

# THE HEIGHTS

Term 4 | Week 5 | 11 November 2020



Connect | Succeed | Thrive

Balgowlah Heights  
Public School



## PRINCIPAL'S MESSAGE

### Parent School Planning Survey

Thank you for your responses to our School Planning Survey. We are greatly appreciative to have received 341 replies. We will be providing a summary of the information at the next meeting of the P&C on Monday 23 November 2020.

### P&C

The next meeting of the P&C will be held on Monday 23 November. Based on updated Department of Education COVID-19 guidelines, parents will be able to attend this meeting in person in the library (limit of 30 adults–registration required). The meeting will commence at 7.00pm. Discussion topics include:

- 2021 Planning
- School Plan Survey results

To register please click here: <https://forms.gle/PXQgg4UZJ6TsjPkk7>. This link also provides the opportunity for you to detail questions you would like addressed.

A zoom link for the meeting is provided below for parents who wish to participate from another location.

<https://nsweducation.zoom.us/j/63643930801?pwd=T2RGOjRrOTI0dDRnRG5JS2NLNGRMDz09>

### Kindergarten Transitions

We welcomed our 2021 kindergarten students and their families this week for the first of two visits to our school.





# PRINCIPAL'S MESSAGE

## Term 4 Invoices

School Invoices were recently emailed home detailing program contributions which covers educational programs, teaching/learning materials and the P&C Voluntary Contribution. Further information is provided with the invoice.

## Opportunity Class Test

We wish the students in Year 4 sitting for the Opportunity Class Test on Wednesday (18 November 2020) of next week all the best. The students will sit for the test at our school (in 5V/6R classrooms) following the timetable detailed below.

Activity	Start	Finish
Students arrive at school	9:00am	
Administration and practice	9:00am	9:50am
Part 1 (30 minutes)	9:50am	10:20am
Short break	10:20am	10:30am
Part 2 (30 minutes)	10:30am	11:00am
Students dismissed and return to class		11:15am

## NAIDOC

As part of our NAIDOC week activities the students in Years K-6 have been undertaking class lessons, participated in a search of native plants in our playground and viewed a video from Clarence and Adam who are leading the "Bush to Bowl" program at our school. Thank you to Mr Walker and Mrs Santer for organising these activities.



# PRINCIPAL'S MESSAGE

## Year 5 Student Leaders

We look forward to 24 students presenting Student Leader speeches on Wednesday 18 November to students in Years 4, 5 and 6. The students will be assisted to write their speeches at school on Monday 16 November.

## Year 5 Students | Taste of Mackellar

On Thursday (19 November 2020) a number of Year 5 students will attend the "Taste of Mackellar" Day. This day is aimed at providing the students attending with information and an understanding on how high school operates with subject areas, changing classrooms/teachers and the extra curricula programs offered at Mackellar Girls High School.

## Year 2 Students | Band Experiences

This term the students in Year 2 will have a number of opportunities to learn about our school bands. These include:

- Viewing a band rehearsal (18 November 2020)
- Trialling instruments of interest (24 November 2020)

Further information will be sent home in the near future regarding the instrument try-outs and Band Information for parents.

## Talent Quest

We look forward to our Talent Quests to be held on the dates listed below. A note will be emailed home with further information.

Year 6 Grade Final	Tuesday 24 November	12:45pm
Year 5 Grade Final	Monday 30 November	12:45pm
Year 4 Grade Final	Tuesday 1 December	12:45pm
Year 3 Grade Final	Friday 4 December	12:45pm
Year 2 Grade Final	Monday 7 December	12:45pm
Year 1 Grade Final	Tuesday 8 December	12:45pm
Kindergarten Grade Final	Friday 11 December	12:45pm
School K-6 Final	Monday 14 December	11:30am

## 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 via link below. Late applications will not be accepted. An Intention to Apply letter has been emailed to all the Year 5 families providing further information.

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

## Congratulations

Congratulations to Andre Kwok who was part of the Giving back Program assisting a number of families by helping them with their shopping.



