



# Burwood Heights Primary School



Primary Years Programme

Issue 8

Thursday 21<sup>st</sup> May, 2026

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

WEDNESDAY	27 <sup>TH</sup> MAY	RECONCILIATION WEEK – LITERACY FOCUS “ALL IN”. FIRE EDUCATION – PREP OPEN DAY – EDUCATION WEEK 3.45- 4.45PM
THURSDAY	28 <sup>TH</sup> MAY	ALLIANCE FRANCAISE ASSESSMENT DAY
FRIDAY	29 <sup>TH</sup> MAY	WINTER SPORT – SENIOR SCHOOL
WED, THURS, FRI & THUR	3 <sup>RD</sup> , 4 <sup>TH</sup> , 5 <sup>TH</sup> & 11 <sup>TH</sup> JUNE	TEETH ON WHEELS
MONDAY	8 <sup>TH</sup> JUNE	KING'S BIRTHDAY PUBLIC HOLIDAY
FRIDAY	12 <sup>TH</sup> JUNE	WINTER SPORT – SENIOR SCHOOL
WEDNESDAY	17 <sup>TH</sup> JUNE	SCHOOL COUNCIL MARKET DAY – SENIOR SCHOOL
FRIDAY	19 <sup>TH</sup> JUNE	STUDENT REPORTS TO PARENTS
MON-FRIDAY	22 <sup>ND</sup> TO 25 <sup>TH</sup> JUNE	PARENT/TEACHER INTERVIEWS
FRIDAY	26 <sup>TH</sup> JUNE	END OF TERM TWO-DISMISSAL 2.30PM
MONDAY	13 <sup>TH</sup> JULY	COMMENCEMENT OF TERM THREE PUBLIC SPEAKING COMMENCES FOR SENIOR SCHOOL STUDENTS
TUESDAY & THURSDAY	21 <sup>ST</sup> & 23 <sup>RD</sup> JULY	MIDDLE SCHOOL EXCURSION - HEALESVILLE SANCTUARY
WEDNESDAY	29 <sup>TH</sup> JULY	SCHOOL COUNCIL
MONDAY	24 <sup>TH</sup> AUGUST	DISTRICT ATHLETICS
FRIDAY	28 <sup>TH</sup> AUGUST	SUMMER SPORT
THURSDAY	10 <sup>TH</sup> SEPTEMBER	ART SHOW
SATURDAY	12 <sup>TH</sup> SEPTEMBER	WILD TOGETHER – MIDDLE SCHOOL BIKE RIDE.
MONDAY	14 <sup>TH</sup> SEPTEMBER	INTERIM REPORTS TO PARENTS
FRIDAY	18 <sup>TH</sup> SEPTEMBER	END OF TERM THREE
MONDAY	5 <sup>TH</sup> OCTOBER	TERM FOUR COMMENCES
TUESDAY	13 <sup>TH</sup> OCTOBER	DIVISION TRACK AND FIELD ATHLETICS
FRIDAY & SATURDAY	23 <sup>RD</sup> & 24 <sup>TH</sup> OCTOBER	WILD TOGETHER – JUNIOR SCHOOL CAMP OUT
TUESDAY	27 <sup>TH</sup> OCTOBER	KINDERGARTEN INFORMATION NIGHT



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## **FROM THE PRINCIPAL**

### ***SCHOOL REVIEW***

In Victoria, all government schools participate in a formal, rigorous and independent school review every four years to evaluate performance and inform the new four-year School Strategic Plan. This process involves a Pre-Review Self-Evaluation (PRSE), data analysis, and a review panel including independent reviewers and the school community.

We have successfully completed the Review process, which focussed on school growth, compliance, and setting future directions with the development of our new Strategic Plan, which sets clear goals and priorities to ensure continuous improvement in teaching, learning and student well-being.

### ***THE STUDENTS' KINDNESS WALL***

As you walk from Building A to Building B, please take a moment to read the kindness “pledges” students have written. The words of kindness are beautifully written in the centre of each flower and are a delight to read.

