

THE HEIGHTS

Term 1 | Week 4 | 17 February 2021



Connect | Succeed | Thrive

**Balgowlah Heights
Public School**



2021 Student Leaders

PRINCIPAL'S MESSAGE

Parent/Teacher Information Nights

Parent/Teacher Information Nights will be held this week to welcome you and provide a range of information. The Information Nights will be held on the following days:

Kindergarten	Wednesday 17 February	6:00pm
Year 4	Thursday 18 February	6:00pm
Year 5	Wednesday 17 February	6:00pm
Year 6	Wednesday 17 February	6:30pm

Please note: due to COVID-19 guidelines we request a maximum of one parent per household at the Information Nights.

Year 6 to Year 7 Enrolment 2022

Information will be provided at the Parent | Teacher Information Nights to all families of students in Year 6 in regards to enrolment procedures for high school in 2021. If you require further information you are welcome to contact the school.

Years K-2 Parent Reading Information Session

On Monday 1 March from 3:15-4:15pm we will be holding a Reading Workshop for K-2 parents and parents wishing to volunteer as classroom helpers. The Reading Workshop will focus on:

- Supporting your child's reading at home
- Pause, prompt, praise
- Literacy games to support learning at home and in the classroom

Supervision for school aged children will be provided. Please RSVP by Friday 26 February on the link [click here](#).

PRINCIPAL'S MESSAGE

Buddy Classes

All classes in our school have been linked to form 'buddy classes'. This will involve the students, on occasions, undertaking activities together as part of their learning and leadership programs. This will include activities such as reading, art and environmental education. During the last week the buddy classes have been meeting to get to get to know each other.

KW and 6C	KF and 6M
KRA and 6R	KS & KD and 6L
1G and 3B	1M and 3KC
1J and 3C	1W and 3G
2E and 5P & 5J	2R and 5W & 5V
2D and 4E & 4S	2F and 4B & 4K



High School Parent Information Session

On Wednesday 17 February Ms Christine Del Gallo (Principal, Northern Beaches Secondary College Mackellar Girls Campus) and Mr Paul Sheather (Principal, Northern Beaches Secondary College Balgowlah Boys Campus) will be presenting an Information Session for parents of students in Years 4-6 regarding their high schools. The Information Session will commence at 7:30pm in the library and conclude at approximately 8:00pm.

Swimming Carnival

We look forward to our Swimming Carnival to be held at Boy Charlton (Manly) Pool on Tuesday 23 February. The students may enter races in freestyle, backstroke, breaststroke and butterfly. It is also a great opportunity to show our house spirit and support all the students.

The students in Years 3-6 will attend the carnival and competent swimmers in Year 2 who turn eight this year may attend. We will be holding novelty events in the smaller pool for students not participating in the competitive events. An email with further details has been sent home. We apologise but due to COVID-19 guidelines parents will not be able to attend this year.



PRINCIPAL'S MESSAGE

School Photographs

School photographs will be held on Monday 22 February and Wednesday 24 February 2021. Further information is on page 6 of this newsletter.

Curriculum Programs

PE Teacher

We welcome Mr Isaac Smith who is our designated PE teacher this year. Mr Smith takes all students for 40mins of specific physical education each week. In PE, students will work to develop fundamental movement skills along with specific skills and movements for training and game situations. Some further background information from Mr Smith is detailed below.

Background: I studied a Bachelor of Primary Education at Macquarie University. This is my first full-time position and am grateful to be working at BHPS. I have a keen interest in student wellbeing and love that I am able focus on this through physical education.

Favourite part about working at BHPS: The staff, students and community at BHPS make it an inspiring and motivating environment to work in.

Outside of school: I race for Newport SLSC and am currently competing in the Nutri-Grain Series. If I am not out training, I'll be surfing or playing golf.



