

# THE HEIGHTS

Term 4 | Week 1 | 14 October 2020



**Connect | Succeed | Thrive**

**Balgowlah Heights  
Public School**



## PRINCIPAL'S MESSAGE

Welcome back to Term 4. I trust you and your family had an enjoyable break. This term will look forward to a number of activities such as band recommencing and our modified Kindergarten Orientation Program. A calendar of the planned events is included in this week's Newsletter.

### Staffing

We welcome Mr Hamish Gardner (6L) and Miss Lauren Campling (1R) who will be teaching at our school this term. Congratulations to Mrs Chirillo (nee Caruso) who was married during the holidays.

### Return to Term 4

In looking forward to Term 4, on page 2 of this Newsletter is information regarding:

- School attendance
- Canteen
- Library
- Pick-ups/drop offs
- Extra curricula activities
- Kindergarten Orientation

### P&C

The first meeting of the P&C Association for this term will be held using Adobe Connect on Monday 26 October, commencing at 7.00pm. Discussion topics include:

- School Plan 2021-2024 (Strategic Improvement Plan)
- Parent Survey

To register for the meeting please click on the link below. This link also provides the opportunity for you to detail questions you would like addressed: <https://bit.ly/3nJcOWH>

### Term 4 Parent Calendar

Included in this week's Newsletter is a Term 4 Calendar on page 7.

## Welcome back to Term 4



### PICK UPS/DROP OFFS

- In the morning please say your "goodbyes" at the gate.
- Kindergarten students will conclude at 3pm.
- In the afternoon please collect your child at the gate.



### EXTRA-CURRICULAR

Most extra-curricular activities have recommenced.  
(including band)



### CANTEEN/BUBBLERS

- Canteen will be open 5 days a week.
- All students to bring a drink bottle as the school bubblers are non operational.



### LIBRARY

Library open for students first half lunch on Monday, Wednesday and Fridays.

**OPEN**

### SCHOOL ATTENDANCE

If your child is not well, your support in keeping your child at home is appreciated.

Under the current health guidelines, if your child has cold/flu like symptoms a COVID-19 test is required before returning to school.



### KINDERGARTEN 2021



Parent information online sessions for Kindergarten 2021 are:  
Wed 21 Oct & Thurs 29 Oct 7-8pm.

Orientation dates for 2021  
Kindergarten students 9:30 - 10:45am:

- Group 1 - Mondays 9 & 23 Nov
- Group 2 - Wednesdays 11 & 25 Nov
- Group 3 - Thursdays 12 & 26 Nov

Parents will be advised of Groups.

### THANK YOU

Thank you to all the wonderful BHPS Parents and Carers for your support.





# PRINCIPAL'S MESSAGE

## 2021 Kindergarten Information Sessions

Due to COVID-19 restrictions we have replanned our Kindergarten Orientation program for Term 4. Information will be emailed to all families involved. For more information, please see the flyer at the end of the newsletter.



## Tell Them from Me Parent Survey

You are invited to participate in the Tell Them from Me (TTFM) Partners in Learning Survey designed for parents and carers. This survey focuses on student engagement, wellbeing and effective teaching practices.

Parents and carers are an important and valued part of our school community. We will use survey feedback to make practical improvements and inform school planning. This online survey takes about 15 minutes to complete. It is anonymous and voluntary.

If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once. You can access the survey in your own time until Friday 16 October of this week. We have currently have 87 survey responses. Our goal is 150. Go to the site below on your computer or tablet: <https://nsw.tellthemfromme.com/balgowlah>

More information on the Partners in Learning Survey can be found on the NSW Department of Education TTFM website: <https://surveys.cese.nsw.gov.au>



# PRINCIPAL'S MESSAGE

## Term Overviews

This week we will be sending home by email a Term Overview for each grade. The Overview will detail the topics and concepts the students will be studying this term. Please note the Overview is a guide and the topics and concepts may vary. Printed below is an example.

