

What's UPPs

NEWSLETTER NO 3

TUESDAY 12 MARCH 2019

DATES TO REMEMBER

Tuesday 12 March
Foundation
Start Fulltime

Friday 15 March
National Day of
Action Against
Bullying & Violence

Friday 29 March
Whole School
Assembly

4 & 5 April
Learning
Conferences

20-24 May
Grade 6
Canberra Trip

From the Principal

Student Leadership



Congratulations to our Grade 6 student leaders who were inducted into their roles at our last whole school assembly. Our leaders should be very proud of all that they do around the school. They are fantastic role models for our younger students. We are currently in the process of electing the Student Voice representatives from Grades 3-6. Student Voice is a very important group within the school who make decisions based upon suggestions and feedback from their peers. Many thanks to Ms Danielle Bond and Mrs Whitney Wills who are enabling these opportunities for our students.

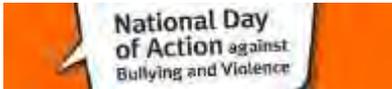
Parent Connections

School Council

Next Monday 18th March at 7pm is the AGM and the first meeting for our 2019 School Council. As the governing body within the school, School Council has a very important role. The function of School Council includes establishing the broad direction and vision of the school, participating in the development and monitoring of the school strategic plan and developing, reviewing and updating school policies. School Council also approves the annual budget and monitors expenditure, maintains the school's grounds and facilities and stimulates interest in the school within the wider community. School councillors are elected for a two-year term and will generally join at least one sub-committee. Our sub-committees are Buildings and Grounds, Policy and also Community Engagement. The sub-committees meet just prior to the Council meetings, which are generally held once per month on Monday evenings. It is a privilege to work with such enthusiastic and dedicated parents on our School Council.



National Day of Action Against Bullying and Violence- Thursday 14th March 9-11am- All welcome.



On Thursday 14th March our school is taking part in the National Day of Action against Bullying and Violence. The National Day of Action is Australia's key anti-bullying event for schools. It's a day where school communities across Australia 'take a stand together' against bullying and violence. Families are most welcome to be part of the day. Activities will begin at 9am in the Staff Room, with our guest speaker, Bridget Veld, who will speak to parents about building resilience and provide some insights into helping children navigate friendships at school. This will be followed by an opportunity to spend time in your child's classroom. Many thanks to our Assistant principal, Ms Monica Dowling, for organising this day for us.

Learning Conferences

Please be aware that learning conferences will be held at the end of term. Parents will be able to book appointments with teachers for the evening of Thursday 4th April or morning of Friday 5th April. It is an expectation that students attend these learning conferences with their parents. Please do not hesitate to contact our office if you would like some assistance with booking appointments. **Classes will not be held on Friday 5th April.**



Cyber Safety

Many thanks to our fantastic Parent Partners, who have brought to our attention that there is a concern in relation to 'Momo' - a cyber trend that targets children and has been linked to apps such as Facebook, Whatsapp and YouTube.

Further information and advice for parents is available at -

<https://www.safeonsocial.com/blog/the-terrifying-new-cyber-trend-that-targets-kids>

You can also report any concerns directly to www.esafety.gov.au

Please contact the school if you have any concerns in relation to your child's wellbeing.



Begonia Festival

Congratulations to Mrs Lesa Compton who supported 19 of our students to participate in the Begonia Festival Parade. Dressed in 'garden inspired' outfits (overalls, straw hats, gumboots, gardening gloves, and anything 'green'), our students helped Dirt Girl and Costa walk and sing their way along the parade strip, singing a range of recycling inspired songs such as 'Gumboot Boogie', 'Go Get Grubby' and 'Down and Dirty'. They played a range of musical instruments (think frypan guitars, saucepan drums, oil can maracas) made from an assortment of household items, including pots, pans, empty tins, cake racks, buckets, tin lids and kitchen utensils. The students should feel extra proud as they were announced as the winning school in the school entry category. Thank you to the children involved and their parents for supporting this event. A huge thank you to Lesa for her incredible initiative and infectious enthusiasm. Thanks also to Mr Dave Westaway for going along to supervise our students. A great day for everybody!

