**Principal's Message 14.11.2014**

**This Week**

**Remembrance Day – November 11th**

Thanks to all those who bought poppies in support of the RSL fundraising event. Our collection was courtesy of the Upwey/Belgrave RSL.
**SWIMMING PROGRAM 2014**

Our Swimming Program began on Thursday and concluded today, Friday 14th November. Thanks to the Belgrave Outdoor Pool staff, school staff and children for ensuring the program ran smoothly throughout. Thanks to Louise H, Sarah H, Francis S and Renee P who provided much appreciated assistance with supervision when travelling to/from the pool and assisting in the change rooms, as well as other parents/relative who came to watch and support the children.

**PASSIONS GROUPS – FINAL SESSION NEXT WEEK**

A reminder that next week on Tuesday 18th November is our final Passions’ session. Mrs Kittredge’s group will attend the Farm Excursion again. I am hopeful that the Bike Ed group will experience a little road riding along Darling Ave if roadworthiness can be achieved for the children’s bicycles.

**SHOPPING TOUR**

It appears that the PA/Fundraising Shopping tour on Saturday was a roaring success. Plenty of bargain shopping for Christmas was completed. Thanks to the committee for organising the event and those who attended for making the day an enjoyable one.

**UDEC ARTS FESTIVAL – “ART IN THE HILLS” – TUESDAY 19™ NOVEMBER**

We will be participating in the annual Upwey District Educational Community Arts event on Tuesday 19th November from 4:00 until about 7:00 pm. The event focuses on The Arts in local Primary & Secondary Schools with each school having two performance times on the Upwey High School Stage and presenting Art work in our school hall for the week. This will be a great event to showcase The Arts in our district and display the abilities and talents of all children. All families are invited to attend.

I would expect that all available children/families attend and participate in the performance from our “Kids At Sea” Production.

<table>
<thead>
<tr>
<th>Running Sheet Order of Performances</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Upwey High Concert band 4:00 pm</td>
</tr>
<tr>
<td>2. Tecoma PS band</td>
</tr>
<tr>
<td>3. Upwey HS and Tecoma PS band</td>
</tr>
<tr>
<td>4. Belgrave South PS</td>
</tr>
<tr>
<td>5. Ferny Creek PS choir</td>
</tr>
<tr>
<td>6. Upwey HS choir</td>
</tr>
<tr>
<td>7. Upwey South PS</td>
</tr>
<tr>
<td>8. Tecoma PS choir and Aerobics</td>
</tr>
<tr>
<td><strong>Upwey PS – Approximately 5:00 to 5:30 pm</strong></td>
</tr>
<tr>
<td><strong>Prep to Year 2 Children. Silly Sailors &amp; Wheel of Fortune</strong></td>
</tr>
<tr>
<td>10. Upper Ferntree Gully PS</td>
</tr>
<tr>
<td>11. Ferny Creek PS choir /recorder/dance</td>
</tr>
<tr>
<td>12. Belgrave South PS</td>
</tr>
<tr>
<td><strong>Upwey PS Approximately 6:00 to 6:30 pm</strong></td>
</tr>
<tr>
<td><strong>Year 3 to Year 6 Children. Seven Seas &amp; Sultanas In Pink Pyjamas</strong></td>
</tr>
<tr>
<td>14. Upper Ferntree Gully PS</td>
</tr>
</tbody>
</table>

Please come and have a look at the children’s Art Work on display from all the UDEC schools in our school hall.

**TESTING OVER COMING WEEKS**

All the grades will be completing testing requirements in preparation for the 2nd Semester Written Report over the coming weeks and I request that all children are in attendance unless there is a very legitimate reason for absence. We aim to have maximum attendance during this time so that children do not miss out on testing commitments. If your child is absent due to illness or for other reasons we will organise opportunities for catch up. Please keep in contact with the teacher regarding required absences.

**SCHOOL ASSEMBLY OUTDOORS ON MONDAY 17™ NOVEMBER**

Due to UDEC “Art In the Hills” commitments for the display of Visual Art Work in the library next week I am proposing that the School Assembly will be held outdoors on the Basketball Court on Monday 17th November. All parents welcome as we catch up on two weeks of awards.

