Monday 18th August  
Dressing up in Old Time clothes/Costumes, Activities and early days learning.

Tuesday 19th August  
80 Years of Upwey Primary School, with historic walk through Main Street Upwey.
Science Evening, “Stars in the Yarra Ranges, 5.30pm - 8.30pm

**ACTING PRINCIPAL’S MESSAGE 15.8.2014**

Hello Everyone,
We have heard from the campers and they had a fantastic day in the snow and we are looking forward to seeing them back later on today.

**80TH ANNIVERSARY ACTIVITY!**
A reminder for all families to be prepared for the Old Time Dress Up Days to recognise the 80th Anniversary of Upwey Primary School.
Monday 18th August will be our first Old Time Dress Up Day with the grades going back to the old days when classes first started at Upwey Primary School in 1934.
<table>
<thead>
<tr>
<th>Class</th>
<th>Award Type</th>
<th>Student</th>
<th>Reason</th>
</tr>
</thead>
<tbody>
<tr>
<td>P/1C</td>
<td>Hermione P.E. Award</td>
<td>Hermione</td>
<td>For always presenting her work to a very high standard.</td>
</tr>
<tr>
<td>P/1C</td>
<td>Brock P.E. Award</td>
<td>Brock</td>
<td>For showing a good improvement in learning the letters and sounds of the alphabet.</td>
</tr>
<tr>
<td>P/1C</td>
<td>Jasper Art Award</td>
<td>Jasper</td>
<td>For a very good effort during discus and shot put practice.</td>
</tr>
<tr>
<td>P/1C</td>
<td>Kylie Art Award</td>
<td>Kylie</td>
<td>For always being a kind, calm and responsible class member and a focused and careful artist. Well done!</td>
</tr>
<tr>
<td>2E</td>
<td>Ben P.E. Award</td>
<td>Ben</td>
<td>For an accurate approach to using the discus and shot put.</td>
</tr>
<tr>
<td>2E</td>
<td>Ruby</td>
<td>Ruby</td>
<td>For being able to write her opinions about quotes that were selected from a book during a Literature task.</td>
</tr>
<tr>
<td>2E</td>
<td>Ella</td>
<td>Ella</td>
<td>For a high level of commitment to producing quality work in both Mathematics and English. Her bookwork is always well done.</td>
</tr>
<tr>
<td>3/4G</td>
<td>Molly</td>
<td>Molly</td>
<td>For a sizzling start to your creative story. Great effort!</td>
</tr>
<tr>
<td>3/4G</td>
<td>Jacob</td>
<td>Jacob</td>
<td>For great sportsmanship at hoop-time! An excellent contribution to the winning team.</td>
</tr>
<tr>
<td>3/4G</td>
<td>Regan</td>
<td>Regan</td>
<td>For showing great sportsmanship at hoop-time! A wonderful effort in all games played.</td>
</tr>
<tr>
<td>5/6S</td>
<td>Caleb</td>
<td>Caleb</td>
<td>For terrific effort and accuracy with long jump, shot put and discus technique.</td>
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</tbody>
</table>

**80TH ANNIVERSARY ACTIVITY! (Cont.)**

The students have been organised into four multi-age groups and will rotate around activities such as olden day games, handwriting, art, making damper and the important task of creating a time-capsule that describes life at Upwey Primary School for students in 2014. These activities will be taking place during the day on Monday 18th August.

On Tuesday 19th August (our actual official birth date) we will also have children and staff dress up in Old Time Costume for the 80th School Parade through the Upwey Township from approximately 12:30 until 1:00 pm. As a whole school we will be taking a historical walk in old fashioned costume from the church hall (near the Fire Brigade) where the school began, through the Upwey Township and back to the school as a Historical Tour to celebrate the origins of the school.
Scientists in Grade 3/4
The students have been learning more about solids, liquids and gases this week. They made an orange drink that produced some interesting reactions from the class.

Blasting into Space in Grade 2E
The students have been reading and viewing information on the history of space. We had the opportunity to have a look at the landing on the moon in 1969 and see the space buggy and hear Neil Armstrong as he put his left foot down on the moon first Armstrong he declared: "That's one small step for man, one giant leap for mankind."

COOKING
Students in Grade 2E continue to enjoy their cooking sessions this week. Many thanks to Mrs Tutt and to Hayley who have continued the program. This week they made pizza rolls. Look further in the newsletter for the recipe as these were a big hit!

iPADS
The ipads have been fantastic with all the students keen to have their turn. We have used Monkey Maths, Mathletics and a Times Table app that relies on quick thinking to complete the task. Apps will continue to be added each week so that we have more to choose from in our planning.

WEATHER WATCH in Prep/1
The weather has been discussed in Prep /1 looking at the seasons, weather patterns and months of the year. Have a look at the work on display in their classroom.

