

Balgowlah Heights Public School

Excellence and Opportunity



Term 1 Week 2
5 February 2020

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Cunninghams

IN
YOUR
COMMUNITY

Proud Diamond Sponsor of
Balgowlah Heights Public School
Steve Lambley | 0402 859 644
Jodie Lynch | 0407 955 551



Principal's Message

Welcome to 2020

I trust your child has had an enjoyable and positive beginning to the new school year. If you require information at any time during the year you are welcome to contact the school. Appointments with teachers or myself may be made through the Office. Please note the teachers have professional meetings every Tuesday afternoon 3.15pm - 4.15pm and Wednesday morning from 8.15am - 8.45am.

Our First Two Weeks

During the first two weeks of this term in each class and grade, we are focussing on wellbeing activities. The activities are designed to assist the teacher to get to know your child, for your child to get to know their teacher and for the students to get to know each other in their class and the grade. We are also undertaking assessment activities which we use to assist in the planning of our teaching/learning programs.

Parent/Teacher Information Nights

Parent/Teacher Information Nights will be held next week to welcome you and provide a range of information. The Information Nights will be held in the classrooms 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

P&C

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

- 2020 Priorities
- External Validation

P&C Information

The school's P&C Association organises a Class Parent for each class in our school. The role of the Class Parent is to assist with circulating information for teachers regarding classroom matters and events such as excursions. The Class Parent also circulates information for the P&C regarding social and fundraising events. Further information will be provided at next week's Parent/Teacher Information Nights if you would like to be included on the email list to receive this information.

Year 7 High School 2021

At next week's Year 6 Parent/Teacher Information Nights we will be providing forms and outlining procedures for enrolment from Year 6 to Year 7.

Extra Curricula Activities

Included in this week's Newsletter on Page 6 is a list of the Extra Curricula Activities being offered in our school this year and contact details for these persons/groups.

SportsPro

SportsPro is an outside provider of sporting programs who will be teaching the students in Term 1 (Gymnastics) and Term 2 (Dance) this year. The program is part of our PDHPE key learning area. Each student has the opportunity of participating in 80 (40 minute) lessons during the term, which will be undertaken in four sessions. If you would like a copy of the program please contact the school. The cost of these lessons will be included in this term's invoice. The dates for the lessons for each grade are:

Grade	Lesson Date	Lesson Time
Kindergarten	Wednesday 19 February Wednesday 4 March Wednesday 18 March Wednesday 1 April	11.25am - 12.45pm
Year 1	Wednesday 19 February Wednesday 4 March Wednesday 18 March Wednesday 1 April	1.45pm - 3.05pm
Year 2	Wednesday 19 February Wednesday 4 March Wednesday 18 March Wednesday 1 April	9.40am - 11.00am
Year 3	Wednesday 12 February Wednesday 26 February Wednesday 11 March Wednesday 25 March	9.40am - 11.00am
Year 4	Wednesday 12 February Wednesday 26 February Wednesday 11 March Wednesday 25 March	11.25am - 12.45pm
Year 5	Tuesday 11 February Tuesday 18 February Tuesday 25 February Tuesday 3 March	1.45pm - 3.05pm
Year 6	Wednesday 12 February Wednesday 26 February Wednesday 11 March Wednesday 25 March	1.45pm - 3.05pm

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 12.15pm 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). 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
Newcombe Ball	Junior turning 8-10 years	Thursday 6/2
Volleyball	Senior turning 11-12 years	Friday 7/2
Eagle Tag	Junior turning 8-10 years	Thursday 6/2
Eagle Tag	Senior turning 11-12 years	Friday 7/2
Cricket	Junior turning 8-10 years	Thursday 6/2
Cricket	Senior turning 11-12 years	Friday 7/2
AFL	Senior turning 11-12 years	Friday 7/2

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	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	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 lunchtimes. 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

Uniform

Thank you for your support by ensuring your child/ren wear their Balgowlah Heights uniform each day. The students wearing their school hat and black shoes, along with other items of the uniform look fantastic.

School Photographs

School photographs will be held on Monday 24 February and Wednesday 26 February. Further information will be provided in the near future.

