

Balgowlah Heights Public School

Excellence and Opportunity



Term 1 Week 1
29 January 2020

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Principal's Message

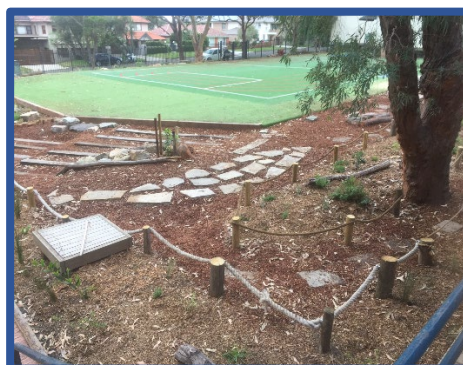
Welcome back to the 2020 school year. I trust you and your family had an enjoyable and safe holiday and your child/ren are excited to be back at school, or like our 86 kindergarten children, commencing school. This year we look forward to 702 students being at our school. We have formed 29 classes and the students have been placed in their new classes. The details for each class and a map of our school are printed in this newsletter.

We welcome Miss Ashlee Wyngaard (1W), Miss Brooke Saltmarsh (3S), Miss Sarah Butcher (3B), Miss Isabella Bonadio (4B), Mrs Rachel Keeling (4K), Mr Scott Walker (5W), Miss Rosie Caruso (6R) and Ms Katherine Wassink (School Counsellor) as new teachers to our school. We also welcome back Mrs Jenn Cartwright (Years 5 & 6 Science).

During the holidays work was undertaken on creating a new seating area for the students near the main entrance to the Western Campus. Thank you to the P&C for funding this project with funds raised from our Trivia Night last year.



Work was also completed on the new sensory garden area around the oval on the Eastern Campus.



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COMMUNITY

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Balgowlah Heights Public School
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Cunninghams

Balgowlah Automotive

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★ SINCE 2011 ★

I look forward to seeing you at Parent/Teacher Information Nights and at our first P&C Meeting which will be held on Monday 10 February. A strong partnership between school and home is extremely important and as part of this you are most welcome to speak with me at any time. Arrangements may be made through the office or feel free to come and say hello to me in the playground. You are also welcome to contact me by email at david.shuster@det.nsw.edu.au.

Welcome Kindergarten

We look forward to our 86 kindergarten students commencing on Monday 3 February. A reminder the kindergarten students will commence at 9.30am and conclude their day at 2.30pm until Friday 7 February.

Welcome Year 5 Opportunity Class

We welcome the students in our Year 5 Opportunity Class. 5L will be taught by Mrs Lindy Chester. We look forward to meeting you at our Parent/Teacher Information Night in the near future.

Welcome Years 1 to 6 New Students

Welcome to the new 26 students who have commenced in Years 1 to 6.

Parent/Teacher Information Nights

Parent/Teacher Information Nights will be held in the near future to welcome you and provide a range of information. The Information Nights will be held on the following days:

Kindergarten	Monday 10 February	6.00pm
Year 1	Wednesday 12 February	6.00pm
Year 2	Tuesday 11 February	7.00pm
Year 3	Tuesday 11 February	6.00pm
Year 4	Tuesday 11 February	6.30pm
Year 5	Thursday 13 February	6.00pm
Year 6	Thursday 13 February	6.30pm

Newsletter

Our school newsletter will be published each Wednesday and uploaded to our website and school app. The newsletter will also be emailed to you.

P&C

The first meeting of the P&C Meeting will be held on Monday 10 February at 7.00pm in the library. All parents are very welcome to attend. Discussion topics for this meeting include:

- 2020 Priorities
- External Validation

Term Calendar

Included with this newsletter is our Term Calendar (found on Page 4). In the near future we will also provide a Year Calendar.

PSSA

Students in Years 4-6 are welcome to trial for PSSA teams. Detailed below is a list of the sports our school will be participating in for the Summer Competition. Information will be provided later this term regarding the Winter Competition.

PSSA sport is held on Fridays. The students depart school at 12.30pm and return by 3.00pm. Travel is by bus and there is a cost associated with this involvement. Selection trials will be held by the coaches (school teachers) which commence this week. Students are requested to wear their sports uniform for the trials. Students who are not part of this competition will work with teachers and experienced coaches in a variety of sports developing their sporting skills. Further information on these sports will be sent home in the near future.

