



Term 2 Week 5
27 May 2020

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Principal's Message

Welcome Back

It is wonderful to have our 706 students back at school. Thank you for your support of the remote learning programs that operated and for the social distancing practices we have instigated at our school.



School Leaders welcoming Eastern Campus students

Return to Face-to-Face Teaching



Balgowlah Automotive



Welcome back to school

ALL STUDENTS ATTEND 5 DAYS FROM MONDAY 25 MAY

SCHOOL ATTENDANCE

All children should be at school unless they are unwell.

PICK UPS/DROP OFFS

- In the morning please say your "goodbyes" at the gate. Student leaders will be at the Eastern Campus gates to assist K to 2 students.
- Kindergarten students will conclude at 3pm.
- In the afternoon please collect your child at the gate. Families of students in Years K to 2 have been sent an email with additional information on this procedure.

CANTEEN/BUBBLERS

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

BORROWED ITEMS

- If you borrowed a school laptop or iPad please return these items to the school office as soon as possible.
- Please bring in any items to class taken home such as headphones and stationery.

EXTRA-CURRICULAR

We will provide information on extra-curricular activities when they recommence in the near future.

THANK YOU

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

1.

Contacting the School - A Guide for Parents

Included in this week's Newsletter on page 5 and 6 is our Contacting the School - A Guide for Parents information. The document outlines most of the topics pertaining to school and your reference person to assist. If you need to contact your child's teacher it would be appreciated if you could email the office at balgowlah-p.school@det.nsw.edu.au and the class teacher will respond to you as soon as possible.

Kindergarten Enrolments 2021

In Terms 2, 3 and 4 of this year we will be providing a number of opportunities for children commencing school next year as part of our Kindergarten Transition Program. These include:

Parent Information Night (7.00-8.00pm)	Wednesday 27 May (using Adobe Connect)
School Tour (9.30-10.30am)	Thursday 20 August
Orientation Visits	Wednesday 21 October Thursday 29 October Monday 9 November

To assist in our planning, it would be appreciated if enrolment forms for siblings of current students who are commencing school next year could be completed and book an enrolment appointment at <https://www.schoolinterviews.com.au/>. Enter the event code: **ne6va**. The Parent Information Night tonight will be held using Adobe Connect.

BALGOWLAH HEIGHTS PUBLIC SCHOOL

Kindergarten 2021 Orientation Program



-  **PARENT INFORMATION NIGHT Adobe Connect - [Click to register](#)**
Wednesday 27 May 7.00-8.00pm

Adobe Connect Parent Information Night - [Click for how to join](https://connect.schools.nsw.edu.au/kindergarten2021/)
<https://connect.schools.nsw.edu.au/kindergarten2021/>
-  **SCHOOL TOUR - [Click to register](#)**
Thursday 20 August 9.30-10.30am
-  **KINDERGARTEN ORIENTATION DATES**
Wednesday 21 October 9.30-10.45am
Thursday 29 October 9.30-10.45am
Monday 9 November 9.30-10.45am
-  **[CLICK TO ENROL](#)**



Student Semester 1 Reports

As a lead up to our modified Student Semester 1 Reports, which will be sent home on Friday 14 August, we will be holding Parent/Teacher Interviews later this term. This will be a valuable opportunity to discuss how your child has settled into our return to school, discuss remote learning progress, share with you assessment information and areas of focus for the future. We will be using an online booking system for interviews. Further information will be provided in the near future.

Wellbeing

In returning to school a number of wellbeing practices will be undertaken to assist the students. These include classroom activities focussed on relationships and emotions. In the playground, we will be instigating a number of social skills activities. Detailed below are some examples of activities we will be undertaking.

NSW Department of Education Teaching and learning resource - wellbeing

Mindfulness activities

Concept: Mindfulness for emotional wellbeing
Mindfulness is about focusing attention on the present, rather than focussing on the future.

Research shows that mindfulness:

- Increases self-awareness, social awareness, and self-confidence
- Increases emotional self-regulation
- Reduces the severity of depression, anxiety and ADHD
- Builds resilience.

Five senses exercise

All you need to do is to notice something you are experiencing with each of the **five senses**.

Notice five things that you can see.
Look around you and bring your attention to five things that you can see. Pick something that you don't normally notice, like a shadow or a small crack in the concrete.

