

# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Athletics Carnival

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

- Years 3-6 8.30am
- 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 8.30am. (Please note the change in departure time). The program of events is detailed below.

Approximate Event Time	Junior Boys 8-10 years	Junior Girls 8-10 years	Boys & Girls 11 Years	Boys & Girls 12/13 Years
9.15am	100m Heats	100m Heats	Shot Put	High Jump
10.05am	Long Jump	High Jump	100m Heats	Shot Put
10.55am	High Jump	Shot Put	Long Jump	100m Heats
11.45am	100m Finals			
12.00pm	200m	200m	High Jump	Long Jump
12.50pm	Shot Put	Long Jump	200m	200m
1.40pm	Pack Up   Bus Departure			

\*Times are provided as a guide only

The 800m and house relays will now be held at Tania Park on Tuesday (16.08.22) of next week, commencing at 1.00pm.



## PRINCIPAL'S MESSAGE

### Kindergarten 2023

In Terms 3 and 4 of this year we will be providing several activities for children commencing school next year as part of our Kindergarten Transition Program. These include:

- Parent Information Session  
Tuesday 11 October 7-8 pm (Zoom)  
Tuesday 25 October 7-8 pm (Zoom)
- School Tour Thursday 8 September 10am
- Orientation Dates:  
Group 1 (Sessions 1 and 2) | Mondays 17 October and 24 October  
Group 2 (Sessions 1 and 2) | Wednesdays 19 October and 26 October  
Group 3 (Sessions 1 and 2) | Thursdays 20 October and 27 October  
All Groups (Session 3) | Monday 31 October

If you have a child who will be attending Balgowlah Heights Public School Kindergarten in 2023 could you please request a ghosted enrolment by emailing the school office at: [balgowlah-p.school@det.nsw.edu.au](mailto:balgowlah-p.school@det.nsw.edu.au) with the following information: Child's Name and Date of Birth.

### 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

Students from K-6 will have the opportunity to perform a musical item in a non-competitive friendly environment. This is a chance for students to practice performance skills and to take pride in the work they put into their musical endeavours outside school. Individual or a small group of students may present a musical item such as playing an instrument, singing or a recitation

Please [click here](#) to find out further information and complete the form if your child would like to participate.

- **Ensemble Night** Monday 12 September 6.30pm

Years 1-2 Choir, Junior Choir, Senior Choir and Strings will each perform a number of items.

### Kindergarten 100 Days at School

Congratulations to our wonderful 91 kindergarten students who last week celebrated 100 days of schooling. Further information is on page 7 of this week's Newsletter

### Year 1 Phonics Screening

Students in Year 1 during the next week will undertake a Phonics Screening Check. This check will be undertaken by the teachers and is a quick assessment that provides information on how your child is progressing in phonics. Further information is on page 8 of this week's Newsletter



### Responsible Pet Incursion

As a lead-up to Buddy, our school support dog, joining us we have organised an incursion for students in K-2 from Responsible Pet Education. Students will undertake a lesson in the hall on either Monday 15.08.22 or Wednesday 17.08.22. The educators providing the program will bring a trained dog and cover the following:

- when dogs should be left alone
- things we should not do to dogs
- how can you tell if a dog is happy, frightened or angry
- a safe way to approach and greet a dog



### Book Week

We look forward to celebrating Book Week later this month. As part of Book Week students will be able to dress as a book character on Tuesday 23 August 2022. A Book Fair will also be held. Further information is on page 6 of this week's Newsletter.

### Bear Pit Public Speaking Competition

Congratulations to Emily Cocks and Sophia Mooring for their efforts at the Bear Pit Public Speaking Competition last week. Sophia was runner-up in the Senior division.



## PRINCIPAL'S MESSAGE



### Winter PSSA Semi Finals

We wish the Junior Rugby League, Senior Rugby League, Senior C1 Netball and Senior C2 Netball all the best for their participation in the semi-finals of the Winter PSSA Competition on Friday (12.08.22) of this week.

### Upcoming Events

UPCOMING EVENTS			
	Date	Activity	Time
<b>Term 3 Week 5</b>	Monday 15 August	Responsible Pet Incursion	
	Tuesday 16 August	ICAS English Years 3 and 4 800m and House Relays	7.45am 1.00pm
	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	
<b>Term 3 Week 6</b>	Monday 22 August		
	Tuesday 23 August	ICAS Spelling Years 3 and 4 Book Week Costume Dress Up	7.45am
	Wednesday 24 August	ICAS Spelling Years 5 and 6 Zone Athletics Primary Proms rehearsal	7.45am
	Thursday 25 August	ICAS Science Years 3 and 4 Zone Athletics Peer Support (Being Supportive)	7.45am 12.05pm
	Friday 26 August	ICAS Science Years 5 and 6	7.45am

