



BALGOWLAH HEIGHTS PUBLIC SCHOOL

PARENT INFORMATION

2025

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PRINCIPAL'S MESSAGE

Welcome to our school. We wish you and your family a very happy association with Balgowlah Heights Public School - a caring school dedicated to providing excellent education and enriching opportunities for your child.

This information booklet is aimed at helping you become acquainted with our school. We also extend an invitation to you to become involved in the life of our school.

Please remember there are many staff available to help you and your child in their orientation to our school. Please contact us if we can be of assistance.

David Shuster | PRINCIPAL

WELCOME TO COUNTRY

We would like to acknowledge the connection of Aboriginal people to the land on which we meet. The land we stand on holds the memories of the traditional owners through the oceans, sandstone cliffs and skies of our country. We would like to pay respect to the Aboriginal peoples and Elders who hold the culture, stories and spirits of this land with them today and for generations to come. Our country is alive and talks to us if we listen.

SCHOOL HISTORY

In 1916 a parcel of land was reserved at Balgowlah Heights or North Harbour as the area was then known, for Public School purposes. In 1929 the land was cleared and surveyed and on 6 July 1932 an order to begin construction was issued. A single portable building with two "closets" was completed on 18 January 1933 at the total cost of 384 pounds. The school was opened originally as an infants' school on 4 March 1933, with Miss Annie Florence Williams as the teacher, with twenty Year 1 and nine Year 2 students. It retained this classification until 1946 when it became a one-teacher school. At present the school has an enrolment of over 700 students. The school is housed in Lewis Street on a split site.

SCHOOL SONG

(Sung to the tune of Waltzing Matilda)

*Let's all sing together
Raise our voices high and clear
We'll tell the world that Balgowlah Heights is here
We will do our very best
To have the school that leads the rest
Balgowlah Heights and our future is bright,
Balgowlah Heights, Balgowlah Heights
This is our school and we're proud to belong
For we're caring and sharing
Parent, students, teachers, friends
Balgowlah Heights and we're proud to belong*



SCHOOL CALENDAR | 2025

Student Term Dates

Term 1	Thursday	6	February	to Friday	11	April
Term 2	Wednesday	30	April	to Friday	4	July
Term 3	Tuesday	22	July	to Friday	26	September
Term 4	Tuesday	14	October	to Friday	19	December

School Development Days for Staff

Students **DO NOT** attend

Term 1	Friday Monday Tuesday Wednesday	31 3 4 5	January February February February
Term 2	Monday Tuesday	28 29	April April
Term 3	Monday	21	July
Term 4	Monday	13	October

KEY EVENTS

TERM 1

- Band Auditions
- Summer PSSA
- Kindergarten Best Start Interviews
- Class Information Meetings
- Parent-Teacher Interviews
- School Photographs
- School Swimming Carnival
- Band Camp
- Year 5 Narrabeen Day Camp
- Recognition Assembly
- Grandfriends' Day
- NAPLAN (Years 3 and 5)

TERM 2

- Winter PSSA
- School Cross Country
- Year 6 Canberra Excursion
- Sydney North Dance (Years 3 to 6)
- Multicultural Public Speaking Competition
- Semester 1 Student Reports
- Recognition Assembly
- Selective High School Placement Test (Year 6)
- Opportunity Class Placement Test (Year 4)

TERM 3

- Winter PSSA
- Year 5 Bathurst Excursion
- Athletics Carnival
- Education Week
- Book Week
- Sydney North Drama
- Premier's Reading Challenge concludes
- Recognition Assembly

TERM 4

- Summer PSSA
- Kindergarten Zoo Excursion
- Kindergarten Orientation Program
- Year 5 Opportunity Class Orientation
- Year 2 Swimming Scheme
- P&C Annual General Meeting
- Year 2 Band Auditions
- Volunteers Thank You Breakfast
- Band Performance Night
- Recognition Assembly
- School Talent Quest
- Christmas Carols (Year K-5) and Year 6 Play
- Semester 2 Student Reports
- Year 6 Farewell

VISION

We believe that a happy, engaged child is a successful one. Our community is committed to providing a positive, safe and stimulating environment for children to learn, have a voice and be valued. We aim for all children to enjoy their learning, be active citizens, become life-long learners and achieve their potential.



BEFORE AND AFTER SCHOOL CARE

Arabadoo (Before and After School Care Centre) is located on the school's Western and Eastern Campuses. It provides both permanent and casual care for students and offers vacation care programs during the school holidays and on School Development Days.

The hours of operation are Monday – Friday, except Public Holidays:

Before school care	7.30am – 9.00am
After school care	3.05pm – 6.30pm

The centre is a non-profit service run by a director and parent management committee. For more information, please contact Arabadoo staff by:

T | **9948 6722** E | **admin@arabadoo.com** W | arabadoo.com



BELL TIMES

Teachers are on duty at 8.35am and it is requested that students do not arrive before this time. Before School Care and After School Care is available on site.

MONDAY – THURSDAY

8:45am	Suggested arrival time	
9:00am	- 11:00am	Session 1*
11:00am	- 11:25am	Recess
11:25am	- 12:45pm	Session 2
12:45pm	- 1:45pm	Lunch
1:45pm	- 3:05pm	Session 3

FRIDAY

8:45am	Suggested arrival time	
9:00am	- 10:20am	Session 1*
10:20am	- 10:45am	Recess
11:25am	- 12:45pm	Session 2
12:45pm	- 1:45pm	Lunch
1:45pm	- 3:05pm	Session 3

* Students have a vegetable or fruit snack and drink of water (provided by their parent or carer) during Session 1.