Stars In the Yarra Ranges – Mount Burnett Observatory staff will be running the astronomy evening from 6:00 – 8:30 pm on Tuesday 19th August. Put this in your plans for next week as it looks like being a fantastic event. I met with one of the organisers to see where telescopes would go. We are hoping for clear skies so that we can see the night sky and learn more about it. Come and enjoy the doing experiments and listening to a presenter who will be travelling from interstate to be here in Upwey.

Celebrating 80 Years Mural
(Date yet to be set) –
grades will be completing time lines in decades from the opening of the school and researching world or local events that made headlines for each decade.
Please consider old fashioned clothing and look at the old photos in the foyer if you are not sure about styles!

REMINDERS
SCHOOL PRODUCTION 2014
Work continues in full swing for the production of “Kids At Sea” with all grades learning the songs they will be presenting as part of the whole school production at the beginning of Term 4 (Thursday 16th October at Burrinja Theatre). The Year 5 & 6 children have continued working on the script and auditioning for particular roles. Auditions for major roles have been completed this week. Thanks to the parents who have already contacted Mrs Hickey to assist with some aspect of the production. Please add your name to the list if you are able to help out with the organisation of the costumes. We may be able to source some of them from another school. This will be confirmed in the coming week.

YEAR 3/4 LOG CABIN LODGE CAMP
The Year 3/4 Camp to the Log Cabin Ranch at Monbulk is also appearing on the horizon and will be held from Wednesday 10th to Friday 12th September. Forms have been distributed this week and the deposit payment is required by Friday 15th August. Please return form and payment next week if not already completed. The final cost is anticipated to be $230 depending on final numbers.

PROMOTION COMMITTEE MEETING
The next promotions meeting is next Wednesday 20th August at 3.45pm in the staffroom. If you intend to come please leave your name at the Office.

FOR YOUR INFORMATION
OUR 7 AGREEMENTS – FOCUS AREA
The school and teachers will now focus on highlighting ATTENTIVE LISTENING as one of Our 7 Tribes Agreements which provide the basis for our value system at Upwey Primary School and what is important to us as members of a wider community. Please support us in encouraging children to understand and follow ideals of ATTENTIVE LISTENING.
What is Attentive Listening? Listening with your ears, mind and heart.
• Listen to take in and follow instructions
• Listen to process information for questions and consider action to follow

MRS EEELES CONTINUING ON A RETURN TO WORK PLAN
Mrs Eeles injury continues to heal slowly with one fracture healing completely but the other still in “delay mode”. She will continue on a less-restricted return work plan during next week. She will attend everyday from Monday to Friday which is great news, with only Monday afternoon restricted for the next two weeks.

THANKS
GRADE 2 E CLASSROOM TEACHING
Thanks again to Mrs Tutt (a past classroom teacher at Upwey PS) for classroom support for Mrs Eeles and the school in Grade 2E for some time now. She has made herself available to work around the times for Mrs Eeles gradual return to work according to the doctor’s schedule.

Thanks to Cindy for helping out with a possum that made an appearance in the Double-Storey building on Thursday evening. Cindy was very resourceful and worked out how to get it out of the building. A huge thank you to Tony our cleaner who cleaned up the huge mess left behind by the possum.

Have a wonderful weekend and I will look forward to seeing you next week.

Elizabeth Eeles
Acting Principal
TERM 3, 2014 - Upwey Primary School

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<thead>
<tr>
<th>TERM 3</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Week 6</td>
<td>18th Aug</td>
<td>19th Aug</td>
<td>20th Aug</td>
<td>21st Aug</td>
<td>22nd Aug</td>
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80TH ANNIVERSARY WEEK & SCIENCE WEEK

<table>
<thead>
<tr>
<th>80 Years</th>
<th>DRESS UP DAY</th>
<th>ASTRONOMY EVENING</th>
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<tr>
<td></td>
<td>1930’S</td>
<td>HAPPY BIRTHDAY</td>
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<td>Week 7</td>
<td>25th Aug</td>
<td>WALK THROUGH UPWEY</td>
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<td></td>
<td>26th Aug</td>
<td>MEETING 3.45</td>
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<td>27th Aug</td>
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<td></td>
<td>28th Aug</td>
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<tr>
<td></td>
<td>29th Aug</td>
<td></td>
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</tbody>
</table>

Week 8
| 1st Sept | 2nd Sept | 3rd Sept | 4th Sept | 5th Sept |

Upcoming Events:

Bookclub –
Issue 5 – books distributed today.
Issue 6 booklets distributed today – Due back 29th August.

Father’s Day Stall Friday 5th September 9:30am
Items 50c – $5

Term 4
Mattel Super Toy Sale – see flier included in the newsletter for more details

Shopping Tour – Sat Nov 8th
Bookings now being taken for this
$60 includes lunch and glass wine at ‘The Pumphouse’
Tell your friends and family now. It’s a great day out and fantastic opportunity to get some Christmas Shopping done without the kids!