Improving Literacy Education at UPPS

We are pleased to announce that our application to become part of the Leading Literacy Initiative has been successful. Mrs Joy Hill, Mrs Hollie Searl and I attended a fantastic day of professional learning on Friday. The initiative aims to increase student engagement and achievement in Literacy and increase teacher confidence and capability in teaching Reading and Writing. We are very fortunate to have this opportunity made available to us.



Zone Athletics

The Zone Athletics is quickly approaching and it is great that students are taking up the opportunity to train before and after school and at lunch times. I wish the Squad all the best for the Sports and I know that the children will give their utmost. Thanks also to Ms Jessica Quandt for enabling these opportunities for our students.

Best wishes,

Janet Hillgrove
Principal

Our School Community is invited to be part of the
NATIONAL DAY OF ACTION AGAINST BULLYING & VIOLENCE
this **Thursday, 14th March**



9:00 – Meet in the Staffroom for an Information Session with
Bridget Veld (Mental Health Social Worker)

10:15 – Spend time observing and/or participating in activities in your child's classroom

11:00 – Join us in the Staffroom for morning tea

We look forward to seeing you on Thursday!



JUNIOR UNIT

Congratulations to our junior athletes who took part in the Athletics Carnival with enthusiasm and respect. Thank you to our families for your support on this exciting day.

This week our Year 1 and 2 students will begin reflecting on their learning as they complete their first unit of inquiry for the year. Striving to reach new goals and recognising our successes is an important part of learning at UPPS. We look forward to sharing some of these reflections with you at the Junior Unit assembly at 9.15am on Wednesday 20th March. Our Foundation students will continue their 'Who We Are' inquiry for the rest of this term.

FAQ: When can my child have a drink at school? All children are encouraged to bring a full water bottle to school so they can have regular drinks throughout the day. Water is the best drink because it is healthy, easy to clean up if there is a spill and bottles can be refilled when needed. We have plenty of bubble taps around the school so children can also have regular drinks during outside play times.

MIDDLE UNIT

An enormous thank you to all of the families of our Grade 3 students who supported our participation in this year's Begonia Festival Parade. It was well worth it, with our efforts winning us 'Best School Entry' this year! We had an amazing morning with Dirt Girl and Costa—singing, dancing and playing our way along the parade strip!

Students in the Middle Unit are currently working toward the creation of various presentations, to show their understanding of the central ideas we have been exploring this term. Grade 3 students will soon be presenting our Grade 1 students with a range of skills and strategies they can use to solve everyday challenges at school. Our Grade 4 students are finalising their presentations about the ways in which belonging to a community shapes our identity. They will begin presenting to their peers this week.

We welcome families to attend our second Middle Unit assembly, to be held on Friday 22nd March at 2.30pm in the MPR.

SENIOR UNIT

Congratulations to all students in the Senior Unit who participated with such enthusiasm at our Athletics Carnival. The support students displayed towards each and every one of their peers was incredible. Well done also to those students who have been selected to represent the school at the next level as a result of their efforts.

Many Senior Unit students have been busily rehearsing for the upcoming State School Spectacular. A big thanks to Miss Pelchen and Mrs Fisher for all of their hard work preparing the students.

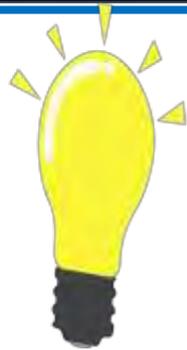
Our Grade 6's have recently completed their persuasive piece on their most important human right and are currently producing photo essays which will also be uploaded to SeeSaw later this week. Grade 5's will be spending time this week presenting their investigation findings into how the body systems relate and work together.

We welcome families to attend our next Senior Unit assembly which will be held on Friday 22nd of March at 9.15am in the MPR.



News from the Specialist Teachers at UPPS

DID YOU KNOW?



Did you know that you can book a learning conference with any of the specialist teachers that your child is currently learning with? The specialist team love to have the opportunity to share your child's learning with you during the conference days. See below a schedule for which classes are learning with which teachers this semester. Book online the same way you do for your

classroom teacher.



