

THE HEIGHTS

Term 3 | Week 7 | 2 September 2020



Connect | Succeed | Thrive

Balgowlah Heights
Public School



2020 SASS Recognition Week (Absent - Hamish Gardener)

PRINCIPAL'S MESSAGE

Wellbeing

In focussing on our wellbeing this week, we have created a number of additional play areas and activities for the students. The photos below are some examples of these areas and activities on the Western Campus. Next week we will share some images from the Eastern Campus.



Sports Courts - recess and lunch



Bush Area - lunch

PRINCIPAL'S MESSAGE



Volleyball - recess and lunch



Year 6 Passive Area - recess and lunch



Library - lunch



Chess - lunch



Play Zone - lunch



COLA - recess and lunch



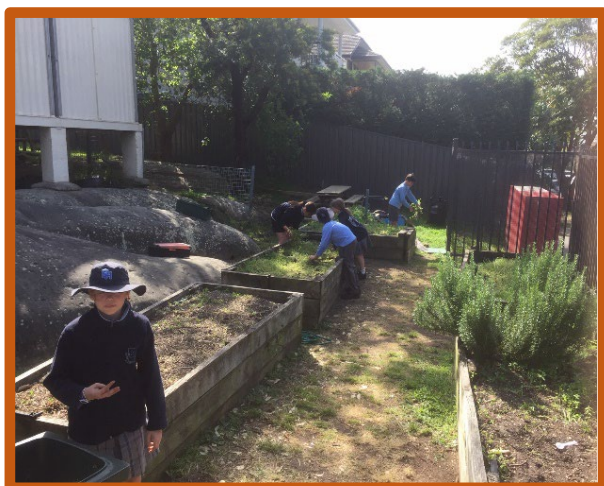
PRINCIPAL'S MESSAGE



Play Equipment - recess and lunch



Handball - morning, recess and lunch



Garden Area - recess and lunch



Grass Passive Area - morning, recess and lunch



Dance – lunch



Senior Garden Area – recess and lunch



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/8WnVV46t5QWoikdZ9>. 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/>

Term 3 Invoices

School Invoices were emailed 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.

Father's Day

We wish all our fathers a happy Father's Day for Sunday.

Athletics Carnival

Results from the school Athletics Carnival held on 12 August at Narrabeen Sports Centre can be found on page 6 of this week's Newsletter.

Bear Pit Public Speaking Competition

We have been informed the finals of the Bear Pit Public Speaking Competition will not proceed at Parliament House this year. We will undertake our school finals in this competition as planned.

Upcoming Events

Term	Date	Activity	Time
Term 3 Week 8	Monday 7 September	P&C Meeting	7.00pm
	Tuesday 8 September	SportsPro (Year 2)	1.45pm
	Wednesday 9 September	SportsPro (Years K, 1, 4)	
	Thursday 10 September		
	Friday 11 September		
Term 3 Week 9	Monday 14 September		
	Tuesday 15 September		
	Wednesday 16 September	SportsPro (Years 3, 5, 6) Debate	1.45pm
	Thursday 17 September		
	Friday 18 September		

David Shuster
Principal



Calling all BHPS students!

BHPS is working with TerraCycle® to help eliminate waste. We are now collecting oral care products such as used toothpaste tubes, floss and toothbrushes, as well as used electric toothbrush heads.

TerraCycle® is a social enterprise, **Eliminating the Idea of Waste®**. In 21 countries, we tackle the issue from many angles. We have found that nearly everything we touch can be recycled and collect typically non-recyclable items through national, first-of-their-kind recycling platforms.

Leading companies work with us to take hard-to-recycle materials from our programs, such as ocean plastic, and turn them into new products, and our new Loop platform aims to change the way the world shops with favourite brands in refillable packaging offered with convenience and style.

With your help, we've diverted millions of pounds of valuable resources from landfills all over the world, and we're just getting started.



Any students who bring in the items on the poster are asked to take them to the 5V classroom. Once we have collected 5 kg of oral care products it will be sent to TerraCycle. **They have a reward payback scheme for schools & non-for-profits. Each reward point is worth \$0.02.**

We are still collecting bread bag clips for recycling, too. Keep them coming in!

