

THE HEIGHTS

Term 4 | Week 9 | 1 December 2021

CONNECT SUCCEED THRIVE



PRINCIPAL'S MESSAGE

Year 6 Mini Fete

We look forward to the Year 6 Mini Fete on Friday 3 December. All students K-6 will have the opportunity to be involved in this event.

The times the students will attend the activities are:

Kindergarten	11.30am
Years 1 and 2	10.30am
Years 3 and 4	9.30am
Year 5	12.30pm

Students are welcome to wear 'Mufti' on this day.

Year 6 Play

We look forward to Year 6 presenting their plays on Friday 10 December 2021. (Please note the change of date). The students will watch the plays via Zoom in their classrooms. A recording will be made which will be sent home to Year 6 parents in the week beginning Monday 13 December 2021.

Term 3 and 4 Invoices

Thank you for the 77% of contributions we have currently received. Your support has resulted in the following resources being provided for your child's education at Balgowlah Heights.

- Technology contributions \$180,000
- On-line resources \$32,000
- School resources \$51,000

In addition, the school funds the following personnel to support your child.

- Additional teacher to reduce class sizes \$44,000
- Additional Learning Support Officers \$150,000
- Wellbeing Teacher \$45,000
- Additional Learning Support Teachers \$34,000

In 2022 we would like to provide the additional personnel and the resources listed above similar to this year. Your support is greatly appreciated.

PRINCIPAL'S MESSAGE

Canteen

Congratulations to our school canteen for achieving the NSW Healthy Canteen Strategy again. Further information is on page 7 of this newsletter.

Party Day

We look forward to our Party Day on Thursday 16 December. An email will be sent home in the near future with further details. All the students at 2.45pm will be part of a Farewell Arch for Year 6.

Year 6 Farewell

We look forward to our Year 6 Farewell Dinner which will be held at Balgowlah RSL on Monday 13 December 2021 (5.30-9.00pm). Invitations have been emailed to families with further details.

P&C Christmas Treasure Trove Auction

Our P&C Christmas Treasure Trove Auction closes on Sunday (5 December 2021) at 9.00pm. Thank you for the generous bids that have already been received. The Auction has already totalled over \$12,000.

PSSA Shirts

It would be appreciated if all school PSSA shirts (soccer, AFL, rugby league) borrowed earlier this year could be returned to school.



UPCOMING EVENTS

	Date	Activity	Time
Term 4 Week 10	Monday 6 December	Year 2 Talent Quest Final	12.45pm
	Tuesday 7 December	Kindergarten 2022 Orientation Visit Year 1 Talent Quest Final	9.30-10.45am 12.45pm
	Wednesday 8 December	PBL Thumbs Up Celebration Day Cupcake Day	
	Thursday 9 December		
	Friday 10 December	Kindergarten Talent Quest Final Year 6 Play	12.45pm 10.45am
Term 4 Week 11	Monday 13 December	Recognition Assembly Year 6 Farewell Dinner	9.30pm 5.30-9.00pm
	Tuesday 14 December	Talent Quest K-6 Final	11.30am
	Wednesday 15 December		
	Thursday 16 December	Years K-2 Party Day @ school Years 3-5 Party Day @ Clontarf Year 6 Party Day @ Tania Park Year 6 Farewell Arch	2.45pm
	Friday 17 December	Holidays commence	

David Shuster | Principal



SCHOOL NEWS

Years 3-6 International Competitions and Assessments for Schools (ICAS)

ICAS have advised us that refunds will be available until Friday 3 December 2021. Parents seeking a refund will need to do so before this time.

Catholic Special Religious Education Message To Students And Their Families

We have missed seeing you this year and can't wait to come back next year! We hope you have a Happy Christmas and a lovely break over the holidays. Click on the link below for an E-Message from your SRE Teachers and enjoy working your way through the beautiful Advent Activity Book containing art/craft/printables/recipes/stories etc. based on The Christmas Story. Warmest wishes to your school community and may the joy and peace of Christmas fill your hearts. From, your Catholic SRE Teachers.

[An Advent & Christmas Message from Catholic SRE Scripture Teachers](#)

LIBRARY NEWS

Book returns

All books must be returned to the Library please.

WELLBEING NEWS

PBL Celebration Day

Wednesday 8th of December

Mufti Day




Students are invited to wear mufti clothing with closed in shoes.

