



THE HEIGHTS

Excellence and Opportunity

PRINCIPAL'S MESSAGE



School Planning 2024

In the near future we will be commencing the process of organising classes for 2024. If you will be moving from our school at the end of this year it would be appreciated if you could contact the office. Also, if you have any special social considerations you would like the school to be aware of in planning classes (e.g. siblings close in age) you are welcome to send a letter/email to us providing details by Friday 22 September.

Semester II Invoices

School Invoices were sent home recently detailing program contributions which covers educational programs, sports programs, teaching/learning materials and the P&C Voluntary Contribution. Further information is provided with the invoice. Thank you for finalising your invoice by Friday 22 September. Your support in providing for our school is very much appreciated.

Recognition Assembly

We look forward to our Term 3 Recognition Assembly to be held on Monday (18.09.23) at 9.30am in the hall. Students in the Junior Band will be performing outside the hall at 9.20am. The Years 1-2 Choir will also be performing at the Assembly.

Primary Proms Concert and Festival of Choral Music

We wish the students in the Junior and Senior Choirs all the best for upcoming performances at the following concerts:

- Junior Choir | Primary Proms Concert | Sydney Town Hall | Thursday 14.09.23 | 7.00pm
- Senior Choir | Festival of Choral Music | Sydney Opera House | Monday 18.09.23 | 7.00pm

Summer PSSA

We look forward to our Summer PSSA Competition recommencing on Friday (15.09.23) of this week. Students will depart school at 12.00 noon, with games commencing at 12.30pm. Students will return to school at 2.30pm where they will return to class. Please note if you are ordering lunch that hot food (pie or sausage roll) or sushi are available.



PRINCIPAL'S MESSAGE

Ensemble Night

Thank you for your support of our Ensemble Night. It was an excellent evening of the three choirs and two string groups performing.



PBL Celebration Day

We look forward to our PBL Celebration Day which will be a mufti day on Wednesday (20.09.23) 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 donated to Community Northern Beaches. Community Northern Beaches is a small local community-based organisation supporting vulnerable and disadvantaged people experiencing homelessness, domestic & family violence and refugee settlement challenges in the Northern Beaches LGA.

Year 6 Mini Fete

Thank you for your support of the Year 6 Mini Fete. The students joined in the activities well. Thank you also to the Year 6 students and teachers for their organisation of the day.



PRINCIPAL'S MESSAGE



P&C Movie Night

We look forward to the P&C Outdoor Movie Night on Saturday 16 September. Further details are on page 8 of this newsletter.



Sports Equipment Collection

Are you done with your winter sports shoes and equipment? Have you realised you've grown out of your Summer sports or cricket equipment? You can donate your gear to those that need it most. For the next two weeks, we will be collecting for RePlay (leave in the box outside the school office, until the school holidays). For further details see page 4 of this newsletter.

UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 3 WEEK 10	MONDAY 18 SEPTEMBER	Recognition Assembly Festival of Choral Music Concert	9.30am 7.00pm
	TUESDAY 19 SEPTEMBER		
	WEDNESDAY 20 SEPTEMBER	PBL Thumbs Up Celebration Day Debating Camp	
	THURSDAY 21 SEPTEMBER	Peer Support Session 8 Debating Camp	11.25am
	FRIDAY 22 SEPTEMBER	Last day of Term 3	
TERM 4 WEEK 1	MONDAY 9 OCTOBER	Students commence Term 4	
	TUESDAY 10 OCTOBER	Regional Athletics	
	WEDNESDAY 11 OCTOBER		
	THURSDAY 12 OCTOBER	Year 5 Leadership Day	
	FRIDAY 13 OCTOBER	Kindergarten Zoo Excursion Summer PSSA Round	12 noon

SCHOOL NEWS




Sports Equipment Collection

For the next two weeks, we will be collecting for RePlay.