Balgowlah Heights Public School Year 6 Term 4 Overview 2020											
Week	English			Mathematics		History & Geography	PDHPE	Science & Technology	Creative Arts	Japanese	PBL Learning disposition <i>Self Direction</i>
	Spelling	Reading	Writing	Number and Algebra	Measurement & Geometry, Statistics and Probability						
1	Graphemes: oo ew ue u_e u	Students will read through a range of texts with a variety of intended audiences and purposes with a particular focus on informative texts and script writing.  Modelled Guided Independent  English Textual Concepts	Students will plan, draft and publish informative texts choosing text structures, language features and images appropriate to purpose and audience.  <u>Literacy Concept</u> - Informative Reports - Script Writing  <u>Grammar and Punctuation</u> Tense Sentence structure Paragraphing Creative language (script writing) Technical language (informative) Correct use of punctuation Spelling	Addition & Subtraction	Data Chance	Students will learn about the diversity of people, cultures, wealth and health in countries of the world. There is a particular focus on Asia, followed by an expansion to include a worldview.  Students learn about the many connections that Australia has with other places in the world. Students will develop the skills of presenting relevant information in the form of maps, graphs, topic maps, presentations, stories and photographs.	<u>PE</u> Year 6 Sport will continue on Fridays. School sport will involve team games. PSSA will not continue.  <u>PD/H</u> Over the semester, students will participate in the following health unit: 'Child Protection'. The Bounce Back program will also be taught to develop social and emotional skills to form positive relationships.	Material World  - Students will learn about how the state of materials can be changed and manipulated, the result of combining materials and how the characteristics of materials should be considered when designing and producing.	In Year 6 students participate in activities such as:  <u>Dance</u> Students will perform dances from a range of contexts demonstrating movement and expressive qualities appropriate to the dance. They explore, refine and organise movement to convey meaning to an audience.  <u>Drama</u> Students devise, act and rehearse drama for a performance to a large audience. They will appreciate drama by viewing others' performances and acknowledging how this can change their own practice	This Term Year 6 are focusing on the protocols and practices surrounding the traditional and ancient sport of 'sumo'.  Students will have the opportunity to participate in sumo competition ( <u>taikai</u> ).	Respect: Playground  Personal Best: Reflection  Respect: Transitions  Responsibility: Canteen  Personal Best: Toilets  Catch up
2	Graphemes: z zz s se s si			Multiplication & Division	Position Mass						
3	Graphemes: ou ow										
4	Graphemes: ch tch sh ch ti ci			Patterns & Algebra	Length						
5	Graphemes: oy oi eer ear										
6	Graphemes: th			Revision & Consolidation Fractions & Decimals							
7	Graphemes: air are										
8	Graphemes: er ar or a e i o u			Revision & Consolidation	Word Problems (Patterns & Algebra)						
9	Revision										
10	Revision										

## Selective High Schools 2022

Applications for students in Year 5 who wish to apply for a Selective High School (Year 7) in 2022 are now open. Applications **close on Monday 16 November** and must be completed online on the link below. Late applications will not be accepted. An Intention to Apply letter has been emailed to all Year 5 families providing further information.

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>

## Year 3 Check-In Assessment

Students in Year 3 will undertake Check-In assessments in reading and numeracy next week on the following days. The Check-In assessments are designed to supplement existing school assessments in these subject areas:

- Tuesday 20 October - Numeracy 9.15am
- Wednesday 21 October - Reading 9.15am





# PRINCIPAL'S MESSAGE

## **Book Week**

Next week we celebrate Book Week. As part of our celebrations the students may dress as their favourite book character. Further information is on page 11 of this week's Newsletter.

## **Year 5 Leadership Day**

On Thursday (15 October) of this week all Year 5 students have the opportunity to participate in Leadership Day. The day will involve activities such as embracing strengths and responsibilities, team problem solving and contributions. An email with further information has been emailed to all Year 5 families.

## **ICAS Competitions**

During upcoming weeks ICAS Competition results will be published. Congratulations to all of the students who entered these competitions. On page 10 of this week's Newsletter are the Science Competition results.

## **Summer Uniform**

The students are requested to wear their summer school uniform as of the beginning of this term (Monday 12 October).

## **Term 3 PBL Celebration Day**

Thank you for your support of our PBL Celebration Day at the end of last term. \$870 was raised in support of the Breast cancer Foundation and the acquisition of a bike rack.

## **Footpath | Radio Ave**

Thank you to Northern Beaches Council for providing a new footpath in front of the school in Radio Ave.



