



# THE HEIGHTS

*Excellence and Opportunity*



## PRINCIPAL'S MESSAGE

### Autumn Holidays

We wish all families an enjoyable and safe Autumn Vacation. The holidays commence on Monday (15 April) of next week. The students return to school on Tuesday 30 April.

### Grandfriend's Day

We look forward to Grandfriend's Day on Thursday (11.04.24) of this week. 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

### Cross Country

We look forward to our school cross Country to be held on Wednesday 1 May. All students (Years K-6) will have the opportunity to participate. Further information is on page 3 of this newsletter.

### School Development Day

The school staff will be involved in a School Development Day on Monday 29 April. Areas for professional development include:

- Literacy-Writing and Spelling

### Recognition Assembly

Congratulations to the students who received awards at our Recognition Assembly this week. Congratulations to all the students for their good manners and respect shown during the assembly.

### School ANZAC Service

We will be holding a school ANZAC Service on Friday (12.04.24) of this week at 10.45am in the hall. Parents and friends are welcome to join us.



# 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. If trialing for rugby league a mouthguard is required. 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 12 April & 3 May
Girls and Boys Soccer	Senior turning 11-12 years	Friday 12 April & 3 May
Netball	Junior turning 9-10 years	Friday 12 April & 3 May
Netball	Senior turning 11-12 years	Friday 12 April & 3 May
Rugby League	Junior turning 9-10 years	Friday 12 April & 3 May
Rugby League	Senior turning 11-12 years	Friday 12 April & 3 May

## Winter Uniform

It would be appreciated if all students could wear their winter uniform as of the beginning of next term (Tuesday 30 April).

## UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 2 WEEK 1 2024	MONDAY 29 APRIL	School Development Day	
	TUESDAY 30 APRIL	Students commence Term 2	
	WEDNESDAY 1 MAY	Cross Country	
	THURSDAY 2 MAY		
	FRIDAY 3 MAY	Year 1 School House Museum Excursion Winter PSSA Trials (Years 4-6)	
TERM 2 WEEK 2 2024	MONDAY 6 MAY	P&C Meeting	7.00pm
	TUESDAY 7 MAY		
	WEDNESDAY 8 MAY		
	THURSDAY 9 MAY	Selective High School Test	
	FRIDAY 10 MAY	Mother's & Special Friend's Day Breakfast	7.30am - 8.30am

Have a great week,

**David Shuster | Principal**

# SCHOOL NEWS



## Years K-6 Cross Country Carnival - Wednesday 1 May 2024

The Years K-6 Cross Country Carnival will be held on **Wednesday 1 May at Tania Park**.

In the event that the carnival is unable to proceed on this day, the back-up date is Wednesday 15 May 2024. A notification will be sent after 8.30am via SeeSaw on the day of the carnival if required.

Events are scheduled to begin at **approximately 10.30am** and will run in the following order. Please note students in Years 2-6 will be departing school at 9.15am. Students in Years K-1 will depart at 9.45am.

### Event order:

Walk through for students Years 2-6 will be from 9.45am - 10.15am.

1. 8/9 Years girls | 2km
2. 8/9 Years boys | 2km
3. Year 2 non-competitive | 500m
4. Year 1 non-competitive | 400m
5. Kindy non-competitive | 350m
6. 10-year girls | 2km
7. 10-year boys | 2km
8. 11-year girls | 3km
9. 11-year boys | 3km
10. 12/13 girls | 3km
11. 12/13 boys | 3km

Students are required to wear their sports uniform (house colours are permitted) and appropriate footwear and have sunscreen, hat, water bottle and if needed, asthma medication.

This event is covered by the walking permission note "Tania Park and Surrounding Local Areas" previously sent to the school and is approved by the Principal.

Years K-1: Please cancel Spriggy Recess Orders

Years 2-6: Please cancel Spriggy Recess and Lunch Orders

Further information will be provided early next term.



