

THE HEIGHTS

Excellence and Opportunity

PRINCIPAL'S MESSAGE



Spring Holidays

We wish all families a safe and enjoyable Spring Holiday which commences on Monday 26 September. The students return to school on Monday 10 October.

2023 School Planning

In the near future we will be commencing the process of organising classes for 2023. If you will be moving from our school at the end of this year it would be appreciated if you could contact the office. 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. It is not a request for a particular teacher) you are welcome to send a letter/ email to us providing details by Friday (23 September) of this week. As part of the planning the teachers undertake significant work to organise the classes which includes gaining student feedback on friendship groups. You are welcome to contact me if you require further information.

Kindergarten 2023 Parent Information Session and Orientation Visits

We look forward to our Kindergarten Orientation Visits and Parent Information Sessions which will be held next term on the following dates.

Kindergarten Orientation Visits:

- Group 1 | Mondays 17 and 24 October
- Group 2 | Wednesdays 19 and 26 October
- Group 3 | Thursdays 20 and 27 October
- All groups Monday 7 November

Parent Information Sessions:

- Tuesday 11 October 7-8pm | online
- Tuesday 25 October 7-8pm | online



Tell Them from Me Survey

You are invited to participate in the Tell Them From Me (TTFM) Partners in Learning Survey designed for parents and carers. This survey focuses on student engagement, wellbeing and effective teaching practices.

Parents and carers are an important and valued part of our school community. We will use survey feedback to make practical improvements and inform school planning.

This online survey takes about 15 minutes to complete. It is anonymous and voluntary.

If you have more than one child at this school, and feel that your children's experiences differ, you can complete the survey more than once.

You can access the survey in your own time, between 21 September and 16 October 2022.

Go to the site below on your computer or tablet:

<http://nsw.tellthemfromme.com/29432>

More information on the Partners in Learning Survey can be found on the NSW Department of Education TTFM website: <https://surveys.cese.nsw.gov.au>



P&C Movie Night

Thank you to the P&C for a terrific Movie Night which was enjoyed by over 400 persons last Saturday. Further information is on Page 14 of this week's Newsletter.



Primary Proms Concert

We wish the students in the Junior Choir (Years 3 & 4) participating in the Primary Proms Concert at the Sydney Town Hall on Wednesday (21.09.22) at 7.00pm of this week all the best.

PRINCIPAL'S MESSAGE



Recognition Assembly

Congratulations to the students who received awards at our Recognition Assembly this week and to the Junior Band and Years 1/2 Choir for their performances.



Regional Athletics

Congratulations to the 9 students who represented our school at Regional Athletics this week. The following outstanding results were achieved:

1st Place | 8 Years Boys 100m | Hudson McGregor

1st Place | 8-10 Years 4 x 100m | Hudson McGregor | Beau Riches | Atlas Jones | Emerson Ayres

1st Place | 12/13 Years Long Jump | Matilda Whitehead

1st Place | Multiclass Senior 100m | Gemma Sellick

1st Place | Multiclass Senior 200m | Gemma Sellick

4th Place | Junior Boys High Jump | Finlay Hayes





Summer Uniform

The students are requested to wear their summer school uniform as of the beginning of next term (Monday 10 October). Please remember your hat!



Public Holiday

A public holiday will be held on Thursday (22.09.22) of this week as part of the National Day of Mourning for Queen Elizabeth II.

New Arabanoo Building

On Wednesday (28 September) of next week the modules for the new Arabanoo building on the Eastern Campus will be delivered. As a result, most of the school section of Lewis St will be closed for the day. It is suggested families attending Arabanoo on this day for Vacation Care, park close by and walk.

