

# THE HEIGHTS

Term 3 | Week 5 | 19 August 2020



Connect | Succeed | Thrive

Balgowlah Heights  
Public School



2020 Student Leaders

## PRINCIPAL'S MESSAGE

### SASS Week

Our school community is made up of many different people, all of whom play a part in the running of schools and the provision of quality education to students. School Administrative and Support Staff, whether they work in the office, the library, on the school grounds or in the classroom setting, are important contributors to the success of our school and children's education.

Next week we recognise Mrs Callaghan, Mrs Jacquie Daddo, Mrs Obern, Mrs Auton, Mrs Broadbent, Mrs Jones, Ms Susko, Mrs Skinstad, Mr Femia, Mr Vella, Mrs Lynch, Mrs Jerman, Mrs Chandler, Mr Gardner, Mrs Alison Daddo and Miss Sutton for the contribution they make for the students at our school. We also welcome this week Ms Gerber and Ms Pellegrini.

### School Activities Update

- **Excursions**  
Planned excursions for this term for Kindergarten (Taronga Zoo) and Years 3/4 (Narrabeen Coastal Environmental Centre) have been cancelled.
- **Year 2 Swimming Program**  
The Year 2 Swimming program to be held next term has been reduced to one week and is planned to be conducted from 19 September – 23 September 2020.
- **Extra Curricula Activities**  
Extra-curricular activities commenced this term are continuing to proceed except for choir, recorder and modifications to band. Any changes to these activities the school will inform you.
- **Wellbeing Programs**  
Buddy classes and SRC will not be able to meet in person until further notice. We are investigating the option of zoom for SRC to meet.
- **Sport**  
Sport will be undertaken on a class or grade basis.
- **Hygiene and Social Distancing Practices**
  - Clean your hands for 20 seconds with soap and water or an alcohol-based hand sanitiser.
  - Sneeze or cough into your elbow or a tissue.

- Stay home if you are sick. Under the current health guidelines if your child has cold/flu like symptoms it is recommended a COVID-19 test be undertaken. Schools need to sight negative COVID test results before allowing staff and students to return to school if they have been unwell with flu like symptoms.
- The school has non-contact thermometers. If your child presents to sick bay their temperature will be measured.
- Students are required to have a drink bottle. The school bubblers are non-operational.

In addition to these practices we will be implementing the following social distancing practices:

- If bringing your child to school please say your 'good byes' at the school gate.
- In the afternoon at the end of the school day please do not congregate and collect your child from the school gates. In Radio Ave we will have the double gates open in addition to the other gates. Kindergarten students will continue to conclude their day at 3.00pm.



### Check-In Assessment (Years 3 and 5)

An email was sent to parents and carers of students in Years 3 and 5 last week providing information on Check-In Assessments. Students in Year 3 will undertake reading and numeracy assessments in Term 4. Students in Year 5 will undertake assessments on the following days:

- Tuesday 25 August - Reading
- Wednesday 26 August - Numeracy

### Athletics Carnival

The students enjoyed our school Athletics Carnivals at Narrabeen and at school. Thank you to the staff involved with organising the carnivals.



## Debating

Our inter-school debating program commences this week. We have two teams, The Public Expressers and the Public Opinionators. Due to COVID-19 guidelines the debates will be conducted using Zoom. The program of debates is:

- Wednesday 19 August – Public Expressers v Public Opinionators
- Thursday 3 September v Beacon Hill Public
- Wednesday 16 September – Public Expressers v Wakehurst Public School and  
– Public Opinionators v Beauty Point Public School

## Term 3 Invoices

School Invoices were sent home recently detailing program fees which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. Your support of our excellent education programs for our students is very much appreciated. If you are in need of financial assistance with the school contributions please contact the school. All matters will be treated in a confidential manner.

## Student Representative Council (SRC)

Our SRC met this week and discussed a range of issues. The three issues nominated by the SRC for further consideration are:

- Shelter at crossing
- Class sport equipment
- Outdoor seating

## Parking | Radio Ave

Your assistance in following the parking regulations in Radio Ave is appreciated. Please take particular note around the pedestrian crossing area and respect our neighbours by not parking across driveways.

