



# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Recognition Assembly

We look forward to our Term 1 Recognition Assembly which will be held on Monday (3 April) of next week, commencing at 9.30am in the hall.

### Grandfriend's Day & Easter Hat Parade

We look forward to Grandfriend's Day and our Easter Hat Parade on Thursday 6 April. All grandparents, friends and parents are welcome to join in the day's activities with us. The program for the day is as follows:

Time	Activity	Location
9.15-10.00am	Classroom Visits	Classrooms
10.15am	K-2 Easter Hat Parade	Netball Courts
11.00-11.25am	Morning Tea (BYO Picnic)	Eastern or Western Campus

### School Invoices

School Invoices have been sent home detailing program contributions which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. Further information will be provided with the invoice. It would be appreciated if payments could be made by Thursday (6 April) of next week.

### Year 6 to Year 7 Enrolment 2024

Information has been sent home to all families of students in Year 6 regarding enrolment procedures for high school in 2024. If you require further information you are welcome to contact the school. It would be appreciated if the on-line forms could be returned to school by Friday (31 March) of this week.

## PRINCIPAL'S MESSAGE



### **PBL Celebration Day**

We look forward to our PBL Celebration Day which will be a mufti day on Tuesday (4.04.23) of next week. Students may wear mufti clothes on this day. Covered shoes and a hat are also still required.

The students are requested to bring a 'gold coin' to donate which will be used to support Stewart House.

### **Winter PSSA**

Students in Years 4-6 are welcome to trial for Winter PSSA teams. Detailed below is a list of the sports our school will be participating in for the Winter Competition. PSSA Sport is held on Fridays. The students depart school at 12.00 noon and return by 2.30pm. Travel is by bus and there is a cost associated with this involvement. Selection trials will be held by the coaches (school teachers). Students are requested to wear their sports uniform for the trials. Students who are not part of this competition will work with teachers and experienced coaches in a variety of sports developing their sporting skills. Further information on these sports will be sent home next term.

<b>Sport</b>	<b>Age Category</b>	<b>Selection Trials</b>
Girls and Boys Soccer	Junior turning 9-10 years	Friday 31 March & 28 April @ 1.00pm
Girls and Boys Soccer	Senior turning 11-12 years	Friday 31 March & 28 April @ 1.00pm
Netball	Junior turning 9-10 years	Friday 31 March & 28 April @ 1.00pm
Netball	Senior turning 11-12 years	Friday 31 March & 28 April @ 1.00pm
Rugby League	Junior turning 9-10 years	Friday 31 March & 28 April @ 1.00pm
Rugby League	Senior turning 11-12 years	Friday 31 March & 28 April @ 1.00pm

### **School ANZAC Day Service**

We will be holding a school ANZAC Service on Wednesday (5.04.22) of next week at 10.30am in the hall. Parents and friends are welcome to join us.

### **Working Bee**

We will be holding a Working Bee on Saturday 6 May from 8.00am-3.00pm. and would welcome parents, friends and students to help us for a few hours on this day to weed the gardens on the Eastern Campus and spread mulch. There is a lot of work to do so your support would be greatly appreciated. Please bring gardening implements for weeding and loading mulch. A sausage barbecue will be provided.

### **Opportunity Class 2023**

Applications for Opportunity Classes in 2024 will open on Thursday 30 March and will close on Friday 15 May. An email will be sent home to Year 4 families providing further information later this week.

### **Cross Country**

We look forward to our school cross Country to be held on Wednesday 3 May. This year all students (Years K-6) will have the opportunity to participate. Further information is on page 5 of this newsletter.



## PRINCIPAL'S MESSAGE

### Parent Portal

To assist in making payments to our school easier we are introducing a Parent Portal.

#### What is the School Bytes portal?

The School Bytes portal provides flexibility for you to conveniently to make school payments online (including paying for multiple siblings at once)

- Use a family credit to pay for an activity or school contributions
- Download a receipt for payments made
- View all historical payments in one place
- Complete and submit digital permission notes
- View the status of all permission notes
- Request a refund if required

This can be done where you want at any time day or night.

