



Newsletter Term 4 Week 2

Contact us

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²<https://balgowlahn-p.schools.nsw.gov.au/>

'We acknowledge and respect the traditional custodians on whose land our school rests. Their footsteps and whispers blow in the wind, drift on the clouds, remain deep in the sandstone and float on the waterways of this place. Their memories and Dreaming stories will continue to connect us to the land and guide future generations of our school community. Country is alive if you take the time to look, listen and learn.'

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Wednesday 21 October 2020

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Principal's Report







What a lovely week of celebrations of student learning. The Bear Pit assembly was a great opportunity to hear the speeches of Sam Pickard and Kara Nortmann. We were especially excited to have Mr James Griffin here to acknowledge the hard work of all our student finalists. Another favourite highlight of the school year is our Book Parade. Celebrating literacy and the love of books gives us all an opportunity to dress up!

Great news on the Year 6 camp. Students will be attending camp from the 4th of November until the 6th of November. This is a new venue for us 'Adventureland' at Forster. The students are very excited. Please ensure payment and paperwork is submitted as soon as possible as we have a quick turnaround.

Kindergarten orientation dates are the 5th, 6th and 13th of November. More information is available on the school website.

The school executive spent last Thursday working together on our school situational analysis. We look forward to working with our staff and school community to discuss 'Our where to next' and directions for our school over the next three years. Thank you to all the parents who completed our parent survey. This information along with our student survey have highlighted we have a lot to celebrate. 92% of our students indicate they have positive relationships at school. Our Year 5 and 6 data show our students have a strong sense of belonging, with 85% of our students feeling proud of their school.

I look forward to seeing many of you in the virtual space at P&C next week.

Brooke Keevers

Principal























Deputy Principal's report

Bear Pit Assembly

Congratulations to our Stage 2 and 3 Bear Pit winners, Kara and Sam. They presented their speeches on Monday at a special assembly, and we welcomed Mr James Griffin, the Member for Manly, to present them with their certificates. All finalists also were announced and congratulated. Unfortunately, due to COVID-19, we were unable to attend Parliament House for the interschool competition. We look forward to it resuming in 2021.

Band

Thank you to our concert band demonstration students and conductor, Mr Harris, for leading our Yr 2 Band information session yesterday afternoon. There is a zoom Band Information evening for parents tomorrow (Thursday 22 October) for all interested parents. If you are interested in your child being part of our band program, we strongly recommend you attend this zoom meeting as expectations, fees and instrument hire will all be discussed. Please see the band section of this newsletter for all details.

Kindergarten and Year 1 sports morning

Our Kindergarten and Year 1 students will be participating in a sports morning next Tuesday 27 October. Information regarding the morning went home on the school app yesterday. Please ensure you have read this information.

Staff Professional Learning

Our teachers are continuing with their teaching sprints focus in mathematics, looking specifically at teaching metacognition strategies. This is a great, easy to read article that explains the benefits of children developing rich metacognition strategies:

.³ Metacognition supports the work we have already engaged in with Visible Learning over the last few years.

The teaching staff are also completing professional learning in 'Smiling Minds' and developing skills in how to incorporate mindfulness strategies into the classroom.

Belinda Norrie

A/Deputy Principal

³<https://cambridge-community.org.uk/professional-development/gswmeta/index.html>



