

# THE HEIGHTS

Term 3 | Week 10 | 23 September 2020



Connect | Succeed | Thrive

Balgowlah Heights  
Public School



## PRINCIPAL'S MESSAGE

### Spring Holidays

We wish all families a safe and enjoyable Spring Holiday which commences on Monday 28 September. The students return to school on Monday 12 October.

### Staffing

Miss Liggett will be taking leave as of the end of this term. We wish her well and thank her for the enormous contribution she has made to so many students at our school.

Mrs Robertson will be taking maternity leave as of Monday 19 October. We wish her and her family all the best for the next chapter of their lives.

Miss Caruso is getting married during the upcoming holidays. We wish her and her fiancé all the best.

### 2021 School Planning

In the near future we will be commencing the process of organising classes for 2021. If you will be moving from our school at the end of this year it would be appreciated if you could advise us by clicking on the following link: [not returning to BHPS in 2021](#).

Also, if you have any special social considerations you would like the school to be aware of in planning classes (e.g. siblings close in age) you are welcome to send a letter/email to me providing details by **Friday 25 September 2020**.

### Term 3 Invoices

Thank you to the families who have been able to finalise Term 3 contributions. Your assistance is very much appreciated.

### Year 5 Leadership Day

On Thursday 15 October all Year 5 students have the opportunity to participate in Leadership Day. The day will involve activities such as embracing strengths and responsibilities, team problem solving and contributions. An email with further information has been emailed to all Year 5 families.

# PRINCIPAL'S MESSAGE

## Kindergarten 2021 Information Sessions

Due to COVID-19 restrictions we have replanned our Kindergarten Orientation program for Term 4. The program will now involve two Parent Information Sessions and a password protected online sway platform for the children which will contain a range of activities. Information and password will be emailed to all families involved.



**BALGOWLAH HEIGHTS PUBLIC SCHOOL**

2021 VIRTUAL Kindergarten Orientation

**PARENT INFORMATION EVENINGS**  
Adobe Connect - [Click for how to join](https://connect.schools.nsw.edu.au/kindergarten2021/)

**Wednesday 21 October 7-8pm**

- Welcome to Balgowlah Heights PS
- Overview of the Virtual Kindergarten Orientation Program
- Primary School Curriculum
- School Readiness

**Thursday 29 October 7-8pm**

- Meet the 2021 Kindergarten Teachers
- A day in the life of a Kindergarten student
- Overview of the Best Start assessment
- P&C Information
- Arabanoo | Canteen | Uniform Shop | Walking bus

**For more information**  
<https://bit.ly/3kCD7AC>

## School Film

To assist new families who are considering enrolling at our school we have created a school movie depicting some of the many qualities of our school. The film is now available for viewing on the school website - click on the image below:





# PRINCIPAL'S MESSAGE

## Tell Them from Me Parent Survey

You are invited to participate in the Tell Them from Me (TTFM) Partners in Learning Survey designed for parents and carers. This survey focuses on student engagement, wellbeing and effective teaching practices.

Parents and carers are an important and valued part of our school community. We will use survey feedback to make practical improvements and inform school planning. This online survey takes about 15 minutes to complete. It is anonymous and voluntary.

If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once. You can access the survey in your own time, between 23 September and 16 October 2020. Go to the site below on your computer or tablet:

<https://nsw.tellthemfromme.com/balgowlah>

More information on the Partners in Learning Survey can be found on the NSW Department of Education TTFM website: <https://surveys.cese.nsw.gov.au>

## Recognition Assembly

We held our virtual Recognition Assembly this week. Students receiving awards and our school student leaders were present at the Assembly, while all other students watched the event using Zoom. The link for all families to view the event was emailed to parents. The photographs below are some of the behind the scenes happenings.



Thank you to Mrs Lockhart and Mrs Jones for their work in organising the Assembly.

## Athletic Champions

Congratulations to the following students who are our Athletic Champions for 2020.