School Public Speaking Competition (Years 3-6)

Congratulations to all the students who participated in the School Public Speaking Competition (Years 3-6). The winners for each grade were:

Year 3 | Mia Yeates
Year 4 | Olivia Cameron
Year 5 | Remy Glanville
Year 6 | Sally Reardon

PRINCIPAL'S MESSAGE



Upcoming Events

| UPCOMING EVENTS | | | |
|------------------|----------------------|---|---------------------------------|
| | Date | Activity | Time |
| Term 4 Week 1 | Monday 10 October | Students commence Term 4 | |
| | Tuesday 11 October | Kindergarten 2023 Parent Information Night | 7.00pm |
| | Wednesday 12 October | | |
| | Thursday 13 October | Peer Support (A better friend) | 11.25am |
| | Friday 14 October | Summer PSSA Round 7 | 12.00 noon |
| Term 4 Week 2 | Monday 17 October | Kindergarten Orientation Visit 1 Group A SRC | 9.30-10.45am 12.55pm |
| | Tuesday 18 October | | |
| | Wednesday 19 October | Kindergarten Orientation Visit 1 Group B Year 5 Leadership Day | 9.30-10.45am |
| | Thursday 20 October | Kindergarten Orientation Visit 1 Group C | 9.30-10.45am |
| | Friday 21 October | Years K-2 Assembly Years 3-6 Assembly Summer PSSA Round 8 | 10.45am 2.15pm 12.00 noon |

David Shuster | Principal

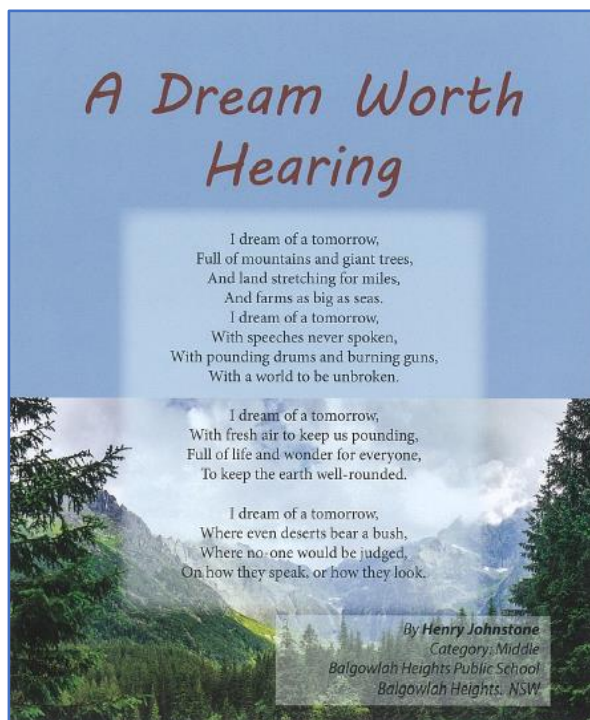


Poppy and Georgia 4S | Principals for the day



Poetry Competition

Congratulations to Henry Johnstone who had the poem printed below recently published.





BALGOWLAH HEIGHTS PUBLIC SCHOOL

2023 Kindergarten Orientation Program





Kindergarten School Tour (school hall)
Thursday 8 September 9.30-10.30am

Register to join: <https://bit.ly/2023TOUR>



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 7 November



Parent Information Sessions

Tuesday 11 October 7-8pm (online)
Register to join: <https://bit.ly/BHPSOCT11>

- School Readiness
- Meet the 2023 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





Night of the Notables

On Tuesday night 6P held the Night of the Notables, a living museum featuring the lives and achievements of people who have made a positive impact on the world. Students have spent a number of weeks researching, preparing creative formats to share their information and designing costumes to wear as they become their notable individual for one evening. Parents, grandparents and siblings enjoyed visiting the living museum, engaging with students and their displays during a wonderful Night of the Notables!





October is **Mental Health Month** in Australia. This month encourages all of us to think about our mental health and wellbeing, regardless of whether we may have a lived experience of mental illness or not. It also gives us the opportunity to understand the importance of good mental health in our everyday lives and encourages help seeking behaviours when needed.

Click here for [Tips to Tune In](#) from WayAhead and practice self-compassion, ground yourself, move joyfully, take time to rest, connect with friends, notice boundaries and be playful.