Wellbeing Corner

As we near the end of 2021, ensuring your child/children maintain a routine with plenty of time for a good night's sleep is important. It will help your child wake up refreshed. Sleep is important for your child's mental health and wellbeing, as well as their development. As we have returned to school routines and all extracurricular activities have started back, it has never been a better time to reflect on our sleep patterns. Our sleep has an impact on all we do, how we act and react. Below are some tips on the importance of sleep and links to a new Smiling Mind program with a focus on sleep you may wish to try with your family.

Click on the link for [10 Tips to Better Sleep](#).

Got It!



The Importance of Sleep

Is your family struggling more than usual?

Getting enough sleep can be difficult when our routines have changed. Sleep is important for healthy bodies and brains. Children aged 5 to 13 years need to get 9 to 11 hours of uninterrupted sleep each night.



Poor sleep can:

- Make it difficult to focus or make decisions
- Decrease memory
- Increase mood changes, irritability and behaviour
- Increase desire for foods that are likely to make it difficult to maintain a healthy weight
- Decrease ability or desire to be active and exercise

Tips for a good sleep:

- Have a consistent bedtime routine
- Avoid screen time 1 hour before bed time
- Avoid playing or doing school work on bed
- Play calm music or nature sounds to help settle into bed
- Monitor for increased anxiety or distress that may be impacting sleep. Contact your GP if you have any concerns.
- Ensure you child remains physically active throughout the day
- Create a calm environment for sleep: minimise loud unpredictable noise and movement within the room and consider your child's preference for light (consider dim lighting if required)

Do not be afraid to ask for help. Your local GP will be able to offer support and guidance.



Health
Nepean Blue Mountains
Local Health District

NBMLHD Got It! August 2021



SMILING MIND



Sleep for Families



Sleep for Families

Supported by **medibank**



After School



Any Time

Sleep for Families

This sleep program, supported by our Official Health Partner Medibank, is designed for families to do together and help parents support good sleep habits for their kids.

After School

These mindful activities and meditations can help to reset the mind and body, bringing more calm and balance into your evening.

Any Time

Use these practices to support you and your family whenever you need to reset and refocus.

Sleep for Families

Sleep is important and essential for the wellbeing of a family. This program has a variety of evidenced based and engaging activities, strategies and meditations to help establish good sleep routines and support a better sleep for the whole family. There are 5 modules, 25 sessions that may support your family. Here is the link to [Smiling Mind App](#) and [Sleep for Families program](#). Note: If activities are not working for you in this program please update your app as this is a new program.

Michelle Cruickshank | Wellbeing Teacher

P&C News

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

There's only 4 days left to find the perfect Christmas gift for a loved one (or yourself!)



Help us raise funds for a beautiful, practical and natural outdoor learning space for our children on the Western Campus. Bid on some amazing items in our Christmas Treasure Trove Online Auction.

Know someone that would love a Vintage Holden Monaro Experience from Machines & Macchiatos, or a Mick Fanning signed DHD surfboard from Redbull? What about a beautiful 'Blooming Giraffe' mosaic artwork by local artist Louise Proost or some delicious Manuka honey? Or grab a bunch of friends and bid together to experience a unique Whisky Tasting thanks to The Scotch Malt Whisky Society.

Visit www.32auctions.com/BHPSxmas2021. And don't forget to tell your family, friends and neighbours!

Gingerbread House Kit – FINAL pick-up date

FINAL chance to pick up Gingerbread House Kits this Friday 3 December on the Western Campus 2.45pm - 3.20pm. There are still a few remaining so please order through Flexischools by 5pm Thursday (2 December). Children are able to pick up on behalf of parents/families.

Great Lunchbox Sale

The final Great Lunchbox sale for the year will be on Friday 10 December from 2.45pm on the Eastern and Western Campus. Gold dollar coin donation.



Bottle drive – get your bottles picked up before Christmas!

Please keep collecting eligible containers for our greenhouse fundraising (as part of Operation Wattle). [Log in/Sign up](#) to ReCollect, choose your pick-up date (Friday 3 December is now fully booked but Friday 10 December has space) and use the BHPS code to ensure all funds come to BHPS.

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 or Tamsin at 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



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whitehouserealestate.com.au



UNIFORM SHOP NEWS

CLOSED: FRIDAY 10 DECEMBER 2021
OPEN: TUESDAY 1 FEBRUARY 2022

TUESDAY FLEXISCHOOLS DELIVERIES

Flexischools Orders will CLOSE for 2021 12pm Monday 6 December 2021.

