



# Burwood Heights Primary School



Primary Years  
Programme

Issue 17

Thursday 20<sup>th</sup> October, 2022

Burwood Heights Primary School's goal is to educate the whole child.  
Our students are at the heart of everything we do.

THURSDAY	20 <sup>TH</sup> OCTOBER	ART SHOW
MONDAY	24 <sup>TH</sup> OCTOBER	SCHOOL COUNCIL
WEDNESDAY	26 <sup>TH</sup> OCTOBER	PERFORMING ARTS PRESENTATION PREP 2023 TRANSITION SESSION
THURSDAY	27 <sup>TH</sup> OCTOBER	JUNIOR SCHOOL EXCURSION TO CERES
TUESDAY	1 <sup>ST</sup> NOVEMBER	MELBOURNE CUP DAY – STUDENT FREE DAY
SATURDAY	5 <sup>TH</sup> NOVEMBER	FIRST BILLY CART WORKSHOP –
MONDAY	7 <sup>TH</sup> NOVEMBER	NATIONAL RECYCLING WEEK
FRIDAY	11 <sup>TH</sup> NOVEMBER	REMEMBRANCE DAY
SATURDAY	12 <sup>TH</sup> NOVEMBER	SECOND BILLY CART WORKSHOP
THURSDAY	17 <sup>TH</sup> NOVEMBER	PREP 2023 INFORMATION NIGHT
FRIDAY	18 <sup>TH</sup> NOVEMBER	BILLY CART RALLY AND COLOUR RUN
MONDAY	21 <sup>ST</sup> NOVEMBER	EDUCATION, PERSONNEL AND SERVICES SUB- COMMITTEE MEETING
TUESDAY	22 <sup>ND</sup> NOVEMBER	JUNIOR SCHOOL SPORTS
WEDNESDAY	23 <sup>RD</sup> NOVEMBER	FINANCE, FACILITIES AND RESOURCES SUB- COMMITTEE MEETING
THURSDAY	24 <sup>TH</sup> NOVEMBER	SENIOR SCHOOL EXHIBITION
FRIDAY	25 <sup>TH</sup> NOVEMBER	PREP 2023 TRANSITION SESSION
SATURDAY	26 <sup>TH</sup> NOVEMBER	STATE ELECTIONS
MONDAY	28 <sup>TH</sup> NOVEMBER	SCHOOL COUNCIL PREP AND JUNIOR SCHOOL SWIMMING PROGRAMME COMMENCES SPEECHES FOR 2023 LEADERSHIP POSITIONS
FRIDAY	9 <sup>TH</sup> DECEMBER	2023 SCHOOL LEADERS ANNOUNCED
TUESDAY	13 <sup>TH</sup> DECEMBER	YEAR 6 S-7 ORIENTATION DAY
WEDNESDAY	14 <sup>TH</sup> DECEMBER	YEAR SIX GRADUATION
FRIDAY	16 <sup>TH</sup> DECEMBER	CURRICULUM DAY
TUESDAY	20 <sup>TH</sup> DECEMBER	LAST SCHOOL DAY OF 2022 – SCHOOL DISMISSAL 1.30 P.M.



Phone: 9803 8311

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## **FROM THE PRINCIPAL**

### **REMEMBRANCE DAY 11<sup>TH</sup> NOVEMBER**



#### ***LEST WE FORGET***

The Remembrance Day service will be conducted by the students on Friday 11<sup>th</sup> November at 11.00am. Parents and friends are welcome to attend our service. The choir will introduce the service through song and student leaders will briefly outline the significance of this day and how fighting in World War 1 stopped on the 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month in 1918.

The placing of flowers by the students around the flag- pole and the playing of “The Last Post” will complete the Remembrance Day ceremony.

Many Australians stop what they are doing at exactly 11.00am in their local times on November 11<sup>th</sup> each year to dedicate a minute of silence for those who died in war, especially soldiers from as far back as World War I. Those who join in this act of remembrance include teachers, students, politicians, and workers of public and private sector enterprises.

This ceremony marks the hundred and first anniversary of the armistice, (which meant “the putting down of weapons”), in commemoration of the end of hostilities of the Great War (World War 1). On the first anniversary of the armistice, in 1919, one minute's silence was instituted as part of the main commemorative ceremony. After the end of World War II in 1945, the Australian and British governments changed the name from Armistice Day to Remembrance Day as an appropriate title for a day which would commemorate all war- dead.

Remembrance Day in Australia is dedicated to Australians who died as a result of war, particularly from World War I onwards. A minute of silence is dedicated to the deceased, especially for soldiers who died fighting to protect the nation.

