

DATES TO REMEMBER

Carols on the Oval
Wednesday
19 December
@ 6.00pm

Last Day of Term
Friday 21 December
2.30pm Finish

What's UPPs

NEWSLETTER NO 18 TUESDAY 18 DECEMBER 2018

From the Principal

Staffing and an Exciting New Program to Enhance the PYP



As we look towards 2019, we do have some celebrations and changes related to our staffing. We will have 14 classes next year. We are very excited to announce that our Arts program will be expanded so that our students will be learning Dance, Drama and Speech Art, along with Music and the Visual Arts. **Mrs Sage Fisher**, who has an extensive background in the Performing Arts, has been appointed as our **Performing Arts** teacher. Sage is a very talented performer who develops a strong rapport with our students. She is an asset to our school and will be fantastic in the role of our Performing Arts teacher.

We have a number of staff who are returning to UPPs after a period of leave. We welcome into the Junior Unit **Mrs Bree Williams** who is returning to us from family leave. **Ms Shauna Hardy** is also returning from leave and will be in the Middle Unit. We welcome back **Mrs Whitney Wills**, who is returning from family leave to teach in the Senior Unit.

Ms Hollie Hawke is getting married over the holidays. Congratulations to Hollie and Michael and best wishes for a very happy wedding day. **Mrs Tegan Enever** is expecting her first child over the holidays. We thank Tegan for all of the work that she has done throughout her time with us. We send Tegan and Damien our very best wishes as we wait excitedly to hear the happy news about the birth of their baby.

Best wishes to **Mr Wil Juarez**, who will be returning to Bacchus Marsh Primary School. We have been so lucky to work with Wil over the last 3 terms and we wish him all the best with future endeavours. Best wishes to **Ms Pat Withell** who has been with us this year while Ms Hardy was on leave. In 2019, Pat will be taking up a leadership role at Gordon Primary School and we thank Pat and wish her all the best with this exciting opportunity.

With mixed emotions, we announce that **Mr Kane Tolliday** is leaving UPPs to take up a wonderful position at Natte Yallock Primary School in 2019. Mr Tolliday has been appointed as their acting principal until the end of Term 2. We thank Kane for his incredible contribution at Urquhart Park, where he has been an excellent teacher and a highly valued colleague and friend. We hope that Kane enjoys his new role.

The full list of our staffing for next year can be found over the page.



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 29th January 2019 - this is a student free day (no classes) for teachers to plan and engage in professional learning.
- On Wednesday 30th January or Thursday 31st 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 are on this newsletter.
- **The first full day of school for all students will be Friday 1st February 2019.**

Parent Connections- Carols on the Oval



Our final community event will be held on Wednesday evening on the oval from 6pm. Our students have been preparing some carols for you and we hope that you will come along and join us. Please bring a picnic, a picnic rug or chairs and enjoy a sing-along with us.

A Successful Grade Up Day

This was a very successful day and the children enjoyed the opportunity to work with their 2019 teachers and classmates. It was great to see our new Foundation children at school and we welcomed other new families as well.

I would like to thank our teachers for the hours spent creating classes and preparing for Grade Up Day. Many thanks to our returning staff who were able to make themselves available to benefit our children. We appreciate it!



Graduation and Grade 6 Contribution



Graduation took place last Thursday evening and was a wonderful celebration of the contribution that our magnificent Grade 6 students have made at UPPS. I would like to acknowledge all of the teachers who have worked with these students over the years. Our Grade 6 teachers Mr Tristan Dixon, Mr Brad Whittaker and Mr Wil Juarez worked with the students to put together a memorable evening for families. Many thanks to those who attended and best wishes to all of our wonderful graduates as they embark upon their secondary schooling.

Semester 2 Reports

It has been a pleasure to read the children's reports and to learn more about their academic and social growth. Congratulations to all of the children who have worked hard and tried their best. Congratulations also to those children who have achieved outstanding results. We presented academic achievement and encouragement awards at our final assembly yesterday to acknowledge the incredible results of students across our school. We will distribute Semester 2 reports on Wednesday 19th December.

