### IMPORTANT DATES FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>Monday 25th April</td>
<td>ANZAC DAY PUBLIC HOLIDAY</td>
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<td>Wednesday 20th April</td>
<td>Years 5 &amp; 6 Transition Upwey High School</td>
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<td>Thursday 21st April</td>
<td>Kinder Transition 10am</td>
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<td>Friday 29th April</td>
<td>Platypus Incursion Activity</td>
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<tr>
<td>Tuesday 3rd May</td>
<td>SCHOOL PHOTO DAY</td>
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<tr>
<td>Wednesday 4th May</td>
<td>School Council Meeting, 6.30pm</td>
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### Principal’s report

**Our 1000 Step Marathon!**

Wednesday morning was certainly an eventful time for Year 4L, Sue Maxwell and myself as we set off on our adventure to the 1000 Steps. The walk which included travelling to the intersection of Burwood Hwy and Mt. Dandenong Tourist Road along the bike track, crossing the road, walking through the National Park, up the steps, down Lyrebird Track and then returning to school worked out to be 11.54km. A little more than we all planned I think! However I am so proud to say that we all demonstrated our TRIBES agreements by having a fantastic time and being beacons of positivity with our ‘Can Do’ attitudes. Word in the playground on Thursday was that all legs were pretty stiff and some of us were experiencing some thigh pain from all that stepping. I cannot name any individuals for supreme effort as everyone put in 100%. Well done guys.

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Please support our ANZAC VETERANS by buying a

- **BADGE:** $2 - $10
- **BRACELET:** $3
- **KEY TAGS:** $4

“Lest we Forget”

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15 Darling Avenue, Upwey 3158 Vic  **Phone:** (03) 9754 2369  **Fax:** (03) 9754 8148

**Email:** upwey.ps@edumail.vic.gov.au  **Website:** www.upweyps.vic.edu.au
Zoe
For participating enthusiastically during music sessions.
Well done.

Cedar
For creating an interesting and thoughtful Autumn Poem.
Well done.

Millie
For displaying a focused attitude when working in a group to write a poem about ants.

Felicity
For displaying a focused attitude when working in a group to write a poem about ants.

Charlotte
For displaying a focused attitude when working in a group to write a poem about ants.

Caitlin
For working hard throughout the term to achieve an excellent standard of work in all of the Thinking Book tasks last term.

Ben
For an outstanding result on your Math pre test.

Nathan
For an outstanding result on Math pre test.

Adam
For always doing your best in Spelling as well as making sure all the chairs are pushed in.

Jacob
For a HUGE effort and a great attitude towards your Maths with fabulous success. Well done and keep it up!

Ryan
For always trying our hardest in all that you undertake. You are a great friend and are always helping others.

Bode
Congratulations, you have been nominated by a school community member for: Always being a helpful and considerate class member.

Britney
Congratulations, you have been nominated by a school community member for: Working hard consistently on all writing tasks.

Hermione
Congratulations, you have been nominated by a school community member for: Working hard consistently on all writing tasks.

Liam
Congratulations, you have been nominated by a school community member for: Being a great help to others.

TRIBES AWARD
Ladies Night Out
Friday 29th April
At Monty’s in Upwey
Txt Zdenka on 0403249714 to book your spot
"Locals supporting Locals!"
Year 5/6 Transition Program to Upwey High School

On Wednesday afternoon our Year 5/6 students walked next door to Upwey High School to participate in a myriad of transition activities. Students were put into different groups and then rotated around a set of activities including Art where they used oil pastels to create some prints and Science where they had the opportunity to use a flame of fire to see the reactions made with a variety of chemicals. We thank Upwey HS for providing this afternoon as it was enjoyed by all.

Reporting Changes

I am very excited to announce that there will be some changes to our reporting system and style in our upcoming Semester One reports. As mentioned last week in the newsletter these reports will be created using Sentral, our new Student Management Software. Semester One reports this year will contain:

- A personal comment for each child
- A section about to what extent your child is demonstrating our TRIBES agreements
- A separate comment on each subject area
- A comment from your child about their own learning

We are open to parent feedback about items you would like to see in your child’s report that would assist you in gaining a better understanding of their learning and abilities. If you have any feedback please contact me directly.

