



# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Harmony Day

This year we will be celebrating Harmony Day at our school on Thursday (21 March) of next week. 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. Further information is on page 10 of this week's Newsletter.

**Harmony**  
**DAY 21**  
**MARCH**



[www.harmony.gov.au](http://www.harmony.gov.au)

### P&C

Our next meeting of the P&C will be held on Monday 18 March at 7.00pm in the library and on Zoom. All parents are very welcome to attend. Discussion topics for this meeting include:

- School Budgets

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

# PRINCIPAL'S MESSAGE



## Term 1 Parent/Teacher Interviews

We will be holding Parent/Teacher Interviews the week commencing Tuesday 2 April. 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. If you prefer a telephone interview please contact the school.

Bookings open: Wednesday 20 March 8.00am

Bookings close: Wednesday 27 March 3.00pm

URL: [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

Event code: eugjh

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

Simply enter the code and press "Go"

1. Enter your details – parent name, email address, phone number and child's name/s
2. Select your child's class teacher
3. Select the appointment time

When you click 'finish', your interview timetable will be emailed to you automatically. You can return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) at any time and change your interviews until Wednesday 27 March (3.00pm).

## 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 13 March-Friday 22 March. The tests are in reading, writing, conventions of language (spelling, grammar and punctuation) and numeracy.

The test days are:

- Monday 18 March | Reading
- Tuesday 19 March | Language Conventions
- Wednesday 20 March | Numeracy

## 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.

Thank you for the contributions received - it is very much appreciated.

## Working Bee

We will be holding a Working Bee on Saturday 23 March (8.30am-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. There is a lot of work to do so your support would be greatly appreciated. Please bring gardening implements for weeding. A sausage barbecue will be provided.

## Year 6 to Year 7 Enrolment 2025

Information has been sent home to all families of students in Year 6 regarding enrolment procedures for high school in 2025. If you require further information you are welcome to contact the school. It would be appreciated if forms could be completed by 28 March.

# PRINCIPAL'S MESSAGE



## P&C Colour Run

The P&C are organising a Colour Fun Run for the students to enjoy on Wednesday 27 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.



## Zone Swimming

On Monday 11 March, 40 excited swimmers headed off to Manly Boy Charlton Swim Centre for the Zone Swimming Carnival. For many students it was their first time representing our School at a Zone Carnival. Congratulations must go to all our swimmers, many of whom swam a personal best and represented our School with pride.

Results from the day:

- Girls 8-10 | Freestyle 4x 50 Relay | Amelie Stevenson, Mali Lalauze, Bella Quinn, Gabrielle Jones | Second place
- Girls 9 | 50 Freestyle | Mali Lalauze | First place
- Girls 12-13 | 50 Breaststroke | Olivia Cameron | Third place
- Boys 12 | 50 Freestyle | Barney Neal | Third place
- Boys 12-13 | 50 Breaststroke | Barney Neal | First place
- Boys 12-13 | 50 Backstroke | Barney Neal | Second place
- Boys 12-13 | 50 Butterfly | Will Morris | Second place
- Boys 11-13 | Freestyle 4x 50 Relay | Barney Neal, Jon Hutton, Will Morris, Oscar Hanson | First place

These swimmers will go on to represent our School at the Sydney North Regional Carnival at Homebush Aquatic Centre on Tuesday 2 April. We wish them all the best.



## PRINCIPAL'S MESSAGE



### Across Stage Programs - Science K-2



Miss Brooke Saltmarsh will be teaching Science for Years K to 2 this year. Miss Saltmarsh looks forward to learning and investigating with all the students. Each week, she will visit classrooms for an 80-minute lesson that will involve core learning and experiments. This term will be an introduction to a variety of scientific concepts for Kindy and Years 1 and 2. Students will be participating in S.T.E.M (Science, Technology, Engineering and Mathematics) challenges. This will build on their scientific knowledge and understanding through experiments and hypothesis testing.

#### Kindy – Weather

In this unit, students make observations and investigate how daily and seasonal changes affect us. We look at how people, animals and plants change depending on the time of day and/or the seasons. Students make observations and record daily weather patterns over a month. We investigate what materials provide shelter and protection from changing weather.

#### Year 1 - Living Things

In this unit, the students identify that living things live in different places that suit their needs. We design and produce an object to encourage a living thing to their local habitat. We recognise that people use science and technology in their daily lives, including when caring for the environment and living things.

#### Year 2 – Living Things

In this unit, the students will learn how living things change and reproduce. The students observe the patterns of growth and change in living things and describe patterns and make predictions. A Fairy Tale focus in the unit enables the students to work scientifically with a focus on literature.

### Easter Hat Parade & Grandfriend's Day

Our Easter Hat Parade this year will be held on Thursday 28 March at 12.00 noon. Grandfriend's Day will be held on Thursday 11 April, commencing at 10.00am. Further details will be provided in the near future.

