

What's UPPs

DATES TO REMEMBER

NEWSLETTER NO 11 TUESDAY 14 AUGUST 2018

School Concert

Wednesday
29th August

Snow Camp

10-13 September

Learning Conferences

20th & 21st September

From the Principal

One Step Closer to Being an IB World School

Last Monday and Tuesday, representatives from the International Baccalaureate Organisation (IBO) visited our school to determine whether we are ready to be authorised as an IB-World School. The visit was very positive and we have already received some great feedback about our school. We should feel very proud of our school and the fantastic progress that we have made over the last two years. Thank you to School Council, staff, parents and students for your support throughout this process. Within the next few months, we will receive a report from the IBO indicating whether we are fully authorised.

Staff News

We congratulate Mrs Tegan Enever who has announced that she is expecting a baby. Tegan will be with us until the end of the year. We are very excited for Tegan and Damian, and congratulate them on this happy news.

Celebrating our Education Support Staff

August is the month when we recognise the contribution of our Education Support (ES) staff within our school. We have a fantastic team who work tirelessly to support teachers, students and families. From in the office to student wellbeing, the buildings and grounds, in classrooms and on camps and excursions, I would like to thank and acknowledge our ES staff for all that they do around our school.

celebrating
our
STAFF

We recognise and appreciate the following staff:-

Mrs Susan Jackson
Mrs Karen George
Mrs Hannah Stowe
Mrs Dianne Giblett
Mrs Sharon Petrie
Mrs Tricia O'Keefe
Miss Kylie Macdonald

Mrs Jan Eddy
Miss Tara Hughes
Mrs Amanda Perrett
Mrs Kim Smith
Ms Leah Richttie
Miss Katie Mester
Mrs Sally Forde

Miss Nicole Dridan
Mr Mark Sewart
Mr Murray Flemming
Mr Sam Jackson
Mr Wayne George



A Fiver for a Farmer – Friday 17th August

This is a fantastic initiative, originally developed by a 10 year old boy, who is hoping that Australians will support the farmers who are dealing with record drought conditions. As costs spiral and conditions worsen, even putting food on the table is becoming too hard for some families. Thank you very much to Lily and Jake, who suggested that it would be great for our school to get behind this fund raising effort. If students would like to participate, they may dress as a farmer on Friday 17th August and bring along a donation that we will forward to this very worthy cause.

Parent Opinion Survey

Many thanks to the parents who have participated in the Parent Opinion Survey. The survey is developed by the Department of Education and it is sent out to a number of randomly selected families. We take the survey very seriously and act upon the information that we receive. I encourage all parents to contact the school if you are feeling concerned about any aspect of your child's education. It may only take a few minutes for you to share your concerns and we can talk about ways by which we can address any issues. We have a very dedicated staff team who prioritise your children's wellbeing and educational needs. Please communicate with us so that we can help.



School Concert



The School Concert is rapidly approaching and the excitement around the school is building. Thank you so much to parents for taking the time to organise costumes and purchase tickets. I am aware of a number of parents and grandparents who have gone the extra mile to assist us and we truly appreciate this support. A number of rehearsals will be held over the coming weeks as we prepare for the final performance on Wednesday 29th August at 7pm in the Wendouree Centre for Performing Arts. The concert provides a wonderful opportunity for the children to perform before an audience in a safe and supportive environment, which builds their self-esteem and confidence. I hope that all of the children will be in attendance on the night.



Choir

Our Choir will also be competing at Royal South Street on Monday 27th August. Mrs Lyndell Allen has been working very hard to prepare our students for the competition and we hope that the children will enjoy this experience. I would like to thank Lyndell for seeking wonderful performance opportunities for our students.



Save the Date- Learning Conferences- No classes on the last day of Term 3.

We will be holding student- parent- teacher learning conferences in the final week of this term. The conferences will be held on Thursday 20th September from 3.30-6.30pm and on the last day of term, Friday 21st September from 9.00-1.00pm. Students are expected to attend these conferences and so classes will not be held on the last day of Term 3.