Yoga with Zdenka

Last term Zdenka Kollarova who is an enthusiastic Kids Yoga instructor and mum to two boys at our school, ran a well-attended lunchtime Yoga Club on Fridays in our school hall. This will continue this term, however Zdenka is also keen to run an after school yoga club for those students who are interested in committing to a once a week program, after school on Mondays. A small cost will be involved. At this stage Zdenka would just like to gauge interest, so please just let Cindy at the office know if your child would be interested in attending.

Staff Carpark

Just a reminder that parents are not to be using the staff car park during drop off (8:40am-9:00am) and pick up (3:20 – 4:00pm) times, unless prior arrangements have been made with school staff. Please help us keep everyone safe.

Working Bee – Let’s Paint the BASC Room

The date I originally set for the working bee is during ANZAC day long weekend, which is inconvenient for many families who will be going away on holidays. Sorry about that folks! Speaking with a few people around the school the general consensus was that it may be better to have a couple of after school sessions, as well as a Sunday morning option for people to attend. Please find the upcoming dates below:

- Thursday 5th May – From 3:30pm
- Sunday 8th May – From 10:00am

Please sign up at the office if you are able to help out. More hands makes lighter work!

SIDS KIDS

We need your help. We are collecting clothes, shoes, home wares, books, toys and other household items for recycling. You can help us achieve our goals by taking home a red bag from our school office and filling it with your unwanted items. Then please phone 0449862151 to arrange a time for collection from either your home or school.

TRIBES Slurpee Walk

This week it was Liam G, Bode P, Hermione M and Britney K who received TRIBES awards and consequently won the opportunity to go for the ‘Slurpee Walk’. Some of the super ideas contributed this week were:

- “We should have a school pet, possibly a bird.” – Liam G
- “I would like us to get a cubby house or a tree house.” – Bode P
- “I think each class should be able to walk to get a Slurpee everyday” – Hermione M
Communicating with School

It is very important to me and the success of our school that students, parents, staff and other community members feel they can come and speak to me about issues that arise, suggestions they have, ask for advice (I don’t have all the answers, but I do have some good numbers to call!) and feel comfortable to speak with me frankly. I am open to feedback.

If you do wish to get into contact with me please know that you may:

- Email at any time of day, I will attempt to answer all emails within 24 hours.
- Phone school between 8:00am and 4:00pm. If I am teaching, out at a meeting or otherwise engaged Cindy will take a message and I will call you back.

Make a time to chat. To organise this please just call the office and we will book in a mutually agreeable time.

Please remember that we also have a suggestion box in our foyer. Improvement focused suggestions help us to ‘Strive for Excellence’!

App of the Week – Health

This week I was having a great chat to Tony our cleaner about exercise and keeping active, when he shared with me an app on his iPhone called ‘Health’. Interestingly this app appears to already be on everyone’s iPhone and it works in the background without you actually realising it!

When I got home that night I checked out my own phone and realised that I had great data in their from the past year. It shows how I’ve increased my activity over time. I was pretty chuffed with myself.

I encourage you to check it out on your own phone by finding the app, as pictured. Below is the description of the app straight from the Apple website:

The Health app gives you an easy-to-read dashboard of your health and fitness data. And with HealthKit, developers can make all the incredible health and fitness apps on your device work together, and work harder, for you. It just might be the beginning of a health revolution.

Heart rate, calories burned, blood sugar, cholesterol — your health and fitness apps are great at collecting all that data. The Health app puts that data in one place, accessible with a tap, giving you a clear and current overview of your health. You can also create an emergency card with important health information — for example, your blood type or allergies — that’s available right from your Lock screen.

Get to know an Upwey-ian

Introduce yourself:
Hi my name is Regan. I am 11 years old.

Tell us about your family.
I have one twin brother, a big brother, a mum and a dad.

Do you have any pets?
I have one black Labrador. She has brown eyes and she's 11 years old.

What is your favourite subject at school and why?
My favourite subject is sport because I love running, playing games and mastering new skills.

How would you spend $1000000?
I would donate money to charities and some myself. I would also give some to people who need homes.

What do you like about Upwey PS?
I like the size of the school and I like the teachers at UPS.
WEEK 2 TERM 2 AT BASC

The BASC program for term 2 is taking shape as we finish off another busy week. We have spent alot of time cooking yummy nutritious breakfasts, healthy and filling afternoon snacks and a variety of fruit and vegetables which have surprised even the fussiest eaters!

I am really pleased with the children and their support. We have had lots of fun moments in amongst organised chaos as we play the favourites as well as introducing new activities for everyone to participate.

