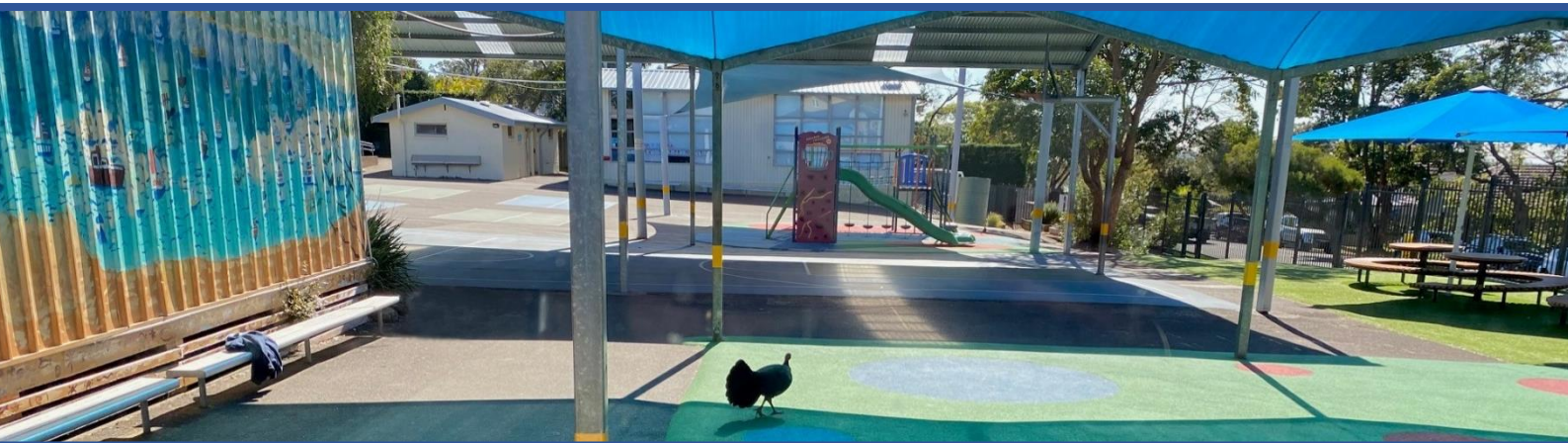


# THE HEIGHTS

Term 4 | Week 1 | 6 October 2021

CONNECT SUCCEED THRIVE



## PRINCIPAL'S MESSAGE

Welcome back to Term 4. I trust you and your family had a safe and enjoyable break. This term we look forward to our students returning to face-to-face learning and several activities such as our modified Kindergarten Orientation Program. In upcoming weeks, we will provide you with information regarding return to face-to-face learning and our emphasis on students' social and emotional wellbeing and hygiene and social distancing practices. This will include room ventilation.

### Staffing

We welcome Mrs Loretta Csanyi who will be teaching Class 6C this term.

### Home Learning

We look forward to our students returning to face-to-face learning on the dates listed below.

Year	Return to School Dates
Kindergarten and Year 1	Monday 18 October 2021
Years 2 and 6	Monday 25 October 2021
Years 3, 4 and 5	Monday 1 November 2021

Your support in continuing our Home Learning programs until these dates is very much appreciated. To assist students in their return to school several initiatives will be implemented. Further information on these initiatives will be provided in the near future.

In addition to this information, the Department of Education provides a range of information for students and families on mental health and wellbeing. This information may be accessed through the link below.

[Wellbeing for students and families \(nsw.gov.au\)](https://www.nsw.gov.au/wellbeing-for-students-and-families)

To assist in our organisation for next week (Monday 11 October-Friday 15 October), if you are planning to send your child to school because you are an essential worker, could you please complete the google form by 10.00am Thursday 7 October 2021. [Google form](#)

Even if you have completed a google form for this week, we require you to register for the week commencing Monday 11 October.

# PRINCIPAL'S MESSAGE

## Kindergarten 2022 Information Sessions

Due to Covid-19 restrictions we have replanned our Kindergarten Orientation program for Term 4. Information has been emailed to all families involved. The program will now involve two parent Zoom Information Sessions, Orientation Zoom meetings with children and a Kindergarten Newsletter for the children which will contain a range of activities. See page 6 of this week's Newsletter for further information.