Anaphylaxis

As part of our school and Department of Education Anaphylaxis Policy we thank you for your assistance by providing recess and lunch that does not involve peanut based products. If you require further information please contact the school.

Choirs

Our school has a number of wonderful opportunities for students interested in being part of a choir. **Years 1 and 2 students** are invited to join the **Stage 1 Choir**. This is a non-audition choir and rehearses on Wednesday lunchtimes. Further information will be provided in the near future.

Years 3 and 4 students are invited to join the **Stage 2 Choir**. This choir rehearses at a lunchtime from 12.55 pm – 1.45 pm with Mrs Cronin in the AV Room.

Students will have the opportunity to perform in the Department of Education Primary Proms Festival Choir. The Arts Unit limits our choir numbers at this concert to 26 students. Preference will be given to Year 4 students with the rest of the numbers made up from Year 3. If final choir numbers exceed 26, the Year 3's chosen will have the following considered:

- a) their commitment to Choir (attendance);
- b) how well the student has learnt the set repertoire;
- c) musicality - blended tone within the choir, dynamics, focus, diction, vowels and the use of head voice.

There will be an additional cost for transport and participation in this event.

Years 5 and 6 students are invited to join the **Arts Alive Choir**. It rehearses on Friday mornings from 8.00am – 8.45am with Mrs Cronin in the AV Room.

Students in this ensemble will have the opportunity to perform in the Department of Education Arts Alive Combined Choir. The Arts Unit limits our choir numbers to 26 students. Preference will be given to Year 6 students with the rest of the numbers made up from Year 5. If final numbers are over 26, the Year 5's chosen will have the following considered:

- a) their commitment to Choir (attendance);
- b) how well the student has learnt the set repertoire;
- c) musicality - blended tone within the choir, dynamics, focus, diction, vowels and the use of head voice.

There will be an additional cost for transport and participation in this event.

Choir auditions for students in Years 3-6 will be held on **Friday 14 February at lunchtime**. Further information will be emailed home later this week.

Recorder Group

Years 3 to 6 students are invited to join the Recorder Ensemble which rehearses on Thursday mornings from 8.00am – 8.45am with Mrs Cronin in the AV Room.

Students in this ensemble will have the opportunity to perform at school events and in the Department of Education Arts Unit Festival of Instrumental Music at the Sydney Town Hall on Monday 17 August.

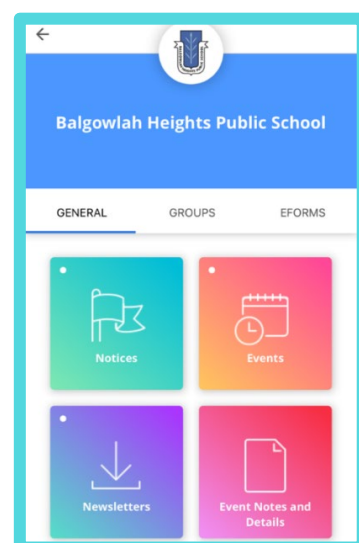
Recorder Ensemble is not auditioned, but requires a firm commitment to attend all rehearsals and to practice regularly in order to learn the repertoire. There will be a fee to cover transport and participation in this event. Further information will be emailed home later this week.

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

Please remember to change your group settings for the new year.



Upcoming Events

Term	Date	Activity	Time
Term 1 Week 3	Monday 10 February	Kindergarten commences full days Kindergarten Parent/Teacher Information Night P&C Meeting	6.00pm 7.00pm
	Tuesday 11 February	SportsPro Year 5 Year 3 Parent/Teacher Information Night Year 4 Parent/Teacher Information Night Year 2 Parent/Teacher Information Night	6.00pm 6.30pm 7.00pm
	Wednesday 12 February	SportsPro Years 3, 4 and 6 Year 1 Parent/Teacher Information Night	6.00pm
	Thursday 13 February	Year 5 Parent/Teacher Information Night Year 6 Parent/Teacher Information Night	6.00pm 6.30pm
	Friday 14 February		
Term 1 Week 4	Monday 17 February	Years K-2 Assembly	1.45pm
	Tuesday 18 February	SportsPro Year 5	
	Wednesday 19 February	SportsPro Years Kindergarten, 1 and 2	
	Thursday 20 February		
	Friday 21 February	Summer PSSA commences Northern Beaches Secondary College Academic Program applications close	4.00pm

Have a great week.