Sport	Age Category	Selection Trials
T-Ball	Junior 8-10yrs	Thursday 30/1 and Thursday 6/2
Softball	Senior 11-12yrs	Friday 31/1 and Friday 7/2
Newcombe Ball	Junior 8-10yrs	Thursday 30/1 and Thursday 6/2
Volleyball	Senior 11-12yrs	Friday 31/1 and Friday 7/2
Eagle Tag	Junior 8-10yrs	Thursday 30/1 and Thursday 6/2
Eagle Tag	Senior 11-12yrs	Friday 31/1 and Friday 7/2
Cricket	Junior 8-10yrs	Thursday 30/1 and Thursday 6/2
Cricket	Senior 11-12yrs	Friday 31/1 and Friday 7/2
AFL	Senior 11-12yrs	Friday 31/1 and Friday 7/2

Canteen

Our canteen has commenced operation for the year. If you wish to order lunch could you please change your child's class on Flexischools to this year's grouping. Lunch orders are required to be placed by 8.30am.

Play Areas

To provide the students with enhanced play opportunities this year we are opening more play areas and the students will be eating lunch in grade areas around the school. Students will have the following play area options available to them.

Eastern Campus

Time of Day	Area (See map on Page 5)	Activity
Before School	COLA	Handball or passive games
	Oval	Passive games
Recess & 1 st Half Lunch	COLA	Handball or passive games
	Oval	Running games
	Equipment Play Area	Play equipment or passive games
2 nd Half Lunch	COLA	Handball or passive games
	Oval	Running games
	Equipment Play Area	Play equipment or passive games
	Native Garden Play Area	Passive games

Western Campus

Time of Day	Area (See map on Page 5)	Activity
Before School	A	Handball and passive activities
Recess & Lunch	A	Handball, basketball, play equipment or passive games
	B & behind 5W room	Handball, cricket or passive games
	C & Bush	Running games

Bell Times

This year we have changed our lunch times. Bell times for the day will be:

9.00am	School commences
11.00am	Recess commences
11.25am	Recess concludes
12.45pm	Lunch (Eating) in designated grade areas
12.55pm	1 st Half Lunch commences
1.20pm	2 nd Half Lunch commences
1.45pm	Lunch concludes
3.05pm	School concludes
Friday	
10.20am	Recess commences
10.45am	Recess concludes

Have a wonderful year at Balgowlah Heights.