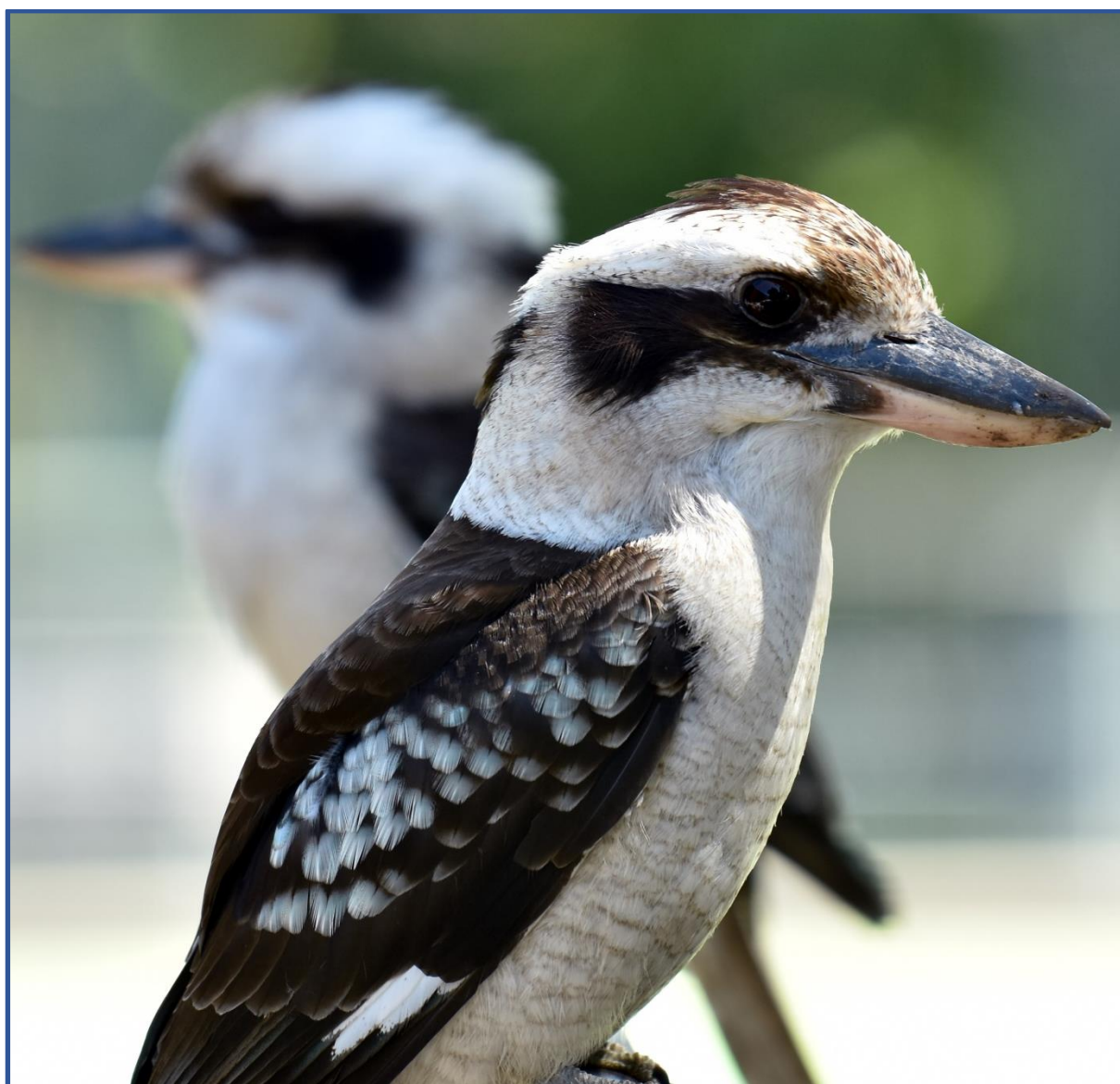
CANTEEN

The school canteen is situated on the school's Western Campus. The canteen is open every day and orders can be placed through the Spriggy Schools App.

K to 2 lunches are collected from under the Eastern Campus COLA by lunch order monitors and distributed to the class. Lunch orders for students in Years 3 to 6 are collected from the canteen by lunch order monitors and distributed within class.

A roster system is in place between 9:00am until 2:00pm to support the operation of the canteen. If you would like to volunteer in the canteen please see the canteen section of the school website.

balgowlah-p.schools.nsw.gov.au/about-our-school/canteen.html



ENROLMENT

Student eligibility for enrolment is determined under the NSW Department of Education zoning regulations. Where eligible, a student can be enrolled in Kindergarten at the beginning of the school year if they turn five on or before 31 July of that year. Students must be enrolled by their sixth birthday. Visit our website for the enrolment process.

balgowlaht-p.schools.nsw.gov.au/about-our-school/enrolment.html

STEP 1:

Apply online

Our new online enrolment process makes it easier and faster to enrol your child at your local school.

To apply online, you must:

- be an Australian or New Zealand citizen or permanent resident
- live in the local enrolment area of this school.

Apply for enrolment online .

If you are not eligible to use the online form or prefer not to, you can download an [Application to enrol form](#)

STEP 2:

Collect the following documents which are required to support your child's enrolment at our school:

- Proof of student's residential address as per 100 point check.
- Birth certificate and proof of citizenship by way of passport.
- Australian Immunisation Register (AIR) Immunisation History Statement.
- In addition any other documents required as per the checklist on page 15 of the Application to enrol.

STEP 3:

The following documents must also be provided to the school at the enrolment appointment:

- [**Special Religious Education and Special Education in Ethics Participation letter**](#)
- **P&C class communication permission note**
- **Walking to Tania Park**

GETTING TO AND FROM SCHOOL

Walking bus

The P&C operate the walking school bus. If you are interested please register at bhpswalkingbus@gmail.com. Further information is available on our website:

balgowlah-p.schools.nsw.gov.au/supporting-our-students/walking-bus.html

- Route 1 - Ernest St to BHPS (Wednesday morning)
- Route 2 - Willawa St to BHPS (Tuesday and Wednesday morning)
- Route 3 - Corner White/Wanganella Streets (Monday morning).

Bicycles | scooters

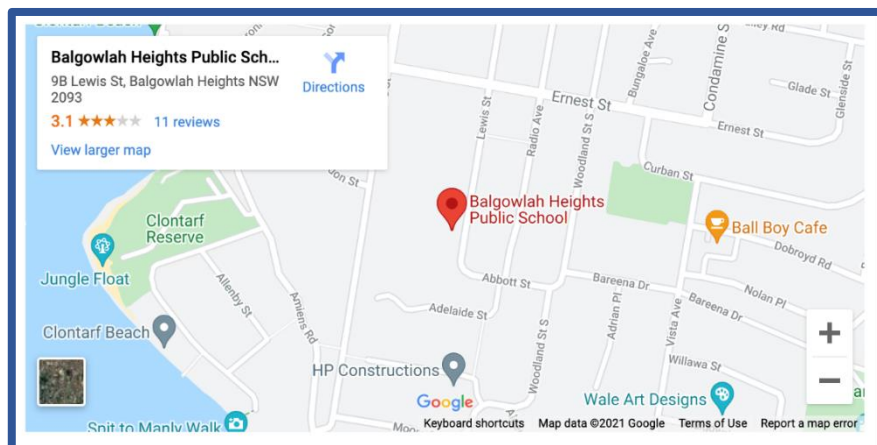
- Parents and carers are responsible for students who ride their bicycles to school. Students who travel to school by bicycle must wear the approved safety equipment and bicycles must be in roadworthy condition. It is also expected that students travelling by bicycle will wear full school uniform except for the school hat.
- For the safety of all students, bicycles are not to be ridden in the school playground at any time. During school hours bicycles are to be stored in the bike racks provided.

