



Burwood Heights Primary School



Primary Years
Programme

Issue 15

Thursday 4th September, 2025

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

THURSDAY	11 TH SEPTEMBER	R U OK? DAY
FRIDAY	12 TH SEPTEMBER	SUMMER SPORT
SATURDAY	13 TH SEPTEMBER	MIDDLE SCHOOL BIKE RIDE – WILD TOGETHER
THURSDAY	18 TH SEPTEMBER	INTERIM REPORTS TO PARENTS
FRIDAY	19 TH SEPTEMBER	LAST DAY OF TERM THREE
MONDAY	6 TH OCTOBER	CURRICULUM DAY
TUESDAY	7 TH OCTOBER	STUDENTS RETURN FOR TERM FOUR
SATURDAY	19 TH OCTOBER	SPRING FESTIVAL PERFORMANCE
MONDAY - WEDNESDAY	20 TH TO 22 ND OCTOBER	SENIOR SCHOOL CAMP
TUESDAY	21 ST OCTOBER	SCHOOL COUNCIL
THURSDAY	23 RD OCTOBER	JUNIOR SCHOOL EXCURSION TO THE ZOO
MONDAY	3 RD NOVEMBER	CURRICULUM DAY
TUESDAY	4 TH NOVEMBER	MELBOURNE CUP PUBLIC HOLIDAY
TUESDAY - THURSDAY	11 TH TO 12 TH NOVEMBER	TEETH ON WHEELS IN SCHOOL
TUESDAY	18 TH NOVEMBER	KINDERGARTEN INFORMATION NIGHT
WEDNESDAY	19 TH NOVEMBER	THE PERFORMING ARTS CONCERT
THURSDAY	20 TH NOVEMBER	PREP AND JUNIOR SCHOOL SPORTS
TUESDAY	25 TH NOVEMBER	SCHOOL COUNCIL
FRIDAY	28 TH NOVEMBER	WILD TOGETHER – SENIOR SCHOOL HIKE
TUESDAY	9 TH DECEMBER	YEAR SEVEN ORIENTATION DAY
MONDAY	15 TH DECEMBER	REPORTS TO PARENTS
TUESDAY	16 TH DECEMBER	GRADUATION
FRIDAY	19 TH DECEMBER	END OF SCHOOL YEAR. DISMISSAL AT 1.30P.M.

FROM THE PRINCIPAL

BOOK WEEK

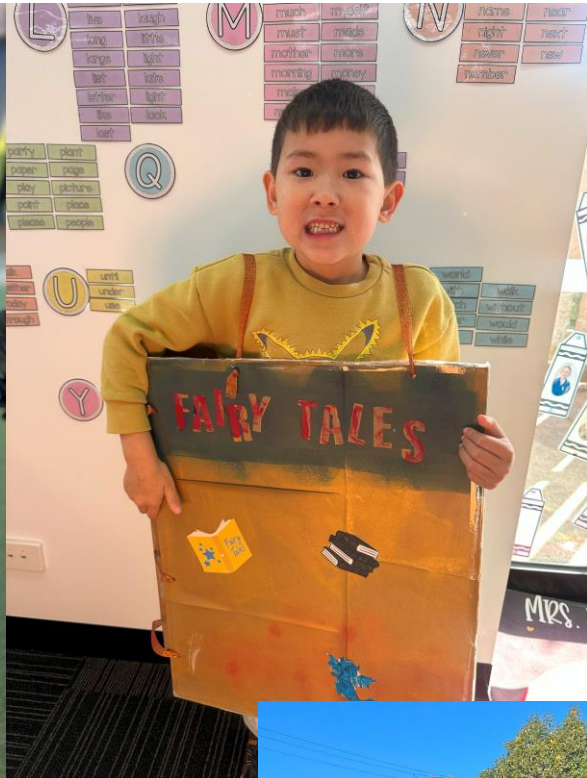
The magic of books was brought to life as our students were immersed in a program of literary activities. It was a real highlight to see our Prep and Junior School students take to the catwalk in their wonderfully inventive costumes! Please see attached photos of the amazing costumes representing books and book characters created. CONGRATULATIONS!