The Gardening Kitchen	F, 1, 2A, 6	Mrs. Kerry Hartman
Art	All	Miss Karla Devlin
PE	F, 1	Miss Karla Devlin
	2-6	Miss Jessica Quandt
Music	2B, 3, 4, 5	Mrs. Lyndell Allen
Performing Arts	2B, 3, 4, 5	Mrs. Sage Fisher
Japanese	All	Mr. Daniel Paxton



UPPS ART



This week all students have been busy creating and developing their individual Art Goals for 2019. We are designing a collaborative mural in the art room to display our work.

Just a reminder.....

Photography Club is on a Monday at Lunchtime (invitation only– see me if you are interested)

Art Club is on a Tuesday at Lunchtime (all welcome)

Any donations would be greatly appreciated please. We are collecting newspapers for the Art Room. Thanks.

Miss Devlin





This week the students have been exploring how to tell stories through their dancing, focusing on facial expressions and music choices. Middle and Senior students have also been learning about the elements of dance and choreographic devices, and how they can help to make our choreography interesting.

Congratulations to our first Performing Arts Class of the Month, 4A!

Just a Reminder...

Wednesday Lunch – Junior Drama Club

Thursday Lunch – Victorian State School Spectacular Rehearsals

Friday Lunch – Senior Drama Club



Japanese : Mr. Paxton



Konnichiwa!

Students this week have been celebrating *Hinamatsuri* (Girl's Day), a celebration of the health and happiness of girls dating back almost 1000 years. The pictures below show the highly creative origami made by some of our grade 4 students, representing the Emperor and Empress of Japan. You may also notice the word "Hinamatsuri" written by the students in Japanese.





Upcoming Music Dates for your Diary

Week 9—*CrashBangWallop!* perform in assembly

Week 10—Grade 2 violin open lesson 2.20pm-3pm

Save the Date - May 31—Junior Choirs Festival, WCPA



Congratulations to all Grade 3s who have made a flying start to their recorder playing. As part of their UOI we have been being responsible, caring for and bringing our recorders to class, and reminding the other members of our team to do the same. In week 6 students had the opportunity to attempt first “Grading” for their white belt. Congratulations to the following students who successfully achieved this:

3A : Mikayla, Chloe, Korieza, Lucy, Bethany, Jakobi, Lucas, Tully, **3B:** George, Harper, Natasha, Amelie, Kooper, Willow, Mason, Sophie D, Eva, Bryce

Many of the students who have not achieved their white belt yet just need a few more practices at home. They are encouraged to bring their recorder to school on Tuesday and to have another try at the start of lunch.



Grade 4 Students have also been working hard on their UOI through the attitude of reflection. Each child has set their own Ukulele goal and is periodically self-reflecting on what they have learned and what will help them reach that goal. They are reflecting on what new learning they need to achieve to make the next steps towards it. Keep an ear out for performances by our Grade 4s at the next Unit assembly where they will showcase their newly acquired skills.

Term 1 Music Clubs:

Monday: Violin Club

Wednesday: CrashBangWallop! (percussion Gr3-6)

Friday: Ukulele F-6

Friday 8am: Saplings Choir (Grades 2-6)



Composer In Focus - QUEEN

ENTRIES CLOSE at the end of WEEK 7. Answer the questions below to be in the running for some great prizes. Entry forms available from the office or music room.

1. Name all four composers in the band **QUEEN**.
2. Who was the lead singer and when did he die?
3. List 2 songs by **QUEEN**. (bonus points if you can name who wrote each one)

Look out for the new Composer in Focus from in Week 8 including new questions to answer.



UPPS P.E

2019 Athletics Carnival

Well done to all students for their outstanding performance and sportsmanship displayed at the Athletics Carnival. It was fantastic to see much enjoyment and enthusiasm within the school community. A huge Congratulations to **Waller** for winning the House Championship and to our Age group Champions for their consistent performance throughout the day. Urquhart Park Primary School have 39 students representing our school at the Zone Athletics Championships on Thursday 28th March at Llanberris Athletics Centre.



