

THE HEIGHTS

Term 2 | Week 2 | 28 April 2021



Connect | Succeed | Thrive

Balgowlah Heights
Public School



2021 Student Leaders

PRINCIPAL'S MESSAGE

P&C

The next meeting of the P&C Meeting will be held on Monday 3 May at 7.00pm in the library and on Zoom. All parents are very welcome to attend. Discussion topics for this meeting include:

- Strategic Improvement Plan
- School Vision Statement

To register please click here: <https://forms.gle/MFC7RbOmAHhTAwok9> This link also provides the opportunity for you to detail questions you would like addressed.

A zoom link for the meeting is provided below for parents who wish to participate from another location.
<https://nsweducation.zoom.us/j/69733055860?pwd=YjNxDTRYTjhmVGNqLy9DdTkvektNdz09>

Parent Classroom Helpers

We will be recommencing in the near future the opportunity for parents to assist with reading in the Years K-2 classrooms. Each class will provide two lessons per week where you are welcome to assist by undertaking activities such as listening to students read to you. The days/times for each class will be provide to you by the Class Communication Coordinator.

Please note parents helping must complete a [Working with Children \(Declaration for Volunteers\) Check](#). Parents are welcome to bring these forms to the school office next week on Tuesday (8.30-9.30am) or Thursday (2.30-3.30pm).

Further information on this form is available from the office.

Year 6 Check-In

In 2020 the Department of Education introduced Check-In Assessments. These assessments are designed to supplement existing school assessments in reading and numeracy.

This year students in Years 3-6 will undertake the Check-In Assessments. Years 3 and 5 will participate in Term 4. Students in Year 6 will undertake the assessments on Thursday 6 May.

PRINCIPAL'S MESSAGE

Parent Wellbeing Information Night

On Tuesday 11 May at 7.00pm we will be holding a Parent Wellbeing Information Night where we will be presenting information on a range of Wellbeing Programs we implement at our school for our students. These include Bounce Back, Smiling Mind, Zones of Regulation and PBL. Our school psychologist will also be presenting a session on anxiety in students. Further information has been emailed to all families.

Opportunity Class 2022

Applications for Opportunity Classes in 2022 opened on Tuesday 20 April and will close on Friday 7 May. An email has been sent home to Year 4 families providing further information. The website for applications and further information is

<https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5>

Public Speaking

As part of our Public Speaking Program each year we provide all of our students (Years K-6) with opportunities to be part of public speaking events. As part of our learning students may choose one of the following events in which to be part. It is intended that every child will be part of one of these events.

Event	Eligibility
Multicultural Public Speaking Competition	Years 3-6
Bear Pit Public Speaking Competition	Years 3-6
School Public Speaking	Years K-6

Further information on each of these events will be provided.

Winter PSSA

Trials for Winter PSSA teams have commenced for students in Years 4-6. Students are requested to wear their sports uniform on these days if they are trialling. The trials will be held on the following afternoons:

- Thursday 29 April Senior
- Friday 30 April Junior

The following sports will be offered:

- Junior Girls Soccer Junior Boys Soccer Senior Girls Soccer Senior Boys Soccer
- Junior Netball Senior Netball
- Junior Rugby League Senior Rugby League

School Cross Country

We look forward to our school Cross Country to be held at Tania Park on Wednesday 5 May. The approximate times for each event is as follows:

- 8/9 Years 12.00 midday
- 10 Years 12.30pm
- 11 Years 1.30pm
- 12/13 Years 2.00pm