Kindness is a simple, yet powerful virtue that transforms lives and communities. It means being thoughtful, empathetic, and generous without expecting anything in return. In a fast-paced world, choosing to be kind is an act that can bridge divides and foster unity. It doesn't require immense wealth or effort; a warm smile, a helping hand, or a listening ear can turn someone's day around. Small acts of kindness have a ripple effect, inspiring others to act with compassion and fostering a culture of positivity. Furthermore, being kind to others, including animals, boosts our own mental health, reduces stress, and gives a deep sense of joy.

Let us choose kindness every day. Whether at home, school, or work, treating people with respect and empathy makes the world a brighter place.



## ***THE IMPORTANCE OF SLEEP***

Staff is noticing that some students are very tired when at school and, on inquiring when they went to bed, their answer could be the reason why they are not functioning at the optimum level the next day. Students seem to be going to bed later and later these days.



They are at risk of sleep deprivation. This affects three areas of their development: psychological, physiological, and psychosocial. These three are essential to a young person's growth, learning ability and overall well-being. Sleep is as important as diet and exercise.

Distractions such as television, computer games, internet, texting friends and social media are all having a negative impact on a child's sleep time.

Sleep is vital to a student's well-being. When students sleep well, they are more settled, happier, and ready for school the next day. Sleep also strengthens their immune systems, supports overall development and their ability to function properly daily.

Students who do not have enough sleep show increased levels of aggressive behaviour, are less attentive and are much less active. Trying to catch-up on sleep at the weekends is not the answer and can still lead to severe sleep deprivation.

Recent studies have shown that many children, especially teenagers, are missing out on vital REM sleep, which is particularly important for memory and learning.

***Please reinforce the importance of "SLEEP" with your children.***

## **PREPARE FOR THE COLD AND FLU SEASON**

A resurgence of influenza (the flu) is expected this winter, and schools are at risk of higher rates of students and staff affected by flu.

Advice from the Department of Health (DH) to help reduce the spread of the flu, is to encourage staff and students to:

- wash and sanitise their hands regularly!
- avoid touching their eyes, nose, and mouth with unwashed hands!
- cover their nose and mouth when they cough or sneeze!
- get vaccinated for flu!

Flu vaccinations can be booked through General Medical Practitioners and pharmacies. Flu vaccination is recommended for everyone aged six months and over.



## **RESPECTFUL RELATIONSHIPS**



Burwood Heights Primary School and Kindergarten is a proud member of the International Baccalaureate (IB) Schools. Having respectful relationships with everyone, being tolerant of other cultures and those of different religious beliefs are critical to the success of having a school with an inclusive culture for all – students, staff and parents.

Encouraging positive attitudes, behaviours and gender equality commence in our kindergarten and is modelled within the school. Treating others as we all would like to be treated is paramount to respecting everyone. Our policies, programmes and procedures ensure that the promotion of equality and respectful relationships is communicated and understood by all.

What an amazing world it could be if every country was able to generate a lasting change in people’s attitudes and behaviours to those of acceptance, understanding, tolerance, resilience and working together to support each other. All humans deserve to feel safe, respected, loved and valued for who they are!

We have a whole-school approach to embedding a culture of respect and equity across our entire school community, from our classrooms to staffrooms, sporting fields, community and social events, which positively impacts on students’ academic outcomes, their mental health, classroom behaviour and relationships between teachers, students and parents. We all value and endeavour to model the attributes of respect, empathy, innovation, resilience, gratitude and looking after those less fortunate than ourselves. These attributes are explored during Circle Time and Restorative Practice sessions, which provide the opportunity to repair relationships that may have been damaged.

The over-arching theme, “Who we are” focuses on students inquiring into the nature of self; beliefs and values; personal physical, mental, social and spiritual health; human relationships, including families, friends, communities and cultures; rights and responsibilities and what it means to be human. The Daniel Morcombe programme (Prep to Year Six) is part of our school’s curriculum and focuses on child safety and positive respectful relationships.

