



Burwood Heights Primary School



Primary Years
Programme

Issue 4

Thursday 13th March, 2025

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

WEDNESDAY	12 TH TO 24 TH MARCH	NAPLAN – YEARS THREE AND FIVE
TUESDAY	25 TH MARCH	SCHOOL COUNCIL AND ANNUAL REPORTING MEETING
WEDNESDAY	26 TH MARCH	SCHOOL PHOTOS
THURSDAY	27 TH MARCH	SENIOR SCHOOL MARKET DAY
FRIDAY	28 TH MARCH	HOUSE CROSS COUNTRY
SATURDAY	29 TH MARCH	WILD TOGETHER –PREP SCAVENGER HUNT
WEDNESDAY	2 ND APRIL	EASTER BONNET PARADE PREP AND JUNIOR SCHOOL
THURSDAY	3 RD APRIL	INTERIM REPORTS. SCHOOL ASSEMBLY INSTEAD OF FRIDAY LAST DAY OF TERM ONE FOR STUDENTS
FRIDAY	4 TH APRIL	CURRICULUM DAY
TUESDAY	22 ND APRIL	TERM TWO COMMENCES
THURSDAY	24 TH APRIL	INCURSION BRAINSTORM THEATRE-ALL CLASSES – BEING BRAVE ANZAC SERVICE
FRIDAY	25 TH APRIL	ANZAC DAY – STUDENT FREE DAY
THURSDAY	1 ST MAY	DISTRICT CROSS COUNTRY
FRIDAY	2 ND MAY	WILD TOGETHER - JUNIOR SCHOOL CAMP-OUT OVERNIGHT
WEDNESDAY TO FRIDAY	21 ST TO 23 RD MAY	MIDDLE SCHOOL CAMP
MONDAY	9 TH JUNE	KING'S BIRTHDAY- PUBLIC HOLIDAY
FRIDAY	13 TH JUNE	WINTER SPORT
FRIDAY	20 TH JUNE	CURRICULUM DAY
TUESDAY	24 TH JUNE	REPORTS TO PARENTS/GUARDIANS
MONDAY TO FRIDAY	30 TH JUNE TO 4 TH JULY	PARENT/TEACHER INTERVIEWS
FRIDAY	4 TH JULY	END OF TERM TWO. SCHOOL DISMISSAL 2.30PM
MONDAY	21 ST JULY	COMMENCEMENT OF TERM THREE
FRIDAY	8 TH AUGUST	SCHOOL PRODUCTION



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FROM THE PRINCIPAL

REMINDER – DAYLIGHT SAVING ENDS 6TH APRIL

Daylight Saving Time ends at 2.00am (3.00am Daylight Saving Time) on the first Sunday in April when clocks are put back one hour.

THE IMPORTANCE OF HOPE

Hope is all about imagining and reaching for a better future for us and for others and is crucial in times of uncertainty, and in dealing with adversity. We have all experienced the need to “come to terms” with events that challenge our mental health and well-being and need to have a vision of what might or could occur in the future. This helps to sustain us and manage our day-to-day lives. Maintaining positive mental wellbeing can support us to feel more balanced, manage stress and anxiety and generally make some of the more difficult times we face more bearable

Hope is essential for our well-being. It encourages us to persist, even though we may be facing setbacks. It is important that our students have hope and this can be strengthened through the values we teach them. The importance of connectedness, belonging and love for one another all play a positive role in strengthening our students’ sense of hope.

The values we teach the students when they are learning about the complex global issues provide them with the tools and support to understand how they can navigate those problems. Some students may have a feeling of helplessness in the face of the current global conflict, and this can lead to a sense of hopelessness about the future.

We all need hope, and our students need to see that we have hope for a future that is peaceful even when all that is bombarded on us is doom and gloom. Please instil in your children the wonders of the future before them and help them achieve a feeling of balance, harmony, peace and content of life.

Support your children to deal with life’s challenges. Be optimistic about the future which will help them to feel safe and secure, achieve inner peace and contentment and enjoy life to the fullest.