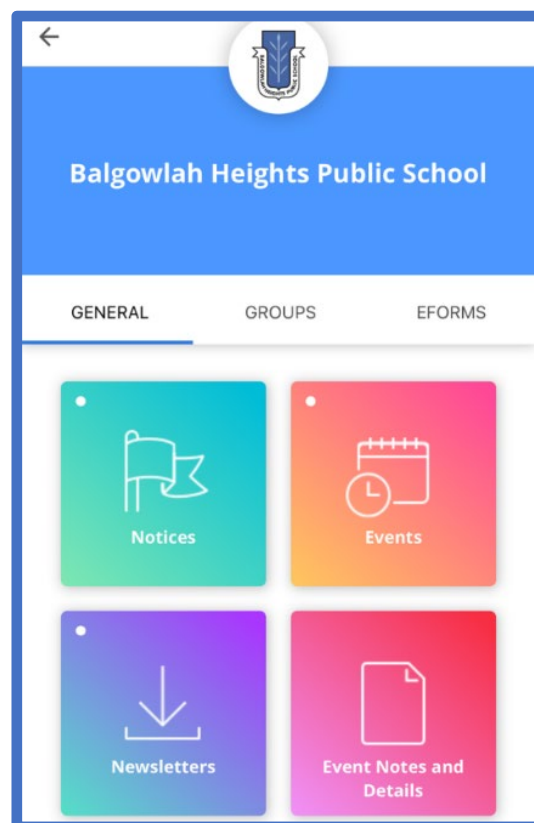
# PRINCIPAL'S MESSAGE

## 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



## Upcoming Events

Term	Date	Activity	Time
<b>Term 4 Week 2 (Book Week)</b>	Monday 19 October		
	Tuesday 20 October	Year 3 Check-In Assessment (Numeracy)	9.15am
	Wednesday 21 October	Book Week Mufti Day Year 3 Check-In Assessment (Reading) Kindergarten 2021 Parent Information Night 1 (Adobe Connect)	9.15am 7.00pm
	Thursday 22 October		
	Friday 23 October		
<b>Term 4 Week 3</b>	Monday 26 October	P&C	7.00pm
	Tuesday 27 October	Year 5 Student Leaders EOIs due Kindergarten 2021 Packs collection	9.15-10.00am
	Wednesday 28 October		
	Thursday 29 October	Kindergarten 2021 Packs collection Kindergarten 2021 Parent Information Night 2 (Adobe Connect)	2.00-2.45pm 7.00pm
	Friday 30 October	World Teachers' Day	