Certificate Competition for Waste Free Wednesday

Next term we will be recommencing Waste Free Wednesday!

As part of this initiative, we are opening a competition to the students to create certificates for the weekly winning classes. Five certificates will be chosen for the rest of the year.

Your entry must contain the following:

- A4 piece of paper (not smaller or bigger)
- Space for writing the class name
- Space for writing the date
- Artist name and class
- Design must feature the environment and sustainability in some way.

All entries must be in to your classroom teacher by the end of **Week 9, Friday 18 September**.

The winners will be announced in the Week 10 Newsletter with their certificates for all to see!

We are looking forward to seeing all the fabulous entries!

**Miss Caruso, Ms Veney, Mrs Kirwan
Sustainability Coordinators**



2020 BHPS Athletics Carnival

8 Yrs Boys 100m	8 Yrs Girls 100m
<ol style="list-style-type: none"> 1. Emerson Ayres 2. Hadley Anderson 3. Will Morris 4. Kai Davies 	<ol style="list-style-type: none"> 1. Sophia Vacopoulos 2. Josie Clarson 3. Abbey Moore 4. Camilla Ellis
9 Yrs Boys 100m	9 Yrs Girls 100m
<ol style="list-style-type: none"> 1. Jacob O'Sullivan 2. Harvey Cloke 3. Elliot O'Brien 4. Nixon Kouzoukas 	<ol style="list-style-type: none"> 1. Ruby Squire 2. Evie Davis 3. Maisy Sanderson 4. Holly Pickles
10 Yrs Boys 100m	10 Yrs Girls 100m
<ol style="list-style-type: none"> 1. Will Easton 2. Tyler Hollyoak 3. Logan Home 4. Ben Wilsher 	<ol style="list-style-type: none"> 1. Matilda Whitehead 2. Daria Coleman 3. Seren Hillberg Scott 4. Alyna Korbelt
11 Yrs Boys 100m	11 Yrs Girls 100m
<ol style="list-style-type: none"> 1. Daniel Rich 2. Archie Grimes 3. Luca Snehor 4. James Bousie 	<ol style="list-style-type: none"> 1. Madeline Simmons 2. Georgia Gao 3. Angelique Dent 4. Audrey Hayes
12 Yrs Boys 100m	12 Yrs Girls 100m
<ol style="list-style-type: none"> 1. Rex Austin-Raffan 2. Loic Ritter 3. Finley Vaughan 4. Oscar Sear 	<ol style="list-style-type: none"> 1. Pantha Tilsley 2. Hanne McWilliam 3. Zoe Gordon 4. Cleo Wright
Junior Boys 200m Finals	Junior Girls 200m Finals
<ol style="list-style-type: none"> 1. Jacob O'Sullivan 2. Emerson Ayres 3. Tyler Hollyoak 4. Ben Wilsher 	<ol style="list-style-type: none"> 1. Matilda Whitehead 2. Lyla Singleton 3. Sienna Nowytarger 4. Ruby Squire
11 Yrs Boys 200m Finals	11 Yrs Girls 200m Finals
<ol style="list-style-type: none"> 1. Archie Grimes 2. Luca Snehor 3. Max Devenney 4. James Bousie 	<ol style="list-style-type: none"> 1. Audrey Hayes 2. Madeline Simmons 3. Georgia Gao 4. Sophia Sarac
12 Yrs Boys 200m Finals	12 Yrs Girls 200m Finals
<ol style="list-style-type: none"> 1. Finley Vaughan 2. Rex Austin-Raffan 3. Oscar Sear 4. Mylo Davies 	<ol style="list-style-type: none"> 1. Pantha Tilsley 2. Hanne McWilliam 3. Chloe Liu 4. Mischa Gerber
Junior Boys 800m Finals	Junior Girls 800m Finals
<ol style="list-style-type: none"> 1. Luke Larcombe 2. Ben Wilsher 3. Will Easton 4. Cai Jeffreys 	<ol style="list-style-type: none"> 1. Matilda Whitehead 2. Lyla Singleton 3. Yasmin Offwood 4. Charley Floyd
11 Yrs Boys 800m Finals	11 Yrs Girls 800m Finals
<ol style="list-style-type: none"> 1. Jacob Kimball 2. Henry Cannon 3. Archie Grimes 4. James Bousie 	<ol style="list-style-type: none"> 1. Madeline Simmons 2. Zoe Rheinberger 3. Margot Connell 4. Frankie Floyd
12 Yrs Boys 800m Finals	12 Yrs Girls 800m Finals
<ol style="list-style-type: none"> 1. Tyler Brown 2. Sam Davis 3. Finley Vaughan 4. Lachlan Edwards 	<ol style="list-style-type: none"> 1. Pantha Tilsley 2. Ellen Hirschi 3. Maya Denoux 4. Kyra Mykityshyn