RePlay is a not-for-profit charity that delivers pre-loved sporting equipment and sports shoes to children and young adults in disadvantaged communities: Northern Territory, Tonga and Africa. They accept equipment related to all sports, including but not limited to rugby union, AFL, NRL, soccer, athletics, gymnastics, tennis, hockey, netball, basketball, baseball, cricket, golf and swimming. Shoes must be without holes and the soles must be secure / not falling apart. They must also be clean, free of dirt with the laces tied together in pairs.

If you have any old sports equipment please leave it in the box outside the School Office until this school holidays (22.09.23).






Week 9 and 10's

PBL Focus

This fortnights focus is

'Personal Space'

We are learning to **show respect** by keeping our hands and feet to ourselves in the classroom and on the playground.



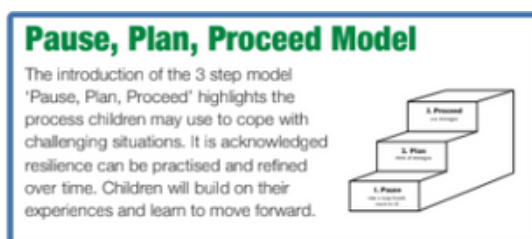
WELLBEING



Peer Support at BHPS has been buzzing with excitement as our K-6 students continue to learn from their Year 6 leaders. It has been a great learning experience for everyone!

Last week, the focus was on step 2 of the model, Plan. The children learnt about developing a range of coping strategies and to be creative in drawing on these when planning responses. Responses include persevering, seeing the positive side to situations and engaging in activities they enjoy as a distraction for a short time. Please continue to encourage your child to talk with you about strategies they could use as difficulties arise.

Tomorrow, the students will be participating in their seventh session, Resilience: Moving Forward which focuses on step 3 of the Pause, Plan and Proceed Model (see diagram below). BHPS students further develop the range of strategies they can use in challenging situations. The session will focus on step 3 of the model, Proceed. In order to learn from situations and move forward children need to go beyond thinking of strategies and action them. Children recognise despite the use of a range of strategies, sometimes they cannot change the situation. At these times, it is important to accept the situation and move forward with a positive outlook. It is important to then help your child evaluate if this has worked or if they need to try a different strategy.



It has been a privilege watching our Year 6 students develop their leadership and communication skills as they deliver Peer Support to our K-6 students. We look forward to our final session of Peer Support in Week 10.

The Peer Support Team- Mrs Musgrove, Mr Gardner and Mrs Cruickshank

WELLBEING



Tomorrow is RUOK? Day

RUOK? is calling on us all to let the people you care about know you're here, to really hear them. By taking the time for an RUOK? conversation and actively listening with an open mind, we can all help the people in our world feel more connected and supported. Below is a poster for the 4 steps for having an RUOK? conversation.



For more information go to: <https://www.ruok.org.au/how-to-ask>

The Wellbeing Team



Vacation Care

We still have spaces available for the Spring holidays, please visit our [website](#) for booking information.

Mini Fete - Tues 19th Sept

We have our end of term mini fete next week, all families are welcome to come along and join in from 4 - 5pm on the senior campus. If your child isn't booked in with arabanoo, we ask that parents accompany your child.

There will be a sausage sizzle, heaps of stalls and prizes. Please send your child in with \$5 to \$10 in coins not notes.

PMC Minutes - 24th Aug

Our PMC minutes are available in our latest arabanoo newsletter or in the centre. We were thrilled to welcome on board 4 new arabanoo committee members last month. Lisa Rota, Gemma Richardson, Thomas Culver and Danielle Wood have joined the team. We are always on the look out for new members, please pop us an email if you're interested.

As always if you have any enquiries, please contact us.



P&C UPDATE



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.

Outdoor Movie Night

Have you booked your tickets yet for a fun and magical night under the stars? Book your tickets through Spriggy (under Events).

