

THE HEIGHTS

Term 2 | Week 3 | 5 May 2021



Connect | Succeed | Thrive

Balgowlah Heights
Public School



PRINCIPAL'S MESSAGE

Mother's Day

We wish all of our mums a happy Mother's Day. We look forward to our Mother's Day Breakfast on Thursday 6 May, from 7.30-9.00am in the Western COLA area. A coffee van will be available. Further information on both of these events is on page 9 of this week's Newsletter.

Kindergarten Enrolments 2022

In Terms 2 and 4 of this year we will be providing a number of opportunities for children commencing school next year as part of our Kindergarten Transition Program. These include:

- Parent Information Session Wednesday 26 May 7.00pm (Zoom)
Tuesday 12 October 7.00pm (Zoom)
Monday 1 November 9.40am (School Hall)
- School Tour Thursday 3 June 10am
- Orientation Dates Session 1 | 11 October, 13 October or 14 October
Session 2 | 18 October, 20 October or 21 October
Session 3 | 1 November

If you have a child who will be attending BHPS Kindergarten in 2022 could you please request a ghosted enrolment by emailing the school office at balgowlah-p.school@det.nsw.edu.au with the following information: student Name and Date of Birth.

**BALGOWLAH HEIGHTS
PUBLIC SCHOOL**

Kindergarten 2022 Orientation Program

Parent Information Evening (Online)
Wednesday 26 May 7-8pm
Register: <http://bit.ly/BHPS26MAY>
Zoom link: <https://bit.ly/3d06okv>

Kindergarten School Tour
Thursday 3 June 10-11am
Register: <http://bit.ly/BHPS3JUNE>

Kindergarten Orientation Dates
9:30-10:45am
Group 1 | Monday 11 & 18 October
Group 2 | Wednesday 13 & 20 October
Group 3 | Thursday 14 & 21 October
All Groups Monday 1 November

Parent Information Sessions
Tuesday 12 October 7-8pm (online)
Register: <http://bit.ly/BHPS12OCT>
Zoom link: <https://bit.ly/3n7dwtl>
Monday 1 November 9:40-10:40am

PRINCIPAL'S MESSAGE

Seesaw Family Survey

During Term 1 of this year all classes used Seesaw Family as a platform to provide student learning goals, work samples and communication on classroom and school events. We would welcome your feedback on Seesaw through a survey to assist us with our future planning. The link for this survey is printed below. If you have more than one child at our school and have different experiences, you are welcome to complete a survey for each child. The survey will close on Friday 14 May.

<https://forms.gle/wBxxvEqziBfjD2uG9>

NAPLAN

Students in Years 3 and 5 will sit for the National Assessment Program Literacy and Numeracy (NAPLAN) on the following days next week:

Date	Subject
Tuesday 11 May	Writing
Wednesday 12 May	Reading
Thursday 13 May	Language Convention
Monday 17 May	Numeracy

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. The days/times for each class will be provided to you by the Class 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.

Learning Goals

The students, in conjunction with their teacher, have constructed learning goals this term in literacy, numeracy and wellbeing (Kindergarten-Wellbeing only). In developing the goals, the students have also planned the steps needed to achieve the goal. The learning goals will be forwarded to you this week via Seesaw Family. The learning goals could be provided through a photo that has been uploaded, video or worksheet.

Term 2 School Invoices

School Invoices for Term 2 will be sent home next week detailing program contributions which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. Further information will be provided with the invoice.

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 Minds, 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. The link for the event is:

https://docs.google.com/document/d/1GdTpVEbh_Jcl1uWlv0kys_TG7MqdSFn0nLLLJaP158k/edit?usp=sharing



PRINCIPAL'S MESSAGE

Year 5 Parent Selective High Information Night

We will be holding a Year 5 Parent Selective High Information Night on Tuesday 18 May at 7:00pm using Zoom.

As part of this session we will provide information on what is the purpose of Selective High Schools, how selection is made and how our school provides ranking information.

Further information will be emailed to Year 5 parents.

School Cross Country

We look forward to our school Cross Country to be held at Tania Park on Wednesday 19 May.

The approximate times for each event is as follows:

- 8/9 Years 11.30am
- 10 Years 12.30pm
- 11 Years 1.30pm
- 12/13 Years 2.00pm



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>

Winter PSSA

We wish the students in Years 4-6 who are part of our PSSA teams this term (Soccer, Rugby League and Netball) all the best for their competitions which commence on Friday 7 May of this week.