**David Shuster | Principal**



# Balgowlah Heights Public School

## Term 4 2020 Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday
October <b>1</b>	<b>12</b> Students commence Term 4	<b>13</b>	<b>14</b>	<b>15</b> Year 5 Leadership Day	<b>16</b>
October <b>2</b> Book Week	<b>19</b>	<b>20</b> Year 3 Check-In Assessment (Numeracy) 9.15am	<b>21</b> Book Week Character 'Dress Up' Day Year 3 Check-In Assessment (Reading) 9.15am Kindergarten Orientation Parent Information Session 1 (Adobe Connect) 7.00pm	<b>22</b>	<b>23</b>
October <b>3</b>	<b>26</b> P&C (Adobe Connect) 7.00pm	<b>27</b> Kindergarten 2021 Packs collection 9.15-10.00 am Year 5 Student Leaders EOIs due	<b>28</b>	<b>29</b> Kindergarten 2021 Packs collection 2.00-2.45 pm Kindergarten Orientation Parent Information Session 2 (Adobe Connect) 7.00pm	<b>30</b> Learning Goals Folder home World Teachers' Day
November <b>4</b>	<b>2</b> Year 6 Camp @ Collaroy Kindergarten 2021 Transition Activities website opens	<b>3</b> Year 6 Camp @ Collaroy	<b>4</b> Year 5 Student Leaders EOI Presentations	<b>5</b>	<b>6</b>
November <b>5</b>	<b>9</b> Kindergarten 2021 Orientation Student Visit (Group 1) 9.30- 10.45am	<b>10</b>	<b>11</b> Kindergarten 2021 Orientation Student Visit (Group 2) 9.30- 10.45am Remembrance Day	<b>12</b> Kindergarten 2021 Orientation Student Visit (Group 3) 9.30- 10.45am	<b>13</b>
November <b>6</b>	<b>16</b> 2022 (Year 5) Selective High School Applications close	<b>17</b>	<b>18</b> Opportunity Class Test (Year 4 students) Year 5 Student Leaders Speeches	<b>19</b> Taste of Mackellar (Year 5 girls) TBC	<b>20</b> Year 6 Mini Fete
November <b>7</b>	<b>23</b> Kindergarten 2021 Orientation Student Visit (Group1) 9.30- 10.45am P&C AGM (Adobe Connect) 7.00pm	<b>24</b>	<b>25</b> Kindergarten 2021 Orientation Student Visit (Group2) 9.30- 10.45am	<b>26</b> Kindergarten 2021 Orientation Student Visit (Group3) 9.30- 10.45am	<b>27</b> Year 6 Talent Quest Final 12.45pm
Nov/Dec <b>8</b>	<b>30</b> Year 5 Talent Quest Final 12.45pm	<b>1</b> Year 4 Talent Quest Final 12.45pm	<b>2</b>	<b>3</b> Year 4 Waste Audit	<b>4</b> Year 3 Talent Quest Final 12.45pm
December <b>9</b>	<b>7</b> Recognition Assembly 9.15am Year 2 Talent Quest Final 12.45pm	<b>8</b> Year 1 Talent Quest Final 12.45pm	<b>9</b> Thumbs Up Celebration Day	<b>10</b> Year 6 Play	<b>11</b> Kindergarten Talent Quest Final 12.45pm Student Semester II Reports home
December <b>10</b>	<b>14</b> Talent Quest K-6 Final 11.25am Year 6 Farewell 5.00- 9.00pm	<b>15</b>	<b>16</b> End of Year Activities TBC Year 6 Farewell Arch TBC 2.45pm Last day of Term 4	<b>17</b> School Development Day	<b>18</b> School Development Day

Term 1 2021-School resumes on: Thursday 28 January (Years 1-6)

Friday 29 January (Year 5 Opportunity Class)

Tuesday 2 February (Kindergarten)





Each week students learn how to be respectful, responsible and try their personal best as part of our positive behaviour for learning program (PBL). This week students will learn how to show respect on the playground. Students will use scenarios to discuss ways they can demonstrate respect on the playground.

## Respect- Playground

### Learning Intention

We are learning to be respectful in the playground



### Success Criteria

- Put all rubbish in the bin
- Eat our own food before we play
- Share friends, equipment and space
- Include others
- Use friendly talk and friendly actions
- Be considerate of other people's games

### Positive Behaviour for Learning Merit Awards

Congratulations to the following students who have achieved their Silver Awards for demonstrating the school values of respect, responsibility and personal best. The Silver Award acknowledges students who have received a total of 7 mini merit awards this year and have exceeded Bronze Award level.

Silver Awards			
Year 1	Year 3	Year 4	Year 5
Emily Cocks (1J) Mae Xie Patrick (1J)	Samuel Cook (3B)	Annabelle MacLeod (4CB)	Eleni Leonov (5V) Max Devenney (5W)

**Emily Rhodes | Deputy Principal**





## World Mental Health Day

World Mental Health Day is observed on 10 October every year (since 1992). World Mental Health Day aims to raise awareness of mental health issues around the world and mobilise efforts in support of mental health.

This year Australians are being encouraged to make a promise to look after their mental health. We encourage you this week to consider how to support your own and your children's mental health. For further information click on the following link [here](#).

Our PDHPE program at BHPS provides opportunity for students to develop, strengthen and refine skills across the three domains of self-management, interpersonal relationships and movement. Through the Bounce Back program (a whole school approach) positive mental health, wellbeing and resilience is promoted.



## Resources Supporting Wellbeing

Self-care is incredibly important. When you're happy and healthy, you can be more attentive and engaged. **Smiling Mind** is a **free** mindfulness app for students and parents. It has been developed by a team of psychologists and uses mindfulness to boost calmness, contentment and clarity.

Mindfulness meditation has been shown to help manage stress, resilience, anxiety and improve mental health and wellbeing. Click on the following link: [Smiling Mind app on the App Store and Google Play External link](#)



**Michelle Cruickshank | Wellbeing Teacher**  
**Katherine Wassink | School Psychologist**

## Science ICAS - Assessments

In Term 3 students elected to sit the Science ICAS assessment. These are online assessments designed to recognise and reward academic excellence. Congratulations to all participants. The following students received a Distinction.