Junior P.E Students also enjoyed our UPPS 2019 Athletics Day last Tuesday. Foundation, Grade One and Grade Two events consisted of Long Jump, Shot Put, 100m Sprints and a team building game of Rob the Nest. What a great day! Well done to everyone for participating and a huge thank you to all the wonderful UPPS helpers, parents and the teachers for making the day a success. Also thanks so much to all the parents for coming along to support us and cheer us on!!!

Zone Athletics Championships 2019-

Just a reminder to all of the athletes chosen to represent Urquhart Park Primary School that training times are as follows:

Monday Before School: 8:25am-8:55am (Long Jump, Triple Jump, Discus, Shot Put and High Jump)

Monday – Lunch time (Relay Practice)

Wednesday Before School: 8:25am-8:55am (Long Jump, Triple Jump, Discus, Shot Put and High Jump)

Thursday after School: 3:15pm – 4:00pm (All Running events including Hurdles).

Parents please make sure you can pick your child up at this time at the Waller Ave gate.

Friday – Lunch time (Sprint Training)



PE Reminders...

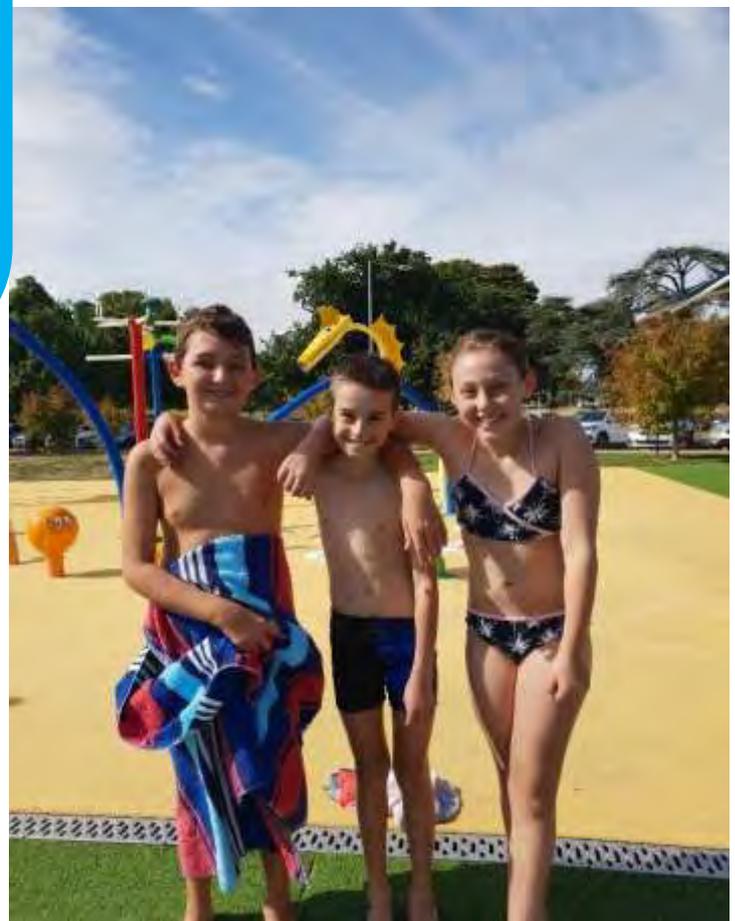
- **Soccer Club** is on a Thursday at lunchtime at Arbol Arena.
- **P.E Lessons...**if you have a medical reason that you are unable to participate in that days P.E lesson you need to bring a note from home signed by your parent or guardian.

Thanks from

Miss Devlin and Miss Quandt

BPSSA Zone Swimming Sports

Well done to our swimmers who represented UPPS at the BPSSA Division Swimming Championships. It was fantastic to see our 5 students compete and cheer team spirit throughout the day. A huge Congratulations to Amber Eades who progressed to the Regional Swimming Championships to represent Urquhart Park Primary School on Friday 22nd March in Horsham.