## Term Overviews

This week we will be sending home by email a Term Overview for each grade. The Overview will detail the topics and concepts the students will be studying this term. Please note the Overview is a guide and the topics and concepts may vary.

## Social Distancing | Hygiene Practices

We look forward to our students returning to school later this term on the dates listed on page 1 of this Newsletter. The Department of Education has strongly recommended all students wear masks indoors and outdoors unless eating or exercising, upon their return to school. Our school will have child size disposable masks available or you are welcome to organise a mask for your child.



## 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. We currently have had 50 families complete the survey.

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 up until Monday 18 October 2021.

Go to the site below on your computer or tablet:

<http://nsw.tellthemfromme.com/b2sx5>

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>

## 2022 School Planning

In the near future we will be commencing the process of organising classes for 2022. If you will be moving from our school at the end of this year it would be appreciated if you could complete the [google form](#).

## Home Learning Activities

As part of our Home Learning Activities there are activity sheets the students undertake. To assist access to these activity sheets in Years K-4 we have created a Google drive for each grade which is detailed below. The link for each grade will also be included in the week's Home Learning Program.

Kindergarten: [2021 Kindergarten home learning printable resources - Google Drive](#)

Year 1: [2021 Year 1 home learning printable resources - Google Drive](#)

Year 2: [2021 Year 2 home learning printable resources - Google Drive](#)

Year 3: [2021 Year 3 home learning printable resources - Google Drive](#)

Year 4: [2021 Year 4 home learning printable resources - Google Drive](#)



# PRINCIPAL'S MESSAGE

## P&C

The next meeting of the P&C Meeting will be held on Monday 18 October at 7.00pm on Zoom. All parents are very welcome to attend. Discussion topics for this meeting include:

- Home leaning update
- NAPLAN

To register please [click here](#): This link also provides the opportunity for you to detail questions you would like addressed.

A zoom link for the meeting is provided below:

<https://nsweducation.zoom.us/j/65090174942?pwd=TOhmbWhBbzFkZ2FJWHNKMFpzSDd2QT09>

Meeting ID: 540 698 5797

Passcode: 551722

## Selective High Schools 2023

Applications for students in Year 5 who wish to apply for a Selective High School (Year 7) in 2023 will open in the near future. Further information will be provided.

## ICAS Competitions

Due to remote learning we are no longer able to participate in ICAS for 2021.

ICAS has advised us of the process to follow to obtain a refund. You will need to email ICAS at [icasassessments@janison.com](mailto:icasassessments@janison.com) with the following:

1. Subject Line: Refund Request (Balgowlah Heights Public School)
2. A copy of the order confirmation that you received from ICAS when you registered and paid for your child/ren's ICAS tests.

## Student Leader's Message

Greetings BHPS! Welcome to the first week of Term 4. I hope everybody had a wonderful holiday spending time with family and friends using the bubble system. We have been through so much, but we can be back at school soon! I've personally been going to the beach with my friends often. I have also walked the dog, done some Tabata (a type of workout), skipping, sit-ups and push-ups (my arms are aching).

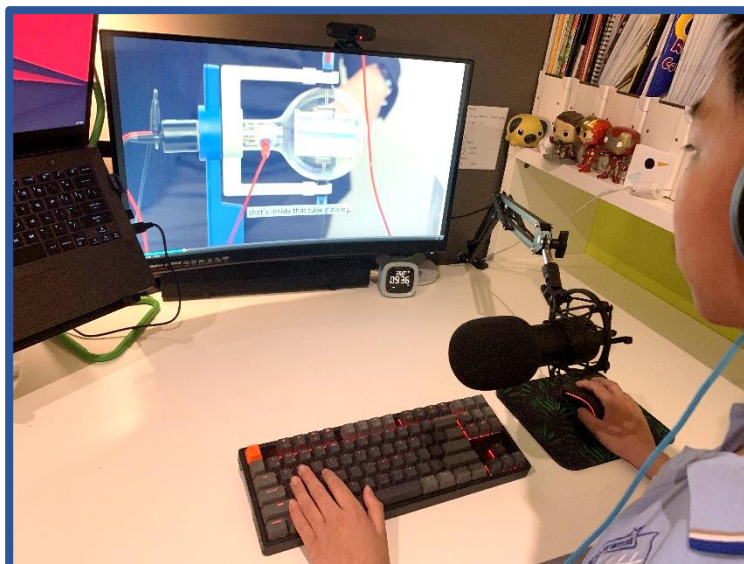
Even though the pandemic has taken many things away from us, there is a flip side!

