



THE HEIGHTS

Excellence and Opportunity

PRINCIPAL'S MESSAGE



Winter Holidays

We wish all families an enjoyable and safe Winter Vacation. The holidays commence on Monday (8 July) of next week. The students return to school on Tuesday 23 July.

Hours of School Communication

Our school recognises that communicating and engaging with parents is critical to effective partnerships in supporting our students. Based on Commonwealth legislation and Department of Education guidelines our school will provide communication using applications such as email and Seesaw as detailed below to support this partnership.

- Teachers will monitor the applications and respond between 8.00am-5.00pm (Monday-Friday) when not teaching.
- Messages will be acknowledged within 48 hours (2 school days).
- Please use our Contacting the School - A Guide for Parents if required to assist you in directing your enquiry to the relevant member of staff. This Guide is available in the School Bytes app under 'Resources'.
- If you need to send a message to your child (e.g. after-school arrangements) please contact the school office.
- If you require more detailed information concerning your child's learning please arrange a meeting with your child's teacher.

Thank you for your assistance in following through with these procedures.

School Development Day

The school staff will be involved in a School Development Day on Monday 22 July. Areas for professional development include:

- Department of Education Behaviour Policies
- High Performing and Gifted Education



PRINCIPAL'S MESSAGE

Dance

Congratulations to the Junior and Senior Dance troupes for their excellent performances at the Sydney North Dance Festival. Thank you to Miss Donlan and Miss Panetta for their work and time in preparing the groups.



Early in Term 3 we will be commencing a hip hop dance group for students in Years 3-6 who have not been part of the current dance programs. The students will rehearse on Tuesday lunchtimes. We have sought expressions of interest from the students. Further information will be provided early next term.

Athletics Carnival

We look forward to our School Athletics Carnival to be held at Sydney Academy of Sport and Recreation (Narrabeen) on Thursday 8 August. Students will depart school by bus at the following times:

- Years 3-6 | 8.15am
- Years K-2 | 9.30am

An email will be sent home early next term providing further information.

Recognition Assembly

Thank you for your support of our Term 2 Recognition Assembly. Congratulations to the award recipients; and the Senior Choir and Senior Band for their performances.

Interrelate

Interrelate will be providing a personal development night for primary (Years 3-6) students and their parents on Wednesday 28 August. This is an optional night for families.

The topics covered will be:

- Where did I come from? | Years 3-6 | 6.00pm to 7.00pm
- Preparing for puberty | Years 5-6 | 7.15pm – 8.30pm

Further information will be emailed to parents next term.

PRINCIPAL'S MESSAGE



Education Week Open Day Art Express

As part of Education Week Open Day (Wednesday 7 August), the SRC are organising an Art Show. Each student is welcome to submit one piece of art which will be displayed for viewing. Further details are:

- **Media** | Your choice
- **Size** | No larger than A3 (art work)
- **Closing Date** | Monday 29 July
- **Artwork** | Art work may be undertaken at home or your child may submit a piece of art created at school. Sculptures or other mediums are also welcome.

**BHPs
ART
EXPRESS**
6 - 7 AUGUST
Eastern Campus Arabanoo Building

Opening times:
Tuesday: 3.15-6.00pm
Wednesday: 8.00-10.00am | Picnic time | 3.15-5.00pm

Entry:
Students **FREE**,
Parents and family **GOLD COIN DONATION**

UPCOMING EVENTS

	DATE	ACTIVITY	TIME/ROOM
TERM 3 WEEK 1 2024	MONDAY 22 JULY	School Development Day	
	TUESDAY 23 JULY	Students commence Term 3 Year 5 Bathurst Excursion	
	WEDNESDAY 24 JULY	Year 5 Bathurst Excursion	
	THURSDAY 25 JULY	Year 5 Bathurst Excursion	
	FRIDAY 26 JULY	Winter PSSA Round 7	12.00 noon
TERM 3 WEEK 2 2024	MONDAY 29 JULY	SRC Meeting Education Week Open Day Art Express artwork closing date	12.55pm
	TUESDAY 30 JULY		
	WEDNESDAY 31 JULY		
	THURSDAY 1 AUGUST	Opportunity Class Test Choral Concert (Senior Choir) rehearsal	
	FRIDAY 2 AUGUST	Years K-2 Assembly Winter PSSA Round 8 Years 3-6 Assembly	10.45am 12.00 noon 2.25pm