The NSW Department of Education recommends that students under 10 years of age do not ride bicycles to or from school unless accompanied by an adult. For further information please refer to education.nsw.gov.au/road-safety-education



LOCATION AND TRANSPORT

Balgowlah Heights Public School | 9B Lewis Street Balgowlah Heights NSW 2093



Kiss and Drop

The school is located in a 40km school zone where a 40km speed limit applies for the hours of 8:00 – 9:30am and 2:30 – 4:00pm on school days. There are 'No Stopping' signs either side of the children's pedestrian crossing and bus zones in Lewis Street and either side of the children's crossing in Radio Avenue and the pedestrian crossing in Ernest Street. A School Crossing Supervisor monitors the Lewis Street crossing before and after school.

There are limited car parking spaces available in Lewis Street and Radio Avenue and further along in Ernest Street. Kiss and Drop Zones are located outside the school in Lewis Street and Radio Avenue where parents/carers are allowed to stop for no more than 2 minutes to drop their children off and drive away. Please note drivers must stay with their vehicle at all times.

Travelling by bus

Bus routes Keolis Downer Northern Beaches buses accommodate school students. For further information, please contact State Transit INFOLINE 131500 or visit their website: transportnsw.info/school-students

TIME	ARRIVAL DEPARTURE	BUS NUMBER
8.46am and 3.13pm	Lewis Street West Side	162

Bus passes

Students, parents or carers applying for a School Opal card will need to nominate **Keolis Downer Northern Beaches** as their bus operator.

Students with an existing School Opal card will automatically have Keolis Downer Northern Beaches added to their travel entitlement.

If you have any questions or concerns, please reach out via transportnsw.info/contact-us/feedback/fares-concessions-tickets-feedback

Bus conduct

Students are expected to abide by the [rules of Transport for NSW Code of Conduct](#) relating to travel on buses and follow the directions of the bus driver when getting on the bus, travelling on the bus or getting off the bus.

LOST PROPERTY

Lost property

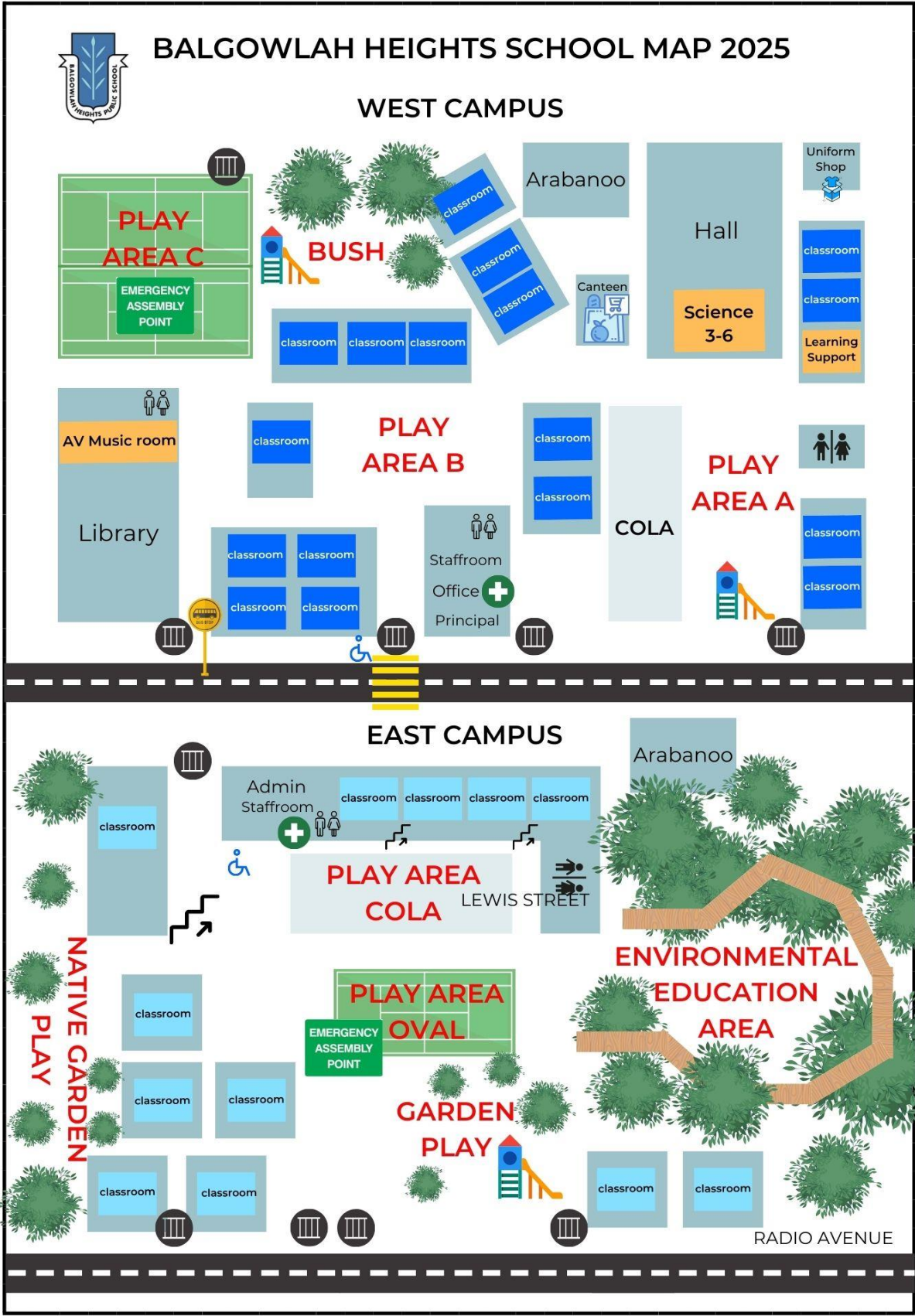
A lost property collection box is located on each campus and lost property is kept until the end of each term. Unclaimed items remaining at the end of term that are not labelled are laundered and placed in the second-hand section of the uniform shop. Non-uniform items are placed in a recycled clothing bin.

