

# **THE HEIGHTS** Excellence and Opportunity

# PRINCIPAL'S MESSAGE



#### **Education Week Open Day**

Thank you for joining us for Open Day. It was terrific to see so many parents and friends join us for class visits, Concert, picnic and the Art Show.



## PRINCIPAL'S MESSAGE





#### **Bear Pit Public Speaking Competition**

Congratulations to all the students who entered the Bear Pit Public Speaking Competition. We wish Emily Cocks and Sophia Mooring all the best representing our school at The Bear Pit Final at Parliament House on Friday (5.08.22) of this week.

#### **Athletics Carnival**

We look forward to our School Athletics Carnival to be held at Sydney Academy of Sport and Recreation (Narrabeen) on Wednesday 11 August. Students will depart school by bus at the following times:

- Years 3-6 8.15am
- Years K-2 9.30am

Students in Year 2 who turn 8 this year and would like to participate in the Years 3-6 Carnival will depart school at 8.15am. Further information has been emailed to families, including an order of events for the Years 3-6 Carnival.

#### **Recital & Ensemble Nights**

We look forward to Recital and Ensemble Nights returning. The events will be held later this term:

• Recital Night: Tuesday 6 September 6.30pm

Individual or a small group of students may present a musical item such as playing an instrument, singing or a recitation

• Ensemble Night: Monday 12 September 6.30pm

Years 1-2 Choir, Junior Choir, Senior Choir, Strings

Further information will be provided in the near future.

#### **P&C Trivia Night**

Thank you to all involved for organising the P&C Trivia Night. It was wonderful to see over 200 parents and staff enjoying a great night. Please refer to pages 10-11 for further information on the night.



# PRINCIPAL'S MESSAGE



#### **Peer Support**

Our Peer Support Program commenced last week. The students engaged well in their groups undertaking introductory activities on the theme of being friendly. Please refer to page 7 for further information.



#### Year 5 Bathurst Excursion

The Year 5 students had an excellent excursion to Bathurst last week. The weather was cold but the activities great. Thank you to Mr Hyde, Mr Jensen, Mrs Lynch, Miss Millett, Mr Smith, Miss Weller and Miss Veney their time and efforts.



# PRINCIPAL'S MESSAGE



#### **Playground Equipment-Western Campus**

Work will commence on our new Adventure Playground on the Western Campus on Friday (5.08.22) of this week. Work is expected to be completed by the end of this term.

#### Support Dog-Buddy

Our school support dog Buddy, is currently undertaking training specially designed to provide him with the skills to be part of our school. This has involved activities such as noise and sensory work, visiting a local school near his trainer to be in classrooms and command work.

In the near future all students at our school in Years K-2 will have the opportunity to participate in the Responsible Pet Incursion and all students will participate in lessons which outline the practices which will be implemented such as how to approach Buddy, hygiene and socialisation.





#### UPCOMING EVENTS

	Date	Activity	Time
Term 3 Week 4	Monday 8 August	ICAS Digital Technologies (Years 3 & 4) SRC	7.45am 12.55pm
	Tuesday 9 August	ICAS Writing (Years 3 & 4)	7.45am
	Wednesday 10 August	ICAS Writing (Years 5 & 6)	7.45am
	Thursday 11 August	Athletics Carnival	
	Friday 12 August	ICAS Digital Technologies (Years 5 & 6) Years 3-6 Assembly Winter PSSA Semi Finals Years K-2 Assembly	7.45am 10.45am 12.30pm 1.45pm
	Monday 15 August	Responsible Pet Incursion	
	Tuesday 16 August	ICAS English Years 3 and 4	7.45am
Term 3 Week 5	Wednesday 17 August	ICAS English Year 5 Responsible Pet Incursion Premier's Debating Challenge	7.45am 2.15pm
	Thursday 18 August	ICAS English Year 6 Peer Support	7.45am 11.25am
	Friday 19 August	Winter PSSA Finals	12.30pm
	Saturday 20 August	Band Camp	
	Sunday 21 August	Band Camp	

David Shuster | Principal

# SCHOOL NEWS



#### **Snowsports Championships**

In the holidays, we had a happy bunch of BHPS kids participate in the Sydney Regional Interschools Snowsports Championships in Perisher (11-15 July). We had beautiful snow and weather. It was so much fun for the kids and I think everyone had a lovely time! Please see results below. Lachlan Jansen in Year 6 and William Pether in Year 2 did really well and have both proceeded to State Championships in their events.

