

THE HEIGHTS

Excellence and Opportunity

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 Hardcastle, Mrs Mulvena, Ms Hardy, Mrs Hennessy, Ms Susko, Mrs Skinstad, Mr Femia, Mr Vella, Mrs Lynch, Mrs Jerman, Mrs Chandler, Mrs Pellegrini, Miss Hilton, Mrs Gay, Miss Riad, Mr Panesar, Miss McIntyre, Mrs Van Waas, Miss Collins, Miss Mayhew and Mrs Bromich for the contribution they make for the students at our school.

Welcome Buddy!

We welcome our school support dog, Buddy. Buddy has completed a month of intensive training and will be a regular at our school, in classrooms and the playground.



PRINCIPAL'S MESSAGE



Semester II School Invoices

School Invoices for Semester II have been sent home this week detailing program contributions which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. Further information will be provided with the invoice. Your assistance with these program contributions is very much appreciated.

P&C

The next meeting of the P&C Meeting will be held on Monday 5 September at 7.00pm in the library and on Zoom. All parents are very welcome to attend. Discussion topics for this meeting include:

- Department of Education Mobile Phone Policy

To register please click here: [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 below for parents who wish to participate from another location.

<https://nsweducation.zoom.us/j/62249953883?pwd=VFY4TERLZFJ4VmQxOHkrNkM5dk9TQT09>

Meeting ID: 62249953883 Passcode: 420773

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 with the following information: Child's Name and Date of Birth.

Recital Night

We look forward to our Recital Night on Tuesday 6 September, commencing at 6.30pm in the hall.

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

Kindergarten Excursion

We wish the students in kindergarten an enjoyable and worthwhile excursion to Taronga Zoo on Tuesday (30.08.22) of next week.

PRINCIPAL'S MESSAGE



Book Week

Students in Years K-6 enjoyed dressing as a favourite book character. Thank you to Mrs Kerr for organising our Book Week celebrations. A reminder our Book Fair will conclude on Friday (26.08.22) morning.



Boys' Dance Group

We are commencing a Boys' Dance Group in the near future for students in Years 3-6. Auditions and rehearsal times will be on Tuesdays during the lunch break. Interested students are encouraged to audition on Tuesday 30.08.22. No experience is necessary. The students will perform at an assembly later next term.

Winter PSSA Semi Finals

We congratulate Junior Rugby League and Senior Netball C1 who were runners-up in their Winter PSSA Competitions.

PRINCIPAL'S MESSAGE



Band Camp

Congratulations to students in the Junior, Senior and Concert Band for their participation and efforts at Band Camp last weekend. Thank you to Mrs Fechner for organising the event and the many parents and staff who assisted.



PRINCIPAL'S MESSAGE



Upcoming Events

UPCOMING EVENTS			
	Date	Activity	Time
Term 3 Week 7	Monday 29 August	Wellbeing Week Commences (see page 7)	
	Tuesday 30 August	Kindergarten Taronga Zoo Excursion ICAS Mathematics Years 3 & 4	7.45am
	Wednesday 31 August	ICAS Mathematics Year 5	7.45am
	Thursday 1 September	ICAS Mathematics Year 6 Peer Support (The best way to play)	7.45am 1.45pm
	Friday 2 September	Father's Day Breakfast	
Term 3 Week 8	Monday 5 September	P&C	7.00pm
	Tuesday 6 September	Library Monitors Literary Lunch Recital Night	10.45am
	Wednesday 7 September	Ocean Action Pod Incursion (Years K-6)	
	Thursday 8 September	Kindergarten 2023 School Tour Peer Support (Session 6: Joining in with others)	9.30am 9.40am
	Friday 9 September	Year 6 Mini Fete Canteen Closed	

David Shuster | Principal



Congratulations to Gemma Sellick who competed at the National School Sports Competition in Brisbane on last Sunday, Monday and Tuesday.

Gemma was awarded Multi Class Swimmer of the competition!! Gemma made lots of new friends and scored lots of PB's. She won 5 Gold medals, 1 Silver medal and 1 Bronze – Well done Gemma!!!



Gold Medals

100 breaststroke
100 backstroke
50 breaststroke
50 backstroke
50 butterfly

Silver

100 freestyle

Bronze

50 freestyle

A great trip with the PSSA team and a wonderful time had by all at Dreamworld on Saturday.

Debating

In Round 4 of the Premier's Debating Challenge our two Balgowlah Heights teams competed head to head. The theme for this round was 'Health and Fitness'. 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.



Topic	
Topic: That we should ban kids under 18 from buying junk food like lollies, chips and ice-creams	
Affirmative Team	Negative Team
Balgowlah Heights Opinionators	Balgowlah Heights Expressers
	Win

The BHPS Expressers have qualified for the finals knockout round and we wish them luck for their debate against Balgowlah North Team Manning.