*"It was the best of times, it was the worst of times," A Tale of Two Cities, Charles Dickens.*

There's a lot more time for me to touch up on subjects that I like, including physics lectures from the University of Melbourne. I have learnt so much from the lectures it's astounding! Physics is a topic everyone should try, and, by the way, it looks hard but once you grasp the concept it's pretty easy. Also, there are more opportunities to do volunteer work; such as helping the elderly and vulnerable in our community during these difficult times.

Have a very great start to term 4! See you back at school soon!

**Andre Kwok | Student Leader**





# PRINCIPAL'S MESSAGE

## Years 3-6 Check-In Assessments

The Check-in assessment is an online reading and numeracy assessment for students in Years 3 to 6. Students at our school will undertake these assessments later in the term upon their return to school. The Check-in assessments are designed to provide teachers with formative assessments that can give an indication of how students are performing. The Check-in assessment includes two online assessments:

- reading
- numeracy

The reading and numeracy assessments consist of between 40 to 50 multiple choice questions, with a suggested assessment duration of about 50 minutes each. Further information will be provided later in the term.

## Summer Uniform

The students are requested to wear their summer school uniform as of the beginning of this term when they recommence school.

Upcoming Events			
	Date	Activity	Time
Term 4 Week 2	Monday 11 October	Kindergarten Orientation Zoom 1 (Group A) Years 3/4 Grade Zoom Meeting	9.45-10.15am 2.00pm
	Tuesday 12 October	Kindergarten Parent (2022) Zoom Information Session	7.00pm
	Wednesday 13 October	Kindergarten Orientation Zoom 1 (Group B) Years 1/2 Grade Zoom Meeting Kindergarten Grade Zoom Meeting	9.45-10.15am 2.00pm 2.30pm
	Thursday 14 October	Kindergarten Orientation Zoom 1 (Group C) Years 5/6 Grade Zoom Meeting	9.45-10.15am 2.00pm
	Friday 15 October		
Term 4 Week 3	Monday 18 October	Students in Years K & 1 return to school Kindergarten Orientation Zoom 2 (Group A) Years 3/4 Grade Zoom Meeting P&C (Zoom)	9.45-10.15am 2.00pm 7.00pm
	Tuesday 19 October		
	Wednesday 20 October	Kindergarten Orientation Zoom 2 (Group B) Year 2 Grade Zoom Meeting	9.45-10.15am 2.00pm
	Thursday 21 October	Kindergarten Orientation Zoom 2 (Group C) Years 5/6 Grade Zoom Meeting	9.45-10.15am 2.00pm
	Friday 22 October	World Teachers' Day	

**David Shuster | Principal**



## Welcome back to Term 4



### PICK UPS | DROP OFFS

- In the morning please say your "goodbyes" at the gate.
- Kindergarten students will conclude at 3pm.
- In the afternoon please collect your child at the gate.



### SCHOOL ATTENDANCE

If your child is not well, your support in keeping your child at home is appreciated.



Under the current health guidelines, if your child has cold/flu like symptoms a COVID-19 test is required before returning to school.

### STUDENTS - MASKS

The Department of Education has strongly recommended all students wear masks upon their return.



### BUBBLERS

All students to bring a drink bottle as the school bubblers are non operational.



### KINDERGARTEN 2022

Parent information Zoom sessions for Kindergarten 2022 are:  
Tuesday 12 Oct & Tuesday 26 Oct 7-8pm.

