



# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Winter Holidays

We wish all families and students an enjoyable and safe Winter Holiday. The holidays commence on Monday 4 July. The students return to school for Term 3 on Tuesday 19 July.

### Education Week Open Day

We look forward to celebrating Education Week Open Day next term on Wednesday 3 August. All parents and friends are welcome to attend. The activities include:

ACTIVITY	TIME	LOCATION	WHAT IS HAPPENING
Class Visits	9.15am – 10.00am	Classrooms	
Concert	10.15am – 11.30am	Multipurpose Courts	Kindergarten, Year 1, Year 2, Junior Band, Senior Band, Concert Band, Junior Dance Group, Senior Dance Group, Years 1-2 Choir, Years 3-6 Choirs, Public Speaking, String Group.
Picnic Morning Tea	11.30am – 12.00pm		Please bring a rug and your picnic and share morning tea with your child and friends on either campus.
Art Show	9.15am – 12.30pm 2.30pm – 4.00pm		School Hall

## PRINCIPAL'S MESSAGE

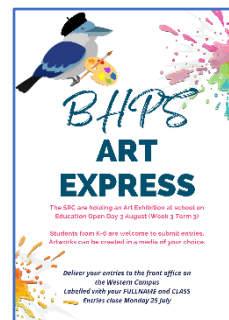


### Education Week Open Day Art Show

As part of Education Week Open Day, the SRC are organising an Art Show. Each student is welcome to submit one piece of art which will be displayed for viewing in the Hall. Further details are:

- **Media** | Your choice
- **Size** | No larger than A3
- **Closing Date** | Monday 25 July
- **Artwork** | Art work may be undertaken at home or your child may submit a piece of art created at school.

See page 8 of this week's Newsletter for further information.



### NAIDOC Week- Smoking Ceremonies

This Friday (1.07.22) we are fortunate to have Uncle Laurie Bimson visit us as part of our NAIDOC Week celebrations. Uncle Laurie is a proud Guringai man who has a wealth of knowledge about our local area, and he will be with us to perform a Welcome to Country and a Smoking Ceremony for each grade on the Western Campus' multipurpose courts. The times for each ceremony will be:

- Years K-2: 9.15-10.15am
- Years 5-6: 11.00am-12.00 noon
- Years 3-4: 1.50-2.50pm

Parents are welcome to join us for these events.

### School Development Day

The school staff will be involved in a School Development Day on Monday 12 July. The area for professional development is Aboriginal Education.

### Peer Support

Next term, as part of our school wellbeing programs, we look forward to implementing Peer Support. The Peer Support Program provides an enjoyable and engaging environment for students to investigate relationships, resilience, optimism and values. The lessons are designed to equip students with skills to deal with life experiences, promote wellbeing, build positive relationships and connectedness, and to encourage a sense of responsibility.

The students will undertake a 30-minute lesson each Thursday from weeks 2-9. The groups will be led by Year 6 students who have been trained for the program. Further information will be shared early next term.

### Sydney North Dance Festival

Congratulations to the students for their excellent performances at the Sydney North Dance Festival. Thank you to Miss Donlan and Miss Campling for their time and effort in preparing the groups so well.



## PRINCIPAL'S MESSAGE



### Recognition Assembly

Congratulations to the students who received awards at our Recognition Assembly this week and to the Senior Band for their performance.



### Wellbeing Goal

Our 21 Day Gratitude Wellbeing Goal is now in its final week. All the students and staff have been provided with a diary to record their ideas on good things that have happened and persons of whom they are appreciative.

This week the students are reflecting on the following questions:

<b>Day 15</b>	Who is someone you feel grateful for and why?
<b>Day 16</b>	What kind act will you do for somebody this week?
<b>Day 17</b>	What are 3 things that went well for you today?
<b>Day 18</b>	What are you most looking forward to about tomorrow?
<b>Day 19</b>	What did you love about today? Why did you love it?
<b>Day 20</b>	What were you most proud of this week?

### Year 3 Excursion

We wish the students in Year 3 an enjoyable and worthwhile excursion to study local bush areas on Friday (1.07.22).

