



Term 1 Week 8
18 March 2020

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Principal's Message

Congratulations

Congratulations to Mrs Simpson and her partner who recently gave birth to their son, Oliver. Congratulations to Mr Walker and his partner who recently gave birth to their daughter, Nephele.

COVID-19 (Coronavirus)

Thank you for your support in enacting a number of strategies as part of the Department of Education's response to COVID-19. As of Monday 16 March, based on the Department of Education advice, we will be instigating the following:

- continue to support good hygiene at school which includes hand sanitation, cough/sneeze etiquette and hygiene rules;
- stay at home if you are unwell;
- social distancing which includes the following:
 - school assemblies (cancelled until further notice)
 - school excursions (cancelled until further notice)
 - overnight camps (postponed)
 - scripture/ethics (cancelled until further notice)
 - PSSA (cancelled until further notice)
 - School banking (cancelled until further notice)
 - French classes (cancelled until further notice)
 - Bally Bolt (postponed)
 - Grandfriends' Day and K-2 Easter Hat Parade (cancelled)

Further information on extra curricula and parent sessions at school will be provided in the near future. The school calendar (Terms 1 and 2) on our website <https://balgowlah-t-p.schools.nsw.gov.au/> has been updated to reflect the changes. If you require further information you are welcome to contact the school.

NAPLAN

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a point in time assessment of literacy and numeracy skills that are essential for every child to progress through school and life. Students in Years 3, 5, 7 and 9 participate in the annual NAPLAN tests in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy. Our school will be participating in NAPLAN Online between **12 May 2020 - 22 May 2020**.

Excessive preparation for NAPLAN Online is not recommended. Students can use the [public demonstration site \(https://www.nap.edu.au/online-assessment/public-demonstration-site\)](https://www.nap.edu.au/online-assessment/public-demonstration-site) to familiarise themselves with the functionalities and types of questions they will experience in NAPLAN Online. If you have any questions about NAPLAN Online you are welcome to contact the school. We will be holding a Year 3 Parent Information Session on Tuesday 7 April at 8.00am. Further information will be provided in the near future.



Canteen

A number of changes have been made to the operation of the school Canteen. Please refer to page 6 of this week's Newsletter for further information.

School Invoices

It would be appreciated if school invoices for Term 1 could be finalised by Friday (20 March 2020) of this week. If you require assistance you are welcome to contact me.

Specialist Education Programs

In this week's Newsletter information on our Japanese program is detailed on page 5.

Term 1 Parent/Teacher Interviews

We will be holding Parent/Teacher Interviews the fortnight commencing Monday 30 March. This will be a valuable opportunity to discuss how your child has settled into the new school year, share with you assessment information and areas of focus for the future. We will be using an online booking system for interviews. For parents who do not have internet access please contact the office with a choice of two preferred booking times:

- Bookings open: Monday 16 March 9.00am
- Bookings close: Thursday 26 March 3.00pm

URL: www.schoolinterviews.com.au Event code: **rkqed**

1. Enter your details
2. Select the teachers you wish to see
3. Select the appointment times that suit you best

When you click 'finish', your interview timetable will be emailed to you automatically. You can return to www.schoolinterviews.com.au at any time and change your interviews until Thursday 26 March (3.00pm).

Zone Swimming Carnival

The results of the Zone Carnival can be found on page 3 of this week's Newsletter.

"Lots of Socks" Day

On Thursday (19 March 2020) we will be participating in "Lots of Socks" Day. Further information is on page 4 of this week's Newsletter.

Harmony Day

This year we will be celebrating Harmony Week at our school on **Friday (20 March 2020)** of this week. Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community. Australia is one of the most successful multicultural countries in the world and we should celebrate this and work to maintain it. The message of Harmony Week is **everyone belongs**. It is about inclusiveness, respect and belonging for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

We are asking all students to wear an **orange accessory** with their school uniform (K to 2 school uniform and Years 3 to 6 sports uniform) on Friday 20 March 2020. This could be a hair tie, a bracelet, socks, a hat or ribbon. Students will participate in class activities to show the inclusivity in our community. For more information on Harmony Week and how you can support the school or Harmony week please visit <https://www.harmony.gov.au/>.

