



Burwood Heights Primary School



Primary Years
Programme

Issue 18

Thursday 23rd October 2025

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

THURSDAY	23 RD OCTOBER	JUNIOR SCHOOL EXCURSION TO THE ZOO
FRIDAY	31 ST OCTOBER	PREP 2026 TRANSITION
MONDAY	3 RD NOVEMBER	CURRICULUM DAY
TUESDAY	4 TH NOVEMBER	MELBOURNE CUP PUBLIC HOLIDAY
TUESDAY - WEDNESDAY	11 TH TO 12 TH NOVEMBER	TEETH ON WHEELS IN SCHOOL
WEDNESDAY	11 TH NOVEMBER	REMEMBRANCE DAY
WEDNESDAY	12 TH NOVEMBER	PREP TRANSITION
THURSDAY	13 TH NOVEMBER	JUNIOR SCHOOL SPORTS
TUESDAY	18 TH NOVEMBER	KINDERGARTEN INFORMATION NIGHT
WEDNESDAY	19 TH NOVEMBER	THE PERFORMING ARTS CONCERT
THURSDAY	20 TH NOVEMBER	PREP AND JUNIOR SCHOOL SPORTS
MONDAY	24 TH NOVEMBER	SCHOOL LEADERS 2026 SPEECHES
TUESDAY	25 TH NOVEMBER	SCHOOL COUNCIL
THURSDAY	27 TH NOVEMBER	PREP 2026 INFORMATION NIGHT
FRIDAY	28 TH NOVEMBER	WILD TOGETHER – SENIOR SCHOOL HIKE PREP TRANSITION
SATURDAY	29 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

MENTAL HEALTH AWARENESS MONTH

As October is Mental Health Awareness Month it is an opportunity to raise the importance of mental health and wellbeing for our school and kindergarten community. Our students are at the centre of everything that we do and are at the centre of everything parents do.



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Mental Health Month reminds us of the importance of looking after our mental health and wellbeing because it impacts how we think, feel, and act, affecting our ability to handle stress, form relationships, and make choices.

Good mental health is linked to physical health and is a key component of overall wellbeing, influencing our work, social lives, and ability to cope with daily life. It is a crucial part of health, just like physical health, and is vital for a positive self-image and a fulfilling life.

Most people have, at one point or another, struggled with their mental health. It can be challenging and disheartening when it feels like nothing is working – no matter what you do, you are still feeling down, depressed, or anxious.

Our mental health involves more than a disorder or depressed mood — it encompasses our physical, emotional, social and cognitive well-being. We all need to make sure we connect with others, stay physically active, eat a healthy diet, get adequate sleep, talk about our feelings, keep in contact with family and friends and wrap our arms around those in times of need. It is important to think about seeing a therapist if you are feeling overwhelmed, sad or anxious. It is important that we are kind to one another every day, as we never know what the next day brings.

KIWANIS AWARDS

Prep Level – Dorian Barber - Dorian is a kind, caring and considerate member of the class, who has made exceptional progress in his first year of school. He is polite, well-mannered and is very respectful of everyone. Dorian shows great interest in all areas of school life and completes all his work to an excellent standard. He is an outstanding role model and can be relied upon throughout the school day.



Junior School – Harper Shi - Harper is a valued member of our class. Her kindness and positivity is appreciated by all. Harper is a very friendly student who willingly helps whoever and wherever she can. Her upbeat attitude helps those around her feel supported and encouraged. Harper treats others with respect and fairness, which contributes to a classroom where everyone feels comfortable and included. She approaches her learning with enthusiasm and takes pride in giving her best effort, no matter the task. Harper encourages her classmates by celebrating their successes and showing genuine care for their efforts. Her positive approach and thoughtful nature make her a wonderful role model.

Middle School – Reyansh Kushwaha - Reyansh is a good role model in the class, who reflects our school vision and the International Baccalaureate Learner attributes, through both his actions and mindset. He is a resilient and curious inquirer who listens to different ideas with an open mind and is not afraid to challenge himself with new learning. Reyansh consistently shows respect to his friends and teachers, acting with care and fairness. He takes the initiative in including others and standing up for those around him.