Below are some links to support your mental health and wellbeing:

Staying active has a positive impact on your physical health as well as mental health and wellbeing. Exercise releases mood-boosting chemicals like endorphins and serotonin that help make you feel good. Click here for the [benefits of physical activity](#), tips for staying active and links mental health services. Why not sign up for [Parkrun](#) for a challenge? You will feel part of your local community and improve your fitness.

Watch psychologist Daniel Angus from the Mental Health Commission NSW who provides tips to support the wellbeing of your children [Healthy habits or your child's wellbeing](#).

Enjoy tuning in, connecting, experiencing and discovering! Stay safe and make the most of the holiday break.

Michelle Cruickshank | Wellbeing Teacher





CANTEEN

Canteen News

Thank-you to all the parents and carers who so willingly gave their time to volunteer at the canteen this term. We couldn't have done it without you.

The volunteer schedule for Term 4 is as follows:

| | | |
|------------|-------------------------|------------------|
| T4 week 1 | Mon 10 Oct – Fri 14 Oct | 5M Ms Millett |
| T4 week 2 | Mon 17 Oct – Fri 21 Oct | 5V Miss Veney |
| T4 week 3 | Mon 24 Oct – Fri 28 Oct | 5W Miss Weller |
| T4 week 4 | Mon 31 Oct – Fri 4 Nov | 4S Miss Santer |
| T4 week 5 | Mon 7 Nov – Fri 11 Nov | 4K Mrs Keeling |
| T4 week 6 | Mon 14 Nov – Fri 18 Nov | 4D Miss Donlan |
| T4 week 7 | Mon 21 Nov – Fri 25 Nov | 4B Miss Bonadio |
| T4 week 8 | Mon 28 Nov – Fri 2 Dec | 3M Miss McGahey |
| T4 week 9 | Mon 5 Dec – Fri 9 Dec | 3L Miss Campling |
| T4 week 10 | Mon 12 Dec – Fri 16 Dec | 3C Ms Coote |

But remember, you can come in any time you have some spare time. Even for half an hour after drop-off or after reading groups. There is always plenty to do.

Sign up at <https://signup.com/go/VjdtTmB>

Have a restful holiday and we hope to see you in Term 4.



UNIFORM SHOP



OPENING HOURS

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

The Uniform Shop will be Closed this Thursday 22nd September due to the Public Holiday.

TERM 4 - SUMMER UNIFORM !!!

VOLUNTEERS - Can you help out? Just one hour. The Uniform Shop is looking for helpers both **Tuesdays 8.30-9.30am & Thursdays 2.30-3.30pm** and also for uniform assistance at some Kindergarten Orientations in Term 4.

Please email Loretta at bhpsuniformshop@gmail.com if you are able to assist.

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 2022/23/24. **Come and grab a bargain!!!** Grey Shorts, Grey Long Pants, Short/Long Polos, Check Skorts....

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 for recycling.

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 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 Second Hand items. Exchanges and Returns are available at the Uniform Shop.

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.

P&C Meeting Minutes

Please read the latest P&C Meeting Minutes [here](#).

Outdoor Movie Night - what a night!

Saturday morning started well with blue skies and the sun shining....a perfect day for an outdoor movie! By 5pm, the popcorn was popped, the sausages sizzling and the fairy floss whirling and the evening began with BHPS families arriving with their picnic rugs and finding a spot on the netball courts. It was a superb atmosphere with children buying a treat or two (or three...maybe four!) and when the sun went down the movie started.

We couldn't have done it without all the amazing help from so many fabulous parents...

A HUGE thank you to the organising team - Abby Dorian, Amber Lyne, Bronwyn Harrison, Jo Dillamore, Lee Hunter, Nikki Lawson, and Tony Wall. What a team - absolutely amazing!

Also, thank you to all the extra helper's pre-event and at the event - popcorn packers, chefs on the BBQ, bakers making delicious treats and all those extra hands on the stalls on the night - your help was truly appreciated.

