



# THE HEIGHTS

*Excellence and Opportunity*

## PRINCIPAL'S MESSAGE



### Term 1 Parent/Teacher Interviews

We look forward to Parent/Teacher interviews commencing next week. 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.

### 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.

### Grandfriend's Day

We look forward to Grandfriend's Day on Thursday 11 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
10.00am - 11.00am	Classroom Visits	Classrooms
11.00am - 11.25am	Morning Tea (BYO Picnic)	Eastern or Western Campus

### Opportunity Class 2025

Applications for Opportunity Classes in 2025 will open on Wednesday 4 April. We will be holding a Year 4 Parent Opportunity Class Information Night (Zoom) on Tuesday 9 April. Further information has been emailed to parents.

### Year 6 to Year 7 Enrolment 2025

Information has been sent home this week 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) Thursday of this week.

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## PRINCIPAL'S MESSAGE

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

Thank you for your support and involvement in the P&C Colour Run. The students, parents and staff were actively involved!



### **Easter Hat Parade**

We look forward to our Easter Hat Parade to be held on Thursday 28 March at 12.00 noon on the multi-purpose court (Western Campus). Students in Years K, 1 and 2 will parade their hats a class at a time. Students in Years 3-6 will view the parades to support the students. Parents and friends are welcome to stay after the parade and share lunch time with the students until 1.20pm.

### **Year 5 Narrabeen Sport and Recreation Camp Excursion**

We wish the students in Year 5 an enjoyable and worthwhile excursion to Narrabeen Sport and Recreation Camp on Tuesday (2 April) of next week.

### **Regional Swimming**

We wish the students representing at Regional Swimming on Tuesday (2 April) of next week all the best.





## PRINCIPAL'S MESSAGE

### 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 trialing for rugby league also require a mouthguard. 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.

Sport	Age Category	Trials
Girls and Boys Soccer	Junior turning 9-10 years	Friday 5 April, 12 April & 3 May
Girls and Boys Soccer	Senior turning 11-12 years	Friday 5 April, 12 April & 3 May
Netball	Junior turning 9-10 years	Friday 5 April, 12 April & 3 May
Netball	Senior turning 11-12 years	Friday 5 April, 12 April & 3 May
Rugby League	Junior turning 9-10 years	Friday 5 April, 12 April & 3 May
Rugby League	Senior turning 11-12 years	Friday 5 April, 12 April & 3 May

### Working Bee

Thank you for your assistance with our Working Bee last weekend. A lot was achieved on the Eastern Campus.



## PRINCIPAL'S MESSAGE



### UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 1 WEEK 10 2024	MONDAY 1 APRIL	Easter Monday	
	TUESDAY 2 APRIL	Regional Swimming	
	WEDNESDAY 3 APRIL		
	THURSDAY 4 APRIL	Opportunity Class 2025 Applications close	
	FRIDAY 5 APRIL	Winter PSSA Trials commence (Years 4-6)	
TERM 1 WEEK 11 2024	MONDAY 8 APRIL	Recognition Assembly	9.30am
	TUESDAY 9 APRIL	Year 4 Parent Opportunity Class Information Night	7.00pm
	WEDNESDAY 10 APRIL	PBL Celebration Day	
	THURSDAY 11 APRIL	Grandfriend's Day	10.00am
	FRIDAY 12 APRIL	School ANZAC Service PSSA Winter Trials (Years 4-6) Last day of Term 1	10.45am

Have a great week,

**David Shuster | Principal**



## SCHOOL NEWS



### 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](#).




### PBL

Our week 9 PBL focus is Personal Best - We are learning to use resources safely, with care and consideration. We are blessed at BHPS to have many wonderful resources to use both in our classrooms and in our library. We need to care for our school resources as if they are our own and be gentle with the resources we use. Our library is a special place within our school - we need to use our library bags each week to protect the books we borrow and remember to return library books promptly and on time.

# Personal Best

Weekly focus

*We are learning to use resources safely, with care and consideration.*



What does it look like?

*We only enter the library with a teacher.*

*We are gentle with the books and put them back where we found them.*

*Use a library bag to protect our books.*

*Remember to return library books promptly and on time.*

## WELLBEING



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

**Mindfulness is our ability to be present at any given moment. We practise this by using intentional awareness and concentrating on what you are doing when you are doing it.**

Studies into Mindfulness indicate that with regular practise, it can lead to benefits such as; reduced stress, reduced rumination, increased memory, increased cognitive function and physical health benefits through improved immunity.



[Click here](#) to see the mindfulness video from Martin from The Resilience Project.

Mindfulness can be practised through meditation, yoga, flow-states and daily activities such as cooking.

Source: [UC Berkeley](#), [Greater Good Science](#), [American Psychological Association](#)

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





## P&C UPDATE



### Colourful Fun was had by all!

What an exhilarating blast of colour we experienced at the Colour Fun today! Our school grounds transformed into a lively canvas of joy and a kaleidoscope of colours, as students dashed through a maze of fun obstacles, leaving trails of laughter and vibrant hues in their wake. There was clouds of coloured powder filling the air, refreshing water splashes, and frothy foam adding to the excitement!