Senior School – Alice Montesano - Alice has a very high work ethic which is reflected in her learning, her intellectual discussions and every other aspect of school life, where she tries to do her very best. Her contribution as dance assistant, is appreciated by the young students she assists, as she shows her love of dance with them. Alice is kind, considerate, caring and thoughtful and it is these wonderful qualities that make her such a valued asset to the class and the school community.

REMEMBRANCE DAY 11TH NOVEMBER



LEST WE FORGET

The Remembrance Day service will be conducted by the students on Tuesday 11th November at 11.00am. Parents and friends are welcome to attend our service. The student leaders will briefly outline the significance of this day and how fighting in World War 1 stopped on the eleventh hour of the eleventh day of the eleventh 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 11th 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.

The armistice that ended World War I was signed on November 11th, 1918, at 5 a.m. in Compiègne, France, and went into effect at 11.00 a.m. Signed between the Allies and Germany, it ceased hostilities on the Western Front after over four years of conflict.

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.

ELECTION OF 2026 SCHOOL LEADERS

On Monday 24th November 2025, we will be holding elections for School Captains, School Sports Captains, President, Secretary, Treasurer, Cultural Awareness and Environment of the Student Representative Council, School Arts Captains and School House Captains and School Monitors

The results of the election will be announced at School Assembly, Friday 12th December, 2025.



PAYMENT OF REQUISITES - EARLY PAYMENT

Once again, as an incentive for early payment, we are offering a ticket in a draw for one student's contribution to be free. This draw will take place on Friday 12th December 2025.



Congratulations to the following students who will receive an award at assembly on Friday 31st October:

Prep L	Johann C and Aiden L
Prep M	Lucas X and Liana M
Prep P	Felix K and Valerie T
Prep W	Yi H and Ameelia S
1/2B	Livia V and Niko H
1/2C	Jerry G and Giselle B
1/2F	Zaviyar T and Isla A
1/2H	Max P and Kayla X
1/2P	Arsen A and Elijah A
1/2S	Clara Y and Insiya H
3/4A	David W and Zoe K
3/4C	Jasmine F and Athena Q
3/4P	Harper Z and Aidan K
3/4T	Thassika N, Ethan C, and Anarchy W
3/4W	Braxton D and Koby T
5/6A	Whole class
5/6J	Whole class
5/6L	Whole class
5/6M	Whole class
5/6S	Whole class

 Donations Wanted – Bikes & Helmets
for Our New Bike Track!



We're excited to announce that our kindergarten has a new bike track for the children to enjoy! To help make the most of this space, we're looking for donations of bikes and helmets suitable for children aged 4–6 years.

If you have any that your family no longer uses, we'd love to give them a new home here at kinder.



Please drop off donations directly to the kindergarten at any time during session hours.

Thank you for your support in helping our children learn, play, and ride safely!
— The Kindergarten Team



BLACKBURN NORTH & SURROUNDS

TERM 4 2025



PLAY

An intro to Australian Football and invaluable life skills. With game-based activities kids love!



4 - 7 year olds



**ALL GIRLS
GROUPS
AVAILABLE**

We want girls to feel comfortable and safe playing Auskick & Superkick! All-Girls options are available!

NAB AFL Superkick is a modified version of AFL that focuses on skill development for 6 to 12-year-olds.



6-12 year olds

WEDNESDAYS
4:30-5:30PM

KOONUNG RESERVE, BLACKBURN NTH
STARTING NOVEMBER 5th

VISIT [PLAY.AFL](https://play.afl.com.au)



TOPTENN TENNIS

Junior

Toptenn offers Hot Shots programs (for ages 3–12), teen groups, and advanced squads for junior players of all levels — available on school mornings or after school at local clubs.

Adults

All adult group classes run for 1 hour, with a range of options to suit every player — including Adult Technical Coaching, Cardio Tennis, and Match Play sessions. Private lessons are also available.

Pickleball

Toptenn is now delivering Pickleball sessions. Available Friday evenings. Come and join the fastest growing sport! Suitable for all abilities, aimed at Adults and older kids.



Toptenn Tennis has many clubs based in the inner Eastern suburbs. To book your free trial in one of our tennis group lessons, scan the QR code or contact our office.

