

# THE HEIGHTS

Term 3 | Week 6 | 26 August 2020



Connect | Succeed | Thrive

Balgowlah Heights  
Public School



2020 SASS Recognition Week (Absent - Hamish Gardener)

## PRINCIPAL'S MESSAGE

### Wellbeing Week

Next week we look forward to a Wellbeing Week at school. Our normal learning programs will be undertaken but there will be an emphasis on wellbeing in the classroom, playground and homework. The whole school will start the day participating in wellbeing and mindfulness activities such as meditation, yoga, acts of kindness, gratitude reflection and connecting with nature. Students in Years K-6 will be provided with a homework grid with suggested physical, social, emotional and cognitive wellbeing activities.

Balgowlah Heights Public School

Below are suggested activities to do instead of homework in Week 7.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>EXERCISE</b> Play outside. Make an obstacle course in your backyard.	 <b>LAUGH</b> Share something that made you laugh today or tell your favourite joke to a friend.	 <b>PLAY GAMES</b> Play a board game with your family.	 <b>JOURNAL</b> Write down 5 things you are grateful for. Add to your gratitude jar!	 <b>LISTEN TO MUSIC</b> Find a quiet place and listen to music you love.
Go for a bushwalk or bike ride together with your family.	Watch the sunset. What colours can you see? Take 3 mindful breaths.	Have a family dinner together. Help set the table.	Make a thank you card for someone special.	Spend time meditating or doing a mindful activity.
 <b>DANCE</b> Put on your favourite 'Just Dance' tune and have fun moving and grooving together.	 <b>Be Kind</b> Surprise your family with positive messages hidden around your home for them to find.	 <b>LOOK AFTER EACH OTHER</b> Make a healthy smoothie or snack. Enjoy time together.	 <b>READ IN THE SUNSHINE</b> Write a poem about friendship. Give it to your teacher. (It may be included in our BHPS newsletter).	 <b>MAKE ART</b> Create an art work for someone special.

A special thank you to Lucie, Prim, Anouk, Maya, Sienna, Bailey, Keira, Zoe for contributing to these wonderful wellbeing activities.

# PRINCIPAL'S MESSAGE

## P&C

The next meeting of the P&C Association for this term will be held using Adobe Connect on Monday 7 September, commencing at 7.00pm. Discussion topics include:

- Update on school practices related to COVID-19
- Wellbeing programs including the role of the Wellbeing Teacher (Mrs Cruickshank)
- School finances update

To register for the meeting please click on the link <https://forms.gle/YnzZYBsNPRarQbQb6>. This link also provides the opportunity for you to detail questions you would like addressed.

The Adobe Connect link for the meeting is:

<https://connect.schools.nsw.edu.au/pandc7september/>

## Multicultural Public Speaking Competition

Well done to all the students in Years 3-6 who participated in the Multicultural Public Speaking Competition. Congratulations to the Ryder Keay, Naomi Nichols and Zarina Nestel who will represent our school at the Zone Multicultural Public Speaking finals.



*Ryder Keay, Naomi Nichols & Zarina Nestel*

## Opportunity Class (2021) Placement Test

We have been informed the Opportunity Class (2021) Placement Test for students in Year 4 who have applied, has been rescheduled to Wednesday 18 November. The students involved will undertake the test at our school on this day. Further information will be provided from the Opportunity Class Unit.

# PRINCIPAL'S MESSAGE

## Year 2 Swimming

Our Swimming Program for Year 2 students which was planned for Term 4 has been cancelled.

## 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.

## Year 6 Mini Fete

Unfortunately, our Year 6 Mini Fete has been postponed to follow COVID-19 guidelines. We have rescheduled the event in Term 4 to a date to be confirmed.

## Upcoming Events

Term	Date	Activity	Time
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	
Term 3 Week 8	7 September	P&C Meeting	7.00pm
	8 September	SportsPro (Year 2)	1.45pm
	9 September	SportsPro (Years 1, K, 4)	
	10 September		
	11 September		

**David Shuster**  
Principal



## Premier's Debating Challenge Update

*"Should Years 5 & 6 students vote to decide which books and films they study?"*

Last Wednesday, the BHPS debating teams kicked off the Premier's Debating Challenge with their first round debate held over Zoom. The debate began with the opening of a sealed envelope containing three topics based on the theme of education.