#### Div 4 Male

Lachlan Jansen Year 6 Alpine 13th/78 finishing (proceeding to State Championships) Skier X 7th/66 finishing (proceeding to State Championships) Moguls 9th/22 finishing (proceeding to State Championships)

**Max Metaxiotis Year 6** Alpine 30th/78 finishing Skier X Did not start Moguls Did not start

Harry Mills Year 5 Alpine 58th/78 finishing Skier X 50th/66 finishing

#### Div 4 Female

**Michelle Byron Year 6** Alpine 49th/85 finishing Skier X 44th/66 finishing

*Div 5 Male* **Tom Byron Year 3** Alpine 32nd/45 finishing Skier X 33rd/40 finishing

**Fredrick Mills Year 3** Alpine 31st/45 finishing Skier X 38th/40 finishing

#### Div 5 Female

**Poppy Pether Year 4** Alpine 42nd/42 finishing Skier X Did not start

#### Div 6 Male

**William Pether Year** 2 Alpine 10th/20 finishing (proceeding to State Championships) Skier X 8th/17 finishing (proceeding to State Championships)









#### Winter PSSA Round 10 Draw | Term 3

Sport	Team	VS	Location
Soccer	Junior Boys A	Harbord	Beacon Hill 2
Soccer	Junior Boys B	Manly Vale	Millers 1
Soccer	Junior Girls	Manly West	Adams St
Soccer	Senior Boys A	Harbord	Beacon Hill 2
Soccer	Senior Boys B	Manly Vale	Millers 1
Soccer	Senior Girls A	Balgowlah Nth	John Fisher 1
Soccer	Senior Girls B	Manly West	Adams St
Rugby League	Junior	Вуе	
Rugby League	Senior	Manly Village	4
Netball	Junior Girls A	Harbord	Court 24
Netball	Junior Girls B	Curl Curl Nth	Court 22
Netball	Senior Girls A	Habord	Court 10
Netball	Senior Girls B	Curl Curl Nth	Court 13
Netball	Senior Girls C1	Seaforth 1	Court 13
Netball	Senior Girls C2	Brookvale	Court 11 🏾
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# WELLBEING

Weeks 3 and 4 Wellbeing and PBL Focus

This week's focus is

'Striving towards my goals'

We are developing skills to achieve our **personal best** by having a growth mindset as we reflect on and track our



goals.



### WELLBEING



#### **Peer Support**

Last Thursday, there was a buzz in the air! Year 6 Peer Support leaders found the confidence and courage to lead their first Peer Support session after undergoing two days of training last term. K-6 students made their way across campuses into small, mixed year groups to undertake and engage with Peer Support sessions based on keeping friends. Students K-6 were provided with engaging friendship activities to connect through communication and sharing of ideas.

Connectedness is one of the top indicators of child wellbeing. We need to feel connected to others to thrive and flourish, but it's especially critical for mental health and development in school aged children. Samantha Brown, CEO of Peer Support Australia, said: "Providing opportunities for intentional connection can make a big difference to students' sense of belonging and self-esteem."

This week's peer led session on Thursday, 4<sup>th</sup> August, is <u>Cooperating and Listening</u>. We are looking forward to building rapport and friendships in our peer groups. Students 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.









### WELLBEING



A snapshot of comments and positive feedback about Peer Support so far are below: Henry (KW) *I really liked our leaders and playing games about friends!* 

Maddox (1W) I got to know new people and find out about them. I got to meet Year 3, 4, 5 and Kindies. We learnt about friends together.

Estelle (2E) I loved the team games!

Olivia (3L) It was lots of fun making new friends, playing games and doing activities with them.

Annabelle (4K) I learnt to always show empathy to my friends.

Monica (5H) I loved getting to know students from other grades!

Aum (53) I enjoyed supporting the Year 6 leaders.

Tom (6C) I'm developing better communication skills by leading the sessions. I like being a role model for the younger students.

Mrs Deppeler (2D) Leaders were inclusive of all students and kept them engaged. They showed great reflection of their emerging leadership.

We look forward to seeing the positive impact of the Peer Support Program at BHPS. A special thank you for your coordination of the program Mrs Chirillo! We are grateful for the enthusiasm of our Year 6 teachers and Year 6 Peer Support leaders. We look forward to seeing you all shine!

#### Michelle Cruickshank | Wellbeing Teacher

### UNIFORM SHOP





**VOLUNTEERS -** Can you help out? The Uniform Shop is looking for helpers both Tuesday mornings and Thursday afternoons.

SALE <u>25% off New</u> - last of the Grey Long Pants & Check Skorts. Only a few left.

**FLEXISCHOOLS ORDERS -** <u>All online Orders</u> go to the Administration Office on Tuesdays for delivery to the classrooms, please do not pop into the Uniform Shop Tuesday mornings during opening 8.30-9.30am,to pick up orders as they will not have been processed yet. Thanks.

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

**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 <u>FOLDED</u> INTACT IN THEIR "ORIGINAL" PACKAGING WITH TAGS ATTACHED AS THEY WERE RECEIVED. \*EXCHANGES CAN BE MADE VIA THE OFFICE ONLY WITHIN 28 DAYS : Just attach a note, for example; "please exchange this size 6 for size 8" with a copy of your receipt of purchase 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 <u>Second Hand items.</u> Exchanges and Returns are available at the Uniform Shop.

