

THE HEIGHTS

Term 2 | Week 9 | 16 June 2021



Connect | Succeed | Thrive

Balgowlah Heights
Public School



PRINCIPAL'S MESSAGE

Semester I Student Reports

Student Semester I Reports will be provided on Thursday (17 June) of this week. This year we are trialling the Reports being emailed to all families. If you would like a hard copy of the Report you are welcome to contact the school.

Recognition Assembly

We look forward to our Term 2 Recognition Assembly to be held on Monday 21 June at 9.15am. Invitations to families who have a child receiving an award have been emailed.

Education Week Open Day

We look forward to celebrating Education Week Open Day next term on Wednesday 28 July. The activities including class visits, performances and a picnic morning tea will all be held in the morning of this day. Further information will be provided early next term.

Interrelate

Interrelate Family Evening Program will be held on Tuesday 22 June for parents and students in Years 3-6. The sessions are:

- 6.00-7.00pm Where did I come from? | Years 3 and 4
- 7.15-8.15pm Preparing for puberty | Years 5 and 6

An email providing further information has been sent home. Please note this is an optional activity at the discretion of parents.

Further information provided on page 5.

PBL Thumbs Up Celebration Day

We look forward to our PBL Thumbs Up Celebration day to be held on Wednesday (23 June) next week. The students have voted for a 'PJ and Movie Day'. An email providing further information will be sent home later this week.



PRINCIPAL'S MESSAGE

Learning Goals

Next week the students will be undertaking their Learning Goal reflections for Term 2. The reflections will be provided to you through Seesaw Family. You are welcome to write a comment.

Multicultural Perspectives Public Speaking Competition

Congratulations to Louis Lalauze, Alexandra Kirkbride, Naomi Nichols and Lielle Fane for their efforts at the District Multicultural Perspectives Public Speaking Competition. Lielle won the Senior Category of this Competition.



Sustainability Visit

Last week our Federal Member of Parliament, Mrs Zali Steggall, visited our school to view and discuss our sustainability initiatives. This included meeting the Sustainability Monitors from each class and discussing our recycling practices, waste minimisation practices, Walking Bus, solar panels and Bush to Bowl Program. Thank you to Felicity Stevens for organising this visit.



Maintenance Activities

During the next six weeks maintenance work on the Western Campus will be occurring. This will involve painting, building repairs and new decking of some buildings.



PRINCIPAL'S MESSAGE

Harbourside Music Festival

We wish the students in the Junior, Senior and Concert Bands all the best for their performances at the Harbourside Music festival on Thursday (17.06.21) of this week.

Community Service

Congratulations to Harry Mills and Fredrick Mills, for their community service in helping to prepare meals at a shelter.

Term 2 School Invoice

Thank you for your assistance in finalising school invoices for Term 2.

Voluntary P&C Building Fund Donation

The P&C are inviting parents and carers to make a voluntary fully tax-deductible donation to the P&C School Building Fund before 30 June 2021 to assist with the air conditioning of the school hall.

An email with further information will be sent home today.

Upcoming Events			
	Date	Activity	Time
Term 2 Week 10	Monday 21 June	Recognition Assembly	9.15am
	Tuesday 22 June	Interrelate Family Evening Years 3 & 4	6.00pm
		Interrelate Family Evening Years 5 & 6	7.15pm
	Wednesday 23 June	PBL Thumbs Up Celebration Day	
	Thursday 24 June		
	Friday 25 June	Last day of Term 2	
Term 3 Week 1	Monday 12 July	School Development Day	
	Tuesday 13 July	Students commence Term 3	
	Wednesday 14 July		
	Thursday 15 July		
	Friday 16 July	Winter PSSA Round 8	12.15pm