**A-F**



**G-K**



**L-R**



**S-Z**



# SCHOOL NEWS

## PBL

This week in our PBL lessons we are consolidating our learning of the focus areas from Term 1. It is important that we are always following the school expectations of being responsible, being respectful and trying to achieve our personal best.

Our Term 2 focus areas will be based on data that is collected during Term 1. The Wellbeing Team sets the lesson focus in order to support students in meeting our school expectations and creating a learning environment that is respectful and inclusive.

### Responsible

This week's focus is "Caring for the environment"

We are learning to take Responsibility by taking care of the environment by using the correct bins.

**THINGS YOU CAN DO:**

- After eating put rubbish in the correct bin
- Separate plastics for recycling in the yellow bins
- Use the compost bins
- Keep the classroom tidy by putting rubbish in the bin and paper in the recycling boxes

### RESPECT

We are learning to follow directions promptly.

- 1 Speak with kindness and respect
- 2 Listen carefully to instructions
- 3 Do what is expected in a respectful and timely manner

### RESPECT

We are learning to keep our hands and feet to ourselves.

- 01 You have the right to have a personal space 'bubble'
- 02 Other people need their space too
- 03 Games at playtime are non-contact - no hands on others, no tackling, no pulling on clothing
- 04 Be respectful of others in the queue at the canteen, library or office

### Responsibility

Weekly focus

We are learning to wear our school uniform with pride.

What does it look like?

- Broad-brimmed school hat
- Correct summer uniform
- Correct school socks and black school shoes

### 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.

### PERSONAL BEST

We are learning to care for all technological equipment.

- 1 Review the school's Digital Citizenship Agreement and Class Technology Contract
- 2 Use only when directed by the teacher
- 3 Follow teacher direction
- 4 Carry equipment safely from room to room

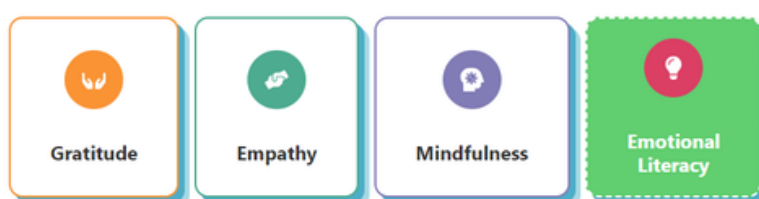


## WELLBEING

### THE RESILIENCE PROJECT™

As we conclude Term 1, our BHPS staff would like to thank our parents and carers for participating in the Parent and Carer Digital Series. The Resilience Project's key principles of gratitude, empathy, mindfulness and building emotional literacy have been presented on this platform and we hope the series has been informative and relevant.

In today's presentation, Martin shares a personal experience about a traumatic event that happened to him as a child. He explains how he overcame adversity and built resilience by asking for support, particularly from his family. Please note the video content could be triggering. [Click here](#) for Part 5 of the series.



Working on our emotional literacy gives us opportunities to develop our ability to understand and express different emotions. When we develop our emotional literacy, we can work towards recognising our own feelings and our ability to manage them. This allows us to cope with different life situations, such as managing conflict, making friends, coping in difficult situations and being resilient with change.

You can re-watch the videos on gratitude, empathy, mindfulness and emotional literacy, as well as access at home activities and resources anytime via [The Resilience Project's Parent & Carer Hub](#). The hub shares simple, evidence-based strategies that are being taught in the classroom so you can build on their impact at home. When supporting your children's mental health, we know that the best outcomes occur when parents, carers and teachers work together.

Thank you for your continued support of building The Resilience Project's key principles into everyday day life at home and working together with our teachers to support our amazing BHPS students.

**Together we can and do make a difference!**

An opportunity to participate in live webinars from the eSafety commissioner's team of experts has become available for free. The webinars aim to give parents and carers the knowledge, skills and tools to support their children to have safe online experiences. As a parent/ carer I am sure you will find these incredibly valuable and informative. You can book the webinars at <https://www.esafety.gov.au/parents/webinars>.