Have a great holiday,

David Shuster | Principal



SCHOOL NEWS

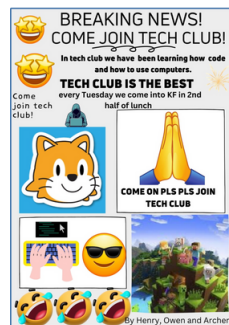
Debating

Last Thursday, our debating teams, the Expressors and the Opinionators, competed in their second round of debates in the Premier's Debating Challenge against Beauty Point and Allambie Heights. We won one and lost one in a very near decision. The topics were 'That Years 5 and 6 classes should set aside 20 minutes each day to watch and discuss the news' and 'That students should watch movies instead of reading books in class'. We lost against Beauty Point and won against Allambie Heights.

Tech Club

During semester one a very keen group of Year 2 students have attended Tech Club every Tuesday during their lunchtime. These students have worked together to develop their computer literacy skills. They have explored coding through Scratch Jr and created advertisements on Canva. They have demonstrated persistence and teamwork throughout the semester and are now known as Techsperts in our year 2 classrooms. They should be very proud of their efforts!

Miss Saltmarsh and Miss Fleming



Year 2 Science

Year 2 enjoyed learning about 'Forces and Energy' this term. They especially liked designing and making arcade games to show their knowledge of how the forces of push and pull work.






WELLBEING

Online Safety Workshop

Last week, Constable Brooke and Constable Alana, Youth Officers, from Northern Beaches Police Area Command presented an engaging and informative Online Safety workshop to our Stage 3 students. Our students posed questions which were thoughtfully considered and asked. We are so proud of our Year 5 and Year 6 students for their active listening, openness and interaction with our presenters.



Below are some Term 3 parent and carer webinars and links to information from the eSafety Commissioner to support all BHPS parents and carers with Online Safety.

 **Term 3, 2024**
Free eSafety parent and carer webinars


Join eSafety's expert education team for a free live webinar designed for parent and carers.

Term 3 topics:

- **Understanding how to support your child with online gaming**
Suitable for parents and carers of children and young people in primary and early secondary school.
- **Consent and online boundaries: How to support your primary-aged child**
Suitable for parents and carers of children in primary school.
- **An introduction to online safety and emerging technologies**
Suitable for parents and carers of children and parents in primary and secondary school.



For more information and to register now: [eSafety.gov.au/parents/webinars](https://esafety.gov.au/parents/webinars)

 |  eSafety Commissioner [eSafety.gov.au](https://esafety.gov.au)

WELLBEING



Consent and online boundaries: how to support your primary aged child

As children begin to navigate the online world, they need to know how to make decisions around consent and boundaries. This webinar will outline strategies for parents and carers, as well as support those hard-to-have conversations. It's suitable for parents and carers of children in primary school.

- Tuesday 13 August | 12.30pm
- Wednesday 11 September | 12.30pm

[Click here](#) to register.

Understanding how to support your child with online gaming

This webinar provides an overview of selecting quality games, understanding how to reduce the risks of gaming and how to create better gaming habits.

It's suitable for parents and carers of children and young people in primary school.

- Tuesday, 30 July, 12.30pm
- Tuesday, 3 September, 12.30pm

[Click here](#) to register.

The eSafety Commissioner website has educational videos with practical advice and strategies for tackling online safety issues. [The eSafety Guide](#) helps to support and protect personal information and report harmful content on common social media, games, apps and sites.

I hope you find these resources valuable.

Michelle Cruickshank | Wellbeing Teacher

K2 Help 'You Belong To Me' Performance

K2 HELP leaders from Year 5 initiated a heartwarming dance performance at the K-2 Assembly last Friday. It was beautifully choreographed by a team of dedicated Year 5 students. K-2 students joined in at lunch time over Term 2 to rehearse. K-2 students have connected and bonded as part of the K2 HELP playground friendship building initiative. We are so grateful to our K2 HELP leaders!



You truly make a difference at BHPS! 

Michelle Cruickshank, Katie Parkinson and Rosie Reilly

ARABANOO



Vacation Care

We are looking forward to vacation care next week. We still have availability on most days, please check the OWNA app to find out which days still have spots. If you haven't used Arabanoo before but would like to send your child to Arabanoo during vacation care, please email the Arabanoo office.

Spring Vacation Care

We will start planning for spring vacation care shortly. If you have any suggestions or ideas, please email the Arabanoo office.

