

THE HEIGHTS

Term 3 | Week 6 | 18 August 2021

CONNECT SUCCEED THRIVE



PRINCIPAL'S MESSAGE

SASS Week

Our school community is made up of many different people, all of whom play a part in the running of schools and the provision of quality education to students. School Administrative and Support Staff, whether they work in the office, the library, on the school grounds or in the classroom setting, are important contributors to the success of our school and children's education. Next week we recognise Mrs Callaghan, Mrs Hardcastle, Mrs Obern, Mrs Auton, Mrs Mulvena, Mrs Jones, Ms Susko, Mrs Skinstad, Mr Femia, Mr Vella, Mrs Lynch, Mrs Jerman, Mrs Chandler, Mrs Pellegrini, Mrs Daddo, Miss Hilton, Miss Irish, Mrs Gay, Miss Riad, Mr Panesar, Miss McIntyre, Mr Hopley and Miss Sutton for the contribution they make for the students at our school.

In the Home Learning Units for next week there is the opportunity for students to make cards of appreciation for the office staff and the school learning and support officers. The students are welcome to email balgowlaht-p.schools.nsw.gov.au photos of their cards or have the cards placed in the school letterbox.

Wellbeing Day

On Wednesday (25.08.21) of next week we will be holding a Wellbeing Day. This will involve the students undertaking a range of activities including exercise, mindfulness, household tasks and gratitude activities.

One of the goals of the day is to reduce screen time. Teachers will be off-line. They will spend the day planning for upcoming weeks, providing feedback on prior learning as well as engaging in some Wellbeing activities of their own. There will be no class Zoom sessions and teachers won't be available on Google classroom or Seesaw Class on this day. Grade Zoom meetings will occur as planned.

Home Learning

We want to thank all the families who are supporting our community by keeping their children at home, learning from home, to minimise movement in the community. As always, our school will be open with minimal supervision to support those students who cannot be educated from home, for example if their parent or carer is an essential worker. All students and families will be supported with learning from home materials and resources provided by your teacher.

If you are working from home, and your child is able to be educated from home, please keep your child at home.

PRINCIPAL'S MESSAGE

Find resources to help you and your child learn from home at education.nsw.gov.au/parents-learning-at-home in addition to a range of information on our school website.

To assist in our organisation for the week (Monday 23-Friday 27 August), if you are planning to send your child to school, could you please click on the link below and complete the google form by 10.00am Friday 20 August 2021. [Google Form](#)

Even if you have completed a google form for this week, we require you to register for the week commencing 23 August.

P&C

The next meeting of the P&C Meeting will be held on Monday 30 August at 7.00pm on Zoom. All parents are very welcome to attend. Discussion topics for this meeting include:

- Home learning
- Education support dog

To register please [click here](#) This link also provides the opportunity for you to detail questions you would like addressed.

A zoom link for the meeting is provided here: [P&C Zoom Link](#) Meeting ID: 613 3758 7414 Passcode: 156288

Zoom

In each week's Home Learning Program there is a Grade Zoom Meeting. In addition to this, all classes will hold Class Zoom Meeting. The purpose of the Class Zoom Meetings is to:

- Check-in with students
- Outline the day's learning activities
- Explain more complex and new learning which may include mini lessons and worked examples by the teacher
- Reflect on the prior day's learning
- Answer questions

The purpose of the Grade Zoom Meetings is:

- Social connection undertaking activities such as games and quizzes

The times for the Class/Grade Zoom Meetings are:

Year	Class Zoom Meeting	Grade Zoom Meeting
Kindergarten	Monday, Tuesday, Thursday 9.00-9.30am	Wednesday 2.30pm
Year 1	Monday, Tuesday, Thursday 9.00-9.30am	Wednesday 2.00pm
Year 2	Monday, Tuesday, Thursday 9.00-9.30am	Wednesday 2.00pm
Year 3	Monday-Friday 9.30-10.00am	Monday 2.00pm
Year 4	Monday-Friday 9.30-10.00am	Monday 2.00pm
Year 5	Monday-Friday 9.10-9.40am	Thursday 2.00pm
Year 6	Monday-Friday 9.10-9.40am	Thursday 2.00pm

The links for the Zoom Meetings are contained in the Home Learning Unit of Work and in the daily learning activities.