## ***RECONCILIATION WEEK***

Each year from 27<sup>th</sup> May to 3<sup>rd</sup> June, National Reconciliation Week celebrates and builds on the respectful relationships shared by Aboriginal and Torres Strait Islander people and other Australians. These dates commemorate two significant milestones in the reconciliation journey: the successful 1967 referendum, and the High Court Mabo decision, respectively.



20th May, 2026

Dear Parents/Guardians,

Re: FOOD DONATION DRIVE JUNE 8<sup>th</sup> To 12<sup>th</sup>



This term, Junior School students have been exploring the importance of food equity as part of their Inquiry Learning. Through discussions, research, and classroom activities, students have investigated questions such as: *How can communities support those experiencing food insecurity?* and *How can we contribute to sharing food more fairly in our own community?*

As a culmination of this Inquiry Unit, students will be organising a food donation drive to support our local foodbank in Syndal. This project gives students the opportunity to put their learning into action by contributing to a cause that directly supports families and individuals in our community.

**From Monday 8<sup>th</sup> June to Friday 12<sup>th</sup> June** we are inviting families to contribute non-perishable food items such as canned goods, pasta, rice, long-life milk, breakfast cereals, and other pantry staples. All donations will be collected at school and delivered to the local foodbank at the conclusion of the drive.

Through this experience, students are developing social awareness, and an understanding of how small acts of generosity can make a meaningful difference. We are proud of the thoughtful conversations and community-minded action our students have demonstrated throughout this Unit of Inquiry.

Further details about where to bring donations and suggested items will be shared with families soon. Thank you for your support as the students learn about creating a more equitable and compassionate community.

The Junior School Team



Congratulations to the following students who will receive an award at assembly on Friday 5<sup>th</sup> June:

Prep B	Sena G and Olivia D
Prep W	Lucas A and Hazel T
Prep H	Zachary H and Bella D
Prep M	Oliver L and Radha B
1/2C	Kolton L and Juliette D
1/2D	Jeremy W and Alyssa W
1/2F	Benjamin C and Sachi B
1/2P	Talia AM and Thomas H
1/2S	Riley F and Sarah Y
1/2V	Cristina L and Cody K
3/4A	Leo H and Ellie B
3/4F	Koby T and Aaira K
3/4M	Rhiannon MT and Nikhil D
3/4P	Giselle B and Max W
3/4S	Shreeya P and Lucas F
3/4W	Prisha C and Rishan K
5/6A	Karissa G and Ria C
5/6J	Alexis M and Isabelle H
5/6L	Ella N and Vihaan M
5/6M	Ivy N and Lilly K

## Welcome to Term 2!

Over the past two weeks at Before and After Care, Theircare, children enjoyed special Mother's Day celebration activities, showing creativity and care as they prepared meaningful creations for their loved ones.

We also continued our Tuesday ASC TC Tucker program, where children helped make French Toast Fairy Sticks. They enjoyed being involved in the cooking process, exploring simple steps and sharing the fun with their friends.



## Look what's coming in Term Two!

Book into after school care on these dates to enjoy these special activities, at no extra cost to families.



**BASKET WEAVING**

**DAMPER FUN:**  
MIX IT, MAKE IT, TAKE IT!

**YARN CIRCLES**

JOIN US FROM 27-29<sup>TH</sup> MAY FOR  
**RECONCILIATION WEEK**



 **TheirCare**  
Where Kids love to be!

 **WeCare!**  
Community connection

**Kindness Rocks  
DISCO!**

**FRIDAY  
12 JUNE**



**White  
as  
Snow**

WINTER 2026 HOLIDAY PROGRAM

## Winter Holiday Program is coming!

With a packed program this is one holiday season you won't want to miss! Disney on Ice, Toy Story 5, marine life incursions, a talking dinosaur activity, karaoke, ice skating - these are just some of the amazing things planned!!! *Bookings open soon!*

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7<sup>th</sup> Dan Master Gary Anglim, World Taekwondo Kukkiwon Accredited Instructor  
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