David Shuster
Principal

Balgowlah Heights Public School

Term 1 2020 Calendar

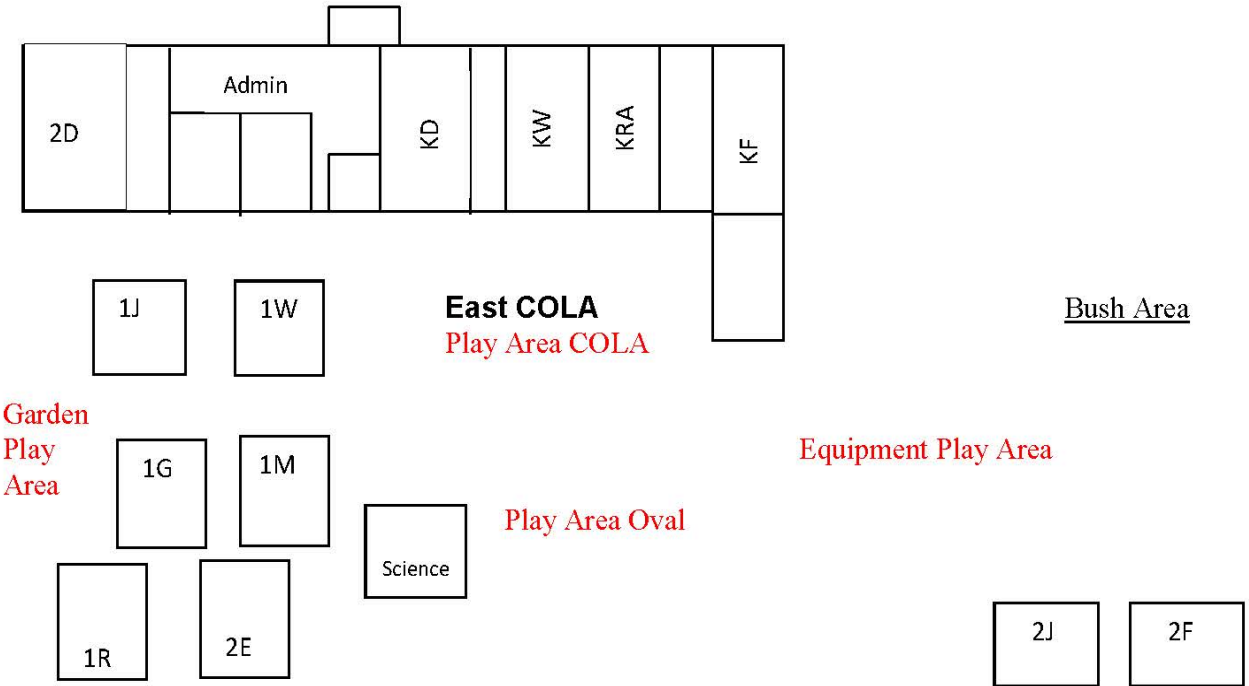
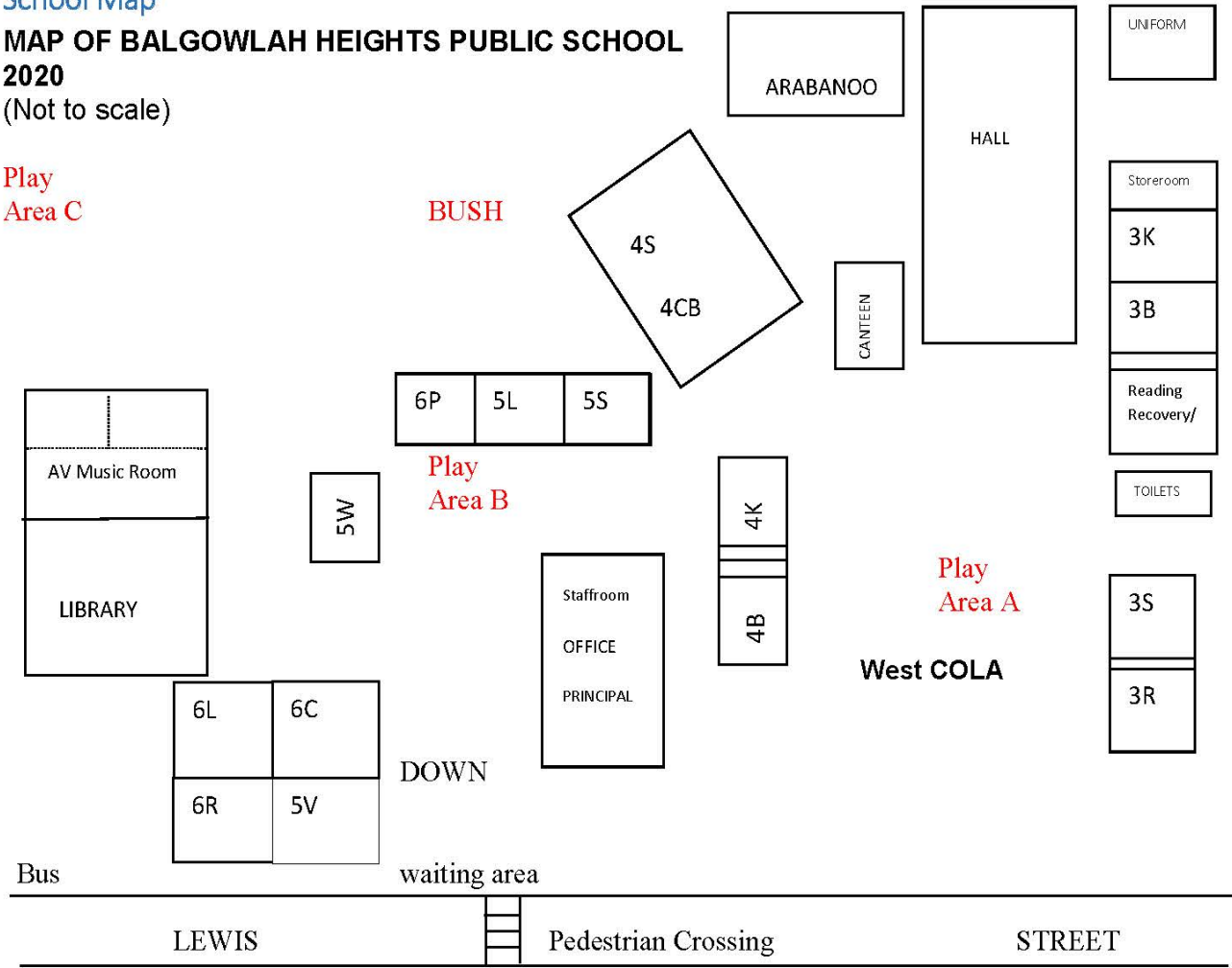
Week	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 1	27 Australia Day Public Holiday	28 School Development Day Band Assessments	29 Students commence 2020 school year Kindergarten Best Start	30 Kindergarten Best Start Uniform Shop commences 2.30pm	31 Kindergarten Best Start
Feb 2	3 Kindergarten students commence 9.30am- 2.30pm	4	5 Senior Band commences 7.45am Junior Band commences 1.55pm	6 Concert Band commences 1.55pm	7
Feb 3 Parent/Teacher Information Nights	10 Kindergarten students commence full days P&C 7.00pm	11 SportsPro Year 5	12 SportsPro Years 3,4 & 6	13	14
Feb 4	17 Years K-2 Assembly 1.45pm	18 SportsPro Year 5	19 SportsPro Years K,1 & 2	20	21 Summer PSSA commences Round 1 NBSC Talented Academic Program applications close 4.00pm P&C End of Summer Drinks 7pm-11.30pm
Feb 5	24 School Photographs	25 Scripture/Ethics commences SportsPro Year 5	26 School Photographs SportsPro Years 3,4 & 6	27	28 Summer PSSA Round 2 Clean Up Australia School Day Sunday 1 Japan Trip Bunnings BBQ