As part of our Grade Zoom Meetings next week we will be celebrating Book Week. The students are welcome to dress as their favourite character for these Grade Zoom Meetings or wear an accessory which represents their book character.



PRINCIPAL'S MESSAGE

Student Leader's Message

Hello Balgowlah Heights! Welcome to Week 6 of lockdown. I'm sure you are all thriving in lockdown and approaching every day with a positive mindset. Just a quick reminder to make sure you are thanking your teachers for all the hard work they put in behind the scenes - we are so privileged to have such a dedicated staff team and they deserve our recognition. We are doing so well in lockdown - 8 weeks already! Give yourselves a pat on the back.

Despite the list of negatives that come along with lockdown, this is actually a great time to get creative with your hobbies and try something new! From cooking to sewing to drawing to skateboarding and so much more, this is an excellent opportunity to experiment with a new hobby. You never know where it might take you! Last but not least, did you know that if you look 20 metres away every 20 minutes when you are in front of a screen and blink 20 times, it helps prevent your eyes from being damaged by your screen? Try it out! Happy lockdown-ing and I hope to see you all back at school soon!

Jaslyn Plummer | School Captain

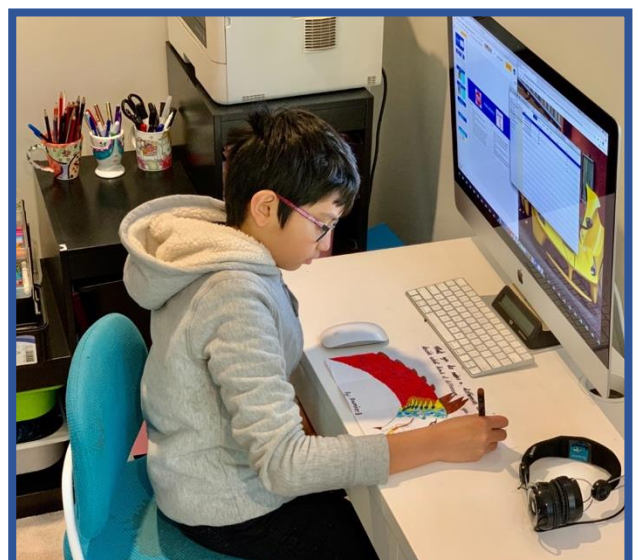
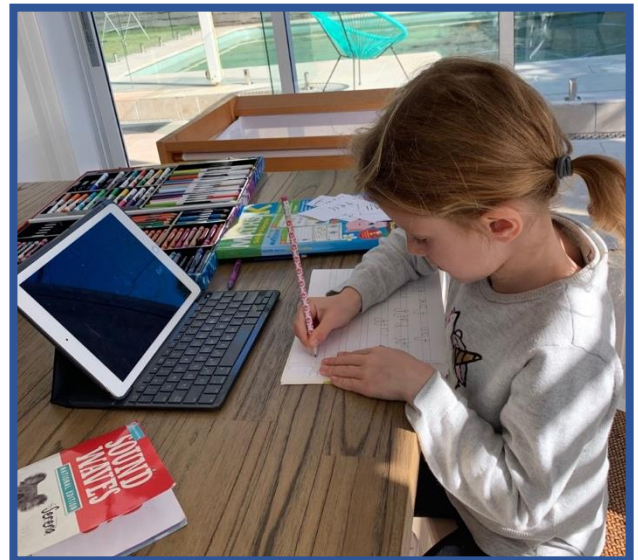
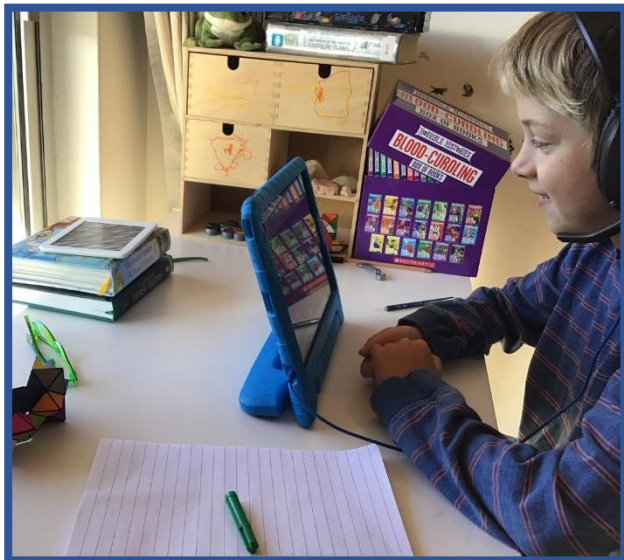
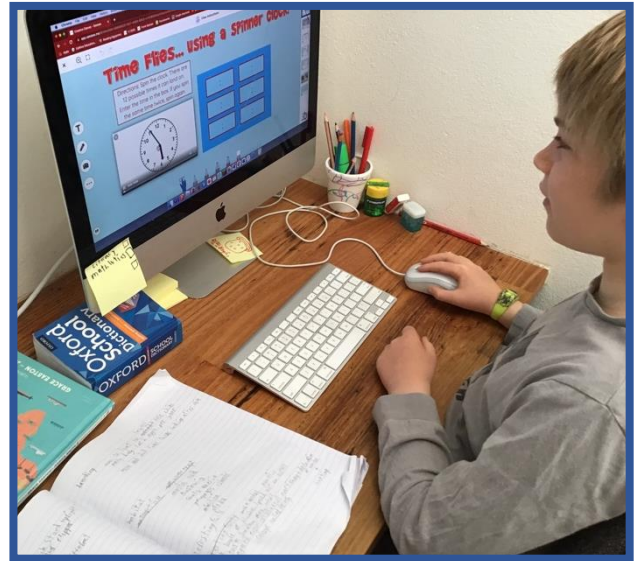


