

THE HEIGHTS

Term 3 | Week 8 | 9 September 2020



Balgowlah Heights
Public School

Connect | Succeed | Thrive



2020 Student Leaders

PRINCIPAL'S MESSAGE

Wellbeing

In focussing on our wellbeing, we have created a number of additional play areas and activities for the students to undertake this year. The photos below are some examples of these areas and activities on the Eastern Campus.



Play Equipment-Recess and lunch



Sandpit-Lunch



Picnic Tables-Recess and lunch

PRINCIPAL'S MESSAGE



Grass Passive Area-Morning, recess and lunch



Yarning Circle-Lunch



Native Bee Hive-Lunch



Oval-Morning, recess and lunch



Playzone-Recess and lunch



School Mascot-Morning, recess and lunch



Vegetable Garden-Lunch



Garden Area-Morning, recess and lunch



Sandpit-Lunch



PRINCIPAL'S MESSAGE

School Planning 2021

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 complete the eForm **"Not Returning to BHPS in 2021"** on the Skoolbag App.

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**.

Bush to Bowl

Bush to Bowl is a program being developed by Adam Wilder and Clarence Bruinsma. The aim of the program is to work with the community and wider northern beaches in providing native bushfood plants and education on the traditional Aboriginal uses of our native Australian plants, whilst also teaching about how to make use of these plants in our modern world.

This also includes providing education programs for students. The greenhouse which has been constructed in the north eastern corner of the Eastern Campus is part of this project.



The Greenhouse

Term 3 Reminder Invoices

School reminder invoices will be emailed later this week. 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.

It would be appreciated if our school invoices could be finalised by Friday 18 September 2020. Currently 66% of contributions have been forwarded to our school. As discussed at our recent P&C Meeting, this leaves a significant shortfall in school funding. If you would like further information on this matter you are welcome to contact me for details or read the minutes of the P&C Meeting which will be available on the school website next week.

Father's Day

Thank you to Robyn Nowytarger and her helpers for organising the Father's Day gifts.



PRINCIPAL'S MESSAGE

Upcoming Events

Term	Date	Activity	Time
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		
Term 3 Week 10	Monday 21 September	Recognition Assembly	9.15am
	Tuesday 22 September		
	Wednesday 23 September	Thumbs Up Celebration Day SportsPro (Years K, 1, 4)	
	Thursday 24 September		
	Friday 25 September	Last day of Term 3	

David Shuster
Principal



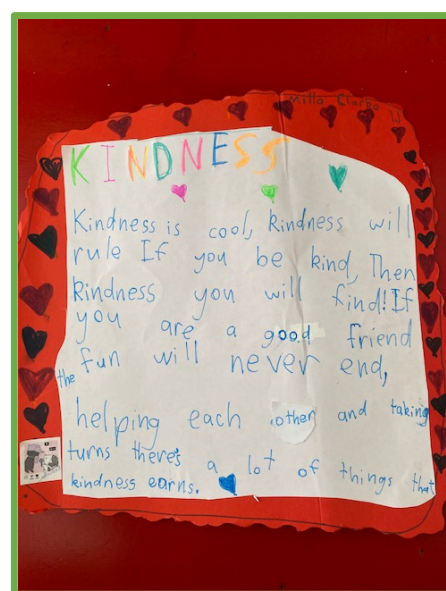
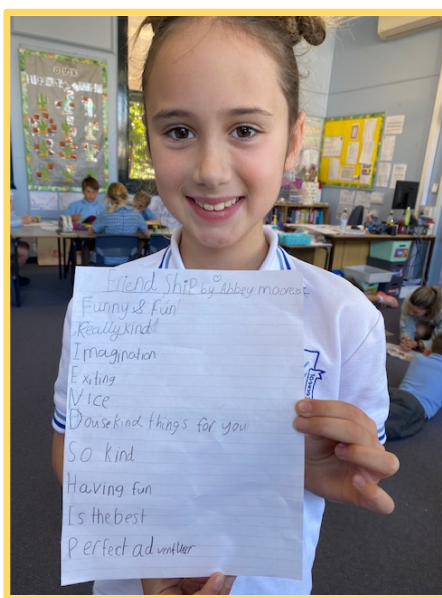
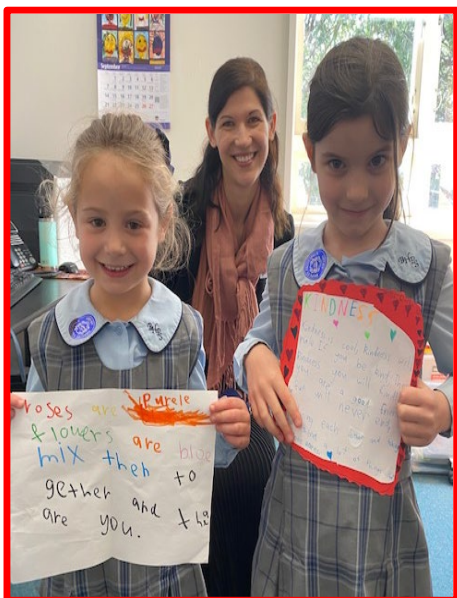
WELLBEING CORNER

