



THE HEIGHTS

Excellence and Opportunity



PRINCIPAL'S MESSAGE

School 90th Celebrations

Thank you for your support of our 90th Celebration on Saturday. It was wonderful to see over 500 persons visiting our school and reliving memories of primary school days. An enormous thank you to Monica Cottier, Alex Cowie, Nat DeGaris, Gabrielle Kilpatrick, Alison Pignon, Tamsin Maguire and Diana Worman for the enormous time and effort put into creating the displays and organising the events of the day. More information can be found on page 8 of this week's Newsletter.



Semester II Learning Goal Reflections

This week the students will be undertaking their Learning Goal reflections. The reflections will be provided to you through Seesaw Family. You are welcome to write a comment.

Kindergarten Graduation

A Kindergarten Graduation Assembly will be held under the Eastern COLA on Wednesday 13 December at 2.15pm. Parents and friends are welcome to join us for the Assembly.

Helpers' 'Thank You' Breakfast

We look forward to holding a Thank You Breakfast for all of the parent and community helpers on Thursday 14 December, commencing at 8.00am. Invitations will be sent home next week.

PRINCIPAL'S MESSAGE



Christmas Carols (Years K-5)

Parents and friends are welcome to join us for our Christmas Carols on Thursday 14 December, commencing at 9.15am on the basketball courts. All students in Years K-5 will be performing as part of an item for each grade. The primary and Years 1-2 choirs, Year 1 Dance Group and the Schools' Spectacular Dance Group will also be performing.

Year 6 Play

Parents and friends are welcome to join us for the Year 6 Plays on Thursday 14 December. There will be two performances in the hall at 11.30am and 1.40pm.

Christmas Support of Charities and Local Homes

Each grade this year is supporting a charity leading up to Christmas. This initiative is part of our well-being program and our school giving back to the community. The list of charities is detailed below with links to the organisation's website providing further information on the important role they play in our community.

GRADE	CHARITY	Donation Request
KINDERGARTEN	<u>Royal Far West School</u>	Soft toys, stationary or books
YEAR 1	<u>Stewart House</u>	Product list will be provided
YEAR 2	<u>Stewart House</u>	Product list will be provided
YEAR 3	<u>Street Mission Cafe</u>	Non-perishable food items
YEAR 4	<u>Street Mission Cafe</u>	Non-perishable food items
YEAR 5	<u>Biala Hostel (Allambie Heights)</u>	Gold coins
YEAR 6	<u>Biala Hostel (Allambie Heights)</u>	Gold coins

As a school we will also be supporting Community Northern Beaches with the donation of non-perishable food items and toiletries. Your kind donations may be delivered to the office.



Students in Years 4, 5 and 6 have also written Christmas Cards for various aged-cared groups in the community. These cards will be delivered on Friday 8 December. On this day the students in the Junior and Senior Choirs will perform for Meals on Wheels and at Stockland (Balgowlah).

It would be appreciated if all donations could be forwarded to school by Thursday 7 December.



PRINCIPAL'S MESSAGE

Schools Spectacular

Congratulations to the students from our school who performed superbly at the Schools' Spectacular last week. An enormous thank you to Miss Panetta and Miss Donlan for their work in preparing the group. You can watch the performance on Saturday 9 December on Channel 7 at 7pm.



Multi Sports Day

Recently a number of our students participated in a Multi Sports Day. Well done to Siena, Luke and Chiara for their involvement.



P&C Family Picnic

We look forward to the P&C Family Picnic which will be held on Friday 8 December from 3.05-4.45pm. Families are welcome to join us on the Western Campus sports court area. Bring your own picnic and a gold coin for ice-cream.



PRINCIPAL'S MESSAGE



Talent Quests

We look forward to our Talent Quests to be held on the dates listed below.

GRADE	DATE	TIME
YEAR 4 GRADE FINAL*	TUESDAY 5 DECEMBER	12.45pm
YEAR 3 GRADE FINAL	MONDAY 4 DECEMBER	12.45pm
YEAR 2 GRADE FINAL*	FRIDAY 1 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

* Please note the change in dates for Years 2 and 4.

UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 4 WEEK 9	MONDAY 4 DECEMBER	Year 3 Talent Quest	12.45pm
	TUESDAY 5 DECEMBER	Year 4 Talent Quest	12.45pm
	WEDNESDAY 6 DECEMBER	Senior Band visit to St James Preschool	
	THURSDAY 7 DECEMBER	School Tour Year 6 Graduation Assembly	9.30am 11.30am
	FRIDAY 8 DECEMBER	Summer PSSA Finals Year 1 Talent Quest P&C Family Picnic	11.45am 12.45pm 3.05pm
TERM 4 WEEK 10	MONDAY 11 DECEMBER	Recognition Assembly Kindergarten Talent Quest Year 6 Farewell	9.30am 12.45pm 5.00pm - 9.00pm
	TUESDAY 12 DECEMBER	Talent Quest K-6 Final Band Performance Night (Junior & Senior Bands)	11.25am 6.30pm
	WEDNESDAY 13 DECEMBER	PBL Celebration Day Kindergarten Graduation	2.15pm
	THURSDAY 14 DECEMBER	'Thank You' Breakfast Years K-5 Christmas Carols Year 6 Play	8.00am 9.15am 11.30am & 1.40pm
	FRIDAY 15 DECEMBER	Last day special activities Farewell Arch	2.45pm

David Shuster | Principal

SCHOOL NEWS



Ethics 2024

Do you have half an hour a week? Volunteer as an ethics teacher! Years K-4 volunteers needed urgently for 2024.

In ethics lessons, students explore everyday issues suitable for their age. They learn to think and listen carefully, to make decisions backed by good reasons and evidence, to discuss and disagree without putdowns. As an ethics teacher, you'll get a lot out of it too!

Our volunteers come from all walks of life. They can be parents, grandparents, uni students or local community members. You don't need past teaching experience. Primary Ethics offers full, free training, lesson scripts and ongoing teaching support.

When: Tuesdays. K-2 10:30am-11am and 3-6 11:25am-11:55am.

Curious? Email Yasmina at bhps.ethics@gmail.com or visit primaryethics.com.au/volunteer

**Do something
life-changing!**

**Volunteer
as a Primary
Ethics teacher**

"Teaching my child's
class ethics is my time
to slow down, listen
well, think deeply and
leave more hopeful"

**Primary
ETHICS**
[primaryethics.com.au/
volunteer](http://primaryethics.com.au/volunteer)



Band and Strings News

We have had a busy week of performances with our Concert Band and Stage Band performing at the 2024 Band Parent Information Evening and then at the 90th Birthday of BHPS on Saturday where we were joined by a group of alumni band members. Then on Friday our Beginner Strings and String Ensemble performed at assembly. It is so good to see them perform after all the hard work they do in rehearsals.



Strings Information Morning – Friday 1 December 8.15am in the Music Room (next to the library)

Current Kindy and Year 1 students are invited to learn about our strings program at an information morning THIS Friday (1 December). You will see a demonstration of the instruments from our current string players, learn about the program and ask questions. In the meantime there is a lot of information on our website - <https://www.bhpsband.com/strings>. Contact: bhpsstrings@gmail.com

Join The Band – Instrument Tryouts

Yesterday we held our instrument tryout morning in preparation for our 2024 band program. It was exciting to see more than 50 students rotate around the instruments assisted by our professional tutors. The purpose of the tryouts is to find out which instrument the student may be best suited for. Physical aspects, mouth shape and strength, learning challenges and the child's preferences are all taken into account. The option to join band 2024 is still open for Years 3 – 6 students, so if you are interested in attending an instrument tryout please fill out the online form - [New Band Member Registration](#). More information can be found on www.bhpsband.com.