Parents/carers are requested to clearly label all items, including second hand items, so that they can be returned to their owners.

OUR STAFF

- Principal
- Deputy Principal Years K to 2
- Deputy Principal Years 3 to 6
- Assistant Principals
- Classroom Teachers
- Teacher Librarians
- Enrichment Teacher
- Learning and Support Teachers
- Music Teacher
- Science Teachers
- PE Teacher
- Wellbeing Teacher
- School Psychologist
- School Administrative Manager
- School Administrative Officers
- School Learning Support Officers
- School Administrative Officer - Library
- General Assistants





UNIFORM SHOP

Uniform Shop

The school encourages students to wear the appropriate school uniform. Summer uniform is worn in Terms 1 and 4 and Winter uniform is worn in Terms 2 and 3.

SUMMER UNIFORM TERMS 1 AND 4	Blue check dress Navy skort Blue shorties (for under dress) Blue polo shirt with school emblem Navy shorts Navy blue short socks Navy jumper or polar fleece Black Shoes* Broadbrim school hat BHPS check headband, scrunchie, bobbles or royal blue headband
WINTER UNIFORM TERMS 2 AND 3	Grey plaid skirt Years 3-6 Grey plaid princess-line tunic Years K-2 Blue polo shirt with school emblem Blue Peter Pan collar shirt Navy long pants Navy blue short socks Navy jumper or polar fleece Black Shoes* Broadbrim school hat BHPS check headband, scrunchie, bobbles or royal blue headband
SPORT UNIFORM	Royal blue sport shorts Navy tracksuit pants Years K-2 Sports shirt with school emblem White short socks Broadbrim school hat Joggers*

Note: Items marked (*) are not available from the Uniform Shop.

The Uniform Shop provides all the students' uniform clothing, including school bags and library/excursion bags, at cost competitive prices.

The shop is open on Tuesdays 8:30 - 9:30am and on Thursdays 2:30 - 3:30pm. Orders can be placed via the Spriggy Schools App for current students only.

More information about the Uniform Shop is available on the school's website: balgowlah-p.schools.nsw.gov.au/about-our-school/uniform-shop.html

COMMUNICATION

The school promotes open communication, respect, fairness and positive relationships.

Website	General information about the school including school calendar balgowlah-p.schools.nsw.gov.au
Seesaw Family	The purpose of Seesaw family is to provide you with communications, your child's learning goals and examples of your child's work (e.g. photos, videos, work samples, drawings and voice recordings). The messages and work will be shared with you and other family members (up to 10 persons) privately and you have the opportunity to comment if you wish.
Newsletter	Information about what is happening at the school along with school community activities and initiatives. It is distributed electronically via email and hard copies of the newsletter are available from the Western Campus Administration Office. The Heights newsletter is emailed and uploaded to the website every Wednesday.
Interviews	Interviews can be requested if required by emailing or completing the form on the BHPS website .
Email	Newsletter, Statement of Account, excursion, incursions and general messages.
Class Communication Coordinator	The Class Communication Coordinator is a volunteer who manages a class contact/email list for the purpose of communicating school and parents and citizens (P&C) information. The distribution list is not used for social purposes or to promote personal business or fundraising information. They distribute the '3 from the P&C' weekly P&C update via email.



ABSENCES: General | Sick | Holidays

Parents and carers are required to explain the absences of their child from school within seven days from the first day of absence to the school.

For absences of 1-9 days, an email should be sent to the school via the school email advising the reason for the student's absence or a note can be provided to the teacher upon the student's return.

For absences of 10 or more school days, the [Application for extended leave – travel](https://www.balgowlaht-p.schools.nsw.gov.au/content/dam/doe/sws/schools/b/balgowlaht-p/forms/Application_for_Extended_Leave.pdf) which is available on the school's website should be completed and submitted to the Principal with a copy of your travel documents and/or itinerary prior to the absence. Please remember to inform your child's class teacher of your travel arrangements. [p.schools.nsw.gov.au/content/dam/doe/sws/schools/b/balgowlaht-p/forms/Application_for_Extended_Leave.pdf](https://www.balgowlaht-p.schools.nsw.gov.au/content/dam/doe/sws/schools/b/balgowlaht-p/forms/Application_for_Extended_Leave.pdf)

ABSENCES: Late Arrivals | Early Pickups

All late arrivals/early pickups must be completed at the Western Campus Office only. This must be done at the office first in order to receive a note that is then taken to the classroom teacher. This partial absence is automatically noted on the class roll. An adult **MUST** present to the Administration Office to either log a student as arriving late or if early pickup is required.

Class Information Night

Early in Term 1 parents and carers are invited to attend a class information meeting which provides an opportunity to meet the teacher and other class parents. The teachers will provide an overview of the curriculum, an activity calendar specific to your class and answer your questions. These meetings form an important communication link between the home and the school.

Class Communication Coordinator

Each term, one or two parents of students in each class will volunteer to be a Class Communication Coordinator. Their role is to keep you informed about class activities which may include messages from the teacher, class social events and information about parent and community activities. These parents are also a great source of information about the school generally and are there to assist you with settling into the school.

The Class Communication Coordinators form a class contact/email list so they can communicate class/school fundraising information to you.

They distribute the P&C newsletter 'In the Loop' weekly via email.

The department requires volunteers to complete the following form:

policies.education.nsw.gov.au/policy-library/associated-documents/child-related-work-volunteers-contractors-declaration-wwcc.pdf

Volunteers are required to show one government-issued photo identity document with full name, date of birth and current residential address and, if relevant, one change of name document. The Department may verify any document with the issuing authority.

COMMUNICATION

Contacting the School - A guide for parents and carers

This guide is to assist you in contacting our school if you have an enquiry. In most instances your child's teacher would be your contact point and be pleased to assist.

Early Pickup

If your child is being collected early by someone other than yourself, please email or call the school office on the morning of the early departure, giving your permission, the name of the person collecting your child and the approximate time of collection.