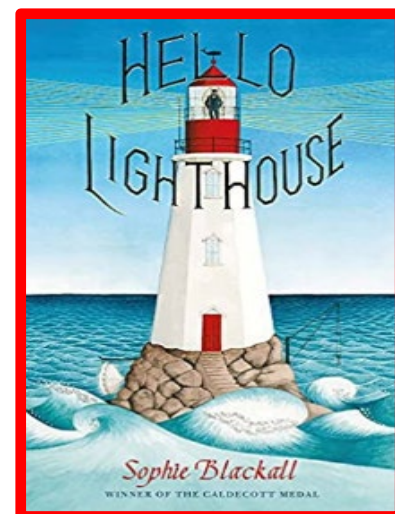
Once again, a great week in the library. Enthusiastic readers of quality literature are everywhere!

This week students will be listening to the shortlisted book “Hello Lighthouse” by Sophie Blackall. This quality text is ideal to read to students because of the many symbols and subtleties in the text.

Reading to and reading response can be experienced by students Kinder through to Year 6 and fits beautifully with our language, learning and literacy program (L3). The book stands up to multiple readings each time focusing on meaning and literary appreciation.

For those who are familiar with local and regional lighthouses you may like to test your skills of observation on the following lighthouses and even know the name for those who are lighthouse enthusiasts!

Answers over the page *



Pic 1



Pic 2



Pic 3



Pic 4

LIBRARY NEWS

Year 5 and 6 Borrowing Limits

Students in Years 5 and 6 may now borrow two books. I will trial the increase and impact it has on the library as related to quarantining of books, storage and shelving. Hopefully, the increase can be extended to other grades shortly. Students in Years 3 to 6 may still return and borrow at lunchtimes on Monday, Wednesday and Friday. Thank you for your understanding in these unprecedented times.

- Important dates: Indigenous Literacy Day Wednesday September 2.
- Premier's Reading Challenge closed last Friday 28 August - any issues please see the library team.
- * Lighthouse Answers: (Pic 1) Barrenjoey, (Pic 2) Macquarie, (Pic 3) Grotto Point and (Pic 4) Kiama.
- A lighthouse enthusiast is a pharologist!

Happy Reading!

Roslyn Elliott
Teacher/Librarian

P&C NEWS

P&C Meeting next Monday 7 September 2020 at 7pm - 8pm via Adobe Connect

It's easier than ever to participate in the P&C meetings as they are now online. We can understand that with many people working from home the last thing you feel like doing at 7pm is staring at the computer! Why not just listen on the sofa with a cuppa? The meetings only last an hour and are full of informative information from the school and P&C Executives about the latest activities affecting our students and community. Plus, it's easy to ask questions using the comments tool.

To register for the meeting this **Monday 7 September at 7- 8pm**, please click on this link: <https://forms.gle/YnzZYBsNPRarQbQb6>. You can also use this to post any questions in advance. To enter the meeting on Monday, click on this Adobe Connect link: <https://connect.schools.nsw.edu.au/pandc7september/>. Remember to log out of the previous meeting if you attended last time.

P&C online meetings survey - How can we improve your experience?

Please take two minutes to complete this anonymous survey to help us understand what we could do to make it easier for more parents and carers to participate in the online meetings: <https://www.surveymonkey.com/r/DKM5TGL>

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. 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 is an example of potential savings within the Membership and is subject to available offers at any one time.

