

THE HEIGHTS

Term 3 | Week 9 | 8 September 2021

CONNECT SUCCEED THRIVE



PRINCIPAL'S MESSAGE

2022 School Planning

In the near future we will be commencing the process of organising classes for 2022. If you will be moving from our school at the end of this year it would be appreciated if you could complete this [google form](#).

Also if you have any special social considerations you would like the school to be aware of in planning classes (e.g. siblings close in age) you are welcome to send an email to me via balgowlah-p.school@det.nsw.edu.au providing details by **Friday 17 September**.

Kindergarten 2022 Information Sessions

Due to Covid-19 restrictions we have replanned our Kindergarten Orientation program for Term 4. Information will be emailed to all families involved. The program will now involve two parent Zoom Information Sessions, Orientation Zoom meetings with children and a Kindergarten Newsletter for the children which will contain a range of activities. See page 5 of this week's newsletter for further information.

Home Learning

The NSW Government and the Department of Education have announced the following plan for a return to face-to-face learning for students in Term 4, 2021.

Year	Return to School Dates
Kindergarten and Year 1	Monday 25 October 2021
Years 2 and 6	Monday 1 November 2021
Years 3, 4 and 5	Monday 8 November 2021

In the period leading up to these dates, Home Learning will continue as we have been implementing programs this term.

We want to continue 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.

To assist in our organisation for the week (Monday 13 September-Friday 17 September), 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 Thursday 9 September 2021. [Google Form](#) Even if you have completed a google form for this week, we require you to register for the week commencing Monday 13 September.

PRINCIPAL'S MESSAGE

Home Learning Activities

As part of our Home Learning Activities there are activity sheets the students undertake for some lessons. To assist access to these activity sheets in Years K-4 we have created a Google drive for each grade which is printed below. The link for each grade will also be included in the week's Home Learning Program.

Kindergarten: [2021 Kindergarten home learning printable resources - Google Drive](#)

Year 1: [2021 Year 1 home learning printable resources - Google Drive](#)

Year 2: [2021 Year 2 home learning printable resources - Google Drive](#)

Year 3: [2021 Year 3 home learning printable resources - Google Drive](#)

Year 4: [2021 Year 4 home learning printable resources - Google Drive](#)

Recognition Assembly | Virtual

We look forward to our virtual Recognition Assembly on Monday 13 September 2021 of next week at 10.00am. A link will be sent to all families on Monday morning.

Social Distancing | Hygiene Practices

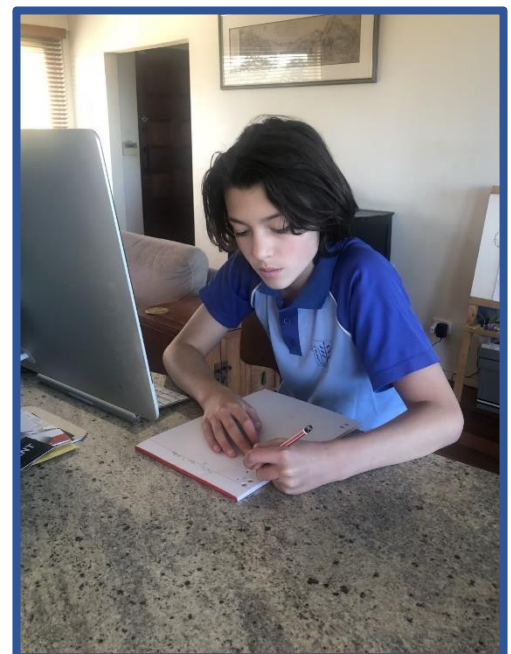
We look forward to our students returning to school next term on the dates listed on page 1 of this Newsletter. The Department of Education has requested all students to wear masks upon their return to school next term. Our school will have child size disposable masks available or you are welcome to organise a mask for your child.