**SCHOOL COUNCIL MEETING**

The School Council Meeting will be held on Monday 17th November at 7:30 pm in the staffroom.

**UPCOMING EVENTS & EXTRACURRICULAR ACTIVITIES**

**“COOL TO GO TO SCHOOL” – PRE SCHOOL TRANSITION PROGRAM**

Invitations have been extended to Prep children enrolled in 2015 to be involved in the “Cool to Go to School” program beginning next week on Friday 21st November. This will be a Prep Classroom orientation session from 9:00 – 10:00 am. Mrs Christofis (along with our current Prep children) will be preparing, running and assisting with some very enjoyable activities and a play in the playground. New enrolments before that date will be eligible to attend also. The other sessions for this program will be held on Friday 28th November and Friday 5th December from 9:00 – 10:00 am.

**“SCHOLASTIC BOOK SALE”**

Books will be available for sale on Monday 1st to Thursday 4th December from 3:00 pm until 4:00 pm only. Please take advantage of the opportunity if you are interested and have some spare money!

**PREP PARENT INFORMATION SESSION – 2015 PREPS**

The Prep Information Session has been planned for Tuesday 2nd December from 6:30 until about 7:30 pm. Parents with other siblings will be given the opportunity to have their 2015 Prep child and other siblings participate in the After School Care program for that time without cost.

Looking forward to providing final important information for parents in preparation for 2015.

**TRIBES LEARNING COMMUNITY FOCUS**

**RESPECT – ONE OF OUR TRIBES AGREEMENTS**

I wish to make all parents/carers aware that we will continue concentrating on RESPECT. This is one of Our 7 Agreements as part of the Tribes Learning Community approach and is such a vital value to develop in order for positive relationships to be developed. In the grades we will be concentrating on what RESPECT is, looks like, sounds like and feels like. RESPECT involves such things as:

- Please support the school in stressing this value whenever possible.

<table>
<thead>
<tr>
<th>Using manners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Consider the feelings of others</td>
</tr>
<tr>
<td>Speaking politely and being friendly</td>
</tr>
<tr>
<td>Valuing your own contribution</td>
</tr>
<tr>
<td>Accepting differences in others</td>
</tr>
<tr>
<td>Treating others as you like to be treated</td>
</tr>
</tbody>
</table>
HANDY HINTS FOR SUCCESS
HANDY HINTS FOR IMPROVING LEARNING

The following handy hints for improving learning are extracted from Andrew Fuller's book “Help Your Child Succeed At School”.

How much sleep does my child need to succeed at school?

A good night’s sleep (at least 8 hours) is essential for optimal brain functioning at school. Memory consolidation occurs during sleep especially during dream (or REM) sleep. During the normal 8-9 hours of sleep, five dream (REM) cycles occur. Adolescents getting only 5-6 hours of sleep lose out on the last two REM cycles and thereby reduce the amount of time the brain has to consolidate information.

Teenagers need as much sleep as children, partly because their brains are doing so much development.

Always remember there is no such thing as a sleep bank. So just because you slept 10 hours one night doesn’t mean you can get away with only sleeping six hours the next night.

Students who don’t get enough sleep have to work much harder to do well at school.

Know Your Child’s “Down” time

Everyone has a down time when they learn new information less well. As a rough guide, think of the time they go to sleep, then think of the time they usually wake up, calculate the midpoint of their sleep, add twelve hours and around that time is their “down time”.

For example, if your child sleeps from 9.30 pm to 7 am, the midpoint of their sleep is 2.00 am. Adding twelve hours takes us to 2.00 pm which is the time your child is likely to learn least well.

It is important for teachers and parents to know students likely down times so they can schedule in active, hand on learning at these times.

REGULAR REMINDERS

FREE FEED FRIDAY - BREAKFAST

The Soupees Breakfast continues each Friday morning. Don’t forget that all children are invited to come and have breakfast in the hall from 8:30 am on Fridays with Gavin, Linda & Sue (& Andrew) providing all the necessary ingredients, and labour, for free!

PLAYGROUP

Playgroup will be available every Friday from 9:30 until 11:00 am. Thanks to Emma (who has had to do without Cheryl recently although she will return next week) & Karlee for their wonderful contribution with the group.