# PRINCIPAL'S MESSAGE

Upcoming Events			
Term	Date	Activity	Time
<b>Term 4 Week 6</b>	Monday 16 November	Year 5 Student Leaders Speech writing 2022 Selective High School Test Applications close	
	Tuesday 17 November		
	Wednesday 18 November	Year 5 Student Leaders Speech Presentations Opportunity Class Test	11:30am
	Thursday 19 November	Taste of Mackellar (Year 5 girls)	
	Friday 20 November		
<b>Term 4 Week 7</b>	Monday 23 November	Kindergarten Orientation Group 1 Visit P&C (AGM)	9:30-10:45am 7:00pm
	Tuesday 24 November	Year 2 Instrument try-outs Year 6 Talent Quest Final Year 2 Western Campus play visit	7:00-9:00am 12:45pm 12:45pm
	Wednesday 25 November	Kindergarten Orientation Group 2 Visit Year 2 Western Campus play visit	9:30-10:45am 12:45pm
	Thursday 26 November	Kindergarten Orientation Group 3 Visit	9:30-10:45am
	Friday 27 November		

**David Shuster | Principal**





## National Recycling Week

It's National Recycling Week, 9–15 November 2020. As well as students participating in recycling lessons for National Recycling Week, Balgowlah Heights Public School is involved in a range of recycling programs throughout the year. **One of these is Worn Up.**

Did you know? Australian schools discard between 100 and 200 kilos of non-wearable uniforms a year. This soon adds up. Balgowlah Heights Public School is teaming up with Worn Up to ensure no unwearable school uniforms end up in landfill.

Take a look through your wardrobe and drawers and pull out any clean worn out, ripped, damaged, faded, torn, or marked school uniforms. These items no longer need to go to the rubbish bin.



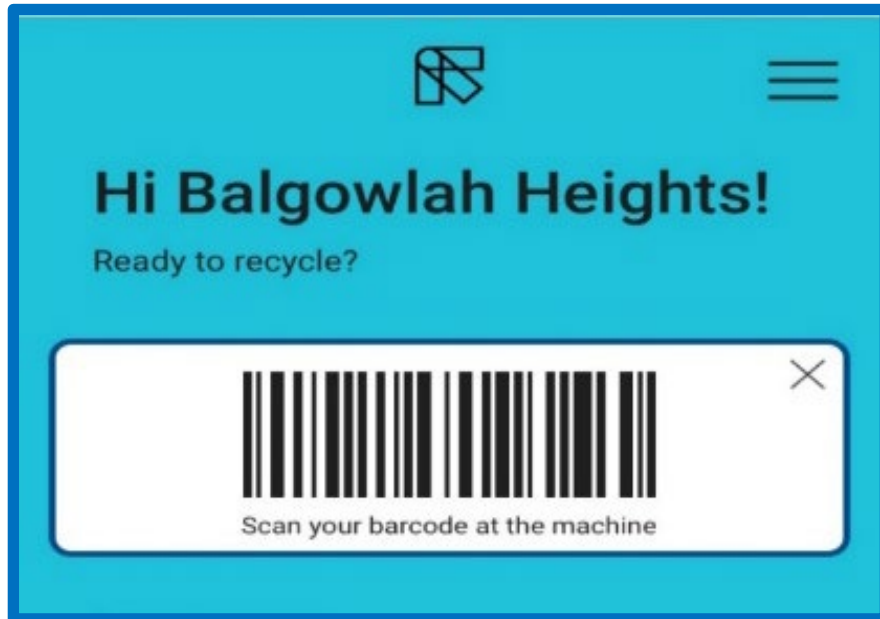
Drop these off at the Western Campus Office. They will be collected and re-made into new products such as desks, acoustic insulation and cushion inserts. Items being collected include dresses, skirts, shorts, pants, shirts, polo shirts, sweatshirts, jackets, socks and tights. At this stage we cannot take backpacks, shoes or hats. This will be an ongoing collection at school throughout the year. For more information about Worn Up (click here: [www.wornup.com](http://www.wornup.com)) Many thanks to Felicity Stevens for organising our collaboration with Worn Up.

We have also teamed-up with TerraCycle Australia and are still collecting bread bag clips and dental care items. Keep them coming in!



## More Exciting Sustainability News

We are now recycling bottles and aluminium cans at Return and Earn stations. Use the barcode by taking a photo of the code provided below to recycle bottles and cans suitable for recycling at Return and Earn stations. All money raised will go to charities which have been nominated by the students.



Thanks for supporting sustainability at Balgowlah Heights Public School. It is greatly appreciated.

**Shona Veney | Sustainability Coordinator**

# REMEMBRANCE DAY

## Remembrance Day

Due to ongoing COVID-19 restrictions we commemorated Remembrance Day virtually.