### ICAS Competitions

A reminder, entry for the ICAS Competitions close on Monday 18 July for students in Years 3-6. All competitions will be conducted on-line at school. Most competitions will be held before school. Further details on the times will be provided next term. Further information is provided on the Competitions in the email sent to families on 10.06.22.



## PRINCIPAL'S MESSAGE



### Bear Pit Public Speaking Competition

Students in Years 3-6 have the opportunity to enter the Bear Pit Public Speaking Competition. Speeches need to be ready for presentation at the beginning of next term. Speeches are of three-minute duration on the following topics:

Years 3-4

- When I grow up, I want to be....
- If I could go back in history I would ....
- I can help our Environment by....

Years 5-6

- Why it is important to protect our Koalas?
- If I was Premier for a day I would ....
- It is important to recycle because....

### Premier's Spelling Bee

Next term students in Years 3-6 have the opportunity to represent their class in the Premier's Spelling Bee. Each class will send two representatives to the School Spelling Bee, early next term.

One Stage 2 student and one Stage 3 Student will represent BHPS at the local finals over Zoom in Term 3.

Copies of the word lists are available at:

<https://artsunit.nsw.edu.au/program/nsw-premiers-spelling-bee>

The lists are password protected. The password is **beeswax**

### Share our Space

The Department of Education are opening public schools for community use these upcoming holidays. Our school (Western Campus) will be open from 8.00a.m.-5.00pm on the following weekends:

- Saturday 2 July and Sunday 3 July
- Saturday 9 July and Sunday 10 July
- Saturday 16 July and Sunday 17 July

Further information is available on the website: [edu.nsw.link/ShareOurSpace](https://edu.nsw.link/ShareOurSpace)



## PRINCIPAL'S MESSAGE



### School Support Dog

Thank you for the over 90 entries we received to name our school support dog. There were many great names suggested. We have chosen 'Buddy' as his name. He will be joining us mid next term.



### UPCOMING EVENTS

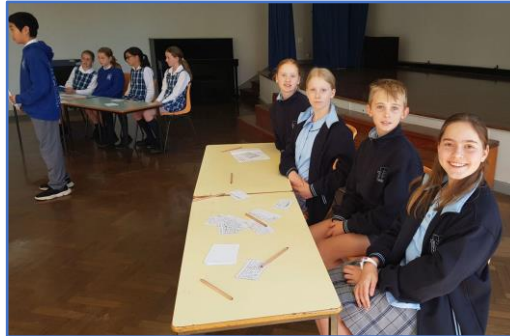
	Date	Activity	Time
<b>Term 3 Week 1</b>	Monday 18 July	School Development Day ICAS Competition Entries close	
	Tuesday 19 July	Students commence Term 3	
	Wednesday 20 July		
	Thursday 21 July		
	Friday 22 July	Years 5/6 Bear Pit School Final Winter PSSA Round 8	12.30pm
<b>Term 3 Week 2</b>	Monday 25 July	Year 5 Bathurst Excursion	
	Tuesday 26 July	Year 5 Bathurst Excursion	
	Wednesday 27 July	Year 5 Bathurst Excursion	
	Thursday 28 July	Opportunity Class Test	
	Friday 29 July	Years 3/4 Bear Pit School Final Winter PSSA Round 9	12.30pm

**David Shuster | Principal**



## Premier's Debating Challenge Update

Balgowlah Heights Public School competed against Seaforth Public School in the second round of the Premier's Debating Challenge. The theme for this round was the media. The debaters were given one hour to prepare their arguments without any help from teachers. Then they tried to convince the adjudicator to agree with their case.



### 1st Debate

#### Topic

That schools should give Years 5 and 6 kids a weekly quiz about what has been in the news

#### Affirmative Team

Balgowlah Heights | Expressers

#### Negative Team

Seaforth | Speakers

#### Win



### 2nd Debate

#### Topic

That we should ban smartphones and tablets for people under 18

#### Affirmative Team

Seaforth | Statement Makers

#### Negative Team

Balgowlah Heights | Opinionators

#### Win

What a fantastic start to the Premier's Debating Challenge!