- Date:** Saturday 16 September
Venue: Netball Courts, Western Campus, BHPS
Time: Food & Fun from 5pm | Movie will start at 6.30pm
Movie: Encanto (PG)
Cost: \$14 single ticket, \$50 Family 4+ (order via Spriggy)
What to bring: Picnic rug, low chairs/beanbag (no camping chairs), jumpers/rugs
Food available: Sausage sizzle (order via Spriggy). Ice-cream truck, fairy floss and home-made cakes/treats will be available for purchase on the night. Please bring gold coins.

SAT SEPT 16

MOVIE NIGHT
• UNDER THE STARS •

**NETBALL COURTS
WESTERN CAMPUS**

\$14 SINGLE TICKET
\$50 FAMILY 4+
\$5 SAUSAGE SIZZLE

FOOD AND FUN FROM 5PM
MOVIE WILL START AT 6.30PM
TICKETS ON SPRIGGY

MOVIE: ENCANTO

NON-BHPS CHILDREN UNDER 5 ARE FREE, OLDER SIBLINGS WELCOME. ALL CHILDREN MUST BE ACCOMPANIED BY AN ADULT.

P&C Meeting Minutes

Please see the full P&C Meeting Minutes [here](#).

Lost Property

A huge thank you to David Wood, a very kind and brave (!) parent who sorted through all the lost property this week. If you have any missing items, check out all the photos in the P&C Facebook group and reclaim your items before they are cleared during the school holidays. The items are in the lost property located near the library gate on the Western campus.



P&C UPDATE

Kiss & Drop safety flyer

Your child will come home this week with a flyer about the importance of road safety around our school Kiss & Drop areas. Put together by the BHPS P&C Road Safety Committee, it communicates Council rules and guidelines on using the Kiss & Drop areas safely and legally, and also gives some helpful suggestions on how to minimise traffic around the school.

For instance, we can all reduce the risks that come with traffic at these busy times by walking, cycling or scootering from home or from a parking spot in a nearby street. This means less chance of an accident, less air pollution caused by engine idling, and a more active, healthy lifestyle.

Please take the time to read the flyer and why not try some of these ideas on your journey to and from school, even if it's just a few times a week, to make it safer for everyone.



School Zones

They keep our children safe

School zones operate between 8 - 9.30am and 2.30 - 4pm on school days.

The speed limit is 40km in all school zones.

We aim to improve road safety in school zone areas to protect children on their way to and from school. It's important to understand the road conditions and signage in school zone areas. Please assist us by keeping our roads safe and educating your children to be safe around traffic. Child safety is paramount and we make no apology for issuing infringements to drivers illegally parked in school zones. We are continuously conducting patrols during school terms to ensure child safety around our schools.

No Parking

No Parking zones can be used to drop off and pick up children.

- Drivers may stop to drop off or pick up passengers or goods for a maximum of 2 minutes.
- The driver must remain in or within 3 metres of the car.
- Do not leave the vehicle unattended.

Penalty \$194 and two demerit points

Bus Zone

Stopping is not permitted at any time.

- Drivers are not permitted to stop in a bus zone at any time. Unless the sign shows times of operation, then the restriction only applies during those times.

Penalty \$349 and two demerit points

No Stopping

Stopping is not permitted at any time.

- Dropping off or picking up passengers is not permitted in these areas.
- A continuous yellow line on the edge of the road also indicates a No Stopping zone.

Penalty \$349 and two demerit points

Double Parking

Double parking reduces visibility for other motorists and pedestrians.

- Vehicles must not stop next to legally parked vehicles, even for a short time.
- It is illegal to park within three metres of double white centre lines.

Penalty \$349 and two demerit points

Driveways

Do not park across or on a driveway or any other vehicle access way.

Penalty \$349 and two demerit points

Please note:

Correct as at 1 July 2019 but are subject to change. Demerit points can increase the cost of your Green Slip.