Parent Partners in 2019

We are so fortunate to have parents and carers who value positive relationships with our school and strive to support our teachers and to help us to create a thriving environment for our students. Thank you so much to those parents who have volunteered to take on this role in 2018. The Parent Partners initiative aims to harness the positive energy of our parents to benefit our students. Next year, we would like to invite our Parent Partners to be active participants in the functioning of the school. The role description for the Parent Partner in 2019 is found below.



Why have a Parent Partners' Program?

Research demonstrates that effective schools have high levels of parent and community engagement. Such engagement within the school is strongly related to enhanced wellbeing, positive behaviours and improved student learning. Parent participation in a diversity of roles affirms the important role of parents within the school and with the broader community in supporting the learning and development of their children.

At the school level, partnerships formed between parents, enhances educational outcomes for children. Engagement with parents also allows schools to benefit from a broader resource and encourages community spirit and cohesion. Parent partnerships create an environment of mutual respect, encourage timely and effective communication and enable participation in consultation on matters of parental concern.

Interested in joining the Parent Partners group? Our Parent Partners represent the important perspective of parents across our school. What does a Parent Partner do? The role is broadly as follows:-

The Parent Partner will:-

- Be an advocate of our school within our community
- Support the school, its programs, school staff and uphold school values
- Support the class teacher when and if required
- Support communication to the class parent group
- Organise social functions (e.g. a coffee at school for parents or a class play date for the children at a local playground)
- When requested by teachers, organise parent helpers for class activities
- Encourage and support the members of the class group to get involved in school community activities and events
- Welcome new families to the class and arrange appropriate introductions with other parents within the class

In 2019, **Parent Partner Co-ordinators** will manage the Parent Partners program. It is envisaged that there will be both teachers and parents in these positions. The role of the Parent Partners Co-ordinators will be:

- Co-ordinating the appointment of a Parent Partner to each class
- Supporting the Parent Partners throughout the year
- Chairing Parent Partner meetings

In 2019, Parent Partner meetings will be held once per term in the staffroom. The meetings will provide an opportunity to discuss any issues relating to the role of the Parent Partners and to share information about upcoming school events and class/year level activities.

How to Become a Parent Partner:

We are calling for expressions of interest in a Parent Partners role for 2019. If you are interested in this role, please complete the expression of interest form below and return it to the General Office. Parents may also be invited by class teachers to take on these roles. Parent Partner class representatives (two per class) will be selected by the Parent Partners Co-ordinators in the first week or two of Term 1, 2019.

If you would like more information, please contact the general office and we will be in contact to provide more information and answer questions.

Parent Partners Program 2019 – Expression of Interest

Please complete and return to the General Office

I would like to express my interest in becoming a Parent Partner in 2019.

Name: _____

Child/children's name/s _____

Class: _____

Signature: _____

Thank you for your interest.

Thank you and best wishes for a happy Christmas and a safe holiday

2018 has been a fantastic year, with many positive gains for UPPS. I am very excited by the school's direction as an authorised IB World School. I would particularly like to thank our fantastic staff team for all that they do for our students. I would also like to acknowledge our Leadership Team, Parent Volunteers and School Council for their highly valued work. Thank you also to our children and their families for a great year. Warm wishes to those who are leaving us, and best of luck in the future. Merry Christmas and happy holidays, everybody. Stay safe and see you next year.