March 6	2 National Youth Leader's Day Years K-2 Parent Reading Information Session 4.00pm	3 Paul Kelly AFL Cup SportsPro Year 5	4 School Swimming Carnival SportsPro Years K,1 & 2	5	6 Summer PSSA Round 3 Kindergarten Parent Drinks at Balgowlah RSL from 6.30pm-11pm.
March 7	9 Years K-2 Assembly 1.45pm	10	11 SportsPro Years 3,4 & 6	12 Selective High School Test	13 Zone Swimming Carnival 14/15 Band Camp
March 8	16 Years 3-6 Assembly 1.45pm P&C 7.00pm	17	18 SportsPro Years K,1 & 2	19 NBSC Academic Placement Test	20 National Day of Action Against Bullying/Harmony Day (Lots of Socks) 22 Bally Bolt
March 9	23	24 Year 5 Narrabeen Camp	25 Year 5 Narrabeen Camp SportsPro Years 3,4 & 6	26 Opportunity Class Information Session (Year 4 Parents) 8.00am School Tour 9.30am	27 Sydney North Swimming
March/April 10 Parent/Teacher Interviews	30 Years 3-6 Assembly 1.45pm	31	1 SportsPro Years K,1 & 2	2	3
April 11	6 Years K-6 Recognition Assembly 9.15am	7 Parent NAPLAN Information Session 8.00am Easter Scripture Service PBL <i>Thumbs Up</i> Celebration Day	8 Grandparents' Day Easter Hat Parade K-2 & buddies 10.00am	9 School ANZAC Service 9.15am	10 Good Friday

