

# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Harmony Day

This year we will be celebrating Harmony Day at our school on Tuesday 21 March. Harmony Day is a day to celebrate Australian multiculturalism. It is about inclusiveness, respect and belonging. To help celebrate this day we will be undertaking classroom lessons and the students are welcome to wear an orange accent clothing item to accompany their school uniform.



## PRINCIPAL'S MESSAGE



### Term 1 Parent/Teacher Interviews

We will be holding Parent/Teacher will be held Monday 27 March until Friday 31 March 2023. This will be a valuable opportunity to discuss how your child has settled into the new school year, discuss learning progress, share with you assessment information and areas of focus for the future.

We will be using an online booking system for interviews. For parents who do not have internet access please contact the office with a choice of two preferred booking times. The interviews will be undertaken in person on site or remotely using Zoom.

**Bookings open:** Friday 17 March 9.00am

**Bookings close:** Thursday 23 March 3.00pm

Interviews can be scheduled via the link: [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

Event code: c5het

Go

Simply enter the code and press "Go"



Enter your details



Select your child's classroom teacher



Select the appointment time and type (in person on site or via zoom)



When you click **FINISH**, your interview timetable will be emailed to you automatically.

You can return to <http://www.schoolinterviews.com.au> at any time and change your interview time until Thursday 23 March (3.00pm).

## PRINCIPAL'S MESSAGE



### School Invoices

School Invoices will be sent home later this week 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.

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)

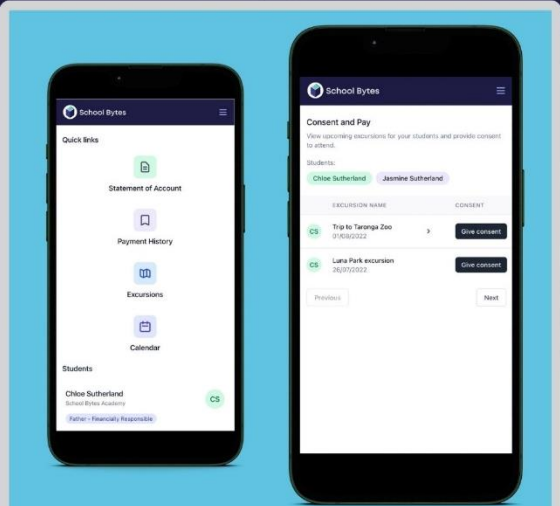
- Use a family credit to pay for an activity or school contributions
- Download a receipt for payments made
- View all historical payments in one place
- Complete and submit digital permission notes
- View the status of all permission notes
- Request a refund if required

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.

Further information will be sent via email later this week.

**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

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## PRINCIPAL'S MESSAGE

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### **P&C**

Our next meeting of the P&C will be held on Monday 20 March at 7.00pm in the library and on Zoom. All parents are very welcome to attend. Discussion topics for this meeting include:

- The Resilience Project

To register please [click here](#). 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

### **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.

### **P&C Colour Run**

The P&C are organising a Colour Fun Run for the students to enjoy on Wednesday 29 March. This will involve the students participating in a run/walk which includes obstacles, challenges and exercises. The students may wear mufti this day (light coloured clothing particularly highlights the colours). Further information will be provided in an email in the near future.



## PRINCIPAL'S MESSAGE



### Student Representative Council

Congratulations to the following students who will represent their class this year as Student Representative Council (SRC) members. The SRC will meet several times each term to discuss the following:

- Suggestions to improve our school
- Acknowledgements to persons who have added to our school
- Suggestions for involvement in our community