Distinction		
Year 4	Year 5	Year 6
Sophia Mooring (4K) James Stow (4K) Meg Young (4S)	Georgia Gao (5L) Andre Kwok (5L) Georgia Richards (5L) Oscar Rudner (5L) Kai Sawaki (5V) Jasmine Smith (5L) Jordan Truong (5L) Cayden Ward (5L)	Carla Anderson (6P) Sophia Bannister (6P) Blake Bartram (6P) Maxim Berberian (6P) Chloe Breden (6P) Byron Cahill (6P) Mylo Davies (6P) Katherine Edgtton (6P) Aidan Gilbert (6P) Rufus Hunter (6P) Thomas Larcombe (6L) Charlie Lewcock (6C) Alexander Stanojevic (6P) Thomas Stevens (6P) Nicholas Thornley (6P) Eowyn Williams (6P)

Special congratulations go to the following students who were awarded a High Distinction which placed them in the top 1%. Their certificates will be presented at Recognition Assembly on Monday 7 December.

High Distinction		
Year 3	Year 5	Year 6
Tristan Cowie (3S)	Alex Burns (5L) Lachlan Holley (5L)	Jarod Binley (6P)

**Kelly Lockhart | Deputy Principal Rel.  
ICAS Coordinator**

I hope everyone had a great holiday. Thank you for returning books to our library and bringing a library bag to protect books that are borrowed and transported home.

Next week is our postponed Children's Book Council of Australia Book Week. We have celebrated all the nominees in library lessons in Term 3 and are looking forward to finding out the winners. It will be great to see how our shadow judging compares to the official judge's decisions.



We will celebrate Book Week at school by inviting students to dress up as a favourite book character in the form of a Mufti Day event on Wednesday 21 October 2020. No gold coin is required.

I will also be conducting some guessing competitions: "Book in a Jar" and "Bookworms in a Jar".

Looking forward to a fun day next Wednesday for Book Week Mufti Day.

**Roslyn Elliott**  
**Teacher | Librarian**



Welcome back to all the BHPS families, we hope you had a relaxing Spring break.

## Next P&C Meeting is on Monday 26 October - Save the Date!

Got an opinion about the school uniform? Want to find out more about how P&C funds are allocated? Interested to hear what the school is planning in Term 4? Simply log on to the next P&C meeting and all of this will be possible! More details on how to attend will be coming soon.

As only a handful of parents participate each time, we would like your help to understand how we can make it easier for people to join the P&C online meetings. It is such an important forum to share school and P&C updates but also to hear directly from parents if they have any feedback on school activities.



Thank you for taking just 2 minutes to complete this very short and anonymous survey: <https://www.surveymonkey.com/r/DKM5TGL>

If you have any questions about the P&C or would like to be involved in any way, please feel free to contact Alison at [bhpsvpcomms@gmail.com](mailto:bhpsvpcomms@gmail.com). Like the [BHPS P&C Facebook Page](#) and join the private [BHPS Facebook Group](#) to keep up to date with P&C news and events.

Have a great first week back!

**The P&C Team**

# UNIFORM SHOP NEWS

## Opening Hours

**Tuesday:** 8.30am - 9.30am

**Thursday:** 2.30pm - 3.30pm

**Uniform Shop Entry:** please check in with the **Admin Office** for a **Uniform Shop Pass and sign in**.

## Term 4 - Summer Uniforms

Girls –navy shorts worn and a white polo available this summer.

## Uniform Donations

If you have any outgrown **current** BHPS uniforms in great condition, please drop them off at the Administration Office. No hats, hair accessories or socks/hosiery. **Second hand** items are only available in person in the Uniform Shop.



## Returns Policy

Within **28 days** of purchase for refunds or exchanges, together with a copy of the receipt. Returned goods will only be accepted in resale condition: unworn, unwashed, unmarked with tags attached in **original packaging**, not the classroom delivery packaging. Socks and hosiery must be unopened. There are no returns or exchanges on hats, hair accessories and second-hand items.