Student Leader's Message

Hello BHPS, it is hard to believe that we have almost finished a whole term of home schooling. In addition to not being able to attend school, I know that a handful of my sporting events and many of your activities have been cancelled or postponed with Coronavirus around. Although lockdown and home schooling can be difficult, we must stay positive and relaxed about the situation that we are in. Take advantage of home schooling! For example I get to be flexible with my learning program. With lockdown around and all the free time why not pick up a hobby, I have done a little bit of cooking and started to learn how to play chess. Has anyone learnt how to cut hair? – I am sure that will be a big business post Covid! Most importantly keep doing the things you love, rediscover your neighbourhood and spend time with your family and pets. Remember to log into your class/grade zooms, our teachers are helping and supporting you every step of the way. Have a great holiday in lockdown and I will see you in Term 4.

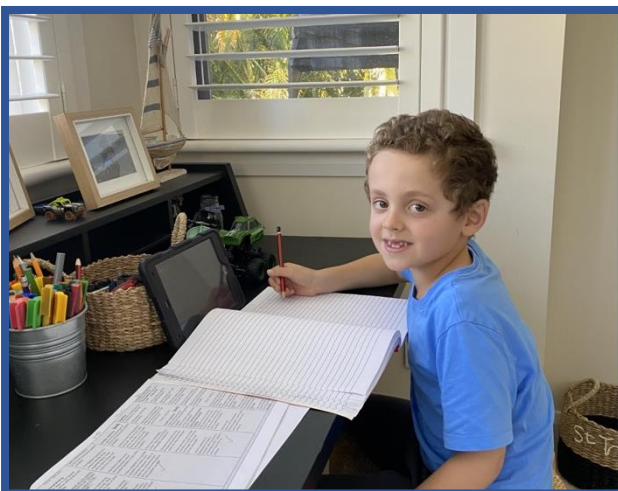
Jacob Kimball | Student Leader



PRINCIPAL'S MESSAGE

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 or a presentation later this term. You are welcome to send your photographs to: BalgowlahHeightsPS@hotmail.com



PRINCIPAL'S MESSAGE

Summer Uniform

The students are requested to wear their summer school uniform as of the beginning of next term.

Kindergarten Koala Exercise

Harvey has a huge fascination with koalas and the exercise today for Kindergarten on koalas was really exciting for him. He spent many hours painting some branches (that fell down in our backyard during the wind 1 week ago), and building a waterhole and gum tree setup in his bedroom.



Upcoming Events			
	Date	Activity	Time
Term 3 Week 10	Monday 13 September	Virtual Recognition Assembly Years 3/4 Zoom Meeting	10.00am 2.00pm
	Tuesday 14 September		
	Wednesday 15 September	Years 1/2 Grade Zoom Meeting Kindergarten Grade Zoom Meeting	2.00pm 2.30pm
	Thursday 16 September	Years 5/6 Grade Zoom Meeting	2.00pm
	Friday 17 September	Last day of Term 3	
Term 4 Week 1	Monday 4 October	Public Holiday	
	Tuesday 5 October	Term 4 Home Learning commences	
	Wednesday 6 October	Years 1/2 Grade Zoom Meeting Kindergarten Grade Zoom Meeting	2.00pm 2.30pm
	Thursday 7 October	Years 5/6 Grade Zoom Meeting	2.00pm
	Monday 13 September	Virtual Recognition Assembly Years 3/4 Zoom Meeting	10.00am 2.00pm

David Shuster | Principal





BALGOWLAH HEIGHTS PUBLIC SCHOOL 2022 VIRTUAL Kindergarten Orientation Program



* PARENT INFORMATION SESSIONS

Tuesday 12 October | 7-8pm (Zoom)

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

Tuesday 26 October | 7-8pm (Zoom)

Register to join: <https://bit.ly/BHPS26OCT>

Zoom link: <https://bit.ly/3z09h41>

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

* VIRTUAL KINDERGARTEN ORIENTATION

Orientation zooms for children 9.45 - 10.15am

Zoom link: <https://bit.ly/BHPSorientation2022>

- 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

* KINDERGARTEN NEWSLETTER

For more information

(password protected for Kindergarten 2022 families)

<https://bit.ly/BHPS2022>

- Virtual school tour
- Virtual orientation videos & activities (published Oct 2021)
- Starting school parent information



Week 9 and 10 Wellbeing and PBL Focus



This fortnight's focus is 'Emotions'.