<b>Junior Boys</b>	Will Easton
<b>Junior Girls</b>	Matilda Whitehead
<b>11 Year Boys</b>	Archie Grimes
<b>11 Year Girls</b>	Madeline Simmons
<b>12 Year Boys</b>	Finley Vaughan
<b>12 Year Girls</b>	Pantha Tilsley



# PRINCIPAL'S MESSAGE

## Summer Uniform

The students are requested to wear their summer school uniform as of the beginning of next term (Monday 12 October).

## Summer PSSA

Unfortunately, due to the COVID-19 restrictions Summer PSSA will not be able to proceed as planned.

## Kiss and Ride Zone

Kiss and Ride Zones are designed for your convenience and for your child's safety. Designed for quick entry and exit, these zones minimise congestion and risk when used properly by all parents and carers.

These zones operate under the same conditions as no parking zones, which means you may stop to drop off or pick up children for a maximum of 2 minutes. You're required to remain in, or within 3 metres of your vehicle. The hours of operation at our school apply in Lewis Street and Radio Avenue from 8.00-9.30am and 2.30-4.00pm.



## Upcoming Events

Term	Date	Activity	Time
<b>Term 4 Week 1</b>	Monday 12 October	Students commence Term 4	
	Tuesday 13 October		
	Wednesday 14 October		
	Thursday 15 October	Year 5 Leadership Day	
	Friday 16 October		
<b>Term 4 Week 2 (Book Week)</b>	Monday 19 October		
	Tuesday 20 October		
	Wednesday 21 October	Kindergarten 2021 Parent Information Night (Adobe Connect)	7.00pm
	Thursday 22 October		
	Friday 23 October		

David Shuster | Principal



# WELLBEING CORNER

## Positive Behaviour for Learning Merit Awards

Congratulations to the following students who have achieved their Silver Awards for demonstrating the school values of respect, responsibility and personal best.

The Silver Award acknowledges students who have received a total of 7 mini merit awards this year and have exceeded Bronze Award level.

Silver Awards			
Year 1	Year 3	Year 4	Year 5
Jake Allen (1M) Olivia Cui (1M)	Mia Davies (3K) Lucas Grant (3K)	Sophie Carruthers (4K)	Angie Dent (5V) Zara Brown (5S) Joe Mercado (5S)

Emily Rhodes | Deputy Principal

# SCHOOL NEWS

## Premier's Debating Challenge Update

Last Wednesday our two debating teams competed in Round 3 of the Premier's Debating Challenge.

**1<sup>st</sup> Debate:** BHPS Expressers vs Wakehurst Public School. The decided topic was: *"Should we ban all unhealthy food at school?"*

The BHPS Expressers were the affirmative side so they were trying to convince the adjudicator that we should make the change, while Wakehurst were the negative side arguing that we should keep the status quo. In a pleasing result, the BHPS Expressers won the debate which leaves them as undefeated in our local zone competition. They will now progress to the regional knock-out competition in Term 4. Well done Expressers!

**2<sup>nd</sup> Debate:** BHPS Opinionators vs Beauty Point Public School. The decided topic was: *"Should primary schools start each day with a 30 minute exercise class?"*

Beauty Point argued for the affirmative side while BHPS Opinionators argued for the negative. The Opinionators provided detailed, expanded arguments with clear examples to persuade the adjudicator to agree with their case. They were successful and in the end were awarded the debate. Fantastic effort!

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

Laura Ewan & Kim Santer | Debating Coordinators





# SCHOOL NEWS

## Band News

It's been wonderful to see the that students are keeping up their playing skills and sticking to some sort of routine when it comes to band.

The zoom lessons are complemented by the onsite sessions which have been loud and lots of fun for the children. Their rhythm, co-ordination and teamwork skills have been developing without them even knowing it. Click on the link to see the students at an onsite session:

<https://youtu.be/GhZGvYbCMWE>

Thank you to parents and students for being supportive of the band program. Fingers crossed we can be back playing our instruments next Term.