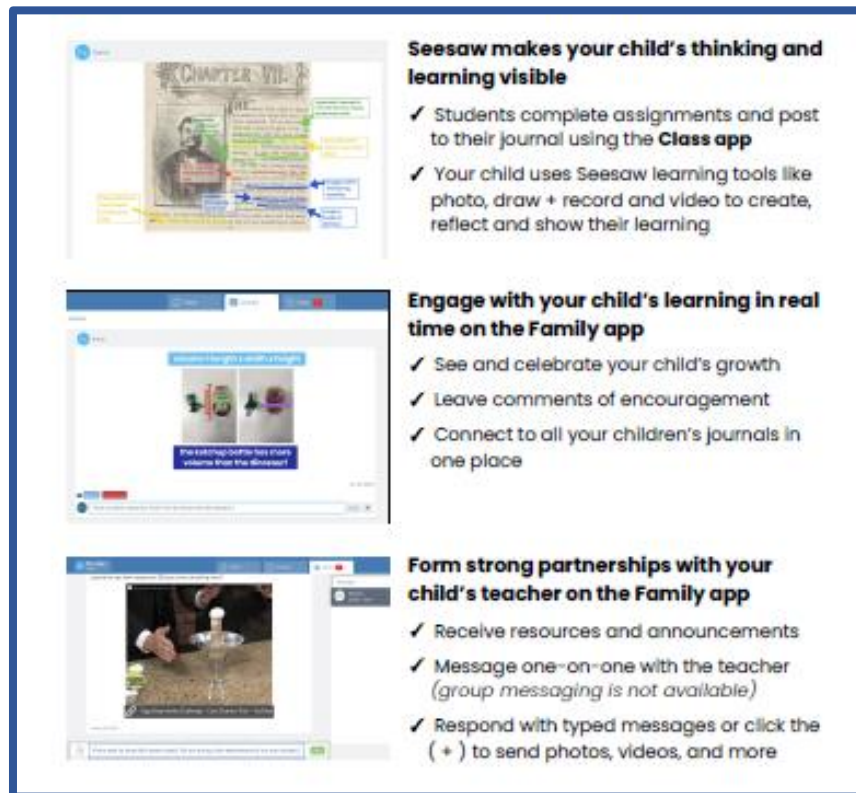


Seesaw Family

Balgowlah Heights will be continuing to trial the use of Seesaw Family, which is an app/website, this term. 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 an individual student QR code which was provided to families at our Parent/Teacher Information Nights. If you have not yet accessed Seesaw, we will forward you the Student QR in the near future.



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

In using the 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 sought in the near future through a survey.

If you require further information you are welcome to contact the school. We look forward to continuing to share your child's learning with you.

PRINCIPAL'S MESSAGE

ANZAC Day

The students participated in a moving ANZAC Service last week. Thank you to Mrs Elliott and Mrs Oakley for organising the event.



Upcoming Events			
	Date	Activity	Time
Term 2 Week 3	Monday 3 May	5P & 6L Writers' Festival Excursion P&C Meeting	7.00pm
	Tuesday 4 May		
	Wednesday 5 May	School Cross Country, Tania Park	
	Thursday 6 May	Year 6 Check-In Assessment	
	Friday 7 May	Winter PSSA commences	12.15pm
Term 2 Week 4	Monday 10 May	SRC	12.55pm
	Tuesday 11 May	NAPLAN (Years 3 & 5)	
	Wednesday 12 May	NAPLAN (Years 3 & 5) Year 6 Canberra Excursion	
	Thursday 13 May	NAPLAN (Years 3 & 5) Year 6 Canberra Excursion	
	Friday 14 May	NAPLAN (Years 3 & 5) Year 6 Canberra Excursion Project Penguin Workshop 1-Year 4 Winter PSSA Round 2 Walk Safely to School Day	12.15pm

David Shuster | Principal





BALGOWLAH HEIGHTS PUBLIC SCHOOL 2022 Kindergarten Orientation Program



* Parent Information Evening (online)

Wednesday 26 May 7-8pm

Register to join: <http://bit.ly/BHPS26MAY>

Zoom link: <https://bit.ly/3dD6oKv>

- Welcome to Balgowlah Heights PS
- Overview of Kindergarten Orientation Program
- Primary School Curriculum

* Kindergarten School Tour (School hall)

Thursday 3 June 10-11am

Register to join: <http://bit.ly/BHPS3JUNE>

* Kindergarten Orientation Dates

Orientation days are from 9.30 - 10.45am

- 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

* Parent Information Sessions

Tuesday 12 October 7-8pm (online)

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

Monday 1 November 9:40-10:40am

Balgowlah Heights School Hall

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



Mother's Day Breakfast & ONLINE STALL



**Thursday
6 May 2021**

7.30 - 9.00 am

order by : Monday 3 May 2021
via Flexischools

Breakfast \$15 per family



Mother's Day online stall
each gift gives a \$5 donation to the P&C

PRESENTED BY BALGOWLAH HEIGHTS P&C
order via flexischools



Term 2 Week 1 Waste Free Wednesday Winners!