If a situation arises during the day which necessitates a change of arrangements, please contact the Administration Office to inform them of the changes.

Emergencies

Please call the Administration Office on 9948 2225 if an emergency changes the normal pickup procedures for your child. If the emergency occurs in the afternoon before pickup time, students will be encouraged to wait for collection in the Western Campus Administration Office.

Emergency Contact Details

Emergency contact details are to be provided at time of enrolment. In the event of an accident the school will use this information to inform either parents/carers or their emergency contacts. Please inform the Administration Office via email of any changes to your contact details.

Parent Teacher Meetings

Parent Teacher meetings are held on a regular basis at the school.

Term 1	Class information night parent-teacher interviews
Term 2	Student reports
Term 3	Teacher interviews on request
Term 4	Student reports

Parents and carers may request an interview at any time. [Request an interview with class teacher](#) form via the [school website](#).

Student Reports

Student reports are provided at the end of Term 2 (Semester 1) and Term 4 (Semester 2). These reports assess a student's performance over the semester in specified outcomes in each key learning area. Reports are based on a student's development within a stage:

Early Stage 1	Kindergarten
Stage 1	Years 1 and 2
Stage 2	Years 3 and 4
Stage 3	Years 5 and 6

Term Overviews

The Overview will detail the topics and concepts the students will be studying during the term. Please note the Overview is a guide and the topics and concepts may vary.

STUDENT HEALTH AND SAFETY

First aid

Students with minor injuries are treated by school staff. Parents and carers or a nominated contact person, will be notified if medical attention is necessary. Please ensure the school always has a current telephone number for emergency calls.

Immunisation

NSW Health recommends that all children entering school be fully immunised and have booster shots against Diphtheria, Tetanus, Pertussis (Whooping Cough), Polio, Measles, Mumps and Rubella prior to school enrolment.

At enrolment the school will request an Immunisation History Statement to be provided. In cases where this cannot be provided, the child will be enrolled but will be excluded from school during those periods where there are a number of students infected with the above diseases.

Infection, disease and exclusion periods

The NSW Department of Education requires that students with infectious diseases are excluded from school.

For more information please refer to the NSW Government website on infectious diseases at: health.nsw.gov.au/Infectious/factsheets/Pages/childhood.aspx

DISEASE	PERIOD OF EXCLUSION FROM SCHOOL
Chicken Pox	7 days after the first spots appear or when scabs have fallen off.
Conjunctivitis	Exclude until discharge from the eyes has ceased.
COVID-19	Not to attend with cold/flu like symptoms. Negative COVID-19 test required to return to school.
German Measles	7 days after appearance of rash.
Head Lice	Parents/carers of students affected will be contacted by the school. When a case is detected the school will also notify all students in the affected class. No exclusion from school.
Ringworm	Exclude until all evidence has disappeared.
Viral Hepatitis	Exclude until medical certificate of recovery has been received.
Whooping Cough	Infectious children are restricted from going to school until the first 5 days of special antibiotic has been taken.

STUDENT HEALTH AND SAFETY

Medical history

If there are any changes to your child's medical history and/or treatment, please advise the Western Campus Administration Office in writing.

Medication

Medication to be administered during school hours should be given to the Western Campus Administration Office with a Permission to Administer Medication Form. The prescribed medication must be contained in a pharmacy labelled container detailing the student's name and the prescribed dosage.

All medical forms are available at the Western Campus Administration Office or on the school website:

balgowlaht-p.schools.nsw.gov.au/supporting-our-students/student-health-and-safety/medication.html

Medication not prescribed by a doctor will NOT be administered at school. The school will not receive any medication without a signed form.

Students are not permitted to keep medication with them or to self-medicate.

Food allergies

While the school strives to be a 'nut free' environment, the school cannot guarantee it is free of allergy producing products.

The school urges students, parents and carers not to send high risk foods to school. All parents and carers are required to provide accurate, current medical information to the school, including medical plans for the management of severe food allergies.

Staff are informed as to the medical conditions of potential anaphylactic and other severe food allergic students and are trained in anaphylaxis awareness, including the use of Epi-Pens.



STUDENT HEALTH AND SAFETY

Playground Equipment

Playground equipment is for the students use only during school hours under teacher supervision.

Sunsmart

The school implements the Cancer Council's recommendations including developing positive attitudes towards skin protection, lifestyle practices which can help reduce the incidence of skin cancer and taking personal responsibility for decision-making about skin protection. The school expects students to wear the broadbrim hat all year round. Students who do not have their hat will be required to play under the covered outdoor learning area (COLA).

Supervision of Students

Teachers supervise students from 8:35am at school in Area A on the Western Campus and under the COLA on the Eastern Campus.

All students are expected to leave the playground at 3.05pm unless engaged in an activity conducted under the auspices of the school.

Staff remain with students until students leave or are collected. If a student is not collected by 3:15pm they are taken to the Western Campus Administration Office.

Where there has been some urgent or unforeseen circumstance, arrangements for collection of the student will be made by the school with one of the nominated emergency contact adults. Families are advised to register their child with Arabanoo (Before and After School Care) in case of urgent or unforeseen circumstances.



LEARNING AT OUR SCHOOL

CURRICULUM

Information regarding the K to 6 syllabuses can be found on the National Education Standards Authority's (NESA) website at:

educationstandards.nsw.edu.au/wps/portal/nesa/home

The six key learning areas (KLAs) in primary school are:

1. **English**
2. **Mathematics**
3. **Human Society and its Environment (History and Geography)**
4. **Science and Technology**
5. **Personal Development, Health and Physical Education**
6. **Creative Arts**



LEARNING AT OUR SCHOOL

ADDITIONAL CURRICULUM ACTIVITIES

Enrichment program

The Enrichment program is provided for students of high mathematical ability. The program supports the school's differentiated, mathematics curriculum. Students attending the Enrichment program learn higher order thinking skills and problem solving strategies in mathematics.

Excursions | Incursions

Excursions/Incursions provide stimulus and enrichment for class learning programs. The assistance of helpers during class excursions is greatly appreciated. As required, teachers will request volunteers to assist with excursion organisation.

Prior to each excursion or incursion, a permission note explaining the nature of each excursion | incursion and cost is emailed to parents and carers.

Unless otherwise stated, students must wear full school uniform when attending an excursion/incursion.