National Day of Action Against Bullying

This year we will be participating in the 10th National Day of Action against Bullying and Violence which will be held on Friday (20 March) of this week. We will be joining with other schools in support of positive learning environments and in sending a very clear message, that bullying and violence are never okay. The day will provide an opportunity for us to focus on bullying and the big changes we can make to create safer communities for everyone. Lets Take a Stand Together. As part of this day the students will have the opportunity to take the following pledge against bullying and what this means.

Balgowlah Heights Public School Pledge against Bullying

I believe that everybody has the right to live in a community where they feel safe, included, valued and accepted regardless of differences.

- I will treat others with RESPECT and KINDNESS.
- I will have the COURAGE to not be a bystander.
- It is my RESPONSIBILITY to help others being bullied and to report bullying.

Let's take a stand together and teach the importance of kindness and empathy in our community.

Opportunity Class Year 4 Parent Information Session

We will be holding an Information Session for Year 4 parents on Opportunity Classes on **Thursday 9 April**. An email will be sent home in the near future with further information. Please note the change in date.

Zone Swimming Carnival Results

Event	Student	Place
Boys 4 x 50m Junior Medley	Luke Larcombe	1 st
Boys 4 x 50m Senior Medley	Finley Vaughan	2 nd
Girls 4 x 50m Senior Medley	Jaslyn Plummer	1 st
Girls 11yrs 50m Breaststroke	Jaslyn Plummer	2 nd
Boys Senior 50m Breaststroke	Finley Vaughan	1 st
Boys Junior 50m Backstroke	Luke Larcombe	3 rd
Girls Junior 50m Backstroke	Camilla Squires	3 rd
Girls 11yrs 50 m Backstroke	Jaslyn Plummer	1 st and broke Zone Record
Boys Senior 50m Backstroke	Sam Davis	2 nd
Boys Senior 50m Backstroke	Finley Vaughan	3 rd
Girls 11yrs 50m Butterfly	Jaslyn Plummer	1 st and broke Zone Record
Boys Senior 50m Butterfly	Sam Davis	1 st
Boys Senior 50m Butterfly	Finley Vaughan	3 rd
Boys Open 100m Freestyle	Sam Davis	1 st
Boys Open 100m Freestyle	Finley Vaughan	2 nd
Girls Open 100m Freestyle	Jaslyn Plummer	1 st and broke Zone Record
8yrs 50m Freestyle Finalists	Emmerson Ayres	
9yrs 50m Freestyle Finalists	Owen Wellings, Evie Davis and Holly Marsfield	
10yrs 50m Freestyle Finalists	Luke Larcombe, Camilla Squires and Freja Nixey	
11yrs 50m Freestyle Finalists	James Bousie, Katherine Edgton and Jaslyn Plummer	
12yrs 50m Freestyle Finalists	Sam Davis and Finley Vaughan	
Boys 8yrs 50m Freestyle Finals	Emmerson Ayres	3 rd
Girls 9yrs 50m Freestyle Final	Evie Davis	1 st
Boys 10yrs 50m Freestyle Final	Luke Larcombe	2 nd
Girls 10yrs 50m Freestyle Final	Camilla Squires	2 nd
Boys 11yrs 50m Freestyle Final	James Bousie	3 rd
Girls 11yrs 50m Freestyle Final	Jaslyn Plummer	1 st
Boys 12yrs 50m Freestyle Final	Sam Davies	1 st
Boys 12yrs 50m Freestyle Final	Finley Vaughan	2 nd
Multiclass 50m Freestyle, Backstroke, Butterfly & Breaststroke	Gemma Sellick	1 st
Girls Junior 4 x 50m Freestyle Relay	Camilla Squire, Freja Nixey, Lila Davis and Evie Davis	1 st
Boys Senior 4 x 50m Freestyle Relay	Sam Davies, Finley Vaughan, Thomas Larcombe and Charlie Lewcock	1 st

Upcoming Events

Term	Date	Activity	Time
Term 1 Week 9	Monday 23 March	Years 3 to 6 Assembly (CANCELLED)	
	Tuesday 24 March	Year 5 Narrabeen Camp (POSTPONED)	
	Wednesday 25 March	Year 5 Narrabeen Camp (POSTPONED) SportsPro Years 3, 4 and 6	
	Thursday 26 March	School Tour (CANCELLED)	
	Friday 27 March	Sydney North Swimming (CANCELLED)	
Term 1 Week 10	Monday 30 March	Parent/Teacher Interviews	
	Tuesday 31 March		
	Wednesday 1 April	SportsPro Years K, 1 and 2	
	Thursday 2 April		
	Friday 3 April		

Have a great week.