Congratulations to our K-2 and 3-6 class winners for being Waste Free in Week 9! Well done to the rest of our school! Let's keep working on having zero waste!

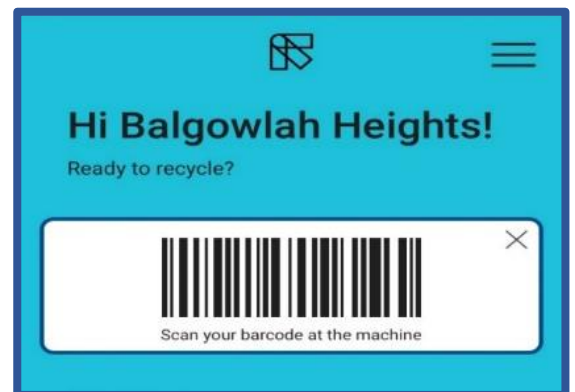
Term 2 Week 1 Winners	
	
3-6 Week 2 Winner: 3D	K-2 Week 2 Winner: 5W

Sustainability News

We are still recycling bottles and aluminium cans at Return and Earn stations. Use the barcode by taking a photo of the code provided below to recycle bottles and cans suitable for recycling at Return and Earn stations. All money raised will go to charities which have been nominated by the students.

Thanks for supporting sustainability at Balgowlah Heights Public School. It is greatly appreciated.

Shona Veney | Sustainability Coordinator

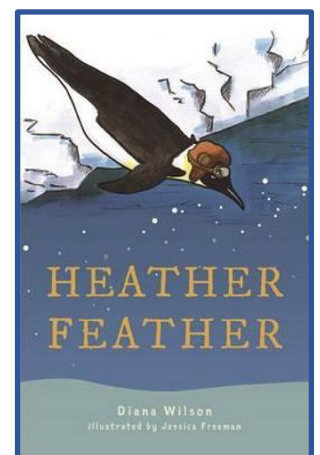


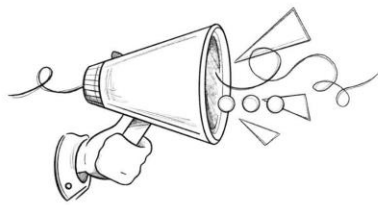
Heather Feather by Diana Wilson

Many thanks to Christine Arckless, Thomas (1G) and Sara's (4K) grandmother and her friend (and author), Diana Wilson who donated the book, Heather Feather to our library.

Heather Feather is the story of a baby emperor penguin from Antarctica who sets off on a journey around Australia. Through beautifully descriptive writing and illustrations Heather Feather teaches her readers all about the unique geography of Australia's coastline. More importantly though, Heather Feather describes the unfortunate degradation of the habitat and pollution that our marine mammals and sea life are having to endure in a way that children can empathise with.

Thank you Christine and Diana





Invest in your
child's speaking
skills and
confidence.

Balgowlah Heights: Debating Club

What will be taught?

Debating and public speaking are great catalysts for learning invaluable communication skills.

Although not all students will go on to compete in debating and speaking competitions, all students will need to actively listen to information presented to them, think critically and with purpose, and communicate effectively throughout their lives.

Through the practice of debating and public speaking activities, students will learn persuasive language, critical thinking and logical thinking skills, while gaining a deeper understanding of key knowledge areas, such as health, economics, history, law, politics and current affairs.

We teach these key life-skills through engaging activities, exciting teamwork, rewarding discussions and participation in classroom debates.

Year Group: 5/6

Day: Thursday

Time: 8:00-9:00am

Location: School Campus

Cost: \$189 per term

Term Length: 7 weeks

Starting: Week 3, Term 2



Enrol Now:
enrol.mastersacademy.com.au



Week 1 and 2 Wellbeing and PBL Focus
 This fortnights focus is **'Challenges'**.
 We are are learning to approach challenges with a positive attitude so we can achieve our personal best.

Positive Behaviour for Learning Merit Awards

Congratulations to the following students who have achieved their Bronze Awards for demonstrating the school values of respect, responsibility and personal best.