# PRINCIPAL'S MESSAGE



## UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 1 WEEK 8 2024	MONDAY 18 MARCH	NAPLAN Reading (Years 3 & 5) SRC Meeting P&C Meeting	12.55pm 7.00pm
	TUESDAY 19 MARCH	NAPLAN Language Conventions (Years 3 & 5)	
	WEDNESDAY 20 MARCH	NAPLAN Numeracy (Years 3 & 5) Term 1 Parent/Teacher Interviews bookings open	8.00am
	THURSDAY 21 MARCH		
	FRIDAY 22 MARCH	Years K-2 Assembly Summer PSSA Round 4 Years 3-6 Assembly	10.45am 12.00noon 2.25pm
	SATURDAY 23 MARCH	Working Bee	8.30am - 3.00pm
TERM 1 WEEK 9 2024	MONDAY 25 MARCH		
	TUESDAY 26 MARCH		
	WEDNESDAY 27 MARCH	P&C Colour Fun Term 1 Parent/Teacher Interviews bookings close	3.00pm
	THURSDAY 28 MARCH	School Tour Easter Hat Parade Regional Swimming Year 6-7 High School Applications close	9.30am 12.00noon
	FRIDAY 29 MARCH	Good Friday	

Have a great week,  
**David Shuster | Principal**



### PBL

At Balgowlah Heights Public School we understand the importance of respecting other people and their right to have their own personal space. Keeping our hands and feet to ourselves will ensure that everyone is safe and happy in our shared environment. When we feel safe, happy and listened to by others, we can achieve our personal best.



### Tech Club

This week Year 2 teachers will be asking students if they are interested in participating in Tech Club this year. This is an opportunity for year 2 students to commit to a lunch time club where they will learn about safe use of technology, coding and computer literacy. Year 2 tech club will commence Tuesday 26th March at 1:20pm (2nd half lunch). The program will run for 12 weeks. We will offer the program again in Semester 2 if demand is high. Please speak to your child's teacher if you have any questions.

Miss Fleming, Miss Saltmarsh, Miss White

# SCHOOL NEWS



## Reading Volunteers Needed

At Balgowlah Heights Public School we offer the MultiLit Reading Tutor Program to students who require extra assistance in reading. This is a highly regarded program that allows students to work for 30 minutes with a trained volunteer 3 times per week. Each tutoring session involves a student and volunteer working through word attack skills, sight words and reinforced reading.

We have had great success with the program which targets students in Year 2. It is very encouraging to see the students' reading skills and confidence flourish while they are on the program.

This year, we need some new volunteers to enable the program to commence. If you are able to volunteer one hour of your time each week from 9am until 10am, we would love to hear from you. Every volunteer will be trained in the program before beginning work with the students and all materials will be provided.

Perhaps you know a grandparent, neighbour or friend who would be interested in helping at school? All of our past volunteers have found it really rewarding to see the progress each child can make when working individually with a volunteer.

Please contact me via email if you are interested in volunteering or would like more information.

I look forward to hearing from you.

Jenn Cartwright, Learning and Support Teacher  
jennifer.fraser12@det.nsw.edu.au

## Book Club: Issue 2

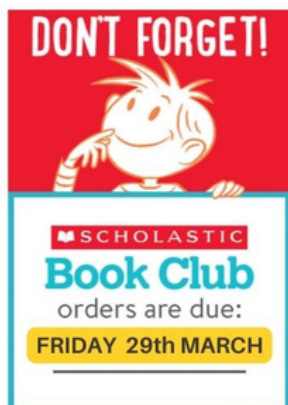
ORDER CUT OFF DATE : FRIDAY 29 March

BHPS participates in the Scholastic Book Club. Each term you will receive a Book Club catalogue with a different selection of books offered for all ages.

You'll find award-winning books and bestsellers, as well as old and new favourites. The books span a wide range of children's reading levels and interests and many are inexpensive - some books cost as little as \$2!

It is easy to order. The Book Club LOOP platform for parents allows you to pay by credit card. Your child's order is submitted directly to school safe and sound and the books will be delivered to class. All information for ordering is on the catalogues or at [scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)

Did you know that research tells us that children who have access to books at home do better at school?





### TinkerTank | Term 2

We are investigating holding a weekly TinkerTank workshop in Term 2 for students in Years 4, 5 and 6. Students would engage in hands-on tinkering activities, exploring the realms of technology, design, and problem-solving. From robotics to DIY electronics, and everything in between.

We are keen to understand parent and student interest in this initiative. It will most likely run on a Wednesday lunchtime for 8 weeks (Week 2 - 9) for a termly cost of approximately \$176. Please register your interest [here](#).

**TINKERTANK CLUBHOUSE**  
AT BALGOWLAH HTS PS

**STEAM FUN!**

**WHAT WE DO**

- CODING
- ROBOTICS
- 3D DESIGN
- 3D PRINTING
- ANIMATION

**WWW.TINKERTANK.ROCKS FOR MORE INFO OR CALL 1 300 670 104**

# WELLBEING



This week's presentation from [The Resilience Project](#) focuses on empathy and kindness. We hope you are finding the practical strategies and activities useful at home. The Parent and Carer Hub is full of ideas that families can practise at home.