Each team ranked the topics from most to least preferable to determine the highest ranked topic and then a coin toss decided which team would argue the affirmative side.

The decided topic was: "Should Years 5 & 6 students vote to decide which books and films they study". The Balgowlah Heights Expressers argued for the negative side while the Balgowlah Heights Opinionators argued for the affirmative.

Both teams presented strong arguments for each side. The adjudicator said that the debate came down to two key questions:

- Which would kids enjoy more?
- Which would be more beneficial for their learning?

In the end, the Expressers were able to convince the adjudicator that the change would lead to more harm than good and they were awarded the debate.

We look forward to our next round of debates against Beacon Hill Public School on Thursday 3 September.


Balgowlah Heights Expressers	Balgowlah Heights Opinionators
Margot Connell Thomas Stevens Alexander Stanojevic Byron Cahill	Eowyn Williams Zarina Nestel Chloe Breden Carla Anderson

**Laura Ewan**  
**Debating Coordinator**

# WELLBEING CORNER

During Week 7 our BHPs community will embrace Wellbeing Week. Students and staff will participate in activities aimed at enhancing wellbeing. The whole school will start the day participating in wellbeing and mindfulness activities such as meditation, yoga, acts of kindness, gratitude reflection and connecting with nature.











Homework will be replaced with the suggested physical, social, emotional and cognitive wellbeing activities on the grid below. We hope this time allows families to relax, reconnect and spend quality time together. Enjoy!



**Wellbeing Week**

Belgowah Heights Public School

Below are suggested activities to do instead of homework in Week 7.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Play outside. Make an obstacle course in your backyard.</p>	 <p>Share something that made you laugh today or tell your favourite joke to a friend.</p>	 <p>Play a board game with your family.</p>	 <p>Write down 5 things you are grateful for. Add to your gratitude jar!</p>	 <p>Find a quiet place and listen to music you love.</p>
<p>Go for a bushwalk or bike ride together with your family.</p>	<p>Watch the sunset. What colours can you see? Take 3 mindful breaths.</p>	<p>Have a family dinner together. Help set the table.</p>	<p>Make a thank you card for someone special.</p>	<p>Spend time meditating or doing a mindful activity.</p>
 <p>Put on your favourite 'Just Dance' tune and have fun moving and grooving together.</p>	 <p>Surprise your family with positive messages hidden around your home for them to find.</p>	 <p>Make a healthy smoothie or snack. Enjoy time together.</p>	 <p>Write a poem about friendship. Give it to your teacher. (It may be included in our BHPs newsletter).</p>	 <p>Create an art work for someone special.</p>

A special thank you to Lucie, Prim, Anouk, Maya, Sienna, Bailey, Keira, Zoe for contributing to these wonderful wellbeing activities.

## The Wellbeing Committee

Each week students learn how to be respectful, responsible and try their personal best. This week students will be learning to be responsible in the playground. Students will use scenarios to discuss ways they can demonstrate responsibility on the playground.

## PBL on our Playground

	<b>Success Criteria</b>
<p style="text-align: center;"><b>RESPONSIBLE</b> We are learning to be responsible on the playground.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Listen to and follow teacher instructions.</li> <li><input type="checkbox"/> Follow the rules of the game and share equipment.</li> <li><input type="checkbox"/> Wear a hat.</li> <li><input type="checkbox"/> Put rubbish in the bin.</li> </ul>