David Shuster | Principal



PSSA Results 11 June 2021

Date	Sport	Team	VS	Location	Result
11/6/21	Soccer	Junior Boys A	Curl Curl	Beacon Hill 2	2-3 L
11/6/21	Soccer	Junior Boys B2	Dee Why	Passmore 1	0-5 L
11/6/21	Soccer	Junior Girls A	Manly West	John Fisher 1	1-0 W
11/6/21	Soccer	Junior Girls B	Manly Village	Frank Gray 2	4-0 W
11/6/21	Soccer	Senior Boys A	Curl Curl	Beacon Hill 2	1-8 L
11/6/21	Soccer	Senior Boys B2	Dee Why	Passmore 1	3-4 L
11/6/21	Soccer	Senior Girls A	Manly West	John Fisher 1	3-1 W
11/6/21	Soccer	Senior Girls B	Manly Village	Frank Gray 2	0-0 D
11/6/21	Rugby League	Junior Mixed A	Manly Village	Nolans 1	38-0 W
11/6/21	Rugby League	Senior Boys A	Manly Village	Nolans 1	4-36 L
11/6/21	Netball	Junior Girls A	Harbord	Curl Curl Courts	9-4 W
11/6/21	Netball	Junior Girls B	Seaforth	Curl Curl Courts	0-11 L
11/6/21	Netball	Senior Girls A	Balgowlah Nth	Curl Curl Courts	12-2 W
11/6/21	Netball	Senior Girls B	Beacon Hill	Curl Curl Courts	4-11 L
11/6/21	Netball	Senior Girls C	Seaforth	Curl Curl Courts	13-1 W

PSSA Draw 18 June 2021

Date	Sport	Team	VS	Location
18/6/21	Soccer	Junior Boys A	Harbord	Seaforth 1
18/6/21	Soccer	Junior Boys B2	Dee Why 2	Passmore 1
18/6/21	Soccer	Junior Girls A	Seaforth	John Fisher 1
18/6/21	Soccer	Junior Girls B	Manly Vale	Reub Hudson
18/6/21	Soccer	Senior Boys A	Harbord	Seaforth 1
18/6/21	Soccer	Senior Boys B2	Dee Why 2	Passmore 1
18/6/21	Soccer	Senior Girls A	Seaforth	John Fisher 1
18/6/21	Soccer	Senior Girls B	Manly Vale	Reub Hudson
18/6/21	Rugby League	Junior Mixed A	Manly Vale	Nolans 4
18/6/21	Rugby League	Senior Boys A	Manly Vale	Nolans 4
18/6/21	Netball	Junior Girls A	Beacon Hill	Curl Curl Courts
18/6/21	Netball	Junior Girls B	Curl Curl Nth	Curl Curl Courts
18/6/21	Netball	Senior Girls A	Curl Curl Nth	Curl Curl Courts
18/6/21	Netball	Senior Girls B	Manly Village	Curl Curl Courts
18/6/21	Netball	Senior Girls C	Harbord	Curl Curl Courts

Interrelate | Family evening Program

Please note this is an optional program. Parents/Carers attend with their children

Session 1: Where did I come from? | Years 3 & 4 | 6pm

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Content

- Introduction
- Sexual intercourse & conception
- Family structure and family relationships
- Foetal development
- Twin explanation
- Protective behaviours
- Birth
- Male/female reproductive systems
- Conclusion

Session 2: Preparing for Puberty | Years 5 & 6 | Years 3 & 4 at parent's/guardian's discretion

Objectives

- To provide information on puberty for 10-13-year-olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Content

- Introduction
- Changes to boys only
- Revision of Session 1
- Changes to girls only
- How, why and when of puberty
- Why are these changes happening?
- Physical and emotional changes to both boys and girls