Home Learning Photographs

We welcome the opportunity to view photographs of your child undertaking home learning. We plan to use some of these photographs in our Newsletter and presentation later this term. You are welcome to send your photographs to: BalgowlahHeightsPS@hotmail.com



PRINCIPAL'S MESSAGE



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Seesaw Learning

Class KS have been busy designing an Olympic and Paralympic venue using lego and other materials at home.



NSW Department of Education

Stay COVID safe



Our school is open for those students:

- ☒ **who cannot be educated at home**
- ☒ **whose parents and carers are essential workers.**

There is minimal supervision available on site to support these students.

All other students must stay at home, learning from home, as directed by the NSW Health Public Health Order.

Thank you for supporting our teaching and school community to stop the spread of COVID-19.



Follow health advice and keep your child home if they are unwell.



For the latest information, visit education.nsw.gov.au/covid-19

education.nsw.gov.au



PRINCIPAL'S MESSAGE

The Department of Education conduct live Q&A sessions on a regular basis. Information is detailed below on the next of these events.

Facebook live Q&A for parents and carers of primary students

There is another great Facebook live Q&A that will be featured on the department's Facebook page. The focus this week is on answering any questions parents and carers of primary school students might have about managing learning from home.

When: Thursday 19 August 4.30pm

Where to watch: [Is your child in primary... - NSW Department of Education | Facebook](#)

Who is it for: parents and carers of primary school students



Upcoming Events			
	Date	Activity	Time
Term 3 Week 7	Monday 23 August	Years 3/4 Zoom Grade Zoom Meeting	2.00pm
	Tuesday 24 August		
	Wednesday 25 August	Years 1/2 Grade Zoom Meeting Kindergarten Grade Zoom Meeting	2.00pm 2.30pm
	Thursday 26 August	Years 5/6 Grade Zoom Meeting	2.00pm
	Friday 27 August		
Term 3 Week 8	Monday 30 August	Years 3/4 Zoom Grade Zoom Meeting	2.00pm
	Tuesday 31 August		
	Wednesday 1 September	Years 1/2 Grade Zoom Meeting Kindergarten Grade Zoom Meeting	2.00pm 2.30pm
	Thursday 2 September	Years 5/6 Grade Zoom Meeting	2.00pm
	Friday 3 September		

David Shuster | Principal



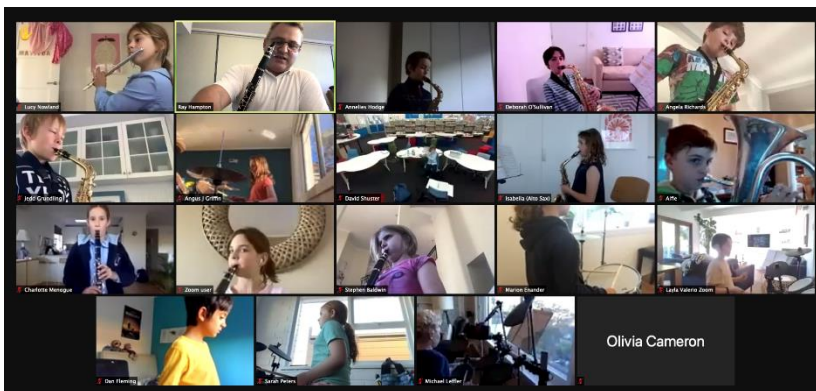
Band Online – Crazy Hat (or sunnies) Day

After some 'serious' learning our Concert Band members donned their craziest hats and sunnies to pose for a photo of them participating in band online.

While we would always prefer to be physically together, the band online sessions are proving to be useful to keep the band members playing their instruments and connecting online. Like any physical activity it is important that musicians play their instruments regularly to keep their muscles and music memory in good condition. It is very easy to lose muscle strength, finger dexterity and music knowledge so these online sessions are valuable for maintaining these important skills. Reminder though, that you still need to do your own practice during the week too!

Thank you for attending these sessions – it's great to see you online. Thanks also to the parents who help facilitate their child's attendance.

Caroline Fechner | Band Manager



Week 5 and 6 Wellbeing and PBL Focus

This fortnight's focus is Positive Attitude towards Challenges

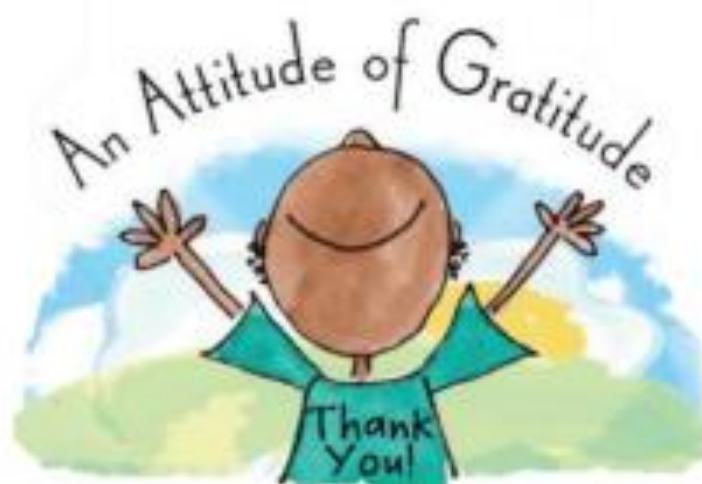
We are learning to have a positive attitude towards challenges.

Week 7 and 8 Wellbeing and PBL Focus

This fortnight's focus is Gratitude

We are learning to be grateful for our learning experiences and those who are helping us.