#### **RESILIENCE**

Resilience is important for a child’s mental health. It is their ability to bounce back from failure, challenges, adversity and stress. It’s not something that children have or don’t have but a skill that they develop over time as they grow. Building resilience not only helps a child deal with current difficulties, but it also helps develop a resilient mindset that will help them deal with challenges later in life. All children are capable of working through challenges and coping with stress, but they require guidance and support from a charismatic adult role model.

“Resilience is key to addressing mental health issues. We need to allow our kids to experience adversity. There is a tendency to shield our kids because parents have become a bit over-protective.”

Dr Michael Carr-Greg

## ***COVID-19 ISOLATION REQUIREMENTS HAVE CHANGED***

The Victorian Government has announced the end of the Pandemic Declaration and associated Pandemic Orders.

It is strongly recommended that **students**

- who test positive to COVID-19 stay home and isolate for five days
- should not attend school after five days if still symptomatic
- who are symptomatic but have not tested positive should not attend school
- advise the school of the COVID-19 positive test result

Where **students** become symptomatic at schools they should

- be collected by their parents/carers
- undergo testing for COVID-19

## ***WHAT'S COMING UP***

**Prep Transition Programmes** will be conducted on 19<sup>th</sup> October, 26<sup>th</sup> October, 11<sup>th</sup> November and the last on 25<sup>th</sup> November. A Prep 2023 Information Night will be held on Thursday, 17<sup>th</sup> November 2018.



**Junior Sports Day** is always a fun-filled time for our Junior School students and their parents and on Tuesday 22<sup>nd</sup> November we are planning to keep up the tradition of having fun whilst participating in sporting activities. More information to follow later.

**The Dance and Glee Concert** is a “not-to-be-missed” event on 26<sup>th</sup> October. To see our students perform at the level they do is extremely moving.

As part of the preparation for 2023, our Year Six students will be attending their assigned secondary college on Tuesday, 13<sup>th</sup> December for their **YEAR SEVEN ORIENTATION DAY**.

**Election of 2023 School Leaders** is on 28<sup>th</sup> November.

**GRADUATION** follows on Wednesday 14<sup>th</sup> December. The night we celebrate our students learning journey and wish them all the best for their future education.

The Senior School Amazing Race will complete the final celebrations for the Senior School students on 19<sup>th</sup> December.

Curriculum Day on Friday 16<sup>th</sup> December and the last day of the school year Tuesday 20<sup>th</sup> December. Dismissal at 1.30pm.

Eleven weeks until Christmas!

## ***VICORIAN STATE ELECTION ON SATURDAY 26<sup>TH</sup> NOVEMBER***

The next Victorian State election will be held on Saturday 26<sup>th</sup> November 2022 to elect the sixtieth Parliament of Victoria, including all eighty-eight seats in the Legislative Assembly and forty in the Legislative Council. The election will be conducted by the Victorian Electoral Commission and the incumbent government will enter into a caretaker mode towards the end of October, when writs are officially issued. Burwood Heights Primary School is the polling booth for the community so it will be a busy day on-site. This provides a good fundraising opportunity, so plans are underway. More details to follow.

### ***STUDENTS DEPARTING SCHOOL EARLY***

If you need to collect your child earlier than the dismissal time, please let the office know at the start of the day and the time of collection. Your child will then be waiting at the stated time in the foyer of the school and this will mean less interruption to classroom programmes. Your co-operation in this matter is appreciated.

### ***THE LIONS CLUB OF FOREST HILL***

The Lions Club of Forest Hill has supported our school in many ways over the last three decades and I am very pleased to be able to, in a small way, support them.

The Lions Club will once again be selling Christmas cakes and puddings. The prices are as follows:

1.50 kg cakes	\$19.00
1.00 kg cakes	\$15.00
900 gram puddings	\$15.00
Mini cakes	\$2.00

**If you wish to purchase a Christmas cake or pudding**, please contact the Forest Hill Lions Club on [foresthill@lions201v5.org.au](mailto:foresthill@lions201v5.org.au) or phone on 0425 708 732

## **ONLINE SAFETY**

Parents and guardians play a key role in guiding their children as they encounter the on-line world and begin to learn through exploration, play and social interaction.

It's a good idea to protect younger children from online risks, such as encountering harmful content and contact with strangers. But it is up to you to decide when and how they take these first steps and how best to support them as they begin their on-line journey.

Both the physical age of your child and their level of maturity and resilience can affect their ability to have positive experiences on social media.

Each social media site and app has its own criteria for minimum age requirements. Most require users to be at least thirteen years of age before they can register; although some sites are created for children under this age.

### Key questions to help determine your child's readiness for social media:

- Is your child able to understand negative online experiences?
- Does your child understand the importance of protecting their personal information?
- Does your child understand how privacy settings for social media work?
- Does your child understand what is safe to share online?
- Does your child know how to report cyberbullying and other kind of abusive content?
- Is your child willing to let you establish clear rules and supervise their social media activity?