Enjoy the long weekend, See you on Tuesday Morning! Kind Regards, George

TODAY YOU ARE YOU. THAT IS TRUER THAN TRUE. THERE IS NO ONE ALIVE WHO IS YOURER THAN YOU!

DR. SEUSS
## Term 2, 2016 - Upwey Primary School
School Family Calendar

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*In time for Mother’s Day!* (Sessions before 23rd April)

### Curiouser

In Term 2, Curiouser Photography are offering exclusive mini sessions for family portraits as a fundraiser for Upwey Primary School.

For $250 you will receive a 15-20 minute session, an 8×10” print of your choice and a frame.

- Each family session needs to include two generations - such as parents and kids!
- This is a great chance for the grown-ups to get in the picture!
- Sessions will take place on the grounds of Upwey Primary School.
- Booking slots are available over a 2 week period.
- First in, first served!
- Every booking supports Upwey Primary School’s fundraising efforts.

Book your spot online at: www.curiouser.com.au/bookings/fundraiser

Happy Birthday

Sam & Nathan

### ANZAC Day

ANZAC Day is a public holiday.

### School Photo Day

School Photo Day is scheduled for Monday, 10th May.

### School Council Meeting

School Council Meeting is scheduled for 6:30 pm, Monday, 10th May.

### Platypus Incursion Activity

Platypus Incursion Activity is scheduled for Thursday, 12th May.

### C-Fit Training

C-Fit Training sessions are scheduled for Monday, 9th May, Thursday, 12th May, and Friday, 13th May.
MINIBEASTS FESTIVAL 2016

Sunday, April 24th
11am to 3pm
Birdsland Reserve, Belgrave Heights

Come & find out about minibeasts & where our food might come from.

This event is sponsored by

Melbourne Water

Phonum Education Group

& Canterbury Council

Find out about IDY

The Environment Education for Kids Program with great nature walks

for all ages

500 balls provided by Tecoma P.S.
Vegetables donated by Yarra Valley Community Health

Players Wanted!

Mountain Tigers Basketball Club

is seeking junior players for the winter season.

Join your local club! Learn new skills and make new friends!

Saturday games – played locally!

No experience required!

Please contact Anne Horan for further details:

registrar@mountaintigers.com.au

Join the Yarra Ranges Athletics club for a great morning of running around the Lilydale Lake parklands. This is running at the lake, but not as you know it!

Sunday May 15th 2016 from 9am

2km Family Event, run/walk

From $3.00 Entry Fee. 9:30am on the day.

5km - Premium Delight Dash

From $5.00 Run/Walk entry. 9:30am on the day.

10km - Active Feet Lake Challenge

From $10.00 entry Fee. 9:30am on the day.

Fully marked and marathoned courses, over grass, grass and hills.

ENTER NOW at www.yarrarangesathletics.org.au

MORE INFORMATION on the website or e-mail

events@yarrarangesathletics.org.au

art'scape

Do you like art? Making?

Creating?

STARTS 28TH APRIL 2016

Where?

Artspace Kew and EACH Health and Family have collaborated to bring you Art'scape

A creative art program for young people aged 12-18 years who are looking to expand their art practice, develop skills in a discipline, explore, or work on their own projects, use new materials and space to build new skills, and the creative experience you’ll love never gets old.

When and Where?

Workshops: Artspace Kew, 8 Southcote Street, Kew - Wednesdays
8:00am to 3:00pm

For all queries, please contact Sarah by phone or email

Sarah Young

herpla ce@wom en museum.w a t t s w a l l e y . c o m . a u

SJS Music and Counselling Services

Sarah specialises in children, adolescents and youth.

Counselling...

Rates:

• $50 per hour

Specialising in anxiety, depression, trauma, anxiety and depression.

Sarah Young in Boroona, Warragul and Melbourne.

Piano and Guitar Lessons...

Rates:

• $50 per hour

• $150 for consultation

• $200 for family consultation

Creative Therapies...

Sarah also uses art and music therapy in counselling to help clients process emotions and traumas. Art, music, play therapy and songwriting can be very cathartic in allowing clients to express themselves and engage in meaningful experiences.

More information:

Phone: 0488 666 838

Email: sjsmusicandcounselling.com.au

sarah@musicandcounselling.com.au

How delicious do these muffins look? Thanks Michelle and thanks for sharing 5/6W
OUR AUSTRALIAN STATE & TERRITORY FLAGS

Queensland

Australian Capital Territory

South Australia

Northern Territory

Victoria

Western Australia

Tasmania

New South Wales