The first meeting of the SRC will be Monday (20 March) of next week at 12.45pm

### STUDENT REPRESENTATIVE COUNCIL

KD	Ellie Davis   Theo Edquist	4G	Ruby Edge   Rafael Henderson-Miller
KF	Indya James   Benny Page	4J	Leo Ellis   Serena Washbrook
KR	Lennon   Ella Barton	4NC	Sam Findlay   Beatrice Crossley
KW	Joey Strain   James Weaver	4S	Raymond Bowes   Maya Bell
1B	Esther Illife   Hunter Thomas	5H	Harry Smith   Astrid Nixey
1E	Abbie Morris   Axel Loop	5M	Fleur Peters   Hunter Monaghan
1L	Ella Weston   Harry Griffiths	5N	Rose Thorpe   Will Morris
1ME	Jade Shanahan   Ollie Jenkinson	5P	Lana Chung   Morris Milevski
2B	Annabelle Martin   Will McCoy	6B	Chloe Brown   Dougie Nicholson
2D	Charlie Harvey   Lachlan Pierce	6D	Raya Moon   Defne Esenkurt
2K	Melina Morton   Alfie Newbrook	6G	Milli Crofton   Monica Doherty
2S	Grace Washbrook   Liam Kwan	6M	Sienna Brown   Ryan Hurley
3K	Rose Withey   Harvey Rosenquist	6V	Valentina Contreras   Alexander Tasevski
3M	Violet Loop   William Pether		
3S	Mali Lalauze   Finn Beeston		
3W	Savannah Martin   Callum Ford		





### **Across Stage Programs- Years 3-6 History/Geography**

In history lessons students delve into the mysteries of the past and investigate their connection to the present.

#### **Year 3**

Year 3 students learn about the importance of Country/Place to Aboriginal and/or Torres Strait Islander Peoples and investigate how communities have changed over the years. They investigate how and why do people choose to remember significant events of the past and learn about celebrations and commemorations observed globally and here in Australia.

#### **Year 4**

Students from Year 4 learn about what life was like for Aboriginal and Torres Strait Islander (ATSI) Peoples before their first contacts with European explorers and investigate the reasons behind the great journeys of exploration. They learn about about the early years of European (British) settlement in Australia and study the different forms of early contact between Aboriginal and Torres Strait Islander Peoples and early traders, explorers and settlers.

#### **Year 5**

Students in Year 5 examine colonial Australia in the 1800s, including the expansion of the British colonies and why they developed. They learn about what life was like for different groups of people, including the Aboriginal and Torres Strait Islander Peoples. Students will also examine early migration, identifying the reasons why people migrated to Australia in the 1800s, and investigate the effects of the Gold Rush on the Australian colonies.

#### **Year 6**

In Year 6, students investigate the formation of an Australian Federation and study the origins of our system of national government. Students describe and explain the struggles for rights and freedoms in Australia in the 20th Century and develop their understanding of migration and its impact on the development of Australia as a nation. They examine the contributions that significant individuals and groups made to the development of Australian society and identity.

In geography lessons students will explore places and cultures in a variety of unique and familiar environments around the world.

#### **Year 3**

In Year 3 students investigate Australia's major natural and human features. They explore the importance of "place" and the significance of "place" to Aboriginal and Torres Strait Islander Peoples. Students investigate and locate Australia's neighbouring countries on a map. They research the different climates of places and investigate how and why are places similar and different.

#### **Year 4**

In Year 4 students' study and compare the natural characteristics of Australia and some other places in the world. They investigate how the environment supports the lives of people and other living things and learn about sustainability and how different people, groups and communities sustain and protect their environment.

## PRINCIPAL'S MESSAGE



### Year 5

Students in Year 5 investigate how people change the natural environment in Australia and other places around the world and how the natural environment influences people and places.

Students investigate the impact of natural disasters on people and places and further examine one contemporary bushfire or flood and its impact on individuals and communities.

### Year 6

In Year 6 students learn about the continent of Asia, including the location of different countries and some of the key geographical features of the continent. They investigate the lifestyles that different people lead in a variety of Asian countries and learn about the differences in population, employment and ways of life.

Students also learn about some of the different cultures of the world, including different indigenous groups, and examine some of the different connections Australia has with other countries.

### Upcoming Events

UPCOMING EVENTS			
	Date	Activity	Time
<b>Term 1 Week 9</b>	Monday 20 March	NAPLAN Reading SRC P&C	12.55pm 7.00pm
	Tuesday 21 March	NAPLAN Language Conventions Harmony Day	
	Wednesday 22 March	NAPLAN Numeracy	
	Thursday 23 March	Regional Swimming School Tour	9.30am
	Friday 24 March	Years K-2 Assembly Years 3-6 Assembly	10.45am 2.15pm
<b>Term 1 Week 10</b>	Monday 27 March		
	Tuesday 28 March		
	Wednesday 29 March	P&C Colour Run	
	Thursday 30 March		
	Friday 31 March		