Best wishes,
Janet Hillgrove

The Primary Years Programme (PYP) at Urquhart Park Primary School

Last week was a very big week for UPPS. We welcomed Nick Martin from The Scots School Albury, and Rosemary Pitman from the International Baccalaureate (IB), into our school for two days. Their role was to collate evidence to support our recent application for authorisation as an IB World School. The visit was organised so that students were observed learning, teachers, students, staff, school council and parents were interviewed, and documents were reviewed.

The feedback we received was incredibly positive; we have come a long way in such a short time. As a school community, we should feel very proud of our achievements and the progress our school continues to make. Our action now is to keep moving forward with the PYP to ensure the most effective learning environment for all of our students.

Over the next few weeks, classes will be moving from their current unit of inquiry under the transdisciplinary theme, 'Where we are in Place and Time', onto their next units. I will provide more detail on this in the next newsletter. In the meantime, if you have any questions or concerns, please come and chat to me.

Miss Hawke
Instructional Leader - PYP Co-ordinator

Approaches to Learning Awards

Sophie Burnett	FA	Sophie uses excellent language skills to articulate to the class her understanding of people who help us in our community.
Wilhelmina Pfarrer-Benn	FB	For her acquisition of knowledge about where we live and the important roles of the people in our community.
Rylan Jones	1A	For being a great thinker and applying his knowledge of our central idea and sharing it with our class. Well done, Rylan!
Jayden Troy	1B	For being a keen historian and making connections between the past and present.
Jakobi Bunn-Minchinton	2A	For the connections she is making between the texts she reads; her own prior knowledge and our Central Idea.
Kooper Guy	2B	For thinking outside the box during class discussions and making links between our focus on celebrations and our Central Idea.
Billy Price	3A	For the committed and thoughtful approach you displayed when creating your informative text about Lithuanian culture.
Dylan Gordon-Harrison	3B	For your ability to work well in teams. You listen to others and compromise very effectively.
Jordyn Straga	4A	For acquiring relevant knowledge and applying it to her Unit of Inquiry task.
Tahlia Lee	4B	For her incredible effort when investigating her navigator. Tahlia is able to think outside the box to collect her information. Keep it up, Tahlia!
Kane Wetzel	5A	Kane has been working hard to develop his critical thinking skills. He has enjoyed developing his knowledge of how communities are impacted by colonisation. Keep it up Kane!
Leopold Allen	5B	For continuing to think outside the square and sharing his ideas, wonderings and discoveries to further his learning.
Ella Russell	6B	For her improved confidence when expressing her learning and understanding of new concepts with her peers.
Claudia Mckenzie-Poteri	6C	For her outstanding improvement in her understanding of all concepts covered in Maths.
Isabella Perrett	Garden Kitchen	For accepting responsibility in a variety of roles within her group. She very capably uses many new cooking skills to prepare and cook food to share with her grade.
Tarhlee Lestrangle	LOTE	For showing leadership in a variety of roles. Tarhlee sets an excellent example and inspires her classmates to excel.
Ruby Aitkins	Music	For accepting the responsibility to lead her group during the Rhythm Monsters activities in Music. You were able to encourage your peers while respecting their abilities.
Trent Ward	Art	For always doing his best to help others and showing respect in the Art Room.
Catherine Tanner	P.E	For being caring and considerate, putting a classmates feelings in front of her own whilst injured during PE.

JUNIOR UNIT

The Junior Unit has had a great start to August, beginning with our Foundation students celebrating 100 days of school. We are so proud of our Foundation learners and all they have achieved in such a short space of time. Our Year 2 students are shining as the leaders in our Unit and some had the chance to share their learning during our recent PYP Verification Visit. The Year 1s are ready for 'take 2' of their excursion to the old Urquhart Street School site and are lucky enough to be joined by 2 staff who are former students, as tour guides. The professional learning from the 2 PYP Staff Workshop days is already flowing into classrooms. Teachers have enthusiastically brought their new learning straight into their teaching and we are excited about how the PYP concepts will promote deeper learning across our wonderful school. Please join us for our Unit Assembly this Thursday (16th) at 9.15am in the Hiroba (Jnr building).