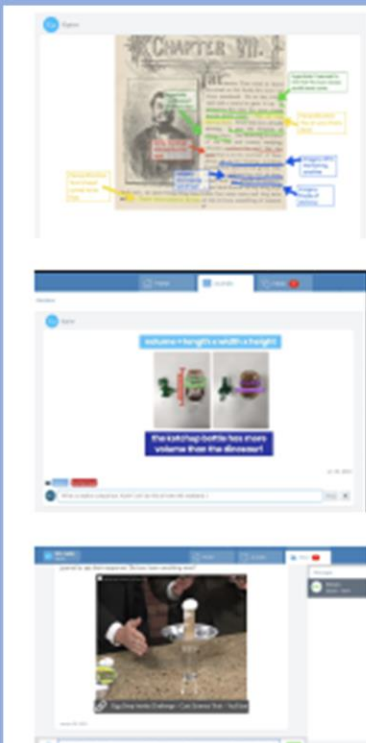
PRINCIPAL'S MESSAGE

Seesaw Family

Balgowlah Heights will be trialling the use of Seesaw Family, which is an app | website, this term. Teachers will commence use after our Parent | Teacher Information Nights. The purpose of Seesaw Family is to provide you with communications, your child's learning goals and examples of your child's work (e.g. photos, videos, work samples, drawings and voice recordings).

The messages and work will be shared with you and other family members (up to 10 persons) privately and you have the opportunity to comment if you wish.

Seesaw Family may be accessed through a QR code which will be provided to families at our Parent/Teacher Information Nights.



Seesaw makes your child's thinking and learning visible

- ✓ Students complete assignments and post to their journal using the **Class app**
- ✓ Your child uses Seesaw learning tools like photo, draw + record and video to create, reflect and show their learning

Engage with your child's learning in real time on the Family app

- ✓ See and celebrate your child's growth
- ✓ Leave comments of encouragement
- ✓ Connect to all your children's journals in one place

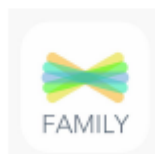
Form strong partnerships with your child's teacher on the Family app

- ✓ Receive resources and announcements
- ✓ Message one-on-one with the teacher (group messaging is not available)
- ✓ Respond with typed messages or click the (+) to send photos, videos, and more

Get Connected on Seesaw

Family members use the Family app
or log in as a Family Member at app.seesaw.me

Students use the **Class app** to complete assignments and post to the Journal



PRINCIPAL'S MESSAGE

In using the Seesaw application, please note the following:

- On average 1-2 posts per fortnight will be uploaded.
- Please do not capture or share content.
- Please keep all comments and images respectful.
- Please do not use the application for purposes other than related to your child's education.
- Teachers will monitor the application between 8.00am.-4.00pm (Monday-Friday) when not teaching.
- If you require more detailed information concerning your child's learning please arrange a meeting with the teacher.

Your feedback on the application will be invited at the end of this term. If you require further information you are welcome to contact the school. We look forward to sharing your child's learning with you.

PSSA | Year 6 Surf Skills and Volleyball | School Sport Years 3-6

PSSA and school-based sport for students in Years 3-6 commences on Friday (19 February) of this week. Year 6 surf skills and volleyball commence on Friday 26 February. Details of these programs are as follows:

- PSSA: Summer sports of cricket, AFL, eagle tag, newcombe and volleyball. Students depart school at 12:30pm and return to school by 3:00pm.
- Year 6: Surf Skills and Volleyball
Students depart school at 12:30pm and return to school by 3:00pm.
- Year 3: students will participate in games, skill activities and modified games.
- Years 4 & 5: students will participate in a rotation of games based around PSSA winter and summer sports.

Upcoming Events			
	Date	Activity	Time
Term 1 Week 5	Monday 22 February	School Photographs	
	Tuesday 23 February	Swimming Carnival	
	Wednesday 24 February	School Photographs	
	Thursday 25 February		
	Friday 26 February	Summer PSSA (Round 2) Year 6 Surf Skills & Beach Volleyball commences	12:30pm 12:30pm
Term 1 Week 6	Monday 1 March	K-2 Parent Reading Information Session	3:15pm
	Tuesday 2 March	Scripture/Ethics commences	
	Wednesday 3 March		
	Thursday 4 March		
	Friday 5 March	Clean Up Australia School Day Student Learning Goals (Term 1) home Summer PSSA (Round 3) Zone Swimming Carnival	12:30pm

David Shuster | Principal



2021 School Photographs

The 2021 school photographs will be taken on Monday 22 February and Wednesday 24 February. Class, individual, sibling and special group photographs will also be taken over these three days.