The graphic is a rectangular box with a light orange background. At the top left is a small icon of a person at a computer. To its right, it says 'Term 2, 2024' and 'Free eSafety parent and carer webinars'. Below this, it says 'Join eSafety's expert education team for a free live webinar designed for parent and carers.' A section titled 'Term 2 topics:' lists four items: 1. 'eSafety 101: How eSafety can help (30min)' - Suitable for parents and carers of children and young people in primary and secondary school. 2. 'Wellbeing and digital technologies (30min)' - Suitable for parents and carers of young people in secondary school. 3. 'Consent and online boundaries: How to support your primary-aged child. (30min)' - Suitable for parents and carers of children in primary school. 4. 'Setting your child up for success online (30min)' - Suitable for parents and carers of children in primary school. On the right side of the graphic is an illustration of a woman sitting on a purple chair, looking at a laptop, with a child standing next to her.

# ARABANOO



## Mini Fete - Today

Join us this afternoon (Wed 10 April) for our end of term mini fete. Any children who aren't booked in can attend but they must be accompanied by an adult. The mini fete is held from 4pm - 5pm in the school hall. There will be a sausage sizzle, heaps of games and music, all family members welcome. No money is required.

## After school activities - Term 2 Booking now

Please book your child here: [Term 2 booking form](#)

The activities are available for children who have a booking at Arabanoo the afternoon the activity takes place.

Motiv8 Sports is available for any children attending BHPS.

Bookings go directly through Motiv8 Sports: [https://motiv8sports.com.au/m8\\_event/2024-04-02-term-2-tuesday-balgowlah-heights-public-school-8-week-after-school-sports-clinic/](https://motiv8sports.com.au/m8_event/2024-04-02-term-2-tuesday-balgowlah-heights-public-school-8-week-after-school-sports-clinic/)

We are excited to be offering Karate through Australia's Youth Self-Defence Karate on Friday afternoons. Bookings go through Arabanoo. If your child has done karate previously we will contact you regarding their rank, so that they can be put in a class that caters for their level.

**Monday:** TinkerTank Robotics

**Tuesday:** Motiv8 Sports

**Wednesday:** Musical Theatre/Drama and Roller Crew

**Thursday:** Art with Pippa (Yr 2 - Yr 6 only)

**Friday:** Karate (new company)

More info on time, cost etc can be found here: [Term 2 booking form](#)

## Term 2 bookings - Email

If you wish to cancel your term 2 permanent booking, please send us an email so we can release your spots to waitlisted families.

## Vacation care - Bookings

To check availability and book please do so via the OWNA app. If you'd like to be placed on a waitlist for days please see below.

## Waitlist - Turn on notifications

You can jump on the waitlist for any day (vacation care or term time) and as spots become available you will receive a notification. Ensure you go into your phone setting, select OWNA and turn notifications ON. There's no order to the waitlist, it's first to book in, gets the spot. Go to the day you want within the OWNA app and click the bell icon to be added to the waitlist.

As always please contact us if you have an enquiries.

The Arabanoo Team

Arabanoo Before & After School Care  
Balgowlah Heights Public School, Lewis Street NSW, 2093

Email: [admin@arabanoo.com](mailto:admin@arabanoo.com)

Website: [www.arabanoo.com](http://www.arabanoo.com)

Phone: 02 9948 6722

Mobile: 0421 014 308



# 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.

### Mother's & Special Friend's Day Breakfast

If you're available on Friday 10 May and willing to lend a helping hand, please email Diana at [bhpspresident@gmail.com](mailto:bhpspresident@gmail.com).

### School Disco

We are excited to announce that our School Disco will be happening in Term 2 on Thursday 13 June. It's a fantastic disco event for our students, and we need your help to make it a huge success!