THE SUSTAINABLE GARDENING KITCHEN

**OUR STUDENTS HAVE ENJOYED GARDENING AND
PREPARING AND EATING DELICIOUS SEASONAL FOOD
IN THE GARDENING KITCHEN ...**

We have been taking cuttings of our berries, dividing up our strawberries, and planting seasonal vegetable seeds for us all to take home and enjoy in upcycled planters made from newspaper and egg cartons. Many students have already planted their seedlings and cuttings in their own gardens and report that they are doing well.

Using fruit and vegetables from our seasonal garden we have prepared, cooked and enjoyed salad and soup of the imagination, corn fritters, lentil burgers, basil pesto pasta and baked apples.

Will Marshall and his dad, Andrew have finished our new worm farm based on Costa Georgiadis' design using upcycled materials. Our students will be setting it up over the next few weeks as part of their learning experiences in The Sustainable Gardening Kitchen. Adrian Pedrotti has kindly added hooks and finishing touches to the lid of the worm farm for us. Thank you for helping us out.



The Sustainable Gardening Kitchen Captains, The Sustainability Team and The UPPS Incredibles Green Team, continue working together, as mentors of responsible sustainable practices for others to follow. Your work is impressive. Well done, to you all!

A reminder that Our Share Table - takes place on the last Tuesday of the month and will begin on March 26th. Thank you to our many families that have already left donations for our next Share Table. Donations of fruit and vegetables, canned goods and packaged food that is still within its use by date, clean clothing and small household items would be welcome on our share table. Items can be left in the The Sustainable Gardening Kitchen at any time.

As always, thank you to the many families that so generously give their time to care for our garden, chooks and worms during the school holidays and on the weekends. You are so very much appreciated!

Ms. Kerry Hartmann

The Sustainable Gardening Kitchen

CASES21 FAMILY STATEMENTS

All families will receive a current CASES21 Family Statement this week. This will show all outstanding charges up to Friday 8 March 2019.

Thank you to our families who have either paid the Essential Learning Items amount in full or paid the first semester amount of \$40.00 per child. The first semester amount is due by 5 April 2019 (end of term 1).

These Essential Learning Items amounts are vital to enable us to continue to provide the variety of programs and resources our students currently enjoy.

2019 GRADE 6 CANBERRA CAMP

Monday 20 to Friday 24 May

All families with students attending the Canberra Camp have received a breakdown of the total amount along with any payments made and balance at 20 February 2019.

We now only have four weeks left of term 1 and with the Canberra Camp occurring in week 5 of term 2 – that leaves only **9 weeks** until final payment is due.

Canberra Camp payments are to be finalised by **Friday 3 May 2019**.

BPAY details are on each CASES21 Family Statement to enable payments to be made without needing to call into the office. Payment can also be made over the phone using your credit card, or of course, still by cash or EFTPOS at the office.

Please do not hesitate to contact me if you have any queries, or would like information about Centrepay (available to anyone receiving a Centrelink payment), or to set up a payment plan.

insights

How to help kids when you think they are being bullied

by Michael Grose



Bullying is a word that's wrapped in emotion. For many people bullying is associated with bad childhood memories. It's been estimated that around 40 per cent of people have experienced some type of bullying in the past.

The ghosts from the past are never far away for parents and can sometimes influence the way we react to current circumstances, including when our own children experience difficulties in their relationships inside or outside school.

Bullying is an insidious behaviour that transgresses children's natural right to feel safe and secure. It can adversely affect their learning, emotional wellbeing, sense of self and further peer relations.

Bullying takes many forms including physical and emotional abuse, intimidation, harassment and exclusion.

It now has a well-publicised cyber dimension, which has moved the goalposts for many kids. In the past, being at home was one way children could escape bullying behaviours they may have been experiencing. Cyberbullying now means that kids can't avoid the bully like they once could.

Girls bully just as much as boys but they do it in less physical ways. While boys use physical intimidation or verbal abuse to wield power, girls are more likely to use exclusion or verbal sarcasm to assert themselves.

Bullying should not be confused with teasing, rejection, random acts of violence or physicality and conflict. Children will often tease or fight in short episodes but this bickering should not be equated with bullying.

What's bullying about?