## Upcoming Events

Term	Date	Activity	Time
Term 3 Week 6	Monday 24 August		
	Tuesday 25 August	ICAS English Competitions (Years 3 and 4) SportsPro (Year 2)	7.45am
	Wednesday 26 August	ICAS English Competition (Year 6) SportsPro (Kindergarten, Years 1 and 4)	7.45am
	Thursday 27 August	ICAS English Competition (Year 5)	7.45am
	Friday 28 August		
Term 3 Week 7	31 August		
	1 September	ICAS Mathematics Competition (Years 3 and 4) ICAS Spelling Competition (Years 5 and 6)	7.45am Class time
	2 September	ICAS Mathematics Competition (Year 6) ICAS Spelling Competition (Years 3 and 4) SportsPro (Years 5, 6 and 3)	7.45am Class time
	3 September	ICAS Mathematics Competition (Year 5) Debate v Beacon Hill	7.45am 9.00am
	4 September	Father's Day Gifts sent home	

**David Shuster**  
Principal



## Music Room

After all the disruptions of the first half of the year, it has been wonderful to have students from Years K-2 dancing and playing percussion in the music room once more.

In Kindergarten students are learning to discriminate between beat and rhythm - the beat in music stays the same whereas the rhythm changes, often with the words of a song. They will also play percussion instruments and categorise them into different types such as scraped, shaken or tapped.

We will also listen and move to contrasting styles of music and discuss features such as the tempo (speed), dynamics (louds and softs) and mood of the music we listen to.

Year 1 students will continue developing their understanding of rhythm using body percussion and un-pitched instruments. Students will have opportunities to compose and play their own rhythm patterns as well as playing along with well-known classical music such as The Liberty Bell March and the Blue Danube Waltz. We will also engage in focused listening activities and discuss features of the music such as mood, tempo, dynamics and instrumentation.

Year 2 were particularly excited to be learning to play recorder. Although for the time being, we are not able to use recorders at school, hopefully we will be able to come back to it later in the year.

In the meantime, we will use the school's wonderful collection of xylophones and glockenspiels to play some familiar songs and learn some new pieces written and arranged especially for these instruments. We will also continue learning about the instruments of the orchestra and listening to orchestral music.

## Year 2 Recorder at home

If your child wishes to play recorder at home please encourage them and ensure their left hand is at the top of the recorder. They should be blowing softly and whispering "dooo" when they play. There are some wonderful resources available online to support recorder practice. One of the best comes in the form of the YouTube channel Visual Musical Minds.

<https://www.youtube.com/watch?v=m4xdxIGc5Fo>

**Megan Cronin**  
K-2 Music Teacher

## School Banking

School Banking is back!

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](mailto:billyknudsen3@gmail.com).



# WELLBEING CORNER

Community is at the heart of student wellbeing at Balgowlah Heights Public School. It is the fabric of our school culture and it is built on the belief that everyone belongs and is valued. Our aim in Wellbeing Corner is to include links to informative, educational articles and resources that parents and carers may find useful. Our partnership is an important one in supporting the wellbeing of your children.

## Anxiety

Anxiety and worry are normal and healthy reactions to a wide range of events. Most children experience some anxiety that does not stay around for long. If you would like to find out more about anxiety, click on the links below.

- [Anxiety in Children by Raising Children](#)
- [Your Amazing Brain and Body During Anxiety](#)

Our students have been learning calming strategies that help to regulate their emotions in the classroom, playground and home [Five Senses Strategy](#):



2D students using calming strategies






*KD students using calming strategies*

Our talented team of teachers play an important role in providing learning experiences and opportunities that develop and shape the character and wellbeing of students. Our school commitment to wellbeing is to support students to connect, succeed and thrive at each stage of their development and learning; to provide opportunities that are meaningful; and to do this in the context of individual and shared responsibility underpinned by productive relationships that support students to learn.

We are implementing The Wellbeing Framework through Positive Behaviour for Learning, Bounce Back program, mindfulness, goal setting and tailored programs to support student needs.