**Laura Ewan and Kim Santer | Debating Coordinators**



### Winter PSSA Round 7 Results

Date	Sport	Team	VS	Results
17.6.22	Soccer	Junior Boys A	Seaforth	<b>Loss 2-3</b>
17.6.22	Soccer	Junior Boys B	Dee Why	<b>Loss 0-7</b>
17.6.22	Soccer	Junior Girls	Manly vale	<b>Draw 2-2</b>
17.6.22	Soccer	Senior Boys A	Seaforth	<b>Win 5-0</b>
17.6.22	Soccer	Senior Boys B	Dee Why	<b>Loss 0-8</b>
17.6.22	Soccer	Senior Girls A	Harbord	<b>Loss 0-7</b>
17.6.22	Soccer	Senior Girls B	Manly Vale	<b>Win 2-0</b>
17.6.22	Rugby League	Junior	Manly Village	
17.6.22	Rugby League	Senior	Manly West	
17.6.22	Netball	Junior Girls A	Balgowlah Nth	<b>Los 2-15</b>
17.6.22	Netball	Junior Girls B	Narraweena	<b>Loss 2-24</b>
17.6.22	Netball	Senior Girls A	Balgowlah Nth	<b>Loss 10-11</b>
17.6.22	Netball	Senior Girls B	Narraweena	<b>Loss 10-22</b>
17.6.22	Netball	Senior Girls C1	Seaforth 2	<b>Win 20-2</b>
17.6.22	Netball	Senior Girls C2	Manly Village	<b>Win 12-3</b>

Winter PSSA Round 8 Draw | Term 3 | 22 July 2022

### Attention all Scientists! The 2022 Young Scientist Awards are coming

The "Science Teachers Association of NSW Young Scientist Awards" are an annual initiative which encourage creative and critical thinkers to participate in authentic scientific investigation and research.

All interested students are invited to submit an original science project.


To take part, students must carry out an open-ended scientific investigation that attempts to answer a question of their own choosing. For example, "Which brand of battery lasts the longest?" or "What material makes the best parachute?". They can also design and construct an invention or an ICT application.

Students can receive help from a mentor (e.g. an older sibling or parent) but their help must be acknowledged.

The deadline for submission is the 29th of August and all projects are to be submitted online.

Please [follow this link](#) for further information.

**Jemima McGahey (she/her) | Class Teacher**




# BHPS ART EXPRESS

The SRC are holding an Art Exhibition at school on  
Education Open Day 3 August (Week 3 Term 3)

Students from K-6 are welcome to submit entries.  
Artworks can be created in a media of your choice.

*Deliver your entries to the front office on  
the Western Campus  
Labelled with your FULLNAME and CLASS  
Entries close Monday 25 July*



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WELLBEING

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## Weeks 9 and 10 Wellbeing and PBL Focus

This week's focus is  
'Active Listening'

We are practising the skill of active listening so we can  
show each other respect.





## UNIFORM SHOP



### OPENING HOURS

Tuesday | 8.30am – 9.30am

Thursday | 2.30pm – 3.30pm

### TERM 3 IS WINTER UNIFORM

**VOLUNTEERS** Can you help out? Please email Loretta at [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com) if you can volunteer either a Tuesday morning or a Thursday afternoon next Term.

**NEW! BOMBER JACKETS** are now available on Flexischools or instore in Sizes 6/8/10 & 12.  
**WINTER HAIR PACKS** including 2x Elastic bows 2x Clip bows 1x Alice headband  
**NAVY SOCKS 2PKS** sizes 5-8, 9-12, 13-3, 2-8, 7-11  
**NAVY TIGHTS** sizes 4-6, 7-10, 11-14

**SALE** 25% off New last of the Grey Long Pants & Check Skorts.

**EXCHANGES AND RETURNS** Packaging must be returned and intact!

\*A Receipt of purchase is required **within 28 days** to exchange or return.