THANKS

GARDEN MULCH SPREADING

Thanks Kristy B and Danielle G, who did a marvellous job in spreading the mulch over the newly weeded garden beds! The area in front of the school & Prep/1 classroom looks terrific in anticipation of hosting the UDEC Arts Festival next week.

Malcolm Aspinall
Principal
### Term 4, 2014 - Upwey Primary School

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 7</td>
<td>17th Nov</td>
<td>18th Nov</td>
<td>19th Nov</td>
<td>20th Nov</td>
<td>21st Nov</td>
</tr>
<tr>
<td></td>
<td>SCHOOL COUNCIL</td>
<td>PASSIONS</td>
<td></td>
<td>PREP TRANSITION</td>
<td></td>
</tr>
<tr>
<td></td>
<td>MEETING 7.30PM</td>
<td>PROGRAM</td>
<td></td>
<td>9am - 10am</td>
<td></td>
</tr>
<tr>
<td></td>
<td>UDEC FESTIVAL</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 8</td>
<td>24th Nov</td>
<td>25th Nov</td>
<td>26th Nov</td>
<td>27th Nov</td>
<td>28th Nov</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>PREP TRANSITION</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9am - 10am</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>SAT 29TH ELECTION</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>DAY SAUSAGE SIZZLE</td>
<td></td>
</tr>
<tr>
<td>Week 9</td>
<td>1st Dec</td>
<td>2nd Dec</td>
<td>3rd Dec</td>
<td>4th Dec</td>
<td>5th Dec</td>
</tr>
<tr>
<td></td>
<td>SCHOLASTICS BOOK FAIR</td>
<td>PREP INFORMATION EVENING</td>
<td>SCHOLASTICS BOOK FAIR</td>
<td>SCHOLASTICS BOOK FAIR</td>
<td>SCHOLASTICS BOOK FAIR</td>
</tr>
</tbody>
</table>

### BEFORE & AFTER SCHOOL CARE
Here's what's on at BASC next week.
Monday - we will be making body scrubs
Tuesday - Classic games. Elastics, marbles, skipping etc
Wednesday - Games outside (weather permitting)
Thursday - Pom Poms
Friday - Make play dough
Remember to bring your hat to afters. No hat = No outside play.
Have a great weekend and see you Monday.
Sam.

### Happy Birthday
14th Nov - 21st Nov
BEN N
SAM M

### UDEC ARTS FESTIVAL, Tuesday 19th Nov
HELP!!!!!!!!!!

We need helpers to prepare for the big Curry cook up on Tuesday.
Please meet at the Multi purpose room at 1.30pm if you can spare an hour or so.
ELECTION DAY
Saturday 29th Nov and BUNNINGS SAUSAGE SIZZLE
Saturday 6th Dec

We have two major fundraising events coming up, and we are asking families to please volunteer for either one or both

If you can help make this day a success, please complete the slip below and return it to the office. We need at least 4 helpers per time slot.

Election Day Sausage Sizzle at Upwey Primary School,
9am to 3pm. Saturday 29th November

I/We, ..................................................................................................................
would like to volunteer at the Election Day Sausage Sizzle at UPS

Signed: ..................................................................................................................

<table>
<thead>
<tr>
<th>9am - 11am</th>
<th>11am - 1pm</th>
<th>1pm - 3pm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Bunnings, Ferntree Gully Road, Scoresby,
9am to 4pm. Saturday 6th December

I/We, ..................................................................................................................
would like to volunteer at the sausage sizzle to be held at Scoresby Bunnings.

Signed: ..................................................................................................................

<table>
<thead>
<tr>
<th>8am - 11am</th>
<th>11am - 1pm</th>
<th>1pm - 3pm</th>
<th>3pm - Pack up</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Thank you for your support and time, we really appreciate your involvement with our fundraising efforts as they make a big difference for our children.
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

FREE TENNIS LESSONS...
St John’s Tennis Club
Ferntree Gully is offering a free trial lesson for all new children.
The weather is improving, so come and give tennis a try!
Times are available during the school term, and during the school holidays.

Please contact Todd Scouller to organize your free lesson.
Phone: 0412 446 642
Email: todd@melbournetenniscoaching.com