And finally, a BIG thank you to Mr Shuster and Diana Worman - without these two, the event wouldn't have happened. Thank you Mr Shuster for being so supportive of all the P&C activities and giving up your Saturday to open up the school and join the fun. And thank you to Diana - the person who brings it all together and works so hard so silently - you are amazing.

Thank you also to all the families that came - we hope you had fun!

We did have a few food left overs – and the beautiful Lucie Lyne in 5H delivered the left over baked treats to the emergency department at Northern Beaches Hospital – thank you Lucie for your kind heart.





**Lost Property - last chance this Term to claim any items!**

We went through the fleeces (only 1 hat) in the lost property box on the Western Campus on Monday (sorry - we ran out of time for the K-2 side. We'll do this early next term).

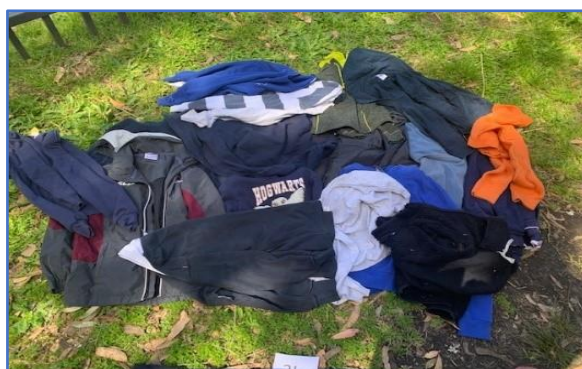
All items that were labelled have been RETURNED to the owner in their classroom (K-6).

There is still a large pile with either no labels or illegible labels. If you have a missing fleece (or two) - please visit the box this week to collect any items you might recognise. Any items left over (with no label) once school finishes on Friday will be given to the Uniform shop for second-hand.

There are also a number of tubs filled with lunchboxes. Please collect any that you recognise by Friday as they will be cleaned in the school holidays and added to the lunchbox sale in Term 4 to raise funds for the sustainability committee.

Finally, there are a few non-school items (see photo).

Thanks!





"Thank you for the movie night, I loved it, it was so fun hanging out with my friends and family at my school". By Gemma, 2E



"We enjoyed watching the great movie while playing with our friends. We LOVED the fairy floss!" By Ella (4D), Rose (2E) & Harry (KRA)

"My favourite part of the movie night was EVERYTHING!" Aria, 2H

"It was AMMMMMMAAAZZZZZZZZZZING!!!!" Mia, KD

"I loved the movie and being able to share popcorn with my friends." Abbie, KD



"I loved the movie night because I got to meet my friends, eat fairy floss and popcorn." Khianna, KD

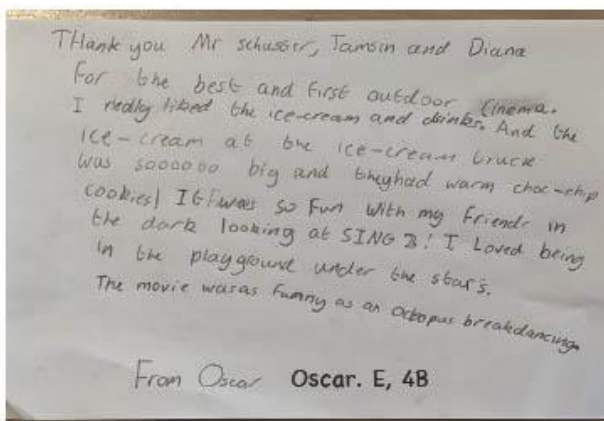


"I loved the movie night because I got to meet my friends, eat fairy floss and popcorn." Khianna, KD

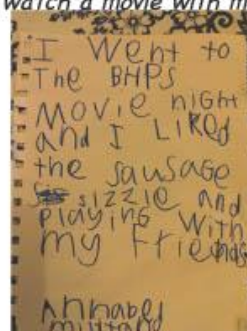
"I LOVED being up late watching a movie with my family and friends." By Khiyan (KD)



"The food was the best! There were lots of treats to choose from. It was fun to watch a movie with my friends." Oscar, KS



"I liked the choice of the movie and was glad they chose the netball courts to host the movie. The sound was really good so it didn't matter where you sat." Hannah. L, 3I





Amazing Year 5 bakers and treat sellers Kya (5W) and Lucie!