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PARENT/CARER/GUARDIAN OPINION SURVEY

Each year a random sample of parents is requested to complete a Parent/Caregiver/Guardian Opinion Survey. The data from this survey is collated and compiled as part of the School Annual Report and forms a part of the Department's School Accountability process and informs future planning.

Parents, Carers/Guardians are randomly selected to complete the 2025 Parent/Caregiver/Guardian Opinion Survey. If you have been selected you will have received an email via COMPASS with the instructions on how to proceed.

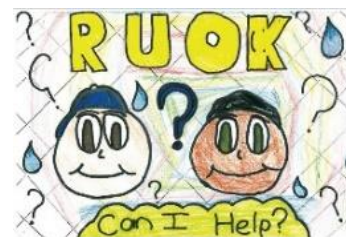
The survey is open from Monday 18th August to Friday 12th September, 2025. It is available in English and ten other languages including Arabic, Vietnamese, Mandarin, Chin (Hakha), Hindi, Japanese, Greek, Turkish, Somali and Punjabi.



RUOK? DAY IS 11TH SEPTEMBER

'Ask R U OK? Any Day'. The annual campaign is a national day- of -action highlighting the importance of meaningful conversations.

This national day- of -action is dedicated to inspiring all people of all backgrounds to regularly ask each other 'Are you OK?' It aims to prevent suicide by encouraging Australians to connect with someone they care about and help stop little problems turning into big ones. On that day the aim of the organization is that everyone across the country, from all backgrounds and walks of life, asks family, friends and colleagues: "Are you OK?"



Staying connected with others is crucial to our general health and wellbeing. Feeling isolated or hopeless can contribute to depression and other mental illnesses, which can result in suicide. Regular, meaningful conversations can protect those we know and love. R U OK? Day encourages responsible public discussion of social isolation and its negative consequences such as suicide. The key message is that social connectedness and positive help seeking can assist people.

REMINDER



For those students who have lost their school hat or for those students new to the school, now is the time to prepare for wearing a school hat to school every day.

From Monday 1st September the school hat should be always worn when the student is outside.

District Athletics – 2025

What a great day of competition we had this year at District Athletics! It was wonderful to see our representatives giving their best efforts and showing such great encouragement and support for one another throughout the day. We are extremely proud of the commitment, sportsmanship, and determination displayed by all who participated.



As in previous years, students who placed First or Second in any *A-grade* event have qualified for the Whitehorse Division Athletics Competition, which will be held on Tuesday, 14th October 2025 at the Doncaster Athletics Track.

A very special congratulations to the following students on their achievements:



- Melody Huang (5/6M)
- Nikki Izadi (5/6J)
- Grace Fraser (5/6S)
- Pranika Ashwin Kumar (5/6A)
- Selin Seifollahi (5/6M)
- Avissyea Gill (5/6M)
- Raphael Atkins (5/6A)
- Billy Wiersema (3/4C)

Well done on qualifying for the Whitehorse Division Athletics Competition in your respective events, we wish you the best of luck!

- Mr. Britton

THIS WEEK WE HAVE CELEBRATED EDUCATION SUPPORT STAFF AND OUR EARLY YEARS STAFF

The week-long celebration has provided the opportunity to recognise **Education Support** staff's dedication, care and support. Their efforts help our students thrive and make a lasting impact on teachers, families and school communities.

Similarly our **Early Years staff** are thanked for providing an amazing foundation for all future learning and health, by providing a stimulating environment and play-based opportunities to explore, create and learn.

THE SAFE CROSSINGS, SAFE KIDS, INITIATIVE

The Safe Crossings, Safe Kids initiative is a reminder on the rules and important behaviours at school crossings. The safety of our school children is a top priority. School crossings have special rules and are often a workplace for our School Crossing Supervisors.