Laura Ewan and Kim Santer | Debating Coordinators



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
- Arabanoo | Canteen |
- Uniform Shop | Walking bus





Wellbeing Corner













Next week is Wellbeing Week! We are looking forward to being kind to ourselves and others. Throughout the week, a focus on wellbeing will allow us to be mindful, check in with ourselves and those around us.

There will be no Homework during Week 7. Instead, on the grid below are some ideas for physical, social and emotional wellbeing activities you may wish to do. We hope this time allows families to relax, reconnect and spend quality time together.

Wellbeing Week

Balgowlah Heights Public School

Below are activities you may wish to do with your family instead of Homework in Week 7.

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Plan something fun that you and your family can look forward to on the weekend.</p> 	<p>Do something kind for someone today.</p> 	<p>Share some of the positives from your day with a friend, your parents or even a pet.</p> 	<p>Play charades with your friends or family.</p> 
<p>Play your favourite sport with your family at the park.</p> 	<p>Have a family dinner together. Help set the table or cook dinner with family.</p> 	<p>Go for a family bushwalk and connect with nature or watch the sunset.</p> 	<p>Listen to music you love in a quiet place in your home.</p> 
<p>Surprise your family with <u>positive</u> messages hidden around your home for them to find.</p> 	<p>Bake some cupcakes or <u>muffins</u> for a friend or neighbour.</p> 	<p>Write a note or create an art work to show gratitude to a family member, teacher or neighbour.</p> 	<p>Volunteer to help a family member or neighbour.</p> 

A special thank you to our amazing BHPS students- Harry (1B), Saba (4B), Hamish (KW), Van (3M), Poppy (5H), Daniel (6G), Ronan (5V), Vivienne (2C), Imogen (1B) and Cate (5J) for these wellbeing activities. Showing gratitude, kindness, empathy and being mindful can boost positive emotions. Try some of these or make up your own family grid. Enjoy!

Michelle Cruickshank | Wellbeing Teacher

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.



Weeks 7 and 8 Wellbeing and PBL Focus

This week's focus is
'Using the regulation toolbox to make safe and sensible choices'
We are developing skills to achieve our **personal best** by identifying our emotions and using the Regulation Toolbox to make positive choices.



CANTEEN

A huge thank-you to our wonderful kindy parent volunteers, who have been the most dedicated bunch of volunteers so far this year. We are truly thankful for your time and the youthful energy you bring to the canteen.

The volunteering schedule for the remainder of the term is as follows:

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

Go to <https://signup.com/go/VjdtTmB> to sign up. There are plenty of time options to choose from.

The **canteen will be closed on Friday 9 September**, so as to support the fundraising efforts of the Year 6 Mini-Fete. Thank-you for your understanding.

We look forward to welcoming you to the canteen soon.

UNIFORM SHOP



OPENING HOURS

Tuesday | 8.30am – 9.30am
Thursday | 2.30pm – 3.30pm

NEW UNIFORMS - New School Uniform items are now available.



SALE, SALE, SALE !!! - Be Quick! There's just a few, '**NEW**' with tags, discontinued stock & ex-Try On uniform items left, able to be worn 2022/23. **Come and grab a bargain!!!**
Grey Shorts, White Polos, Grey Long Pants, Blue Polos, Check Skorts....

VOLUNTEERS - Can you help out? Just one hour. The Uniform Shop is looking for helpers both **Tuesday mornings** and **Thursday afternoons**.
Please email bhpsuniformshop@gmail.com

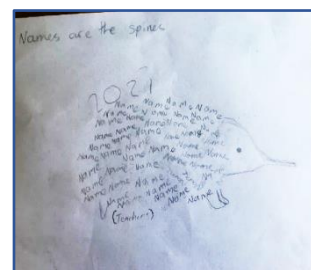
DONATIONS - If you have outgrown uniform items in **good condition**, please donate (in a bag) in the clear donation bin located outside the Administration Office.
No hats, hair accessories or socks/hosiery please. All other non wearable items can go in the Yellow 'Worn Up' box.

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. They will be delivered to your child. Thanks.

YEAR 5 - 2023 Leaver Jacket Designs!

Got a great idea for next year's Leaver Jacket!
Please submit drawings to bhpsuniformshop@gmail.com

Loretta Mykityshyn | Uniform Shop Manager
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.

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. There'll be lots of delicious foo, tea/coffee and music!



And bring your 'A' game for some handball!