The P&C team

P&C proudly supported by



02/9948 0666
whitehouserealestate.com.au



UNIFORM SHOP



Tuesday 8.30-9.30am

Thursday 2.30-3.30pm

CLOSED during School Holidays

NEW UNIFORM ORDER DEADLINE - please note that Spriggy orders for uniform shop now **cut-off Saturday midnight** for Tuesday delivery (during term time).

CHECK SUMMER UNIFORM - It's time to check that your Summer Uniforms still fit for returning to school after the holidays in Term 4! Last Spriggy orders cut off **this Saturday at midnight!**

USED UNIFORM DONATIONS - Please donate your outgrown uniforms to the uniform shop for Second Hand Sales. Current uniforms in good condition please just drop, in a bag, in the tubs provided outside the Administration Office or at the Uniform Shop during opening hours.

YEAR 5 | YR 6 LEAVER JACKET 2024 DESIGNS

Looking for design inspiration for the Yr 6 2024 Leaver Jackets. Please submit your designs to bhpsuniformshop@gmail.com

- Portrait configuration.
- Include Balgowlah Heights Public School and 2024.
- Draw 'Name' where you want your classmates' names to be.

VOLUNTEERS The Uniform Shop needs Volunteers both Tuesdays and Thursdays. Meet other parents & earn FREE Second Hand uniforms. Please Sign Up here: <https://signup.com/go/iDYCbTg>

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 (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





REFERENDUM DAY SAUSAGE SIZZLE & CAKE SALE



Balgowlah Heights Public School
Saturday 14 October from 8am
Raising funds for the BHPS P&C



ORGANISED
BY THE
BHPS P & C

COMMUNITY NEWS



Join North Steyne Nippers!
Come and join the Nth Steyne Nipper program and be part of the best family club on the Northern Beaches!

All registrations are online:
www.slsc.com.au/join

REGISTRATIONS ARE NOW OPEN!
Ages 5 – 13 welcome for a season of fun, making new friends and learning lifesaving skills.
More details: www.northsteyneslsc.com.au

Tel: 02 9977 6180 email: nippers@northsteyneslsc.com.au
93-95 North Steyne, Manly

ACTIVE KIDS VOUCHERS ACCEPTED!

SEASON STARTS 15TH OCTOBER 9 - 11.00am ALL AGES



JOIN MLAASC SWIMMING CLUB 2023/2024 Season

EVERY SATURDAY 1:30-3:00PM (October to March)
At the 25m Outdoor Pool,
Manly Andrew "Boy" Charlton Aquatic Centre

Season starts 8 October 2023

At MAA Swimming club we welcome new members all the time, no matter the age or ability. We love to watch our members trying their best and most of all enjoying their swimming. This is a great activity that all the family can enjoy together!

**ALL AGES AND ABILITIES
HANDICAP RACE FORMAT
15M/25M/50M DISTANCE & MEDLEY EVENTS**

JOIN NOW at MANLYSWIMMINGCLUB.COM
or come down on Saturday and just join in...
Email: info@manlyswimmingclub.com



WHAT'S NEW?

**SEAFORTH U13
GIRLS CRICKET
TEAM NEED YOU!**

Join loads of other girls in an all girls cricket team

Contact DAVID WOOD 0405 000 436

COMMUNITY NEWS



SAVE \$50 WITH YOUR CREATIVE KIDS VOUCHER

**TERM 4 DEBATING CLUB
BALGOWLAH HEIGHTS PUBLIC SCHOOL**

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.

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

BENEFITS & SKILLS

- Activities & Debates/Speaking Exercises
- Engaging, Fun & Challenging
- Soft Skills & Communication
- Boosts Confidence & Self Esteem
- Taught By Experienced Coaches
- Safe, Supportive & Friendly Environment
- Practical debates and speaking
- Develop listening skills
- Access to the Masters Academy network

**THURSDAY MORNINGS
7:55 AM - 8:55 AM**

TERM 4

FIRST LESSON 26TH OF OCTOBER

7 WEEKS PER TERM

60 MINUTE CLASSES

FOR YEARS 4, 5 & 6

ONLY \$239 PER TERM

mastersacademy.com.au/enrol

LIMITED PLACES

Give life. Give blood in Dee Why.