Wellbeing Week

A special thank you to our Balgowlah Heights Public School whole school community (staff team, parents, carers and students) for embracing the spirit of Wellbeing Week. We hope you had the opportunity to reconnect and relax.

Thank you to our wonderful students who demonstrated their creativity in writing friendship and wellbeing poems last week. Thanks for sharing them proudly!

A special thank you to the Social Committee for spoiling staff with treats and heartfelt video messages from our students. A highlight was watching our students complimenting and showing gratitude to our SASS staff and teachers. We are grateful to our hardworking and generous P&C who contributed to making our SASS team feel valued. Let's keep the spirit of kindness and gratitude alive!



WELLBEING CORNER

In last week's Wellbeing Week Homework Grid there was an activity that asked students to write a poem about friendship. Printed below is a poem from Carla Anderson (6P)

***“ Friendship is advice when you want it
Encouragement when you need it
And criticism when you ask for it***

***Friendship is knowing you can
Confide
Laugh
And be whatever you want***

***Friendship is being able to
Live
Love
And have fun***

***Friendship is like the pot of gold underneath the rainbow
The lucky four-leaf clover you found and kept
Your favourite book you read on repeat***

***Friendship is feeling like
You
Can
Do anything with them “***

Michelle Cruickshank | Wellbeing Teacher



WELLBEING CORNER

Each week students learn how to be respectful, responsible and try their personal best as part of our positive behaviour for learning program (PBL). This week students will learn how to show their personal best at eating time. Students will use scenarios to discuss ways they can demonstrate their personal best at eating time.

Personal Best

Learning Intention

We are learning to achieve our personal best at eating time.



Success Criteria

- Wash your hands before going out to eat your lunch.
- Sensibly walk to your grade's designated eating area with your hat, drink bottle and lunchbox.
- Sit down to eat your lunch (no sharing of food).
- Raise your hand when you are finished eating.

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. The following students will receive their Silver Award at the next class assembly.

Silver Awards	
Year 4	Year 5
Sophia Mooring (4K)	Lily Cassanova Menou (5V)

Emily Rhodes | Deputy Principal



Premier's Debating Challenge Update

Last Thursday, our two debating teams competed against Beacon Hill in Round 2 of the Premier's Debating Challenge.

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

1st Debate: *"Should primary school kids be banned from using phones?"*

The BHPS Opinionators debated this topic against Beacon Hill Black. The Opinionators argued for the affirmative side while Beacon Hill argued for the negative. The debate centered around three big questions:

- Which would be better for learning?
- Which would be better for relationships with friends and family?
- Which would be better for wellbeing and safety?

In the end, Beacon Hill Black were able to convince the adjudicator that the status quo is just fine and that the change would lead to more harm than good and therefore they were awarded the debate.

2nd Debate: *"Should kids be forced to save all their money until they are 18"*

The BHPS Expressers debated this topic against Beacon Hill White. Beacon Hill debated for this change while the Expressers debated against this change. This debate came down to three points:

- What are the benefits of spending our money?
- What are the benefits of saving our money?
- What is the impact of saving all our money until we are 18?

The adjudicator was impressed with the arguments that were put forward and by the end of the debate, the adjudicator was convinced that there was more value in letting children make financial choices and so the debate was awarded to the negative team, the BHPS Expressers.

We look forward to our third and final round where we will debate topics to do with sports, health and fitness against Beauty Point Public School and Wakehurst Public School.