Band Program Celebrates 30 Years – Tuesday 12 December 6.30pm

We have been looking forward to this event all year! On Tuesday 12 December from 6.30pm the band program will be celebrating 30 Years of making great music for the enjoyment of the community. At the celebration you will have performances from our Junior Band and Senior Band, enjoy stories from ex-parents who started the band program and hear from Mr Hampton, who was there at the beginning! Plus there might be a little treat to celebrate!

Diary Dates – T4 and T1 2024

See the Calendar at www.bhpsband.com

WELLBEING



PROJECT +

Parents & Carers

Emotional Literacy

Emotional Literacy is being able to **recognise and name our emotions**. If we can label our emotions, then we can start to understand the why and begin to problem solve to work through what it is that we're going through.



It is important to know that it is okay to feel all the emotions! **The key is to understand these and be able to use strategies to manage our emotions effectively.** Below is an example of a mood scale; this is a handy visual to use with children but can also be a handy tool to use for adults! Throughout the day we will move up and down the mood scale as we feel different emotions.



REFLECTING ON EMOTIONS

- Have a think about times when you have felt like you were at the top end of the mood scale, in the orange or red.
- What were the triggers that made you feel like this?
- Think about the emotions you were feeling, it could have been anger, extreme sadness, furiousness, high anxiety, etc.

MOOD CHANGERS

- Now think about how you were able to bring yourself back down on the mood scale.
- Do you already have strategies in place, or could you build up your 'mood changer' toolbox?
- Some examples of mood changes could be:

DEEP BREATHS

PLAYING WITH YOUR PET

PLAYING MUSIC

A HUG FROM YOUR CHILD/REN

MINDFULNESS

A WALK

Click here or scan the QR code to download a catastrophe scale template that you could print and use as a family.



Click on the image or scan the QR code to listen to **Dr. Emily**, a psychologist who talks about **Emotional Awareness** on the podcast, 'the imperfects'.



Click on the image or scan the QR code to listen to **Lael Stone** on the podcast, 'the imperfects'. Lael is an educator and a parenting expert.

If you enjoyed that episode, [click here](#) to listen to her most recent episode too.



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The Resilience Project is proud to partner with Coles to support students, teachers and parents to become happier, healthier and more resilient. We are grateful for the commitment and shared vision of Coles to support the mental health of all Australians.

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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.

90th Celebration - Heartfelt thanks

We are thrilled to share the incredible success of our recent 90th school celebration and we would like to express our gratitude to all who played a part in making it a memorable occasion. It was a joy to witness current and former students, teachers, and staff come together to celebrate the milestones, friendships, and achievements that have shaped our school's legacy.

One of the highlights of the celebration was the stunning exhibition in the hall, a journey through time that showcased the rich history of our school. From vintage photographs and cherished memorabilia to visual displays, the exhibition, meticulously curated and categorised by decade, provided a captivating glimpse into the evolution of our beloved school.

We would like to extend our sincere appreciation to the dedicated team that worked tirelessly to put together this extraordinary exhibition. The passion, creativity and attention to detail were evident in every aspect, contributing significantly to the success of the event. Thank you to Gabrielle Kilpatrick, Alison Pignon and Monica Cottier.

We would also like to thank Georgia Ryburn, former pupil and Deputy Mayor of Manly and Richard Fechner, Former President P&C for their heartfelt speeches reminding us of the rich history and enduring spirit of BHPS. And thank you to Ms Lockhart for the behind the scenes help with the audio.

The atmosphere on the day was charged with positivity, camaraderie, and a sense of unity that transcended generations – which was displayed when the school's Stage and Concert Bands joined forces with some past students to play a few songs – the melodies and harmonies resonated with the audience, leaving a lasting impression on all who were there. Thank you to Caroline Fechner and Ray Hampton for making this happen. And thank you also to the Junior & Senior Choir for their enchanting performance of our school song - your voices brought a magical touch to the celebration.

We also wanted to take a moment to thank Sanja, our Canteen Manager, for the array of delectable and delightful treats provided – the Alumni enjoyed tasting them all and it was clear that each item was crafted with care and passion making them extra special.

