



THE HEIGHTS

Excellence and Opportunity

PRINCIPAL'S MESSAGE



Harmony Day @ Balgowlah Heights





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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

Term 1 Parent/Teacher Interviews

We will be holding Parent/Teacher Interviews the week commencing Monday (27 March). 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 8.00am

Bookings close: Thursday 23 March 3.00pm

URL: www.schoolinterviews.com.au

Event code: **C5het**

1. Enter your details, including your interview preference
2. Select the teachers you wish to see
3. Select the appointment times that suit you best

When you click 'finish', your interview timetable will be emailed to you automatically. You can return to www.schoolinterviews.com.au at any time and change your interviews until Thursday 23 March (3.00pm).

Event code: c5het

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.

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Year 6 to Year 7 Enrolment 2024

Information has been sent home this week 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.

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 has been provided in an email.



Assemblies

On Friday of this week, we commence our Assemblies for this year. In future terms there will be two assemblies per term. The times of the assemblies may vary due to other commitments on the day. Parents and friends are welcome to join us. At this week's Assembly we will present Student Representative Council badges. Our Assemblies this week will be held at the following times:

- Years 3-6 Assembly Friday 24 March 9.30am
- Years K-2 Assembly Friday 24 March 10.45am

Parent Portal

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.

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

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
Term 1 Week 10	Monday 27 March		
	Tuesday 28 March		
	Wednesday 29 March	P&C Colour Run	
	Thursday 30 March		
	Friday 31 March		
Term 1 Week 11	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	


David Shuster | Principal

WELLBEING



**Week 9's
PBL Focus**
This week's focus is
'Library'

We are learning to try **our personal best** by handling equipment with care and returning our books on time.



UNIFORM SHOP



OPENING HOURS

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

TERM 2 – STUDENTS RETURN IN WINTER UNIFORMS

Make sure you have your Winter Uniform items ready to return to school in Term 2.



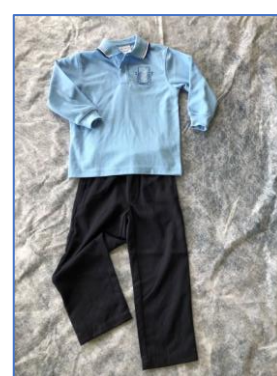
K-2 Plaid Dress and Blouse, Navy Socks and **Black Shoes.**



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

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 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.

P&C Meeting Highlights

School update (David Shuster):

- Parent/Teacher Interviews – Monday 27 March – Friday 31 March 2023. Book via www.schoolinterviews.com.au, code c5het. Bookings close this Thursday at 3pm.
- Parent School Bytes Portal – new app for paying school invoices.
- Colour Fun – Wednesday 29 March during school hours. Check your email for consent form and further details.
- Grandfriend's Day / Easter Hat Parade – Thursday 6 April. 9.15am Classroom Visits, 10.15am K-2 Easter Hat Parade, 11am Morning Tea (BYO picnic).
- Capital Projects – new roofs for Administration Building and Year 4 classroom building; painting, carpeting & repairs to significant numbers of buildings, including all demountables on the Eastern Campus; outdoor classroom/amphitheatre on the Western Campus.
- Athletics Carnival – 27 July @ Narrabeen Sport & Recreation Centre. The Opportunity Class test (Year 4) across the state has now been gazetted for this day. The school is currently investigating options as to how this can be managed.
- Working Bee – Saturday 6 May @ 9am – 3pm 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. Please bring gardening implements – a sausage BBQ will be provided.
- The Resilience Project (Jordan Millett)
 - o K-6 Wellbeing program that promotes the three principles – gratitude, empathy & mindfulness.
 - o 2 champions – 1 from each campus (Ms Millett and Miss Butcher)
 - o Explicit instructions through engaging videos, discussion points & hands-on activities.
 - o Good to watch is Hugh van Cuylenburg: GEM on Amazon Prime. He created The Resilience Project.
 - o Supporting at home – utilising the Resilience Project language at home, engaging in conversations related to gratitude, empathy and mindfulness (ie What are you grateful for today?), discuss your child's emotions and recognising where these emotions have come from, listening to 'The Imperfects' podcast.
 - o 100's of schools across the country have implemented The Resilience Project.
 - o Teachers have a mentor/professional learning.