David Shuster
Principal

School News

Student Banking

School Banking is up and running for 2020. Students hand in their deposit books and money to their class teachers first thing on Tuesday mornings.

For information about school banking please contact Billy Anderson at billyknudsen3@gmail.com



Japan Study Tour (Year 6)

We are looking forward to a number of Year 6 students attending the Japan Study Tour during the next school holiday break. There will be a BBQ fundraiser at Bunnings on Sunday 1 March. Your support would be greatly appreciated.

There may be an opportunity for another Year 6 student to attend the Japan Tour. If you think your year 6 child may be interested, please contact the school by no later than Friday 7 February.



Balgowlah Heights Extra-Curricular Activities 2020

School Provider

Groups	Year	Day/time	Teacher
Stage 1 Choir	Years 1-2	TBC	Steph Weller, Hannah White
Stage 2 (Junior) Choir	Years 3-4	Thursday 12:55	Megan Cronin
Stage 3 (Senior) Choir	Years 5-6	Friday 8:00am	Megan Cronin
Recorder Ensemble	Years 3-6	Thursday 8:00am	Megan Cronin
Junior Dance Group	Years 3-4	TBC	TBC
Senior Dance Group	Years 5-6	TBC	Alex Coyle, Emily Donlan
Junior Drama Ensemble	Years 3-4 TBC	TBC	Steph Weller, Jane Egan, Bella Bonadio
Senior Drama Ensemble	Years 5-6 TBC	TBC	Amber Robertson, Rosie Caruso
Debating	Year 6	TBC	Laura Ewan, Bella Bonadio
Robotics	Year 6	TBC	Jenn Cartwright
Tech Club	Year 2	TBC	Hayley Fleming, Hannah White
Tournament of the Minds	Years 5-6	TBC	Nic Park, Amber Robertson, Lindy Chester
PSSA Cricket	Years 4-6	TBC	Neil Roxburgh
PSSA AFL	Years 4-6	TBC	Steph Weller, Sue Palmer
PSSA Eagle Tag Girls	Years 4-6	TBC	Kim Santer, Bella Bonadio
PSSA Eagle Tag Boys	Years 4-6	TBC	Scott Walker
PSSA Newcombe and Volleyball	Years 4-6	TBC	Rosie Caruso, Michelle Cruickshank
PSSA Boys Soccer	Years 4-6	TBC	TBC
PSSA Girls Soccer	Years 4-6	TBC	TBC
PSSA Rugby League	Years 4-6	TBC	TBC
PSSA Netball	Years 4-6	TBC	TBC

P&C Providers

Junior Band	Years 3-6	Wednesday 12.55-1:45pm Thursday 3.05—3.50pm	Ray Hampton Email- bhpsconcertband@optusnet.com.au www.bhpsband.com
Senior Band	Years 3-6	Wednesday 7.45-8.50am Friday 7.45-8.50am	Emma Clain Email- bhpsconcertband@optusnet.com.au www.bhpsband.com
Concert Band	Years 3-6	Tuesday 7.45-8.50am Thursday 12:55-1:45pm	Ray Hampton Email- bhpsconcertband@optusnet.com.au www.bhpsband.com
Stage Band	Years 5-6	Tuesday 7.20-8.50am	Ray Hampton Email- bhpsconcertband@optusnet.com.au www.bhpsband.com