School leaders presented a video outlining the importance of Remembrance Day and students had the opportunity to listen to the Last Post and observe one minute silence at 11:00am.

**Kelly Lockhart | Deputy Principal Rel.**



## Week 3 | Waste Free Wednesday Winners

Congratulations to our Years K-2 and Years 3-6 class winners for being Waste Free in Week 3!



## Week 4 | Waste Free Wednesday Winners

Congratulations to our Years K-2 and Years 3-6 class winners for being Waste Free last week! Well done to the rest of our school. Let's keep working on having zero waste!



**Rosie Caruso | Sustainability Coordinator**

### Second-hand Toy Donation Request

We are keen to offer a wider range of quiet activity options for our 3-6 students on the West Campus during break times. In the spirit of sustainability, we would love to be able to utilise any second-hand items that BHPS families may no longer use or play with.

If you have any construction games, multiplayer board games or other items no longer being used, we would love them. Please drop off any donations to the Western Campus office.

**Rachel Keeling | Year 4 Class Teacher**

# WELLBEING CORNER

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 when transitioning between lessons.

## Respect

Learning Intention	Success Criteria
<p>We are learning to be respectful during transitions.</p> 	<ul style="list-style-type: none"><li>• Move quietly and safely</li><li>• Arrive ready to learn</li><li>• Keep to the left and share the path</li></ul>

### 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 2	Year 3	Year 4	Year 6
Milana Ristoski Lachlan Jayatilake	Cooper Apps Susannah Houlihan Sienna Brown Joe Rafferty Benjamin Barham	Leo Charkos	Jasmin Greuter Charlotte MacLeod

**Emily Rhodes | Deputy Principal**





## World Kindness Day | Friday 13 November 2020

World Kindness Day is celebrated annually on Friday **13 November**. On this day, people across the planet attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organisations.

World Kindness Day was first launched in 1998 by The World Kindness Movement, an organisation formed at a 1997 Tokyo conference of like-minded kindness organisations from around the world.

There are currently over 28 nations involved in The World Kindness Movement which is not affiliated with any religion or political movement. The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and nations towards greater kindness.

There are many things that we can each do each day to promote Kindness. Here are some ideas to help you begin...or continue your kindness journey. See links below:

<https://www.randomactsofkindness.org/world-kindness-day>; <https://kindness.org>



**RANDOM ACTS OF KINDNESS**  
FOUNDATION


#MakeKindnessTheNorm • www.randomactsofkindness.org














# Ways to Show Kindness

Name: \_\_\_\_\_
Date: \_\_\_\_\_

## I Can Show Kindness!



Let someone else go first 	Give a kind compliment 	Say 'good morning!' 	Say 'hi' to someone 	Tell someone 'thank you' 
Share with someone else 	Offer to help someone out 	Invite someone to join you 	Give someone a high-five 	Write a compliment list about yourself 
Ask someone how they are 	Work with someone new 	Hold the door open 	Do an extra chore 	Forgive someone for a mistake 
Help clean up 	Spend time with a friend 	Write a kind note 	Help someone having a tough day 	Just listen to a friend 

© 2018 Pathway 2 Success

Michelle Cruickshank | Wellbeing Teacher



## National Recycling Week

This week the P&C Sustainability Team is going full throttle as part of [National Recycling Week](#). Here's what's happening:

- **Return and Earn** - This scheme is kicking off at BHPS where any glass or metal containers will be collected and proceeds will go to the school. Families are encouraged to use this barcode pictured here when returning bottles and cans to a Return and Earn location so the funds can go straight to the school.
- **Lunchbox sell-off** - There will be another lunchbox and container recycle sell-off this **Friday 13 November** in the morning outside school grounds, so make sure to pick up a bargain for 50c or a gold coin and divert plastic from landfill.
- **Soft plastics recycling** - Did you know that soft plastics can be reused to make all sorts of things from school furniture to superhero capes? The school has been collecting all soft plastics and we hope parents will soon be able to bring them in again as well.
- **WORN UP** - BHPS is partnering with this organisation to recycle old school uniforms to make them into acoustic tiles or school desks. Felicity Stevens from the P&C Sustainability Team has also been very creative with the old uniforms to make aprons for the Canteen and bunting for the Uniform Shop!
- Please also remember to bring bread tags and old dental products like old toothbrushes to school for recycling, just hand them into the teacher.
- And of course, don't forget about **Waste-Free Wednesdays** which means no disposable packaging in lunchboxes. This is now a class competition!