<https://sway.office.com/6Lk46YufKqE3ogl4#content=HfrUgAOzdfrgaM>











Assembly Awards - 3-6 Term 4 Week 1

Class	Name	For...
3B	Matthew Dunn	His insightful comments and contributions to class discussions.
	Chloe Holmes	Always being safe, respectful and responsible. You are a star!
	Louis Black	Writing with more detail and descriptive language. Well done!
	Holly Shier	Her enthusiastic approach to all learning activities.
3AS	Aiden Barnes	Displaying respect, and empathy to his peers and teachers.
	Samuel McEvilly	Showing improved maturity and focus towards his learning
	Eli Page	Demonstrating persistence and effort in literacy
	Nova Sebel	Showing a mature, responsible approach to his learning.
3M	Maxwell Treder	Demonstrating his awareness of Australia's neighbours.
	Asha Hartard	Always displaying a positive work ethic. Asha, you're a great role model!
	Rocco McGrath	Being a respectful and valued friend. Great effort, Rocco!
	Oscar Gill	Displaying respect, focus and diligence while working in class.
4C	Madeleine Slocombe	Always showing a genuine passion for learning. You are a delight to teach!
	Callum Richards	Showing determination to improve his knowledge of addition and subtraction.
	Darcy Herring	Improvement in spelling and reading. Way to go, Darcy!
	Owen Tiller	Showing creative flair and meticulous attention to detail in visual arts.
4K	Amira Sharanizadeh	An amazing effort with her bee collage
	Archie Hooley	Showing respect and kindness to his peers and teachers
	Otto Knapman	Applying himself in class. Awesome focus!
	Heidi Harvey	A fantastic presentation on her golf ball and duck collections
4M	Holland Sweet	Always working beautifully in literacy experiences. Well done Holland!
	Erin Ravell	Consistently respectful and responsible behaviour in the classroom. Thank you, Erin!

	Ella Morrell	A consistently high level of effort in all Key Learning Areas. Well done, Ella.
	Thomas Thinwall	A fantastic improvement in spelling. Great work, Thomas!
5J	Isla McMillan	Always showing respect and kindness to her peers
	Nathan DosReis	Excellent effort and a great start to Term 4
	Jack Hargraves	Consistently positive attitude in class
	Lily Tappenden	Consistent effort in all classroom tasks
5K	Tyler Harding	For his responsible approach to learning
	Bonita Glass	For her amazing work in science, identifying adaptations of organisms
	William O'Sullivan	His determined and focussed start to the new term
	Emilia Stucci	Her impressive improvement in spelling
5S	Spencer Young	Respectful and responsible behaviour inside and outside the classroom.
	Ethan Marshall	Outstanding effort with your Genius Hour project. You are star!
	Oscar Hall	Using amazing lines and colour to create a stunning picture of an Emperor Penguin.
	Amelia Crawford	For always trying her best in maths.
6V	Flynn Sweeney	Excellent improvement in maths - well done!
	Tara Kelly	Enthusiastic contributions to class discussions.
	Holly Gallacher	Wonderful improvement in the use of sophisticated ideas and language when writing.
	Bonnie Greenwood	Responsible behaviour when dealing with others.
6Z	Cade o'Brien	Stunning Renaissance Poster detailing her interest in Sandro Botticelli.
	Rory Parker	Excellent research skills when researching Greek mythology for his Gateways project.
	Max Davidson	Consistently respectful and inclusive classroom attitude.
	Layla Corrent	Outstanding Multicultural presentation on Italy.

Class snapshots



PBL

Weekly focus: We communicate and interact with kindness

What it looks like:

- Respect personal space
- Keep your hands and feet to yourself
- Use kind words to communicate
- Take turns using popular playground areas like handball courts and equipment if others want to use the space as well



<https://sway.office.com/6Lk46YufKqE3oql4#content=06uq9tqXEuVHly>

Library news

Waste free Wednesday

Balgowlah North Waste Free Wednesdays

A waste free lunch is a great way to reduce the amount of packaging we use and therefore the amount going to landfill. Cutting out plastic wrap and using reusable containers all help you to have a waste free lunch.

Waste Free Lunches and snacks have:

- Lunch boxes and containers that are reusable.
- Drink bottles that are refillable and reusable.
- Food packaging that is reusable, compostable or recyclable.



*We seek your help in supporting and extending your child's understanding of this important issue by making every Wednesday a **Waste Free Wednesday**.*



Congratulations to 4C, 4M and 5S for their environmentally friendly efforts to be waste free. They all achieved 100%!

