

THE HEIGHTS

Excellence and Opportunity

PRINCIPAL'S MESSAGE



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) you are welcome to send a letter/email to us providing details by Friday 23 September. As part of the planning the teachers undertake significant work to organise the classes which includes gaining student feed back on friendship groups. You are welcome to contact me if you require further information.

Semester II School Invoices

School Invoices for Semester II have been sent home detailing program contributions which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. Further information is provided with the invoice.

Thank you to the families who have assisted with the payment of their invoices. It would be appreciated if payments could be finalised by Friday (9.09.22) of this week.

Kindergarten 2023 School Tour

We look forward to our 2023 Kindergarten students and their families joining us for a school tour on Thursday (8.09.22) of this week at 9.30am. The tours will be led by this year's student leaders.

Check-In Assessments

In 2020 the Department of Education introduced Check-In Assessments. These assessments are designed to supplement existing school assessments in reading and numeracy.

This year students in Years 3-6 will undertake the Check-In Assessments. Years 3, 4 and 5 will participate in Term 4. Students in Year 6 will undertake the assessments next week.

PRINCIPAL'S MESSAGE



Ensemble Night

We look forward to our school Ensemble Night on Monday (12.09.22) of next week at 6.30pm in the hall. Parents and friends are welcome to join us to listen to our Years 1-2 Choir, Junior (Years 3 & 4) Choir, Senior (Years 5 & 6) Choir and Strings Group perform.

Recital Night

Congratulations to the students who performed at our Recital Night. A great night was enjoyed by all. Thank you to Mrs Cronin for organising the event.



Year 6 Mini Fete

Year 6 is holding a Mini Fete on Friday (9.09.22) of this week to raise funds for their farewell gift to our school. The day will provide an opportunity for all students to participate in a range of activities and attend a range of stalls. Further details of these activities, stalls and suggested costs are provided in an email which was sent home recently.

A reminder our school canteen will not be open on this day, but the students are able to order a sausage sandwich through Flexischools.

The times grades will be attending the Mini Fete are:

- Years 3 and 4 – 9:30-10:15am
- Kindy – 10:30-11:15am
- Years 1 and 2 – 11:30am-12:15pm
- Year 5 – 12:30-1:15pm

Students are welcome to wear mufti clothes on this day.

Principal for the Day

Last Thursday Tom from 1W enjoyed being 'Principal for the Day'. Tom presented awards, visited classrooms with Buddy, assisted in organising our Father's Day activities, enjoyed a scrumptious canteen lunch and made many decisions. Thank you Tom for your hard work.



P&C Movie Night

We look forward to the P&C Movie Night on Saturday 17 September for students and families of our school. Further information is on pages 9 and 10.

PRINCIPAL'S MESSAGE



Year 6 Grade Photograph

Students in Year 6 will have a grade photograph on Thursday 15 September at 9.15am. Students are requested to wear their winter school uniform (no sports uniform thanks).

Father's Day Activities

Thank you to Robyn Nowytarger and all the wonderful helpers who provided a terrific Father's Day breakfast and gifts. It was great to see over 400 persons part of the day.



Upcoming Events

UPCOMING EVENTS			
	Date	Activity	Time
Term 3 Week 8	Monday 12 September	Kimbriki Excursion 1B, 1L, 1M SRC Ensemble Night (Choirs, Strings)	
	Tuesday 13 September		
	Wednesday 14 September	Festival of Choral Music (Junior Choir) rehearsal	
	Thursday 15 September	Year 6 Photograph School Tour Peer Support (Session 7-Good Winners)	9.15am 9.30am 10.20am
	Friday 16 September	Years 3-6 Assembly Summer PSSA recommences Years K-2 Assembly	10.45am 12.30pm 1.45pm
	Saturday 17 September	P&C Movie Night	From 5pm
Term 3 Week 8	Monday 19 September	Recognition Assembly Regional Athletics	9.30am
	Tuesday 20 September	6P Night of the Notables	6.30pm
	Wednesday 21 September	PBL Thumbs Up Celebration Day Primary Proms Concert (Junior Choir-Years 3 & 4) @ Sydney Town Hall	7.00pm
	Thursday 22 September	Peer Support (A Better Friend)	11.25am
	Friday 23 September	Last day of Term 3	

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





R U OK? Day is tomorrow, Thursday 8th September. It's a day to remind us that *every day* is an opportunity to ask our friends and family how they are feeling. Every day is the day to ask, 'Are you okay?' and reach out to friends, family and colleagues. Start a meaningful conversation when you spot a sign that someone you care about might be struggling. It could be during a lunch break, online, whilst exercising, at home or anywhere, anytime. **It will make a difference!**

You don't need to be an expert to have an R U OK? conversation. Listening and giving someone your time might be just what they need to help them through.