**Items will not be exchanged or returned without intact packaging and tags attached.**

**\*CLOTHING ITEMS FOR EXCHANGE OR REFUND MUST BE FOLDED INTACT IN THEIR ORIGINAL" PACKAGING WITH TAGS ATTACHED AS THEY WERE RECEIVED.**

**\*EXCHANGES CAN BE MADE VIA THE OFFICE: Just attach a note, for example; "please exchange this size 6 for size 8" with a copy of your receipt of purchase (within 28 days) and items in their original 'non ripped' packaging, all blouse clips & tags attached. Exchange items will be delivered back to class on Tuesdays.**

**\*REFUNDS ARE ONLY AVAILABLE "IN PERSON" IN THE UNIFORM SHOP.**

There are **no returns** or **exchanges** on Hats, Hair Accessories, Socks & Hosiery and Second Hand items. Exchanges and Returns are available at the Uniform Shop.

**Loretta Mykityshyn | Uniform Shop Manager | [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)**



## P&C News

To keep up to date with all our news and events, please join our private [BHPS P&C Facebook Group](#). Also check out our **P&C Noticeboards** on Radio Avenue and Lewis Street. We'll be posting events, P&C information and community activities on a regular basis.

## School holidays

The P&C would like to wish all BHPS families a happy and safe school holidays – overseas or here in Australia!



## End of Term Fluro Disco – Tonight!

It's going to be so much fun! With over 500 students ready to party it's going to be a dazzling disco end to Term 2.

For those coming, please read the following information – it's super important you know where to drop your child/children and where to pick them up. Adhering to the below will help us greatly to make sure the event runs as smoothly as possible and everyone has a good time.

For enquiries on the night, please contact Diana on 0447 348 556 or Tamsin 0401 040 607

1. DISCO TIMES: Please note the disco time for your child. Each child will be given a coloured wristband for their allocated disco session and will only be allowed into the school hall at this time.

Kindergarten	2.15pm - 3.30pm
Years 1 and 2	3.30pm - 4.45pm
Years 3 and 4	4.45pm - 6.00pm
Years 5 and 6	6.15pm - 7.30pm

2. GLUTEN FREE PIZZA: If you have requested a gluten free pizza for your child/children, please let them know to collect their pizza slices direct from the canteen.
3. KINDY: The Kindergarten students will be brought over to the disco by their teachers but need to be collected by you at 3.30pm.
4. WAIT TIMES: If your child/children are waiting at school for their allocated disco time, they MUST BE SUPERVISED BY YOU, their parent. You can utilise the playground and the COLA area for waiting.
5. ARABANOO: Children in Arabanoo will be able to attend - Arabanoo have provided further details – please contact them if you require further information.
6. ENTRY to the disco is through the YEAR 3 GATE – students will be given their coloured bands by their teacher in class before the end of school so they just need to arrive back at school at their allocated disco time.
7. EXIT from the disco is through the MAIN OFFICE GATE – parents must collect their child/children – do not wait outside in the car – children will only be released to their parents.
8. INFORMATION FOR YOUR CHILD – please let your child know that they have been allocated x2 slices of pizza, 1 juice popper and 1 bag of popcorn. As they collect their food, a mark will be written on their wristband.
9. ECO-FRIENDLY: This is an eco-friendly event so we are not providing single-use glow sticks and request that children don't bring them. You are welcome to bring battery-powered flashing sticks.
10. As this is a P&C event, there will be minimal Teachers on site. Thank you to all those that have volunteer already. If you will be onsite waiting with your child, there's lots of places you (and your child) could help (ie clean up etc). There will be no supervision of your child outside of their disco time.
11. You (parent/s) are welcome to come and stay while your child/children disco dances the night away!
12. No devices or mobiles to be used in the hall.



## Classroom Coordinators – Semester 2 (Term 3 & 4)

There are still a few classroom coordinators needed for Semester 2. If you are able to help, please sign up [here](#) (second tab called Term 3 & 4).

Class	Number of coordinators needed	Class	Number of coordinators needed
KRA	2	4B	1
KS	1	4D	1
1B	2	4K	2
1G	2	4S	2
1L	2	5H	1
1M	2	5M	2
2C	1	5V	2
2E	2	5W	2
3C	2	6C	2
3I	2	6G	2
3M	1	6P	1

## Partnership with Delidoor



Getting organised for the school holidays? Why not try out Delidoor. We have partnered with Delidoor, a local ready-to-eat meals delivery company that originated from the Northern Beaches. Under this exclusive partnership, BHPs families will receive a 30% discount on your first order with Delidoor using code BHPS30 and then an ongoing 5% discount on your next orders using BHPS5. Delidoor will contribute 5% of its sales from BHPs families to the P&C.