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:

Please check you have your Summer uniform ready for Term 4. There is a limited number of second-hand items at this time, grab them quick!

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

ARABANOO NEWS

Vacation Care - out now!

Our Spring program is out now and includes some of these exciting activities, a Giant Bouncy Castle, Cartooning, Harry Potter Day, Laser Tag, Medieval Day, Wheelchair Basketball and heaps more! Please visit our website or the sign in/out desk to grab a booking form. Book in fast to avoid missing out.

PMC Meeting Minutes

Our PMC meeting minutes are available to read via our Arabanoo newsletter or please download them from our website. Thank you for all those who attended. The next meeting is 11 November 2020.

Donations - thank you

Thank you for the donations of lino and pipes, they are being put to creative use already. So far the children have been making marble runs, water towers, bridges, dens and many other wonderful creations.

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

W - www.arabanoo.com



CHILDREN'S ACTIVITIES SPRING HOLIDAYS ONLINE



Indian Jungle Dance

Wednesday 30 September, 10.30-11.30am | All ages | Zoom
Join Shyamia Eswaran to explore the jungles of South India in this unique movement-based adventure. Through story-telling, fun facts, and first-hand experience. Shy teaches children how to move and act like Indian Animals in the wild. Held online via Zoom. The event link will be emailed to attendees the week before.



Make Em Laugh

Friday 2 October, 10.30-11.30am | Ages 5-12 | Zoom
A fun filled workshop where celebrated clown and mime artist Jean-Paul Bell leads the students through a variety of exercises looking at physicality, comic timing, slapstick, prop humour and sight gags all leading to the creation of a comic character. Held online via Zoom. The event link will be emailed to attendees the week before.



Origami Animals

Tuesday 6 October 10.30-11.30am | Ages 5-8 | Zoom
Create origami animals and your own paper menagerie. Paper and scissors are required. Held online via Zoom. The event link will be emailed to attendees the week before.



Meet the Monsters

Wednesday 7 October, 10.30-11.30am | Ages 9-12 | Zoom
Adventure through the magical world of puppetry with Gamma Lark. In this high energy creative workshop, children will devise, develop and build their very own monster puppets. The following items are required for this workshop: Toilet rolls (4-5), Scissors, paint/markers and pipe cleaners/string. Held online via Zoom. The event link will be emailed to attendees the week before.

For more information and bookings visit
events.mosman.nsw.gov.au

Mosman COUNCIL

MOSMAN LibraryService

Barry O'Keefe Library
605 Military Rd, Mosman
9978 4091



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seaforthgirlscricket@gmail.com

Rotary Club of Manly



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



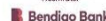
2KM, 5KM & 10KM
SUNDAY, 6 SEPTEMBER 2020

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

REGISTRATION NOW OPEN: WWW.MANLYFUNRUN.ORG

MAJOR SPONSORS:

IN-KIND SPONSORS:



Live Life Well @ School

STAY SAFE ONLINE

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

Stay safe online

For online safety:

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them.

Cyber safety is everyone's business!

For more information:
esafety.gov.au/iparent



Developed by Northern Sydney Local Health District





Casual Work

1 X Casual position - Manly Local Government Area - 4720

Help protect our vibrant school communities

Become a Casual School Crossing Supervisor!

- Keep our kids, parents and teachers safe on the road
- Be a second pair of eyes for our local motorists
- Earn an income and still have time to live your life to the fullest

Shifts fall between the school zones hours 8.00am to 9.30am and 2.30pm to 4.00pm, with a minimum of one, one hour shift as and when required Monday to Friday during the school term.

Does this sound like you?

- ✓ Reliable in good or bad weather
 - ✓ Good communication skills
 - ✓ Community spirit
 - ✓ Positive energy
- ✓ If it does, visit jobs.transport.nsw.gov.au to apply today!

Applications close Sunday, 13th September 2020



OCTOBER DRAMA WORKSHOPS



ENROL NOW

WWW.MSTYP.ORG.AU

KILLARA AND ONLINE

WE TAKE CREATIVE KIDS VOUCHERS
1 - 5 DAYS CLASSES AVAILABLE

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THEATRE
FOR YOUNG
PEOPLE