We are learning to recognise and regulate our emotions.

RUOK? DAY™
9 September 2021

RUOK? Day is tomorrow, 9th September. It's a national day of action to remind us all that **EVERYDAY** is the day to ask '**Are you okay?**' Reach out to family, colleagues and friends. Remember the importance of connecting at this time. It could be during a lunch break, online, through a Zoom catch up, whilst exercising, at home or anywhere, anytime. It will make a difference!

For more information visit <https://www.ruok.org.au/>.

really
Are they OK?
Ask them today

Have a conversation using these 4 steps





- 1. Ask RUOK?**
How are you travelling?
You don't seem yourself lately - want to talk about it?
- 2. Listen with an open mind**
I'm here to listen if you want to talk more.
Have you been feeling this way for a while?
- 3. Encourage action**
Have you spoken to your doctor about this?
What do you think is a first step that would help you through this?
- 4. Check in**
Just wanted to check in and see how you're doing?
Have things improved for you since we last spoke?

Wellbeing Corner

THANK YOU to our BHPS school community for your expression of gratitude to our amazing team! Your kind words and gestures have increased our feelings of positivity.

Feelings are innate; they make us human and are part of the fabric of life. Our feelings are windows into our thoughts and perspectives we hold toward a situation, a person, an event or an environment. We can help our children/ students learn how to recognise, monitor, evaluate, and modify the intensity of their emotional response. We can support them in managing the feelings they are experiencing in a prosocial way. The Zones of Regulation helps us do that: support students/ children in managing all the feelings they experience.

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Terrified Yelling/Hitting Elated Out of Control

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 From *The Zones of Regulation*® by Leah M. Kuypers • Available at www.socialthinking.com

What is *The Zones of Regulation*?

The Zones of Regulation by Leah Kuypers is a curriculum full of a range of activities to help children develop skills in the area of self-regulation. They gain an increased vocabulary of emotional terminology so they can explain how they are feeling and are able to recognise when they are in each coloured zone. Students learn calming strategies, regulation techniques and tools to support them. Click here for a [brief overview of The Zones](#).

What is Self-Regulation?

Self-regulation is defined as the best state of alertness of both the body and emotions for the specific situation. For example, when your child plays in a basketball or rugby game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library.

For more information click on [self-regulation](#) for school aged children. Click on this link to see useful steps and [ideas to help pre-teens calm](#).

Here at BHPS, we integrate The Zones of Regulation into our weekly Wellbeing program which you will notice in Week 9 and 10's online learning program. On Thursday 9 September of this week, we are encouraging students & families to create a [Zones of Regulation Home Check-In](#) together. We are hoping this will be an opportunity to discuss feelings openly and that they become aware that all feelings are okay. You might like to discuss how you manage your emotions. The calming strategies below may be useful when students are in the yellow zone:

[Let's Go on a Mindful Safari](#). Switch on your senses -what can you see, hear, smell, touch?

[Do the Five](#) , [Lazy 8 breathing](#) or [Breathe In. Out. Lovely.](#) are simple ways to strengthen your brain and find calm.

The graphic is divided into two main sections. The left section, titled "What Zone Are You In?", features five colored shapes representing different emotional states: a blue rectangle for the Blue Zone (Sad, Tired, Bored), a green circle for the Green Zone (Calm, Happy, Focused), a yellow diamond for the Yellow Zone (Frustrated, Silly, Worried), a red octagon for the Red Zone (Mad, Overjoyed, Out of Control), and a central text box stating "The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!". The right section, titled "ZONES Check-In", contains two prompts: "I feel ." and "I'm in the Zone." with a silhouette of a person pointing upwards.