## The Wellbeing Framework for schools

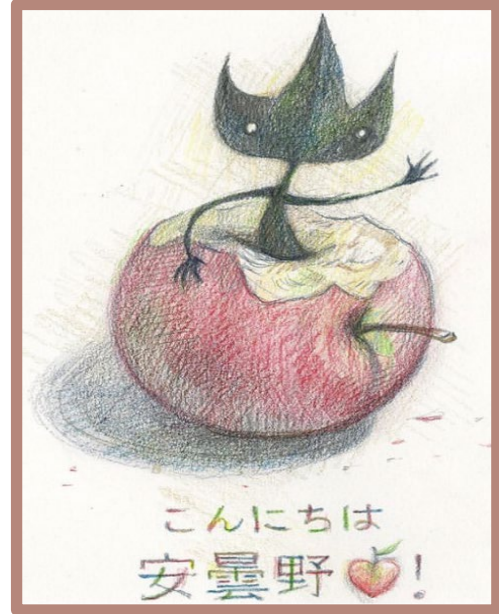
 <b>CONNECT</b>	 <b>SUCCEED</b>	 <b>THRIVE</b>
<p>Our students will be actively connected to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community.</p>	<p>Our students will be respected, valued, encouraged, supported and empowered to succeed.</p>	<p>Our students will grow and flourish, do well and prosper.</p>
<b>ENABLE</b> <p>The school environment is pivotal to the growth and development of our most important assets – our children and young people. Our schools strive for excellence in teaching and learning, connect on many levels and build trusting and respectful relationships for students to succeed.</p>		

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



# LIBRARY NEWS

This week I have been inspired by the outstanding author, illustrator and creator - a true artist, Shaun Tan. Our Book Week 2020 theme is Curious Creatures, Wild Minds and Shaun Tan creations certainly fits the theme. Look at these amazing drawings.



As part of Book Week celebrations in Term 4, we are hoping to have a creative experience where students design, draw, sculpt, photograph or video their interpretation of a Curious Creature. Maybe we will unearth the next Shaun Tan.

Due to the changing health guidelines we will need to consider if the physical creation can be brought to school. More details to come in the next few weeks. Happy reading!

**Roslyn Elliott**  
Teacher | Librarian



## Reminder! Bally Bolt tickets

Don't forget to contact the Bally Bolt team with your ticketing preference as soon as possible. You can choose a straight refund, partial or full donation. Email us at [ballybolt@gmail.com](mailto:ballybolt@gmail.com) with your preference.

## Virtual Father's Day Stall | Friday 4 September

As we're still unable to gather in large groups we will sadly have to forgo the annual Father's Day breakfast this year. Instead, we're excited to be able to celebrate and thank all the superdads at BHPS with a virtual fundraiser stall, similar to the Mother's Day event.



Fantastic high-quality gifts are now available to order via [Flexischools](https://flexischools.com), with \$5 from each gift going to the P&C. These will then be distributed via the classrooms on Friday 4 September in time for Father's Day on Sunday 6 September. Please place your orders by **3pm next Friday 28 August**.

## 3 August P&C Meeting Minutes

Click here [https://drive.google.com/file/d/1\\_CjATkDPHAhfDzqRe8fvmk2hNeNgLVqF/view?usp=drivesdk](https://drive.google.com/file/d/1_CjATkDPHAhfDzqRe8fvmk2hNeNgLVqF/view?usp=drivesdk) to view the minutes from the last P&C meeting.

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

## The P&C Team





# UNIFORM SHOP NEWS



## Opening Hours

Tuesday: 8.30am - 9.30am

Thursday: 2.30pm - 3.30pm

Please check in with the Administration Office for a **Uniform Shop Pass and sign in** before heading up to the shop.

- **Second Hand Zip Fleece: LOTS IN – shop only – grab a spare!**

**All Uniform Items: Please put your name on all items as soon as possible!**

**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. As a reminder please take care when opening online order packages.

Thank you for your kind donations. If you have any outgrown **current** BHPS uniforms in **great** condition, please drop at the Administration Office. No hats, hair accessories or socks/hosiery thanks.