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.

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.



[Click here to view Part 3 of the series on Empathy with Martin from The Resilience Project.](#)

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](#).



When you do **something kind for someone else**  
your brain releases **the love hormone, oxytocin.**  
This makes you feel good too.

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

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## WELLBEING

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HaRmony  
DAY 21  
MARCH



Next Thursday, 21 March, 2024, 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 Thursday, 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.

We encourage all students and staff to join in.

Thank you for your support,

The Wellbeing Team



## P&C UPDATE



### **Are you free on Wednesday 27 March? There are a few obstacles needing volunteers!**

Help organise and manage one of the obstacles - there are a few still available. It's one of the 'best days of the year' according to many students, teachers and parents! Find some friends to create an obstacle team or sign-up individually.

If you're not able to organise an obstacle, sign up as a Class Runner - there are a few classes that don't have any parent runners yet! Have fun with your child and run the Colour Fun!

Date: Wednesday 27 March 2024

Time: 11am set-up (or earlier, depending on your obstacle), kick off time 12.30pm

Location: Check out the map for obstacle locations (one of the tabs in the sign-up sheet)

[Sign up here.](#)

### **P&C Meeting Minutes**

Did you miss the last P&C Meeting? Catch up and read the minutes [here](#).

And if you want to ask questions about money and where it is spent and what we do with it - come along to the P&C Meeting on Monday (18 March) at 7pm in the library/via Zoom. We'd love to see you there.

### **Volunteer at the canteen and uniform shop**

If you are time poor and can't get as involved as you would like, then spending just one hour every month or so helping our canteen (sign up [here](#)) and uniform shop (sign up [here](#)) is invaluable. Grandparents are also very welcome.



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[whitehouserealestate.com.au](http://whitehouserealestate.com.au)

The P&C team. P&C proudly supported by

# CANTEEN



## VOLUNTEERS

Can you help out in Term 1?

Sign up [here](#).

### Millin's Meat Monday

Our ever-popular Millin's Meat Monday is back! We are so lucky to be generously supported by Stef Millin - our local butcher. If you have tried his meat, you will know what excellent quality it is, and your children get to enjoy it at school. The event will be held on **Monday 25 March**. Orders close on **Friday 22 March at 8.30am** (no exceptions). Go to the "Events" tile on Spriggy to place your order. We strongly recommend that you put your order in early, to avoid disappointment. (Our usual hot lunch option of Pizzas will be off the menu that Monday).

The success of getting over 400 sausages in rolls out to the children for lunch relies heavily on our fabulous parent volunteers. **Several slots have been added to the sign up roster for Monday 25 March**. Please give your time if you are able. It's a busy but fun event, and your children will be so happy to see you at school. Sign up [here](#).



Last week we had exceptional help from our Year 3 parents. Our sincerest thanks to all the parents who came and baked and poured yoghurt pops and served at the counter and made sandwiches and toasties and packed popcorn - the list goes on. There is always plenty to do and fun to be had in the canteen. If you haven't tried it yet, why not give it a go. Absolutely no cooking skills are required. If you come in the week allocated to your child's class, you will meet other parents from that class.

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

SCHEDULE		
WEEK	DATE	CLASS
T1 WEEK 8	Monday 18 March - Friday 22 March	6G
T1 WEEK 9	Monday 25 March - Friday 28 March	6M
T1 WEEK 10	Monday 2 April - Friday 5 April	6P
T1 WEEK 11	Monday 8 April - Friday 12 April	5V

We look forward to welcoming you in the canteen.





## UNIFORM SHOP

**Tuesday 8.30-9.30am**  
**Thursday 2.30-3.30pm**

### VOLUNTEERS

#### Can you help out?

Just 1 hour, meet other parents & earn FREE second-hand uniforms  
Please sign up [here](#).

**WINTER UNIFORMS** - It's time to get your Winter Uniforms! Via Spriggy or in person at the Uniform Shop.



Junior Plaid Dress K-2



Senior Plaid Skirt Yrs 3-6



Long Polo Shirt &  
Navy Pants K-6



Blouse & Navy Pants K-6

**YEARS 4-6 PSSA SOCKS** - Purchase via Spriggy or at the Uniform Shop.

**BOMBER JACKETS** - Now available in Sizes 6-16. Size 4 is available in a Zip Fleece.

**RAIN JACKETS** - Don't forget to grab a pouch Pocket Rain Jacket in store or via Spriggy.

**VOLUNTEERS** - Please sign up [here](#).

**USED UNIFORM DONATIONS** - Please donate your outgrown uniforms to the uniform shop for Second Hand Sales. Uniforms in good condition. **Please no 'Old Style Uniforms'**. Just drop, in a bag, in the tubs provided outside the Administration Office (school days) or at the Uniform Shop during opening hours. **NO hats, socks, tights or hair accessories or non-BHPS items.**

### 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 (intact - 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.

**The Uniform Shop Team | [bhpsuniformshop@gmail.com](mailto:bhpsuniformshop@gmail.com)**