All the classrooms and library were open on the day and looked amazing. The willingness of Geri Kerr, our school Librarian, to engage with Alumni, sharing insights and anecdotes, added a beautiful touch to the event – thank you.

And finally to the parents and staff who helped on the day, thank you for creating a warm and welcoming atmosphere. Here's to many more years of cherished memories and shared accomplishments! See you in 10 years!

P&C UPDATE



A number of Alumni shared a few messages:

"What a brilliant day on Saturday at the 90th birthday of Balgowlah Heights Public School. The amount of work by the organisers was substantial. Wow, they are amazing. Thank you so much...Great to catch up with people I have not seen for 60 years. Such an interesting experience to have adult conversations with people you had childhood conversations with!

The school has progressed so much. The choir and the band were just amazing. What a beautiful culture the school has. The current children are fortunate to grow up and learn in this environment."

"We attended the 90 year anniversary of BHPS today and it was marvellous. The classrooms and school hall were beautifully decorated and included a very interesting history of the school. The choir and band performed so well."

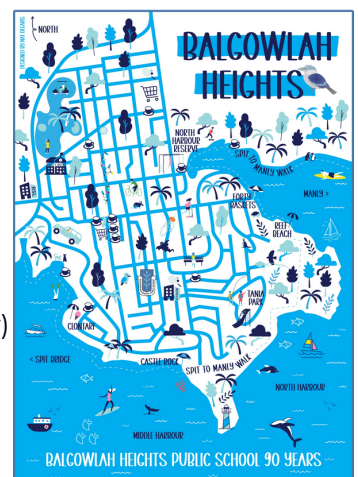
"Congratulations to all the hard-working people responsible for the fantastic 90th birthday celebrations! The classroom displays were wonderful and the 'through the decades' displays in the hall were brilliant. The curating and hanging must have taken a considerable amount of time and patience. I thoroughly enjoyed the band performance. Such amazing talent from young students. The school and the future are in good hands. A proud ex-student, ex-teacher and ex-parent."

"It was great to meet you and some of the other parents who arranged the excellent BHPS 90th Anniversary event on Saturday. The inclement weather did not dampen the enthusiasm of the crowd - the hall was abuzz with chatter and reminiscing all afternoon! The history display was very impressive...Seeing the Concert Band perform was a real highlight for me, as all my kids were in the band program and I spent a decade on the band committee. Please pass on my heartfelt thanks to everyone involved in a great trip down memory lane."

Have you bought your commemorative tea towel yet?

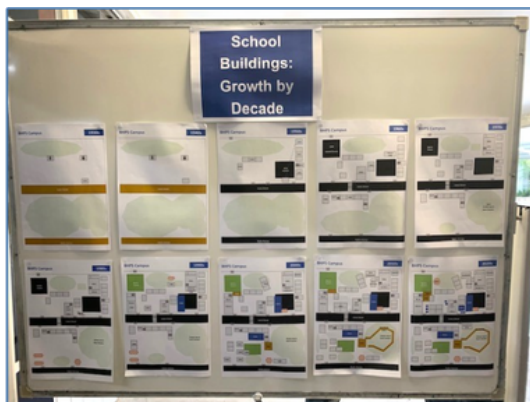
If not, there are still some available. Designed by parent Nat DeGaris the tea towel features a unique design that marks the school's 90 years and celebrates the suburb of Balgowlah Heights. The tea towel is not only a unique memento but also a great Christmas present for family and friends!

If you're interested in purchasing one, you can order it through Spriggy on the Uniform page (last day to order is *Saturday 9 December at midnight*) or purchase in person at the Uniform Shop on Tuesday 12 December (8.30am - 9.30am). Retail price is \$22 with all profits going towards P&C projects around the school.



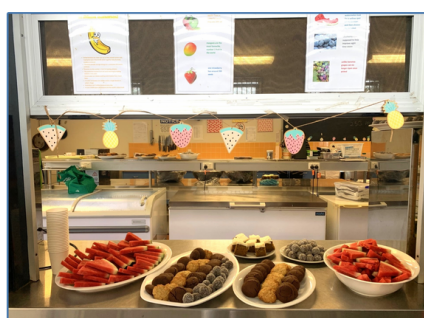
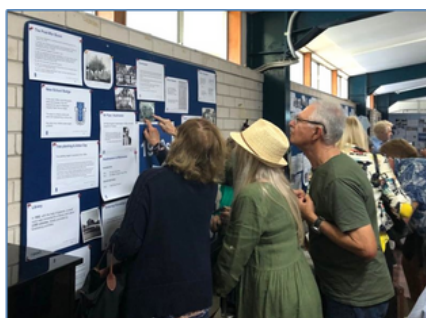


P&C UPDATE





P&C UPDATE



P&C UPDATE



P&C Meeting and AGM - highlights

The P&C AGM was held on Monday 27 November with a number of positions being refilled by current 2023 P&C Members:

President	Diana Worman
VP Communications	Tamsin Maguire
VP Services	Mia Lion
Secretary	Lisa Rosenquist
Treasurer	Carol Chambers
Executive Members	Monica Cottier, Alex Cowie and Alison Pignon

We would like to thank and acknowledge Ptolemy Patrick for all his work as the P&C Treasurer for the last year and welcome Carol Chambers to the team as his replacement. And welcome to Ruth Balangcad joining the team as the Canteen & Uniform Shop Treasurer.

Have you just not got around to paying your Semester 1 or Semester 2 school invoice?

Totally understandable at this time of year when life gets even busier!

If you're not aware, our school relies on parent contributions, sent as invoices once a Semester (via email) to help pay for a number of things: dedicated music, science and sport programs, the wellbeing program and regular upgrades to the school grounds.

There is currently a significant amount of outstanding fees from 2022 and 2023 totalling \$165,000. If the school doesn't receive this money, this will limit the great benefits our students gain from these programs and other quality resources (ie 2024 Home readers and replacement laptops and ipads).

Paying your school ensures quality education, quality programs and diverse extracurricular activities - a foundation for a brighter future.

This is just a gentle reminder from the P&C to consider paying your any outstanding school invoices if you are able to so we can continue to offer our children the best possible primary education. Thank you!

Please contact the school for more information or if you are unsure how to pay your invoice.

Join us for an end of year Family Picnic



The P&C team
P&C proudly supported by



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CANTEEN



As we start winding up for the year, some hot food items will have limited availability or be out of stock. We trust you will understand the necessity to run down our stock, to not keep food over the holidays. There will still be plenty of options available to order.

Next week is **KF's** turn to volunteer. And the week after (from Mon 11 Dec) it's **KD's** turn. Remember, you can sign up any time you have spare time - [book](#) your spot today.

SCHEDULE		
WEEK	DATE	CLASS
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

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

*Bears are delivered to classrooms in December.

90TH BIRTHDAY TEA TOWEL is now available to order via Spriggy for \$22.

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 for 2023 is Saturday 9 December, midnight for Tuesday 12 December delivery. Orders after this time will be delivered in 2024.

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

COMMUNITY NEWS



JBA JUNIOR BASKETBALL ACADEMY

CURL CURL SCHOOL HOLIDAY BASKETBALL CAMP

CURL CURL YOUTH & COMMUNITY CENTRE

9-25 JAN

AGES 5 - 14

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VOYAGER TENNIS SCHOOL HOLIDAY SPORTS CAMPS

ACTIVE DAY OF FUN SPORTS

TENNIS & SPORTS KICK, SHOOT & HIT	JUNIOR TENNIS ALL AGES & ABILITIES	UTR MATCHPLAY PERFORMANCE
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RS sports ALLSPORT kids HOLIDAY CAMP

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- Improve Gross Motor Skills
- Individualised Report
- Specialised Coaches

Northern Beaches	North Shore
January 22, 23 Weldon Oval - Curl Curl	January 24, 25 Naremburn Oval - Willoughby

Ages 4-11 **9am-3pm** **\$150 for 2 Days!**

BOOK NOW ➔ www.Allsportkids.com.au