#### Orientation dates for 2022

Kindergarten students

Zoom sessions 9:45 - 10:15am:

- Group 1 | Mondays 11 & 18 Oct
- Group 2 | Wednesdays 13 & 20 Oct
- Group 3 | Thursdays 14 & 21 Oct



Parents have been advised of Groups.

### RETURN TO FACE-TO-FACE LEARNING

- **Kindergarten & Year 1: Monday 18 Oct**
- **Years 2 & 6: Monday 25 October**
- **Years 3, 4 & 5: Monday 1 November**

**OPEN**

### THANK YOU

Thank you to all the wonderful BHPS Parents and Carers for your support.





## BALGOWLAH HEIGHTS PUBLIC SCHOOL 2022 VIRTUAL Kindergarten Orientation Program



### \* PARENT INFORMATION SESSIONS

**Tuesday 12 October | 7-8pm (Zoom)**

Register to join: <http://bit.ly/BHPS12OCT>

Zoom link: <https://bit.ly/3n7dwll>

- School Readiness
- Meet the 2022 Kindergarten Teachers
- A day in the life of a Kindergarten student
- Overview of the Best Start assessment

**Tuesday 26 October | 7-8pm (Zoom)**

Register to join: <https://bit.ly/BHPS26OCT>

Zoom link: <https://bit.ly/3zO9h41>

- P&C Information
- Arabadoo | Canteen | Uniform Shop | Walking bus

### \* VIRTUAL KINDERGARTEN ORIENTATION

Orientation zooms for children 9.45 - 10.15am

Zoom link: <https://bit.ly/BHPSorientation2022>

- Group 1 | Monday's 11 and 18 October
- Group 2 | Wednesday's 13 and 20 October
- Group 3 | Thursday's 14 and 21 October
- All Groups Monday 1 November