Notice four things that you can feel.
Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.

Notice three things you can hear.
Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.

Notice two things you can smell.
Bring your awareness to smells that you usually filter out, whether they're pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you're outside, or the smell of a fast food restaurant across the street.

Notice one thing you can taste.
Focus on one thing that you can taste right now, in this moment. You can take a sip of a drink, chew a piece of gum, eat something, or just notice the current taste in your mouth or open your mouth to search the air for a taste.

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NSW Department of Education

5 Finger breathing

- 1 Spread your fingers wide
- 2 With your other hand, put one finger against the bottom of your thumb
- 3 Trace your thumb - breathe in as your finger rises, breathe out while it falls
- 4 Keep tracing your fingers until you get to the pinky - remember to breathe in and out!
- 5 How are you feeling? If you need to, start again

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Mindfulness activities

Concept: Mindfulness for emotional wellbeing
Mindfulness is about focusing attention on the present, rather than focussing on the future.

SQUEEZING

- Touch your thumb to any finger.
- Squeeze together for five seconds and release.
- Move to the next finger and repeat.


Upcoming Events

Term	Date	Activity	Time
Term 2 Week 6	Monday 1 June		
	Tuesday 2 June		
	Wednesday 3 June		
	Thursday 4 June		
	Friday 5 June		
Term 2 Week 7	Monday 8 June	** Public Holiday **	
	Tuesday 9 June		
	Wednesday 10 June		
	Thursday 11 June		
	Friday 12 June		

David Shuster
Principal

PBL News

Each week students learn how to be respectful, responsible and try their personal best. This week's focus is learning to be respectful online. Students will be learning how to be respectful 'Super Digital Citizens'.

Respect	
Learning Intention	Success Criteria
We are learning to be respectful online.	<ul style="list-style-type: none">● Be polite and kind to others at all times.● Follow teacher and parent instructions.● Handle digital devices with care.● Follow the expectations set by our school digital citizen contract.
	

Home Readers K to 2

Class teachers are currently collecting all home readers that were sent home in Term 1. For the remainder of the Term, students will be sent home with a pack of home readers on Monday. Home readers will then need to be returned every Friday to enable 24 hours of quarantine before being redistributed on Monday.

Library News

Return to School Library Organisation and Operations

Students will have library access at the beginning of Week 5, Term 2. There will be some changes to previous library organisation due to COVID-19 and health guidelines. Students will return books into a container situated outside the library entrance. Books will need cleaning and quarantining for 24 hours before being returned to shelves. Students will sanitise their hands on entering and exiting the library. Students will be limited to 1 book per week. Floor decals will be used to demonstrate safe queuing practices when borrowing. There will be a protective perspex screen on the circulation desk.

National Simultaneous Storytime – Whitney and Britney Chicken Divas by Lucinda Gifford



There will be no borrowing outside class library time. So, not before school or after school library access. The library will be closed at lunchtime for Week 5 and will be reviewed in due course. I know the library is a valued resource at Balgowlah Heights Public School and library organisation will be reviewed in relation to health guidelines as the term progresses.

Roslyn Elliott
Teacher/Librarian



Contacting the School - A Guide for Families 2020

The following guide is to assist you in contacting our school if you have an enquiry. In most instances your child's teacher would be your contact point and be pleased to assist.

Balgowlah Heights Public School Contact Details

Phone: 9948 2225
 Email: balgowlah-p.school@det.nsw.edu.au
 Web: <https://www.balgowlah-p.schools.nsw.gov.au>
 App: SkoolBag