MIDDLE UNIT

During Week 3, our Grade 3 students had the opportunity to be part of a video conference with Andy Griffiths—even asking him a question! In class, we have been exploring the concept of 'change' and creating our own role plays inspired by changes that have occurred in Australia over the past 200 years. Our Grade 4 students have been independently researching early Australia explorers, making decisions about who and what they would like to research as they drive their own inquiries into 'Where We Are in Place and Time'.

Please make a note that we have moved this Friday's Middle Unit assembly to 9.15am in the MPR. All families are welcome to join us as we share our learning with each other.

SENIOR UNIT

Students in the Grade 5 classrooms have been developing their inquiry skills and investigations into the impact that colonisation has had on different communities. Their questioning skills are blossoming, as they have been sharing different points of views and wonderings with their peers.

Grade 6 students have been busy completing narratives on migration, which they will proudly publish and display in their classroom. It is great to see students proud of their learning and sharing it with others.

A reminder that Senior Unit assembly will take place next Tuesday 21st August at 12.20pm in the Discovery Centre to showcase the great learning that is happening in the Senior Unit. All parents are welcome to attend.



UPPS School Concert



Music transcends through time and place

Transdisciplinary Theme: where We Are In Place and Time

Key Concepts: Connection, Change

Lines of Inquiry: How music has developed through the decades.

Learner Profile Attributes: Courageous

Attitudes: Enthusiasm, commitment

Approaches to learning:

Communication skills: viewing and presenting

Social skills: cooperating, adopting a variety of group roles, group decision making

We are very excited that it is concert time again! Every student and their class have been spending time rehearsing their wonderful performances.

Tickets will be on sale from the UPPS office on Thursday August 9th from 3:15pm.

Where: Wendouree Centre of Performing Arts

When: Wednesday August 29th at 7pm

Cost: Adults \$10 Children \$5

We can't wait to see you all there and share in a night of wonderful memories and music!

We are also very excited to announce that we will be Selling DVDs of our concert performance this year. 'Vision by Demunk' will be filming and copies will be for sale for \$25. Please send your money along in a named envelope. .

If there are any concerns with your child being a part of the school concert or the DVD please let us know!

Thank you

Chanelle Pelchen

Community Engagement Leader



insights

Five forgotten skill sets that contribute to student success

by Michael Grose



At a time when we hear a great deal about growth mindsets, good mental health habits and creating digitally savvy students, we can easily overlook the skill sets that form the building blocks of long-term school success. These are skill sets that are also easily forgotten when we narrow our focus onto numeracy, literacy, performing arts, STEM and other academic areas.

While all these other mental skills and academic areas are important, the skills I want to focus on here are ones that can be taught, or at the very least drawn out, alongside every other skill when we as parents and teachers know what to look for.

Following are five skill sets that contribute massively to overall student success and contentedness at school.

1. Friendship skills

The ability to get along with others is hugely important for children and teenagers. Those students with a strong set of friendship skills are easy to like, easy to relate to and easy to play with. The skills they possess include knowing how to win and lose well, how to approach others to join in a group and how to lead rather than boss.



2. Organisational skills

The ability to organise your time, your space, your items and other aspects of your life is a massive plus for any student. The best way to help children who are organisationally challenged is to introduce them to systems and processes to help them organise themselves. These processes include the use of visual reminders, anchoring (i.e. linking new behaviours to habitual behaviours) and the mapping out of activities.

3. Optimism skills

It may seem strange to see optimism as skill set, but as leading psychologist Professor Martin Seligman discovered through his research, optimism can be taught. Seligman found that while some children are more inclined by nature to see a glass as half empty than half full, all children are capable of developing an optimistic explanatory style

through exposure and direct teaching. The skills of optimism include being aware of self-talk, reframing negative events into positive events and the practice of perspective-taking.