And if you're looking for that Father-tastic gift - there is an opportunity to purchase a gift for \$20. All gifts include a chocolate and a gift from our pre-curated range which includes drink bottles, socks, games, photo frames and more, which we are sure will make every Dad happy this Father's Day.

Gifts and food can be purchased on [Flexischools](#).

Finally – can you help? 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 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



02)9948 0666
whitehouserealestate.com.au



SUSTAINABILITY

Current BHPS Recycling Programs

Bottles, Cans, & Poppers	ReCollect - Please collect & donate your 10c refundable containers behind the letterbox of 44 Woodland St S. Deposit by Weds pm this week to catch this months local pick up!
Bread Bags Recycling * 2 weeks remaining *	<p>A pink Wonder Recycling Rewards 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.</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>
Textile Rescue Program	A yellow WORN UP 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.
Soft Plastics	Every couple of weeks a volunteer is required to take the soft plastics from the school, down to a RedCycle drop off point (closest being Coles at Stocklands). To opt in the roster for this quick & easy, and extremely helpful job please sign up here .

Other BHPS Sustainability News:

- **Balgowlah Bowling Club ReCollect Partnership-** We are delighted to announce that Balgowlah Bowling Club and Carly May's Kitchen have agreed to support our Sustainability Committee by collecting all their Return & Earn on a weekly basis. This is an incredibly generous offer so please be sure to mention it to Carly, Tony and the team when you next go and enjoy some of their tasty food.

Carly May





SUSTAINABILITY

- **ReCollect funds BHPS Sustainability Initiatives** - Our return & earn initiative has been running for over a year now, and all income is put directly towards green issues in the school. So far it has supported Operation Wattle, our Western Campus Greenhouse, purchased little grabbers for our sustainability monitors, and partly funded the visit from Ocean Action Pod next month. Thank you for your ongoing donations!
- **Ocean Action Pod** - An interactive multimedia trailer is coming to BHPS in September, 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/>



- **BHPS Sustainable Events** - Our recently created **Mug Library** forms part of our wider commitment to eliminate single use plastics from all of our school events. Please contact Sally Ferris - sallyscottish@yahoo.com to arrange use of the mugs.
- 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...



IS YOUR CHILD U7/BORN 2015?? WELL GREAT NEWS!!

Seaforth Netball Club will be hosting a "Come and Try Netball" morning for all our local U7 (born in 2015) Girls and Boys who would like to learn a little bit more about our AMAZING sport.

Bring a friend and get ready for a fun morning of Netball.

Please register your details on the Google form below if you would like your child to attend.

♥️🏐 SUNDAY 23rd OCTOBER, 9am-11:30am 🏐♥️
@ John Fisher Netball Courts, Abbott Road, Curl Curl

https://docs.google.com/forms/d/e/1FAIpQLScNQ9A6FdfW1YZ6t1jYImEty7mgMCHZTHz94s_rkZzCxWKbHg/viewform



COME TRY NETBALL DAY!!

Sunday 23rd October!!

9am - 11:30am
Curl Curl Netball
Courts



FOLLOW US ON



COMMUNITY NEWS



MANLY Nippers

2022/23

REGISTER TO BECOME A MANLY NIPPER NOW

Join Manly Nippers this summer to learn surf awareness and safety whilst having fun at the beach for ages 5-13

Nippers is a fun activity based program that teaches kids valuable surf skills in a safe environment. Our Nippers make new friends, build their confidence in the surf and the older ones have the opportunity to compete in beach and surf events. A Surf Rescue certificate is awarded to all Nippers who successfully complete the program in U14s. And with further training our Nippers can become qualified Life Savers of the future.

Starts Sunday 16th Oct (U6 Orientation 9th Oct)

How to Register

Become a Manly Nipper by registering online:
www.manlyisc.com/how-to-join/

All Nippers in the Under 8 age groups and above (those born before 1 Oct 2015) will need to pass a swimming skills proficiency as they will be using club boards and swimming in the surf. Further details of this proficiency can be found on our website.

All new Nippers also need to provide proof of their age before their registration can be finalised (passport or birth certificate)

Need more information?

It's on our website:

- details about registration
- joining fees
- starting dates
- age categories
- swim proficiencies
- what a typical Sunday Nippers is
- opportunities to train & compete
- club uniforms

Scan the QR code or go to www.manlyisc.com/nippers

Contact: Sarah Emmott Bennett - Manly Nippers
Email: nippers@manlyisc.com

Give life. Give blood in Dee Why.

Dee Why Beach Car Park
18 to 21 August

Thursday
Friday
Saturday
Sunday

1.00 pm – 6.00 pm
9.00 am – 2.00 pm
9.00 am – 2.00 pm
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

joyscouts.com.au/

Jim.Baldwin@NSW.Scouts.com.au