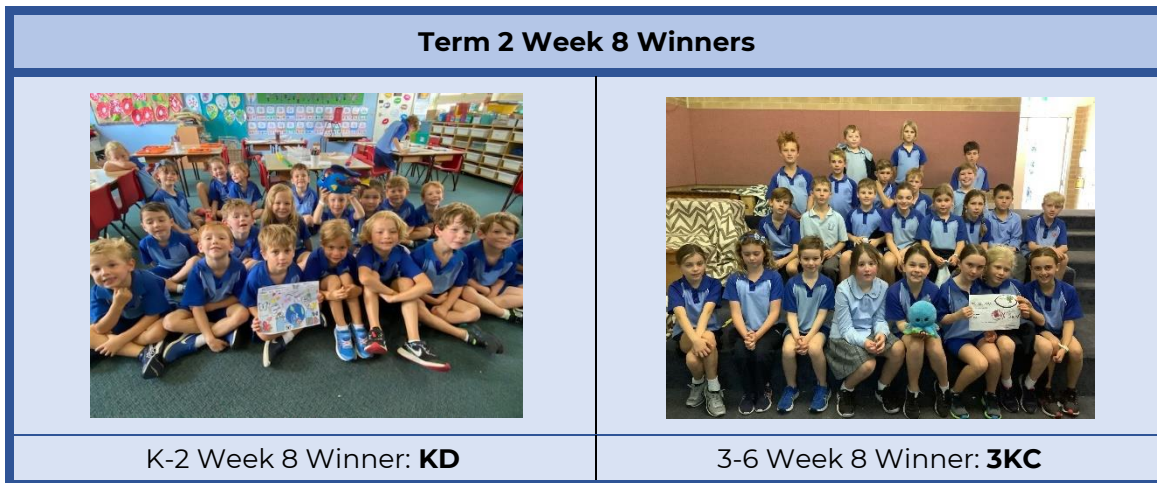
Conclusion

Cost \$35 (incl. GST) per family to attend both sessions



Term 2 Week 8 Waste Free Wednesday Winners!

Congratulations to our K-2 and 3-6 class winners for being Waste Free in Week 8! Well done to the rest of our school! Let's keep working on having zero waste!



Tournament of Minds Workshop Day

Tournament of Minds is a creative problem-solving competition that requires teams of students to 'solve' a specific problem over a period of 6 weeks. The problems involved are based on a background story and the resolution must satisfy very specific criteria. Students write a script to showcase their problem solution and perform their play on Tournament Day in front of a judging panel.

We have several places available for this year's teams. In Week 10 interested students in Years 5 and 6 will be given the opportunity to participate in a workshop day at school so the available team placings can be filled.

Students and parents need to be aware that this is a six-week commitment, beginning in Week 1, Term 3 and culminating in Tournament Day on a Sunday in late August (date TBC). Practice sessions will take place before and after school and students will be expected to attend all sessions as far as possible.

I will be talking to Years 5 and 6 students this week regarding the workshop day. If your child is interested in participating, you will receive a note which will need to be signed and returned to school by Monday 21 June.

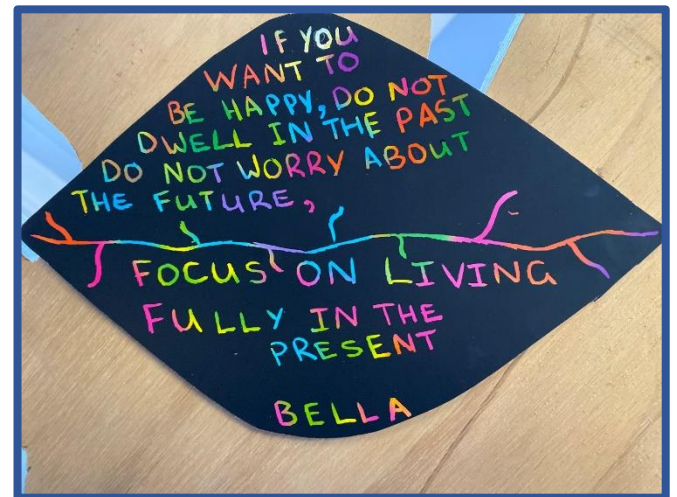
If you have any questions, please feel free to call me on the school number.

Regards

Lindy Chester | TOM Coordinator

Wellbeing Week

Teachers and students enjoyed participating in Wellbeing Week activities last week. Below are some photos of students from 6M blossoming with positive quotes and notes of gratitude. 1M were 'bee-ing' kind to others, themselves and the planet. What can you do this week to show kindness or gratitude?



