

# What's UPPs

NEWSLETTER NO 17 TUESDAY 4 DECEMBER 2018

## DATES TO REMEMBER

### Swimming Program Foundation

10, 11, 13 & 14 Dec  
Payment due 30/11

### Foundation/Grade 6 Orientation Day 11 December

### Grade 6 Graduation 13 December

### Final Assembly Monday 17 December @ 9.15am

### Carols on the Oval Wednesday 19 December @ 6.00pm

### Last Day of Term Friday 21 December 2.30pm Finish

#### From the Principal



#### Grade Up Day

Grade Up Day will be held next Tuesday 11<sup>th</sup> December. This is an opportunity for students to spend a day in their 2019 classrooms, with their 2019 classmates and teacher. Students will begin the day in their 2018 classrooms and finish the day in their 2019 classes. I would like to thank our teachers for the hours spent developing classes. Thanks also to parents for supporting our policies and processes related to class placements. The staffing for 2019 is nearly finalised and will be released to parents on the final newsletter in the last week of term.

#### Foundation 2019- Parent Information Session

We welcome our new Foundation families to our Parent Information Session on Wednesday 5<sup>th</sup> December at 7pm in the Staffroom. This is a great opportunity for parents to learn more about our school and to develop relationships with other parents and staff. We look forward to seeing you there.



#### PYP Exhibition

Our first PYP 'Grade 6 Exhibition', held on 21<sup>st</sup> November, was a resounding success. Our Grade 6 students relished the opportunity to showcase their learning within the PYP. It was a very successful evening with visitors absolutely thrilled by the standard of the presentations. Congratulations to each and every one of our Grade 6 students for the work that was done to prepare for this event, which will be an annual event for our Grade 6 students from now on. Thanks to our Grade 6 teachers, led by Mr Tristan Dixon, and our PYP Co-ordinator Ms Hollie Hawke, for their incredible work too.



#### School Discos

The children had a wonderful time at our school discos last Friday night. In excess of 300 children attended, indicating the popularity of this event. Many thanks to our staff for giving up their Friday night to supervise and support the children. Thanks also to Ms Chanelle Pelchen for organising this event.

#### Christmas Raffle to Help Others

This year, the proceeds from our Christmas Raffle will be used to purchase 'Hope Hampers' for families in need. This is an initiative of the Salvation Army whereby hope hampers are tailored to meet the needs of the families we help. Hampers can be purchased for \$29 dollars and may take the form of food for Christmas, a gift for a child, practical Salvos support (clothes, blankets etc.) or financial counselling through the tough times. **We would very much appreciate some more items for our Christmas raffle so that we can raise money for this very worthy cause. Thank you.**



## Parent Connections

There is a variety of opportunities over the remainder of the term for parents to come along to events that are happening around our school.

Middle Unit have rescheduled their assembly for Thursday 6<sup>th</sup> December at 9am in the Multi Purpose Room. This is a great opportunity for parents to find out more about the learning that is happening in our classrooms.

On Friday 7<sup>th</sup> December in the afternoon, our next Instrumental Concert will be held to celebrate the fantastic learning that has taken place within our Arts Program. The Concert will be held in the Multi Purpose Room and all parents and family members are most welcome.

Our Swimming Program continues this week with Grades 1 and 6 participating. Next week, our Foundation students will be swimming. Parents are most welcome to go along to classes at the Aquatic Centre in Gillies Street North.

Grade 6 Graduation will take place on Thursday 13<sup>th</sup> December at 6:30pm. This will be a very special evening to honour our Grade 6 students for their incredible contribution to our school. The families of our Grade 6 students have been invited to attend. Unfortunately, we are limited for space in the Multi Purpose Room and so ticket sales will need to be restricted so that all families are represented.



Our final Assembly for 2018 will be held on Monday 17<sup>th</sup> December at 9.15am in the Multi Purpose Room. Parents are warmly welcomed to this celebration of 2018.



## **Commencement of 2019 School Year – Dates for your Diary**

2019 will soon be upon us! I have included the following dates to assist with your planning.