### \* KINDERGARTEN NEWSLETTER

For more information

*(password protected for Kindergarten 2022 families)*

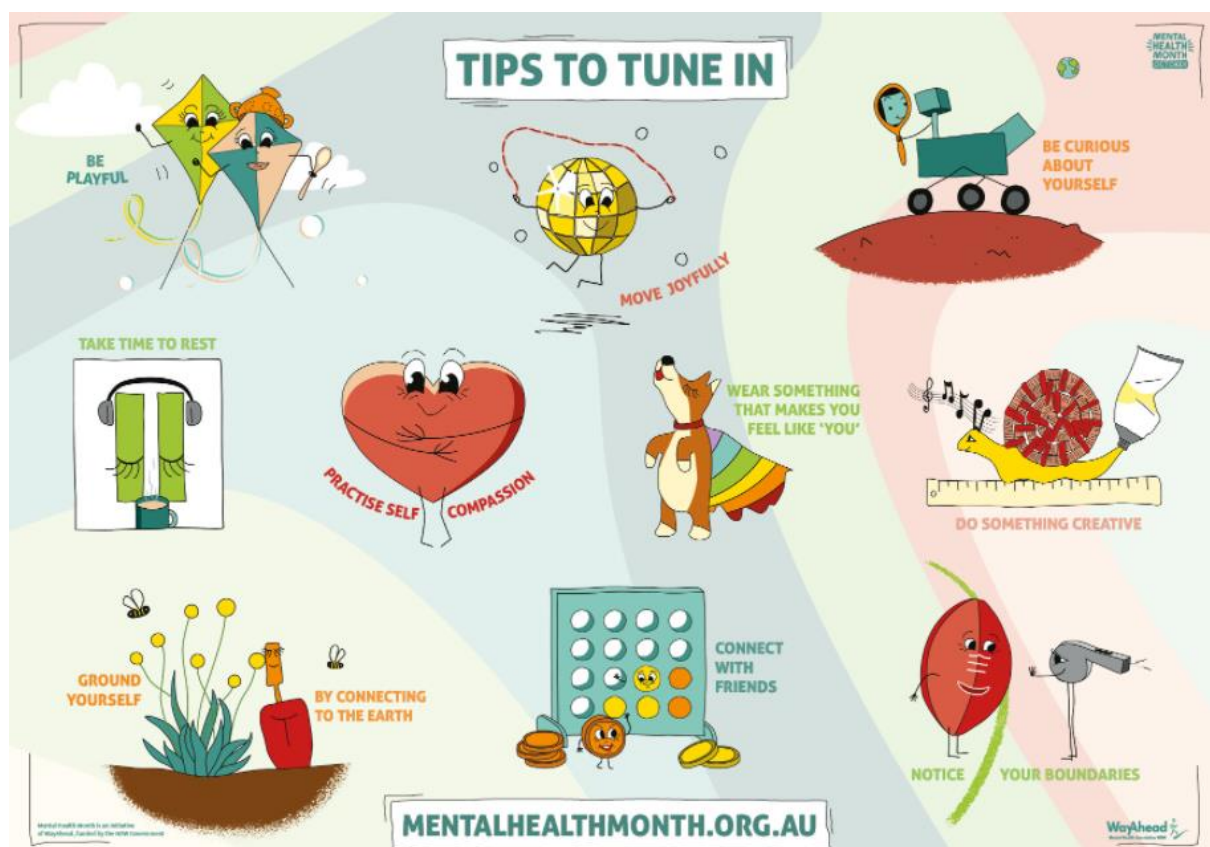
<https://bit.ly/BHPS2022>

- Virtual school tour
- Virtual orientation videos & activities (published Oct 2021)
- Starting school parent information





## Mental Health Month



October is Mental Health Month in Australia. It is a reminder to stop and think about your mental health and wellbeing, and the wellbeing of those around you. The theme this year is Tune In. Tuning in means being present, being aware of what's happening within you, and in the world around you. Taking a moment to Tune In can help still and focus your mind. It can help you find a new perspective, build self-awareness and build positive connections.

Parents and carers are a key audience for NSW Department of Education's [Wellbeing Week](#) next week as there is a great line-up of events and resources in recognition of Mental Health Week. **Highlights include a full week of free virtual events** with special evening sessions by partners Black Dog Institute, eSafety Commissioner, Headspace Schools and Smiling Mind. There are **helpful tips** and **links to supportive resources** on our DOE Wellbeing webpages.

The Department of Education's Distance and Rural Technology Learning is presenting two sessions for parents and carers of primary school students as part of Wellbeing Week from the eSafety Commissioner and Smiling Mind. These free, live events are all open for registration now at DART Learning. I encourage you to register for these informative sessions.

Date	Time	Session
Monday 11 October	7.30pm	<a href="#">eSafety's parent guide to online gaming</a> External link (for parents and carers of young people aged 8-13)
Tuesday 12 October	7.30pm	<a href="#">Building resilience and wellbeing in the home - with Smiling Mind</a> External link (for parents of primary-aged children)

# WELLBEING NEWS

Why not kick off Term 4 and October with a fresh boost of optimism with your family? The [Action for Happiness Calendar](#) below has some daily actions you could try.



We have so much to look forward to this term and beyond!

**Michelle Cruickshank | Wellbeing Teacher**

**Week 1 and 2 Wellbeing and PBL Focus**

This fortnight's focus:

**Celebrating my personal best**

We are learning to celebrate our personal best by reflecting on what motivates us.



## P&C News

To keep up to date with all our news and events, please join the private [BHPS P&C Facebook Group](#).

## Operation Wattle Bottle Drive – a TBC start

A huge thank you to all the parents and members of the community who kindly donated their 'return and earn' to support our greenhouse drive. With an extra special thank you to parent Greg O'Toole from The Berryman who kindly drove an entire truck of recycling to the depot, to Felicity Stevens for volunteering her house as a drop-off point and to Kylie Chesson from ReCollect.



We are delighted to report we collected over 5,838 containers, saving 299kg from landfill and raising \$544.85 towards our \$2,000 target.

The bottle drive was such a success that we are planning on doing another collection at the end of November so start saving your bottles now!