It was heartwarming to witness the spirit of camaraderie and enthusiasm shining brightly as students, parents, teachers and staff came together to celebrate community, fitness and fun!

A huge thank you to the participants, for making the event a resounding success, and to the parents for their dedication in orchestrating such intriguing and creative obstacles. And not to forget the teachers and staff who ran with the students creating a memorable experience.



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





## CANTEEN

**VOLUNTEERS**  
**Can you help out in Term 1?**  
Sign up [here](#).

A huge thank you to all the wonderful volunteers who came to help with the Millin's Meat Monday, especially Renee and Ash, who bbq-ed for 2 hours! Without the many hands we could never have got out 430 sausages on time. And of course none of it would have been possible without the incredibly generous donation of sausages from our local free-range butcher, Stef Millin. Thank you Stef.



Next week is 6P's turn to volunteer at canteen. And for the final week of term 1, it's 5V's turn.

Sign up [here](#).

SCHEDULE		
WEEK	DATE	CLASS
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** - Make sure you have your Winter Uniforms ready for Term 2.



**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.
- To exchange via the Administration Office, present the item to be exchanged as new (intact with tags), within 28 days, with a note (eg, Please exchange this size 6 for a size 8, name & class).

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

# COMMUNITY



2024 OPEN DAYS APRIL 15th, 17th, 19th: 3pm - 6pm  
Suite 4, Level 1, 15 The Corso Manly

## MANLY MUSIC SCHOOL

- ✓ 1:1 Private Lessons
- ✓ All Ages & Skill Levels
- ✓ Improve Confidence
- ✓ Technical & Performance
- ✓ AMEB Syllabus

- ✓ Piano
- ✓ Drums
- ✓ Vocals
- ✓ Guitar/Bass
- ✓ Clarinet/Flute

Enrol Today!

### 15% OFF

\$40 Per Lesson Now Only \$34  
Enrol by April 30th Term 2 Only

MANLYMUSIC.COM.AU 0427 736 572 INFO@MANLYMUSIC.COM.AU

## BASKETBALL SKILLS CLASS

Every **Saturday** at **Seaforth Community Centre**  
Term 2 starts 4 May!

**RISING HOOPERS**  
(Beginners)  
2.00 to 3.00 PM

**RISING STARS**  
(Intermediate)  
3.00 to 4.00 PM  
4.00 to 5.00 PM

Enrol at [www.riseyouthbasketball.com](http://www.riseyouthbasketball.com)

## JOIN AN OPEN REHEARSAL with Warringah Youth Brass Band

Bring your instrument along and have a play!  
*Members of Warringah's A-grade band will be there to offer mentoring.*

**Sun 28 April, 2-5pm**  
Terrey Hills Public School  
School Hall, off Myoora Rd  
NSW 2084

★★★★  
Perfect for brass and  
percussion players  
[AMEB Grade 4 and above]  
★★★★

\$20 at door (includes afternoon tea)

Register at  
[warringahbrassband@gmail.com](mailto:warringahbrassband@gmail.com)

[facebook.com/warringahconcertbrass](https://facebook.com/warringahconcertbrass)

## HOLIDAY CAMPS

## TINKERTANK

**FILL YOUR DAYS WITH CREATIVITY AND FUN!**  
**HALF DAY OR FULL DAYS**  
**WE ARE HERE TO INSPIRE!**

**CODING, ROBOTICS,  
3D DESIGN + MEDIA**

REGISTER NOW!

FROM  
**\$64.99**

**WWW.TINKERTANK.ROCKS**  
**1 300 670 104**





Come along to our **FREE**  
**KIDS GARDENING**  
 CLASSES AT FLOWER POWER  
 11AM START WEEKDAYS  
 Mon 15 - Fri 19 April &  
 Mon 22 - Wed 24 & Fri 26 April *No classes on Thurs 25 April*  
*No booking required, however large groups are encouraged to call your local store.*

**flower power**

Kids of all ages must be accompanied by an adult  
 For more information go to [flowerpower.com.au](http://flowerpower.com.au)

**\$50 a day**

**Grasshopper SOCCER**

**NORTHERN BEACHES**  
**HOLIDAY PROGRAM**  
 EASTER 2024

Tuesday 23rd April 9am-12pm  
 Wednesday 24th April 9am-12pm

Fisher Road School, Fisher Rd Dee Why

For more info and to sign up please go to  
[www.grasshoppersoccer.com.au/northernsydney](http://www.grasshoppersoccer.com.au/northernsydney)

**SCAN TO BOOK** →

**COFFEE CART ON SITE**

Stop by & support your local Pre-School  
 Located next to Tania Park  
 1 Bareena Dr, Balgowlah Heights

**ST JAMES PRESCHOOL**  
**BAKE SALE FUNDRAISER**

Help raise funds for new learning equipment by buying sweet goods.

Saturday April 6, 2024 • 11 AM to 12 PM  
 St James Preschool

CELEBRATING 40 INSPIRING YEARS