Through the portal, you will easily be able to download a receipt once a payment has been made and have access to view all historical payments when needed. Online payments are processed in real-time and can be viewed by school staff immediately.

**AVAILABLE NOW!**

We are excited to announce our school will be transitioning to a more flexible and simplified way parent/carers can make payments



**The Parent Portal**

- Easily make a payment online
- Download your receipt
- Sign and return permission notes digitally
- Use any credits on your account to make payment
- View your complete payment history
- Request a refund

**School Bytes**

**AVAILABLE DURING TERM 1**

Register for the Parent Portal via the QR Code or visit <https://portal.schoolbytes.education>



# PRINCIPAL'S MESSAGE



## Upcoming Events

UPCOMING EVENTS			
	Date	Activity	Time
<b>Term 1 Week 11</b>	Monday 3 April	Recognition Assembly	9.30am
	Tuesday 4 April	PBL Celebration Day	
	Wednesday 5 April	School ANZAC Service 10.30am	
	Thursday 6 April	Grandfriend's Day Easter Hat Parade Morning Tea	9.15am 10.00am 11.00am
	Friday 7 April	Good Friday	
<b>Term 2 Week 2</b>	Monday 24 April	School Development Day	
	Tuesday 25 April	ANZAC Day	
	Wednesday 26 April	Students commence Term 2	
	Thursday 27 April	Year 1 Schoolhouse Museum Excursion	
	Friday 28 April	Winter PSSA Trials	1.00pm

**David Shuster | Principal**



## YEARS K– 6 CROSS COUNTRY CARNIVAL – WEDNESDAY 3 MAY 2023

The Years K – 6 Cross Country Carnival will be held on **Wednesday 3 May 2023 at Tania Park.**

In the event that the carnival is unable to proceed on this day, the back-up date is **Wednesday 11 May 2023.**

Events are scheduled to begin at **approximately 10:30am** and will run in the following order: Please note students in Years 2-6 will be departing school at 9:15am. Students in Years K-1 will depart at 9:45am.

### Event order:

Walk through for students Years 2-6 will be from 9:45am – 10:15am.

- |                           |      |
|---------------------------|------|
| 1. 8/9 Years girls        | 2km  |
| 2. 8/9 Years boys         | 2km  |
| 3. Year 2 non-competitive | 500m |
| 4. Year 1                 | 400m |
| 5. Kindy                  | 350m |
| 6. 10-Year girls          | 2km  |
| 7. 10-Year boys           | 2km  |
| 8. 11-Year girls          | 3km  |
| 9. 11-Year boys           | 3km  |
| 10. 12/13 Year girls      | 3km  |
| 11. 12/13 Year boys       | 3km  |

Students are required to wear their **sports uniform** (house colours are permitted) **and appropriate footwear and have sunscreen, hat, water bottle and if needed, asthma medication.**

We would greatly appreciate the assistance of any parents who are able to assist as course supervisors on the day. If you are able to assist please [click here](#) to complete the google form.

This event is covered by the walking permission note “Tania Park and Surrounding Local Areas” previously sent to the school and is approved by the Principal.

Further information will be provided early next term.



THE  
**RESILIENCE  
PROJECT**



This week's presentation from [The Resilience Project](#) focuses on empathy and kindness.

**Empathy is our ability to put ourselves in the shoes of others to feel and see what they do. We practice this through being kind and compassionate towards other people.**

Brain imaging data shows that being kind to others registers in the brain as more like eating chocolate than like fulfilling an obligation to do what's right (e.g., eating brussel sprouts)!

Research shows that practicing empathy, such as performing acts of kindness, taps into our brain's 'mirror neurons', builds compassion and our behaviour becomes more social and community-based.

**View Part 3 of the series here:**

Empathy: <https://theresilienceproject.com.au/2023-parent-carer-hub-inspire-hugh/>

Here's an activity to practise empathy and kindness:

1. Reflect on someone in your life who could benefit from an act of kindness today. It could be a friend who would love some affirmation about their work, your pet who deserves an extra treat, or a family member who would love a phone call or text message.
2. Make a plan for who you are going to give an act of kindness to, and what you are going to do.
3. If you want to add accountability to your plan, share it with someone else and encourage them to do the same thing.
4. Follow up with each other in a few days to ask how it went.