Questions relating to:	Procedure
My child's welfare, learning or grade activities	1 st Write a note/email to your child's teacher. 2 nd Contact the teacher via the eForm 'Request for Interview' in the Skoolbag App to organise an interview at a mutually convenient time.
A school policy or practice	Contact the office and the appropriate member of staff will assist you.
The actions of another child towards my child on school grounds	1 st Inform the class teacher. 2 nd Contact the Deputy Principal (Ms Rhodes Years K-2, Mrs Lockhart Years 3-6) or Principal (Mr Shuster).
The actions of another child towards my child while travelling to and from school	Contact the Deputy Principal (Ms Rhodes Years K-2, Mrs Lockhart Years 3-6) or Principal (Mr Shuster).
The actions of a parent while on school grounds	Contact the Deputy Principal (Ms Rhodes Years K-2, Mrs Lockhart Years 3-6) or Principal (Mr Shuster).
The actions of a member of staff (for feedback or clarification)	1 st Write a note/email to the teacher concerned or contact the office to organise an interview. 2 nd Contact the office to organise an interview with the Team Leader for the grade. -Kindergarten Mrs Daly -Year 1 or 2 Ms Deppeler -Year 3 or 4 Mrs Kerr -Year 5 or 6 Mrs Coyle 3 rd Contact the office to organise an interview with the Principal (Mr Shuster).
Band	Band Coordinator-Caroline Fechner bhpsconcertband@optusnet.com.au Contact the Principal (Mr Shuster).
Before and After School Care	Contact Arabanoo. P. 9948 6722 E. admin@arabanoo.com
Buses	Contact the office.

Canteen, Class Coordinators, Fundraising, String, Uniform	Contact a Parents' and Citizens' Association member. President-Billie Ristoski bhpspresident@gmail.com Vice President Communications-Alison Pignon bhpsvpcomms@gmail.com.au Vice President Events-Diana Worman bhpsintheLOOP@gmail.com Secretary-Yvonne Phokos bhpssecretary@gmail.com Treasurer-Nicole Larcombe bhps treasurer@gmail.com Uniform Shop Coordinator-Loretta Mykityshyn bhpsuniformshop@gmail.com Canteen Coordinators-Sanja Vidaic and Kathrine Baulderstone bhpshealthycanteen@gmail.com Arabadoo Coordinator-Kate Sellick admin@arabadoo.com Environment Sustainability-Annelies Hodge annelies.hodge@hotmail.com.au Grants-Deborah O'Sullivan bhpsgrants@gmail.com Banking Coordinator-Billy Anderson
High Schools	1 st Contact the class teacher. 2 nd Contact the Assistant Principal for Stage 3 (Mrs Coyle).
Invoices-General	Contact the office.
Invoices-Financial Assistance	Contact the Principal (Mr Shuster).
Kindergarten Orientation	Contact the Deputy Principal (Ms Rhodes).
Library Activities including Premier's Reading Challenge	Contact the school Librarian (Mrs Elliott).
Lost Property	1 st Ask your child to check the appropriate lost property container: Years K-2 (KD stairway), Years 3-6 (near Admin Office) 2 nd Parent to check the lost property. 3 rd Contact the office.
Newsletter	Contact the Principal (Mr Shuster).
Playground Incidents	Contact the Deputy Principal (Ms Rhodes Years K-2, Mrs Lockhart Years 3-6) or Principal (Mr Shuster).
Scripture/Ethics	Contact the Deputy Principal (Ms Rhodes).
School Activities	1 st Read the School Newsletter, Website and/or App. 2 nd Contact the office and the appropriate member of staff will assist you.
School Priorities and School Issues	Contact the Principal (Mr Shuster) or P&C President (Billie Ristoski)
Sport (including PSSA)	Contact Mrs Chester.
Student Passwords e.g. Athletics, log-ins	Contact the class teacher.
Student Social Engagements	Contact the Class Parent. Events organised out of school hours.
Any other matters	Contact the office and the appropriate member of staff will assist you.

The School Newsletter is uploaded to the school website and Skoolbag app on Wednesday afternoons. Notes will be emailed to the nominated family email address.

Next P&C Meeting - Monday 15 June 2020

Save the date for our next P&C meeting on Monday 15 June at 7pm which may have an online component for the first time, allowing parents to log in and participate remotely. More details to follow soon.

P&C Sponsor Lead Role Vacancy

Would you like to lend a hand and help the P&C team raise funds to improve our children's educational experience? We're looking for a Sponsor Lead to liaise with existing and potential sponsors and help us explore the best way to build partnerships with our local community businesses. If you're interested to hear more, please contact Alison at bhpsvpcomms@gmail.com.

Canteen and Uniform Shop are open for business!

Tired of making lunches and snacks every day? Make the most of the school canteen and order recess and/or lunch via [Flexischools](#) by 8.30am. More information about volunteer helpers will be coming soon.