# P&C NEWS

## Thank you to all our BHPS P&C sponsors for sticking by us!

During a challenging year for fundraising, but also for businesses, we are all the more grateful to our community sponsors who have continued supporting us through the tough times.

These are **Balgowlah Automotive**, **Millin's Butcher** and **Beachside Orthodontics**.

Thank you for your ongoing commitment to your local community school.



If you are involved with a local business and are interested in becoming a Community Sponsor, please contact Billie Ristoski, BHPS P&C President, at [bhpspresident@gmail.com](mailto:bhpspresident@gmail.com).

## Great lunchbox sell-off – this Friday 25 September

Abandoned, cleaned and reusable lunchboxes and containers will be on sale for 50c to \$2 maximum this **Friday 25 September between 8.30–9.00am** outside both campuses. Grab a bargain and help keep plastic out of landfill.



## P&C Meeting Survey

Please let us know how we can make it easier for you to join the P&C online meetings by completing this very short and anonymous survey: [click here](#)

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.

Wishing everyone a wonderful (and much needed) spring break!

## The P&C Team

# UNIFORM SHOP NEWS

### Opening Hours

**Tuesday:** 8.30am - 9.30am

**Thursday:** 2.30pm - 3.30pm

**CLOSED SCHOOL HOLIDAYS**

**RE-OPEN TERM 4: TUESDAY 13/10 8.30-9.30am**



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

## Summer Uniforms - Term 4

Girls – why not grab a pair of navy shorts and a white polo for this summer!

## Uniform Donations

If you have any outgrown **current** BHPS uniforms in great condition, please drop them off at the Administration Office. No hats, hair accessories or socks/hosiery. **Second hand** items are only available in person in the Uniform Shop.

## 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)

## **Job Vacancies - childcare or teaching**

We are on the search for new staff members to strengthen the Arabanoo team. In particular we'd love candidates who are studying childcare or teaching. For those looking for on the job training, we offer a fully funded Certificate 4 and Diploma in School Age Education and Care. Please send resumes to [admin@arabanoo.com](mailto:admin@arabanoo.com).

## **Vacation Care - full days**

We are now fully booked on Wednesday 30 September and Friday 9 October, all other days have spaces at the moment. We have heaps of fun activities including a Giant Bouncy Castle, Cartooning, Harry Potter Day, Medieval Day, Wheelchair Basketball and lots more! Please visit our website or the sign in/out desk to grab a booking form.

## **Emotional Coaching - Term 4**

Thank you for those parents who completed the survey monkey regarding the emotion coaching course we are running next term. Exact dates and times will be sent out in our Arabanoo Newsletter next week.

## **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. If there isn't a staff member on the gate please call the office and someone will pop down. The juniors will be on the junior campus until 4pm every afternoon apart from Friday's. Please continue to see the senior side supervisor who will arrange collection of your child.

## **Contact us**

**T - 0299 486 722**

**M - 0421 014 308**

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

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

## **Rowan Friend | Centre Director**







Crisis Support. Suicide Prevention.

## Huge \$2 Spring Book Clearance

\$1 CDs and DVDs

**BROOKVALE**

Lifeline Depot Driveway  
18 Roger Street

**September 26-27**

10am-3pm

## Juniors Ultimate Frisbee



- Mixed (boys and girls)
- Non-contact
- Australian Rep coaches

**Cost:** \$60 including Frisbee and team t-shirt

Try for **FREE** for 2 weeks!

**Where/When:**

Wednesday afternoons  
Millers Reserve, Manly Vale

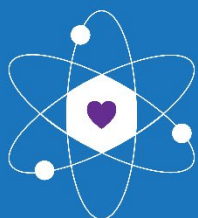
**From:** Term 4, Wk 2 (21 Oct) All summer - till March

Primary school ages  
4.00-5.00pm

Secondary school ages  
5.30-6.45pm



manlyyouthultimate@gmail.com  
@manlyultimateclub  
www.manlyfrisbee.com



eye · heart · science  
Igniting young minds to think

## Young Investigators Hands-on Science Club

Term 4 registrations now open

Suitable for K-6



### Balgowlah Heights Public hands-on science club

Term 4 will run for 9 weeks from Monday 19<sup>th</sup> October to Monday 14<sup>th</sup> December & will involve a series of fun CHEMISTRY experiments!