Finding the right balance about how much to supervise your child's on-line activity will depend on your family's culture and the individual needs of your child. Be prepared for your child to need more support from you at particular times, and to resist your support at other times.

Eventually they will be ready to explore on their own – but keep the lines of communication open so they can come to you with any concerns they may have.

If you would like some resources the following may be of use:

Safety Commissioner: <https://www.esafety.gov.au/parents>



## Whitehorse Division Athletics Competition

Congratulations to Idris Ismail, Harrie Van Oirsouw, Georgia Tsiagalos, Felicity Wuttke, Yasmin Izadi, Saarim Virani, Caitlyn Li and Emily Thorburn, who competed at the Division Athletics Competition on Wednesday 12th and Monday, 17th October.

These students are to be congratulated on this achievement and for representing our school and the Nunawading District with distinction.

Three students finish first in their events and will now represent the Whitehorse Division and Burwood Heights Primary School when they compete at the Eastern Metropolitan Region Athletics Competition today, Thursday, 20th October.

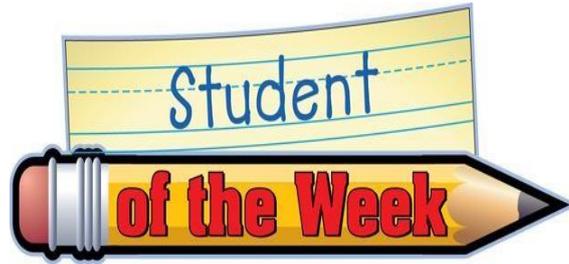
These individuals are:

- ★ Emily Thorburn in the Under 12/13 Girls 1500m Run, finishing in 5 minutes and 55 seconds.
- ★ Felicity Wuttke in the Under 12/13 Girls High Jump, jumping a height of 1.25 metres.
- ★ Yasmin Izadi in the Under 11 Girls High Jump, jumping a height of 1.3 metres

We wish them all the very best when they compete next week.

Well done!





Congratulations to the following students who will receive an award at assembly on Friday 28<sup>th</sup> October:

Prep M	Muqi Yu and Karen Wright
Prep S	Ezra Polomack-Barber and Jordan Xidias
Prep T	Braxton Daish and Raeden Stewart
1/2D	Karissa Gillani and Lucas Chen
1/2F	Anarchy Watts and Samarah Ampatin
1/2M	Olivia Wu and Olivia Xu
1/2S	Jack Emmerson and Jai Lewicki
1/2W	Bentley Miet and Arjav Singh
3/4A	Akein Wickramanayake and Jame Wang
3/4P	Hudson Bingham and Shifa Ali
3/4S	Saul Mallen and Jenisha Anderson
3/4W	Hamish Foster Ramsay and William Xi
5/6C	Isabel Luscombe and Timothy Pryor
5/6L	Sherebanu Vakanerwala and Jack Suckling
5/6M	Eddie Campbell and Briana Smith
5/6P	Callum McKenna & Linda Huang



# Spotlight On...

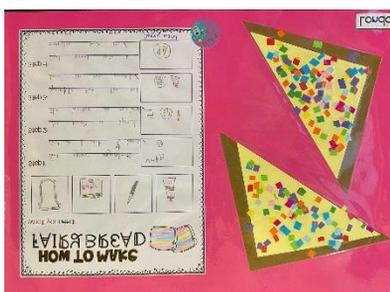
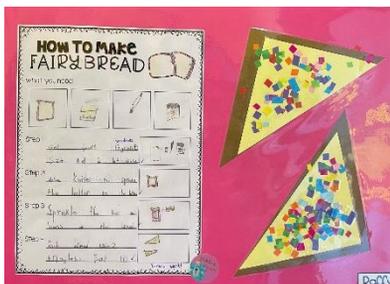
## Prep T!

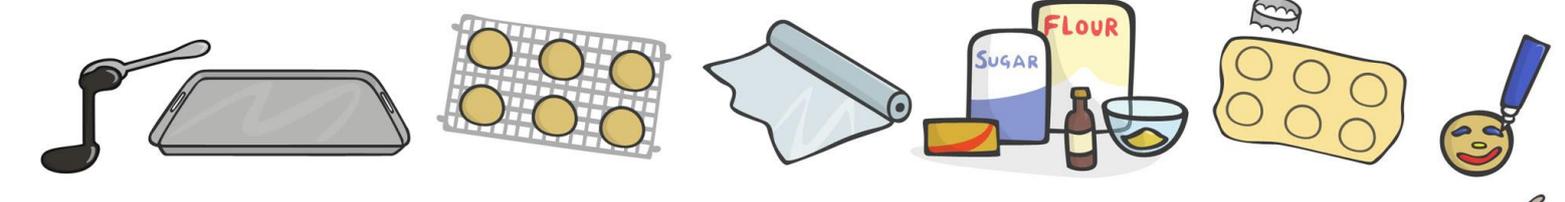


In Prep T we have been learning how to write procedural texts.