Ask R U OK? No qualifications are needed as a conversation could change a life.

For more information visit <http://www.ruok.org.au/>

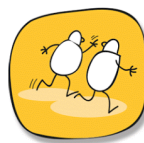
R U OK? DAYTM
8 September 2022



1. Ask



2. Listen



3. Encourage
action



4. Check in



Ask
R U OK?[™]

No qualifications needed

Have a conversation using these 4 steps

- 1. Ask R U OK?**

How are you travelling?
You don't seem yourself lately – want to talk about it?
- 2. Listen with an open mind**

I'm here to listen if you want to talk more.
Have you been feeling this way for a while?
- 3. Encourage action**

Have you spoken to your doctor about this?
What do you think is a first step that would help you through this?
- 4. Check in**

Just wanted to check in and see how you're doing?
Have things improved for you since we last spoke?

Learn how to ask at ruok.org.au

CANTEEN



Use of the re-usable containers is in full swing now - on Mondays, Tuesdays and Wednesdays. We are asking for volunteers particularly on those days to help out with prep work (such as making cookie dough, baking brownies, making garlic butter, making yoghurt pops, rolling bliss balls etc) to free up our staff to do the additional washing up that necessarily comes with use of those containers. Rest assured, you will NOT be washing up! If you can spare any time, even 30 minutes, we would be most grateful. No need to sign-up - just pop in.

A reminder that the **canteen will be closed** on the day of the **Year 6 Mini-Fete, Friday 9 September**.

The volunteer schedule for the rest of the year is:

T3 week 9	Mon 12 Sep – Fri 16 Sep	5H Mr Hyde
T3 week 10	Mon 19 Sep – Fri 23 Sep	5J Mr Jensen
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

Remember, you don't need to wait for your class's turn to volunteer. You are absolutely welcome to come any time you have capacity. Sign up at <https://signup.com/go/VjdtTmB>

We look forward to seeing you in the canteen soon.



UNIFORM SHOP



OPENING HOURS

Tuesday | 8.30am – 9.30am

Thursday | 2.30pm – 3.30pm

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....

SUMMER UNIFORMS - Time to check you haven't outgrown your Summer Uniform !!!

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.

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

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.

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

Thank you to those who joined the P&C Meeting last night. A quick summary below:

- Arabanoo
 - o Vacation care – all Junior activities are fully booked (except Friday). There are still Senior activities available (except Luna Park which is a waitlist). Hopefully everyone found the new online booking system preferable to the paper form.
 - o Staff – Nine new staff have been recruited and 1 chef. More staff are still required
 - o Building – the footings for the new building have been laid and the building is due for completion on 3 October 2022 (dependent on permits from local councils regarding the demountable being driven through them on their way to the school).
 - o Arabanoo Mini Fete is on Thursday 22 September 2022.
- The P&C and school are investigating a move from Flexischools to Spriggy Schools for all canteen orders, uniform shop and events. There will be a transition phase – and more information will be provided if the move goes ahead.
- Tell Them from Me Parent Survey – this survey will be live between 14 September and 9 October 2022 and the school encourages everyone to participate.
- Year 6 Farewell Gift – the students on Year 6 (2021) have requested the school uses their donation for a mural on the Eastern Campus. The work has been commissioned and will commence at the end of this term. The theme will be whales and Sunshine Wattle and each class will have the opportunity to visit the site for an art lesson with the artist as he paints the mural.
- Years 2 & 3 swimming – Students in Year 2 and 3 will have the opportunity to participate in a two-week intensive swimming program from 7 – 18 November 2022. Further information will be provided early next term.
- Ocean Pod – there will be lots of great activities for the students to participate in when the Ocean Pod visits school this Wednesday.