*T&Cs: 30% discount is valid for a minimum of 80\$ purchase and only one per household. 5% discount is valid for any following orders made through [Delidoor.com.au](https://delidoor.com.au). Discount excludes delivery fees. A delivery fee of \$12 applies if net order value (ie after discount is applied) is less than \$120. Any order above \$120 will receive free delivery.*

## Bread Bags Recycling

BHPS is registered this year again for the Wonder Recycling Rewards program for schools. A collection box is outside the Office on the western campus, where you can deposit ALL soft plastic bread bags (not just Wonder branded bread bags), until 9th September. "The rule of thumb is that if it has contained bread of some sort and is a soft plastic – then it's a bread bag". Collections will be weighed and recycled into things like school benches, exercise circuits and bollards and BHPS will receive reward points, which will be converted into sports equipment for the school. Win-Win!

*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](mailto:bhpspresident@gmail.com) or Tamsin at [bhpsvpcomms@gmail.com](mailto: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



**School Disco Wednesday 29<sup>th</sup> June** - Permission Required for Year 1 - Year 4 children

If your Year 1 - Year 4 child is booked into Arabanoo today, Wednesday 29<sup>th</sup> June, and attending the school disco, we need to know. If you haven't emailed us the permission form yet please contact the Arabanoo office.

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

From next week (first week of vacation care) all parents/carers are required to sign their child/children in at Arabanoo in the mornings and out in the afternoons on the Arabanoo iPads. Signing in/out will remain at the bottom gate near the school office on the Western Campus for both junior and senior children. To sign in/out you will need to put your phone number in the iPad and set up a password with the staff member on gate duty. Each person collecting your child needs to do this, using their own phone number and password. They need to be an authorised contact in your enrolment to be able to do this.

**Industrial Action Thursday 30<sup>th</sup> June**

As many of you will already be aware, there is an Industrial Action Thursday 30 June. This will not affect our before and after school care sessions. However, if you are not sending your child to school that day and you don't need our care, please mark your child absent on the My Family Lounge App or via email. This will help with our rostering, catering and for any families that will need a casual spot that afternoon.

**Marije Veerbeek | Assistant Director | 9948 6722**

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**COMMUNITY NEWS**

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Plastic Free July is global movement that encourages millions to be part of the plastic pollution solution. If you are interested in participating in Plastic Free July this year, please head to the official website to register. The website also has a handy quiz to identify areas where you can reduce plastics more in your household. Plastic Free July provides resources and ideas to help you (and millions of others around the world) reduce single-use plastic waste everyday at home, work, school, and even at your local café. By making a small change you will collectively make a massive difference to our communities. You can choose to refuse single-use plastics in July (and beyond!). Best of all, being part of Plastic Free July will help you to find great alternatives that can become new habits forever.





## Volunteer Teachers Urgently Needed for Ethics Classes!

Our children live in an increasingly complex world and will face challenges and questions that we have not even begun to consider. It is a time of exciting and rapid change, with new information flooding in at a sometimes overwhelming rate. So how do we help our kids make sense of this exciting new world we live in? How can we help them to work out what is true and to make good decisions?

The Balgowlah Heights Public School Ethics program builds the critical reasoning ability of our students, helping them to think through different issues and identify strong and weak arguments. At BHPS, we have a strong ethics program, supported by a fantastic team of volunteer teachers including parents, grandparents and community volunteers.

In fact, the program is so popular that we are struggling to keep up with demand for classes, particularly for years 3, 4 and 5. Next term there will be over 70 children on waitlists. That's why we need you! We are looking for a number of new volunteer teachers to join the program as soon as possible. Teaching Ethics is a great way to get involved in the classroom and support the school. It could also help you to develop your own thinking, reasoning and facilitation skills.