**Dee Why Beach car park
2 to 8 October**

Monday 2 October	9am – 2pm
Tuesday 3 October	1pm – 6pm
Wednesday 4 October	1pm – 6pm
Thursday 5 October	1pm – 6pm
Friday 6 October	9am – 2pm
Saturday 7 October	9am – 2pm
Sunday 8 October	9am – 2pm

GOT KIDS?

LOOKING FOR THINGS TO DO?

WWW.ENGAGENORTHERNBEACHES.COM.AU

Events. Activities. Explore. Playgrounds. Holidays.

ENGAGE_NORTHERN_BEACHES

Camp on Sale 1st September Program Tickets on Sale Monday 19th September, @ 9am

MANLY WARRINGAH BASKETBALL

SEPTEMBER HOLIDAY CAMP
 COME ALONG AND LEARN BASIC, FUN SKILLS

DATES: 25TH, 26TH & 27TH SEPTEMBER 2023
TIME: 5 to 9 Yrs old 9:00 to 12:00pm
 10 to 14 Yrs old 1:00 to 4:00pm
VENUE: Northern Beaches Indoor Sports Centre
AGES: broken into age groups
COST: \$115 for 3 days only, NO single days
PLEASE BRING LIGHT SNACK & WATER
Booking: <https://www.trybooking.com/CLBJT>
(please read our terms and conditions prior to booking in on the booking site)

MWBA PINK BALL
 TERM 4 2023

FOR GIRLS 7-12 YRS WHO WOULD LIKE TO LEARN BASKETBALL SKILLS WITH FEMALE COACHES.

DATES: SAT 21st October to 9th December 2023
TIME: 1:15-2:15 PM
VENUE: NORTHERN BEACHES INDOOR SPORTS CENTRE, Jacksons Rd, Warriewood, NSW 2102
COST: \$110 INCLUDES A PINK BALL
To Book: <https://www.trybooking.com/CLBJP>

AUSSIE HOOPS BASKETBALL SKILLS PROGRAM.

BASKETBALL AUSTRALIA'S OFFICIAL JUNIOR GAME DEVELOPMENT PROGRAM FOR 5-10 YEAR OLDS AND THEIR FAMILIES
REGISTER NOW
 Aussie Hoops is Basketball Australia's official introductory program for 5-10 year olds. Aussie Hoops is a national program which provides an environment where children of all abilities can achieve on the court and reap the rewards of skill development, enhanced self-esteem, social co-operation and grassroots sports participation. Aussie Hoops is all about participation and fun.
Dates: 22nd October to 10th December, 2023
Time: 9:00am to 10:00am
Venue: Northern Beaches Indoor Sports Centre, Jacksons Rd, Warriewood, NSW, 2102
Cost: Cost for a new participant is \$175 (includes Welcome Pack) or \$120 for returning participants.
Head Coach: Jeremie Lee
Tickets go on sale on Mon 18th September, 2023 @ 9am, limited to first 50 participants
Bookings: <https://aussiehoops.basketball/find-a-program/>

SATURDAY LEARN TO PLAY Basketball Skills

LEARN BASKETBALL SKILLS IN A FUN LEARNING ENVIRONMENT WITH QUALIFIED COACHES.

This program runs every term for kids aged between 5 and 10 years, boys and girls. The participants are broken up into small groups according to age and ability. This program is suitable for beginners.
DATE/Time: Sat 14th October to 9th December, 2023 @ 2:15 to 3:15pm.
Cost: 9 Weeks for \$110
Venue: Northern Beaches Indoor Sports Centre, Jacksons Rd, Warriewood.
To book go to: <https://www.trybooking.com/CLBJM>