High potential gifted education

The school caters for the needs of gifted and talented students in a variety of ways, including:

- Differentiated lessons
- Enrichment program
- Participation in arts festivals, dance groups and music, drama and debating camps
- English, mathematics, writing, spelling and science competitions
- Tournament of the Minds
- District and state competitions including sport, creative arts, poetry and debating
- Special interest groups
- Talent quests
- Involvement in and support of out-of-school hours classes and workshops

For more information visit:

education.nsw.gov.au/teaching-and-learning/high-potential-and-gifted-education

Homework

The school supports the concept of homework for all ages. In the beginning stages of schooling most activities will be based on home reading and simple activities related to gathering information for class discussions. Activities are age dependent and become more structured as the student moves through the different stages of their education.

Most homework activities will be related to the areas of English and mathematics. However, students will receive homework from other key learning areas on occasions.

LEARNING AT OUR SCHOOL

ADDITIONAL CURRICULUM ACTIVITIES

Learning and Support

The school runs specialised programs for students requiring additional support with their classwork. Programs include individual, group and whole class support with a specialist learning and support teacher. Programs are personalised to support students' literacy, numeracy and social skills development. Specific evidence based programs include; Macquarie University literacy intervention programs (MiniLit, MultiLit and MacqLit) and QuickSmart Maths. The learning support programs are monitored by the school's Learning and Support team.

Library

The Library is the resource centre of the school and is open Monday to Friday. It aims to develop a passion for reading through literature lessons and assist in the development of information skills throughout the school.

Each class has a weekly literature | research lesson during which time students borrow and return books. Students need a library bag to protect books during transit from school to home. Loans are for one week only. The cost of damaged or lost books are required to be reimbursed to the school.

The library is open for borrowing before and after school. For more information visit our website:

balgowlah-p.schools.nsw.gov.au/learning-at-our-school/library.html

Music

Students from K to 6 attend weekly music lessons with a specialist teacher, as part of the school's Creative Arts program.



LEARNING AT OUR SCHOOL

ADDITIONAL CURRICULUM ACTIVITIES

Opportunity Class

Opportunity classes are available for academically gifted and talented students in Years 5 and 6.

Each year the school has an intake of 15 Year 5 students. To qualify for this intake students must sit an external academic examination in Year 4 and be selected to attend the class.

Parents and carers of Year 3 students receive information about applying online towards the end of Term 4. Placement outcome information is sent mid-October. Successful students and their parents and carers are then invited to attend an orientation information morning prior to commencing school the following year.

The opportunity classes are integrated into the Stage 3 program and leadership structures.

For more information visit the website:

education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-5

Physical Education (PDHPE)

Students from K to 6 attend weekly physical education lessons with a specialist teacher, as part of the schools PDHPE Program.

Special religious education and special education in ethics classes

Trained volunteers visit the school for half an hour each week on Tuesday and parents and carers are asked to indicate which class they would like their child to attend when they enrol. Currently, classes are offered in:

- Catholic
- Protestant
- Ethics

A non-scripture group is also available for students whose parents and carers prefer they be exempt.



LEARNING AT OUR SCHOOL

ADDITIONAL CURRICULUM ACTIVITIES

Sport

Sport is an integral part of the school's Personal Development, Health and Physical Education (PDHPE) curriculum and students of all ability levels are catered for through the school's sport programs.

The school is a member of the Manly Primary School Sports Association (PSSA). This association consists of 12 local public schools and organises zone carnivals and competitions including the Friday afternoon competitive sports program for students in Years 4 to 6. Students not involved in PSSA competitions participate in the school sport program. The program emphasises games skills training and encourages a positive attitude towards sport.

School carnivals are held during the year for Swimming, Cross Country and Athletics. Selected students from school carnivals proceed to Manly Zone carnivals then to Sydney North Regional carnivals and finally to State and National championships.

Students are grouped into four sport 'houses'. Siblings are placed in the same house. The four houses are:



Sustainability and environmental education

There is a strong emphasis on sustainability and environmental education. The school is diligent in recycling paper, hard/soft plastics and e-waste. The student sustainability monitors run the waste management program. A whole-school approach reinforces what students learn in classrooms.

The school's Discovery Trail Boardwalk located on the Eastern Campus provides students with a unique opportunity to learn about the environment while the school's garden clubs and various initiatives ensure environmental education and sustainability remain a focus at the school.

Technology

Students have access to a wide range of technology in both the classroom and the library. Students have access to iPads and laptops to support them in their learning within the classroom.

Use of the internet and online communication services provided by the NSW Department of Education is intended to provide a secure and safe environment for communication and for research and learning.

Year 2 Swimming

Students in Year 2 attend a two week intensive swimming program during Term 4.

LEARNING AT OUR SCHOOL

EXTRA CURRICULAR ACTIVITIES

Band

The school's band program comprises of three bands open to students in Years 3 to 6:

- Junior band
- Senior band
- Concert band

Each of the bands has a Band conductor, a paid professional who oversees the musical development of the Band.

At the beginning of each year all players undergo an assessment to determine instrument/s for which they are most suited.

Students who wish to participate in band must be prepared to devote out of class time to tutorial lessons for their instrument as well as band rehearsals. The bands rehearse twice a week, either before or after school or during lunchtime.

The bands perform at school events, during assemblies, Education Week performances and the school's performance evening along with a number of community-based concerts.

More information about the band is available on the Balgowlah Heights Band website: bhpsband.com

Chess

Chess club is open to all students in Years 3 to 6. Tuition is provided by Sydney Academy of Chess and there is a fee to cover the cost of coaching. For more information see:

sydneyacademyofchess.com.au

Choir

The school has three stage-based choirs:

- Stage 1 Choir (Years 1 and 2 students)
- Junior Choir (Years 3 and 4 students)
- Senior choir (Years 5 and 6 students)

The choirs are not audition based and students who enjoy the experience of choral singing are encouraged to join.

Students who are a member of a choir are required to attend weekly rehearsals and perform throughout the year at a number of school functions including assemblies, Education Week performances and the school's ensemble evening. Students who are members of Stages 2 and 3 choirs may also be given the opportunity to participate in choral festivals.

LEARNING AT OUR SCHOOL

EXTRA CURRICULAR ACTIVITIES

Dance ensembles

The school has two dance ensembles:

- Junior Dance ensemble for students in Years 3 and 4
- Senior Dance ensemble for students in Years 5 and 6

Annual auditions are conducted for places in both ensemble programs. Throughout the year the ensembles perform at school programs, community events and audition for the Sydney North Dance Festival.