YEAR 6 2021 BEARS

Time's running out to get your Year 6 Graduation Signature Bears!

Delivery via Flexischools CLOSSES **12pm Monday 6 December.**

Bears will be available for purchase from the "Click & Collect" Desk on 7 and 9 December only. 3.05-3.45pm whilst stocks last, not available from the Administration Office.

Kindergarten 2022 Orders

9 December 2021 is the last "Click & Collect" day.

CLICK & COLLECT

Tuesday and Thursday 3.05-3.45pm

Tuesday- Kindergarten Pack pick up | Bears

Thursday- Kindy packs/ Second Hand Stall | Hats & Accessories/Bears

UNIFORM DONATIONS

Thank you for all the wonderful donations. If you have any outgrown current Summer Uniform items in good condition, please drop them at the Administration Office (the yellow Worn Up box is for unwearable items only).

Loretta Mykityshyn | Uniform Shop Manager

CANTEEN NEWS

We are proud to announce we have achieved the NSW Healthy Canteen Strategy again. It is great to have our commitment to having a healthy canteen formally recognised. We love supporting the health and wellbeing of our students by providing healthy and delicious food at school. Most of our food is home made from scratch and we work very hard to ensure that your children have healthy options that are also yummy!

Don't forget to order your Christmas cupcakes through Flexischools. You will see the tab "Christmas Cupcakes" on the Food Order menu on your Flexischools app. Cupcakes are \$3.20. and cut off for orders is 12pm Friday 3 December 2021. Please note cupcakes will now be on Wednesday 8 December 2021.

Please note we will not be able to take orders after cut-off and we are unable to take phone orders. The cupcakes must be ordered through Flexischools only. Order early so you don't forget. When we have themed cupcakes in the past they have been hugely popular so don't miss out!

Please remember that due to Covid restrictions we are still unable to offer any counter service and the canteen will be closed on Friday 3 December 2021 for the Mini-Fete. Please cancel any standing orders on that day.

Thank you

Kathrine Boulderstone and Sanja Vidaic | Canteen Managers



Congratulations Jaslyn Plummer

Congratulations Jaslyn for placing 2nd in the Sydney Eisteddfod in the 12 Years Vocal Performance. Jaslyn will also be performing as a soloist at this year's Annual Manly Council Christmas Carols to be held tomorrow evening 2 December 2021 at Manly Oval from 6.30pm to 8.30pm. Gates open at 5.00pm.



Christmas Eve

FRIDAY, DECEMBER 24TH

3PM & 5PM Family Christmas Services for all ages
(with kindly farm and animal feeding)

9PM Christmas Celebration Service



Christmas Day

SATURDAY, DECEMBER 25TH

8AM Traditional Christmas Service
with Holy Communion

10AM Christmas Service for all ages

 **ALL SAINTS**
ANGELICAN CHURCH BALGOWLAH

18 Boyle Street
Balgowlah NSW 2093
www.balgowlahanglican.com.au



A Saviour is Born

 facebook.com/scoutxmastrees

**CHRISTMAS
TREE SALE**

SUPPORT FAIRLIGHT MANLY
CUBS AND SCOUTS

**SAT & SUN
4-5 Dec**

6.30am
until sold out

**HINKLER
PARK**

PITTWATER RD MANLY
NEAR MANLY LAGOON



Help Support your local Scout Group
1st/2nd Harbord Scout Group

**Sat 11th & Sun 12th
December, from 7am**

**Freshwater Senior Campus
Carpark, Harbord Road**

Freshly Cut Christmas Trees
& stands
Christmas Cakes & Puddings

No Cash,
Credit Cards Only





DRAMA WORKSHOPS DECEMBER AND JANUARY



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AND LANE COVE

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 **Lifeline** Saving Lives
Crisis Support. Suicide Prevention.

GIANT BOOK FAIR

Brookvale
St Augustine's College
Federal Parade

December 9-12

Thursday 11-7, Friday 9-7,
Saturday 9-5, Sunday 9-3



TEEBALL

Come and Try Days!

Abbott Road Softball Fields, North Curl Curl
Wednesday Dec 1, 4:30-6pm
Saturday Dec 4, 10am-12pm



Register your interest now!
come-and-try.com

FREE
&
FUN

**HAVE
AGO**