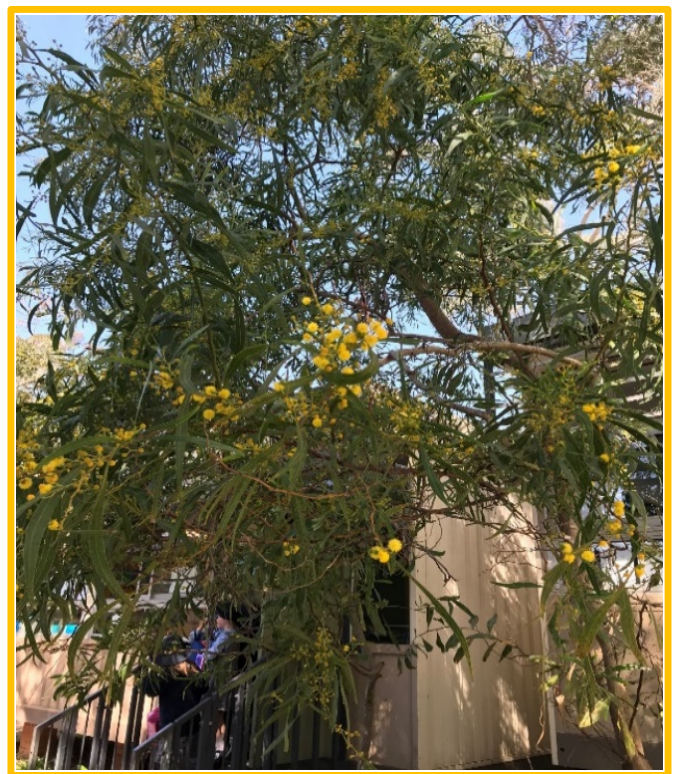
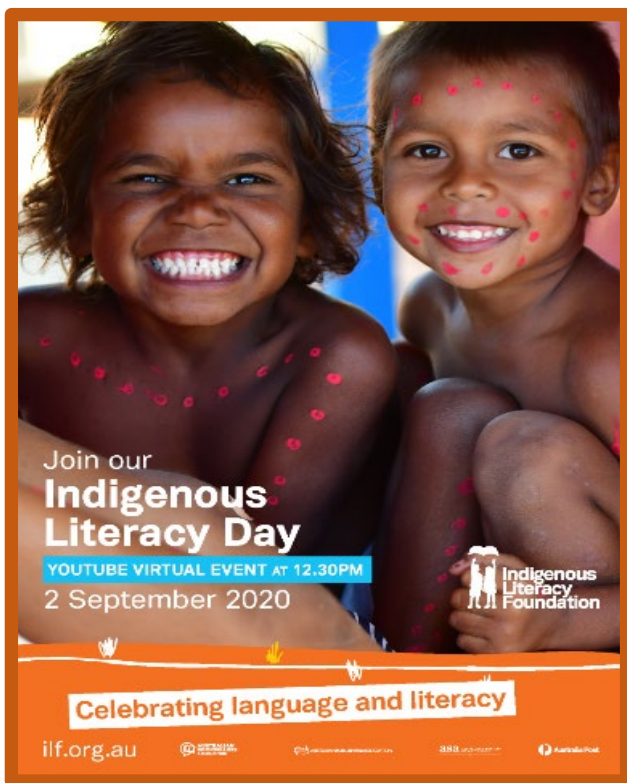
On Wednesday September 2 we celebrate Indigenous Literacy Day. In the past we have participated in a number of very successful Book Swap fundraisers with thousands of dollars raised for the Indigenous Literacy Foundation (ILF).

This year there will be a virtual event streamed live from the Sydney Opera House. It will feature the wonderful singer, Jessica Mauboy, who is an ILF ambassador.

Unfortunately, due to COVID-19 restrictions we will be unable to conduct a book swap this year. We are considering other fundraising methods at this time. I will be making a personal monthly donation to assist books getting to remote communities.

In our Indigenous garden, the boardwalk and our school environment, we have a number of golden wattle. One of the Indigenous elders who assisted with our garden, told us the story of the Whale and the Wattle. The timing of the wattle coming into bloom coincides with the whales making their way north to warmer waters. How lovely to know this story.

We are so fortunate to have many books by Indigenous authors, artists and creators in our Library collection.



**REMINDER:** PRC Closes **Friday 28 August.**

Happy Reading!

**Roslyn Elliott**  
**Teacher/Librarian**

## Father's Day virtual stall gifts on sale until this Sunday

Don't forget to order a beautiful Father's Day gift on [Flexischools](https://www.flexischools.com.au) by 3pm this Sunday 30 August and help support your school with \$5 from each gift going to the P&C. Did you know that the Coffee Cup, Drink Bottle, BBQ Tools, Keyring, Pen, Torch, Multi Tool can all have a personalised message? The option appears in Flexischools when you select the item. The gifts will be distributed via classrooms at the end of next week in time for Father's Day on Sunday 6 September.