Staff

We are on the look out for staff. If you know of someone who likes working with children and is available several afternoons a week, please ask them to email their resume to admin@arabanoo.com if they are interested in working at Arabanoo.

As always please contact us if you have an enquiries.

The Arabanoo Team

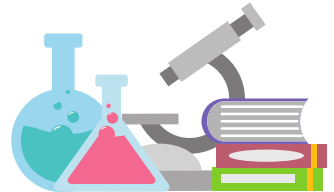
Arabanoo Before & After School Care
Balgowlah Heights Public School, Lewis Street NSW, 2093

Email: admin@arabanoo.com

Website: www.arabanoo.com

Phone: 02 9948 6722

Mobile: 0421 014 308





P&C

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.

Class Coordinators Semester 2

We need a few Class Coordinators for Semester 2 for the following classes. If you're able to help, please sign up [here](#) (second tab Term 3&4).

KF x1	2P x2	5B x1
KD x1	3I x1	5K x2
KR x2	3S x2	5M x2
KW x1	3W x1	5N x2
1ME x2	4C x2	5V x2
2D x2	4NC x2	6P x2
2L x2	4S x1	

Trivia Night - Saturday 24 August

Save the date and start forming your tables of ten! Tickets will be available via Spriggy at the start of Term 3. Watch this space for further details.

The P&C Team

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



BAND & STRINGS

To keep up to date with all our news and events, please visit www.bhpsband.com.au

Reminder – band fees are due

It has been a wonderful two terms of music with our professional team of specialists. With Term 2 drawing to a close, please remember to support our team by paying your band fees so they can continue their great work!

For updated information and diary dates please access www.bhpsband.com

Caroline Fechner

BHPS Strings Administrator

CANTEEN



VOLUNTEERS
Can you help out in Term 3?
Sign up [here](#).

Term 3

Did you know that you don't need to be a whizz in the kitchen to be a volunteer in the canteen? There are so many jobs to do - there's sure to be one that suits you. We look forward to welcoming you in the canteen soon.

Please sign up at [here](#).

SCHEDULE

WEEK	DATE	CLASS
T3 WEEK 1	Monday 22 July - Friday 26 July	KR
T3 WEEK 2	Monday 29 July - Friday 2 August	KW
T3 WEEK 3	Monday 5 August - Friday 9 August	4C
T3 WEEK 4	Monday 12 August - Friday 16 August	4D
T3 WEEK 5	Monday 19 August - Friday 23 August	4NC
T3 WEEK 6	Monday 26 August - Friday 30 August	4S
T3 WEEK 7	Monday 2 September - Friday 6 September	2D
T3 WEEK 8	Monday 9 September - Friday 13 September	2L
T3 WEEK 9	Monday 16 September - Friday 20 September	2P
T3 WEEK 10	Monday 23 September - Friday 27 September	2S
T4 WEEK 1	Monday 14 October - Friday 18 October	3H
T4 WEEK 2	Monday 21 October - Friday 25 October	3I
T4 WEEK 3	Monday 28 October - Friday 1 November	3S
T4 WEEK 4	Monday 4 November - Friday 8 November	3W
T4 WEEK 5	Monday 11 November - Friday 15 November	5V
T4 WEEK 6	Monday 18 November - Friday 22 November	5B
T4 WEEK 7	Monday 25 November - Friday 29 November	5K
T4 WEEK 8	Monday 2 December - Friday 6 December	5M
T4 WEEK 9	Monday 9 December - Friday 13 December	5N
T4 WEEK 10	Monday 16 December - Friday 20 December	1B



UNIFORM SHOP

Tuesday 8.30-9.30am
Thursday 2.30-3.30pm

VOLUNTEER at the Uniform Shop **FREE SECOND-HAND UNIFORMS**

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

SPRIGGY - Orders are delivered to classrooms, there is **no pickup from the Uniform Shop** during **Tues/Thurs opening hours**. Please remember, orders must be in by **Saturday midnight** for the following Tuesday delivery. Orders placed the Sunday or Monday before (Tues) will automatically go to the next week.

PSSA - Team Socks are available to purchase from the Uniform Shop \$18.

VOLUNTEERS - Can you help out? Just 1 hour, meet other parents and earn FREE second-hand uniforms. Please sign up [here](#).