Dates for your diary

October 22

- Premier's debating challenge final vs Maroubra Bay
- Zoomobile incursion Year 1
- Remote band information evening

October 27

- K-1 sports morning

October 28

- Remote P&C meeting



Band news

Band / Strings news

For anyone interested in joining our band or strings programme in 2021, we have our band/strings parent information night, immediately followed by our band committee meeting, both on zoom this week. All welcome.

THURSDAY 22/10 Parent information night 6.30pm-7.30pm Band/strings committee meeting 7.30pm-8.30pm

<https://nsweducation.zoom.us/j/66607794180?pwd=aWhpM0VJYTh6VWdZNURtbm9OUlJzUT09>

Meeting ID: 666 0779 4180

Passcode: bnps

You can use your child's DoE login, OR any Zoom account login to attend this meeting.



<https://sway.office.com/6Lk46YufKqE3oql4#content=Xcf5AFSX5sqw4t>

Canteen News

We have Up & Go breakfast drinks for any last-minute Larry or Lisa who needs a quick breakfast solution and this term we will be introducing a twist to the traditional Mac N Cheese with our Creamy Macaroni with Tuna topped with a Cheddar Crumb.

Many thanks, Melissa

Breakfast (served over the counter) available all day			
Pancakes			\$1.50
Homemade Banana Bread			\$1.80
Homemade Fruit Muffin			\$2.80
Yoghurt	(V)	\$2.20	with Muesli or Berries \$2.80
Fruit Salad	(VEGAN)	\$3.00	with Yoghurt (V) \$3.50
Up & Go Breakfast Drink - Vanilla or Chocolate			\$3.50
Hot Chocolate			\$2.00
Fresh / Frozen Fruit			
Apple, Mandarin or Pear (Bananas when available)	(V)		\$1.20
Frozen Orange Wedge	(V)		20c
Frozen Pineapple Ring	(V)		50c
Frozen Watermelon Wedge	(V)		50c
Snacks			
Pizza Bread Stick			20c
ANZAC Biscuit			80c
Homemade Trail Mix			80c
Homemade Silo Ball	(VEGAN)		80c
Muesli Bar			\$1.50
Garlic Bread			\$1.50
Seaweed Pack	(V)		\$1.80
Popcorn	(V)		\$1.80
Crackers & Cheese			\$1.80
Grain Waels			\$2.00
Drinks			
Water	350ml	\$1.50	600ml \$2.00
Juice popper - Orange, Apple or Apple & Blackcurrant			\$1.80
Plain Milk 300ml	\$1.80	Flavoured Milk 300ml - Strawberry or Chocolate	\$2.80
Glee - Raspberry or Tropical			\$2.80
Frozen Snacks			
Dutch Sock			\$1.00
Moose - Chocolate or Blue Moon			\$2.00
Twisted Frozen Yoghurt			\$3.00
Sushi - all sushi comes with a gluten free soy sauce fish			
Baby Roll - Avocado, Cucumber or Cooked Tuna			\$4.00
Sushi Rolls - Avocado & Tuna Roll or Teriyaki Chicken & Cucumber Roll			\$4.20