Volunteers don't need previous teaching experience or a background in philosophy or ethics. If you can spare 30 minutes on a Tuesday morning (10:30-11:00am K-2 or 11:25-11:55am to 3-6), please get in touch. You receive full training and a fully prepared lesson each week.

If teaching ethics is a possibility for you, or someone you know (we'd love to hear from some grandparents!), please email [bhps.ethics@gmail.com](mailto:bhps.ethics@gmail.com) or call our Ethics Coordinator, Yasmina Ilic-Miloradovic on 0478 653 463.

**Primary**  
**ETHICS**

*"In time, not very much time at all, it will be the decisions of the children we teach today that will shape the world."*

*Dr Simon Longstaff – The Ethics Centre*



**LITTLE FRIENDS SCHOLARSHIPS**  
**APPLICATIONS OPEN 20 JUNE 2022**

Friends with Dignity AUSTRALIA

More information about the Little Friends Scholarship can be found [here](#)



# Join us for the *Seas of Change Youth Summit*

as part of the Planeteer Alliance Blue Climate Action Summit Series

FREE  
Ages 10-18  
All food included  
<https://bit.ly/SOCYouthSummit>

Climate Education  
Network  
Guest speakers  
Documentaries  
Create an action plan!



Register Here!



**THE NORTHERN BEACHES OF SYDNEY, AUSTRALIA  
AND OUR GLOBAL CLIMATE NEED OUR HELP**

**SATURDAY 30  
JULY, 2022**

Location: North Curl Curl SLSC

Times: 9:00am-4:00pm

Format: In-Person

Cost: FREE

Contact Us: [www.seasofchange.com.au](http://www.seasofchange.com.au)



**BLUE CLIMATE  
ACTION**  
A SUMMIT SERIES  
POWERED BY PLANETEER ALLIANCE





## COMMUNITY NEWS



# Go4FUN

HEALTHY ACTIVE HAPPY KIDS



Free 10 week healthy lifestyle program for kids aged 7-13 who are above a healthy weight.

A parent or carer is required to attend each session.

**JOIN GO4FUN NOW!**

Ryde	Commencing Tues 19 July 2022	4:00pm-6:00pm
Dee Why	Commencing Thu 21 July 2022	4:00pm-6:00pm

GO4FUN.COM.AU • 1800 780 900





FREE & FUN

## TEEBALL + SOFTBALL

# Come and Try Days!

Abbott Road Softball Fields, North Curl Curl


Sunday 28 August, 2:30-4:30pm

Monday 5 September, 4.30-6pm and 6.30-8.30pm



Register your interest now!

[come-and-try.com](http://come-and-try.com)




## HOLIDAY CAMPS

LEARN . RIDE . LAUGH

**Looking for ways to entertain the kids these school holidays?**

Every school holidays MC Equestrian Riding School runs horse riding camps in Terrey Hills, suitable for beginner to advanced riders. We have calm, well-trained horses & qualified coaches & assistants.

- Riding instruction
- Horsemanship
- Grooming
- Trail rides
- Mounted games
- Plaiting
- Tack up
- + More



[mceq.com.au](http://mceq.com.au)

P: 0433 247 247

### Fun extracurricular science

Young Investigators is an extracurricular hands-on Science Club run by Eye Heart Science.

Developed by Scientists to give students in K-6, opportunities to work scientifically while promoting collaboration and problem-solving skills.

Young Investigators explores a new and exciting Science topic every term including Chemistry, Engineering, Earth Sciences and more.





**Term topic: TOVOLOGY**

Head to our website to read about the exciting experiments we will be conducting!

### young investigators science club



**New programs every school term**



**1 hour class before/after school**



**New experiments every week**

**Balgowlah Heights Public Class Details**

**Day** Monday mornings

**Time** 7:30am - 8:30am

**Location** Year 3 Classrooms WEST COLA

**Start Date** Monday 25th July

**Cost** \$229.25 (inc. GST and transaction fees)

**For more information visit** [eyeheartscience.com.au/registrations](http://eyeheartscience.com.au/registrations)



[eyeheartscience.com.au](http://eyeheartscience.com.au)

[info@eyeheartscience.com.au](mailto:info@eyeheartscience.com.au)

[0413 186 330](tel:0413186330)

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