4. Coping skills

Kids will generally face a number of challenges during the course of their school lives including overcoming the disappointment of not being picked on a team, working their way through difficult learning situations and dealing with rejection. The impact of these challenges will depend on each kid's own spirit, the support they receive and their coping skills. The good news is that coping skills can be taught or, at the very least, encouraged if adults know what to focus on. Coping strategies include parking problems for a while, normalising difficult situations and accepting and moving on. Some kids will use coping strategies quite naturally, while others need parental and teacher input to help them cope with even seemingly minor challenges.



5. Relaxation skills

The ability to relax and get away from it all is vital for the maintenance of mental health, which in turn affects a student's ability to perform. Many of today's kids live with pressure. That pressure needs to be released through relaxation and play, otherwise it can lead to anxiety and other mental illnesses. The ability to relax and unwind is paramount to your child's school success. Relaxation techniques include mindfulness and meditation, participating in hobbies and enjoying creative pursuits.

These skills are part developmental and part environmental. That is, kids will naturally develop many of them as they mature but the skills also need to be nurtured environmentally. They need to be recognised, encouraged, taught and modelled by adults who children and teenagers respect and admire. That makes parents and teachers 'Very Important People' in the process of acquiring them.



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*.



On Wednesday August 8th, 18 students from Obayashi High School spent time in all classes, and were taken on a school tour by our Japanese captains Anneliese, Jenna and Brodie. All students have written letters in Japanese to our visitors.

As mentioned in the last newsletter, I am very excited to announce that students from Grades 4 and 5 (grades 5 and 6 in 2019) will have the opportunity of visiting Japan in October next year. This will be our 3rd school visit, after previous tours of Japan in 2014 and 2017.

We will be visiting Tokyo, Mt. Fuji, Kyoto, and our sister school in Inagawa. Other potential destinations are also being considered. Families will this week be receiving information about an upcoming information session.

Sushi (tuna, chicken teriyaki and veggie) is available every Thursday for lunch!

Mr. Paxton



Upcoming Music Dates for your Diary

Week 5: Drumbeat 2/2—18 begins

Week 7: **Mon 27/8**—Saplings to South Street, Founders Hall Federation University, Mt Helen(all day)

Wednesday 29/8 - School Concert, Including Saplings Choir, Ukulele Club and Drum Club (taiko)



Perhaps you are wondering about what the “**Drumbeat**” program at UPPS is all about? Drumbeat is an evidence-based social and emotional learning program that enables real change. Developed by Australia’s “Holyoake” organisation, the program aims to develop resilience through drumming. UPPS has been running the Drumbeat Program since the start of 2017 and are about commence our 4th group.

As an extension to the program we have just offered our first “**Back to Drumbeat**” group. Students who have completed the program had the opportunity to come back and revisit their learning while preparing to play for the children at Fidelity Kindergarten. We went on Friday last week and this is what happened.....



Composer In Focus—Leonard Bernstein

If Leonard Bernstein was still alive he would be turning 100 on August 25th — which is one of the reasons why we have chosen him as our next composer in focus. He was a highly regarded American composer whose greatest works included the well known musical WEST SIDE STORY, a modern re-telling of the Romeo and Juliet story. To enter the competition, answer the following questions:

1. What year was Leonard Bernstein born in?
2. Name three pieces composed by Bernstein?
3. What is it about his music that makes people want to move/dance? (think about the elements of music here...)



SUSTAINABILITY *the ability to sustain our planet!*

At Urquhart Park Primary School we are proudly... 'Just doing the very best we can', in creating a sustainable environment in which to live and learn! ... Our Sustainable Competition is still open—keep those competition entries coming in!



Potato gnocchi with parsley pesto, a salad of the imagination and a sugar pea and snap pea salad have been prepared and enjoyed by our classroom chefs with lots of laughter and fun!

