



NEWSLETTER

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

NEWSLETTER NO.2

THURSDAY 16TH FEBRUARY, 2017

WEBSITE ADDRESS is burwoodhps.vic.edu.au/

FRIDAY	17 TH FEBRUARY	TEAM BUILDING INCURSION – SENIOR SCHOOL NO ASSEMBLY
MONDAY	20 TH FEBRUARY	MIDDLE SCHOOL BARBEQUE
TUESDAY	21 ST FEBRUARY	ART EXCURSION – SENIOR SCHOOL
THURSDAY	2 ND -10 TH MARCH	LIFE EDUCATION
FRIDAY	3 RD MARCH	ASSEMBLY REAL LIFE ADVENTURES
THURS & FRIDAY	9 TH & 10 TH MARCH	PREP & JUNIOR SCHOOL SWIMMING PROGRAMME
THURSDAY	16 TH & 17 TH MARCH	PREP & JUNIOR SCHOOL SWIMMING PROGRAMME ASSEMBLY REAL LIFE ADVENTURES
MONDAY	20 TH MARCH	SCHOOL COUNCIL
THURS, FRIDAY & THURS	23 RD , 24 TH & 30 TH MARCH	PREP & JUNIOR SCHOOL SWIMMING PROGRAMME
FRIDAY	31 ST MARCH	END OF TERM ONE
TUESDAY	18 TH APRIL	TERM TWO COMMENCES

FROM THE PRINCIPAL ... Esther Wood

SCHOOL HOUSE SPORTS



The House Sports were conducted yesterday and what a day it was! The hottest day of the week! It was wonderful to see our students participate in such a positive manner, displaying good sportsmanship at all times. It was clear that winning was important, as all the students tried to win a “ribbon” for themselves and to accumulate as many “House Points” as possible.

The most useful kind of competition is considered by some to be the competition people have within themselves. Where everyone tries to their best and

to improve....hence the often “personal best” record goal at Little Athletics, where athletes try to improve on their previous time in running or distance in throwing events.



However, there are many people who strongly believe there is a place for competition in the lives of students; one that can teach them tremendous life lessons.

The happiness and thrill of competition was evident in our students (and their parents and teachers) yesterday at the House Athletics Sports. On further thinking about this, it was clear that running, walking, jumping and throwing have been part of human activity since man has been doing these activities. This is what today's athletics really is all about.

It was interesting to read the following regarding competition.

- 1. Competition drives us to learn at a faster rate and perform at a higher level.** Whether it is on the hockey field, in the swimming pool, on the athletics track or in playing any other sport, everyone tries to hit or kick a goal, reach the finishing line first, and will push and work harder and faster to meet this end. In doing so we surprise ourselves of what we are capable of accomplishing.
- 2. Competition teaches us to bring our best effort.** Keeping score gives us extra motivation to do our best. We pursue excellence when we compete.
- 3. Competition teaches us to manage our nerves.** When something is out of our comfort zone or pushes us to perform, it's normal to feel fluttery within. Competition brings those butterflies out, so we can work on managing them. A trait that we can carry with us in taking exams, interviewing for jobs and giving presentations.
- 4. Competition does not have to be feared.** Often students fear competition, making it into something scarier or more important than it needs to be. When they compete, they realize that it wasn't so scary after all.
- 5. Competition teaches us to take risks.** Once we realize that competition is not a terrifying thing, we can take risks. We can develop our confidence to do things that are hard or uncomfortable.
- 6. Competition teaches us to cope when things do not go our way.** Sometimes you work hard, and you still lose. Sometimes you win but still didn't perform as you wanted to. We learn resilience and grit in these moments. Resilience and grit are two traits that most certainly are essential in adulthood.
- 7. Competition helps us with goal setting.** While setting goals and making a plan to reach them can be done outside of competition, competition helps provide deadlines and progress checks on our goals.
- 8. Competition teaches us to play by rules.** Learning to operate within rules and developing strategies to use those rules to our advantage are great things competition teaches.

- 9. Competition helps us to learn to win and lose with grace.** Nobody likes a boastful person, and nobody likes a pouter. Competition gives us the opportunities to cope with feelings of pride and disappointment and to learn to process them in healthy ways.
- 10. Competition is fun.** Most people enjoy games. They have fun playing them. Being a part of team makes us feel like we belong. Taken correctly competition is fun for kids.
- 11. Competition can build self-esteem.** Self-esteem cannot be handed to kids; they have to earn it. Competition is one way kids earn self-esteem. When you develop a talent and work hard for a result, it feels great. When you fail and learn that can bounce back, you feel more confident in yourself because you understand that you have resilience.
- 12. Competition teaches commitment.** There is a saying that says "Successful people do the things that unsuccessful people don't want to do. That is why they are successful." Building the habit of commitment is a wonderful by-product of being involved in competitive sports.
- 13. Competition gives us another community.** When you are part of a team, you are in a network of peers and adults who have interests and values similar to yours. It is always great to have another village in your life or that of your child's.
- 14. Competition presents opportunities to travel.** Maybe it's just within your state, or maybe it's national or even international. But being part of a competitive team often gives us an opportunity to visit places and interact with people that might not otherwise meet.
- 15. Competition causes students to perform better in school.** Data shows that high school students who play sport are less likely to drop out. Furthermore, participation in sports also has been associated with completing more years of education and consistently higher grades in school. Not surprising that the discipline and goal setting that is learned in competitive sports helps in school.