David Shuster
Principal

School News

“Lots of Socks” - World Down Syndrome Day - Thursday 19 March

World Down Syndrome Day is celebrated on Saturday 21 March each year. This year Balgowlah Heights Public School will use the **Lots of Socks** theme created by Down Syndrome International and celebrate World Syndrome Day tomorrow **Thursday 19 March**.

Tomorrow students can wear socks of their choice to school. They can be bright, colourful, short or long, the choice is endless!

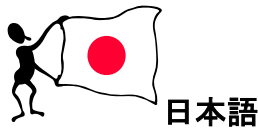
Students will discuss what makes us unique as well as Down Syndrome. We will talk about inclusion and how we can all help each other to feel included.



School Banking - Notice from CommBank School Banking

The health, safety and wellbeing of our communities and our people is our first priority. Due to the rapidly developing situation with coronavirus, School Banking has been temporarily paused from **20 March 2020** until the start of **Term 2**. Please **don't** bring your deposit book with your weekly banking into school. We will notify you when banking will recommence.

Japanese Programme



The fundamental aim of the Japanese program at Balgowlah Heights is through the medium of Japanese language and culture enabling students to understand the world in which they live and assist them to become better, well rounded, empathetic citizens of a multicultural, diverse and complex global society. The program of learning is collaborative and focuses on connecting all areas of the curriculum.

Sensei's Philosophy

- Fun – foster a love and enjoyment of learning
- Relevant – connect with what students know, like and enjoy
- Practical – 'hands on', visual, learning through movement, song, dance, craft and drama
- Experiential – 'Seeing is doing. Doing is understanding'. Active learning. Living language.
- **Never give up on your dreams!**



P&C

P&C Meeting on Monday night – Highlights

- This was a recap of the COVID-19 Update sent to parents by email on Monday 16 March this week. The focus is on hygiene, staying at home if unwell and social distancing in school time. The school takes its direction from the Department of Education so will be updating parents as and when there is any new information.
- David Shuster gave an in-depth presentation on research that has been done in the area of maths teaching at the school based partly on teacher and parent feedback as well as research by John Hattie, a distinguished and respected Education Professor at the University of Melbourne. This has resulted in changes being made in the way maths is taught and assessed at BHPS, including changing the Enrichment program to focus on mathematics only. For more detailed information, please see the minutes coming soon or contact the school.
- Discussion around the way homework is given resulted in raising awareness of the need for mathematics in particular to be more of a focus. The school Executive has committed to looking into this.

Bally Bolt postponed to Sunday 25 October

The health and safety of our community is our primary concern and to this end, we are doing our part to follow public health and government recommendations in relation to the COVID-19 virus by cancelling the Bally Bolt this weekend.

We sincerely apologise for any inconvenience this may cause and hope that you will continue to support our fundraising event. We are hoping to reschedule the Bally Bolt and Fair for Sunday 25 October, subject to availability and Council approval. Please put this date in your diary! If you are unable to attend this date, please contact us directly at ballybolt@gmail.com.

If you ordered a hat with your tickets, and would like to receive it, please drop us a line and we will get it to you!

Thank you for all the second hand donations and sweets. We will let you know if and when we need any more. Please spread the word to friends and neighbours in the local area as roads will no longer be closed this Sunday 22 March from 6.30am to 9am.

Walking Bus Update

We have an exciting new route proposed from Jackson Street to BHPS. We are still open to this being a morning OR afternoon route, so if you have any interest in helping, or having your children participate, please get in touch with Diana at bhpswalkingbus@gmail.com.

Community and childcare support platform - Littlehubs

A new App is available in our community that could help with childcare in these new and extraordinary circumstances. Littlehubs is a childcare sharing platform that connects parents in the local community with flexible and affordable care. For more information take a look at their promotional material in the Community section of the newsletter on page 8 or go to <https://www.littlehubs.com.au/> If you are interested, the organisation recommends bringing together a group of 5 to 10 families for a 3 month pilot.

Not 'In the loop'?