We have many very generous families and friends that have donated all the crockery and cutlery we need to enjoy pleasurable food in our seasonal cooking sessions. We have also had a freezer and a great cooking pot donated to us. **THANK YOU ALL** for your support! If you have any kitchen items that you no longer want for example a microwave, pots and pans, chopping boards or sharp knives we would be happy to rehome them. Our chooks say a big thank you to the very caring families that have looked after them on the week-ends. We would also like to thank our wonderful The Sustainable Gardening Kitchen Classroom Carers and our canteen volunteers!

Until next time—UPPS Students and Ms. Hartmann

2018 PARENT OPINION SURVEY

WE WANT OUR PARENTS TO TELL US WHAT THEY THINK!

Our school is conducting a survey to find out what parents think of our school. The Parent Opinion Survey is an annual survey offered by the Department of Education and Training that is conducted amongst a sample of randomly selected parents.

These families have been emailed a letter outlining the process along with the link and login details.

It is designed to assist schools in gaining an understanding of parents' perceptions of school climate, student behaviour and student engagement. Our school will use the survey results to help inform and direct future school planning and improvement strategies.

Approximately 30 per cent of parents have been invited to participate in this year's survey. All responses to the survey are anonymous. This year the Parent Opinion Survey will be conducted from **Monday 23rd July** to **Sunday 26th August**.

The survey will be conducted **online**, only takes **10-15 minutes** to complete, and can be accessed at any convenient time within the fieldwork period on desktop computers, laptops, tablets or smartphones. The online survey will be available in a range of languages other than English. These include: Arabic, Vietnamese, Mandarin, Chin (hakha), Hindi, Japanese, Somali, Turkish, Punjabi and Greek.

The survey results will be reported back to the school at the end of September.

If you have any questions regarding the 2018 Parent Opinion Survey, please do not hesitate to contact the office.

Thank you for your time in completing the survey.

Family Connections Pop Up Play Session !!



Every Wednesday
Starting on 22nd August 2018

9:00am to 10:30 am

Location: Urquhart

Bring your little ones and have a cuppa.

Meet some new families and connect with familiar faces.

Facilitated by Alison and Sonia

This week's INSIGHT article is **'Five forgotten skill sets that contribute to student success'**
These five simple skill sets contribute massively to student success and contentedness, yet they're often overlooked. (Michael Grose)

UPCOMING WEBINAR—

"Win kids' cooperation without fears, tears and cauliflower ears"

**As a Parenting Ideas school we have special access to vouchers for parent webinars. These vouchers allow members of our school community to attend the webinars at no cost (normally valued at \$37).*

About

Let's face it, many discipline measures of the past just don't cut it anymore. That doesn't mean that raising respectful, well-behaved and cooperative kids isn't important. In this era of digital distraction, shifting society norms and changing attitudes toward authority, discipline has just become a whole lot harder. In this webinar, experienced parenting educator Michael Grose will share the best of his tried and true techniques to help parents get more cooperation and better behaviour from even the most challenging kids

Listeners will learn:

- the parenting style that's best suited to raising cooperative, well-behaved and successful kids in the 21st Century
- the most important question to ask yourself when kids repeatedly misbehave, that will lead to behavioural improvement
- an easy-to-apply approach to help you get more cooperation from kids without repeating yourself, raising your voice or bringing kids to tears
- a practical definition of misbehaviour that you can use in any situation
- two types of consequences to use to get more responsible behaviour and the secret to making them stick
- when kids need to be listened to and when their behaviour needs managing.

When

Tuesday 14 August 2018 7:30 PM - 8:30 PM

Price

This webinar is \$37 per person to attend, and is free of charge to families at schools that have a Parenting Ideas membership.

Who is talking

This webinar will be hosted by Dr Jodi Richardson with presenter Michael Grose

Register via this link -

www.parentingideas.com.au/product/win-kids-cooperation-without-fears-tears-cauliflower-ears/

*VOUCHER CODE = GREATKIDS