The [Uniform Shop](#) is also now open again on Tuesdays 8.30-9.30am and Thursdays 2.30-3.30pm. Try ons are allowed but only one parent and child in at a time. Online and [Flexischools](#) orders will be delivered to classrooms on Tuesdays.

Stay connected with your school community via Facebook

Make sure you join the private [BHPS P&C Facebook Group](#). Please remember to answer the questions confirming that you are a parent/carer of a child at the school plus their name and class.

Our P&C Executive Team is here to help during these challenging times. If you have any questions or concerns about anything please feel free to contact either Billie (bhpspresident@gmail.com), Alison (bhpsvpcomms@gmail.com), Diana (bhpsintheloop@gmail.com) or Nicole (bhpsstreasurer@gmail.com).

The P&C Team

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

Uniform Shop

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

The Uniform Shop is back **Open** and serving one customer at a time for your winter uniform needs. Its chilly! Dont forget to grab your BHPS jumper, fluffy zip fleece and rain jackets.

Flexischools and Online Orders will be delivered **Tuesdays** to classrooms. Thank you for your donations. Second hand uniforms are still in short supply. If you have any outgrown current BHPS uniforms in good condition, please drop at the Administration Office.

Any questions please email bhpsuniformshop@gmail.com

Loretta Mykityshyn

Uniform Shop Manager

bhpsuniformshop@gmail.com

Canteen News

Welcome back to all our students. The canteen is ready to get back to (almost) normal.

From next Monday 1 June, we will have our full menu available. That means freshly made hot lunches every day, as well as our delicious smoothies/frappes. All food (for both recess and lunch) must still be ordered through Flexischools. Our counters will remain closed to students for the foreseeable future.

Thank you to those who have enquired about volunteering, we will let you know when we can welcome you back.

Stay safe everyone,

Sanja Vidaic and Kathrine Boulderstone

Canteen Managers

AGM–Wednesday 27 May 2020

Arabanoo's Annual General Meeting (AGM) will be held **tonight**, Wednesday 27 May 2020 at 7.00pm **virtually via ZOOM**. The AGM will be followed by an ordinary parent management committee meeting. Arabanoo is a not-for-profit incorporation operated by a volunteer committee of parents. All members are welcome to attend the meetings. The AGM is an opportunity for existing and new members to be elected to the Committee. If you are interested in becoming a member please contact the Arabanoo Office.

Permanent Bookings - Staffing Ratios

Thank you to those parents who have contacted us regarding reinstating your Term 2 booking. Please give us as much notice as possible so we can staff accordingly. See below for how to book in casually or permanently.

Casual Bookings - Email for PM bookings

Please email us to request a casual afternoon booking rather than using the My Family Lounge App. To book for a morning session please continue using the App.

How to Book a Permanent Term 2 session - Email us

If you would like to start bookings again in any capacity please email us stating Option 1 or 2 and the specific details.

- **Option 1:** Reinstate my permanent Term 1 booking, starting from(date) e.g. 25 May
- **Option 2:** Book in the following permanent sessions(days), (am or pm) and(date)
e.g. Monday and Thursday afternoons and Tuesday mornings from the 25 May

Please be aware that families who had a permanent booking during Term 1, have priority of booking when days become full e.g. if your child attends permanently on a Tuesday afternoon in Term 2 but didn't in Term 1 and Tuesday becomes fully booked, you will have to give up that Tuesday afternoon booking and will be placed on the waitlist.

Seamstress - Thank you

A big thank you to Alex Cowie who has hemmed and stitched her way through our curtains and cushions for the new cubbies. They look fabulous and the children are loving creating, relaxing and reading in them.

Donations - Lego Boards

We are making some new lego building tables and are on the hunt for some large flat lego boards. If anyone has some they no longer use, we would love to give them a new lease of life at Arabanoo.

Band – Zoom

We've had a few parents enquiring into zoom meetings for band. We are in the process of talking to Ray Hampton and will update you when we have further details.

Parents/Carers Onsite - Sign in/out

To reduce the amount of people on school site all sign in/out will continue to be conducted via the main entrance to the school. Staff will continue to sign your child in/out via the iPads. Please speak to the staff member on duty for assistance. If there isn't a staff member on the gate please call the office and someone will pop down.

Rowan Friend

T - 0299 486 722

M - 0421 014 308

E - admin@arabanoo.com

W - www.arabanoo.com