Debating

Students in Years 5 to 6 are able to participate in the school's debating program. Students who demonstrate an aptitude and express an interest in debating may also be selected for interschool competitions such as the NSW Premier's Debating Challenge Competition.

For more information see:

artsunit.nsw.edu.au/speaking-competitions/debating

Tuition is provided by Masters Academy and there is a fee to cover the cost of coaching. For more information see: mastersacademy.com.au

Drama

The school provides opportunities for interested students to laugh, create, improvise and perform. Performance opportunities vary each year and students are required to audition for parts. Some groups may audition for the Arts Alive Drama Festival.

LEARNING AT OUR SCHOOL

EXTRA CURRICULAR ACTIVITIES

High school placements

Local high school placement is affected by a zoning system and Expression of Interest forms are distributed to all students in Year 6 in February/March.

A Selective High School Information email is distributed to Year 5 students in October. The selective high school placement testing is conducted in March of the following year and parents and carers are notified early July of the outcome.

Public speaking

Students in Years 3 to 6 are given the opportunity to participate in school and interschool public speaking programs and represent the school annually in the Bear Pit Speaking Competition and the regional Multicultural Public Speaking Competition.

Recorder ensemble

The school has a recorder ensemble comprising of students from Years 3 to 6. The recorder ensemble rehearses weekly.

String ensemble

The school has two string ensembles. The Beginner Strings comprises of students from Years K-1 and the Intermediate Strings comprises of students from Years 2 to 6. Both ensembles rehearse weekly.

Tech club

Students in Year 2 are provided the opportunity to participate in a lunchtime Tech club. Students learn how to navigate iPad/computer applications and learn simple coding using Bee-bot robots.

Students apply the skills learnt in Tech club to support the use of technology in the classroom.



WELLBEING

Student wellbeing

Balgowlah Heights Public School's student wellbeing policy reflects the Department's commitment to creating quality learning opportunities for students to build on their individual strengths enabling them to Connect, Succeed and Thrive in their lives.



The school is committed to providing a safe, secure and happy environment which encourages each student to:

- be actively connected to their learning, have positive and respectful relationships and experience a sense of belonging to their school and community
- be respected, valued, encouraged, supported and empowered to succeed
- grow and flourish, thrive and prosper.



Anti-bullying plan

Students attend school to participate in quality education that will help them to become self-directed, lifelong learners who can create a positive future for themselves and the wider community. We do not tolerate bullying in any form.

Any inappropriate behaviour that hinders teaching and learning at the school and interferes with the wellbeing of students cannot be accepted. Students, teachers, parents, carers and members of the wider school community have a shared responsibility to create a safe and happy environment, free from all forms of bullying. All students have the right to feel safe and be respected as equally as unique human beings.

The school is proactive in its approach to building a happy, safe, friendly climate where all students work towards the common goal of learning and tolerance in a safe environment. This is reflected in the school's 'Student Welfare' policy and the teachers' active and on-going commitment towards thorough supervision, professional development, classroom management and teaching.

For more information on anti-bullying strategies for NSW public schools refer to the department's Bullying: Preventing and Responding to Student Bullying in Schools Policy.

education.nsw.gov.au/policy-library/policies/bullying-of-students-prevention-and-response-policy

Assemblies

K to 6 school assemblies acknowledge students who demonstrate the school expectations. Several Years K to 2 and Years 3 to 6 assemblies are held throughout each term. Recognition Assemblies are held on the last Monday morning of Terms 1, 2 and 3 and the second last Monday of Term 4.

Information about school assemblies is published in the school newsletter. Parents and carers are welcome to attend each of our assemblies.

Buddies

A class 'buddy' system operates between classes to support younger students and develop leadership skills in older students. Buddy classes meet once a term to undertake a variety of activities such as:

- play games together
- write and read stories together
- art and craft activities
- combined technology lessons
- gardening together



Cyber safety

The internet provides an opportunity to enhance students' learning experiences by providing access to information. Online communication also links students to a collaborative learning environment. When accessing the internet students are expected to adhere to the NSW Department of Education Online Communication Services: acceptable usage for school students.

policies.education.nsw.gov.au/policy-library/policies/pd-2020-0471

The school also teaches students the information and communication skills necessary to use the internet effectively and appropriately including how to be cyber safe using the Digital Citizenship toolkit digitalcitizenship.nsw.edu.au to empower your child to understand how their online behaviour affects themselves and others. Students are asked to complete a Digital Citizenship contract:

balgowlah-p.schools.nsw.gov.au/content/dam/doe/sws/schools/b/balgowlah-p/forms/2020/K-6_Digital_Citizenship_Contract.pdf

Mobile phones/Smart Watches

Mobile phones or smart watches are the only items of electronic equipment to be brought to school.

- The phone must be turned off at the school gate and put away immediately.
- The phone must be off all day and only be turned on when leaving the school grounds or when the parent/carer has assumed responsibility of their own child.
- Smart watches must be set to school mode.
- The school will not take responsibility for any loss or damage of the phone or smart watch while at school.



WELLBEING

Positive Behaviour for Learning (PBL)

Underpinning the school's student wellbeing framework is the Positive Behaviour for Learning program. The program is a school-wide system for defining, teaching and supporting students. The program supports a positive environment in which learning and student engagement is enhanced through consistent expectations. It incorporates a continuum of practices that include:

- school-wide expectations
- formal instruction in social skills
- helping students to regulate their own behaviour
- pro-active supervision in all areas of the school
- regularly rewarding positive student behaviours.

	At BHPS we:
RESPECT	• Be polite and kind to others • Be an active listener • Encourage and allow others to learn • Follow instructions
RESPONSIBILITY	• Be accountable for our own behaviour • Show leadership by being a good role model • Care for our property and property belonging to others and our school • Consider others and behave safely
PERSONAL BEST	• Be the best we can • Be an active listener • Have a positive attitude towards challenges • Learn from our experiences

WELLBEING

The PBL program is designed to develop positive behaviours through concepts of resilience, self-discipline, responsibility, good judgement and interaction.

Students who display the PBL values in an exceptional way earn Merit Certificates. When students collect the required number of Merit Certificates, they will receive a Bronze, Silver and Gold Award respectively. The system will reset at the beginning of each school year.