P&C update (Diana Worman):

- Audit 2022 process has started.
- <\$13,000 investment in smartboards.
- Change of house names is progressing – SRC discussed today.
- Ashlea Zivanovic's request for funding on the Native Garden on Eastern Campus – sadly the species planted previously have not survived. Would like to incorporate Operation Wattle to re-plant the native garden. Students have grown over 2,000 Sunshine Wattle and Ashlea is busy planting them around the community. Can plant about 20-30 on school grounds. Looking to plant the Sunshine Wattle with some 'friends' – plants that normally grow near each other. \$1,500 request. Planting as part of Wednesday lunchtime gardening club and Arabanoo gardening club. P&C approved the funding.



- Uniform shop – approaching Winter Uniform time – please order asap.
- Canteen – plastic bottle recycling going well. Three more recycling bins ordered for Eastern Campus. Investigating an industrial size sink for canteen. Thank you to Millin's for the recent Millin's Meat Monday.
- Colour Fun – great response from parents to help run the obstacles, powder has arrived, investigating timings for the run schedule. Philosophy is team effort – have fun and enjoy!
- Investment in school ground update – outdoor seating has arrived – just trying to find paving options.
- AOB
 - o Election State BBQ & Cake Stall on Saturday 25 March. If you can support in anyway, it would be greatly appreciated. Funds raised will be invested in Band and sustainability initiatives.
 - o Arabanoo Vacation Care – nearly all booked. New building on Eastern Campus required some updated documentation which has been submitted. Mini Fete is Wednesday 5 April.
 - o Walking Bus – Wanganella/Seaview Street – need a few more volunteers.
 - o Childcare Excavation Work due to start in the Easter holidays.



The Great BHPS Colour FUN - Wednesday 29 March

It's nearly here! Last call for volunteers to help – there's something for everybody – sign up [here](#). Students can wear mufti – preferably white so the colour shows! However, as some students could be heading back to class, it might be worth packing some clean clothes and a plastic bag (to pop their coloured, potentially wet clothes in!). Students can also wear goggles, glasses, caps/hats. It's going to be a fun day at school!

Lend a hand or bake a cake – State Election Day BBQ & Cake Stall

The P&C are organising a BBQ and Cake Stall on **Election Day – Saturday 25 March**. Funds raised will be invested into the School Band and sustainability projects. If you have some time and are able to volunteer for a shift on the BBQ or Cake Stall or donate some yummy treats – it would be greatly appreciated. Cakes, slices, biscuits, treats etc can be delivered to the school canteen on Friday 24 March from around 2.00pm – 4.00pm or to the stall from 7.30am on Election Day. If you can help, please volunteer [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 or Tamsin at 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
whitehourealestate.com.au



A sad but happy farewell to Jen

We are saying a big au revoir to our wonderful Jen.

Jen will be heading off on maternity leave at the end of March to bring another little gem into the world.

We wish her, Ben and Rudi all the love and sleep in the world and look forward to meeting the new edition to the Giddins family soon.

A big welcome to Kalani

We are really excited to have Kalani joining us in his new role as Pedagogical/Educational Leader.

Kalani is joining us from Kids Cottage in Mosman where he has 6 years experience working in OOSH. He brings a wealth of knowledge and experience and can't wait to get started, and meet everyone. Please say hi if you see him around.

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

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?

Mini Fete - Wednesday 5th 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.



SNOWSPORTS ENTHUSIASTS?



Would your child/ren like to participate in this year's **Interschools Snowsports Championships** and represent BHPS? For **alpine disciplines**, it is run in **Thredbo 10-14 July 2023**, the second week of the winter school holidays. Competitors from all ability levels are encouraged to enter, with an emphasis on fun and participation in the initial Regional Championships. As the competitions move into State and then Nationals, the level of competition and the degree of difficulty increases. **Cross country** skiers compete in **Perisher 23 August**.

Interschools Snowsports Disciplines

- **Alpine** - Skiers are timed on a modified giant slalom course
- **Skier X** - Skiers are timed on a slope-style course
- **Freestyle Moguls** - Skiers are scored on a bumps/jumps course
- **Snowboard Giant Slalom** - Boarders are timed on a modified giant slalom course
- **Snowboard X** - Boarders are timed on a slope-style course
- **Cross Country Freestyle** - Raced with skate/classic cross country skis with a mass start
- **Cross Country Relay** - 3 Person Relay (team only event)

There are different divisions based on age/school year. It is a team based competition, but the kids also compete on an individual level.

Great if we can get a few teams together! Please contact BHPS coordinator Camilla Byron if you are interested (camilla@byron.se or 0416 656987). Participation in competition events, and all related costs, are the responsibility of the parents. This is just an initiative to come together and do this as a group while representing our school.

Hope to hear from you!





*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 wholistic 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



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

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

eyeheartscience.com.au/younginvestigators



eye heart science
igniting young minds

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