## Thank you to Balgowlah RSL

On behalf of the P&C we would like to say thank you to Balgowlah RSL for their kind donation of \$2,100 towards P&C projects. This unexpected support was a nice surprise and funds will be put towards our outdoor classroom and other P&C Projects. The RSL have been a supporter of the Bally Bolt in previous years and this donation was given in lieu of these events being cancelled.



## Competition time - guess the number of seeds!



Head to our Facebook page to guess the number of endangered Sunshine Wattle seeds in the jar. The lucky winner could receive a Bush-to-Bowl Food Starter Kit. One entry per family - get your guesses in by Friday 8 October! This is the start of the exciting Operation Wattle project that Year 3 students will be undertaking this term. You'll be able to find out more about this project by dialling in to our P&C zoom meeting in week 3.

## School Uniform update

For those that are getting organised and ordering school uniform for Term 4 and next year, please find following a brief update on the school uniform review. More detailed information will be shared in the coming weeks in this newsletter, in our Facebook group and via In the Loop and class coordinators.

- Some parts of the uniform are changing from next year starting with Kindergarten 2022
- These changes will be phased in/out gradually
- Existing uniform is still in stock and can be worn by all years until no stock is left
- Older years are not expected to purchase new uniforms
- If you have children that are passing down their uniforms to younger siblings, they are still able to wear this uniform – as the changes will be phased in/out over a 3 year period

If you have any immediate questions, regarding the options for school uniform, please contact [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)

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

## The P&C team

P&C proudly supported by



Whitehouse  
Real Estate

9948 0666  
[whitehourealestate.com.au](http://whitehourealestate.com.au)

## **OPEN for Click and Collect Only | Tuesdays: 2.00pm - 3.10pm**

Please have your Order in by 12pm Monday for next day collection.

Second-hand items are unavailable online.

TUESDAY "Click and Collect" will be available for Kindergarten 2022 and all students needing Summer Uniform items. Flexischools is Open.

Collections will be from outside the Administration Office Tuesday 2.00pm - 3.10pm unless otherwise advised. Please Scan QR code at the school entrance.

**Kindergarten 2022** Please Order by emailing the Kindergarten 2022 Order Form to [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com) or order via Flexischools.

Order sooner rather than later in case you require a size exchange.

FLEXISCHOOLS - If you wish to cancel an item on your Flexischools Order, this must be done via Flexischools. The Uniform Shop cannot cancel Flexischools Orders.

## **Exchanges**

EXCHANGES CAN BE MADE WHEN ALL TAGS AND PACKAGING REMAIN INTACT AND WITHIN 28 DAYS OF PURCHASE. Please take care when opening uniform packages!

## **Exchanges Policy**

Within 28 days of purchase, together with a copy of the receipt.

Returned goods will only be accepted in resale condition: unworn, unwashed, unmarked with tags attached in **original intact packaging**. There are **no returns** or **exchanges** on Hats, Recorders, Hair Accessories, socks/hosiery and Second-Hand items.

**Size exchanges** can be made via the Administration Office, just **attach a note** with the size to swap to and your child's Name & Class. e.g. "Can I exchange this size 4 for a size 6 please"

## **YEAR 5**

Time to think about your Year 6 Leaver Jackets! If you have a design idea for the back of the jacket, please email your design through to [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)

Keep it simple, it must include an area to fit all your year's names, Balgowlah Heights Public School and 2022 or 22.

**Loretta Mykityshyn | Uniform Shop Manager**



## Primary Ethics

The Primary Ethics program is on track to restart face to face teaching in Term 1 2022, and we will need more volunteers so that we can maintain our 16 classes of ethics from K-6. Can you spare 30 minutes of your time on a Tuesday morning during term time? Full training is provided, and teacher training workshops will be available by Zoom in Term 4 in order to be ready for teaching in Term 1. Volunteers must be fully vaccinated.

We are especially looking for volunteers to teach Kindy in 2022, and Years 5/6.

For more information about the program, visit [www.primaryethics.com.au](http://www.primaryethics.com.au) or if you have any questions about what being a teacher entails, feel free to contact the school coordinator Jo Reardon on [bhps.ethics@gmail.com](mailto:bhps.ethics@gmail.com)