Hot Homemade Food				
Pasta and Rice Dishes				
Penne Bolognese w/ or w/o Cheese (GF add \$0.50), Baked Chicken, Tuna Macaroni with a cheddar crumb, Casserole, Chicken & Noodles, Spaghetti w/ Meatballs or Vegan Soft Shell Tacos				\$6.00
Grilled Meatball Sub stuffed with Cheese and Napolitano Sauce				\$5.00
Sausage Roll - 3.5 star health rated (not homemade)	\$4.70	Tom. Sauce	+30c	
Pie - Chicken & Leek or Chunky Beef & Veg	Small \$4.20	Large \$5.80	Tom. Sauce	+30c
Salads & Bowls				
Cesar Salad (GF option Available)	\$6.00	add chicken	+50c	
Chicken, Bacon and Avocado Salad with Spinach and Peppinos				\$6.00
Tofu Poke Bowl GF Soy marinated Tofu, Cucumber, Edamame Beans + Avocado	(VEGAN, GF)			\$5.20
Greek Salad with Feta and Olives	(V, GF)			\$5.30
Garden Salad and Italian dressing	(VEGAN)			\$4.50
Falafel Bowl w/ Homemade Hummus, Cucumber, Baby Spinach + Fresh Tossito	(VEGAN)			\$6.00
Soups & Light Meals				
Chicken Noodle Soup or Soup of the Day (Pumpkin for Term 4)				\$4.80
Mini Crudité, fresh cut Vego sticks & Homemade Dip	(GF)(VEGAN)			\$3.00
Mini Mezze: Homemade Falafel, Corn Chips Dip and Fresh Veggies	(GF)(VEGAN)			\$4.00
Hot's Mezze: Falafel, Corn Chips, Dip, Fresh Veggies, Ham & Two Cheeses	(GF)			\$5.00
Anytime Snack Box: Yoghurt, Mandi, Grapes, Cheese, Crackers & Crudité	(V)			\$4.70
Toasties - Wholemeal bread				
Cheese				\$3.00
Ham & Cheese or Tomato & Cheese or Vegemite & Cheese				\$3.30
Ham, Tomato & Cheese				\$3.60
Sandwiches - Wholemeal bread				
Various sandwiches starting from \$3 with make your options as well				
Cheese & Tomato or Ham & Cheese	(V)			\$3.30
Ham, Cheese & Tomato				\$3.60
Salad (tomato, lettuce, cucumber, carrot and beetroot) (V)	\$3.20	Add protein	+7.30c	
Egg, Lettuce and Mayonnaise or Tuna Lettuce and Mayonnaise				\$3.30
Chicken & Avocado				\$3.60
Sub Roll - Chicken, Lettuce & Mayonnaise or Falafel, Hummus and lettuce (V)				\$4.50
Gluten Free bread add	n/ \$3.20	Wrap add	n/ \$3.00	
Weekly Specials - Subject to change - FRIDAY only - BURGERS or NACHOS				
Vegetarian OR Beef Burger with tomato, lettuce, cucumber & cheese				
Chicken Burger with Cheese, lettuce and Mayonnaise				\$6.00
Nachos Corn chips topped w/ our homemade Chili Con Carne, Cheese & sour cream (optional)				

P&C news



BALGOWLAH NORTH TEA TOWEL FUNDRAISER



Don't forget to
order one for the
grandparents for
Christmas!

Cost: \$15 each

Creating lasting memories!

Our limited edition tea towel design will be made up of self-portraits drawn by all our children and staff. The pictures and names will be arranged into two designs, one for K-2, the other 3-5, then screen printed onto 100% premium white cotton tea towels.

Order your tea towels on
Flexischools.

Orders close Wednesday 28th October

BNPS CHRISTMAS STALL

\$10 VOUCHERS AVAILABLE ON FLEXISCHOOLS
DUE TO COVID & SHIPPING DELAYS,
TICKETS CLOSE
20TH OCTOBER 10PM



Koolkuna



Dear Families,

Another successful Vacation Care done and dusted! We appreciate all the positive feedback and support throughout the holidays and we are very much looking forward to an exciting Term 4!

Please ensure all Term 4 permanent bookings are correct and updated via My Family Lounge and we ask all families to make sure they are marking any absences on the My Family Lounge App. These steps are very important in ensuring that Koolkuna is organising appropriate staffing and food supply each day.

With a new Term, comes new extra-curricular activities and Winter sports turns to Summer sports. Please find attached our extra-curricular permission form and ensure Koolkuna is aware of any current changes to your child's extra-curricular activities.

If you have any issues with either of these steps, contact Koolkuna immediately.

Kind Regards,

Koolkuna OSHC Admin Team

Mob: 0400 774 697 | admin@koolkunaoshc.com.au

Community information



GERRIC at the UNSW School of Education is proud to present an eight-part Gifted Parenting series.