**David Shuster | Principal**



### Sydney North Primary Swimming Carnival

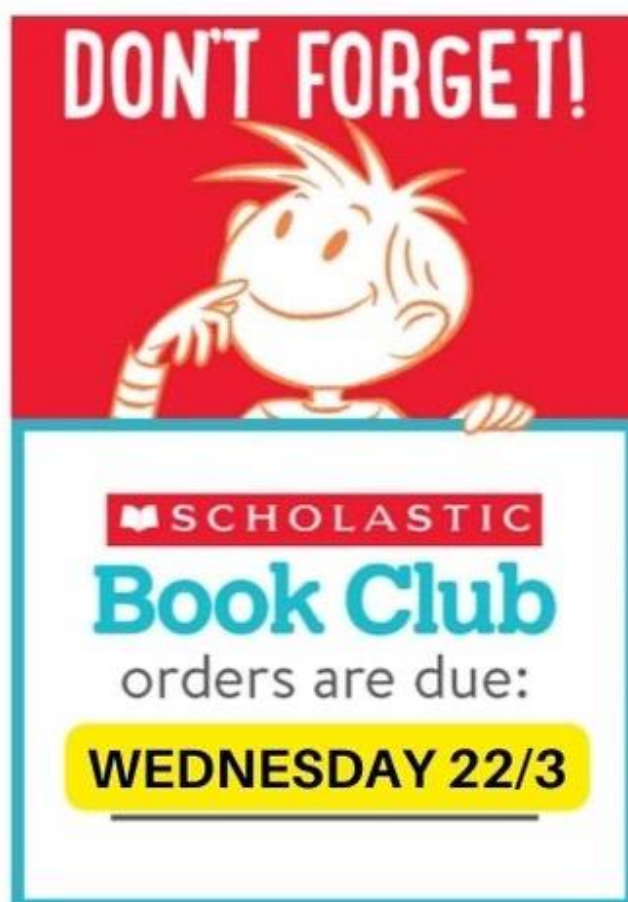
Congratulations to our 46 students who participated in the Zone Swimming Carnival last week, Wednesday 8 March 2023.

The following students will attend the Regional Swimming Carnival on Thursday 23 March 2023.

Mali Lalauze	8 Years	50m Freestyle
Olivia Cameron	11 Years	50m Breaststroke
Owen Wellings	12 Years	50m Freestyle

Congratulations also to Barney Neil who placed 3<sup>rd</sup> in both the 11 Years Backstroke and Breastroke.

**Kelly Lockhart | Deputy Principal**







**RESILIENCE  
PROJECT**

## WELLBEING

### Gratitude



#### What?

The ability to pay attention to **what we have** and **not** what we don't have.

#### Why?

The more we practise it, we can rewire our brains to **recognise the positives**.

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

**Gratitude is paying attention to the things that we have right now, and not worrying about what we don't have. We practise this by noticing the positives that exist around us.**

Research shows that practicing gratitude rewires our brains to overcome the negativity bias (which can lead to anxiety and depression) and see the world for what we are thankful for. It is also shown to broaden our thinking and increase physical health through improved sleep and attitude to exercise.

Please view the video on Gratitude by clicking on the link:

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

There are many ways in which you can practise gratitude, including starting a gratitude journal. You can simply use a notebook to list three things that went well for you each day, or use a more comprehensive [Wellbeing Journal](#), like those created by The Resilience Project. Source: [Psychology Today](#)

For mental health resources and support information, visit [The Resilience Project's Support Page](#).

Working on gratitude helps us to be thankful and appreciate what we have in our lives, rather than focusing on what we don't have or what we want. When we practise being grateful, we start to scan the world to look for positives. This only takes 21 days! Practising gratitude everyday increases our levels of energy, helps us to feel happier and more focused, determined and optimistic. It even helps us have a better sleep, lowers levels of anxiety and depression and we are less likely to get sick. There are so many benefits—let's all try to be grateful for the things and people in our lives every day!

#### FAMILY ACTIVITY

As a family create a scavenger hunt list of things that make you happy or you are grateful for. You can make your own list or use these examples:

- Something that makes you happy
- Something you love to smell
- Something that is your favourite colour
- Something you like in nature
- Something that is useful for you



Each member of the family uses the list and finds as many things as they can. After a specified amount of time hunting, come back together and share what each person collected. Let everyone explain why they are grateful for each item.

#### FAMILY HABIT BUILDER

Every night at dinner, have each person talk about their favourite thing about that day.