REMINDER - SCHOOL PHOTOS – WEDNESDAY 26TH MARCH 2025

The impulse for all of us to save our recorded memories is a powerful force which is why school photos have been treasured since schools began. School photos are a record of time and place, of friendships, a record of a child’s growth and a wonderful way for parents to share their loved one with the wider family circle.



Please make sure your child is in the correct school uniform and, if hair is long, please tie it back with a dark blue or black ribbon or band. Remember to wear black shoes and the correct colour and length socks.

NEURODIVERSITY CELEBRATION WEEK

Our school is committed to understanding, including and celebrating our diverse learners and value the contribution they and their families makes to our school.

Neurodiversity Celebration Week, Monday 17th to Sunday 23rd March, and Autism Acceptance Month in April, are chances to celebrate and support diverse learners and reflect on how we are meeting their needs.

Neurodiversity Celebration Week is a worldwide initiative that celebrates the strengths and talents of people who think and learn differently. It also reminds us of the importance of being kind, accepting and inclusive of everyone.

About one in five children has variations in their brain development. These variations include those seen in autism, attention deficit hyperactivity disorder (ADHD), dyslexia and dyscalculia. These children can be described as ‘diverse’ learners.

Autism Acceptance Month in April is a chance to celebrate, support and include autistic students. It is an offshoot of the United Nation’s sanctioned World Autism Awareness Day on Wednesday 2nd April 2025.

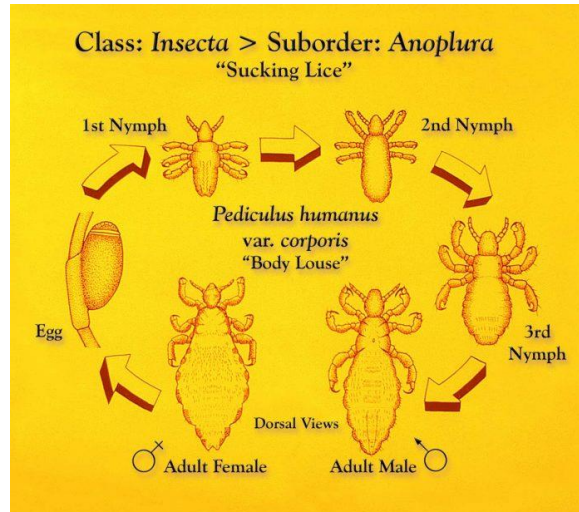
To mark Neurodiversity Celebration Week and Autism Acceptance Month, these are some resources that support inclusion that have been developed for the Department of Education by autistic-led organisations and lead researchers in autism and neurodiversity:

- [I CAN Education](#) has tips for becoming a champion for neurodivergent students and a [graphic novel](#) to help students navigate high school
- [Yellow Ladybugs 2025 conference](#) supports autistic girls and gender diverse students at school and beyond in an affirming way.
- AllPlay Learn has resources on developmental differences and social inclusion for [primary](#) and [secondary](#) schools
- [Positive Partnerships](#) has practical tools and information sheets to support autistic students, including resources for [First Nations people](#), the [Diversity Wheel and Planning Tool](#) and [Schools and Families Together](#) program
- Amaze’s [Hoodie Up for autism](#), with this year’s theme ‘My positive autistic identity’.

COMMUNITY REMINDER

PLEASE CHECK YOUR CHILD'S HAIR FOR LICE/NITS REGULARLY

HEAD LICE



Head lice are a common problem that usually affects school-aged children and their families. They can attach to the hair of anyone's head. It doesn't matter if the hair is clean or dirty. Head lice are also found worldwide in all different places, such as in homes or schools or the country or city. And it doesn't matter how clean, dirty, rich, or poor the place or person is.

Though head lice may be a nuisance, they don't cause serious illness or carry any diseases. **Here is information to help you check for, treat, and prevent the spread of head lice.**

WHAT ARE HEAD LICE?

Head lice are tiny bugs about the size of a sesame seed (2–3 millimetres - mm) long. Their bodies are usually pale and grey, but their colour may vary. One of these tiny bugs is called a louse. Head lice feed on small amounts of blood from the scalp. They can usually live one to two days without blood meal.