Bunnings BBQ – Sat 6th December
In the past we have raised between $1500 and $1900 from this BBQ!
We are fortunate to receive a date for this so please mark the date in your diary to set aside an hour or two that can fit into your schedule.

Meeting point Upwey Primary School
Outlets TBC next week.
1592 Burwood Hwy, Belgrave, Vic 3160

Monday – Friday 8.30am – 9.00pm
Saturday 9.00am – 5.00pm

Bulk billing available for children under 16, Pensioners & Healthcare card Holders
Child Psychologist now available!
www.mountmedical.com.au
Call (03) 8288 1350 for an appointment
Providing Assessments & Counselling
Service For Children between 4-14 years
Mount Medical Clinic-BELGRAVE
82881350, www.mountmedical.com.au

WANTED
EXTRA LARGE BOXES TO BE USED FOR OUR PRODUCTION OF “KIDS AT SEA”
We are hoping for a box from a fridge, washing machine etc.
Thank you

FREE ONE HOUR SESSION
INTRODUCTION TO MENTAL HEALTH ISSUES
With Louise Shillingford-Brown
This session will provide you with information about how the most prevalent issues-sleeplessness, depression and substance abuse-can affect anyone.
It can be very lonely living with mental ill-health or being in a difficult relationship.
Louise designs workshops and classes to provide you, or someone you know, with more skills to deal with some of the most common issues in life.
You’ll leave this session armed with useful information on prevention and coping strategies.
WEDNESDAY 20TH AUGUST AT 7PM

To reg. call 9754-2039 or selby@selbyhouse.com.au

Endorphins Mobile Personal Training
22 Kitchener Rd Tecoma 3160

Chi Generation
Tai Chi
0437 949 919

Mornings 9.30 evenings 6.30 Belgrave Upwey Sassafras Silkim
please call Su for details
Dear Parent,

Professional Guitar & Keyboard Tuition at UPWEY PRIMARY SCHOOL.

We have an amazing opportunity to offer professional guitar and keyboard tuition to students. The program will be running in Term 4 and continuing in 2013.

Registrations Are Now Open!

If you would like your child to participate please register using one of the options below.

IMPORTANT! Registrations close at the end of Term 3. We are unable to accept registrations after this time! Limited places are available so be quick so you don’t miss out.

Option 1: Online Registration (Preferred)
Please register online via www.musicstars.com.au. Registration takes 2 minutes and you will receive a confirmation email confirming your registration.

Option 2: Registration Form
If you don’t have access to the internet you can register by completing the form at the bottom of this letter and returning it to the school office by the end of Term 3.

About Music Stars - Music Stars is Australia’s leading provider of school music tuition. We provide a wonderful opportunity for children to have quality group guitar and keyboard lessons at school.

- Small Groups (5-8 students)
- Cutouts for all ages & abilities
- Weekly 30 minute lessons
- Amazing Value $5.00 per term
- 70% less than private tuition
- Instruments supplied during lessons

We hope you can support this program.

Yours sincerely,

Music Stars
Phone: 1300 079 179
Email: info@musicstars.com.au
Website: www.musicstars.com.au

MUSIC REGISTRATION FORM – UPWEY PRIMARY SCHOOL

Please complete the form below and return to the school office by the end of Term 3. Music Stars will contact you directly to confirm your registration and lesson time.

Parent / Guardian Details

Full Name: ____________________________  Middle: ____________________________
Email Address: ____________________________  Home: ____________________________

Student Details (if you have more than one please provide extra page if necessary)

Child 1 Name: ____________________________  Age: ______  Guitar: ______  Keyboard: ______
Child 2 Name: ____________________________  Age: ______  Guitar: ______  Keyboard: ______
Child 3 Name: ____________________________  Age: ______  Guitar: ______  Keyboard: ______

SPECIAL EVENT FOR SCIENCE WEEK
17th to 24th August

“STARS IN THE YARRA RANGES”

Mount Burnett Observatory is pleased to announce that they will be running “Stars in the Yarra Ranges” over four nights and four venues in Science Week (August 13th-24th) this year. The events will be held at:

Upwey Primary School on Tuesday the 19th of August

open to the public from 5:30pm to 8:30pm and will consist of:

- portable telescopes set up outside to view stars and planets
- a tent of astronomically themed experiments
- a series of short talks by visiting astronomy researchers
- displays of current space missions

Mount Burnett Observatory is a community run not for profit astronomical society based at the Observatory near Emerald. This event builds on the “astro-fest” run last year that included participants from five local primary schools (including Upwey Primary School) and Emerald Secondary College.