Dear Tamsa, Mr Shuster and Diana,
Thank you so much for the movie night on Saturday. It was so much fun. I've never been to a outside movie before. The food and drinks were really good. It was the first time I've ever had candy floss from a machine. From BHPS Lily, 2C

"I loved all the food and the fairy floss flying in the air. I was happy to watch the movie with my little brother and my friends. Are they doing it again next year?" Luca, KD



"I loved going with friends, taking blankets and being cosy while watching the movie outside" Kya, 5W

"My favourite part was when everybody was all nice and comfy and the movie started." Koen, Yr 4

Thank you for organising the Sing 2 movie event on Saturday! I really liked watching around with my friends and eating cotton candy/fairy floss.

"The movie night idea was a great one to get our school community together, huddle up under the stars for a fun night. Thankfully the weather was good and I had a really fun evening catching up with friends outside of school hours, not to mention getting sugar high with all the yummy treat stalls. The movie choice was a good one too and I could hear sing along to some of the famous ones. Overall a great night and I would love to see this happen more often on our school grounds". Rumir 6P



"We loved the movie night because it was so cool to see our friends and eat fairy floss!" Leah and Callum. D (2C)



"Thank you for the movie night. It was so fun running around the school and trying every different food. Sing 2 is really funny!" Harriet (5V) & Archie (2H)



"I liked the food. It was a good day" Rex, KD

"I liked the fluffy fairy floss and sizzling sausages." Tom, 2H



"Saturday night was so much FUN. I got to see all my friends and the movie was really funny. I would LOVE to do it AGAIN!" Will, 4K