Wellbeing Corner



Gratitude is the quality of being thankful: readiness to show appreciation for and return kindness. Research has shown that gratitude is associated with good physical and mental health; it increases positive emotions and combats negative bias.

Next week at BHPS we will focus on wellbeing and students will participate in activities related to gratitude. We hope you embrace some of these as a family. We have opportunities to demonstrate gratitude, modelling behaviours to our children. Take a moment in your week to recognise a colleague, friend, relative, teacher or your child for their contribution to you and your family. Acknowledging and sharing positive qualities in someone or recognising something they did builds relationships, connection and has wellbeing benefits for you as well as them. It can be as simple as a note, email, phone call or card.

Here are some useful links you may wish to explore related to negative bias and gratitude:

[Positive Psychology- Negative Bias](#)

[The Resilience Project-Gratitude](#) 5 activities you can do at home!

Make gratitude a daily habit! Name 3 things that went well.

[Smiling Mind-Managing your mind](#)



Some people get stuck in the negative and find it difficult to shift their thoughts. It happens with children too. Everyone has the tendency to pay more attention to negative things -this phenomenon is called negativity bias. It's powerful and can affect work, friendships, learning, and even health.

The good news is that you CAN help your children (and yourself) to tip the scale and **shift attention to things that are working well**. When you feel like you or your child get 'stuck' feeling discouraged, use 'Things to Remember' (above) to help find a more helpful thought.

Here is a valuable link to [COVID-19 Parenting resources](#) from Northern Sydney Health that has numerous links to articles, contacts, books and websites that I know you will find informative.

Thank you for supporting our whole BHPS staff team and your children in their learning journey. I look forward to hearing stories of gratitude and its impact from our BHPS community in the weeks ahead.

Michelle Cruickshank | Wellbeing teacher



Library News | Week 6

Hello Readers,

This week is National Science Week and you will be undertaking some great activities set by your science teachers this week. The Royal Botanic Gardens website and the Sydney Science Trail is offering online events.

Next week 21 –27 August is BOOK WEEK. The theme is OLD WORLDS, NEW WORLDS, OTHER WORLDS.

Use your imagination to dress up as your favourite book character. It may be related to this year's theme or not, it is up to you. Check your weekly timetable for a Mufti Dress up day via Grade or Class Zoom meetings.

Other great sites you might like to view are www.matt.cosgrovebooks.com for printable Macca the Alpaca costumes.

And now on to the Room on The Broom challenge. Which BHPS families will take up the challenge to reinvent this page? This much loved book by Julia Donaldson lends itself to lots of fun and interpretation through drawing your family on the broom, taking a photograph or video of your family on the broom and uploading to Seesaw for Years K-4 or Google classroom Years 5-6.

See you (virtually) next week for Book Week!

Happy Reading!

Roslyn Elliott | Teacher | Librarian



P&C NEWS

P&C News

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

Mid-year President's Report

The first half of 2021 has been interesting with a few challenges along the way – [click here](#) to read the Mid-year President's Report which summarises the work of the P&C so far this year.

P&C Meeting

Please join us for the next P&C Meeting at 7pm on Monday 30 August via Zoom.

If you have any questions about the P&C or would like to be involved in any way, please feel free to contact Diana at bhpspresident@gmail.com or Tamsin at bhpsvpcomms@gmail.com. Like the [BHPS P&C Facebook Page](#) and join the private [BHPS P&C Facebook Group](#) to keep up to date with P&C news and events.

The P&C team

P&C proudly supported by



UNIFORM SHOP NEWS

Uniform Shop

The Uniform Shop is **OPEN for Click & Collect**.

Just place a [Flexischools Order](#) and your items will be ready for collection from the Administration Office window after 2pm on the Tuesday delivery date.

Flexischools Orders close at 12pm Mondays for next day collection.

Loretta Mykityshyn | Uniform Shop Manager

bhpsuniformshop@gmail.com