HOW TO CROSS A ROAD SAFELY

Explain to your child the STOP, LOOK, LISTEN, THINK method and practise it together every time they cross the road:

1. Stop one step back from the kerb.
2. Look both ways continuously.
3. Listen for the sounds of approaching traffic.
4. Think whether it's safe to cross and keep checking until you're safely across.



Father's Day Stall – Thank You

We would like to extend our heartfelt thanks to everyone who supported this year's Father's Day stall. The event provided a wonderful opportunity for students to thoughtfully select gifts for their fathers, and it was a joy to see the excitement as they made their choices. We are deeply appreciative of the many volunteers who contributed their time and effort, both in preparation and on the day. A special acknowledgement goes to Amelia Annat for her outstanding coordination and dedication in making the stall such a success.

What Parents & Educators Need to Know about GROUP CHATS

On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

WHAT ARE THE RISKS?

TEASING AND BULLYING

Children of all ages are keen to fit in socially, and group chats can sometimes complicate that process. While group chats can foster connection, they can also give way to mean comments or jokes at someone's expense, especially when others join in for laughs. When bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact – adding to embarrassment, anxiety and feelings of isolation for the child being targeted.

UNKNOWN MEMBERS

Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.

PEER PRESSURE

Children may feel they have to constantly stay engaged just to be included and keep up with the conversation. In some cases, they might partake in inappropriate behaviours – like sharing explicit photos, jokes or teasing – just to fit in. Group settings can also encourage children to act in ways they normally wouldn't, or stay silent when they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave toxic group chats.

INAPPROPRIATE CONTENT

Some group chats may include inappropriate language or imagery. Even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only available once or for a few seconds, which makes it harder for children to report something they've seen.

EXCLUSION AND ISOLATION

Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may happen on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out – even unintentionally.

VIDEO AND LIVE CHATS

Many popular apps allow children to engage in live streaming with interactive chats or have group video chats. Anyone can be added to these streams, and often children tag peers in the comments and have conversations which are unmoderated. There's a risk of being exposed to inappropriate or violent content and offensive language, either in the group videos or via the group chats.

Advice for Parents & Educators

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for children to compete for social status. Help children consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

SET SOME GROUP CHAT RULES

Discuss safe group chat practices, such as asking a peer for consent before adding them to a group chat, or leaving a group chat if a stranger is added. Tell children that if they're added to a group they didn't agree to beforehand, it's OK for them to leave immediately.

BLOCK, REPORT AND LEAVE

If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure children know it's OK to leave a group chat if they feel uncomfortable or unsafe.

SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being bullied.

PRACTISE SAFE SHARING

It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details – like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up or how it might be used.

SILENCE NOTIFICATIONS

Being bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of a group chat while disabling notifications. In fact, it would be healthier for them to do so, helping them avoid the pressure to respond immediately.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware, who has developed anti-bullying and cyber-safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.



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TOPTENN TENNIS

HOLIDAY CLINICS

PROGRAMS

Blue and **Red** programs

(3yo - 8yo)

9am to 11am and have the option to do play and stay- 11am - 1pm.

*Play and stay must be booked in conjunction with the 9-11am Blue or Red program

Orange and **Green**

(8yo - 13yo)

9am to 1pm.

TOPTENN OPENS AND UTR EVENTS

Toptenn hosts tournaments every school holidays for players at the Orange, Green, and Yellow stages.

Our Toptenn Opens provide a fun and friendly introduction to match play for Orange and Green stage students, while our UTR events are structured to match players of similar UTR ratings in a knockout-style format.



Scan the QR code for more information and bookings.



Holiday Clinics



Tournaments


TEEN PROGRAMS

Intensive 2hr program suitable for teen extreme, Squad and comp players who use **yellow** ball.

Find out more information:

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