**David Shuster | Principal**





# BALGOWLAH HEIGHTS PUBLIC SCHOOL

## 2023 Kindergarten Orientation Program



### Kindergarten School Tour

Thursday 8 September 9.30-10.30am

Register to join: <https://bit.ly/3LE6u2E>



### Kindergarten Orientation Dates

Orientation days are from 9.30 - 10.45am

- Group 1 | Mondays 17 and 24 October
- Group 2 | Wednesdays 19 and 26 October
- Group 3 | Thursdays 20 and 27 October
- All Groups Monday 31 October



### Parent Information Sessions

Tuesday 11 October 7-8pm (online)

Register to join: <https://bit.ly/BHPSOCT11>

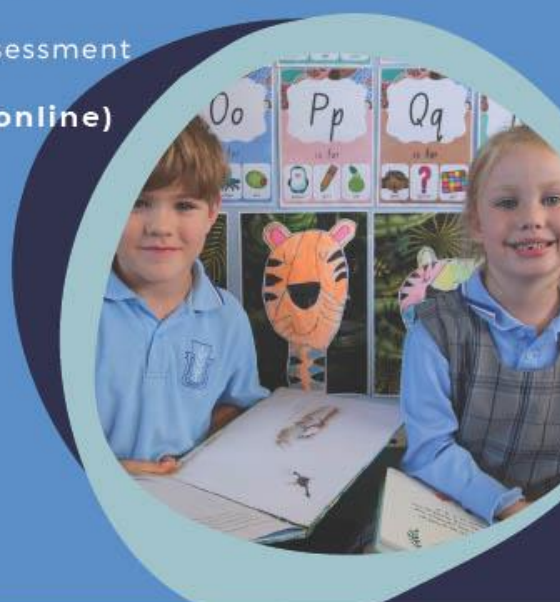
- School Readiness
- Meet the 2022 Kindergarten Teachers
- A day in the life of a Kindergarten student
- Overview of the Best Start assessment

Tuesday 25 October 7-8pm (online)

Register to join:

<https://bit.ly/BHPSOCT25>

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



## SCHOOL NEWS

### BOOK WEEK



Book Week is fast approaching, and it is going to be a fabulous week! This year's theme is Dreaming with Eyes Open, and all classes have been sharing this year's short-listed books. Classes will be voting on their favourite books, and we will compare our results with the CBCA winners in Week 6.

During Book Week, on Tuesday 23<sup>rd</sup> August students and staff can dress as their favourite book character.

Our school is hosting a Scholastic Book Fair from Tuesday 23 August to Thursday 25 August.

**Opening Hours**  
**Tuesday** 8.00am-9.00am | Second half lunch and 3.05-4.30pm  
**Wednesday** Second half Lunch | 3.05-5.00pm  
**Thursday** 8.00am-9.00am | Second half lunch and 3.05-4.30pm.  
K-2 students will be walked across the road to visit the fair.

Scholastic books will be available for sale along with stationery items such as pencils, erasers and posters. Parents are welcome to attend before and after school and students may also purchase items during lunchtime. It should be a fun event, so come along and buy a book.

Finally, there will be a colouring competition for K-2 students with a book prize awarded K-2 and 3-6. Students in Years 3-6 can design or make a dream jar, such as those mentioned in Roald Dahl's the BFG. Entry forms will be in the library. Only one entry per student please. Looking forward to a wonderful Book Week.

**Geri Kerr | Teacher-Librarian**

SCHOLASTIC  **Book Fairs**





# SCHOOL NEWS

## KINDERGARTEN



### Kindergarten 100 Days

Last week Kindergarten celebrated being in school for 100 days. We made celebratory crowns, enjoyed a picnic with cupcakes, went on a number hunt and learnt how to count to 100. Congratulations on all you have learnt so far Kindy!

### Kindergarten Teachers



# SCHOOL NEWS





## YEAR 1

Over the next fortnight, all Year 1 students will undertake the Year 1 Phonics Screening Check with their class teacher. The Check complements existing strategies to identify students' progress in developing foundational literacy skills and is administered to Year 1 students in NSW department schools.

The Year 1 Phonics Screening Check is a short, quick assessment that tells teachers how your child is progressing in phonics. Your child will sit with the class teacher and will be asked to read 40 words aloud. These words include 20 real words and 20 nonsense words and will assess how your child is able to use their knowledge of blending sounds to read. The test normally takes a few minutes. The check is carefully designed not to be stressful for your child.

If you have any further questions, please talk to your child's class teacher or contact Ms Gleeson via the school office.

**Michelle Gleeson | Deputy Principal (Act)**



### Year 1 Phonics Screening Check

Information for parents and carers

Phonics knowledge and skills are essential for learning to read and write. To be effective readers, students need to learn how to blend sounds together in words quickly so that they can read and understand the meaning.

