



Burnside Public School

Newsletter



Excellence in Learning Excellence in Teaching Excellence in Leadership

TERM 2 Week 6

Thursday 28 May 2026

Friday	29 May	PSSA Cancelled
		Multicultural Public Speaking Finals
Tuesday	2 June	Carlingford Network Student Voice
Thursday	4 June	Debate against Oatlands
Friday	5 June	Junior Band Performing at Assembly
Monday	8 June	King's Birthday Public Holiday
Wednesday	10 June	Maths Olympiad & Maths Games 2 – 8.15am
Thursday	11 June	Sydney West Touch Football Championships
		Cumberland High School Band performance
Tuesday	16 June	Band Together Festival at Riverside
Thursday	18 June	Life Education starts
		P&C Healthy Breakfast
Friday	19 June	Last week of PSSA for term 2
Thursday	25 June	Reports available on School Bytes
Monday	29 June	Three-way Interview week (Mon-Wed)
Tuesday	30 June	Junior Band performance
Friday	3 July	Last Day of Term 2

Principal's Message

Healthy Eating at School

We have noticed that a large number of student lunch boxes are filled with unhealthy processed foods, instead of a balance of healthy and small treats. Please ensure that your child has a healthy lunch box each day to support them to be the best learner possible.

Why Healthy Eating Matters

Healthy eating in childhood plays a crucial role in reducing your child's risk of developing health problems later in life. Establishing good eating habits early helps support growth, development, and overall wellbeing.



What is a Healthy, Balanced Diet?

A balanced diet includes a variety of foods from all five food groups each day:

- **Fruits** – provide essential vitamins, minerals, and fibre
- **Vegetables** – rich in nutrients and antioxidants
- **Grains** – especially whole grains, for energy and fibre
- **Proteins** – such as lean meats, legumes, and eggs, which are vital for growth and repair
- **Dairy** – important for calcium and bone health

Foods to Limit

Foods high in sugar, saturated fat, and salt are not necessary for a healthy diet and should be limited. Reducing these foods helps maintain a healthy weight, supports heart health, and keeps energy levels steady throughout the day.

Healthy Lunchbox Ideas:

- Wholegrain sandwiches with lean protein (such as chicken, tuna, egg, or beans) and lots of vegetables.
- Fresh fruit (like apple, orange, or berries) or cut veggie sticks (carrot, cucumber, capsicum).
- Dairy options such as low-fat yoghurt or cheese.
- Add a boiled egg or homemade mini frittata.
- Swap sugary snacks for air-popped popcorn or wholegrain crackers.

Encouraging healthy eating habits at school and at home sets children up for a lifetime of good health!

PSSA Information

Week 3 PSSA Results

AFL Jr team lost 0-45 to Oatlands. AFL Snr won 14-8 to Oatlands.

Netball Jr 1 team won 17- 3 against Yates Ave. Netball Jr 2 lost 1-4 against Parramatta North.

Netball Sr 1 team won 28- 4 against Oatlands. Netball Sr 2 lost 0-26 against Carlingford.

Soccer Jr Yellow won 8-0 against Parramatta. Soccer Jr Green lost 0-1 to Parramatta North.

Soccer Sr Green won 7-0 against Parramatta East. Sr Yellow lost 2-4 to Dundas.



Players of the Match



Week 4 PSSA Results

AFL Jr team lost 17-18 to Parramatta PS. AFL Snr won 80-6 to Parramatta PS.

Netball Jr Green team won 12- 0 against Parramatta North. Netball Jr Yellow lost 0-9 to Carlingford PS.

Netball Sr 1 team won 20- 6 against Parramatta PS. Netball Sr Yellow lost 0-3 to Parramatta PS.

Soccer Jr Yellow won 6-0 against Carlingford PS. Soccer Jr Green lost 0-2 to Parramatta East.

Soccer Sr Green won 2-1 against Parramatta East. Sr Yellow won 2-1 against Parramatta East PS.

Players of the Match



Assembly Awards for Weeks 4 & 5







🐻🐻 Bush Dance Update – Save the New Date! 🐻🐻

Unfortunately, our recent Bush Dance event had to be postponed, however we are very excited to announce that it has now been rescheduled for:

📅 Friday 31st July

🕒 Starting from 5:00pm

We can't wait to bring our school community together for a fantastic evening of fun, dancing, food and entertainment!

🍴🍷 Food & Drinks Available

Food and drinks will be available on the night. To help us with planning and catering, please place your orders using the link below:

Burnside Public P&C – Bush Dance Food & Drinks

🙋🏻 Volunteers Needed

We are still looking for parent volunteers to help on the night with setup, assisting students and helping the event run smoothly. If you are available and keen to help, we would love to hear from you.

📁 Treasurer Wanted

The P&C is also still seeking a Treasurer / Bookkeeper to join the committee. This is a valuable role that helps support the many initiatives and events we provide for our school community.

👕 Uniform Shop Reminder

- The Uniform Shop is open every Friday from 8:45am – 9:15am for both new and second-hand uniform purchases.
- Uniforms can also be ordered anytime through the online ordering system.
- Please remember to include your child's name and class at checkout to help us deliver items efficiently.
- Deliveries occur on Tuesdays and Fridays, except for urgent items such as hats.



💡 We'd Love Your Feedback

Feedback and new ideas for events or fundraising initiatives are always welcome. Please feel free to reach out to us anytime at:

President@burnsidepublicpandc.com

📅 Next P&C Meeting

Wednesday 17th June

Thank you again for your continued support. These events are only possible because of our amazing school community, and we look forward to seeing everyone at the Bush Dance!

Gill Bennett

Principal