Outside Providers

Chess	Years 3-6	Tuesday 12:50-1:40	Sydney Academy of Chess admin.sydneyacademy@gmail.com
Science Club	Years K-6	Monday 7.30-8.30am	Alana Wyile- Eye Heart Science alana@eyeheartscience.com.au
The Music Bus	Years K-6	Tuesday 3.10 -5.45pm	Kristie Simmonds admin@themusicbus.com.au
The Heights Personal Training		Mon, Wed, Fri 6.00-7:00am	Gerard McCallum gerardmccallum@gmail.com
Headstart Mandarin	Years K-6	Monday, Tuesday 3.30-5.00pm	Jingbo Teng Echo Wills headstartmandarin@gmail.com
French	Years K-6	Wednesday 3:30-4:30pm	Nathalie Roy nathalie.roy@lcfclubs.com.au
Masters Academy- Debating	Years 5-6	Thursday 8-9:00am	www.mastersacademy.com.au/enrol
Balgowlah Physical Culture		Saturdays & some Sundays	Belinda Clare-Nazer Bin010@bigpond.com.au

Outside Providers

Flute	Years 3-6	Thursday 3.15-5.45pm	Michael Garlick www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Trombone	Years 3-6	Monday 3.20-5.30pm	Nick Loye www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Trumpet	Years 3-6	Tuesday 3.10-6.10pm Thursday 3.10-6.10pm	Nathan Milliner www.bhpsband.com , Wed https://www.bhpsband.com/instrumenttutors
Lower Brass Trumpet	Years 3-6	Wednesday 3:15-6:00pm	Greg Carger www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Clarinet/Saxophone	Years 3-6	Monday 3.15-7.15pm Wednesday 3:15-7pm	Adrian Tuero www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Clarinet/Saxophone	Years 3-6	Tuesday 3.15-5.00pm	Ray Hampton www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Alto/Tenor Saxophone	Years 3-6	Tuesday 3.30-6.30pm	Kieran Tart www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Percussion	Years 3-6	Wednesday 3.10-7.00pm Friday 3.10-7.00pm	Patricia Borrell www.bhpsband.com https://www.bhpsband.com/instrumenttutors
Strings-Beginner -Ensemble	Years 1-2 Years 2-6	Tuesday 8.00-9.00am Wednesday 8.00-9.00am	Fiona McVicar www.bhpsband.com

OPPORTUNITIES HIGH POTENTIAL AND GIFTED STUDENTS

Year 7 Talented Academic Program 2021 Intake

Placement in the Year 7 Talented Academic classes at NBSC Balgowlah Boys, NBSC Cromer Campus and NBSC Mackellar Girls Campuses is subject to the child's eligibility to attend the school, submission of an application form and based on supporting evidence including the results achieved in the NBSC Academic Placement Test.

Please Note: Students eligible to enrol at NBSC Cromer Campus will be required to sit for the Peninsula Community of Schools (PCS) external academic test.

Placement at NBSC Manly Campus is based on a student's performance in the NSW Selective Schools Test.

APPLICATION FORMS: Download from the Northern Beaches Secondary College website - <http://www.nbsc.schools.nsw.edu.au/> - go to Curriculum Opportunities/Yr 7 Academic Placement. These are also available on each campus' website.

CLOSING DATE FOR APPLICATIONS

Friday 21 February, 2020 by 4.00pm

Students are required to sit the test at NBSC Campus designated as your local school

NBSC Balgowlah Boys Campus - 27 Maretimo St, Balgowlah

NBSC Cromer Campus - 120 South Creek Rd, Cromer

NBSC Mackellar Girls Campus - 11 Campbell Pde, Manly Vale

Refer to *NSW Public School Finder* to confirm your designated local school

ACADEMIC PLACEMENT TEST DATE: Thursday 19 March 2020 at 9.00am

Further information regarding the Academic Placement Test, please contact:

NBSC Administration Centre	Sandra Bonello	T : 9939 6942
NBSC Balgowlah Boys Campus	Melissa Smith	T : 9949 4200
NBSC Cromer Campus	Alanah Ferguson	T : 9981 1155
NBSC Mackellar Girls Campus	Wendy Mailey	T: 9949 2083

Other Talented Programs offered at NBSC

For information regarding other talented programs, visit the relevant campus websites:

NBSC Balgowlah Boys Campus <https://nbscbalgb-h.schools.nsw.gov.au/> (Talented Music Program)

NBSC Cromer Campus <https://nbccromer-h.schools.nsw.gov.au/> (Talented Music Program)

NBSC Mackellar Girls Campus <https://nbscmgirls-h.schools.nsw.gov.au/>

(Talented Athlete, Dance, Music and Visual Art Programs)

NOTE: Enrolment into talented programs is subject to the child's eligibility to attend the school and the school's ability to accommodate the child.