- Staff return to school on Tuesday 29<sup>th</sup> January 2019 - this is a student free day (no classes) for teachers to plan and engage in professional learning.
- On Wednesday 30<sup>th</sup> January or Thursday 31<sup>st</sup> January, **all students** are asked to attend an assessment session with their teacher, which will allow teachers to meet individually with each child to determine learning needs. Details of how to book for these assessment sessions will be in the next newsletter.
- **The first full day of school for all students will be Friday 1st February 2019.**

## **Upcoming Events**

The calendar is very busy. Please be aware of the following school events:-

Date	Event
Wednesday 5 <sup>th</sup> December	Foundation 2018- Parent Information Session 7pm in the Staffroom.
Friday 7 <sup>th</sup> December	Instrumental Music Concert – at 2.15pm in the Multi Purpose Room
Monday 10 <sup>th</sup> December	Final School Council Meeting for 2018
Tuesday 11 <sup>th</sup> December	Grade Up Day
Thursday 13 <sup>th</sup> December	Grade 6 Graduation at 6.30pm in the Multi Purpose Room
Monday 17 <sup>th</sup> December	Final Assembly at 9.15am in the Multi Purpose Room
Tuesday 18 <sup>th</sup> December	Final Newsletter
Wednesday 19 <sup>th</sup> December	Carols on the Oval at 6pm. All families welcome. Please bring a picnic and join us on the oval to sing some Christmas Carols.  Reports distributed to students.
Friday 21 <sup>st</sup> December	Last Day. Classes will be dismissed at 2.30pm

## **Change to our End of Term Dismissal Time**

Please be aware that school finishes on **Friday 21<sup>st</sup> December at 2.30pm.**

Best wishes,  
Janet Hillgrove

## JUNIOR UNIT

Last week our Year 2 students enjoyed a fantastic week of swimming and this week our Year 1s have the same opportunity. It is great to see how these students are embracing this chance to develop their water safety skills and have lots of fun at the same time.

Our Foundation students have been busy developing as mathematicians, learning about addition and subtraction. They are also beginning to learn more about money.

Our Year 1s enjoyed an amazing day of hands on activities as they extended their learning into push and pull forces at Earth Ed. We were very proud of their respectful behaviour.

In Year 2 the students have been designing their own experiments from a wondering they had, conducting their own experiments. They've used a variety of modes to publish their findings including iMovie and Greenscreen.

## MIDDLE UNIT

In Grade 3, we have spent time exploring the concept of 'perspective' through our central idea 'Expression reflects individuality'. We have shared our perspectives through photography, examining the different perspectives from which we can capture items or objects. We have listened to the perspectives of others through writing book reviews, performing role play and sharing our poetry.

Our Grade 4 students are excited to be sharing their Media Showcase with everyone this Friday 7th December from 3.10-3.45 in the Grade 4 classrooms. For those who cannot make it on Friday, we will be sharing again on Monday 10th December from 8.30-8.45. Please come and celebrate all of the hard work we have put in!

Just a reminder that our final unit assembly will be held this Thursday at 9am in the MPR.

## SENIOR UNIT

We would like to congratulate all Grade 6 students for the tremendous effort that was put into their PYP Exhibition last week. The students presented their Central Ideas with confidence, enthusiasm and passion, and they proved to be very knowledgeable in their chosen inquiries. Thank you to those who attended the Exhibition, and a big thank you to the Grade 6 teachers and mentor staff who have worked incredibly hard to guide the students.

Grade 6 students are now actively working on their items for Graduation in Week 10.

A busy week was had by the Grade 5 students, as they completed their Swim Survival and Water Safety activities at the Ballarat Aquatic Centre. This week, the Grade 6 students will participate in the swimming program. It is important that students attend this program as it is an integral part of the Physical Education Curriculum. We thank all students who are attending.

On Friday, the process for 2019 School Captain roles will commence. We encourage all students to apply and wish all applicants the very best of luck.



### Upcoming Music Dates for your Diary

- Week 9 - Instrumental Concert (see flyer below)
- Week 10 - Grade 2B Violin Program Final Concert  
Monday 2.30pm , in the Hiroba  
- Final choir rehearsal, Friday 14/12 8am
- Week 11—Carols on the Oval



**WOW!** What a year in the Music Room! As the year draws quickly to a close we celebrate all of the learning that has taken place in the Music room this year. Our Foundation and Grade 1 students have learned more in their semester of music than we have ever seen our UPPS students do before. All of our Grade 2 students have learned to play the Violin. Our Grade 3 students completed belts in the Recorder Karate Program. Our Grade 4,5&6 students have taken part in various stages of the Musical Futures program, learning guitar, drums, ukulele, bass and keyboard. Our choir has grown to over 50 members, worked with composer Dan Walker at the Ballarat Junior Choir festival and placed in every section they entered at the Royal South Street Eisteddfod. They Music Tree has been built and used to make our own music. We have established a drum club and the Ukulele Club continues to flourish. Most importantly *relationships continue to form and develop* and our *students*

*grow in confidence* in the supportive and friendly environment they find in the **Music Room**. Special thanks go to our Music Captains Rhys, Skyla and Jennifer for your terrific efforts and hard work this year. I look forward to more great times next year!

