



# THE HEIGHTS

*Excellence and Opportunity*

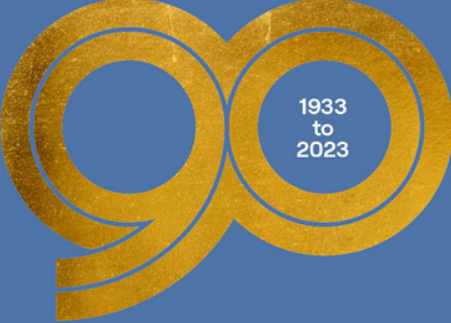
## PRINCIPAL'S MESSAGE



### School 90th Celebrations



We look forward to celebrating our school's 90th anniversary on Saturday 25 November. Classrooms will be open, our Concert and Stage Bands will perform and it will be a great opportunity to catch up with friends.

Balgowlah Heights Public School turns




Bringing the alumni together to celebrate 90 years  
Saturday 25 November  
2-5pm at BHPS

- \* Visit the classrooms
- \* Enjoy our special 90th exhibition
- \* Refreshments & canteen food on offer
- \* Hear the BHPS bands play
- \* Play with the alumni band
- \* Catch up with old (& new) friends!
- \* Contact [bhpspresident@gmail.com](mailto:bhpspresident@gmail.com)



Find out more on our FB event page



Whitehouse Real Estate

FREE HOME APPRAISAL MILLIN'S

Balgowlah Automotive

### Semester II School Contributions

Thank you to families who have been able to assist us with the payment of school contributions. Reminder emails for outstanding contributions will be sent during the next week.

# PRINCIPAL'S MESSAGE



## World Kindness Day

On Monday we celebrated World Kindness Day with messages of kindness which we shared in displays such as the ones you see in the photographs below.



## P&C (AGM)

The next meeting of the P&C Meeting will be held on Monday 27 November at 7.00pm in the library and on Zoom. All parents are very welcome to attend. This meeting will also include the Annual General Meeting. Discussion topics for this meeting include:

- 2024 School Planning
- AGM - P&C positions nominations

To register please click [here](https://nsweducation.zoom.us/j/62249953883?pwd=VFY4TERLZFJ4VmQxOHkrNkM5dk9TQT09). 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

## PSSA

PSSA semi finals will now be held later this term. The dates are:

- Semi Finals Friday 1 December
- Finals Friday 8 December

Year 6 Surfskills has now concluded. Year 5 Tennis will conclude on Friday (17.11.23) of this week.

## Band Program 2024

We look forward to a number of activities occurring in the near future to support students and their families who may be interested in joining our school band program next year. These activities include:

- Band Information Night Wednesday 22 November 6.00pm
- Instrument Tryouts Tuesday 28 November 7.30am
- Year 2 Lunch with Concert Band Thursday 16 November

## St James Preschool Visit

We look forward to the students from St James Preschool visiting us on Tuesday 21 November from 9.30-11.00am.

## PRINCIPAL'S MESSAGE



### Talent Quests

We look forward to our Talent Quests to be held on the dates listed below. A note will be emailed later this week with further information.

GRADE	DATE	TIME
YEAR 6 GRADE FINAL	MONDAY 27 NOVEMBER	12.45pm
YEAR 5 GRADE FINAL	TUESDAY 28 NOVEMBER	12.45pm
YEAR 4 GRADE FINAL	FRIDAY 1 DECEMBER	TBC
YEAR 3 GRADE FINAL	MONDAY 4 DECEMBER	12.45pm
YEAR 2 GRADE FINAL	TUESDAY 5 DECEMBER	12.45pm
YEAR 1 GRADE FINAL	FRIDAY 8 DECEMBER	12.45pm
KINDERGARTEN GRADE FINAL	MONDAY 11 DECEMBER	12.45pm
SCHOOL K-6 FINAL	TUESDAY 12 DECEMBER	11.30am

### Premier's Debating Challenge - State Debating Camp

Today the Balgowlah Heights Expressers defeated Timbumburi Public School to become the State Champions in the Premier's Debating Challenge. The topic for the State Final was that teachers should be paid a bonus when their students perform well. They were the affirmative team.

Over the Premier's Debating Challenge, the Expressers have shown exceptional dedication to learning by valuing feedback and working hard to strengthen their arguments and hone their skills at impromptu rebuttal.

They should be extremely proud of their accomplishments!

Thank you to Ms Ewan and Mrs Santer for their work over the year.