We are currently seeking a dedicated volunteer to take the lead in planning, organising and running this exciting event. If you have a passion for event planning and want to contribute to creating a positive and enjoyable environment for our students, we would love to have you on board! If you're keen, please email Diana at [bhpspresident@gmail.com](mailto:bhpspresident@gmail.com)

### Term 2 - dates for the diary!

Get ready to mark your calendars because Term 2 is packed with a couple of exciting events and activities.

TERM 2 (Tuesday 30 April – Friday 5 July)	
P&C Meeting #3	Monday 6 May
Mother's Day Breakfast	Friday 10 May
Walk Safely to School Day	Friday 17 May
School Disco	Thursday 13 June
P&C Meeting #4	Monday 17 June

Stay tuned for more details and updates on these events and activities.

For more information or to get involved, please contact Diana at [bhpspresident@gmail.com](mailto:bhpspresident@gmail.com)

### The P&C Team

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





# 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** - All Last chance to purchase Winter Uniforms ready for Term 2 is **Thursday 11 April 2.30pm-3.30pm** at the Uniform Shop. All online orders up until Saturday 27 April will be delivered Tuesday 30 April.



**VOLUNTEERS** - Can you help out? 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). **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)





# LEADERS IN AUSTRALIAN DEBATING

The Team That Brings Students The National Virtual Debating Competition

LIMITED PLACES



## 2024 DEBATING AND PUBLIC SPEAKING

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
- Supportive & Friendly Environment

### EXTRAS AVAILABLE

- Mentorship & Private Coaching
- Competitions & Speaking Opportunities
- Access to the Masters Academy Network
- Cadetships & Employment Opportunities

**Thursday  
7:55 AM to 8:55 AM**

<b>TERM 2</b>
<b>7 WEEKS PER TERM</b>
<b>1 HOUR SESSIONS</b>
<b>FOR YEARS 4, 5 &amp; 6</b>
<b>ONLY \$239 PER TERM</b>



[mastersacademy.com.au/enrol](https://mastersacademy.com.au/enrol)



# COMMUNITY

**BALGOWLAH HEIGHTS COMMUNITY TENNIS** 

at Bareena Park Tennis Club

## School Holiday Tennis Program

**\$65**  
per day

**9-3**  
pm

**5-14**  
yrs

Join us for a fun day on court customised to each level/age. Games, fitness and of course lots of tennis!

Scan to book

**WEEK 1**

Mon 15th April  
Wed 17th April  
Fri 19th April

**WEEK 2**

Mon 22nd April  
Wed 24th April



Email: [info@balgowlahheightscommunitytennis.com.au](mailto:info@balgowlahheightscommunitytennis.com.au)  
Call 0421 704 339 • 35 Vista Avenue, Balgowlah Heights



## KIDS SPANISH CLASSES

The Language Hub offers Beginner classes for Year 5 & 6 children at Balgowlah Heights PS

**CREATIVE KIDS PROVIDER**  
NSW

*Hola!* **Tuesdays 3.15pm- 4.15pm**  
Spanish native teachers  
Small groups

Enrol now  
Spots are limited  
Contact us to receive all information

 0468 864 613  
[info@thelanguagehub.net](mailto:info@thelanguagehub.net) [www.thelanguagehub.net](http://www.thelanguagehub.net)

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)





**REGISTER NOW!**

## FREE SCHOOL HOLIDAY CRICKET PROGRAM

- ✓ Perfect for kids aged 5-10
- ✓ Great introduction to cricket for kids with no or minimal experience
- ✓ In partnership with School Infrastructure NSW

When: Tuesday 16th or Wednesday 24th April @ Forest High  
When: Monday 22nd April @ Mackellar Girls High  
9am - 3pm all days | Scan QR code to register for the program  
Questions? Contact [danielle.chivers@cricketnsw.com.au](mailto:danielle.chivers@cricketnsw.com.au)

