13.

### Raffle Prizes:

- 1st: Hugo's Manly Restaurant - \$500 Gift Voucher
- 2nd: The Healthy Mummy - \$400 Rebel Voucher
- 3rd: Parkhouse Mona Vale Restaurant - \$250 Voucher
- 4th: Beauty Hamper
- 5th: The Cycle Studio - 10 Class Pass
- 6th: Local Balgowlah Heights Shop Vouchers
- 7th: The White House Beauty Room Deluxe Facial
- 8th: Tahkio Manly - \$100 Voucher
- 9th: Jamie's Hairdressing - \$100 Voucher
- 10th: Northern Beaches Reflexology treatment



Prizes for the top three raffle ticket - selling families are vouchers from Manly Surf 'n Slide, Rockhouse Indoor Climbing and Skater HQ. If you have any questions please contact Winni at [arohawinikerei@gmail.com](mailto:arohawinikerei@gmail.com). Keep an eye out for details of the auction items and prizes in In the Loop and on our P&C Facebook page.

### The Great Lunchbox Recycle is back!

This coming Monday 16 September from 8.30am – 9.00am on the Eastern Campus next to the Cola, bring your coins and grab some bargain second-hand containers that need a new home.

Let's keep plastic and metal out of landfill, one container at a time! Prices are \$1, 50 c or 20c.

### P&C Roles up for grabs

We are looking for two people to fill the following vacancies:

- **Grants Researcher** - your job will be to sign up to alerts about community and government grants for which we might be eligible and complete the applications. This is a key role as we are currently missing out on thousands of dollars of potential grant funds that could make a big difference to our children's school environment.
- **Band Treasurer** - working with Caroline Fechner (Band Manager) and Nicole Larcombe (P&C Treasurer) you will oversee all Band accounts.

Both of these roles should only take a few occasional hours of your time and would be a huge contribution to the school P&C. Please contact Alison at [bhspvpcomms@gmail.com](mailto:bhspvpcomms@gmail.com) for more information.

*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 [bhspvpcomms@gmail.com](mailto:bhspvpcomms@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

Time to check that those summer uniforms fit for next Term!

### Kindergarten 2020 Orientation - Volunteers please

If you can spare an hour for fitting Uniforms on the new Kindy kids please come and join us! Use the link to register - [Volunteers register link](#)

## Donations

Thank you for all your kind donations but the Uniform Shop could do with some more stock. Please drop your outgrown uniform items at the shop door donations basket.

## Orders

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)

## Arabanoo

We hope you have all been keeping warm during this sneaky cold snap! We have been very busy at Arabanoo!

### Multi-purpose Building

We received a strong supporting vote and decision on Monday 9 September from the P&C to contribute funds to the new multi-purpose Arabanoo building on the Eastern Campus. This now proceeds to an approval process with the Department of Education and we will keep you advised of progress. Thank you to the PMC for their support and skills, especially, Kate Sellick, Holly O Driscoll and Scott Griffin.

### King's Feast Trivia Night - 21 September 2019

Our amazing Arabanoo children have been working hard to create some amazing decorations for the school's upcoming Trivia Night! We have been so impressed by their creativity and dedication to help the school community! Go team!

### Vacation Care

Spring Vacation Care is out now! Bookings are flying in so make sure to get your form in quick to avoid missing out. If you haven't received a confirmation email of your booking within 5 days of handing/emailing the form in please contact the Arabanoo Office as we may have missed your form. You can download a booking form from our website [www.arabanoo.com](http://www.arabanoo.com). Balgowlah Heights Public School students get a one week priority to book in which ends on Wednesday 11 September.

### Enrolments 2020

If you have a child starting school in 2020 and require Arabanoo care please make sure to enrol your child in Qikkids Enrol and let the Arabanoo Office know when you have done this so your child can be added to our wait list. Current families will receive an email in November asking if they want to roll over their sessions or give up any sessions. Once we have processed all these bookings we will start offering families on the wait list spots. This will most likely be from December.

### Pick Up Person

Please contact the Arabanoo Office if your child is being collected by someone who doesn't normally pick them up. We require this person's full name and phone number so that we can set them up in our system so that they can use their own phone number on the iPads. We are also required to see their I.D. at pick up.

### Contact Us

T - 0299 486 722

M - 0421 014 308

E - [admin@arabanoo.com](mailto:admin@arabanoo.com)

W - [www.arabanoo.com](http://www.arabanoo.com)

**Hannah Goodeve**

**Acting Centre Director**

# Live Life Well @ School

## TURN OFF SCREENS + GET ACTIVE

Screens can be great for learning, play and communication.

Too much screen time can be unhealthy.

**Try to sit less and move more!**



### Types of screens?



Based on WSUHD Screen time poster

More information at:  
[healthykids.nsw.gov.au](http://healthykids.nsw.gov.au)



Health  
Northern Sydney  
Local Health District



**Get on & Rock!**



### The Music Bus brings music to your school

The Music Bus is the teacher, instruments, curriculum and classroom (the bus!), all in one complete package; and it's now rocking at your school.

Tuition in Keyboard, Ukulele, Singing, Drums, Guitar and Rock Band.



Guitar keyboard Drums Ukulele singing Rockband

**only \$18 per week (\$20 for Drums)**

The Music Bus offers modern and rock-style courses, using well-known songs backing tracks, games, awards and much more to truly engage with students.

*"It's so great being at school. They're learning something new each week and the rapport the teacher has with the kids is wonderful."*

Sarah, Parent, NSW

**BOOK NOW!**

Phone 1300 168 742 or  
visit [www.themusicbus.com.au](http://www.themusicbus.com.au)

Limited space available so be sure not to miss out.