<https://www.eyehartscience.com.au/term-4-2020>

**When:** Monday mornings

**Timing:** 7:30-8:30am

**Cost:** \$220

**Where:** Yr 3 rooms West COLA







MANLY WARRINGAH BASKETBALL  
**OCTOBER HOLIDAY CAMP**  
 COME ALONG AND LEARN BASIC, FUN SKILLS

**DATES:** 6TH & 7TH OCTOBER, 2020  
**TIME:** 5 to 9 Yrs old 9:00 to 12:00pm  
 10 to 14 Yrs old 1:00 to 4:00pm  
**VENUE:** Northern Beaches Indoor Sports Centre  
**AGES:** broken into age groups  
**COST:** \$80 (If camp is cancelled, total refund)

**No SINGLE DAYS MUST PAY FOR 2 DAYS**  
 PLEASE BRING LIGHT SNACK & WATER

Due to Covid-19 restrictions there will be limited numbers, & No spectators. MWBA Will provide sanitised balls on the day. No balls to enter the stadium.

[HTTPS://WWW.TRYBOOKING.COM/BLGVF](https://www.trybooking.com/BLGVF)



## MWBA PINK BALL

TERM 4 2020

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL SKILLS WITH FEMALE COACHES.

**DATES:** SAT 31st October to 12th December, 2020  
**TIME:** 1:30-2:30 PM  
**VENUE:** NORTHERN BEACHES INDOOR SPORTS CENTRE  
**COST:** \$95 INCLUDES A PINK BALL

Only 40 tickets available due to covid restrictions.  
<https://www.trybooking.com/BLEBE>

**BASKETBALL AUSTRALIA'S OFFICIAL JUNIOR GAME DEVELOPMENT PROGRAM FOR 5-10 YEAR OLDS AND THEIR FAMILIES**

Vicinity Centres Aussie Hoops is all about learning to play basketball in a fun and safe environment. Our national coaching curriculum and sequentially developed program consists of warm-up games, skill activities and modified games all delivered by accredited coaches. We invite you to explore our website and welcome you to the Australian basketball community.

**REGISTER NOW**

**No Spectators  
 Limited Numbers**

**Dates:** Sunday 18<sup>th</sup> October to 6<sup>th</sup> December, 2020  
**Time:** 9:00-10am  
**Ages:** 5-10 years old, boys & girls  
**Cost:** \$160 New Participants (includes a \$45 starter pack + p/h)  
 \$110 Returning Participant  
**Venue:** NBISC: Jacksons Rd, Warriewood NSW, 2101  
**Coach:** Jerome Lee  
**Bookings:** <https://aussiehoops.com.au/find-a-program/>

Learn the skills of Basketball in a fun learning environment with qualified coaches.

Runs every Saturday during the school term.  
 Must be pre-booked. Booking closes 2pm, Friday before session.  
**Ages:** 5-12 yrs 2:30-3:20  
**Broken into groups according to age and ability.**  
**Venue:** Northern Beaches Indoors Sports Centre  
**Cost:** \$12 per child or \$95 for 9 weeks..

**Saturday Learn To Play**  
 TERM 4 2020: 17TH OCT TO 12TH DEC  
**To Book:** <https://www.trybooking.com/BLHIF>

## Live Life Well @ School

### TEACHING GOOD FOOD CHOICES

Help make meal times less fuss.

Download the **Australian Guide to Healthy Eating** to put on your fridge.

Have children choose from the five food groups to guide their food choices and develop their food literacy.

Download a copy at:

[www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)



Developed by Northern Sydney Local Health District