Bronze Awards				
Kindergarten	Year 1	Year 2	Year 3	Year 5
Elodie Bridgford John Clasio Rafferty McHardy Elliott Johnson	William Pether Evette Byelyakova Sebastian Contreras Indy Gerrish	Sophia Hogg Milla Clarke Sam Findlay Selina Zhang	Charley Fowler Oscar Elliot	Ben Wilsher Max Davey Michelle Byron Elliot O'Brien Ava Dembiany

Emily Rhodes | Deputy Principal

Live Life Well @ School

KEEPING KIDS ACTIVE



Join Walk Safely to School Day on 14 May!

Try parking the car a distance from school and walk kids the rest of the way. Benefits include:

- Extra exercise
- Quality family time
- Reduced road congestion at school
- Improved safety

For more information search 'school' at roadsafety.transport.nsw.gov.au



NSW
GOVERNMENT

Developed by Northern Sydney Local Health District



As we start a new term we want to bring to your attention the importance of looking after your own mental health.

Below is a helpful resource created by the Department of Education. We encourage you to have a look through and consider how to implement or switch up your self-care.

Self-care tips for parents

.....
Every flight attendant says before take-off: place the oxygen mask on yourself first before helping others.

Self-care is incredibly important and can help to strengthen your family. If you're happy and healthy, you can be more attentive and engaged as a parent and spouse.

When developing your own self-care routines and rituals, keep in mind that the more often you manage your wellbeing the longer you will be able to sustain a happy and positive household.

Here are some ways you can look after your physical and mental wellbeing to ensure you have enough energy to continue to successfully parent and care for your children:

Practice gratitude: When you start to feel overwhelmed, try to think about the good things in your life. Even if it's just little things. This helps you change your mindset and focus on the present instead of potential future anxieties.

Keep a journal: Spend some time every day just writing out your thoughts. This can help you uncover feelings that are just under the surface. Once you know about these emotions and what's causing them you can deal with them directly.

Meditate: Just 5 minutes a day can help you feel rejuvenated. If you're new to meditation, you can try one of the many guided meditation options available. If this isn't for you, breathing exercises, closing your eyes or taking a bath can also create a meditative state helpful for reducing stress.

Create a schedule: Set aside some 'you' time in the schedule, whether it's going for a run, video-calling with friends or sitting down to read. If you have a partner, coordinate with them so you both get regular scheduled alone time.

Listen to music or a podcast: Music has the power to influence mood and energise. If you're feeling anxious, listen to calming music. If you're feeling sad, listen to uplifting music. The best part is you can listen to music while doing other tasks and you can even involve your family for an impromptu dance party if you feel everyone needs it.

Not all of these tips will suit all parents' needs, and you are in the best position to decide what advice and support will work best for you and your family.

Start or join a virtual book club: Virtual book clubs have taken off since people can no longer meet in person, once a week/month meet up virtually with friends and family to discuss the book you've read. Not only will this help you talk to people outside of your family and help you concentrate on something else, but it will also give you a weekly/monthly goal.

Start a new hobby or re-discover an old one: Did you used to play an instrument? Have you always wanted to learn how to cook lasagna? Now is the time. Putting energy into a new hobby or skill or rediscovering old talents can help you to focus on the here and now, as well as help you feel a sense of accomplishment in learning something new.

Colour in with the kids: There's a reason adult colouring books have skyrocketed in popularity across the world. Just like it does for children, colouring clears the mind and channels focus into the task at hand, helping you to de-stress of other worries.

Be kind to yourself: Keep in mind that everyone is under a lot more stress than normal. You won't have the same level of resilience, patience and mental fortitude that you normally have, and that's ok. Give yourself a break, and manage as best you can. That's all anyone can do.



education.new.gov.au

10

Katherine Wassink | School Psychologist

Michelle Cruickshank | Wellbeing Teacher

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

P&C Meeting – Uniform update

If you would like to hear from the Uniform Committee, who have been reviewing current uniform options and opportunities to streamline, come along to the P&C meeting next Monday (3 May) at 7pm in the school library where samples and photos will be proposed and discussed.

Mother's Day Breakfast & online Stall – Thursday 6 May (7.30am – 9.00am)

Come and treat Mum/Grandma to a pastry and coffee from 7.30am on the Western Campus. Don't forget to order one of our amazing Mother's Day gift packages – some beautiful hand-chosen presents that will really make her day. Food and gifts can be ordered on Flexischools, but Dads – make sure you get your orders in by Monday 3 May.