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

A summary of the P&C Operational Plan 2021 – Part 5: Volunteering

Volunteering for the P&C is a rite of passage! Nearly every parent has been talked into helping at some point and we are incredibly grateful for any time you can spare. There are many, MANY ways you can get involved, and it certainly doesn't need to take a lot of time. For example, if you have 30 mins or an hour a week you could be a class reading helper, collect the soft plastics, volunteer in the canteen, be part of a walking bus, be part of the Year 3 gardening club or be a Class Coordinator etc. If you have a bit more time to spend you could consider joining a Committee such as the Sustainability Team, help in the Uniform Shop, write a grant proposal, help organise an event or join the P&C Executive team. If you are unable to volunteer during the week, we are always on the look-out for helpers at events, or weekend working bees, or sizzle sausages/run the BBQ at events.

If work really gets in the way, the best way to support the P&C is by paying our voluntary \$50 donation each term. This helps us ensure we fulfil our financial commitment to the school by funding all our projects as mentioned in our previous Operational Plan updates. If you are keen to help, but find the commitment a bit daunting, we will always have a small job for you. Email us at bhpspresident@gmail.com to find out more.

Trivia Night 2021 – Request for donations

To make this year's trivia night the most successful one ever and make up for last year's COVID cancellation, we're looking for great prizes and lots of them! Doesn't matter how big or small, if you, or know someone, that has something to offer, please get in touch bhpstrivia21@gmail.com This is our biggest fundraising event for the year so please dig deep and help us raise funds to build a new outdoor classroom for everyone to enjoy.

Support your local school. We need you!



Calling all Balgowlah Heights parents, friends and relatives.

To make this year's trivia night the most successful one ever and make up for last year's COVID cancellation we're looking for GREAT prizes and LOTS of them!



Doesn't matter how big or small, offer to do a family's tax returns or mow the lawn for six months, offer your holiday house, or a product or service that we would all love!



If you have something to offer, please get in touch.
bhpstrivia21@gmail.com



This is our biggest fundraising event for the year so please dig deep and help us raise funds to build a new outdoor classroom for everyone to enjoy.

Show me the prizes!



Proudly Supported By



Zali Steggall – tour of the school’s sustainability efforts

Last Friday we were pleased to welcome Zali Steggall MP to the school to show her some of our current sustainability initiatives. Zali spent time with our sustainability team - which is a mix of parents, teachers and sustainability monitors - and discussed some of our ongoing projects. She was able to see the ‘Great Lunchbox Sale’ in action, meet the Friday Walking Bus, hear about the ‘Swap for Good’ scheme at the Canteen, take a tour of our Native Garden and hear about the Year 3 gardening scheme. Thank you to Felicity, Monica and Annelies for organising this visit, and for David Shuster, Emily Rhodes, Shona Veney and the sustainability monitors for taking the time to meet with Zali.

Building Fund Donation

Make a tax-deductible donation to the BHPS Building Fund before 30 June 2021 to help provide air-conditioning for the School Hall. A letter with details of how to donate will be emailed to families today.

Class Coordinators – Term 3 & 4

Thank you to all Semester 1 (Terms 1 & 2) Class Coordinators – you did a fabulous job and your help is truly appreciated. We are now on the look out for some help for Semester 2 – two people per class - some spots have already been filled – so be quick! This Semester you get to organise lots of fun end of Term and Christmassy stuff! Sign up [here](#).

Class	Coordinators needed	Class	Coordinators needed
KRA	1	4B	2
KS	2	4E	1
IJ	1	4K	1
1G	2	4S	2
1M	1	5J	1
2D	1	5P	2
2E	1	6C	1
2F	1	6L	2
3B	2	6M	1
3G	2	6R	2

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 PC team | P&C proudly supported by





OPENING HOURS
Tuesday | 8.30am – 9.30am
Thursday | 2.30pm – 3.30pm

UNIFORM SHOP ENTRY - The Uniform Shop has moved back after renovations.

Please sign in at the Administration Office.