P&C Meeting

Don't miss the first P&C meeting of the year this coming **Monday 10 February at 7pm** in the school library. The Principal, David Shuster, will cover 2020 Priorities and External Validation. You'll also hear from the P&C about events and initiatives already in the pipeline for this term.

Class Coordinators - sign up here!

We'd love to have two Class Coordinators per half year to help the teachers and the P&C communicate with class parents. It's an easy way of giving a helping hand without having to leave your desk! You will have access to the class parent list and your role will be to:

- Help the teacher communicate any class-specific reminders
- Send the class the P&C newsletter email once a week (we send that to you ready-baked)
- Organise a couple of social get togethers a term (optional)

[Click here](#) to put your name down for a semester ie. either Terms 1 & 2 or Terms 3 & 4. Thank you!

End of Summer Drinks - Friday 21 February 2020 at 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.



Bally Bolt - Early Bird Tickets on sale now. Get in quick!



The event of the year is fast approaching. Dust off those running shoes and get in quick to secure one of the Early Bird Bally Bolt tickets. You can [purchase the tickets here](#) or find out more details by visiting our website www.ballybolt.com.

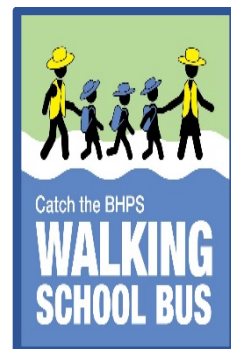
There are two distances - an easier family-friendly 2.7km around Tania Park, and a more challenging timed 5km with prizes in different age categories. You can purchase single tickets, or family tickets in the 2.7km only. All profits go to the school and there will be a chance to enjoy fun, food and games at the Bally Bolt Fair afterwards. Any questions, email the Bally Bolt team at ballybolt@gmail.com

Walking Bus Routes

This Term our walking bus routes will be operating on the following mornings:

- Route 1 - Bottom of Ernest Street to school - Wednesday morning *
- Route 2 - Willawa Street to school - Tuesday and Wednesday morning
- Route 3 - Corner Wanganella/White - Monday morning

* Please note we are looking for a few more volunteer drivers for Route 1 on Wednesday morning. Can you spare any time? We also welcome any other interested drivers/volunteers or participants. Drop Diana a line at bhpswalkingbus@gmail.com and lets see if we can start a few new routes this term.



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

The canteen is back to a full menu this week. We hope your children enjoy the variety.

Flexischools has now updated the class list. Please update your child's class (even if you changed your child's class last week, you will have to update it again, to reflect the new class list.) Please do so as soon as possible, so that your child's lunch is delivered to the right class.

Please remember that lunch orders need to be placed through Flexischools. The canteen does not sell lunch over the counter. Children who are given money to "buy lunch" at school will only be able to buy the snacks we sell, and only when the playtime bell goes. Of course, if you have forgotten your child's lunch, please feel free to call us, and we will arrange a sandwich and piece of fruit.

Want to see how it all gets done? Come and join us if you have some spare time. Follow the link to sign up: <https://signup.com/go/LMTmLmv>. No cooking skills required!

Sanja Vidaic & Kathrine Boulderstone
Canteen Managers

Uniform Shop

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

Year 6 - Please get your Leaver Jacket orders in by **this FRIDAY 7 February**, they are ordered once only and not available after this date - you don't want to miss out! Order on Flexischools (just put next Tuesdays date 11/2/20) or in person at the Uniform Shop on Thursday.

Donations Please - Second hand summer uniforms are in very low supply, please consider donating your outgrown uniforms to the Uniform Shop. Just leave them in a bag at the Uniform Shop door in the baskets provided.