Monday 22 February	Wednesday 24 February
<ul style="list-style-type: none"> Sibling photographs Years K, 1, 2, 4B and 4S class and individual photographs <p><i>Please note 4S's class and individual photographs have been rescheduled to Monday 22 February.</i></p>	<ul style="list-style-type: none"> Sibling photographs Years 5,6, 4K, 4E class and individual photographs School Captains, School Vice Captains and School Leaders House Captains and House Vice Captains Monitors Library Monitors Patrons Year 6 Group photograph Student Representative Council <p><i>Please note 4E's class and individual photographs have been rescheduled to Wednesday 24 February.</i></p>

ALL students must wear full summer school uniform, including black shoes.

Sibling Photographs

Sibling photographs will be available from 8:00am until 9:00am on Monday 22 February and Wednesday 24 February.

Parents will need to:

- Book a sibling photograph appointment** at the website www.schoolinterviews.com.au using the code: **tgdwq** Bookings must be finalised by **7:00am Monday 22 February**.
- Collect a sibling order envelope** from the Western Campus Admin office before Friday 19 February or **pay online** at www.advancedlife.com.au using the online code: **XW4P5VZN2**
- Parents **escort their children to the Hall** on the day of the appointment. There will be no teacher supervision in the hall between 8.00am and 9.00am

Please note, teacher supervision on the Western and Eastern playground is provided from 8:35am.

Parents will need to supervise children before 8:35am.

Please contact Ms Rhodes for further information about school photographs.



2021 Scripture and Ethics Classes

A feature of the public education system in NSW is the opportunity to provide time in class for education in ethics, faith and morality from a religious or non-religious perspective at the choice of parents. The school website <https://belmoresth-p.schools.nsw.gov.au/learning-at-our-school/religion-and-ethics.html> provides information on these options to support parent/carer choice.

A parent/carer may at any time notify the school in writing that they wish to change their decision. Students will continue the same arrangement as the previous year, unless a parent/carer has requested a change in writing. The following options are available at Balgowlah Heights Public School and are delivered by approved providers:

- Catholic Scripture
- Ethics
- Greek Orthodox
- Protestant Scripture

If your preferred option is not available please contact the approved provider. <https://education.nsw.gov.au/teaching-and-learning/curriculum/learning-across-the-curriculum/religion-and-ethics>

Students not attending Scripture or Ethics classes are given supervised alternative activities.

Scripture and Ethics classes will commence on **Tuesday 2 March 2021**. The Scripture and Ethics class times will occur every week on a Tuesday at the following times:

- 10.30-11.00am: Kindergarten, Year 1 and Year 2
- 11.25-11.55am: Years 3, 4, 5 and 6

Certificate Competition for Waste Free Wednesday

We will be commencing Waste Free Wednesday this week! 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 4 - Friday 19 February**. The winners will be announced in the Week 5 newsletter with their certificates for all to see!

We are looking forward to seeing all the fabulous entries!

Rosie Caruso | Sustainability Coordinator

Choirs

Our school has a number of wonderful opportunities for students interested in being part of a choir.

- **Years 1 and 2 students** are invited to join the **Stage 1** Choir. This is a non-audition choir and will rehearse on Tuesday lunchtimes with Miss Wyngaard.
- **Years 3 and 4 students** are invited to join the **Junior** Choir. This choir rehearses at 8:15am on Thursday mornings with Mrs Cronin and all students with an interest in singing are welcome
- **Years 5 and 6 students** are invited to join the **Senior Choir**. It rehearses on Monday mornings from 8:00-8:45am with Mrs Cronin and all students with an interest in singing are welcome

There will be performance opportunities for all these choirs at school later in the year.

If your child is interested in joining Junior or Senior choir please fill in the form in the following link.

<https://forms.gle/unSgheb1FaUCUEEY9>

Recorder Group

- **Years 3 to 6 students** are invited to join the Recorder Ensemble which rehearses on Tuesday lunchtimes with Mrs Cronin.

Recorder Ensemble is not auditioned, but requires a firm commitment to attend all rehearsals and to practice regularly in order to learn the repertoire.