Hi Balgowlah Heights!

Ready to recycle?



Scan your barcode at the machine



## Gingerbread House Kits available now on Flexischools

Grab a Gingerbread House Kit on the [Flexischools homepage](#) and help raise funds for the school with \$8 from every kit going to the P&C. Each kit includes the Gingerbread House pieces (egg, dairy and nut free), a base board, piping bag with icing, cellophane, ribbon and lollies.

Don't miss out as there are only a limited number available! All kits will be delivered to your child's classroom on Friday 27 November.



If you have any questions about the P&C or would like to be involved in anyway, 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.

## The P&C Team





# CANTEEN NEWS

A huge thank you to Felicity Stevens for her savvy sewing skills in crafting bespoke aprons from old BHPS uniforms. Upcycling at its most stylish!

Parents please note that the canteen will be closed on **Friday 27 November**, in support of the Year 6 mini-fete. Flexschools service has been switched off for that day.

**Sanja Vidaic | Kathrine Baulderstone**  
Canteen Managers  
[healthycanteenbhps@gmail.com](mailto:healthycanteenbhps@gmail.com)



# UNIFORM SHOP NEWS



## Opening Hours

**Tuesday:** 8:30am – 9:30am  
**Thursday:** 2:30pm – 3:30pm

## Last classroom deliveries of Flexschools and Online Orders

Tuesday 8 December (orders taken until midday Monday 7 December)

## Last shop open day of Term

Thursday 10 December 2:30-3:30pm

## Uniform Shop Entry

Please go to the Administration Office for a **Uniform Shop Pass and sign In**

## Label Your Uniforms

Remember to use "Stuck on You" for all your school labels to earn \$\$ for BHPS! [www.stuckonyou.com.au](http://www.stuckonyou.com.au) Code: **BHPS NEW**

## Don't Forget

White polos and navy shorts are in 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

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





## Secure your spot for 2021 - response needed

Thank you to all those families who have already responded with your requirements for 2021. Please inform us whether you intend to keep your current booking for next year. If we don't hear from you, we will assume you no longer require a place. The response deadline is the **18 November**, at which point places will be offered to new families.

## Enrolments for 2021 - new Kindergartens

If you are wishing to send your child to Arabanoo next year (new kindergartens) and they are not enrolled, please log into QK Enrol with your My Family Lounge log in details. Please **DO NOT** create a new enrolment if you have children already attending, simply add them to your existing enrolment.

## Changes to contact details - QK Enrol

If you have changes to contact details you can edit these by logging into QK Enrol with your My Family Lounge log in details. Please note, if you wish to delete an authorised person, this can only be done via emailing us.

## PMC Meeting – 11 November

We have our termly Parent Management Committee meeting tonight (Wednesday 11 November) via Zoom. If you would like to join and are a member of our association (all Arabanoo parents are) please contact us and we can send you the link.

## 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 for pick up. If there isn't a staff member on the gate please call the office and someone will pop down. The juniors will continue to spend the afternoon on the senior campus for the time being.