Mrs. Allen ♪



### **Composer in Focus - Peter Illych Tchaikovsky.**

A Russian born composer of the romantic period Tchaikovsky is most celebrated for his ballets, specifically Swan Lake, The Sleeping Beauty and The Nutcracker. The 125th anniversary of his death was on Nov 6 and his music will feature on our bell and in our Music classroom for Week 9 and 10.

While there is no formal questions for this competition, prizes will be on offer for anyone who can submit a wondering they have about Tchaikovsky, and the answer they can find to satisfy it! Put your entry in the box at the office or in the Music Room - **remember to include your name and grade!!**



# PE Report

## \*\*\*\* State Athletic Championships\*\*\*\*

As the year quickly comes to an end our students are still working hard within their PE classes. At the moment we have Peter from Tennis Victoria working with our Foundation, Grade 3 and 4 students teaching them the basic skills of Tennis. It has been great watching the students focus more on control rather than power. All other grades have been enjoying learning about Tennis from Mr Tolliday.

## \*\*\*\* Swimming\*\*\*\*

Our Grade 1,2,5 and 6 students have taken part in swimming at the Ballarat Aquatic Centre. Junior Unit students have focused on swimming technique and skills whilst our senior students are taking part in an intensive water safety unit. Foundation swimming will be for 4 days next week with students not swimming on Tuesday due to grade up day.

Mr Tolliday





# Urquhart Park Primary School Transition and Orientation Program

Date	Time	Session
<b>Monday 22nd October</b>	2:10 – 3:10pm	Transition session
<b>Tuesday 13th November</b>	2:10 – 3:10pm	Transition session
<b>Wednesday 21st November</b>	2:10 – 3:10pm	Transition session
<b>Thursday 29th November</b>	2:10 – 3:10pm	Transition session
<b>Wednesday 5th December</b>	7 – 8pm	Parent Information session
<b>Tuesday 11<sup>th</sup> December</b>	9:30 – 12pm	<b>Orientation Day</b> On this day your child will meet their 2019 teacher, classmates and buddy. They will be required to bring along a hat, snack and drink bottle please.

## FAMILY STATEMENTS

Final Family Statements for 2018 will be coming home today.

Your statement will show any outstanding amounts, ie:

Essential Learning Items 1 – this amount was due 29 March 2018

Essential Learning Items 2 – this amount was due 21 September 2018

**\*payment is still able to be made for the above amounts\***

2019 Grade 6 Canberra Trip

Along with:

Unallocated CSEF receipts

Unallocated credit notes (for any excursions/incursion not attended due to absence)

Any other credits

**\* the above amounts are shown as -00.00 \***

Please check you statement and if you have any questions, please do not hesitate to contact the office.

**Karen George**, Business Manager



## Exposing kids to challenges helps prevent anxiety in later life

by Michael Grose

*Two important Australian studies released recently support what teachers and mental health experts have been saying for some time: that exposing kids to safe challenges in childhood promotes resilience and better mental health in later life.*

The results of a study into children's wellbeing by mental health organisation beyondblue found young people who were able to talk about their emotions and who were exposed to failure and loss at a young age are better equipped to deal with a variety of challenges as they grow. Similarly, findings of a Macquarie University long-term study into children's mental health found that children who were exposed to safe risks were happier, less anxious and more able to handle every day problems such as rejection, teasing and failure.

Both studies point to the need for children to experience failure, to be involved in play with peers and to be encouraged to face their fears rather than avoid them. With one in six Australian children and teenagers experiencing anxiety on a regular basis it's essential that kids of all ages are provided with the skills and experiences they need to develop mental resilience. Let's kick off this process with the following five strategies:

### 1. Encourage kids to spend more time with other children

When children spend more time among themselves they rely less on adults to solve problems for them. In fact, when kids play among themselves they take on the authority of adults in their absence. They negotiate about what and how to play. They will often make up the rules of their games, modifying them as they go along and challenging other children's interpretations. "You're not playing by the rules" is a common childhood retort, but the important thing to remember is that, left to their own devices, kids will generally resolve such conflict situations more creatively and with more finality than if adults become involved.

### 2. Help children be good losers and gracious winners

In recent years there's been an aversion to exposing kids to losing, particularly when it comes to the sporting field. Some codes, in an effort to improve the participatory experience for kids, don't keep scores and give prizes for participation rather than achievement. However, these practices prevent kids from experiencing both the resilience-building disappointment that comes with a loss and the confidence-building satisfaction that comes from winning. More significantly, they prevent kids from refining the art of being good losers and gracious winners, both important skills to learn for future development.