We are also on the lookout for Dad's to help us serve the food – sign up [here](#) to help out.

Trivia Night – Saturday 31 July

BHPS's unmissable extravaganza is back – save the date and start thinking about which general knowledge buffs will make your ten-person team. This is an event you really don't want to miss! Tickets will go on sale soon, but in the meantime if you are keen to help out in any way, please email Diana at bhpsintheloop@gmail.com. We are particularly looking for people who would like to help us source raffle and auction items.

P&C President role

Are you passionate about continually enhancing our school? Would you like to be an active participant in the school's planning and priority setting? Work closely with the school staff and help identify and deliver projects where the parent community can help improve our school.

We have the amazing opportunity for someone to see what's really involved and shadow our current President. Work alongside for a few months and get to know the role and the team – maybe you and friend would like to be a President and Vice-President team. Come and have a chat to see what's possible! Email bhpspresident@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 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

The P&C team | P&C proudly supported by



 Whitehouse

9948 0666

whitehouserealestate.com.au



We are excited to be offering Millin's Meat Monday for Term 2 on the May 3rd! Order a delicious gluten free beef sausage in a fresh roll for \$4. Gluten free roll options are also available. Order on Flexischools by **Thursday 29 April**. No pasta will be available on that day.

In last week's newsletter we explained that the canteen is part of the Northern Beaches Council's Sustainability Program and eliminating single use plastics is a key priority. As a result, we have eliminated soy sauce fish and squeeze tomato sauces. After trialling the service of soy sauce with volunteers, the feedback we have received is that serving soy sauce this way is not practical. Unfortunately, we have decided we can no longer offer soy sauce as an option for the entire school. We will continue to offer tomato sauce on Fridays for both campuses and ask the Year 3-6s come to the canteen for their sauce and request parent volunteers to help with serving the K-2s. The canteen is taking its quest to reduce our waste footprint seriously, and we hope the school's families understand and support our commitment.



This week, we are asking for volunteers from 6L and next week we are for parents and carers from 6M. Grab a friend and come and help! We always have plenty of jobs and love to see new faces! Last term we had wonderful volunteer support and we are very grateful for all your help!

Week	Date	Class
2	26 – 30 April	6L
3	3 – 7 May	6M
4	10 – 14 May	6R
5	17 – 21 May	KD
6	24 – 28 May	KF
7	31 May – 4 June	KRA
8	7 June – 11 June	KS
9	14 – 18 June	KW
10	21 – 25 June	2D

We are using SignUp.com to organise our volunteers. Here's how it works:

1. **Click this link** to go to our invitation page on SignUp.com: [Click Here](#)
2. **Enter your email address:** (You will NOT need to register an account on SignUp.com)
3. **Sign up!** Choose your spots - SignUp.com will send you an automated confirmation and reminders.

If you prefer not to use your email address, please contact us at healthycanteenbhps@gmail.com and we can sign you up manually. If you are not a parent/carer from the weekly allocated class and there are spots available on Signup, we will always welcome you too. Please note, that due to the restrictions caused by Covid you must use the Signup tool or email us to let us know you will be coming.

To assist the parents on the Eastern campus below is the price list for "Ice Block Fridays":

Kathrine Baulderstone | Sanja Vidaic | Canteen Managers

Opening Hours

Tuesday: 8:30–9:30am

Thursday: 2:30–3:30pm



THE UNIFORM SHOP HAS MOVED TEMPORARILY DUE TO RENOVATIONS

The Uniform Shop is located up behind the Hall. Access is via the pathway between Arabanoo and the Canteen. Please follow the signs. There is NO Access through the Hall.

UNIFORM SHOP ENTRY

Please Sign in at the Administration Office.

PSSA - Socks are available at the Uniform Shop or via Flexischools \$15 (Sizes 2-7 or 7-11).

Winter Uniform: Winter Uniforms are to be worn from the start of Term 2.

Girls	Boys	Sport
Blue Blouse	Grey Long Pants	Sport Tracksuit Pants
Winter Tunic (Kindy, Year 1 & Year 2)	Blue Long Sleeve Polo	Zip Fleece
Winter Skirt (Year 3, Year 4, Year 5 & Year 6)	Grey/Blue Stripe socks	Navy Jumper
Navy Long Pants (Years K-6)		
Tights/White Socks		

All Winter Uniform items are now in Stock!