It's common for parents of gifted children to feel confused about the educational needs of their gifted child. Sometimes, the advanced development of the abilities of a gifted child outpaces the child's physical development, and results in frustration for both parent and child. Additionally, challenges exist for parents in understanding the affective needs of gifted children, which may be very different to the rest of the population. We hope that this eight-part series will assist parents to develop a greater understanding of their gifted child's needs both at home and at school; interact with other parents of gifted children; and learn from current research and experts in the field of gifted education. This series is **delivered online (via Zoom), 7-8:30pm Tuesday and Thursday nights, over the month of September** will be led by our GERRIC academics: Associate Professor Dr. Jae Yup Jung, Dr Geraldine Townend, and Dr. Peta Hay. Find out what's in the series⁴

Read more about each presentation here.⁵

1. **Who are gifted students?** (September 1)

⁴<https://unsw.us2.list-manage.com/track/click?u=4e84212e21826ff7b90be01de&id=b4e8c1d653&e=8bd888390a>

⁵https://www.arts.unsw.edu.au/education/professional-learning/gerric/courses-for-parents?mc_cid=b360cd9f92&mc_eid=8bd888390a

2. **Identification** (September 3)
3. **Academic, social and emotional needs** (September 8)
4. **Underachievement** (September 10)
5. **School choice** (September 15)
6. **Advocating for your gifted child** (September 17)
7. **Gifted with disability** (September 22)
8. **The career decisions of gifted students** (September 24)



Ethics Volunteers

We are urgently seeking volunteers who are available about an hour each Thursday morning to prepare and deliver an ethics class at our school. Volunteer ethics teachers receive training and support as well as the chance to contribute to our school in a rewarding way. Lessons are thought provoking and are designed to enhance children's critical thinking and moral reasoning skills. You will help teach children to make decisions based on logic and evidence, rather than out of habit or peer pressure while giving them practise at forming and expressing their own ideas. If you or anyone you know might be interested

(e.g. grandparent, neighbour) visit primaryethics.com.au⁶ or email the Primary Ethics Coordinator Susan Gray at bnpsethics@gmail.com⁷ to find out more.

Susan Gray

Primary Ethics Coordinator



⁶<http://primaryethics.com.au/>

⁷<mailto:bnpsethics@gmail.com>

Australia Day Awards 2021

Shine a spotlight on a person or project that makes the Northern Beaches a better place

This is your chance to recognise someone who inspires and serves our local community:

- Citizen of the Year
- Young Citizen of the Year (under 25 years)
- Senior Citizen of the Year (65 years and above)
- Community Event of the Year
- Sportsperson of the Year
- Outstanding Community Service

Nominations close midnight
Monday 9 November 2020
Enquiries: Volunteer Coordinator
on 02 8495 6602
northernbeaches.nsw.gov.au



northern
beaches
council



Rotary



Club of
Balgowlah

CARS'N CLUES ROAD RALLY



SUN, 1ST NOVEMBER

\$50 PER CAR

SEAFORTH OVAL

COVID

SAFE

STAGGERED START

FROM 1-2PM

EVENT TIME 2-2 1/2 HRS

GREAT PRIZES

FOR ADULTS

& KIDS

trybooking Balgowlah Rotary Road Rally

LINK: www.trybooking.com/BLQMJ

FUNDS TO BALGOWLAH ROTARY PROJECTS

ESPECIALLY, YOUTH PROGRAMS

CAUTION: ALL PARTICIPANTS ENTER EVENT AT OWN RISK



North Balgowlah Community Centre

Before School Art Class

age 6-10's

Paint

Draw

Print

Clay

Digital Art

Mixed Media

Thursday's

7.30-8.45am

Fee: \$235.00

8 week term

9 students per class

School drop off
for Balgowlah
North students

www.littleeasels.com

Jenni 0422935736

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"GCK were most helpful! Chris made our homeloan application process very smooth and stress free. Can not recommend GCK enough!"
Brett Family

1 - website⁸

⁸<https://www.gckfinancialgroup.com.au/>