Outdoor Movie Night – Saturday 17 September – BOOK NOW!

*"We're gonna put this show on whether Crystal likes it or not!
But first, we're gonna jump out that Window"
Buster Moon*

Please join us under the stars on Saturday 17 September for a fun-filled evening watching Sing 2. The details:

Date: Saturday 17 September
Venue: Netball Courts, Western Campus, BHPS
Time: Food from 5pm | Movie starts at 6.30pm
Movie: Sing 2 (PG)

What to bring: Picnic rug, low chairs/beanbags, jumpers/blankets, snacks (no alcohol)



Food available: A delicious sausage sizzle (please pre-order on Flexischools - \$5 per sausage & roll). Ice-Cream Truck, Fairy Floss, Popcorn, Lolly bags and Juice Poppers will be available to purchase on the night – please bring gold coins.

Cost: \$14 per person (single ticket), \$50 for a family of 4+

How to book: [Flexischools](#)



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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SUSTAINABILITY

Current BHPS Recycling Programs

Bottles, Cans, & Poppers	.ReCollect - Please collect & donate your 10c refundable containers behind the letterbox of 44 Woodland St S. Next collection is in 3 weeks.
Bread Bags Recycling * 3 weeks remaining *	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. 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".
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:

- **Last week for Bread Bag Recycling collection!** Please deposit your soft plastic bread bags **by Thursday pm this week**. They will be sent off and redeemed for reward points, which will be converted into sports equipment for the school, made from these recycled plastics. Win-Win!
- **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 bottles and cans. This is an incredibly generous offer, and has involved a fair bit of coordination for them, so please be sure to mention it to Carly, Tony and the team when you next go and enjoy some of their tasty food.

Their first collection was made last week, and will be continuing fortnightly from now on... Thank you Carly May and Balgowlah Bowling Club!

Carly May






**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**





Fruit & Veg Month 2022

Our school will be participating in Fruit & Veg Month 2022.

This year's theme is all about **Building Fruit & Veg Communities!**

Together we will learn ways to grow and buy local and how to build local food communities.

Fruit & Veg Month 2022 runs from Monday 29 August to Friday 23 September.

As part of Fruit & Veg Month, students will be involved in various classroom and school-based activities which encourage them to eat more fruit and vegetables.

Linda McWhirter | Fruit & Veg Month School Coordinato



SPRING SCHOOL HOLIDAY CAMPS



JOIN US FOR EXCITING NEW
CAMPS THIS HOLIDAYS!



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MINECRAFT



CODE WITH
ROBLOX



3-IN-1 CODING
ADVENTURE



CODE WITH
MICRO:BITS



STOP MOTION



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APP
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AT MULTIPLE
LOCATIONS
ACROSS NEW
SOUTH WALES!

Forest Community Arts Centre
Beacon Hill Public School
And more!



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THE TWO-DAY CAMP IS PACKED FULL OF BOARD, SWIM AND BEACH TRAINING, PLUS PLENTY OF GAMES AND FUN THROUGHOUT. IT IS DESIGNED FOR NIPPERS AGED U9 TO U14 OF ALL ABILITIES.

We encourage young athletes to register if:

- you are looking to improve your surf competition skills
- keen to meet new teammates and make friends for life
- grow water confidence and skills seeking competition experience from our expert coaching staff
- Participants must bring their own nipper board.

**THE NEW & IMPROVED SIC IS BACK FOR ANOTHER SEASON !
THURSDAY 29TH & FRIDAY 30TH SEPTEMBER
@ MONA VALE BEACH
8.30AM - 3PM**

All participants are guaranteed to have a good sleep after each day of the camp.

Participants must bring their own nipper board. For further enquiries contact

Bella - 8919 2137 or Spencer - 8919 2138
or email: surfsportsadmin@surflifesaving.net.au

Open to SLSSNB Club Members U9 & over (2022/23 Season)

COST: \$200 FOR 2 DAYS, \$120 FOR ONE DAY

INCLUDES

- * SIC SINGLET
- * LUNCH AND SNACKS ON BOTH DAYS
- * DRINKS THROUGHOUT THE DAY
- * SPECIALIST COACHES

REGISTER HERE

<https://form.jotform.com/222397137218862>