Bullying is about lack of power as one person is powerless to stop the teasing or physical abuse. Bullying is the selective, uninvited, repetitive oppression of one person by another person or group. It should not be tolerated (or practised) by the adults who inhabit a child's world.

If you think your child or young person is being bullied, then handle them with care as many kids don't want to admit that they are on the receiving end of bullying. Some kids keep bullying close to their chests so it helps to be on the lookout for warning signs such as items being stolen, a changed route to school and withdrawal from usual activities.

If your child is being bullied:

Remain calm: This can be very difficult as your emotions can easily escalate into anger. But your child needs you to remain unemotional so he or she can talk with you and feel safe.

Listen to their story: Children who are bullied need someone to believe their story. Take them seriously and avoid dismissing complaints as tell-tale. Use common sense to differentiate between bullying and random, nonselective antisocial acts that, while they may be distressing for your child, don't amount to being bullied.

Deal with their feelings: A child who is bullied probably feels scared, angry and sad. While boys are more likely to act out and display anger, girls are more likely to 'act in', feeling sad and depressed.

Get the facts: Get a clear picture of what is happening, including who is involved, the frequency and what happens prior to any bullying. Get your child to be as specific as possible by asking good questions. An accurate picture will help you determine your next course of action.

Give them coping skills: With a clear picture you can start giving your child some help about how he or she might deal with bullying including using avoidance strategies, being more assertive and changing poor body language.

Get the school involved: Bullying is best handled when parents and teachers are involved together. Some parents tell me that schools can be reluctant to become involved however my experience is that schools take bullying very seriously. Most schools will go to great lengths to support and empower those on the receiving end while also looking for ways to change the behaviour of bullies. Approach your school through the appropriate channels, make yourself aware of your school's anti-bullying procedures and programs and be willing to work within these guidelines.

Help build your child's or young person's support networks: Your child will need a group of friends to support them and insulate them against further social exclusion so look for practical ways to broaden friendship groups.

Build your child's self-confidence: Nothing saps a child's confidence like bullying so provide your children and young people with plenty of encouragement and loving support. Let them know through your words and treatment that they will get through this difficult period in their lives.

It's worth remembering that children and young people who experience some form of bullying can come out stronger and more resourceful because they have experienced difficulties and now know they can overcome them. However, continuous, long-term bullying can have a long-term negative impact, so it needs to be taken seriously.



Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's the author of 10 books for parents including *Thriving!* and the best-selling *Why First Borns Rule the World* and *Last Borns Want to Change It*, and his latest release *Spanned! Generation: How to raise independent children*.

BINGO BINGO



COME AND HELP OUR DYNAMITE
RELAY FOR LIFE TEAM RAISE
MONEY FOR FINDING A CURE
FOR CANCER

STRICTLY NO UNDER 18'S

WHERE: NORTH SPORTS CLUB, CRESWICK ROAD

DATE 31ST MARCH 2019

TIME: DOORS OPEN 1PM, COLLECT BOOKS 1:15PM,
EYES DOWN 2PM

TICKETS ARE \$8 EACH (1 TICKET EQUALS 1 BOOK)

33 GAMES PER BOOK

PET MACHINES AVAILABLE AS WELL

CONTACT: Sharon 0428 666 950

HOPE TO SEE YOU THERE!!!



THE EASY WAY TO BOOK
**SCHOOL
INTERVIEWS**



Dear Parents

Learning Conferences will be held on the following dates:

Thursday 4th April and Friday 5th April 2019.

Learning Conferences should take approximately 10 minutes per child.

Now you can book school interviews for the times that suit *your family*.
Go to www.schoolinterviews.com.au and follow these simple instructions.

Simply enter the code and press "Go"



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click **FINISH**, your interview timetable will be emailed to you automatically. If you do not receive your email immediately –

You can return to www.schoolinterviews.com.au at any time, and change your interviews - until the bookings close on 27th January at 4pm

You may change your bookings, any time prior to the closing date, by re-visiting the www.schoolinterviews.com.au website, and using the event code. Remember to use the same name and email address, you used when you made your original booking. Parents wishing to change their interview times after the closing date, should contact the school directly on: 5330 5400