#### About the assessment

The Year 1 Phonics Screening Check is a quick assessment that tells teachers how your child is progressing in phonics.

Phonics is important for students who are learning to read. This screening check observes how your child can read words with different letter combinations.

The main purpose of the Year 1 Phonics Screening Check is to provide your child's teacher with information which will allow them to plan for your child's learning.

Each child is individually assessed by a teacher and all Year 1 students will be assessed.

#### Why is phonics important?

To be successful readers, students need to learn the code for the English language - the sounds represented by individual letters or different letter combinations - and the skill of blending these sounds together to read words.

It is important for students to develop quick recall of the sounds represented by different letters and letter combinations, to support successful reading.


Developing blending skills, which is the ability to blend together sounds to read words, is also important. Beginning readers need to learn how to blend sounds together in words quickly and fluently, so as not to disrupt the flow of reading and their comprehension of the text.


Year 1 Phonics Screening Check May 2021


### How will I support my child?


Children need frequent opportunities to practise and apply their developing phonics knowledge and skills. You may like to try some of the following activities at home with your child:

- Encourage your child to play games with letters such as bingo, snap or scrabble. Support them to say the correct sound represented by individual letters and different letter combinations.
- Practise blending the sounds in simple, one syllable words together. For example, by first pointing to each letter in the word cat and saying each individual sound 'c-a-t', then reading again by blending all the sounds together 'caaaaat', and finally reading the word nice and fast 'cat'. When your child is confident with blending 3 letters together, support them to blend and read 4 letter words like frog (f-r-o-g, frrrrrog, frog).
- Model being a word detective and point out special letter patterns found when reading with your child. For example words with a 'ch' sound on the end are sometimes spelt with the letters tch, like the words match, catch and hatch.
- Support your child's reading success by providing them with plenty of opportunities to practise their phonics knowledge and blending skills by reading decodable books together. Decodable books are written using words with letters that your child has learnt. Ask your child's teacher to suggest decodable books with the correct phonics focus for your child.
- When reading books encourage your child to look at the words and 'sound out' any unfamiliar words, blending those sounds together, from left to right, to read the word. This is the best strategy and more helpful than looking at the pictures to guess the meaning.

[Helping your child with literacy and numeracy at home](#)

[Phonics](#)

[Decodable texts](#)



### Useful resources

Resources for helping your child with phonics at home can be found on the following NSW Department of Education webpages:

Year 1 Phonics Screening Check May 2021

Please [click here](#) to view the flyer.



## SCHOOL NEWS



### Winter PSSA Round 10 Results

Date	Sport	Team	VS	Results
5.8.22	Soccer	Junior Boys A	Harbord	
5.8.22	Soccer	Junior Boys B	Manly Vale	
5.8.22	Soccer	Junior Girls	Manly West	<b>Loss 0 - 1</b>
5.8.22	Soccer	Senior Boys A	Harbord	
5.8.22	Soccer	Senior Boys B	Manly Vale	
5.8.22	Soccer	Senior Girls A	Balgowlah Nth	
5.8.22	Soccer	Senior Girls B	Manly West	<b>Draw 0 - 0</b>

5.8.22	Rugby League	Junior	BYE	<b>BYE</b>
5.8.22	Rugby League	Senior	Manly Village	

5.8.22	Netball	Junior Girls A	Harbord	<b>Loss 2 - 8</b>
5.8.22	Netball	Junior Girls B	Curl Curl Nth	<b>Loss 3 - 12</b>
5.8.22	Netball	Senior Girls A	Harbord	<b>Win 24 - 13</b>
5.8.22	Netball	Senior Girls B	Curl Curl Nth	<b>Loss 4 - 15</b>
5.8.22	Netball	Senior Girls C1	Seaforth 1	<b>Win 8 - 3</b>
5.8.22	Netball	Senior Girls C2	Brookvale	<b>Loss 4 - 8</b>



## WELLBEING

### Weeks 5 and 6 Wellbeing and PBL Focus

This week's focus is  
**'Playing responsibly in the playground'**

We are showing **responsibility** in the playground by using the equipment safely with others and playing in the designated areas.



## CANTEEN



KD parents have got off to a flying start this week, volunteering in significant numbers at the canteen. We are so happy to welcome our newest parents to our busy kitchen. You have fit right in!

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: <https://signup.com/go/VjdtTmB>

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 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
T3 week 9	Mon 9 Sep – Fri 16 Sep	5H   Mr Hyde
T3 week 10	Mon 19 Sep – Fri 23 Sep	5J   Mr Jensen

Just a reminder that the canteen will be closed tomorrow due to the Athletics Carnival

## UNIFORM SHOP



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

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

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

**FLEXISCHOOLS ORDERS** - All online Orders 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! 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 Aliceband

**NAVY SOCKS 2PKS** sizes 5-8, 9-12, 13-3, 2-8, 7-11

**NAVY TIGHTS** sizes 4-6, 7-10, 11-14

**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.

### P&C Meeting Minutes

Please read the full minutes from the last P&C Meeting [here](#).