#### Loretta Mykityshyn | Uniform Shop Manager | <a href="mailto:bhpsuniformshop@gmail.com">bhpsuniformshop@gmail.com</a>

### CANTEEN



Many thanks to the mums and dads of 6M who really embraced the volunteering spirit last week in the canteen. We were so happy to have you.

If you too would like to have fun whilst making a positive contribution to the school, sign up to volunteer at the canteen. Go to: <u>https://signup.com/go/VjdtTmB</u>

The next few weeks are the turn of kindy parents. We would love to welcome you to the canteen. (No cooking skills required!)

T3 week 4	Mon 8 Aug – Fri 12 Aug	KD   Ms Daly
T3 week 5	Mon 15 Aug – Fri 19 Aug	KF   Miss Fleming
T3 week 6	Mon 22 Aug – Fri 26 Aug	KRA   Mrs Kirwan
T3 week 7	Mon 29 Aug – Fri 2 Sep	KS   Miss Saltmarsh
T3 week 8	Mon 5 Sep – Fri 9 Sep	KW   Miss White





#### **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.

#### Trivia Night – oh what a night!

It was so lovely to see everyone at the Trivia Night last Saturday – what a fun night it was! The trivia was brain tingling, the auction a buzz and the dancing ski-tastic! It was great to be back together as a community for a good old fashioned knees up! The generosity of our parent community means that we are a step closer to our fundraising goal for the outdoor classroom on the Western Campus.







#### A few important thank you's:

- Firstly, thank you to Lizzie Lovette and Ben Hanson for generously giving up their time and steering the whole night! You are absolutely the best!
- Thank you to the teachers who came to the event.
- Special thanks to all the amazing local businesses who always step forward to support our school. Thank you to Angus and his superb team at Whitehouse Real Estate for running the live auction and their ongoing support of our P&C projects.
- Thank you to Balgowlah Automotive, Anthony Cowie for the whisky tasting, Sydney Classic Boat Charters, Watson's Bay Hotel, Healthy Heights, Baku Swimwear, Studio Pilates Balgowlah. Please shop local and support these wonderful businesses.
- Thank you to parent Tegan Flanagan for the beer donation\*
- Thank you to Balgowlah RSL for hosting the event.
- Finally....all the parents that came along dressed in your best Après Ski Winter wear! There were some fabulous dress-up with some serious dedication!

Finally, this event wouldn't be possible without the endless energy of Billie Ristoski and her team of helpers, Diana Worman, Alex Cowie, Tamsin Maguire, Caroline Heggie and Nat de Garis.

\*If you were the lucky recipient of a beer voucher, please email Diana at bhpspresident@gmail.com to arrange delivery.

Event proudly supported by





# P & C



Save the dates! A few important dates for your diary:

Father's Day breakfast - Friday 2 September

Outdoor family movie night - Saturday 17 September

Year 6 Farewell at Balgowlah RSL - Monday 12 December

More details to follow soon!

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 <u>bhpspresident@gmail.com</u> or Tamsin at bhpsvpcomms@gmail.com. Like the BHPS P&C Facebook Page and join the private BHPS <u>P&C Facebook Group</u> to keep up to date with P&C news and events.

#### The P&C Team

P&C proudly supported by







### SUSTAINABILITY

#### **Current BHPS Recycling Programs**

Bottles, Cans, & Poppers	<b>ReCollect</b> - Please continue to drop your eligible 10c refundable containers <b>behind the letterbox of 44 Woodland St S.</b> So far, over 5,000 containers have been donated this year, contributing funds to BHPS Sustainability Initiatives!
Bread Bags Recycling	A PINK <b>WONDER RECYCLING REWARDS</b> 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!
Textile Rescue Program	A YELLOW <b>WORN UP</b> collection box is outside the Office on the western campus, where you can deposit all worn out school uniforms. It was estimated over 2000 tonnes a year of uniform textiles end up in Australian landfill, and this Sustainable Schoolwear company is closing the loop and recycling them.

#### **Other BHPS Sustainability News:**

- TerraCycle has partnered with Bic, and Colgate, • to recycle all brands of Writing Instruments (pens, markers, highlighters, empty correction and fluid tape & pots) Oral Care Products (toothbrushes, toothpaste tubes, floss containers, & electric toothbrush heads). We'll be starting a BHPS collection soon, so please start saving these items from the general waste. Drop off details to follow later this term...
- Ocean Action Pod is coming to BHPS in September! Total Environment Centre has produced a multimedia interactive educational space that can come to the school & engage the kids in ocean plastic pollution issues. The pod will entertain and inspire, with an array of positive

solutions. http://www.oceanactionpod.org/



ReCollect funds have been used to purchase 6 grabbers, which students use at lunchtime to collect rubbish on the senior campus.

### COMMUNITY NEWS