Term 2 2020 - School resumes on Tuesday 28 April for students

School Map

MAP OF BALGOWLAH HEIGHTS PUBLIC SCHOOL
2020
(Not to scale)

Play
Area C



BAND NEWS

Join the BHPS Band Program

There is still time to join the 2020 Band program. Find out more and access the online registration via the home page of the band website – www.bhpsband.com

Learn an instrument

We will be holding another instrument tryout session for students wanting to learn to play an instrument and become a member of our training/junior band. If you would like to attend a tryout session please fill in the online form – [New Band Member Registration](#)

Are Strings Your Thing?

Students in Years 1 and 2 are welcome to register to learn a string instrument in our String Program.

Students who already play a string instrument can join our String Ensemble.

Information can be found on the Strings section of the website – www.bhpsband.com/Strings

Band Rehearsal – Start Dates and other important dates

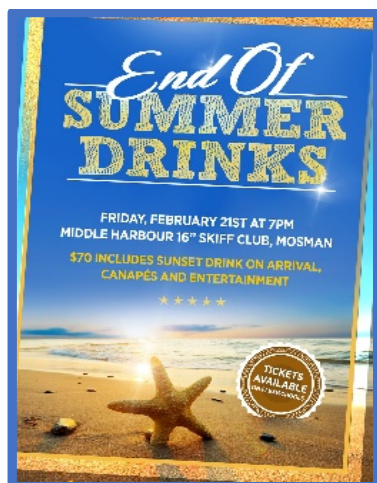
For rehearsal start dates and other important dates to note please access the band website home page – www.bhpsband.com

P&C

Welcome from the BHPS P&C to the start of a new year. The first term includes some great events so read on to find out more.

End of Summer Drinks - Friday 21 February 2020 at the Middle Harbour Skiff Club.

Tickets are \$70 and are on sale via [Flexischools](#) for this relaxed, social summer event. Get in early as it sells out quickly!



Kindy Parent Drinks - Friday 6 March at Balgowlah RSL

Tickets are \$30 and are on sale via [Flexischools](#). Don't miss this opportunity to mingle with other kindy parents and maybe make some new friends.



Early Bird Bally Bolt tickets are on sale!

Tickets are now live for the Bally Bolt Fun Run taking place on Sunday 22 March. Get your tickets by following the links on our website www.ballybolt.com with all profits going towards the school.

There are two distances - 2.7km or a more challenging 5km (timed) and its a great way to spend a Sunday morning. You can also order your iconic Bally Bolt hat when you purchase your ticket as well. Dont forget to come and relax at the Bally Bolt Fair on the Western C ampus after the race with lots of fun and games for everyone.



Check out our website www.ballybolt.com or [Facebook Page](#) for more info, or drop the team a line at ballybolt@gmail.com.

Volunteers Needed (as always!)

Please contact Alison at bhpsvpcomms@gmail.com if you would like to find out more about one of the following:

- **Class Coordinator**

Our Class Coordinators are a huge help when it comes to communicating school and P&C updates to parents, mainly via our 'In the Loop' email newsletter. Each volunteer signs up for two terms. We'll be making a Google sign-up sheet available as soon as we have class details.

- **Join the Canteen Sub-Committee**

Are you interested in getting a little bit more involved with our canteen? We would like to set up a canteen subcommittee to support our amazing team.

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

The P&C Team

Join our Facebook Group at [Balgowlah Heights Public School P&C](#) 

Canteen News

Welcome all parents and carers to another year of healthy eating at BHPS canteen.

Last year we received certification for meeting the NSW "Healthy School Canteen Strategy". That means our menu comprises 75% everyday food and 25% occasional food. So, lots of healthy options for your child.

Please note that all orders must be placed on Flexischools by **8.30am every day**. If you miss the cut-off, you can still place a late order by 10.30am on Mondays to Thursdays only (not Fridays). You are always able to call us (through the school office) if youve forgotten your childs lunch.

Check out the simpler sandwich options on Flexischools. This will hopefully save you time when ordering. Due to the high volume of orders on Fridays, we can no longer cater for the Make Your Own (MYO) sandwiches on Fridays, but there are still plenty of sandwich options. When you order a Friday lunch, you will be prompted to answer yes or no to PSSA. This is only relevant to Years 4 to 6. For Kindies to Year 3, just answer NO.

Volunteers are critical to the success of the canteen. We welcome all volunteers with a smile and much gratitude. We can t do it without you. This year we will be allocating each class a specific week to provide volunteers to the canteen. We hope this will help you plan your term. More to come next week.

Were using SignUp.com (the leading online SignUp and reminder tool) to organise our upcoming SignUps. Heres how it works in 3 easy steps:

- 1) Click this link to see our SignUp on SignUp.com: <https://signup.com/go/LMTmLmv>
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up! Its Easy - you will NOT need to register an account or keep a password on SignUp.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact us at healthycanteenbhps@gmail.com and we can sign you up manually.

Thanks for your continued support and were looking forward to seeing you at the canteen!