### Father's Day – Friday 2 September @ 7.30am – 8.45am



Come and enjoy a Father's Day fry-up on the Western Campus from 7.30am – 8.45am on Friday 2 September. Food orders and a gift stall will be live on Flexischools soon, and a coffee cart will be on site so that everyone can get their caffeine fix. We look forward to a few games of handball with all the dads out there.

A variety of Father's Day gifts will be available for children to purchase for the value of \$20. Children may choose the gift at school and gifts come home on Thursday 1 September or Friday 2 September.

We need volunteers to help us run the morning, particularly on the BBQ. If you can spare any time to help chop fruit, fry some eggs & bacon, or make tea and coffee, please pop your name [here](#).

*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



02)9948 0666  
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## SUSTAINABILITY

## Current BHPS Recycling Programs

<b>Bottles, Cans, &amp; Poppers</b>	<b>ReCollect</b> - Please collect & donate your 10c refundable containers <b>behind the letterbox of 44 Woodland St S.</b> Over 5,000 containers have been donated this year, contributing funds to BHPS Sustainability Initiatives.
<b>Bread Bags Recycling</b>	<p>A pink <b>Wonder Recycling Rewards collection box is outside the Office on the western campus</b>, where you can deposit ALL soft plastic bread bags (not just Wonder branded bread bags), until 9th September.</p> <p>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".</p> <p>BHPS will receive reward points, which will be converted into sports equipment for the school, made from these recycled plastics. Win-Win!</p> <p>"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".</p> <p>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!</p>
<b>Textile Rescue Program</b>	<p>A yellow <b>WORN UP collection box is outside the Office on the western campus</b>, where you can deposit all worn out school uniforms.</p> <p>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.</p>
<b>Soft Plastics</b>	<p>Every couple of weeks a volunteer is required to take the soft plastics from the school, down to a <a href="#">RedCycle</a> drop off point (closest being Coles at Stocklands). To opt in the roster for this quick &amp; easy, and extremely helpful job please <a href="#">sign up here</a>.</p>

## Other BHPS Sustainability News:

- **Ocean Action Pod** - You've probably heard of the Great Pacific Garbage Patch, but there are actually billions of kgs of plastic polluting all the oceans of our world, covering about 40% of the world's ocean surface! 70% to 80% of this plastic pollution has been found to originate from land.





## SUSTAINABILITY

The Ocean Action Pod is an interactive multimedia trailer that will educate students using an array of colourful props and activities about plastic pollution, and why and how small changes we make can have a huge positive impact on our environment. Activities cater for all age groups and are linked to the school curriculum. For more information on the origins of this great initiative please visit <http://www.oceanactionpod.org/>

- Please start holding onto your waste **oral care products** and writing instruments, as we'll be starting a recycling collection for both these items soon. Details to come...
- BHPS Sustainable Events - Our recently created Mug Library now has a permanent home in the BHPS P&C Event Store, and can be accessed for all up and coming school events. This Mug Library forms part of our wider commitment to eliminate single use plastics from all of our events throughout the school year. Please contact Sally Ferris - [sallyscottish@yahoo.com](mailto:sallyscottish@yahoo.com) to arrange use of the mugs.



## COMMUNITY NEWS



**SYDNEY BOYS  
HIGH SCHOOL**

**On-site Open Day**  
Thursday 8 September 2022 9:30am - 12:00pm

**Online Open Day**  
Thursday 8 September 2022 4:30pm - 5:30pm

Please register <https://sbhs.co/openday>




Nurturing scholar-sportsmen since 1883  
556 Cleveland St, Moore Park NSW 2021  
[sydneyboys-h.schools.nsw.gov.au](http://sydneyboys-h.schools.nsw.gov.au)




## COMMUNITY NEWS

SCHOLASTIC  **Book Club**



**FREE BOOK OFFER!**  
ON ISSUE 5

Receive	When you spend over
1 Free Book	\$30
2 Free Books	\$50
3 Free Books	\$70





**Give life.  
Give blood in  
Dee Why.**

Dee Why Beach Car Park  
18 to 21 August



Thursday 1.00 pm – 6.00 pm  
Friday 9.00 am – 2.00 pm  
Saturday 9.00 am – 2.00 pm  
Sunday 9.00 am – 2.00 pm

 give blood

## Free Trial as a Joey Scout

Girls and Boys aged 5 to 7

Camping

Looking after the environment

Rock Climbing

Cooking on Fire

Canoeing

Hiking

Raft Building

Helping other people



Call Jim (Ugli) today and  
arrange your try out  
**0404 931 743**



**Joey Scouts**

Discover Adventure

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



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