Separation Anxiety in Children – Origins and Management:
Helping the child, family and school

A professional development workshop for teachers and practitioners working with children

By Ruth Rosalion, Clinical Psychologist working in private practice

Overview

This workshop will describe and explain the origins and “red flag” symptoms of Separation Anxiety Disorder, with reference to DSM-5 criteria. Psychological assessment measures and methods will be discussed, including child-friendly play and game oriented materials. Details will be provided of a comprehensive evidence based cognitive behavioral treatment program, and will include a workshop outline, references and resources.

Target Audience

The session will be suitable for professionals working with children in a variety of settings, and will address the needs of teachers teaching school refusal. Parents grappling with the strain and stress of trying to help their child suffering from Separation Anxiety Disorder would also benefit from this workshop.

Background

Fear of separation from parents or caregivers is a normal phase for young children from around 7 months to 3 years. Separation Anxiety Disorder (SAD) is a mental health disorder, affecting 4-5 percent of young children, but can extend well beyond this age span, through to adolescence and adulthood.

Separation Anxiety Disorder is caused by a combination of genetic and environmental factors. Children with Separation Anxiety Disorder suffer excessive worry and distress in the face of actual or imagined separations from their caregivers. Symptoms include school refusal or school phobia, resistance to going to bed at night, and physical complaints. Up to 85% of children who refuse school quality for a diagnosis of Separation Anxiety Disorder. Symptoms can be severely debilitating and cause great anguish to the child and adolescent, their parents, and their school teachers.

Many children with Separation Anxiety Disorder have trouble going to sleep on their own and may insist on sleeping in their parents’ room or bed. School mornings can be traumatic, with complaints about stomach aches or other pains, difficulty eating and sleeping, and nightmares of separation. These children are often clingy, demanding, and difficult to manage. They are afraid to stay at other children’s houses and may refuse school and school camps. Frozen parents and teachers often say they have “lost everything,” but cannot make a difference.

Understanding, treatment addresses the needs of the child, together with the critical interactions with parents and teachers. Cogntive behavioral psychological treatment is well-researched, effective and considered preferable to medication. Late untreated children with Separation Anxiety Disorder are at high risk of developing further mental health problems, particularly other anxiety disorders or depression. This often underestimated disorder warrants appropriate recognition, assessment and treatment.

Anxiety Disorders Association of Victoria, Inc.

CAmIDS CENTRE FOR ADOLESCENT AND INSTITUTE FOR DEVELOPMENTAL DISORDERS

Children’s Week 2014
Saturday 18 to Sunday 26 October

Acknowledging, nurturing and celebrating children

FREE activities for children aged 0-12 years and their families across the Yarra Ranges.

"Children have the right to speak and be heard" (Article 12 of the United Nations Convention on the Rights of the Child).

For more information call 1300 368 303 or go to www.yarraranges.vic.gov.au

Anxiety Disorders Association of Victoria, Inc.

Yarra Ranges

These Children’s Week events and activities are presented in partnership with the Victorian Department of Education and Early Childhood Development and the following organisations:
Pizza pinwheels recipe

These pizza pinwheels are super-easy to make, having no yeast in the recipe. They are equally popular as a snack after school as a yummy alternative to sandwiches in the lunch box.

**Serving Size:**
3

**Category:**
Easy recipes, Kids cooking, Kids food, Lunch box, Party food, Pizza recipes

**Special Info:**
Nut free

**Ingredients:**
- 2 cups self-raising flour
- Pinch of salt
- 90g butter, cut into cubes
- 2/3 cup milk
- Plain flour, to dust
- 3 tbpsn tomato paste
- 1 cup grated cheddar cheese
- 150g ham, chopped
- 1 egg, lightly beaten

**Method:**
Preheat oven to 200°C. Line a tray with baking paper.

Sift the flour and salt into a large bowl. Use your fingertips to rub the butter into the flour until it resembles fine breadcrumbs. Add the milk. Use a round-bladed knife in a cutting motion to mix until evenly incorporated and the mixture begins to hold together.

Turn the dough onto a lightly floured bench and gently knead (about 5 minutes) until smooth. If the dough is sticky sprinkle with a little more flour.

Roll dough into a 20cm x 40 cm rectangle and spread with tomato paste. Sprinkle with ham and cheese.

Turn the dough so the long end is in front of you and roll up. Slice into 10-12 pieces and place side-by-side on the tray.

Brush with egg and bake for 25 minutes or until a skewer inserted into a ‘join’ comes out clean.

**Notes:**
Placing the pieces close together helps them rise (like scones).
Add a can of drained, crushed pineapple to the topping if your kids are into sweet-savoury tastes.
Keeps for a day or two at room temperature for lunch boxes or after school snacks.
Recipe created by Melissa Hughes for Kidspot.

A TRIP DOWN MEMORY LANE

Upwey Progress Hall. It was constructed by voluntary labour in 1919 and was often used by the primary school as a classroom when there was overcrowding.