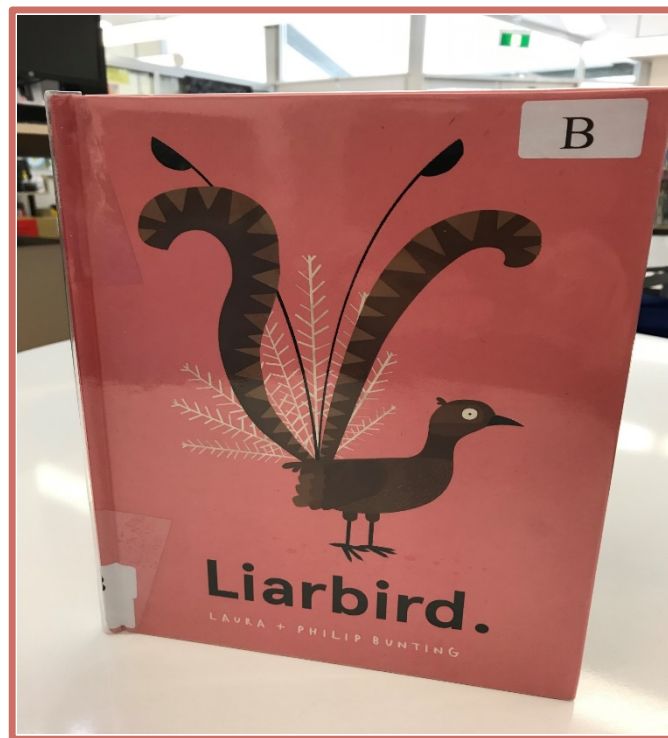
Laura Ewan and Kim Santer
Debating Coordinators



Last week we celebrated Indigenous Literacy Day by viewing the livestream from the Sydney Opera House. It is still available on YouTube to view at home [click here to open the link](#)

We are awaiting Term 4 guidelines to see if a Book Week Parade is able to go ahead.

With Wellbeing Week being celebrated last week, navigating feelings and emotions were top of my thoughts for students. This week we are reading the amusing book "Liarbird" which creates great discussion about telling the truth. Is there room for a little white lie?



Book Borrowing Limits

Super news for all those avid readers, the book borrowing limit has been raised to two books per student. Years 3 to 6 have the additional option of returning and borrowing at lunchtimes on Monday, Wednesday and Fridays during first half lunch.

Holiday Reading

Books may be borrowed in Week 9 that will extend over the holiday period. Please check and return any overdue books. I'm happy to accept even the most overdue books. It's great to have them returned no matter how late. Library lessons will not occur in Week 10 because of stage based collaborative planning for teachers.

Happy reading!

Roslyn Elliott
Teacher | Librarian

P&C Meeting highlights and survey

Thank you to the parents who log on to our P&C meetings each time! We'd love to see more parents and carers participate so please let us know how we can make it easier for you by filling in this very short and anonymous survey: [click here](#)

Highlights from Monday's meeting:

- 66% of families have paid their school fees for Terms 1 to 3. This means a \$140k shortfall in school funds so far this year which limits resources and programs the school can operate for the students such as laptops and iPads that cannot be upgraded this year.
- 58% of P&C contributions have been paid which may affect the ability of the P&C to subsidise learning support programs in the future such as Multilit, Mini Lit and MacqLit.
- Due to COVID-19 restrictions, P&C fundraising is also down overall with \$6k raised this year compared to \$56k this time last year.
- Arabanoo update - attendance numbers are returning to normal although still lower in the mornings; lots of new activities have been introduced; the Eastern campus building is on hold until the electricity upgrade; and an emotion coaching course will be on offer for all parents in Term 4.
- Canteen figures are up despite no counter sales. Parent volunteers are still unable to come on site.
- Educational 'Bush to bowl' program and greenhouse created on Eastern campus.
- Thanks to Michelle Cruickshank for her update on the school's Wellbeing program.
- [Worn up](#) school uniform recycling program presented as an option for the school to reduce waste in landfill.

Father's Day gift stall family dream team

A huge thank you to Robyn Nowytarger and her family for all their hard work organising the Father's Day online gift stall. Robyn's husband Leon Nowytarger helped with packing and delivering the products and their children Tahlia, Marcus, Sienna (5V) and Mila helped deliver on the day. With \$5 from each high-quality gift going to the P&C the whole event raised a total of \$1,185. Amazing work - thank you to the Nowytarger family for your massive team effort!

Bally Bolters raise money for Surf Lifesaving NSW

Well done to Charlie Andersen and Lachie Holley from 5L for raising a whopping \$513 for Surf Lifesaving NSW! They decided to run the Bally Bolt even though it was cancelled, and through generous donations from race participants, the P&C are able to match their fundraising efforts, bringing the total donated to this worthy cause to \$1,000. We are giving Charlie and Lachie Manly Surf n Slide passes originally donated to the event and a Bally Bolt trucker hat each. Thank you boys for your wonderful generous community spirit!