Next Tuesday, 21<sup>st</sup> March, we will be celebrating Harmony Day at Balgowlah Heights Public School. Harmony Day celebrates inclusiveness, respect and belonging for all Australians. The key message of Harmony Day is **everyone belongs**. Next Tuesday, we will be celebrating by inviting students to wear a touch of orange. An example of this is an accessory such as socks, ribbon or handmade wristbands. **Orange** signifies social communication and meaningful conversations. It also relates to freedom of ideas and encouragement of mutual respect. Our BHPS students will be participating in activities in class to promote inclusivity, respect and belonging.

Thank you for your support,

**The Wellbeing Team**



**Week 8's**  
**PBL Focus**  
This week's focus is  
**'School Uniform'**  
We are learning to **be responsible** by  
wearing our school uniform with pride.



## CANTEEN



### Canteen News

The canteen will have a limited menu on the day of the P&C Colour Run, Wednesday 29 March. No Toasties or Make Your Own sandwiches will be available that day.

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

The volunteer schedule for the next few weeks is as follows:

Term /Week	Dates	Volunteering Class
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.

If you have any questions or comments, please feel free to email [healthycanteenbhps@gmail.com](mailto:healthycanteenbhps@gmail.com).

We look forward to welcoming you in the canteen soon.



## UNIFORM SHOP

### OPENING HOURS

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

### TERM 2 – STUDENTS RETURN IN WINTER UNIFORMS

It's time to check your Winter Uniforms ready for Term 2.

**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>

**SPRIGGY All online 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.

### EXCHANGES AND RETURNS

Please remember items will only be returned or exchanged **within 28 days 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**



### 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.



### The Great BHPS Colour Fun | Wednesday 29 March 2023

The Great BHPS Colour Fun is approaching – a huge thanks to everyone that has put their hand up to help so far, it is an excellent team effort! There are a few spots left on the sign-up sheet especially class runners for Year 6 classes. Remember, you don't have to actually run, but just supervise around the course. There are also a few obstacles which need a volunteer or two. More information will follow shortly but you don't want to miss out on the most fun event on the school calendar!

### Millin's – proud supporters of the P&C



We are delighted that Millin's Free Range Butcher has agreed to support our school for yet another year – a huge thank you to Stef and his busy team for generously donating their wonderful products to our school. Your child may have recently sampled some of Stef's sausages as part of our Millin's Meat Monday promotion but please pop into the shop and say hi to the team, there are always lots of amazing products on offer. Thank you to Stef and the team for their ongoing support.

### P&C Meeting – Monday 20 March

Please join us next Monday (20 March) for the P&C Meeting at 7pm – a great opportunity to keep up-to-date on school and P&C initiatives and activities. Hear about The Resilience Project and updates on P&C Finances, Investment in school grounds and The Great BHPS Colour Fun. Register [here](#).

*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 by



02)9948 0666  
whitehouserealestate.com.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](mailto:katyakaivalyayoga@gmail.com)

Phone: 0437 330 300



## Fun extracurricular science

**Young Investigators** is an extracurricular hands-on Science Club run by **Eye Heart Science**.

Developed by Scientists to give students in K-6, opportunities to work scientifically while promoting collaboration and problem-solving skills.

Young Investigators explores a new and exciting Science topic every term including Chemistry, Engineering, Earth Sciences and more.



## young investigators science club



### Term topic: SPELLBOUND SCIENCE

Head to our website to read about the exciting experiments we will be conducting!



**New programs every school term**



**1 hour class before/after school**



**New experiments every week**

### Balgowlah Heights Public class details

**Day** Monday mornings

**Time** 7:30 am - 8:30 am

**Location** West COLA year 3 classrooms

**Start Date** Monday 1st May

**Cost** \$204.44 (8 week term due to King's Birthday) inc. GST

**For more information visit** [eyeheartscience.com.au/balgowlahheightsps](http://eyeheartscience.com.au/balgowlahheightsps)

For more information or to register for the Young Investigators Science Club, go to

[eyeheartscience.com.au/younginvestigators](http://eyeheartscience.com.au/younginvestigators)



**eye heart science**  
igniting young minds

[eyeheartscience.com.au](http://eyeheartscience.com.au)  
[info@eyeheartscience.com.au](mailto:info@eyeheartscience.com.au)  
0413 186 330

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