Students did such a great job at making sure they were very specific in the written steps.

This lesson was super yummy as we had to test out our work and make sure we made it properly.





# HOMECRAFTS TERM FOUR

## VOLUNTEER SUPPORT

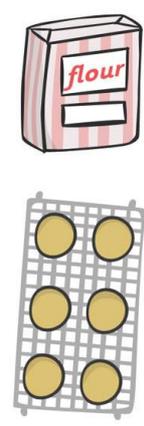


**NOTE:** Term 4 Roster dates have been uploaded...A big thank you to those for your assistance and support 😊

We are all very excited that the Homecrafts programme is now fully operational. Thanks to the support of our volunteers, the programme runs on Tuesdays and Wednesdays.

If you **are able to** assist, please complete the online document, using the link below. All you need to do is type your name under the day you are available to volunteer.

<https://docs.google.com/spreadsheets/d/1uCGsyTz3gMFdPmDJQQG8pZ-nXdgHBQMVjO04nom9Fsc/edit?usp=sharing>



If you have entered your name on the roster but are **unable to fulfil your rostered day**, could you please call the office ASAP for other possible arrangements can be made. The number to **call is 9803 8311**. If you know in advance you are unable to help, please remove your name from this roster to eliminate confusion.

If you **are unable to** help, please consider asking other family members or friends, if they would be willing to give time as a volunteer to support this highly valued programme.

Volunteer support provides students with the opportunity to have a deeper understanding of the many aspects of working safely, effectively and efficiently in a kitchen. Your contribution is appreciated by all staff and the Middle and Senior School students.

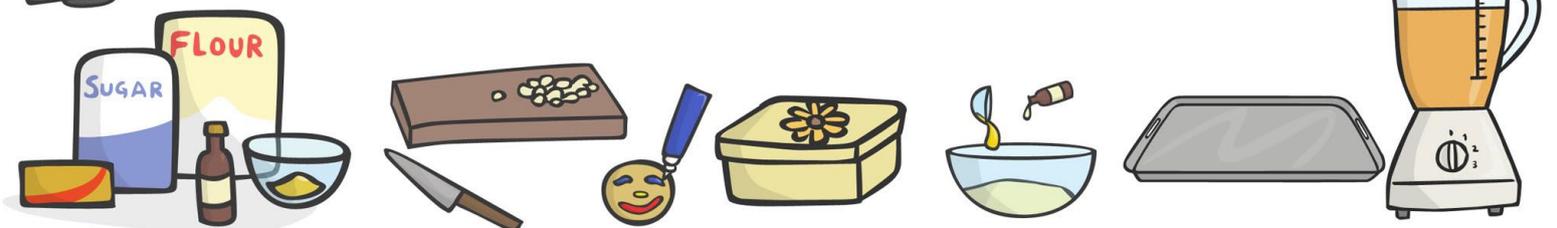
All that is required for you to volunteer is a current Working with Children Check – Volunteer status. This can be obtained on-line or at a post Office, at no cost.



We are most hopeful that the programme will continue with your assistance and support.

Kind regards,

Georgha Salvitti  
Homecrafts Co-ordinator



# Homecrafts Kitchen

## Roasted Thyme Potatoes with Spicy Sauce "Patatas Bravas"

This delicious recipe will certainly be a family favourite! Served with spicy tomato takes it to the next level!

### Ingredients

- 500gm baby new potatoes, halved
- 2 tbsp olive oil
- 1 tbsp finely chopped fresh thyme

### Spicy Sauce:

- 1 tbsp olive oil
- 1 small brown onion (80g), chopped finely
- 2 cloves garlic, slice thinly
- 1 fresh small red Thai chilli, chopped finely
- 410gm can crushed tomatoes
- 2 tsp caster sugar



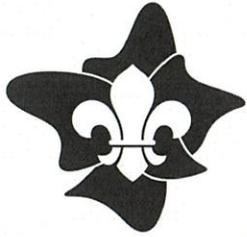
### Method

1. Preheat the oven to 220C/200C fan forced.
2. Combine potatoes, oil and thyme in large baking dish: roast about 30 minutes or until potato is tender.
3. Meanwhile, make spicy sauce.
4. Serve spicy sauce with hot roasted potatoes.

### Spicy Sauce:

1. Heat oil in medium saucepan; cook onion, garlic and chilli, stirring occasionally, until onion is soft,
5. Add tomatoes and sugar; bring to the boil. Reduce heat; simmer, uncovered, stirring occasionally, about 10 minutes or until sauce thickens.

**Enjoy!**



**Bill Waters Rover Crew**

# **Fresh** *Christmas* **Trees**

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