Janet Hillgrove
Principal



Staffing for 2019

Leadership		
Principal	Mrs Janet Hillgrove	
Assistant Principal	Ms Monica Dowling	
Business Manager	Mrs Karen George	
Office Manager	Ms Susan Jackson	
Learning Specialist	Mrs Joy Hill	
Instructional Leader- PYP Co-ordinator	Ms Hollie Hawke	
Senior Unit Leader	Mr Brad Whittaker	
Middle Unit Leader	Mrs Lesa Compton	
Junior Unit Leader	Ms Meredith Mayes	
Specialist Unit Leader	Mrs Lyndell Allen	
Community Engagement Leader	Ms Chanelle Pelchen	
Education Support Team Leaders	Ms Tara Hughes and Mrs Tricia O'Keefe	
Primary Maths Specialists	Ms Chanelle Pelchen and Mr Tristan Dixon	
Generalists		
	Class A	Class B
Foundation	Mrs Heather Delahunty	Mrs Joy Hill
Grade 1	Mrs Bree Williams	Ms Meredith Mayes
Grade 2	Mrs Megan Hearn	Ms Chanelle Pelchen/Mrs Nicole Con-sidine
Grade 3	Mrs Lesa Compton	Mr Matthew Merry
Grade 4	Ms Hollie Hawke/Mrs Emma Dally	Ms Shauna Hardy
Grade 5	Ms Danielle Bond and Mrs Karra Nicholson	Mr David Westaway and Mrs Whitney Wills
Grade 6	Mr Brad Whittaker	Mr Tristan Dixon/Ms Jessica Quandt
Specialists		
Data Management and Students Reports Co-ordination	Mrs Rosie Lynch	
Japanese	Mr Daniel Paxton	
PE	Ms Jessica Quandt and Ms Karla Devlin	
Visual Arts	Ms Karla Devlin	
Performing Arts-Music	Mrs Lyndell Allen	
Performing Arts- Dance, Drama and Speech Art	Mrs Sage Fisher	
Canteen Manager + The Sustainable Gardening Kitchen + Literacy Support	Ms Kerry Hartmann	
Learning Support	Mrs Julie Robinson	
Education Support		
Student Wellbeing and Support	Mrs Hannah Stowe	
Student Support + Attendance Officer	Ms Tara Hughes	
Teaching Assistant	Mrs Amanda Perrett	
Student Support	Mrs Jan Eddy	
Student Support + Resource Management	Mrs Dianne Giblett	
Student Support + Breakfast Club	Mrs Sharon Petrie	
Student Support	Mrs Tricia O'Keefe	
Student Support + First Aid Management	Ms Kylie Macdonald	
Student Support	Ms Kim Smith	
Student Support	Ms Katie Mester	
Student Support	Ms Leah Richttie	
Grounds Maintenance	Mr Murray Flemming	

JUNIOR UNIT

2018 has been an amazing year with so many achievements for our Junior Unit students. It was wonderful to see the enthusiasm and co-operation students brought to their 2019 classes on Grade Up Day. We were impressed to see so many open-minded students who were ready to make new friends and be ready for new learning.

Congratulations to our students for the independence, organisation and respect they demonstrated during our recent swimming sessions. It's wonderful to see such growth in these important learning areas.

On Thursday we will be taking all of the students to the playground at Victoria Park as an end of year celebration. Please see the notice posted on Seesaw for further information.

Thank you to all of our families for your support this year. We appreciate the opportunity to collaborate with you and your children during these first years of their schooling.

We wish you all a very happy and safe holiday season and look forward to seeing you again in 2019.

MIDDLE UNIT

As 2018 comes to an end, we would like to thank all students in the Middle Unit for the wonderful contributions they have made this year. Thank you also to all of the families of students in the Middle Unit, your encouragement and support is so appreciated.

We have completed our inquiries into 'How we express ourselves'. Our Grade 4 students are to be congratulated for the hard work they put in when creating their Media Showcase pieces. We hope everyone enjoyed coming along to share their learning with them. Along with this, students in the Middle Unit have been exploring coding in recent weeks. Our Grade 3 students completed the 'Hour of Code' last week. Lots of students made connections to the way coding is used in everyday life and have been inspired to find out more!

We wish everyone a safe and relaxing holiday season. See you all in 2019!

SENIOR UNIT

What a year 2018 has been. We would like to take the time to thank all students in the Senior Unit for their efforts this year. As the year comes to an end, we wish all Grade 6 transitioning into Year 7 the very best of luck and look forward to the Grade 5 students becoming the new leaders of the school.

It has been fantastic to see the growth of the students throughout the course of the year and to be able to give students invaluable learning experiences throughout our inquiry topics.

This Thursday, we will be taking all Senior Students to Victoria Park playground as part of their end of year celebrations. Please see the notice posted on SeeSaw for further information.

Thank you to all of our wonderful families for your support and contributions throughout this year in the Senior Unit.