USED UNIFORM DONATIONS - **Please bag items**. Outgrown uniforms needed 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





COMMUNITY



HOLIDAY CLINICS

DATE: 17/7/2024
TIME: 10.00am - 1.00pm
AGE: 5-12 years
COST: \$49
WHERE: Lake Park, Narrabeen




**THIS SCHOOL HOLIDAYS!!
POTTERY LESSONS**



FRIENDS FUN CREATE

JULY 6TH - JULY 21ST BOOK NOW!
WWW.MYPOTTERY.COM.AU 0406 751 575
 15/332 Military Rd, Cremorne Plaza (upstairs)



AUSTRALIA'S #1 NON-COMPETITIVE SOCCER PROGRAM

**TERM 3, 2024
SOCCER FUN
FOR GIRLS &
BOYS AGED 2-12!**

STARTING FROM 25TH JULY

Free  **FIRST 30 NEW
ENROLMENTS RECEIVE
COMPLIMENTARY
SHIRT AND SHORTS!**

FOR A **FREE TRIAL** P: 0401 203 363

<p>MITE-E SOCCER (2-3YO)</p> <p>A great introduction to Soccer! Children work with their parents to learn new soccer skills and develop their motor skills! Lots of fun games in a non-competitive environment!</p> <p>35 MINUTE CLASSES \$170 FOR 8 WEEKS</p> 	<p>PINT SIZE SOCCER (4-5YO)</p> <p>Children take their first kicks in soccer! They'll be introduced to shooting, dribbling, goal keeping and more. Children get to play lots of fun, skill based games. Grasshoppers get introduced to Pint Size 1v1 Big Game!</p> <p>50 MINUTE CLASSES \$170 FOR 8 WEEKS</p> 
<p>INTRO TO MICRO (5-6YO) MICRO (6-8YO)</p> <p>The ultimate challenge for young soccer players! They'll learn the rules of the Grasshopper Soccer Big Game and develop their skills in passing, dribbling, shooting and more!</p> <p>INTRO - 60 MINS \$180 FOR 8 WEEKS MICRO - 60 MINS \$180 FOR 8 WEEKS</p> 	<p>MICRO PLUS (8-12YO)</p> <p>This program focuses on skill development and teamwork in preparation for club soccer. Children will enjoy all the favourite soccer based games, fine tune their skills as well as play the Grasshopper Soccer Big Game!</p> <p>60 MINUTE CLASSES \$180 FOR 8 WEEKS</p> 

M: 0401 203 363 | E: nick@grasshoppersoccer.com.au
 GRASSHOPPERSOCCER.COM.AU/NORTHERNSYDNEY
 @GRASSHOPPERSOCCERNORTHERNSYDNEY



NOW RECRUITING IN OUR AREA

WHERE I CAN BE MYSELF, TRY NEW THINGS AND HAVE FUN

Join us  **FIND OUT MORE:** joinguides.com.au **A PLACE TO GROW**



COME AND TRY GIRL GUIDES

We will be trying some Girl Guide activities, making new friends, and having fun!

Mosman Guide Hall | Parriwi Park, Upper Spit Road Mosman

For girls 7 - 10 years old:

Mosman Junior Guides | Wednesday 31 July 6.00-7.30pm

For girls 10 - 13 years old:

Mosman Girl Guides | Monday 29 July 6.30-8.00pm

Why Girl Guides?

Girl Guides allows girls to be themselves, build confidence, resilience and valuable life skills. Through camps, games, outdoor and community service activities and the badge recognition system, girls challenge themselves, develop leadership skills, make new friends and have some great adventures!

Contact MosmanDM@girlguides-nswactnt.org.au now to RSVP for this FREE event.



Spanish for Year 5 and 6 - Beginners

Time: Tuesday | 3.15pm-4.15pm

Start Date: 23 July 2024

Duration: 9 weeks (with a minimum of 6 students and a maximum of 10)

Material: We will provide handouts.
Although, after a couple of classes, we might suggest to buy a textbook, if necessary.

Address: Balgowlah Heights Public School

How to enrol: Please fill this enrolment form
<https://www.thelanguagehub.net/enrolment-form-kids.html#/>
and kindly pay your fees as per below:

Account name: The Language Hub
Bank: BSB 032096 Account # 521375
Reference: Spanish BHPS
Fees: \$270, any other sibling is \$243

Feel free to contact us with any questions,

Thank you and kind regards,

Jessica

Jessica Cammarata
The Language Hub
Ph. 0468 864 613

Level 1, Suite 107, 39 East Esplanade Manly 2095
info@thelanguagehub.net www.thelanguagehub.net