FLEXISCHOOLS: All Orders must be in by 12pm Monday for next day delivery. If you order after this time and your delivery date says the next week Tuesday, that's the date Flexischools will send your order through to the Uniform Shop.

EXCHANGES AND RETURNS

**As a reminder please take care when opening uniform packages! Returns and Exchanges can be made when all tags and packaging remain intact.*

Returns Policy: Within **28 days** of purchase for refunds or exchanges, together with a copy of the receipt.

All returns must be made in person at the Uniform Shop.

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. **Size exchanges** can also be made via the Administration Office, just attach a note with the size to swap to and your child's Name & Class. **Returns** only available instore.

Loretta Mykityshyn | Uniform Shop Manager

bhpsuniformshop@gmail.com

Morning Rolling Coaches - NEW

Due to the popularity of Rolling Coaches in the afternoon, we have opened up a Tuesday morning session from 7:30 - 8:15am. This starts on the 4th May. Booking forms are available on our website <https://www.arabanoo.com/forms>

Afternoon Extra Curricular Activities - Book now

We have some exciting after school care activities this term. Please note that we will be offering Rolling Coaches on Tuesday mornings as well as on Wednesday afternoons. Your child can attend these activities if they have a permanent booking with Arabanoo for the day the activity takes place. The activities are partly subsidised by Arabanoo but still do cost a little bit extra on top of the afternoon price. Booking forms are available on our website <https://www.arabanoo.com/forms>

Monday Yoga and Mindfulness (Waiver required) 4.15 - 5pm

Tuesday Rolling Coaches (Waiver required) 7.30 - 8.15am **NEW MORNING SESSION**
TinkerTank 4 - 5pm

Wednesday Rolling Coaches (Waiver required) 4.15 - 5.15pm

Thursday Eye Heart Science 4.15 - 5.15pm

Friday Karate. Karate is available for children who have a Friday afternoon booking at Arabanoo. Please book in through Key Martial Arts 1300 304 532. If you book your child in for karate please make sure to notify Arabanoo by completing the onsite extra-curricular permission form.

Lost Property - Please collect

Last chance to grab any lost property from Vacation Care. Any items not collected by Friday 30th April will go to the charity shop.

Mini Fete - Wednesday 16th June

We'll be running another mini fete at the end of term two. Please pop the above date in the diary as we are hoping to have families onsite for this one. The fete will run from 3:45 - 5pm.

Casual Bookings - On hold

Casual bookings are still on hold for the afternoons until further notice. We apologise for the inconvenience and thank you for your understanding.

Recruitment - Staff wanted

We're still on the search for new staff, ideally anyone studying childcare or teaching. All applicants should send their resume to us via email.

Contact Us | E: admin@arabanoo.com | W: www.arabanoo.com | T: 02 9948 6722 | M: 0421 014 308



SNOWSPORTS ENTHUSIASTS?



Would your child/ren like to participate in this year's **Interschools Snowsports Championships** and represent BHPS? For **alpine disciplines**, it is run in **Thredbo 5-9 July 2021**, the second week of the winter school holidays. Competitors from all ability levels are encouraged to enter, with an emphasis on fun and participation in the initial Regional Championships. As the competitions move into State and then Nationals, the level of competition and the degree of difficulty increases. **Cross country** skiers compete directly in the State Championships in **Perisher 23-27 August**.

Interschools Snowsports Disciplines

- **Alpine** - Skiers are timed on a modified giant slalom course
- **Skier X** - Skiers are timed on a slope-style course
- **Freestyle Moguls** - Skiers are scored on a bumps/jumps course
- **Snowboard Giant Slalom** - Boarders are timed on a modified giant slalom course
- **Snowboard X** - Boarders are timed on a slope-style course
- **Cross Country Freestyle** - Raced with skate/classic cross country skis with a mass start
- **Cross Country Relay** - 3 Person Relay (team only event)

There are different divisions based on age/school year. It is a team based competition, but the kids also compete on an individual level.

Great if we can get a few teams together! Please contact BHPS coordinator Camilla Byron if you are interested (camilla@byron.se or 0416 656987). Participation in competition events, and all related costs, are the responsibility of the parents. This is just an initiative to come together and do this as a group while representing our school.

Hope to hear from you!