Sources: [Psychology Today](#), [UC Berkeley](#), [Greater Good Science](#). For mental health resources and support information, visit [The Resilience Project's Support Page](#).



Thank you for your support and positive feedback about The Resilience Project implementation at BHPS. We hope you are learning alongside your children and with our BHPS community. So much can be achieved when we support each other and show gratitude and empathy.

**The Wellbeing Team**

**Week 10's  
PBL Focus**  
This week's focus is  
**'Digital Spaces and technology'**  
We are learning to try our **personal best** to  
take care of technology in our classrooms  
and use the technology correctly.



## UNIFORM SHOP

### OPENING HOURS

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

### TERM 2 - STUDENTS RETURN IN WINTER UNIFORM

Make sure you have your Winter Uniform items ready to return to school in Term 2!  
Don't forget to use your NSW Vouchers in the Uniform Shop (not available to use online).

**ONLINE ORDERS** - All **Spriggy & Online Order Forms** must be in by 12.00pm, Monday 3rd April for last delivery of Term 1 on Tuesday 4th April.  
The next delivery day is when school returns after the holidays.

**POCKET RAIN JACKETS** - are now available from the Uniform Shop.

### EXCHANGES AND RETURNS -

Please remember items will only be Returned or Exchanged **WITHIN 28DAYS OF PURCHASE!**

- Folded in **original packaging** with inclusions eg: clips etc (**not ripped open**).
- Tags attached.
- With a receipt.
- Refunds** are only available **in store** at the Uniform Shop
- No returns or exchanges** on hats, hair accessories, socks & hosiery or second hand items.
- NSW Vouchers - Item sizes may be exchanged but there are No returns.**

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



K-2 Plaid Dress and Blouse, Navy Socks and **Black Shoes.**



3-6 Plaid Skirt and Blouse, Navy Socks and **Black Shoes.**



K-6 Pants and Blouse, Navy Socks and **Black Shoes.**



K-6 Pants and Long Polo, Navy Socks and **Black Shoes.**



K-6 Winter Sport



Bomber Jacket





## 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.

## State Election Day BBQ & Cake Stall

Thank you wonderful BHPS community! With all your donations, help and purchases on the day over \$4,000 was raised for the school band and sustainability projects! This is a huge success!

A huge thank you to Monica Cottier and Nikki Lawson who volunteered to organise this event with very short timings – and what an achievement! Thank you to all the helpers – it was a massive team effort.

Congratulations to Michael Overall a past parent of the school, who won the Easter Hamper and said he will share the goodies with his neighbour's children who attend our school. His children were in the school band and was very happy to support it and remembers Mr. Hanson the past band teacher. The Easter Egg guessing competition lucky number was 109. It was won by one of the P&C members so they have kindly donated all the mini eggs to the school office (minus one!).

Please collect your empty cake containers from the school office.



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.

**Mini Fete** - Wednesday 5<sup>th</sup> April

Get it in your diary, another fun filled afternoon with stalls, sausage sizzle and music. The children have raised over \$800 for charities by selling cakes, t-shirts etc. We ask children to bring in \$5 in COINS please. There will be a tie dye fashion stall, cake stalls and heaps of games and food. We welcome families not booked in that day too, If you aren't booked in on the day, your children must be accompanied by an adult. We look forward to seeing you all there.

**After School Activities** - Bookings open

Bookings for after school activities in term 2 are open now.

You can book your child in if they have a booking for the afternoon the session takes place. Anyone can book into Motiv8 Sports on Tuesday afternoons (you don't have to be booked into Arabanoo).

Monday: Henrietta Skate  
Tuesday: Motiv8 Sports  
Wednesday: Roller Crew  
Thursday: Code Camp  
Friday: Key Martial Arts

All information regarding cost, times etc. can be found on the [booking form](#). Please make sure to complete and submit any required waivers and/or extra-curricular permission forms.

**Vacation Care** - Spaces & Terms and Conditions and What's On to be signed.

We have spaces on a few days, if you would like to book, please use the My Family Lounge App. [www.arabanoo.com](http://www.arabanoo.com)

If you have booked a day on our Autumn Vacation Care it is a legal requirement for all families to sign our [terms and conditions and what's on](#).