Of course, many of these benefits can also be achieved through other means, including non-competitive sports, the arts or faith-based activities.

For many of us athletics also includes the relaxed form of fun where people compete purely for the love of it or its exercise value or social benefits. Today we are most fortunate as athletics is now

totally inclusive for juniors, seniors, masters and disabled.

I thought it augurs well for athletics in the future if we can keep our students inspired to participate fully in sport in school and out of school.

I congratulate you all on a wonderful day of ATHLETICS!

Once again the competitiveness of both parents and staff was evident in "THE RACE" – not unlike the Melbourne Cup in interest level. This year the clear winner was the staff team, which was determined to win!

Results will be published in the next newsletter.

WHAT THE TEACHER WANTS YOU TO KNOW

Learning doesn't stop at 3.30pm!

You can help the teacher do a better "job" by encouraging your children to show you something they are working on at school. Every time your children get a chance to show off what they know, it builds their confidence.

Let your children make mistakes
Teachers don't want perfect children; they want students who try hard. Sometimes parents think every assignment has to be done exactly right and they can put too much pressure on their children. It's OK for children to get some problems wrong. It's important for teacher to see what students don't know, so they can go over the material again. Is your child struggling with an assignment? Encourage your child to take charge by asking the teacher for help the next day. Assignments are often clearly not the work of the child. What matters isn't the final result; it's letting a child have the ownership of the project and learn along the way.

If the teacher deserves a good grade, give one
Teaching isn't easy so it's incredibly uplifting when someone takes the time to say "Thank you". If your child has enjoyed something more than usual let the teacher know. If you feel the teacher is doing a great job, let the principal know. Volunteering is another way to demonstrate your support. It shows your children – and the teachers – that you really care about their education.

CAMPS, SPORTS AND EXCURSIONS FUND (CSEF).



The Camps, Sports and Excursions Fund (CSEF) programme helps eligible parents to ensure that all students are able to participate in school trips and sporting activities.

Families holding a valid means-tested concession card are eligible to apply. A special consideration category also exists.

A payment of \$125.00 for eligible primary school students and \$225.00 for eligible secondary students will be paid directly to the school to be used towards camps, sports and excursion costs for the benefit of the student.

Victorian government school Prep and Year Seven students who are CSEF recipients are also automatically eligible for a uniform package through State Schools' Relief.

REMINDER

IMPORTANT INFORMATION – LICE



Head lice are extremely contagious.

Early treatment is recommended to kill head lice and their eggs and to

limit school and family contamination.

98% of lice are transmitted through close head to head contact and by sharing objects such as hats, hair brushes, head bands, towels and pillows.

Please ensure your household is protected from head lice this season by taking the necessary preventative steps to keep head lice away.

There are four crucial steps to keep our school head lice free:

- 1 Avoid sharing clothing, especially hats, ribbons, head bands and helmets
- 2 Discourage your child from playing with another's hair
- 3 Don't share brushes, combs, towels and pillows
- 4 Keep long hair plaited or firmly tied back to prevent contact from other students.

Please help us to keep our school "lice-free".

WELCOME BARBEQUES are a wonderful way to meet new families and catch up with those you know so please put these dates in your diary.

Junior School parents, friends and children talked to each other, whilst enjoying a barbeque sausage in bread on Monday 13th February. It was greatly appreciated by all. Other school barbeques are:-

Prep – Thursday 16th February (Tonight!)

Middle School – Monday 20th February

Senior School – Monday 27th February

Kindergarten – Monday 6th March



From the Kitchen of Mrs Skatharoudis

What a fantastic fortnight we have had in the kitchen with all classes having their first cooking session. All students have quickly settled into the routines of the kitchen, whether it was their first time or they have been coming for years.

This year I will be putting the menus for both Middle and Senior School into the newsletter and you will be able to access the recipes from the school website.

Middle School Menu

- Margarita Pizza
- Zucchini, tomato and pesto pizza
- Basic green salad
- Strawberry dip with fruit



Senior School Menu

- Zucchini, pea and mint bruschetta
- Zucchini Slice
- Avocado, bacon and tomato salad
- Rhubarb and custard muffins

ENJOY!

Community Cooking 2017

Our popular community cooking classes are returning for 2017. Run by parents for parents, these casual sessions are a great way to learn new cuisines, make new friends and have a fun time cooking, eating and chatting over a cuppa. Food is a universal language and we all need to feed our families every day so a little extra inspiration never goes astray!

Community Cooking classes for Term One will be held on **Wednesday and Friday afternoons from 2.00pm** in the BHPS Kitchen. We're aiming to also run some Monday sessions next term.

Term 1 Dates

Wednesday 1st March

Friday 10th March

Wednesday 15th March

Friday 24th March

Details of what we'll be cooking each class will be provided shortly via the school app and posters.

Everyone is welcome – we'd love to see new and 'old' faces. Please see Caz Clarkson on 0404 040 685 if you'd like to share a recipe with us.