If your child is interested in joining Junior or Senior choir please fill in the form in the following link.

<https://docs.google.com/forms/d/1AMC951vHXnOLq1rK2igTJ6XEeYAJIAfhGfu1LWbq7Jg/edit>

Dance Group

Dance auditions are still being undertaken. Students will be notified next week of the audition results.





Separation Anxiety

What is Separation Anxiety?

It is normal for children to feel some anxiety when separating from their parents. This generally begins around 8 months of age and peaks at 14-18 months. At this age some anxiety around separation is adaptive as it is the time children start to crawl. In most children this resolves in time, however, some school age children still experience some anxiety when separated from their loved ones.

Separation anxiety becomes a disorder when the difficulty of separating begins to have significant negative effects on the child's (and caregiver's) life and has been ongoing for more than 4 weeks.

Strategies for Separation Anxiety

- Have a regular routine before school, stick it up on the fridge in words or pictures
- Practice separations
- Set up a system to reward good separations
- Try a transitional object such as a picture or a soft toy that they can hold when they feel worried or sad
- Seek support from friends, teachers and other health professionals
- Control your own anxiety, if you are anxious or sad about leaving your child they will pick up on your emotions and reflect them back
- Do not linger at the school gate or create drawn out farewells – this can increase anxiety for your child and make it harder for them to separate
- Do not disappear when they are not watching, this will create uncertainty and make future separations more difficult

How can the school help? Please talk to your child's classroom teacher if your child is having difficulty separating from you in the mornings. Teachers are equipped and more than happy to assist. They might suggest a special job for your child in the morning to ease their transition, set up a buddy for your child or they may recommend receiving further support either from within the school or externally.

Katherine Wassink | BHPS Psychologist

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](#).

Welcome to our new P&C major sponsor

We are delighted to announce the P&C's new major sponsor, Whitehouse Real Estate. The White family have been a respected identity within the Northern Beaches property market for decades, imparting a long-term perspective and unmatched understanding of the area and its unique lifestyle. Today, empowered by their history and strengthened by their family values, they are a forward-looking agency, embracing innovative ways to service their customers and achieve exceptional results.

If you're thinking about selling or looking to purchase, have a chat to Whitehouse (located at 63/197 Condamine Street) and don't forget to mention you're a BHPS family.



Kindy Drinks | Friday 5 March at 6:30pm | Balgowlah RSL

Don't miss this opportunity to mingle with other kindy parents and maybe make some new friends. Tickets will be on sale shortly. Kindy Drinks supported by Whitehouse Real Estate



Summer Drinks

Do not fear, we will be hosting Summer Drink just a little later on in the year. Watch this space!

Kindy catch up | via Zoom

We will be organising a Zoom catch up for all Kindy parents (and other's if they would like to join) to meet the P&C team and hear about what our role is and what opportunities, events and fundraising will be happening this year. We will provide the details shortly and look forward to seeing you all there.

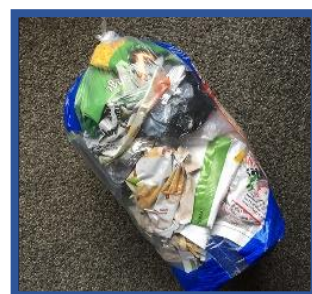
Road Safety Reminder

Parents are kindly reminded to avoid parking in driveways at drop-off and pick-up, particularly in and around Lewis Street.

Nobody can do everything, but everyone can do something

Soft plastics

BHPS has resumed collecting soft plastics around the school. Can you lend a hand to collect the soft plastics and take these to a local red cycle collection point? Our nearest soft plastic drop off points are Coles at Stockland Shopping Centre, Balgowlah Woolworths on Hayes St, and Coles Manly Vale on Koorala St. If you can help please sign up to the roster [here](#).



Walking bus

Get on board the Walking Bus! We are pleased to announce that our Walking Bus routes have commenced for 2021. This parent-led initiative is designed to provide a safe and fun way for children to walk to school, as well as reduce traffic around the school gates in the school mornings. We currently operate three routes and parents and children are welcome to try these out without any commitment.