The training schedule for the teams, commencing next week is:

Winter PSSA Training Schedule				
Sport	Team	Day/time	Location	Teacher
PSSA Boys Soccer	Junior Senior	Monday 12.55pm	Tania Park	Isaac Smith Neil Jensen
PSSA Girls Soccer	Junior Senior	Thursday 12.55pm	Tania Park	Jane Egan Kim Santer
PSSA Rugby League	Junior Senior	Friday 8.15am	Tania Park	Hamish Gardner
PSSA Netball	Junior	Tuesday 8.15am	Area C	Sue Palmer
PSSA Netball	Senior	Friday 8.15am	Area C	Bella Bonadio



PRINCIPAL'S MESSAGE



Upcoming Events			
	Date	Activity	Time
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 -Year 4 Winter PSSA Round 2 Walk Safely to School Day	12.15pm
Term 2 Week 5	Monday 17 May		
	Tuesday 18 May	Year 5 Parent Selective High Information Night (Zoom)	7.00pm
	Wednesday 19 May	National Simultaneous Story Time	
	Thursday 20 May		
	Friday 21 May	Winter PSSA Round 3	12.15pm

David Shuster | Principal



Term 2 Week 2 Waste Free Wednesday Winners!

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

Term 2 Week 2 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



Did you know?

In Australia, only 18%* of plastic packaging is recycled.

That's why we've registered to be a part of **Wonder Recycling Rewards** – a fun and easy program for Aussie schools to recycle bread bags and bag clips that might otherwise go to landfill. We will earn rewards points to redeem on new sports equipment. All of the plastic collected will be used to create wonderful things like school play equipment! **PLUS** we will go into the draw to **WIN one of five exercise circuits** made from the recycled plastic we collect.

There will be collection bins outside the western campus office - in the meantime, please forward all bread bags and clips to Miss Veney. Thank you for your support.

The Sustainability Committee





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



Week 3 and 4 Wellbeing and PBL Focus

This week's focus is:

'Positive Choices'.

Making positive choices
demonstrates 'Responsibility'.

Live Life Well @ School

STAY SAFE ONLINE

Help your children safely navigate their digital world and educate them to avoid harmful online experiences.

Stay safe online

For online safety:

- Use an internet filter
- Activate the parental control function on devices
- Supervise internet use
- Let children know that they should tell you if they have any problems online, see something that they know is wrong, or anything that upsets them.



Cyber safety is everyone's business!

For more information:
esafety.gov.au/iparent



Developed by Northern Sydney Local Health District

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

P&C Meeting – highlights

1. Reading groups/classroom helpers will start again in the next couple of weeks. If you're keen to volunteer, keep an eye out for information from your class coordinator.
2. As part of the school strategic improvement plan 2021-2024, there are 3 areas of focus: Student Growth and Attainment, Explicit Systems for Collaboration and Feedback, and Engaged and Successful Learners. There are a number of activities being undertaken over the next 12 months in each of these focus areas.
3. The Uniform Review Committee has undertaken extensive research and had robust discussions about streamlining and neutralising the current uniform options. Any changes will require a 3 year changeover period – the first step is to survey parents with the proposed changes (in the next few weeks) to gather feedback and thoughts.

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

We are looking forward to seeing you all at the Mother's Day Breakfast tomorrow. Orders for gifts and breakfast have now closed. Please note that if you have ordered a gift they will be delivered to classrooms by Friday and a huge thanks to all the Dads that have volunteered to help on the day. A note for Arabanoo parents attending the breakfast - if your child/children are booked in for Arabanoo and are also attending the breakfast, please only sign your child in with Arabanoo when you leave the school grounds and you would like us to take them to school. When you sign your child in, please ensure your child is with you so we can inform them of where to go.

Trivia Night – Saturday 31 July

If you would like to be a part of the organising team for the unmissable Trivia Night, please email Diana at bhpsintheloop@gmail.com. We are particularly looking for people who would like to help us source raffle and auction items.

We need your help!

Thinking about doing a little volunteering in the next few months? There are lots of opportunities big and small – have a chat with one of the P&C team to see what might suit what you're looking for. Some of the smaller opportunities available are events, sponsorship walking bus, grants and gardening etc. Why not try working alongside those currently volunteering to get a feel for it. Take your pick - anything is possible!

And finally... welcome Billy and thank you Yvonne!

Thanks to Yvonne Phokos for all your hard work as P&C Secretary in 2020 and welcome Billy Anderson who is taking over the role!

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



Millins Meat Monday was a great success this week with over 300 sausages on order. Enormous thanks must go to Stef and the team at Millins at Balgowlah Heights for not only providing the sausages on Monday but supplying the canteen with quality meat and free-range chicken every week. Please support them if you can.