BREAKFAST CLUB

Thanks to everyone who has supported our Breakfast Club this year:-



- FOODBANK – who supply most of the food items (as well as the apples that are available to all students throughout the term)
- BAKE & GRIND Bakery – who donate the bread
- The many UPPS Families – who have kindly donated cash or food items
- MRS SHARON PETRIE and members of our Education Support team who staff Breakfast Club each day.

Thanks for helping our children to have a positive start to their school day.

Breakfast Club will return on Monday 4th February, 2019

PARENT INFORMATION SESSION

Last month we invited Mental Health Social Worker, Bridget Veld to present an information session for parents on “*Resilience – Helping your child to navigate friendships at school*”.

We had a very positive response from those parents who attended.

Please find attached to this newsletter a ‘Tip Sheet’ from Bridget –

[“Tips for helping your child create positive relationships and manage friendships”](#)



parenting  ideas
schools

This week’s INSIGHT article is a “**Technology Holiday Guide for Parents**”

“During the school holidays parents have a fabulous opportunity to establish a balanced approach to children’s technology use that will stay in place when kids go back to school. Here’s how....”

Tips for helping your child create positive relationships and manage friendships

'In order to have friends, you must first be one.' - Elbert Hubbard

Discuss what qualities we want in a friend – we want our friends to be:

Honest Trustworthy Friendly Dependable
Kind-hearted Humorous Forgiving

Lead by Example and model your own positive friendships

Our children are observing us all the time. They watch how we speak, act and conduct our own friendships. As parents, we can do a lot to teach our children about navigating friendships by modelling our own in a positive way. Demonstrate that a friendship is a two-way street by phoning your friend occasionally, sending an encouraging note or card, or making a meal for them if they are unwell. When we do these things naturally in our own relationships, we are teaching our children how supportive real friendships can be.

Be Friendly!

As much as this may seem like such a simple point to make, it is important that our children learn to be friendly – even to those who are unkind or cause conflict in our lives. There will always be people who annoy us, speak rudely to us for no apparent reason. But we are not always privy to what is going on in their lives. If someone is mean or nasty to your child, explain to them that we don't always understand why people choose to be rude to us or react in certain ways. What we can do is demonstrate some grace and act with kindness. The more you practice being friendly and being interested in others, the more people will be drawn to you.

Just listen

Being aware of the emotions popping up for you and holding back when the urge to 'fix' sets in, will allow you to keep your lips sealed until your child has had a chance to fully explain. When we are mindful of our own emotions we'll know when the right time to respond comes.

ASK QUESTIONS

Great questions can be the beginning of great conversations. Some great open-ended questions to ask are:

What bothered you most about what happened?

How did it feel when that happened? How do you think they may have been feeling?

If you could go back and have a 'do-over' what would you do differently?

TRUST YOUR CHILD

Despite any uncomfortable feelings you may have regarding your child's peer conflicts, it's essential you step back and allow your child the time and space to proceed as they wish with their peer relationships. We need to trust that when they are ready they will put the important concepts we have discussed into action.

Prepared by Bridget Veld, Mental Health Social Worker

insights

Technology holiday guide for parents

by Martine Oglethorpe



As holidays approach, the role that screens and devices will play becomes an increasing concern for parents. Days when kids are usually tied up with school and activities make way for many an idle hour and, as such, parents fear those hours will be spent largely engaged with a screen or gaming console. While there is certainly no harm in some well-balanced screen time and developmentally appropriate online activities, we must remember that, as parents, we have an important role in helping our kids manage and balance that screen time. Here are a few things we can do:

Understand the battle

It is important parents know the beast they are dealing with. It is easy to shout from another room to get off a screen or whinge to our friends that 'kids of today' are all addicted to their phones, but we need to recognise the pull that many of these devices have. The social networks are designed to keep us liking, commenting and sharing. The games cajole us into having 'just one more' turn at being the last man standing. These technologies tempt us to reach just one more level, or to scroll for just a few minutes more. Our brains experience a dopamine release and a sense of insufficiency when we use a device. There is always something else to do or something else to scroll through, or one more YouTube video to watch. So our kids are up against it when trying to control their time on a device. We need to help them with that.