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 on Tuesday mornings, just 1 hour of your time, please email Loretta bhpsuniformshop@gmail.com

Loretta Mykityshyn
Uniform Shop Manager
bhpsuniformshop@gmail.com

Arabanoo

Phone Lines – Fault

We have recently changed over to NBN which has impacted our phone lines. If you can't get hold of us via our office number please call the office mobile or email us. We are not always getting our voicemails either. Please find all of our contact details at the bottom of this email. Apologies for the inconvenience.

Junior Pick Up - Parking on Lewis Street

As most of you will be aware we split the Juniors and the Seniors every afternoon apart from Fridays and during inclement weather when all children are on the senior campus (Western). With the new fences in place the access gates on the Radio Avenue entrances will be locked, so please access the Junior Campus (Eastern) via the Lewis Street gates when picking up your children. If you have children on both campuses unfortunately we don't always have a spare educator to bring your children over to you, so please allow extra time when picking up.

New forms needed for 2020 - Let us know

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.

Notification of Absence - Use our App

If your child is sick, going on a play date or not attending Arabanoo for other reasons please make sure to let us 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.

Extra-Curricular activities organised by Arabanoo - Nearly Full

Our new activities are filling fast for term 1. This year we have new morning activities. These activities are part 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 Meditation
- Thursday - Tinker Tank

Afternoons:

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

Booking forms and more information are available on our website. 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 and Mindfulness and Skater HQ if you sign your child up.

Staff - Farewell

We said a sad farewell to stalwarts Adam and Jack yesterday, they have been here for over 6 years and regular faces at Arabanoo. They will both be missed terribly by all, we thank them for their tremendous commitment, laughter and energy they have given to Arabanoo over the years.

Rowan Friend

Centre Director

T - 0299 486 722

M - 0421 014 308

E - admin@arabanoo.com

W - www.arabanoo.com



GIANT BOOK FAIR

Warriewood

Ted Blackwood Hall
Jacksons Road

February 14-16

Friday 12-8
Saturday 9-5
Sunday 9-3



AN INVITATION !!

TO ALL THE STUDENTS AT BALGOWLAH HEIGHTS PUBLIC SCHOOL

COME ALONG TO OUR NEW FUN LANGUAGE CLUB AND
DISCOVER AN EXCITING FUN WAY TO LEARN
FRENCH

You are invited to attend a complimentary class in our
NEW French Club at Balgowlah Heights PS



- K-Y6 French Club commencing
on Wednesday 12th February

Start time: 3.30pm - Finish time: 4.30pm

RSVP by 7th February: to Nathalie Roy 0430 286 590
nathalie.roy@lcfclubs.com.au
www.lcfclubs.com.au



Live Life Well @ School

KIDS EATING HEALTHIER FOODS

What to pack
for

Crunch & Sip

Pack a water bottle
and a container of bite
sized pieces of fruit or
vegetables ready to eat
in the classroom.
Choose an easy to eat
fruit or vegetable that
isn't messy.



For more ideas see:
healthy-kids.com.au/crunchsip-healthy-snack-ideas



Health
Northern Sydney
Local Health District



JOIN THE SEAFORTH-BALGOWLAH RAIDERS

RAIDERS RUGBY 2020

Seaforth Raiders fields
boys and girls teams from U6 - 18

REGISTER NOW!

www.raidersrugby.com.au

BALGOWLAH HEIGHTS PS DEBATING CLUB FOR STAGE 3 STUDENTS



In 2020 Stage 3 students will again have the opportunity to work with expert debating coaches from Masters Academy to develop their speaking skills and confidence!

We have teamed up with Balgowlah Heights Public School to continue to offer weekly debating workshops for Stage 3 students in 2020. Classes will commence in Week 4 and run for 8 weeks. **Classes will be held on school grounds on Thursday mornings from 8:00 to 9:00 am.**

This is an exciting opportunity for Balgowlah Heights Public School students 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. Students will also get to participate in regular mini-debates.

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 1 Debating Club in 2020 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

16



Hours/Weeks
Per Program

8



Total Cost
Per Student

\$160

*All prices ex. GST

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!



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.

Learn More and Enrol:
www.mastersacademy.com.au/enrol



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