### 3. Encourage kids to talk about emotions and feelings

It's important that children become comfortable with unpleasant feelings such as disappointment, fear and nervousness rather than be debilitated by them. We need to allow children to experience events that lead to unpleasant emotions. We also need to feel comfortable ourselves with our children's unpleasant feelings. Enabling children to verbalise their unpleasant feelings helps them process and make sense of their emotions. Healthy families and safe classrooms work on the principal that there's nothing so bad that we can't talk about it in the right way, but that there are behaviours we won't tolerate.



#### 4. Model calm and rational thinking

High emotions are very contagious. When a child is angry, fearful or upset we can easily feel the same way. It's vital that we manage the ways that we react to our child's emotions so that we can provide an effective, empathetic response. The best way to manage our own reactivity when kids are upset is through breathing. Taking a breath gives us a moment to regain control and remain calm. We can then ask questions and logically think our way through the situation rather than catastrophising and letting our thoughts run amok. Adults who model calm, thoughtful behaviours in the face of stress show children and teenagers how to respond in safe, effective ways to stressful situations rather than reacting at an emotional level.

#### 5. Encourage children to become independent problem solvers

When adults solve problems for children and young people, we not only increase their dependency on us but we teach them to be afraid of making mistakes and to blame themselves for not being good enough. That's fertile ground for anxiety and depressive illness. When your child brings a routine problem to you and expects you to solve it (such as leaving lunch at home or sorting out a friendship dispute), step back and invite them to resolve the problem for themselves instead. We don't want to deter kids from coming to us for advice when they have a difficulty, but we do want to encourage them and teach them to work through their concerns themselves.

Stepping back and allowing children and teenagers to experience many of life's challenges, whether social, academic or physical, can be a difficult thing to do for well-meaning adults. However, part of growing up means that children and young people need to develop the skills and aptitude they will need to manage a range of challenging situations well after they have left the safe confines of school and family. As the research is telling us, the best way for them to do this is to allow our kids to navigate their challenges by themselves, surrounded by supportive, rather than over-protective, adults.



#### 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 *Spoonfed Generation: How to raise independent children*.

# Summer Holiday Program



  
**Ballarat  
Venues**



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**2nd – 25th January 2019**

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- Swimming & Water Games
- Canoeing
- Dinosaur Diggers
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- Kids in the Kitchen
- Marine Show with the Rookeepers
- Sensational Summer Craft
- Movies



**BOOKINGS OPEN  
3RD DECEMBER 2018**



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7 Lyons St North, Ballarat

[www.ballarat.ymca.org.au](http://www.ballarat.ymca.org.au) E [ballarat@ymca.org.au](mailto:ballarat@ymca.org.au) T 5329 2800



# Beleza

SCHOOL  
UNIFORMS

## BALLARAT

### END OF YEAR TRADING 2018

DECEMBER 2018						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 <sup>th</sup> CLOSED	10 <sup>th</sup> OPEN 9:00am - 5:00pm	11 <sup>th</sup> OPEN 9:00am - 5:00pm	12 <sup>th</sup> OPEN 9:00am - 5:00pm	13 <sup>th</sup> OPEN 9:00am - 5:00pm	14 <sup>th</sup> OPEN 9:00am - 5:00pm	15 <sup>th</sup> OPEN 10:00am - 1:00pm
16 <sup>th</sup> CLOSED	17 <sup>th</sup> OPEN 9:00am - 5:00pm	18 <sup>th</sup> OPEN 9:00am - 5:00pm	19 <sup>th</sup> OPEN 9:00am - 5:00pm	20 <sup>th</sup> OPEN 9:00am - 5:00pm LAST DAY OF TRADE	21 <sup>st</sup> CLOSED	22 <sup>nd</sup> CLOSED
23 <sup>rd</sup> CLOSED	24 <sup>th</sup> CLOSED CHRISTMAS EVE	25 <sup>th</sup> CLOSED CHRISTMAS DAY	26 <sup>th</sup> CLOSED BOXING DAY	27 <sup>th</sup> CLOSED	28 <sup>th</sup> CLOSED	29 <sup>th</sup> CLOSED
30 <sup>th</sup> CLOSED	31 <sup>st</sup> CLOSED					
JANUARY 2019						
		1 <sup>st</sup> CLOSED NEW YEARS DAY	2 <sup>nd</sup> OPEN 9:00am - 5:00pm	3 <sup>rd</sup> OPEN 9:00am - 5:00pm	4 <sup>th</sup> OPEN 9:00am - 5:00pm	5 <sup>th</sup> OPEN 10:00am - 1:00pm