What Zone Are You In?

The Zones of Regulation can help us think and talk about how we are feeling. All the Zones are OK!

BLUE ZONE
Sad, Tired, Bored

GREEN ZONE
Calm, Happy, Focused

YELLOW ZONE
Frustrated, Silly, Worried

RED ZONE
Mad, Overjoyed, Out of Control

©L. Kuypers (2020) www.zonesofregulation.com
Based on *The Zones of Regulation* (Kuypers, 2011)
Available at www.socialthinking.com

ZONES Check-In

I feel .

I'm in the Zone.

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](#).

P&C Meeting – highlights

A few highlights from the P&C meeting on Monday 30 August:

- Home Learning Program – Mr Shuster and the leadership team would like to thank parents for supporting their children at home with the home learning and encourages all students to attend the Class Zoom lessons.
- Google Drive – the school is creating a Google Drive for K-4 to house any printable documents that are used in home learning (in a response to some feedback regarding difficulties in downloading/printing from SeeSaw).
- Kindergarten 2022 orientation – at this stage, it will most likely be an online/Zoom induction program for new Kindergarten children and parents. This program was run last year with some success so will be updated for this year's induction.
- Educational Support Dog – the school received some feedback regarding this initiative – the majority was positive and those that asked questions have been provided with further information. Further information will be sent by the school to all families.
- Services Update - After an insurance review, it was agreed that P&C Exec Committee will step back from the Financial Administration of Band, in line with its operational responsibilities. The Band Manager will act as final approver on payments from the bank account until the operational structure is adapted. The Kindergarten Uniform Ordering Form has been finalised and will incorporate the new uniform. Current uniform items will continue to be available online for other students via click and collect and while stocks last. Canteen remains closed.

Bottle recycling – get them collected or drop them off!

To help raise funds for Operation Wattle (hopefully a school greenhouse) through our partnership with ReCollect, there are now two options in regards to your bottle recycling.

Option 1: Sign up with ReCollect to have eligible containers collected on **Friday 17 September from your house** (see instructions below). Please note that if you are unable to specify the pick-up date, please ensure you use the correct code (BHPS) and we will manually move the date.

OR

Option 2: drop off any eligible containers between **12-4pm** on **Wednesday 15 September** at **7 Gourlay Avenue, Balgowlah Heights** (the house with the yellow door). If you choose this option, there is no need to sign up – just drop off your containers in a box in the driveway.



Please help us support some of the Year 3 students, Bush-to-Bowl and teachers who will be participating in a pilot program to grow the endangered Sunshine Wattle (*Acacia terminalis subspecies Eastern Sydney*).

Please double check to see what containers are eligible (no milk bottles or wine bottles). For more information contact Felicity Stevens on felicity.stevens.aus@gmail.com.

ReCollect

What's eligible for a refund?
Most drink containers between 150mL and 3L in size

What's not eligible?
Plain milk containers, flavoured milk of 1L or more, health tonics, wine and spirit bottles, and cordial bottles

All collections are contact-free
#COVIDsafe

www.re-collect.com.au

Download on the App Store
GET IT ON Google Play

1. Go to www.re-collect.com.au
2. Select 'Sign up' – choose 'Customer sign up' (green box)
3. Enter BHPS code, select 'Residential pick up' and add your address. For frequency, choose 'one off'.
4. Select how many large garbage bags (or boxes) you need collected.
5. Select Balgowlah Heights Public School from the list of organisations that you want the funds to go towards.
6. Enter the code BHPS so that the school gets the full 10 cents per container.

The funds BHPS receives will be used to **fund a greenhouse** as part of Operation Wattle.

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



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