# PRINCIPAL'S MESSAGE



## UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 4 WEEK 7	MONDAY 20 NOVEMBER	SRC Meeting	12.55pm
	TUESDAY 21 NOVEMBER		
	WEDNESDAY 22 NOVEMBER	Life Education Van commences Schools' Spectacular Band Information Night	6.00pm
	THURSDAY 23 NOVEMBER	Schools' Spectacular rehearsal	
	FRIDAY 24 NOVEMBER	Schools' Spectacular K-2 Assembly Years 3-6 Assembly	10.45am 2.25pm
	SATURDAY 25 NOVEMBER	School 90th Celebration	2.00pm - 5.00pm
TERM 4 WEEK 8	MONDAY 27 NOVEMBER	Year 6 Talent Quest Year 2 Transition - Classroom visits P&C (AGM)	12.45pm 2.30pm 7.00pm
	TUESDAY 28 NOVEMBER	High School Orientation Day Band 2024 Instrument Tryouts Year 5 Talent Quest	7.30am 12.45pm
	WEDNESDAY 29 NOVEMBER		
	THURSDAY 30 NOVEMBER		
	FRIDAY 1 DECEMBER	Summer PSSA Semi Finals Year 4 Talent Quest	11.45am TBC

David Shuster | Principal

# WELLBEING



PROJECT +

Parents & Carers

## Gratitude

**Practising gratitude** is the ability to **notice things in your life** (big and small) and appreciate them, rather than thinking about the things you wish you had, or might be missing out on. **Making this a daily habit rewires your brain to scan the world for the positives** rather than default to our negative bias. Over time, this leads to **increased levels of energy, happiness, and self-esteem.**



## Grategories

### You Will Need

- Get your family together.
- Paper for each player.
- Pencil/pen for each player.
- Timer.

### How To Play

- This game can be played individually or in teams.
- Choose a letter of the alphabet at random (you might use an alphabet chart, sing the alphabet song, put all the letters of the alphabet in a container like a raffle or you might have a letter dice at home).
- Place a timer on for one minute.
- In that one minute, each player/team writes down as many things they can that they are grateful for starting with that letter.
- Winning player/team scores a point.
- Play again with a different letter.
- Play continues for as long as you like.
- Winner is the player/team who has the most points at the end of your game.

**'It is not happiness that brings us gratitude. It's gratitude that brings us happiness.'**



Scan the QR code to listen to **Dr. Kiran Martin** on the imperfects podcast. She says that gratitude should be our **fundamental orientation of life** and that we need to wear glasses that have gratitude lenses.

### Gratitude Walk

As a family, go for a walk around your home, local neighbourhood or favourite park and imagine you are wearing **'Gratitude Glasses'**. Point out all the things you see that you are grateful for.



Jump onto **TRP@Home** on the The Resilience Project website. Here you will find a range of **free resources and activities** you can do at home.



**TRP@HOME**

## P&C UPDATE



### 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.

### Balgowlah Heights Turns 90 - Commemorative tea towel

Push your Harry and Megan wedding mug to one side - it's the Balgowlah Heights Public School 90th commemorative tea towel! Designed by Nat DeGaris this is a unique and special design marking 90 years of our special school and celebrating the suburb of Balgowlah Heights. Can you spot your street? This is an excellent Christmas present for family and friends and is available for school parents to order on Spriggy (head to the Uniform page) and they will also be available to purchase on the day at the 90th celebration on Saturday 25 November. Note that we are expecting them to be delivered early next week. A huge thank you also to Robyn Nowytarger and Orso International for their amazing support in production.

Retail price is \$22 with all profits going towards P&C projects around the school.



### About the artist:

Nat DeGaris is a Balgowlah mum who likes hanging with her family, hanging in her suburb and hanging about beautiful design - but in no particular order. She runs a Creative Services agency ([toonew.co](#)) with her husband Matt out of a Brookvale warehouse, which sounds cooler than it is (it's actually very hot in Summer!).

## P&C UPDATE



### Bakers needed for the BHPS 90th!

We want to give our visiting alumni a taste of the canteen treats on Saturday 25 November. We need volunteers to help make bliss balls, anzac cookies and cocoa cookies on the following dates: **Friday 17 November 1pm, Tuesday 21 November 1pm and Friday 24 November 1pm.**

If you can help at this time, please email Diana ([bhpspresident@gmail.com](mailto:bhpspresident@gmail.com)). If you can't make these dates but would like to contribute some other home baked goodies - please drop them at the canteen on **Friday 24 November from 1.00-3.00pm.**

Balgowlah Heights Public School turns

90  
1933  
to  
2023

Bringing the alumni  
together to celebrate 90 years  
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Find out more on  
our FB event page

Whitehouse Real Estate  
MILLIN'S  
Balgowlah Automotive

### Join the P&C

The end of the year is rolling around and we are starting to think about the P&C team for next year. There are many ways to get involved, including:

- An official position (President, Vice-President, Executive member)
- Would you like to run an event next year? (ie Trivia Night, Colour Run, School Disco)
- Would you like to organise the walking bus next year?
- Would you like to sit on the sustainability or road safety committee?

To find out more, please contact Diana for an informal chat ([bhpspresident@gmail.com](mailto:bhpspresident@gmail.com))

The P&C team

P&C proudly supported by



029948 0666  
[whitehourealstate.com.au](http://whitehourealstate.com.au)

## CANTEEN



### Millin's Meat Monday - final reminder!

A final reminder to get your orders in for next week's Millins Meat Monday.