Get outside

We can complain that kids never go outside and play anymore, but sometimes we have to physically get out there with them or offer opportunities in which being outside and active play are appealing. We have to work a little harder at this today because we are competing with a device that answers many of our kids' perceived needs. We need them to know that their needs are greater and more varied than what their screens can offer.

Have some rules

Despite their apparent dislike of rules around technology, kids will (one day) appreciate having boundaries to help them manage their screen time. Rules can be established regarding time limits, devices in bedrooms, device-free meal times, etc. Whatever you decide is important, be sure that you have those discussions with your kids. And any discussion around rules or consequences should happen away from the screens so they are clear on the expectations. (Talking about their screen-time habits while they are just about to be the last man standing on Fortnite is probably not going to make for engaging conversation.)



One console on one television...outside the bedroom

Having only one television that is connected to a gaming console or to Netflix is a good way of ensuring that the device gets shared and one child doesn't monopolise the screen. And leave consoles out of bedrooms where the appeal of just one more quick game can very quickly rob them of important sleep time.

Role model

Make sure you are showing your kids how you want them to be. Have times when the devices are put away and you give full attention to the people around you. Don't answer calls or emails at the dinner table. Don't fall asleep with a device landing on your forehead. Take time to get outside and do things active and in nature. Don't ever use a phone while driving. Use the Screen Time feature on iOS products to monitor just how you are using your technology and whether you could be making some changes. Kids learn more from what we do than what we say.

We know the technology isn't going anywhere, and we know there are many wonderful benefits that screens provide. But ensure that holidays and downtime hours can be filled with many different experiences and in ways that leave your kids in control, even if you have to work a little harder to give them that.

Martine Oglethorpe

Martine Oglethorpe is an accredited speaker with the Office of the eSafety Commissioner and has presented to numerous parent groups, schools and teachers. She is a speaker, counsellor and educator with a passion for building resilient kids in a digital world. Contact details: info@martineoglethorpe.com.au, themodernparent.net, [facebook.com/themodernparent](https://www.facebook.com/themodernparent)



THE EASY WAY TO BOOK
**SCHOOL
INTERVIEWS**



Dear Parents

Literacy/Numeracy Assessment Interviews will be held on the following dates:

Wednesday 30th January and Thursday 31st January 2019.

Assessments take approximately 20 minutes.

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 26th 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

We would love to hear what you think about online booking. If you get time, click on the "contact us" button on the www.schoolinterviews.com.au website, and leave some feedback - anonymously if you wish, but please include the school's name and suburb.

Summer Holiday Program




**Ballarat
Venues**



SUMMER FUN!

& Boredom BUSTERS

2nd – 25th January 2019

Full program and booking forms available at
www.ballarat.ymca.org.au

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



**BOOKINGS OPEN
3RD DECEMBER 2018**



YMCA Ballarat

7 Lyons St North, Ballarat

www.ballarat.ymca.org.au E 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 th CLOSED	10 th OPEN 9:00am - 5:00pm	11 th OPEN 9:00am - 5:00pm	12 th OPEN 9:00am - 5:00pm	13 th OPEN 9:00am - 5:00pm	14 th OPEN 9:00am - 5:00pm	15 th OPEN 10:00am - 1:00pm
16 th CLOSED	17 th OPEN 9:00am - 5:00pm	18 th OPEN 9:00am - 5:00pm	19 th OPEN 9:00am - 5:00pm	20 th OPEN 9:00am - 5:00pm LAST DAY OF TRADE	21 st CLOSED	22 nd CLOSED
23 rd CLOSED	24 th CLOSED CHRISTMAS EVE	25 th CLOSED CHRISTMAS DAY	26 th CLOSED BOXING DAY	27 th CLOSED	28 th CLOSED	29 th CLOSED
30 th CLOSED	31 st CLOSED					
JANUARY 2019						
		1 st CLOSED NEW YEARS DAY	2 nd OPEN 9:00am - 5:00pm	3 rd OPEN 9:00am - 5:00pm	4 th OPEN 9:00am - 5:00pm	5 th OPEN 10:00am - 1:00pm