Sanja Vidaic & Kathrine Boulderstone
Canteen Managers

Uniform Shop

Welcome to Term 1 2020!

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

The Uniform Shop re-opens Thursday 30 January at 2.30pm.

Flexischools and Online Orders are **OPEN** for deliveries **on Tuesday 4 February.**

Girls - Don't forget to purchase your Navy Shorts for Summer.

Volunteers - Come and join the Uniform Shop Team, the Uniform Shop needs your help Tuesday mornings, just 1 hour of your time, please email Loretta: bhpsuniformshop@gmail.com

Donations Please - Summer Uniform items are running low, please consider donating your outgrown uniforms. Just leave them in a bag at the Uniform Shop door in the baskets provided.

Loretta Mykityshyn
Uniform Shop Manager
bhpsuniformshop@gmail.com



BHPS Girls Navy Shorts

Arabanoo

2020 Spots - Wait list

We have been lucky with the amount of places we've been able to give away this Term but Tuesdays and Wednesdays have long waitlists still. If you don't require your slot on these days please let us know so we can offer it to other families.

Extra-Curricular activities organised by Arabanoo - Filling Fast

Our new activities are filling fast for Term 1. This year we have new morning activities. These activities are partly subsidised by Arabanoo but still do cost a little bit extra on top of the AM and PM price. Booking forms are available on our website.

Mornings:

- Tuesday - Skater HQ
- Wednesday - Mindfulness and Mediation
- Thursday - Tinker Tank

Afternoons:

- Monday - Yoga and Mindfulness
- Tuesday - Gymnastics
- Wednesday - Eye Heart Science
- Thursday - Skater HQ
- Friday - Karate

Booking forms and more information are attached to this email. Please book in early to avoid missing out. Your child can attend these activities if they are booked in with Arabanoo for the session the activity takes place. Make sure to complete and return the waiver for Yoga & Mindfulness and Skater HQ if you sign your child up.

Karate and other Extra Curricular Activities - New forms needed for 2020

If your child is booked in for extra curricular activities NOT organised by Arabanoo (Karate, Netball, Music Bus etc) during their time at Arabanoo an extra curricular authorisation form needs to be completed. Those activities are separate from Arabanoo and unless we have this form we don't know the details of your child's class. Booking forms are available in the centre or on our website under the Forms tab, (Onsite Extra Curricular Authorisation).

We require new forms for 2020. If your child did the activity in 2019 and you have handed us a form, please note that these forms were valid for 2019 only. Without a form your child will not be able to go to their activity.

Staff - Goodbyes and Welcomes

We welcome our Assistant Director, Jennifer back from maternity leave. She will start part time with us and build up to full time over the next few months. She is excited to be back and so are we! Rudi is 8 months old now and always on the move, keeping Jen on her toes.

Kim has joined our team recently, she arrived to Sydney from the Netherlands in October and has worked at a sports after school care for the last 5 years. She is looking forward to continue her career in OOSH and getting to know the children and families.

We have also welcomed Nicola to our team this month. Nicola has a background as a tennis coach at a local school and she has also been working as a supply teacher in the UK. She is a great addition to the Arabanoo team. Please say hi when you see a new face at Arabanoo.

Lee is joining us this week as our new gardener, she will be working on Monday and Friday mornings predominately. She'll be working with the children and staff to maintain and improve our practices and passing on her great wealth of knowledge in sustainable practices.

We have said farewell to Alex, Chris, Dominica, Kiri and Hannah over the last few weeks. Alex is covering a maternity leave position as a teacher at Stella Maris, Chris and Dominica are going travelling, Kiri has accepted a full time role in a psychology clinic and Hannah has finished her maternity cover and is off travelling and visiting family. We wish them all the best and thank them for all the energy and ideas that they brought to Arabanoo, they will be missed by all.

Notification of Absence - Let us know

If your child is sick, going on a play date or not attending Arabanoo for other reasons please make sure to let the Arabanoo staff know. You can mark your child absent on the My Family Lounge app (preferred option) or email/phone the Arabanoo office. Please note that we are separate from the school and that the school office doesn't notify us if your child isn't at school. If you aren't using the My Family Lounge app yet please email the Arabanoo office for information on how to set this up. The app allows you to book in casual mornings and mark your child absent.