## Rowan Friend | Centre Director

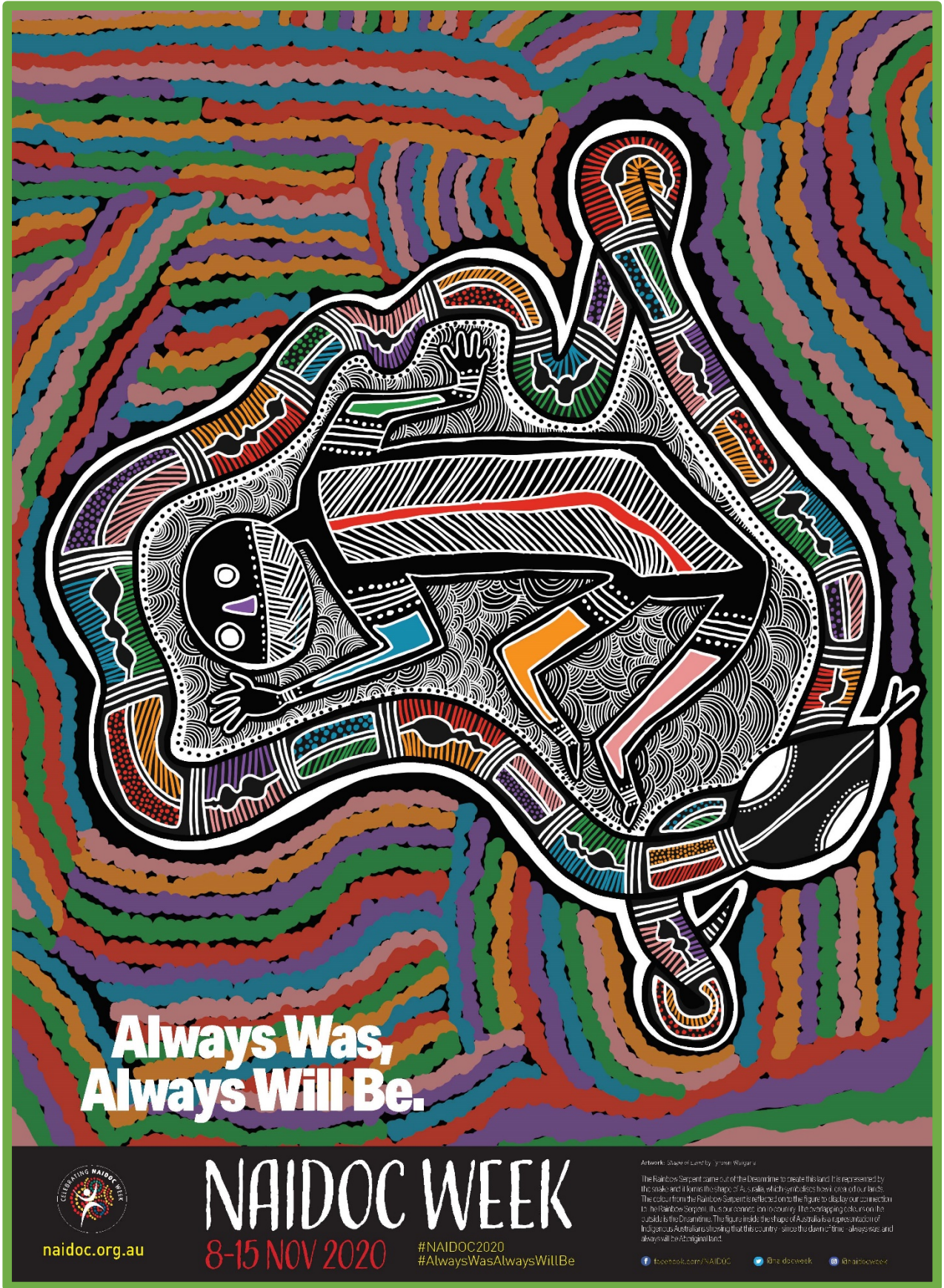
### Contact Us

T - 0299 486 722

M - 0421 014 308

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





**Always Was,  
Always Will Be.**

**NAIDOC WEEK**  
8-15 NOV 2020 #NAIDOC2020 #AlwaysWasAlwaysWillBe

[naidoc.org.au](http://naidoc.org.au)

Artwork shared and by Janni Kirgala  
The Rainbow Serpent came out of the Dreamtime to create this land. He is represented by the snake and it takes the shape of Australia, which symbolises how close to our hearts. The idea from the Rainbow Serpent is the connection to the figure to do for our connection to the Rainbow Serpent. It is our source, an identity. The Rainbow Serpent is known to be a snake in the Dreamtime. The figure in the shape of Australia is a representation of Indigenous Australians showing that this country, since the dawn of time, always was and always will be Aboriginal land.

Facebook.com/NAIDOC @naidocweek @naidocweek



SYDNEY  
ACADEMY  
OF CHESS



## Chess classes at Balgowlah Heights Public School!

- It doesn't matter if you're a total beginner or a chess champion, everyone is welcome!!
- Chess classes for Balgowlah Heights Public School (Years 3-6) students are held on Tuesday from 12.55 pm to 1.40pm.
- If your child is interested in taking part, you can email: [enrol@sydneyacademyofchess.com.au](mailto:enrol@sydneyacademyofchess.com.au) for an enrolment form.
- For all enquiries, please contact Sydney Academy of Chess on (02) 9745 1170.