**Loretta Mykityshyn | Uniform Shop Manager**



## Emotional Coaching – confirmation

If you have booked in for next week's course, a confirmation email was sent this week. Please contact us if you haven't received this confirmation. Parents wishing to still book in, we have 8 spots remaining, please email [admin@arabanoo.com](mailto:admin@arabanoo.com) to receive a booking form.

**Dates:** 19 October, 26 October and 2 November  
**Day:** Monday's  
**Time:** 7:15-8:15pm  
**Method:** Via Zoom

## Extra-Curricular - authorisation needed

If your child is booked into music bus, netball, a music lesson or any activity not organised by Arabanoo then an authorisation form is required. Please find this under the forms section on our website.

## After School Activities - booking required

Arabanoo will be running extra-curricular activities in term 4. Booking forms are on our website ([www.arabanoo.com](http://www.arabanoo.com)). Hard copies can be collected from the sign in/out desk.

- Monday - Yoga and Mindfulness
- Monday - Art Club
- Tuesday - Tinker Tank
- Wednesday - Rolling Coaches (Skater HQ)
- Thursday - Eye Heart Science
- Friday - Karate (Organised by Key Martial Arts, contact them on 1300 304 532 if you want to book your child in). Please complete the attached extra curricular permission form if your child is attending karate)

Your child can only 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 Rolling Coaches if you sign your child up.

## Vacation Care - Christmas dates

Our Spring Vacation care has whizzed by, some of the children's highlights were Games 2U, Harry Potter Day, Medieval Day and My Pet Dinosaur. A survey monkey will be going out soon so we can gauge what dates families require care over the Christmas period.

## Farewell -Anthony, Kika and Hamish

We have said a sad farewell to Anthony, Kika and Hamish over the past three weeks. Anthony is moving over to the city to be closer to his study's, Kika is heading back to Belgium and Hamish has taken on a Year 6 teaching role at Balgowlah Heights. We will miss them and wish them all the best for the future.

## Parents/carers onsite - sign in/out

We are continuing to keep pick up and drop off at the main school gate and appreciate your patience while we get the children from their activity and bring them down to you. If there isn't a staff member on the gate please call the office and someone will pop down. The juniors will be on the junior campus until 4pm every afternoon apart from Friday's. Please continue to see the senior side supervisor who will arrange collection of your child.

## Contact us

**T - 0299 486 722**

**M - 0421 014 308**

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

**Rowan Friend | Centre Director**



## Juniors Ultimate Frisbee

- Mixed (boys and girls)
- Non-contact
- Australian Rep coaches

**Cost:** \$60 including Frisbee and team t-shirt

Try for **FREE** for 2 weeks!

**Where/When:**

Wednesday afternoons  
Millers Reserve, Manly Vale

**From:** Term 4, Wk 2 (21 Oct)  
All summer - till March

Primary school ages  
4.00-5.00pm

Secondary school ages  
5.30-6.45pm



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

 [@manlyultimateclub](https://www.facebook.com/manlyultimateclub)

 [www.manlyfrisbee.com](http://www.manlyfrisbee.com)





# BALGOWLAH HEIGHTS PUBLIC SCHOOL 2021 Kindergarten Orientation Program



## PARENT ONLINE INFORMATION EVENINGS

Adobe Connect - [Click for how to join](#)

[connect.schools.nsw.edu.au/kindergarten2021/](https://connect.schools.nsw.edu.au/kindergarten2021/)



### Wednesday 21 October | 7-8pm

- Welcome to Balgowlah Heights PS
- Overview of the Kindergarten Orientation Program
- Primary School Curriculum
- School Readiness



### Thursday 29 October | 7-8pm

- Meet the 2021 Kindergarten Teachers
  - A day in the life of a Kindergarten student
  - Overview of the Best Start assessment
  - P&C Information
- Arabanoo | Canteen | Uniform Shop | Walking bus



## NEW KINDERGARTEN ORIENTATION DATES

Orientation days are from **9.30 - 10.45am**

Parents will be notified which 'Group' their child is in  
(students will attend 2 orientation days only)

- **Group 1 | Mondays 9 and 23 November**
- **Group 2 | Wednesdays 11 and 25 November**
- **Group 3 | Thursdays 12 and 26 November**



## For more information

<https://bit.ly/3kCD7AC>

(password protected for  
Kindergarten 2021 Parents)