Lice lay and attach their eggs to hair close to the scalp. The eggs and their shell casings are called nits. They are oval and about the size of a knot in thread (0.8 mm long and 0.3 mm wide) and usually yellow to white. Some nits may blend in with some people's hair colour, making them hard to see, and are often confused for dandruff or hair spray droplets. Nits attach to the hair with a sticky substance that holds them firmly in place. After the eggs hatch, the empty nits stay on the hair shaft.

WHAT IS THE LIFE CYCLE OF HEAD LICE?

Head lice live about **twenty-eight** days. They develop in **three** phases: egg (also called a nit), nymph, and adult louse.

- **Egg or nit.** Eggs or nits hatch in **six to nine** days. Eggs are usually found within four to six mm of the scalp and do not survive if they are farther away.
- **Nymph.** The nymph looks like an adult head louse but is much smaller (about the size of a pinhead [1.5 mm]). Nymphs become adults about seven days after hatching.
- **Adult louse.** An adult louse can multiply fast and lay up to **ten** eggs a day. It takes only about **twelve to fourteen days** for newly hatched eggs to reach adulthood.

This cycle can repeat itself every three weeks if head lice are left untreated.

Head lice are most common in preschool and primary school-aged children. Each year thousands of school-aged children get head lice. Anyone can get head lice. Head lice are found worldwide. Head lice are crawling insects. They cannot jump, hop, or fly. The main way head lice spread is from close, prolonged head-to-head contact. There is a very small chance that head lice will spread by sharing items such as combs, brushes, and hats.

Itching on the areas where head lice are present is the most common symptom. However, it may take up to **four to six** weeks after lice get on the scalp before the scalp becomes sensitive to the lice saliva and begins to itch. Most of the itching happens behind the ears or at the back of the neck. Also, itching caused by head lice can last for weeks, even after the lice are gone.

CHECKING FOR HEAD LICE

Regular checks for head lice are a good way to spot head lice before they have time to multiply and infest (are present in large numbers) your child's head.

- Seat your child in a brightly lit room.
- Part the hair.
- Look for crawling lice and for nits on your child's scalp a section at a time.
- Live lice are hard to find. They avoid light and move quickly.
- Nits will look like small white or yellow-brown specks and be firmly attached to the hair near the scalp. The easiest place to find them is at the hairline at the back of the neck or behind the ears. Nits can be confused with many other things such as dandruff, dirt particles, or hair spray droplets. The way to tell the difference is that nits are firmly attached to hair, while dandruff, dirt, or other particles are not.
- Use a fine-tooth comb to help you search the scalp section by section.

HEAD LICE TREATMENT

There are many treatments that can be purchased at a pharmacy. If you are concerned, please check with your child's doctor before beginning any head lice treatment. The most effective way to treat head lice is with head lice medicine. After each treatment, using the comb-out method every **two to three days for two to three weeks** may help remove the nits and eggs.

THE COMB-OUT METHOD

The comb-out method can be used to help check for nits and head lice or to help remove nits and head lice after head lice treatment. However, the comb-out method usually doesn't work on its own to get rid of head lice.

Here is how you use the comb-out method:

- **Step 1:** Wet your child's hair.
- **Step 2:** Use a fine-tooth comb and comb through your child's hair in small sections.



Congratulations to the following students who will receive an award at assembly on Friday 21st March:

Prep L	Easton Mutepfa and Joshua Kok
Prep M	Gracelyn Purdy and Vedant Babbar
Prep P	Talia Abdel-Magid and Cody Koves
Prep W	Purvi Yadav and Antonella Sanchez
1/2B	Amal Ali and Paulo Jang
1/2C	Violet Mathieson and Vedant Mehta
1/2F	Rosalie Barber and Rory Leong
1/2H	Yutong Tang and Navira Menon
1/2P	Jack McBeth and Cristina Le
1/2S	Evaan Ali and Lily East
3/4A	Candace Ho and Xavier Yau
3/4C	Audrey Amacna and Jordan Xidias
3/4P	Olivia Wu and Arjav Singh
3/4T	Jethro Lee and Ashley Jimenez
3/4W	Ema Werber and Ivy Reidy
5/6A	Alexis Meneses and Hudson Bingham
5/6J	Sophie Lee and Patrick Li
5/6L	Ventas Qi and Alice Montesano
5/6M	Shaurya Panchal and Christabel Goldsmith
5/6S	Charlie McInnes and Marcy Champ

Give your children's confidence and results a boost!