This week, we are asking for volunteers from 6M and next week we are for parents and carers from 6R. Grab a friend and come and help! We always have plenty of jobs and love to see new faces.



Week	Date	Class
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/carers 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.

Kathrine Boulderstone | 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).

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!

SPORT TRACKSUIT PANTS - Fluffy warm SportTracksuit Pants now available sizes 4-12.

BAND - Band Polos are available via Flexischools or in the Uniform Shop \$25 sizes 10/12/14.

FLEXISCHOOLS - If you wish to cancel a Flexischools Order, this must be done via Flexischools. The Uniform Shop **can not** Cancel Flexischools Orders.

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



Signing in/out - Parents/carers to sign in/out

From next week all parents/carers are required to sign their child/children in in the mornings and out in the afternoons. Hand sanitizer will be available and must be used before signing in and out. Signing in/out will remain at the bottom gate near the school office on the Western Campus for both junior and senior children.

Mother's Day - Please mark your child as absent

If your child/children are booked in for Arabanoo on Thursday morning and are also attending the Mother's Day breakfast, please only sign your child in with us when you leave the school grounds and you would like us to take them to school. When you sign your child in, please ensure your child is with you so we can inform them of where to go.

Non-notification - Now charging

We haven't been charging non-notification fees for the last 12 months but from next week we will charge \$11 if we haven't been notified of an absence in the afternoon. We have to ring up to 10 families each afternoon which takes 1 or 2 staff members off the floor to ensure your child is safe. Please mark your child absent via the My Family Lounge app or per email to the Arabanoo office.

After School Activities - Free science trial

After school activities organised by Arabanoo started last week (Rolling Coaches is starting this week). It's not too late to sign your child up. We are offering a free trial session for science this week on Thursday afternoon. If you would like to sign your child up for the free trial please email the Arabanoo office.

Please note that Rolling Coaches takes place on Tuesday mornings as well as Wednesday afternoons.

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.

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.

Staff - Welcome and goodbye

Mary and Chelsea have joined the Arabanoo team recently. Mary has many years' experience working in before and after school care and will be working in a team leader role and taking on some admin roles in the office. Chelsea is studying primary education and will work on the floor as an educator. Please say hi if you see a new face.

In the last few weeks we have farewelled Kim, Conor and Sally. Kim will be traveling around Australia before returning back to the Netherlands while both Sally and Conor have found new jobs in their chosen careers. We will miss them all and wish them all the best for the future.

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



Term 2 gardening sessions with Bush-to-bowl

In Term 2, Bush-to-Bowl will be running the following two types of volunteer gardening sessions for parents/carers:

1. **Native garden clean up sessions** that aim to weed, mulch and plant out new plants into the native gardens on the BHPS Eastern Campus for the children to enjoy; and,
2. **Plant propagation sessions** where we'll be growing new plants in the nursery located on the Eastern Campus.

We're hoping you can join us! To sign up for a session, please use the following link:

<https://signup.com/go/qnfKxsl>

You can come every once in a while or every week, whatever suits your schedule. If you have any questions about getting involved in one of these volunteer sessions, please email Ashlea Zivanovic (ash@bushtobowl.com).

Bush-to-bowl is our school bush tucker program that aims to create spaces where families and community members can engage with Australia's native plants and traditional Aboriginal knowledge and culture. To learn more about Bush-to-bowl, please visit www.bushtobowl.com

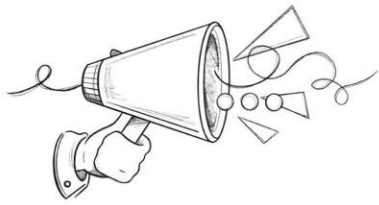
PLANT IN FOCUS:

Native Ginger (*Alpinia caerulea*)

Native Ginger is one of many edible Australian "bush tucker" plant species. It produces an underground rhizome with a mild ginger flavour that can be used in place of the non-native ginger rhizome that is sold in supermarkets. It's easy to grow and has attractive red-backed foliage, making it a beautiful addition to the garden where the blue berries will attract bees, lizards and birds. This perennial, clumping herb grows to approximately 2 metres high and prefers full to part shade, though will tolerate part to full sun. Native ginger also makes a beautiful indoor plant.

Come join us and learn how to propagate Native Ginger, and many other edible "bush tucker" plant species, in one of our propagation sessions on Friday morning from 9:30 – 11:30 am in the school nursery.





**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





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!