Hamish.W , KW



Rose. W, 2C

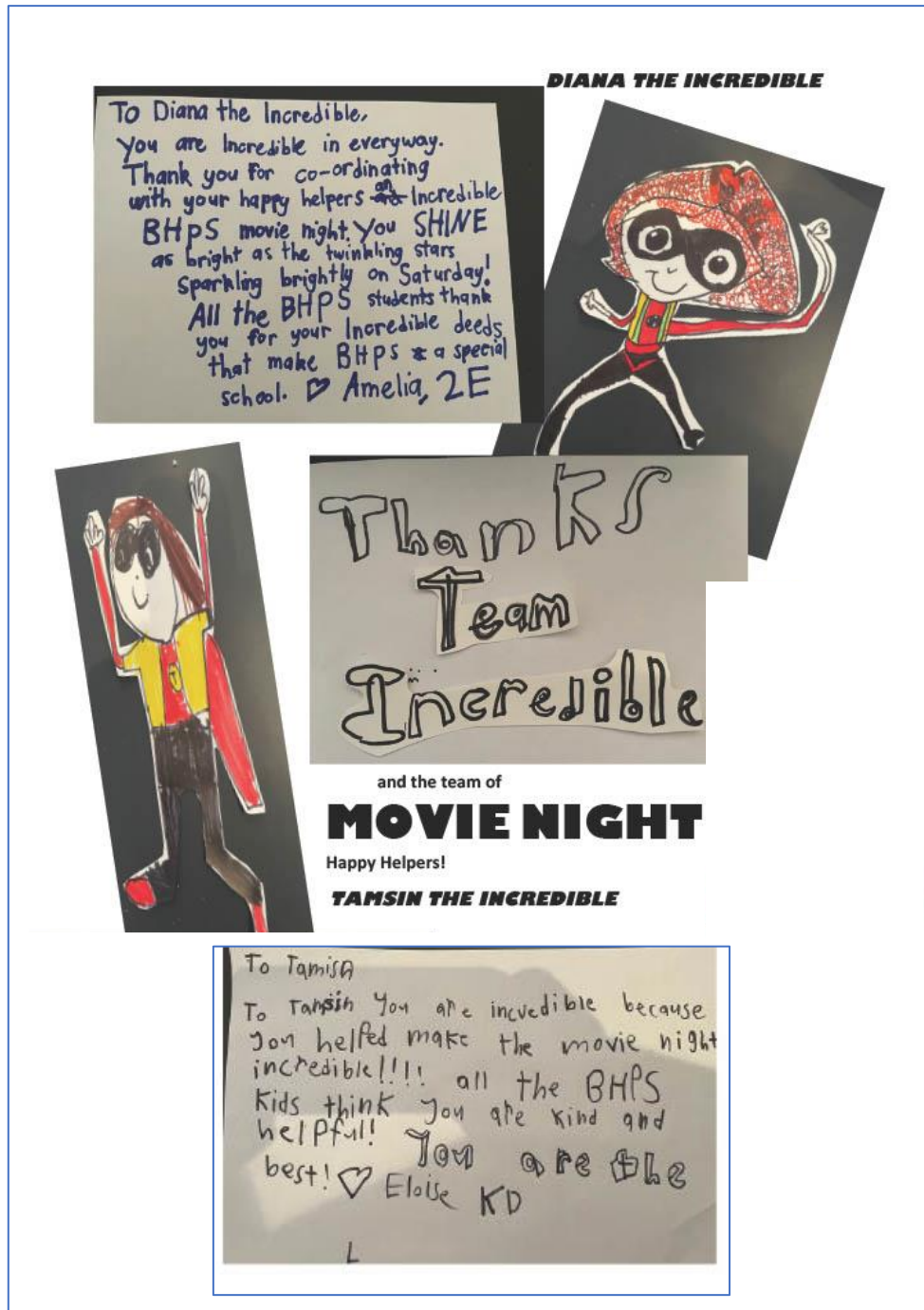


"I loved going with my friends to see a movie at school at night time! I loved the fairy floss and lolly bags!" Margot, KS

"I had so much fun at the movie night with my friends. I loved the part of Sing 2 when Porsha the wolf sings as the green alien" Bridget, KS



These two BHPS STARS - Ellie (2H) and Amber (KD) stayed back late to pick up and recycle lots of rubbish to keep our school environment beautiful ☺



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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SYDNEY SEAFOOD SCHOOL
sydney fish market

SCHOOL HOLIDAY FUN AT THE FISH MARKET

Looking for something fun and educational for the kids these school holidays? Then book your junior masterchefs into a cooking class at Sydney Seafood School.

We offer fun, educational and entertaining cooking experiences for kids aged 7+:

Kids' Dumpling Making Class
Tuesday 27th September 2022
10am - 12pm

Classes priced from \$75. For more info head to: www.sydneyseafoodschool.com.au or call 02 9004 1111.

Scan to find out more!

BRAZIL
BOOK NOW
TERM-4 AFTER SCHOOL SPORTS CLINIC
WORLD CUP EDITION
Duration: **8 Weeks**
K - Yr 6
3-4:30pm
EXPERIENCE OVER 15 AMAZING SPORTS AND CHALLENGES
motiv8sports.com.au

Join the Motiv8sports Coaching Crew every Tuesday afternoon at Balgowlah Heights Public School!

Since 2001 Motiv8sports has coached thousands of children across Australia with our very own innov8tive events. Regardless of your child's athletic ability Motiv8sports caters to all children.

Our after school Super Sports Clinic is all about fun, friends, fitness, participation & teamwork. Students who attend experience sport at it's best, participating in a variety of team sports over 8 weeks. We design our sports for all abilities and focus on the energy and effort rather than a child's sporting ability. Children who attend Motiv8sports Clinics experience teamwork & sportsmanship in an environment fuelled by great leadership and constant motivation.