Dear Parents and Guardians,

NumberWorks'nWords can help bring out the best in your child with expert after-school English and maths tuition.

For ages 5 to 16, no matter whether they're struggling to keep up or bursting to race ahead, NumberWorks'nWords promises to give your child's education - and confidence - a real boost.

Over the past 40 years, NumberWorks'nWords has proven effective, helping to bring out the best in thousands of children just like yours, by:

- **Boosting confidence and improving results**
- **Tailoring lessons according to each individual's needs**
- **Using qualified tutors who teach to the school curriculum**
- **Providing feedback on your child's progress towards their goals**

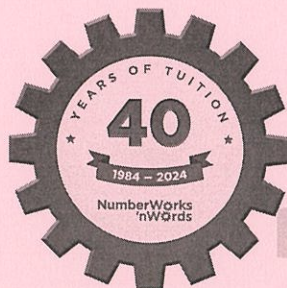
Right now, NumberWorks'nWords is offering free assessments in English and maths. These assessments provide a great opportunity for you to discover how your child is doing, collaborate on a plan to help them achieve their potential, and to see for yourself how effective - and enjoyable - NumberWorks'nWords specialist English and maths tuition really is.

Call today to book your free assessment, or to discuss any concerns you may have about your child's progress.

Phone 9574 9964

Kind regards,
Rachael & George Matthews
191 Coleman Parade, Glen Waverley

numberworksnwords.com/au



West African Jollof Rice

A vibrant and flavorful West African favorite!

- 6 cups long-grain rice (washed)
- 4 large tomatoes, blended
- 2 red bell peppers, blended
- 1 onion (for blending)
- 2 onions, chopped
- 1/4 cup vegetable oil
- 2 tablespoons tomato paste
- 3 teaspoons curry powder
- 1 teaspoon thyme
- 2 bay leaves
- 1 tablespoon paprika
- 1 teaspoon cayenne pepper (optional)
- 4 cups chicken or vegetable stock
- 1 cup diced carrots in quarters or peas (for garnish)



Method:

1. **Blend Sauce:** Blend tomatoes, bell peppers, and 1 onion until smooth.
2. **Cook Sauce:** Heat oil in a large pot. Sauté chopped onions until soft. Add tomato paste and cook for 3 minutes. Pour in blended mixture and simmer for 10-15 minutes until thick.
3. **Add Spices:** Stir in curry powder, thyme, paprika, cayenne, salt, and black pepper.
4. **Cook Rice:** Add washed rice and stock to the sauce. Stir well, cover, and cook on low heat for 25-30 minutes, stirring occasionally.
5. **Garnish:** Add carrots or peas (if using) and steam for 5 minutes.
6. **Serve:** Fluff the rice and serve hot,

South African Malva Pudding

- 750g (3 $\frac{3}{4}$ cups) sugar
- 6 eggs
- 6 tbsp apricot jam
- 750g (6 cups) flour
- 3 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 750ml (3 cups) milk
- 6 tbsp vinegar
- 6 tbsp melted butter



Sauce:

- 750ml (3 cups) heavy cream
- 450g (2 $\frac{1}{4}$ cups) sugar
- 450g (2 cups) butter
- 375ml (1 $\frac{1}{2}$ cups) hot water
- 3 tsp vanilla extract



Instructions

1. Preheat oven to 180°C (350°F). Grease large baking dish(es).
2. Prepare batter: Beat sugar, eggs, and apricot jam. Mix dry ingredients separately. Combine milk, vinegar, and butter. Alternately add dry and wet ingredients to egg mixture.
3. Bake: Pour batter into dish(es). Bake 35-40 minutes until golden and set.
4. Make sauce: While baking, heat cream, sugar, butter, hot water, and vanilla in a saucepan until melted and smooth.
5. Soak & Serve: Pour hot sauce over pudding immediately after baking. Let sit for 10-15 minutes. Serve warm with ice cream or custard.