If you are not receiving our **In the Loop** P&C Newsletter each week from your Class Coordinator then please contact the office so you can be added to your class list, or contact your Class Coordinator on this list [here](#).

It's a challenging time and we have a wonderful school community which we can make use of to help the vulnerable and support each other. Please join our Facebook Group at [Balgowlah Heights Public School P&C](#) so we can share information and help where needed.

Wishing everyone the best in wellness and health.

The P&C Team

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

Canteen News

IMPORTANT MESSAGE RE COVID-19 MEASURES

We at the canteen, like everyone else in the community are taking extra hygiene measures. These are temporary, but we believe necessary. We appreciate your understanding and co-operation at this time.

- **No counter-service**
Students will not be able to come to canteen during recess or lunch to purchase snacks over the counter. However, everything will still be available to **order on Flexischools**, so your child will not go hungry. Remember, you can **order both recess and lunch** through Flexischools.
- **No volunteers in Canteen**
It is with much regret that we have to suspend volunteers in the canteen. We have been so lucky to have had such an uptake in volunteers this year that it pains us to ask you to stay home. Rest assured, as soon as we are able, we'll put the call out for you again!
- **Staggered lunch deliveries**
To minimise students handling other student's food, lunch monitors will no longer collect lunches for the whole class. Instead, we will call each class individually, so that those with lunch orders can collect their own lunch from the canteen.
- **Possible shortages of supply**
Woolies is one of our main suppliers. We have had difficulty getting timely supplies from them for the past two weeks. We will make every reasonable effort to keep our regular menu, but ask for your understanding if some things are unavailable.
- **Hygiene**
We want to reassure parents that the canteen operates to very high levels of hygiene, as we are required to do, being in the food industry. In addition to our regular cleaning, we are sanitising surfaces several times a day.

On a happier note, **thank you parents of 5L!** You were absolutely outstanding volunteers last week! It was the best response to a call for volunteers we've ever had. Thank you and stay well everyone!

Sanja Vidaic & Kathrine Baulderstone
Canteen Managers

Uniform Shop

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

Time to get your Winter Uniform

Please make sure you have your Winter Uniform ready for Term 2. The uniform shop is **Closed** during school holidays.

Donations Please

Second hand uniforms are in very low supply, please consider donating your out grown uniforms to the uniform shop. Please make sure they are **current** uniform items in good condition. There are baskets provided outside the uniform shop for drop off anytime.

Loretta Mykityshyn
Uniform Shop Manager
bhpsuniformshop@gmail.com

Arabadoo

As all of you are aware the World Health Organisation declared the outbreak of COVID-19, a pandemic on the 11 March 2020. We are in close communication with Mr Shuster and Arabadoo are currently open as per the Department of Education guidelines.

Please find below how we plan to act in the various scenarios that may take place over the next few days/weeks. Thank you in advance for your understanding in this health emergency.

Health and Safety

The health and safety of all children and staff at Arabadoo are of the highest priority, with this in mind we have implemented the following infection control procedures for staff and the centre:

- Additional centre cleaning after every morning and afternoon shift.
- Staff and children washing their hands with soap and water upon arrival
- Children and staff washing their hands with soap and water regularly during the day in addition to before and after eating, and after using the toilet
- Covering coughs and sneezes with your elbow and disposing of tissues
- Sanitising of tables, benches, cutlery, plates and food preparation items

Staff Procedures

With the increased spread of the virus and working in close proximity with large numbers of children and adults we have implemented the following to reduce the risk.

- All staff have been asked if they are displaying cold/flu like symptoms to stay away from work with immediate effect and seek further medical advice. If deemed fit to return to work by a doctor, that staff member may return to work.
- Currently we have three staff members who this has impacted.
- We have two staff members who are currently overseas and they have been requested to self-isolate for 14 days upon their return this week.

Parent notification of a child's absence - Please inform us immediately

Thank you to those parents who are already informing us of absences. We understand that many parents have been requested to work from home and we ask if you know you no longer require care for this week and next to please let us know ASAP so we can staff accordingly. Please do this via the My Family Lounge app or via email.

Stay at home - Keep your child at home if unwell

If your child is displaying cold/flu like symptoms we request they be kept at home until they are fit to return to school. If your child is sent to Arabadoo with cold/flu like symptoms, you will be contacted and requested to collect your child as soon as practicable.