1. Bottom of Ernest Street to BHPS
2. Willawa Street to BHPS
3. Cnr White/Wanganella to BHPS

More details can be found [here](#)

We are always looking for more volunteers and new routes, so please drop Diana at bhpswalkingbus@gmail.com a line with any questions. Each route requires two volunteer parents.



Class Coordinators

Thank you again to all those fabulous parents who have already signed up to be a class coordinator for Semester 1 (Terms 1 & 2). We are nearly there and only missing a few (listed below) – we would love to see someone for 6C and 6L. If you're keen, please [click here](#) to put your name down.

Class	Number of class coordinators needed
KD	1
2E	1
2F	1
3C	1
4E	1
4K	1
5J	1
5W	1
6C	2
6L	2
6M	1
6R	1

Uniform Committee

Following some parent enquiries regarding the current uniform options, we have created a Committee to help review the current range and look at any opportunities to potentially streamline. If you would like to be part of the Uniform Committee, please contact Nicole Larcombe bhpsvp-services@gmail.com or Billie Ristoski on BHPSpresident@gmail.com.

Trivia Night – one experience can change your life!



Where would you find the world's most ancient forest? Pure water has a pH level of around? Who starts first in chess?

Who would like to run the most fun filled, full of laughter evening of the year? Yes, you! We're looking for a parent or group of parents to take the lead in organising this popular event. We welcome all volunteers, no matter how big or small your contribution. If you are interested, please contact Tamsin on bhpsvpcomms@gmail.com or Billie Ristoski on BHPSpresident@gmail.com.

(A: Daintree Forest north of Cairns Australia, 7, white)

If you have any questions about the P&C or would like to be involved in any way, please feel free to contact Billie 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



 Whitehouse

9948 0666
whitehouserealestate.com.au



UNIFORM SHOP NEWS

Opening Hours

Tuesday: 8:30–9:30am

Thursday: 2:30–3:30pm



UNIFORM SHOP ENTRY – Please sign in and collect a Uniform Shop Pass at the Administration Office.

- **FLEXISCHOOLS** - Online Uniform Orders are available via www.flexischools.com.au or download the App. All orders are delivered to classrooms on Tuesday.
- **SALE !!!** - Second Hand Fleeces – Buy one get one 1/2 price! **Save \$10!!!!**
- White Socks size 4-6 (L) - Discontinued stock \$9 (3pk)

Second hand donations - Please consider donating your outgrown uniform items to the Uniform Shop, there is great demand for second hand items at this time. Just drop off in a bag at the Administration Office. All items unable to be sold will be recycled through the Worn-Up program.

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.

Loretta Mykityshyn | Uniform Shop Manager
bhpsuniformshop@gmail.com

ARABANOO NEWS

PMC Meeting | 24 February

Our termly PMC meeting is being held Wednesday evening 24 February at 7:00pm. All association members are encouraged to attend.

Juniors | Pick Up

From this week we are keeping year 1 and 2 on the junior campus until 5pm. Kindies will be on the junior campus until 4pm. For all junior pick-ups please come to the senior campus and we will radio over for your child to be brought up.

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.

Rowan Friend | Centre Director



85TH
ANNIVERSARY



Australian
Air League

NSW Group

JOIN NOW

NSW GROUP IS NOW ENROLLING



Since 1934 the Australian Air League has been teaching young boys and girls nationwide all about aviation, while helping them develop important life skills like leadership, discipline, self confidence and teamwork. When you join the league you will make new friends and take part in fun and exciting activities, on the ground and in the air.

Each week you will attend your local squadron where you will learn valuable skills and take part in fun and interesting activities and classes. Some of our classes include Meteorology, Navigation, Photography and Community Service. Squadrons also attend training camps, sport and recreational days, flying experiences and ceremonial drill.

We welcome boys and girls the age of 8 years old from all different cultures and backgrounds. Parents and families are welcome to support or even join their local squadron as a volunteer. All adult members and volunteers are Working with Children Checked.

The Australian Air League is running both a fun and educational programme that is making fine citizens out of our young Australians.

**FOR MORE INFORMATION ON THE AUSTRALIAN AIR
LEAGUE AND YOUR CLOSEST SQUADRON
PLEASE CONTACT**



**www.airleague.com.au Email: info@airleague.com.au
Free Call: 1800 502 175**