Orders close at 8.30am this Friday (17 November).



The canteen will not be able to take phone or email orders after cut-off, so if your child would like a sausage in a roll on Monday, order now!

NB: Monday Lunchtime Pizzas will be turned off for that day.

THANK  
YOU

Thank you to all the wonderful parent volunteers who so generously give us their time. Your children love seeing you at school.

Next week is **3S's** turn to volunteer. And the week after (from Mon 27) it's **3W's** turn.

Remember, you can sign up any time you have spare time - book your spot today.

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

SCHEDULE		
WEEK	DATE	CLASS
T4 WEEK 7	Monday 20 November - Friday 24 November	3S
T4 WEEK 8	Monday 27 November - Friday 1 December	3W
T4 WEEK 9	Monday 4 December - Friday 8 December	KF
T4 WEEK 10	Monday 11 December - Friday 15 December	KD

We look forward to seeing you in the canteen soon.





# UNIFORM SHOP



**Tuesday 8.30-9.30am**  
**Thursday 2.30-3.30pm**

**LAST DAY to purchase uniforms:** 8.30am - 9.30am | Tuesday 12 December 2023

**CLOSED:** Thursday 14 December 2023 for stocktake

**OPEN 2024:** 2.30pm - 3.30pm | Thursday 1 February 2024



**DURING SCHOOL HOLIDAYS**

**UNIFORMS 2024 - Grab your 2024 Uniform now!**

The Uniform Shop reopens after the holidays on the first day of school at 2.30pm.

**YEAR 5 - YEAR 6 2024 LEAVER JACKETS** are now available to order via Spriggy or instore at the Uniform Shop. ORDER NOW for quicker delivery!

**YEAR 6 - GRADUATION BEARS** are now available to order via Spriggy or instore at the Uniform Shop.

\*Bears are delivered to classrooms in December.

**VOLUNTEERS NEEDED - Tuesdays and Thursdays Term 4!**

Meet other parents & earn FREE Second Hand uniforms. Please sign up [here](#).

**UNIFORM ORDER DEADLINE - SPRIGGY** cut off is **Saturday midnight** for Tuesday delivery (during term time). There is no instore pick-up for Spriggy Orders.

**USED UNIFORM DONATIONS** - Please donate your outgrown uniforms to the uniform shop for Second Hand Sales. Current uniforms in good condition. **Please no 'Old Style Uniforms'**. Just drop, in a bag, in the tubs provided outside the Administration Office or at the Uniform Shop during opening hours. **NO hats, socks, tights or hair accessories or non-BHPS items.**

## EXCHANGES AND RETURNS

Please remember items will only be Returned or Exchanged WITHIN 28 DAYS OF PURCHASE with a receipt.

- Folded in original packaging with inclusions eg: clips etc (intact - not ripped open).
- Tags attached.
- Refunds are only available in store at the Uniform Shop.
- No returns or exchanges on hats, hair accessories, socks & hosiery or second hand items.

**Loretta Mykityshyn | Uniform Shop Manager | [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)**



## COMMUNITY NEWS



### BALGOWLAH HEIGHTS COMMUNITY TENNIS

at Bareena Park Tennis Club

## School Holiday Tennis Program

**\$65**  
per day

**9-3**  
pm

**5-14**  
years

Join us for a fun day on court customised to each level/age. Games, fitness and of course lots of tennis!

#### DECEMBER

Mon Dec 18th  
Wed Dec 20th  
Fri Dec 22th

#### JANUARY WEEK 1

Mon Jan 8th  
Wed Jan 10th  
Fri Jan 12th

#### JANUARY WEEK 2

Mon Jan 15th  
Wed Jan 17th  
Fri Jan 19th

#### JANUARY WEEK 3

Mon Jan 22nd  
Wed Jan 24th

Scan to book



Email: [info@balgowlahheightscommunitytennis.com.au](mailto:info@balgowlahheightscommunitytennis.com.au)

Call 0421 704 339 • 35 Vista Avenue, Balgowlah Heights

## PLAY LEAGUE STARS:

**WHEN:** 22/11/2023 - 13/12/2023

**TIME:** Wednesday 4.30pm - 5.30pm

**WHERE:** North Curl Curl Beach



**LEAGUE  
STARS**



**Christmas Choral Concert**

**Manly Oval, Manly**

Thursday 7 December,  
Gates open 5pm for a 6.30pm start

Join us for your favourite Christmas carols performed by the Northern Beaches Orchestra, our Community Christmas Choir and local artists who will have you singing together all night long.

 [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)

**Year 6 Parents!**

Free Zoom 30 Nov

Free Tips & Tools



**“Heading to High School”  
Mindset Ready!**

Learn more and register for the Zoom:



**Empower Happy Kids**



Karen Robertson  
Certified Life Coach for Kids  
[EmpowerHappyKids.com](http://EmpowerHappyKids.com)  
WWCC: WWC2490757E