Communication with Arabadoo - Please email

The Arabadoo office will be manned as best as possible but during the day admin staff may be working from home. Please don't leave voicemails on the office or mobile but rather communicate via email to ensure your message is received. Please keep a close eye on your email as any further communication will be communicated from admin@arabadoo.com.

Term time casual bookings - Paused

As a result of staff availability, we will not be accepting any casual bookings until further notice.

Term time - Pick Up

As of today (18 March 2020) we will be operating from the senior campus only. Our sign out desk will be outside on the deck and we request that parents do not enter the centre upon pick up.

Vacation care - Limited availability

We are still accepting bookings for the upcoming vacation care period with the following amendments. In the case that the school and Arabanoo remains open we will be operating at half our usual capacity which will be 44 children per day and all excursions will be cancelled. At present excursions are still taking place with strict hygiene practices in place. This is in line with the latest Department of Education release (find link below) to cancel any unnecessary excursions and to ensure we have enough staff to safely provide care for your children.

<https://education.nsw.gov.au/news/latest-news/schools-to-implement-distancing-measures>

In the case that vacation care is cancelled no fees will be charged to parents and you will be made aware of the closure as soon as we are informed. Bookings will be assessed as normal on a first come first served basis and processed this time next week.

Financial FAQs

1. What happens to the fees I have already paid should the school and Arabanoo close during term?

Term fees paid for days when the centre closed due to NSW Department of Education's action will be refunded as soon as possible considering admin staff availability.

2. What happens to term fees already paid when my child(ren) can't attend Arabanoo due to illness?

Arabanoo's current policy states term fees are payable for sick days. This measure will continue to apply and allows the centre to adhere to Child Care Management System (CCMS) policy in relation to absences.

3. What happens to term fees paid when I choose to keep my child(ren) at home?

Arabanoo's current policy requires parents to give 2 weeks' notice when cancelling bookings. This measure will continue to apply and helps Arabanoo remain financially viable.

4. What happens to staff while the centre is closed?

Arabanoo values their staff and always aims to support them to the maximum extent possible. All staff will receive individual communication about support and entitlements should the service be mandated to close.

5. How long can the centre afford to be closed?

Arabanoo holds cash surpluses to meet any unanticipated reductions in revenue. The current buffer is considered sufficient to operate the centre with no revenue until the end of the calendar year.

6. When will I be charged for my autumn vacation care (VC) bookings?

Arabanoo currently accepts VC booking requests, however, will only process these for payment once we're certain of opening. Operating under the principle of only charging parents for services provided any VC fees paid for days that did not proceed will be refunded as soon as possible. As you can appreciate this is a very busy time for everyone and we value your time and patience whilst this situation develops. As for now we will be operating with our calm and fun approach, and as always, your child's safety and wellbeing is our main priority.

Rowan Friend

Centre Director

T - 0299 486 722

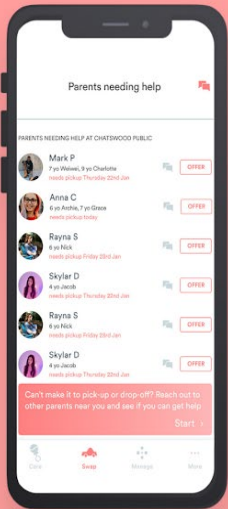
M - 0421 014 308

E - admin@arabanoo.com

W - www.arabanoo.com

Littlehubs

POOLED PARENT PILOT



How it works:

1. Create a profile
2. Discover families at your school
3. Message and arrange to meet
4. Ask/Offer help, find others doing the same activities or provide casual care
5. Build a trusted parent network
6. Get help when you need it

As featured in:



How it could help you:

- Swap pick-up days
- Casual care
- After-school activities
- Help other families when they need help
- Build a trusted network

To receive exclusive access, visit littlehubs.glideapp.io

Live Life Well @ School

R-E-D-U-C-E daily screen time!

Balance screen time with active play for strong, fit and healthy bodies!

For children aged 6-12 years; no more than 2 hours of screen time per day.



Tips:

- Encourage outdoor or active play
- Make meals and snack 'screen free times'
- Make bedrooms 'screen free zones'
- Have 'screen-free' time periods during the day

Try to keep these habits even during holidays!

More Information:
healthykids.nsw.gov.au



Health
Northern Sydney
Local Health District