HUGE thank you to those families who chose to donate their Bally Bolt ticket cost back to the P&C. This covered costs incurred of over \$7k - with \$77 leftover! Look forward to hopefully seeing you at the 2021 Bally Bolt.

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



UNIFORM SHOP NEWS



Opening Hours

Tuesday: 8.30am - 9.30am

Thursday: 2.30pm - 3.30pm

CLOSED SCHOOL HOLIDAYS

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

Summer Uniforms - Term 4

Only 3 weeks left !!!

It's time to get your summer uniforms. 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- filling fast

We've had an avalanche of booking forms already for the Spring Vacation Care, so get your forms in soon to confirm your spot. We have heaps of fun activities including a Giant Bouncy Castle, Cartooning, Harry Potter Day, Laser Tag, Medieval Day, Wheelchair Basketball and lots more! Please visit our website or the sign in/out desk to grab a booking form.

Emotional Coaching -all parents/carers welcome

In Term 4 we are offering a fully funded program designed to help parents build emotional intelligence techniques to tackle everyday family struggles and teach you and your children how to talk about and manage overwhelming emotions.

Why emotion coach?

Research shows that children who are supported to talk about difficult emotions improve family/peer relationships, become more adapt at problem solving and have increased emotional wellbeing and resilience. The program will teach emotion coaching skills to use with your children. Especially useful if you're parenting children who are struggling with anxiety or managing their anger.

Sarah Cocksedge who is an accredited Counsellor (PACFA) and trained facilitator of emotion coaching "Tuning in to kids" will be running the program. An email will be going out soon to assess interest in the program. It will likely be held one evening a week for 4 - 6 weeks via zoom.



ARABANOO NEWS

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

COMMUNITY NEWS

CHILDREN'S ACTIVITIES SPRING HOLIDAYS ONLINE



Indian Jungle Dance

Wednesday 30 September, 10.30–11.30am | All ages | Zoom
Join Shyamla 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.



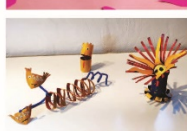
Make Em Laugh

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 Gemma 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

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seaforthgirlscricket@gmail.com



COME AND TRY SOFTBALL WITH US

REGISTRATIONS ARE NOW OPEN!



Looking for a friendly summer team sport with an emphasis on building skills, confidence, and having fun? Come and try softball with your local community Peninsula Softball Club. We can place you and/or your child in a team, all levels of ability are catered for - from ages 4 and up. Season starts October 17, 2020

For more information about Summer Softball & registration visit www.peninsulasoftball.com.au

IF YOUR CHILD WOULD LIKE TO GIVE IT A GO, COME TO THE FREE TRY SOFTBALL DAY!

Try Softball Day: 9-12pm September 29, 2020 Abbott Rd Softball Fields, North Curl Curl

Register your interest for the Come and Try Day at www.come-and-try.com



NIPPER INFORMATION & REGISTRATION DAYS

Sunday 13th September 9:00-11:30am & Friday 18th September 5:00-7:30pm
Dee Why Club House for U6 to U14 (U6 must turn 5 by 30th September 2020)

SWIM EVALUATION DATES: Sunday 20th & 27th September 12:00-3:00pm
U8-U9 12-1pm; U10-U11 1-2pm; U12 & up 2-3pm Pittwater House (gold coin donation)

NIPPER SEASON STARTS 11th October 2020



U6 & U7 \$75 / U8 to U13 \$90 / U14 \$120

Nipper Parent \$60

Family Membership \$250



Surf Life Saving are an eligible sport as part of the [Active Kids Rebate](#) program

NIPPER CONTACT & COMMUNICATIONS

Email: nippers@dyslsc.org.au

Website: <http://dyslsc.org.au/nippers/nippers-info-and-sign-up/>

Facebook: <https://www.facebook.com/groups/deewhynippers/>

TeamApp: <https://deewhynippers.teamapp.com/>



Live Life Well @ School

KEEPING KIDS ACTIVE AT HOME



Looking for ideas to keep your kids active at home?

Download a copy of our 'Keeping Kids Active' guide:
nshp.com.au/KeepingKidsActive



Developed by Northern Sydney Local Health District



TENNIS AND COMBINED SPORTS CAMP



www.bareenatennis.org.au

PRIZES!!!

For outstanding achievements
Phone: Oliver 0403 833 293

CAMP 1: 28th Sept. – 2nd Oct. 2020

CAMP 2: 6th Oct. – 9th Oct. 2020



Edwards Chinese Medicine Clinic
02 9948 1600