**Loretta Mykityshyn**

**Uniform Shop Manager**

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

# ARABANOO NEWS

## New activities - Loose parts

This term we are excited to be introducing Loose Parts Play into our regular programmed activities at Arabanoo. The children participate in free play every afternoon, however we wanted to enhance this further and create a location that offers a little more stimulus but with the same freedom of play.

Loose parts create richer environments for children to play, giving them the resources they need to extend their play. Loose parts aren't prescriptive and offer limitless possibilities. We are aiming to add a variety of resources to our 'Loose Parts Play' area. At present we have milk crates, baskets, sticks, plastic pipes, guttering, net, old material, bread crates and astro turf.

The idea is that the children use their imagination and have the freedom to purely play without intervention. Staff are there to supervise and ensure the children are safe, but the children are free to explore their own boundaries, risks and creativity. We are currently training our staff this term to ensure that our ethos of enriched play and discovery is embedded into our program and culture. As Albert Einstein put it perfectly "Play is the highest form of research".

## Donations - Plastic piping and connectors

This week we're on the lookout for some plastic piping like drain or plumbing pipes and connectors for our loose parts play. If you have anything suitable we'll gladly take them off your hands.

## Vacation Care - Out soon

Our Spring program will be out at the beginning of September. Keep an eye on our newsletter and website.



### Personal toys and games - Clearly label

As we all know children love to bring their own toys and games into school/Arabanoo. These are often duplicates of other children's toys and inevitably go missing. Please label anything brought in clearly or better still leave them at home. Many an afternoon of tears (children and staff) are spent searching for missing cards, beanie boots and the like.

### PMC - Meeting tonight

Our term PMC meeting will be held tonight via zoom. All parent association members are welcome to attend. Please email us to receive an invite.

### 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

T - 0299 486 722

M - 0421 014 308

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

W - [www.arabanoo.com](http://www.arabanoo.com)

## COMMUNITY NEWS

Rotary Club of Manly

THE **MANLY** VIRTUAL **FUN RUN & WALK**  
A ROTARY CLUB OF MANLY PROJECT  
2020

WE'RE COVID SAFE

**2KM, 5KM & 10KM**  
**SUNDAY, 6 SEPTEMBER 2020**

7.00AM START • WHEELCHAIR & PRAM FRIENDLY EVENT • INDIVIDUAL OR CHARITY TEAMS

REGISTRATION NOW OPEN: [WWW.MANLYFUNRUN.ORG](http://WWW.MANLYFUNRUN.ORG)

MAJOR SPONSORS: Bendigo Bank, BLACKMORES, Zapp, Audika, MOBILE.com, HAPPY HOUR

IN-KIND SPONSORS: Community Bank, Facebook, Northern Sydney Local Health District, ConsumeBox

**Live Life Well @ School**  
**KEEPING KIDS ACTIVE**

Try parking the car a distance from school and walk kids the rest of the way! Benefits include:

- Extra exercise
- Quality family time
- Reduced road congestion at school
- Improved safety

For more information search 'school' at [roadsafety.transport.nsw.gov.au](http://roadsafety.transport.nsw.gov.au)

NSW GOVERNMENT

Developed by Northern Sydney Local Health District





Join us for  
baseball by  
the beach

## TRY BASEBALL / REGISTRATION DAYS

Sat 29 August 2020 & Sat 5 September 2020  
2:00pm - 4:30pm

North Curl Curl Community Centre  
Corner of Griffin and Abbott Rds  
North Curl Curl

### COME AND SEE WHAT BASEBALL IS ALL ABOUT

Have a bat - Play catch. - Pitch a ball  
Talk to coaches, players & parents

### PRIZES TO BE WON

#### **We teach more than technique**

At Manly Seaside, we help to develop the qualities of  
courage, resilience, respect & teamwork.

#### **Think baseball is just for boys?**

In 2019 we had our own girls junior baseball team - the only one in  
the competition and they were a force to be reckoned with.

For more information, visit [seasiders.com.au](http://seasiders.com.au)  
or head to our FB page.