## Bally Bolt - Ticket Options by this Friday 28 August!

If you haven't yet requested either a refund or donation with your Bally Bolt tickets, please get in touch by **THIS FRIDAY!** Our event race portal will be closing down after this date. Email Diana at [ballybolt@gmail.com](mailto:ballybolt@gmail.com) with your request for either (1) full donation, (2) partial donation or (3) full refund. If you ordered a Bally Bolt hat but still haven't received it, please also let Diana know!



## SASS Recognition Week

This week is School Administration and Support Staff Recognition Week. On behalf of all parents, the BHPS P&C is very grateful for everything that these unsung heroes do for our students and families behind the scenes. As a special thank you we expressed our gratitude to the SASS team with a set of Country Road Keep Cups and some Lindt chocolates.



## Order your Entertainment Book Online Membership and fundraise for the P&C!

[Click here](#) to place your order and 20% of the purchase price will go to our P&C funds as well as an additional \$10 during the current double commission period.

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

How much could a family of 4 save in one year with an Entertainment Membership?

DISCOVER EVERYDAY SAVINGS ON GROCERIES, SELF-CARE AND MORE!

Weekly \$200 grocery shop Member offer: 5% off Yearly savings: \$520	\$50 on petrol each week Member offer: 5% off Yearly savings: \$130
Self-care chemist and health items Member offer: 10% off Yearly savings: \$60	Toys and family fun Member offer: 5% off Yearly savings: \$25

How much you could save in a year with an Entertainment Membership\* Up to **\$735**

\*Value displayed as an example of potential savings within the Membership and is subject to available offers at any one time.

Did you know that when you order pasta bolognese or butter chicken or our hamburgers your children are eating free range, organic meat and chicken? Our local butcher, Millin's, is a generous sponsor of the school, and supplies us with the best quality meat and chicken at fantastic prices. Thank you Millin's.

An increasing number of lunches are not being collected by the children at lunchtime. Aside from children possibly going hungry, it means that both canteen staff and office staff are involved in locating the children in the playground. If your child has an order, please remind them they have to come to the canteen to collect it.

## Sanja Vidaic and Kathrine Baulderstone Canteen Managers



# UNIFORM SHOP NEWS



## Opening Hours

Tuesday: 8.30am - 9.30am

Thursday: 2.30pm - 3.30pm

**Uniform Shop Entry:** please check in with the **Admin Office** for a **Uniform Shop Pass and sign in.**

**Summer Uniforms - Term 4:** There is a limited number of second-hand items at this time, grab them quick!

**Returns Policy:** within **28 days** of purchase for refunds or exchanges, together with a copy of the receipt.

Returned goods will only be accepted in resale condition: unworn, unwashed, unmarked with tags attached in **original packaging**, not the classroom delivery packaging. Socks and hosiery must be unopened. There are no returns or exchanges on hats, hair accessories and second-hand items.

**Loretta Mykityshyn**

**Uniform Shop Manager**

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

# ARABANOO NEWS

## Vacation Care - Out soon

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

## Absences - Please let us know

If your child is going to be away for an afternoon session please remember to mark them absent on the My Family Lounge App or drop us an email.

## Donations - Plastic piping, connectors and Lino

The students have been loving the loose parts play. This week we're still on the lookout for some plastic piping like drain or plumbing pipes and connectors. We're also on the hunt for a piece of lino (minimum 2 x 2 metres) to use in the centre when the students are taking part in messy play. If you have anything suitable we'll gladly take them off your hands.

## Parents/Carers onsite - Sign in/out

We're 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)





## Live Life Well @ School

### MINDFULNESS MEDITATION

#### Mindfulness Meditation

is a helpful tool to help children manage the heightened emotions they may be experiencing.

It gives them time to breathe and imagine, be quiet and still and know that it is ok to have feelings.



Check out **Smiling Mind** for:

- Free meditations to use with your child & the family
- Digital care packs to support children through the current times and beyond

[www.smilingmind.com.au](http://www.smilingmind.com.au)



Developed by Northern Sydney Local Health District

Rotary Club of Manly



## THE MANLY VIRTUAL FUN RUN & WALK

A ROTARY CLUB OF MANLY PROJECT  
2020



# 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:

IN-KIND SPONSORS:

