

# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Parent/Teacher Information Nights

Thank you for your support of our Parent/Teacher Information Nights. If you were not able to attend you are welcome to contact your child's teacher to obtain written information provided on the night.

### Year 6 to Year 7 Enrolment 2024

Information will be provided in the near future regarding Year 6 to Year 7 enrolment in 2024.

### NAPLAN

Students in Years 3 and 5 at our school will participate in the National Assessment Program-Literacy and Numeracy (NAPLAN) being held on Wednesday 15 March-Wednesday 22 March. The tests are in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy. An Information Sheet will be emailed to parents who have students in Years 3 or 5 this week.

We will be holding a NAPLAN Information Night for parents on Tuesday 28 February at 7:00pm using Zoom. As part of this session we will provide information on what is the purpose of NAPLAN, the tests involved and how our school uses the diagnostic information. Further information has been emailed to Year 3 parents.

### Parking

Parking regulations have been changed by Northern Beaches Council on Lewis St, in front of the new Arabanoo building. Please note the parking regulations now restrict parking between the hours of 8.00-9.30am and 2.30-4.00pm.





### **Years K-2 Parent Reading Information Session**

On Monday 27 February (Years 1 & 2) and Thursday 2 March (Kindergarten) from 3.15-4.15pm we will be holding a Reading Workshop for K-2 parents and parents wishing to volunteer as classroom helpers. The Reading Workshop will focus on:

- New Reading syllabus
- Supporting your child's reading at home
- Literacy games to support learning at home and in the classroom

Supervision for school aged children will be provided. Please RSVP by Friday 24 February using the link below.

We will also be recording these sessions for parents who are not able to attend. If this is the case please contact the school.

Kindergarten attendance registration please [click here](#)

Years 1 and 2 attendance registration please [click here](#)

### **PSSA | Year 6 Surf Skills | School Sport Years 3-6**

PSSA and school-based sport for students in Years 3-6 commences on Friday (24 February) of this week. Details of these programs are as follows:

<b>PSSA:</b>	Summer sports of cricket, AFL, eagle tag, newcombe and volleyball. Students depart school at 12:00 noon and return to school by 2.30pm.
<b>Year 6:</b>	Surf Skills Students depart school at 12:00 noon and return to school by 2.30pm. (5 week program)
<b>Year 3:</b>	Students will participate in games, skill activities and modified games.
<b>Year 4-6: (Non PSSA)</b>	Students in Years 4-6 participate in a program provided by moviv8 sports which will involve a range of activities developing sport skills and team building.

### **The Resilience Project**

We have excitedly commenced The Resilience Project which is a major wellbeing initiative for our school this year. Information has been provided and will continue in our newsletter. Parent Information sessions and videos will also be provided.

One aspect of the program is a student survey (Years 3-6). An email will be sent home providing further information.



### Across Stage Programs-Music

Music is a key part of every day. We might listen to our favourite music to help us get going in the morning or listen to something relaxing in the evening to wind down. Others enjoy playing an instrument, dancing or singing in a choir. Helping students find their musical happy place, whether it's singing, playing an instrument, dancing, improvising, song writing or simply listening to the music of others is the core of what we do in music. Music has many benefits for other parts of students' learning and development too, as can be seen in the graphic below.



*'graphic from Australian Society for Music Education <https://www.asme.edu.au/advocacy-policy/>*

If you're interested in finding out more about this you can visit the following website. <https://www.learningpotential.gov.au/articles/musical-benefits>

Below is a little more detail about what happens in music classes at BHPS.

In Kindergarten we begin the year with a focus on experiencing and keeping a steady beat, using a wide variety of repertoire including well-known nursery rhymes and children's songs, folk songs and Classical music. Students are encouraged to experiment with their voices in many ways and learn how to name, hold and play some common classroom percussion instruments. Other concepts such as tempo (speed) and dynamics (loudness) are also touched upon.

Year 1 students focus on the relationship between rhythm and beat by clapping the words of known songs. The concept of pitch is further developed, and students sing echo songs, call and response and simple verse, chorus, verse songs. They begin to learn simple rhythm symbols and use materials such as pop-sticks to construct them as well as creating and playing rhythm patterns and simple melodies.

## PRINCIPAL'S MESSAGE



Students in Year 2 learn to use solfege syllables (Do re mi) and hand signs to map the pitch/melody of simple songs in preparation for reading traditional music notation. They also broaden their repertoire of songs and play a variety of percussion instruments while reading digital scores. This year students are introduced to the instruments of the orchestra and later in the year will begin learning to play the recorder, which gives their fine motor skills a boost and provides a wonderful sense of achievement. It's also a great introduction to taking up a band instrument.

Stage 2 (Years 3 and 4) students build their repertoire of songs and consolidate their skills in singing and playing percussion instruments and recorder. By the end of year 4 they will be able to sing and play simple rounds and songs in two-part harmony and accompany themselves with tuned percussion instruments. There will be a strong focus on learning about the musical traditions of indigenous Australia and comparing these with folk/traditional music in other countries.

In Stage 3 (Years 5 and 6) students are given opportunities to further develop their skills playing tuned percussion and singing increasingly sophisticated repertoire. The concept of harmony and chords is taught through playing ukulele and tuned percussion with a variety of popular repertoire from different genres such as 12 bar blues, pop, rock, calypso and well-known classical music. Students also have opportunities to create and perform their own music using classroom instruments and digital platforms.

### Choir

BHPS has three choirs: Years 1/2, Junior – grades 3/4 and Senior – grades 5/6. We are proud to announce that following successful auditions in a very competitive selection process the Junior Choir will perform as part of the Primary Proms combined choir at the Sydney Town Hall and the Senior Choir will perform in the Festival of Choral Music Combined Choir at the Sydney Opera House.

Your music teaching team consists of Alex and Megan Cronin who come to BHPS with a wealth of musical experience and expertise. Here's a little information about them:

#### **Name | Megan Cronin**

#### **Role | Music Teacher K-6 and Stage 2 & 3 Choir Director**

I have worked at several public schools as a music teacher and choral conductor, as well as at a school for students with special needs. My role is to teach the NSW music syllabus which involves students in performing, listening to, and composing music. I believe passionately that every child should have access to a quality music education, to be exposed to a wide variety of musical styles and have opportunities to be part of a creative musical process.



#### **Name | Alex Cronin**

#### **Role | Music Teacher Stage 3**

I have been involved with music as a performer, composer, and educator for many years. I play a variety of instruments including the triple strung harp, fiddle (Irish violin), guitar and lute. I trained at the NSW State Conservatorium, Sweelinck Conservatory in The Netherlands, and Sydney University.



## PRINCIPAL'S MESSAGE



### Year 6 Patrons and Monitors

Congratulations to the following students who are our Patrons and Monitors this year.

#### CLASS PATRONS

Pippa Sawrey Cookson	Maxine Weir	Presley Harrower
Alexander Schlechta	Julian Lundberg	Jasmine Li
Emilie York	Cate Williamson	Chloe Williamson
Jemma Wilsher	Molly Horton	Annabelle Pindar
Chloe Brown	Monica Doherty	Tanisha Thalib
Madi Grzanka	Laili Kean	Genevieve Atkins

#### PATRONS

Keilah Fryday	Saxon Joyce	Lily Jamshidi
Emilia Baird	Maddie Horton	Kiki Atkins
Camilla Ellis	Raya Moon-Plimmer	Mia Allen
Saara Pietilainen		

#### CLASS PHOTOGRAPHERS

Joshua Veldsman	Cleo Gerber	Cruz Ortega
Tristan Cowie	Helena Ilic-Miloradovic	Ronan Jeffcoat

#### LIBRARY MONITORS

Claire Wang	Harriet Charteris Wall	Remy Glanville
Alfred Yu	Abi Smealie	Susie Houlihan
Defne Esenkert	Lucie Coventry	Finn Adelbert
Billie Warbuton	Evelyn Kane	Audrey Johnson
Imogen Willacy	Zoe Shen	

#### SOUND MONITORS

Buzz Giffney	Arya Kallur	Dougie Nicholson
Ben Barham	Zach Tomlinson	Charles Riley
Addison Burke	Dylan Leyshon-O'Brien	Will Elwin
Joshua Sheehan	Lucas Panagakis	Hudson Lesk
Lucas Rosa Dawson	Ethan Moreno Byrne	Cooper Apps
Simon Hartleb	Jake Moreno Byrne	

#### TECHNOLOGY MONITORS

Henry Johnstone	Frank Farrell	Thomas Kane
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#### FLAG MONITORS

Melba Masters	Charlotte Bourgault	Ava Newland
Lottie Stevenson	Lucas Grant	Harry Mills
Matthew Brooks	Noa Ierace	

## PRINCIPAL'S MESSAGE



### Upcoming Events

UPCOMING EVENTS			
	Date	Activity	Time
Term 1 Week 6	Monday 27 February	Years 1 & 2 Parent Reading Information Session	3.15pm
	Tuesday 28 February	Scripture/Ethics commences. Year 3 Parent NAPLAN Information Night	7.00pm
	Wednesday 1 March		
	Thursday 2 March	Kindergarten Parent Reading Information Session	3.15pm
	Friday 3 March	Clean Up Australia School Day Summer PSSA Round 2	12.00 noon
Term 1 Week 7	Monday 6 March		
	Tuesday 7 March		
	Wednesday 8 March	Zone Swimming International Women's' Day	
	Thursday 9 March		
	Friday 10 March	Summer PSSA Round 3 P&C Kindergarten Parent Function	12.00 noon 6.30pm

**David Shuster | Principal**




## WELLBEING



**Week 5's  
PBL Focus**

This week's focus is  
**'Looking after the environment'**

We are learning to be responsible by using  
the correct bins and our belongings.



## CANTEEN



Our local butcher, Stef Millin, has once again very generously donated his delicious, gluten free sausages to us for our first Millin's Meat Monday of the year. It will be held on **Monday 6 March** at lunchtime. Get your order in on Spriggy Schools before the **cut-off of 8.30am Friday 3 March**. As it's a very popular event, we'll need extra hands to get the food out in time. Extra volunteer spots have been added on our canteen signup roster for that day. Please go to <https://signup.com/go/jttFwqZ> to sign up.

With sustainability front of mind, we have changed parts of the menu that were reliant on disposable cups - namely the frappes and smoothies. Instead, we now have an expanded offering of Emma & Tom's juices. Please encourage your children to place their empty Emma & Tom's juice bottles in the specially marked bins in the playground. Parent volunteers will collect them for the Return & Earn scheme. If you are interested in helping out with this, please contact the canteen ([healthycanteenbhps@gmail.com](mailto:healthycanteenbhps@gmail.com)) or the P&C.

The volunteer roster for the remainder of the term is:

Term /Week	Dates	Volunteering Class
T1 week 5	Mon 20 Feb – Fri 24 Feb	<b>4NC</b>
T1 week 6	Mon 27 Feb – Fri 3 Mar	<b>4S</b>
T1 week 7	Mon 6 Mar – Fri 10 Mar	<b>6B</b>
T1 week 8	Mon 13 Mar – Fri 17 Mar	<b>6D</b>
T1 week 9	Mon 20 Mar – Fri 24 Mar	<b>6G</b>
T1 week 10	Mon 27 Mar – Friday 31 Mar	<b>6M</b>
T1 week 11	Mon 3 April – Thurs 6 April	<b>6V</b>

Please go to <https://signup.com/go/jttFwqZ> to sign up.  
We look forward to welcoming you in canteen soon.

## UNIFORM SHOP



### OPENING HOURS

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



Uniform Options are worn with Navy Socks and **all Black Shoes**.

**VOLUNTEERS** - Come and join the Uniform Shop Team.

\*Just 1 hour \*Meet other parents\*Free second-hand Items

Volunteer at : <https://signup.com/go/iDYCbTq>

Sport uniform is worn with white socks and sport shoes

**NSW VOUCHERS** Available for instore purchases ONLY.

Please be aware Vouchers may take extra time to process.

Choose your items carefully as Voucher items cannot be returned, only size exchanges are possible. **Not Available with the Online Order Form or Spriggy.**

**SPRIGGY** Please make sure you're now using "Spriggy" only, **not Flexischools.**

Make sure you download the Spriggy App and update your child's class for Online Orders.

**All Orders** are delivered to Classrooms on **Tuesdays Only.**

Orders after 12.00pm Monday will be processed the following week.

There is **no pickup** at the shop for online orders during Tuesday morning Opening time as they are processed after Shop Closure.

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

### Walking Bus

We have a route leaving on Friday morning from St Cecilia's. Anyone interested please email [bhpswalkingbus@gmail.com](mailto:bhpswalkingbus@gmail.com)

### Kindy Drinks

If you are a Kindergarten parent – pop Friday 10 March in your diary – it's time for Kindy Drinks! Join us at the Balgowlah RSL (upstairs function room) from 6.30pm – 9.30pm for some canapes and a welcome drink (\$40 per person). Tickets can be booked through Spriggy Schools.

BALGOWLAH HEIGHTS PUBLIC SCHOOL  
P&C

**JOIN US AT  
KINDY 2023  
DRINKS**

**FRIDAY 10 MARCH 6.30PM - 9.30PM**  
*Seaforth Room, Balgowlah RSL*

*\$40pp - includes hot and cold  
canapes and a welcome drink*

Book your tickets through  
Spriggy Schools

Drinks can be purchased at the  
RSL bar on the night.



### 11 Lewis St Childcare Centre building works

We're aware that many parents are understandably concerned about the upcoming excavation and building works on the 11 Lewis Street site, directly adjacent to the Y3 classrooms on the Western campus.

The P&C is in direct contact with the Developer and we have requested that they look at noise mitigation options. We will discuss this with the builder and keep you updated. We have been told that the work will commence in the next few months but no exact date has been set.

As for traffic, the DA Conditions of Consent stipulate that no heavy vehicle movement is allowed during school drop-off and pick-up times.

We'll keep you informed of any developments via the newsletter, the Facebook Page and In the Loop.

### New Kiss & Drop Restrictions on Lewis Street

There is a NEW Kiss & Drop zone on the EASTERN side of Lewis Street, starting today. This means that during school drop-off and pick-up BOTH sides of Lewis Street will be a kiss & drop area, allowing same side access to drop off K-2 children. A reminder of these rules:

- Kiss and Drop zones are for drop-off and pick-up only.
- 2-minute maximum stays apply.
- Do not leave your vehicle unattended.
- The driver must remain inside or within 3-metres of their vehicle.
- If you are waiting for your child, please move forward to allow other vehicles to enter the zone. PENALTIES apply!

If you would like to read up more about school safety, please visit the Northern Beaches Council Road Safety page: <https://www.northernbeaches.nsw.gov.au/.../school-road...> The change in parking restrictions is the result of an NBC community consultation last year. The P&C came out strongly AGAINST this proposal because of the existing poor behaviour of drivers, which includes overstaying the 2 minute limit, arriving and parking in the afternoon from 2.45pm, sitting in cars with engines idling and performing u-turns in driveways on Lewis Street. So, please take the greatest of care to observe these rules, make the system work and prove us wrong!

### Clontarf Beach

Just a little note that the renewal and enlargement of Clontarf Pool is scheduled to begin in late February / early March (completion mid year). Therefore, you might need to seek alternative options for any beach swimming playdates!

*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](mailto:bhpspresident@gmail.com) or Tamsin at [bhpsvpcomms@gmail.com](mailto: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 b