We reserve the right to cancel your booking. You don't need to print/email us the form, we will receive it automatically. When completing your form via Adobe Acrobat, please confirm your email address on the last step.

**Trading and toys** - Please keep at home

There has been an increase in Pokemon cards and toys being brought into Arabanoo. Please can you ensure that your children aren't bringing in toys and remind them that trading of cards isn't accepted at school or Arabanoo.

**Emotional Coaching Course** - Free for parents

Watch this space for our Emotional Coaching course that we are offering free of charge in term 2. Spaces are limited.

Emotion Coaching is a parenting technique that helps children understand and manage their feelings. With their parents support, children learn how emotions work and how to react to their feelings in healthy ways.

This program helps parents with questions such as -

- How can I help my child open up about their feelings?
- What is appropriate behaviour when my child has strong, overwhelming emotions?
- How can I help my child have better family and peer relationships?
- What can I do when my child explodes in anger or hides in fear?



LIMITED PLACES

## Balgowlah Heights Public School

# TERM 2 DEBATING CLUB

Delivered in partnership with your school, our class options are designed to accommodate beginner to advanced speakers.

Students gain access to a range of speaking, competitive, social, leadership and entrepreneurship opportunities when they become part of the Masters Academy network.

### BENEFITS & SKILLS

- Activities & Debates/Speaking Exercises
- Engaging, Fun & Challenging
- Soft Skills & Communication
- Boosts Confidence & Self Esteem
- Taught By Experienced Comm. Coaches
- Supportive & Friendly Environment
- Mentorship & Private Coaching
- Competitions & Opportunities
- Access to the Masters Academy network

### Thursday Mornings

7:55 AM to 8:55 AM

STARTING TERM 2

FIRST LESSON 11TH MAY

7 WEEKS PER TERM

1 HOUR CLASSES

FOR YEARS 4, 5 & 6

ONLY \$239 PER TERM

[mastersacademy.com.au/enrol](https://mastersacademy.com.au/enrol)



Enrol with the leading provider of debating, public speaking and communication education to schools in NSW



**SAVE \$100 WITH YOUR CKV!**

Masters Academy is a registered & trusted provider.



# Open Air Cinema

LM Graham Reserve,  
Fairlight



**Friday**  
**14 April**  
from 5.30pm

**Saturday**  
**15 April**  
from 5.30pm

Bring your picnic rug and enjoy a night under the stars these school holidays. Our popular Open Air Cinema is heading to Fairlight this April!

Get your tastebuds ready for delicious food from onsite food vendors, or BYO picnic.



Scan for tickets

FREE tickets, register online  
Free bag of popcorn for first  
1,000 attendees



northern  
beaches  
council



#beachesopenair  
northernbeaches.nsw.gov.au



*Katya Kaivalya Yoga  
at Balgowlah Heights*



**STUDENT YOGA LESSONS  
YEARS 1 AND 2**

I am a fully qualified, professional Yoga teacher as well as an experienced educator.

I have years of experience in teaching different types of yoga, in addition to years of working with children, including working for the Department of Education.

My passion is to deliver safe, fun and engaging kids yoga classes, celebrating the diversity and uniqueness of each student; contributing to a wholesome and holistic upbringing of every child.



**Balgowlah Heights  
Public School  
Years 1 & 2  
Yoga Classes**

**Term 2 2023  
Mondays 8.00-8.45am**

**9 week program  
commencing Monday 1  
May**

**Cost: \$95**

**Please express your  
interest using the  
link:**

**<https://forms.gle/mCZ7L5hmDr68mLG89>**



**KATYA KAIVALYA  
YOGA**

**Email:  
katyakaivalyayoga@gmail.com**

**Phone: 0437 330 300**



**Breakfast Soccer at Tania Park is back in Term 1. 7.30-8.30am Fridays.**

**Available for players in Kindy-Year 6 (two groups).**

**For more details/to book contact Luke of Inspire Soccer UK**

** [inspiresocceruk@outlook.com](mailto:inspiresocceruk@outlook.com)**