Vacation Care Lost Property - Missing Shoe

We have a couple of crates full of Vacation Care lost property, this will be going to Vinnies in two weeks if not collected. Come and take a look if you're missing something. We are also missing a brand new black school shoe from the first week of Vacation Care this year. If your child came home with three shoes please let us know!

Contact Us

T - 0299 486 722

M - 0421 014 308

E - admin@arabanoo.com

W - www.arabanoo.com

**Rowan Friend
Centre Director**

Headstart MANDARIN 领先·汉语

Give your child the best bilingual head start by joining our play, inquiry and story based Chinese language program. Adopting a spiral up method, our curriculum series are built upon each other to allow students to progress from K to Year 12 and HSC.



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- Easy and Engaging
- Small Class Size

Curriculum for :

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- Continuers
- Background Speakers

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Phone: 0430 222 116 Website: <http://www.headstartmandarin.com> Email: headstartmandarin@gmail.com

MANLY WARRINGAH BASKETBALL ASSOCIATION

POTTER LEAGUE SEMESTER 1 2020

DEVELOPMENT LEAGUE

Potter League is an introduction to basketball games for NSW players in primary school, in years 1 to 6, boys & girls. This is a non-competitive competition with no ladder for yrs 1/2 & 3/4, allowing the players to focus on learning & having fun. Players can enter as individuals or as a team. Fees include insurance, playing fee, singlet & on court coach/keeper.

School Year	Day	Venue	Time	Cost
Years 1-2 mixed sex	Tuesday	NBISC	4-6pm	\$190
Year 3-4 mixed sex	Tuesday	NBISC	4-6pm	\$245
Year 5-6 Girls	Saturday	NBISC	1-6pm	\$235
Year 3-4 Boys	Saturday	PCVC	1-6pm	\$235
Year 5-6 Boys	Saturday	PCVC	1-6pm	\$235
Year 5-6 girls	Saturday	NBISC	1-6pm	\$245

TUES 3RD/SAT 7TH MARCH TO SAT 27TH JUNE/TUES 30TH JUNE 2020

Registration will open February 2020
www.manlybasketball.com.au

BASKETBALL AUSTRALIA'S OFFICIAL JUNIOR GAME DEVELOPMENT PROGRAM FOR 5-10 YEAR OLDS AND THEIR FAMILIES

Vicinity Centres Aussie Hoops is all about learning to play basketball in a fun and safe environment. Our national coaching curriculum and sequentially developed program consists of warm up games, skill activities and modified games all delivered by accredited coaches. We invite you to explore our website and welcome you to the Australian basketball community.

REGISTER NOW

DATES: Sun 9th Feb to 29th March 2020
TIME: 9:30-10:30 am
AGES: 5 - 10 years old, boys & girls
COST: \$110 New Participant (includes welcome pack)
Returning participant \$80
Venue: NBISC Jacksons Rd, Warriewood NSW, 2101
Coach: Jerome Lee
BOOKING: <https://www.aussiehoops.com.au/find-a-program/>

MOLTEN

MWBA PINK BALL

TERM 1 2020

FOR GIRLS 7-12 YRS WHO WOULD LOVE TO LEARN BASKETBALL SKILLS WITH FRIENDS

DATES: SAT 8TH FEB TO 28TH MARCH, 2020
TIME: 1:30-2:30 PM
VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE
COST: \$99 INCLUDES A PINK BALL OR SINGLET

To use your Active Kids Voucher, simply email the voucher to mwbamwba@bask.com.au with your child's DOB & we will send you the code to void payment.
<https://www.trybooking.com/BGKB>

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term. No need to book, just come along and join in the fun.

Ages: 5-7yrs., 1:30-2:30
7yrs and up, 2:30-3:30
Venue: Northern Beaches Indoors Sports Centre
Cost: \$10 per child.

Saturday Learn To Play
TERM 1 2020: 8TH FEB TO 4TH APRIL

Lifeline Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Warriewood

Ted Blackwood Hall
Jacksons Road

February 14-16

Friday 12-8

Saturday 9-5

Sunday 9-3

Balgowlah Physie

Dance and exercise for all ages



- Confidence, fitness and coordination skills
- Two free trial lessons
- Classes at Manly West Public
- Open Day Friday 31st January

0410 490 511

www.balgowlahphysie.com