Our team of coaches will provide plenty of incentives for participants who just want to have FUN. We use sport as a tool to grow confidence, self-esteem, resilience, determination, and fitness.

Motiv8sports is inclusive and caters to all ability levels. Our 8-week program is extremely affordable and allows students who might not participate in weekend sport the opportunity to be part of a team. We are also registered with the ACTIVE KIDS PROGRAM allowing parents the opportunity to use the government funded vouchers to be part of the 8-week clinic.

ACTIVE KIDS VOUCHERS ACCEPTED

ACTIVE KIDS
To Book -
1. Scan barcode or go to motiv8sports.com.au
2. Northern Beaches
3. Tuesday Balgowlah Heights 8 Week Active Kids Clinic

[motiv8sports](http://motiv8sports.com.au) www.motiv8sports.com.au Ph: 0402 281 842

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.

young investigators science club

Term topic: NO WAY!
Head to our website to read about the exciting experiments we will be conducting!

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 West COLA Year 3 Classrooms
Start Date Monday 17th October
Cost \$229.25 (9 week term) inc. GST

For more information or to register for the Young Investigators Science Club, go to eyeheartscience.com.au/younginvestigators/

For more information visit eyeheartscience.com.au/balgowlahheightscamps

eye heart science
Inspiring young minds

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Junior Engineers

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Forest Community Arts Centre
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And more!

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MANLY WARRINGAH BASKETBALL SEPTEMBER HOLIDAY CAMP COME ALONG AND LEARN BASIC, FUN SKILLS

DATES: 28TH, 29TH & 30TH SEPTEMBER, 2022
TIME: 5 to 9 Yrs old 9:00 to 12:00pm
 10 to 14 Yrs old 1:00 to 4:00pm

VENUE: Northern Beaches Indoor Sports Centre
AGES: broken into age groups
COST: \$105 (If camp is cancelled, total refund)

Booking: <https://www.trybooking.com/CAYID>

**NO SINGLE DAYS,
MUST PAY FOR 3 DAYS**




Ultimate Frisbee

- Mixed (boys and girls)
- Non-contact sport
- Australian Rep coaches
- No experience necessary
- Age groups 7-12 & 13-18

Holiday Camp (one-day)
 Tues 27 Sept, 9am - 4pm
 Millers Reserve, Manly Vale
 \$40 (includes frisbee)

Summer Juniors League (season)
 Wednesdays @ 5.30pm
 All Term 4 and Term 1
 Oct 12 - March 2023
 Millers Reserve, Manly Vale
 \$70 (includes frisbee and shirt)

Check out
manlyfrisbee.com/youth
 for more information





manlyultimate@gmail.com
 @manlyultimateclub
 www.manlyfrisbee.com






FRESHWATER SLSC

NIPPERS 22/23





Online Registration EXTENDED to 30th Sept!

Use your NSW 2022 Active Kids vouchers to claim \$100 off!
 Come and join Freshwater's Nipper program this season...at one of the best beaches in the world!
 Freshwater SLSC offer a friendly and supportive culture, developing safety and skills through surf and sand-based activities for children aged 5 - 13. We also invite new athletes to join our competition squad which provides structured training under guidance of our experienced coaches.
 Sunday mornings age U6-U9 @ 8:15-930am, age U10-U14s @ 9:15-11am.





The first Nippers session is Sunday 16th October!

Winter sports are now all over so what better place is there to spend your Sunday mornings than at Freshie beach ???!!

How to register - <https://www.freshwaterslsc.com/nippers/nippers-registration-2/>

Active Kids Vouchers are non refundable. Please ensure full payment is made at time of registration.
 One Parent must join as a general member per family. All new members need to send I.D. to admin@freshwaterslsc.com.
 N.B. Swim proficiency will be required to attend water activities, please ensure your nipper is currently enrolled in swimming lessons. (U8-U14s)
 BIG THANK YOU TO OUR SPONSORS:





