School Support Dog

Our school enjoys the services of an education support dog, named Buddy. Buddy is a cavoodle who visits classrooms, groups of students or might welcome you at the gate.

Buddy's wellbeing and the wellbeing of all our students and community is based on the Department of Education's Animal Welfare Guidelines.

You are welcome to contact our school for further details.



School Psychologist

The School Counsellor assists with programs for students with additional needs and special school placements. All appointments with the School Counsellor are made through the Learning and Support team.

Wellbeing Teacher

The Wellbeing Teacher initiates, facilitates and implements K-6 BHPS evidence-based Wellbeing programs and initiatives to enhance student wellbeing.

STUDENT LEADERS

School Leaders

The school's Student Leadership Program is aimed at providing extensive opportunities for all Year 6 students to develop skills of cooperation and teamwork to enhance personal confidence, promote high self-esteem and develop a sense of pride in oneself and the school. In Year 6, 12 School Leaders are elected by their peers and perform duties such as:

- conducting assemblies
- organising Student Representative Council (SRC) meetings
- welcoming and thanking visitors
- assisting staff performing school duties
- assisting staff and executive with special days and ceremonies.

Class Patrons

Another opportunity for student leadership for Year 6 students, who are not School Leaders, is the role of Class Patron. Class Patrons are chosen through an application process and are allocated classes from Years K to 2 as helpers for the year. Class Patrons also play an active role in SRC meetings by assisting their class representatives during the meeting.

House Captains

House Captains are elected by the Sporting Houses in the school. There are two House Captains and two House Vice Captains per house and they perform duties on special sporting days and carnivals. House Captains also organise sporting equipment, lunchtime activities and games.

Monitors

Students in Year 6 are given the opportunity to fill a variety of alternate and inclusive leadership roles with the school. These roles include Library Monitors, Flag Monitors, Sound Monitors and Sustainability Monitors. As a Monitor, students are given the opportunity to develop the skills, values and attitudes needed for effective student leadership, to learn new skills, to work with others and to contribute to their school in a meaningful way.

Student Representative Council (SRC)

The SRC is run by the 12 School Leaders and provides a forum where students K to 6 can have a voice in the organisation and running of the school. Three leaders are in charge of each of the SRC committees:

- Community care and charity
- Grounds and environment
- Sport, health and safety
- Culture, leisure and technology

Every class in the school is represented by two SRC members who are elected from their class. The members attend meetings in the hall where they discuss and vote on suggestions made from the school student body.

Each year the school supports a selected number of charities and holds various fundraising activities

CONTRIBUTIONS AND FUNDING

The NSW Department of Education provides an annual allocation of funds to assist the school to manage the costs associated with its operation.

Participation in additional or co-curricular activities provided to enrich the teaching and learning programs are not necessarily covered in this allocation and incur additional costs. Therefore, the school asks parents and carers to assist with funding these activities to ensure students benefit from a well-rounded education.

School and other contributions

School contributions are collected for the purpose of funding general classroom equipment and specific resources for each of the key learning areas.

Each semester the school will ask families to pay a school contribution which provides funding for additional materials for use in the classroom, technology contribution, sport contribution and additional programs.

At the beginning of each semester the cost of your child's participation in specific activities is invoiced on a cost-recovery basis. Specific activities may include competitions, excursions, incursions, dance, choir and drama participation costs, sporting opportunities and visiting artists.

Preferred method of payment

The school's preferred method of payment is online through the School Bytes parent app. Where it is necessary to forward money to school it should be in an envelope marked with your child's name and class, as well as the purpose for the payment.

Please note school receipts issued should be kept as proof of payment and for eligible taxation claims (refer Australian Taxation Office).

Parents and citizens (P&C) voluntary contribution | donation

The majority of funds raised by the parent community is via a voluntary contribution which is included in the school statement of account. The voluntary contribution funds the Learning and Support and Enrichment programs, technology and library resources, and playground improvements.

There is an annual 'tax deductible' donation to the school's Building Fund which is communicated to parents and carers by the P&C.

(Note this is different to the voluntary contribution.)



PARENT INVOLVEMENT

Parents' and Citizens' (P&C) association

The school has an active Parents' and Citizens Association. The association meets twice a term and provides a forum where parents and carers can participate in discussing matters of interest and work with staff to make key decisions about the school.

The Annual General Meeting is held in Term 4 and notices of meetings are provided through the school's newsletter and through the class network.

The P&C raises funds which are used to implement additional school programs and purchase resources in the following ways:

Fundraising

The majority of funds raised by the community is via a financial contribution. There is an annual 'tax deductible' option (this is different to the school contribution). The funds raised through this voluntary contribution system go into the P&C General Fund and are used to support learning programs, purchase of new technology or other resources and upgrades to school grounds. Families can also support the school by making a tax-deductible donation to the P&C Building Fund which can only be used to support school building projects.

Grants

The P&C actively look for appropriate grants to apply for which will assist with funding of projects dependent upon the grant criteria and the school's priorities.



PARENT INVOLVEMENT

Services

Parent and community volunteers operate and manage services provided to school families such as Canteen, Uniform Shop, Arabanoo and Band.

Volunteering

The school welcomes volunteers. Opportunities for volunteering are regularly communicated through the newsletter. Opportunities to volunteer also exist in the school's canteen, uniform shop, class activities, school carnivals, gardening and working bees, P&C organised activities and class communication coordinators.



Class communication coordinator

Each semester, one or two parents of students in each class volunteer to be a Class Communication Coordinator. Their role is to keep you informed about class activities which may include messages from the teacher, class social events and information about parent and community activities. These parents are also a great source of information about the school generally and are there to assist you with settling into the school.

The Class Communication Coordinators form a class contact/email list so they can communicate class/school fundraising information to you.

They distribute the P&C update '3 from the P&C' weekly via email.

The department requires volunteers to complete the following form:

policies.education.nsw.gov.au/policy-library/associated-documents/child-related-work-volunteers-contractors-declaration-wwcc.pdf

Volunteers are required to show one government-issued photo identity document with full name, date of birth and current residential address and, if relevant, one change of name document. The Department may verify any document with the issuing authority.

Contacting the P&C

For more details on these volunteer positions, please go to the P&C section of our school website:

balgowlah-p.schools.nsw.gov.au/supporting-our-students/parents--carers-and-the-community.html



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