BAND - Band Polos, Bags and Sloppy Joes are available from the Uniform Shop or Flexischools. If you're after second hand, get in quick, there's very few left!

IT'S CHILLY

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

ZIP FLEECEES - Fuzzy fleeces are available in sizes 4 -12.

UNIFORM DONATIONS - If you have outgrown uniforms, please consider donating to the Uniform Shop. Just drop them at the Administration Office. All items not in good saleable condition or not the current BHPS Uniform, please drop in the Worn-Up bin for recycling.

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

All Returns and Exchanges are strictly within 28 days of purchase.

Loretta Mykityshyn | Uniform Shop Manager

bhpsuniformshop@gmail.com

CANTEEN NEWS

This week we are asking the parents and carers of KW for help in the canteen. The Kindy families have been wonderful volunteers the last few weeks – thank you so much. Next week is the last week of term and we are asking parents and carers of 2D to volunteer. Grab a friend and come and help. We always have plenty of jobs and love to see new faces!

Week	Date	Class
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.

Kathrine Baulderstone | Sanja Vidaic | Canteen Managers

ARABANOO NEWS

Mini Fete – Today, Wednesday 16 June

Our mini fete is back! Come and join us for heaps of stalls, a sausage sizzle and parent challenges. 3.45 – 5.15pm. All families welcome.

Vacation Care – Nearly full

Our Winter program has been extremely popular. At present we only have spaces available on the 28 June, 2, 5 and 9 July. All other dates are full, with waitlists.

PMC – Recruiting

Did you know that Arabanoo is a not for profit organisation and run by a committee of voluntary parents? We're on the search for new members to meet once a term and have input into how Arabanoo operates in the future. Please email us for further information.

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





MANLY WARRINGAH BASKETBALL ASSOCIATION LIMITED

ABN 18 003 482 835

P.O Box 396, Narrabeen, NSW 2101

July MWBA basketball Camp

A Fun based camp, to help develop basketball skills with great coaching

Competitions and prizes

Date: 7th,8th & 9th July, 2021

Time: 5 to 9yrs 9am to 12:00 and 10 to 14 years 1:00 to 4:00pm

Cost: \$105

Venue: Northern Beaches Indoor Sport Centre, Warriewood.

7th, 8th, 9th July, 2021

TO BOOK GO TO THE LINK..... <https://www.trybooking.com/book/sessions?eid=763864>

BALGOWLAH BOYS MUSIC DEPARTMENT PRESENTS

BALLY BOYS MUSIC SHOWCASE

THURSDAY 17 JUNE 2021
6.30 PM START
BALGOWLAH BOYS SCHOOL HALL
MARETIMO ST

RAFFLE & PRIZES | CANTEEN



TICKETS: \$5 ADULT, \$3 CHILD & STUDENT
\$12 FAMILY (2 ADULTS, 2 CHILDREN)
PURCHASE ONLINE OR AT THE DOOR



TENNIS AND COMBINED SPORTS CAMP



www.barenatennis.org.au

PRIZES!!!

Phone: Oliver 0403 833 293

CAMP 1: 28th June – 2nd July 2021

CAMP 2: 5th – 9th July 2021



COVID SAFE
SPORT COACH / OFFICIAL



Edwards Chinese Medicine Clinic
02 9948 1600

Vacation Care

Northern Beaches Council operates Vacation Care services at four locations on the northern beaches - Cromer, Forestville, North Curl Curl and Manly Vale.

As part of our commitment to provide a not-for-profit service to the community, we ask that you forward this information on to your families in your School Newsletter.

The link to the brochure is:

<https://files.northernbeaches.nsw.gov.au/sites/default/files/vacation-care-brochure-winter-2021.pdf>

The link to the Vacation Care website is:

<https://www.northernbeaches.nsw.gov.au/services/children/child-care/vacation-care>

Kind regards

Vacation Care team

Vacation Care Administration

t 02 9942 2312

[northernbeaches.nsw.gov.au]northernbeaches.nsw.gov.au



northern
beaches
council

