IMPORTANT DATES FOR YOUR DIARY

Friday 26th August 2016

Monday 29th August   Vic Spelling Final at UPS 11.30am in the Hall.
Tuesday 30th August  First Aid refresher course for Staff & friends, 3.50pm
Wednesday 31st August 5/6W Hooptime
Friday 2nd September UPS Athletics Day, Years 3 - 6

Book Week Celebration

Oh what great fun we had! I think Dr. Seuss once said “The more that you read, the more that you’ll know. The more that you learn the more places you’ll go!” Well today we were lucky enough to read a number of great books and to see some amazing book characters, in the flesh! Thank you to all our parents for your efforts in helping your children with their costumes and thank you to our Upweylians for ensuring that our Book Week Celebration was a special day!
**TRIBES AWARD**
**HAYDEN**
Congratulations, you have been nominated by a school community member for:
your outstanding commitment to all writing tasks. Taking on feedback to improve your writing.

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**TRIBES AWARD**
**Sam**
For working hard to understand money during Maths and showing mutual respect towards his classmates & teachers.

**TRIBES AWARD**
**Sicelo**
For using the information report as an opportunity to learn new IT skills and explain them.

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**TRIBES AWARD**
**Darby**
For your personal best when working on your information report. Well done!

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**TRIBES AWARD**
**Ben**
For your personal best with completing your information report draft. Well done!

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**TRIBES AWARD**
**Sophie**
For working consistently on your information report and always trying hard.

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For working hard to understand money during Maths and showing mutual respect towards his classmates & teachers.

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**Sophie**
For working consistently on your information report and always trying hard.

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**TRIBES AWARD**
**ZOE F**
Congratulations, you have been nominated by a school community member for:
being responsible when out in the yard, reporting when you see something not right.

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**TRIBES AWARD**
**Bella**
Congratulations, you have been nominated by a school community member for:
always working hard during Math. Being creative and finding the answers.

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**TRIBES AWARD**
**Robbie**
Congratulations, you have been nominated by a school community member for:
Robbie has shown dedication to completing all of the class activities.

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**TRIBES AWARD**
**Hayden**
Congratulations, you have been nominated by a school community member for:
your outstanding commitment to all writing tasks. Taking on feedback to improve your writing.

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**LET'S HELP GAVIN!!!**

Gavin visits the city every week helping the homeless people of Melbourne. We would like to do a collection for Gavin to distribute. We are asking for donations of clean blankets doonas sleeping bags, warm jackets, beanies and toiletries. Please drop off your donations at the office. This will be a continual collection.

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**Author Visit – Glenda Pearl Wise**

Today we also enjoyed a visit from local fairy, author, illustrator and artist Glenda Pearl Wise, who read to our students, spoke about her career as an author/illustrator and demonstrated how to draw some of her fictional characters. We thank Glenda so much for coming out to our school and spending time with us! Did you know that Glenda was actually a student at our school some years ago? Her family used to live just next door! Her books are set in the Dandenong Ranges and it was inspirational to hear about her journey as an author.

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**Upwey PS Athletics Day Friday 2nd September, Years 3 – 6**

Next Friday all of our Years 3 – 6 students will be participating in our annual Athletics Day. Students can dress up in their House colours. We do need parent helpers on the day. The more the merrier.
Get your choppers out – for a FREE Dental Screen!

Inspiro is a local health care provider based in Lilydale, offering dental services to adults and children in the Yarra Ranges. Inspiro has partnered with Upwey Primary School to help prevent dental disease in your local area.

In Term 3, Inspiro will be offering free dental screenings to our students during the following sessions:
September 13 & 14 = Tuesday and Wednesday at 9:30 am

The dental screening is free of charge for all students, including those with or without a health care card or the Child Dental Benefits Schedule. The screening is not a replacement for a full dental examination. It does, however, provide an important opportunity to identify dental problems at the onset and provide timely intervention.

The screening will be performed by an Inspiro dental clinician and dental assistant and is a basic, non-invasive procedure used to identify oral conditions that may need further investigation.

It involves the dentist taking a quick look inside the child’s mouth with basic dental tools such as a mouth mirror, probe and dental tweezers. If a child is concerned about any of these tools, the tool(s) will not be used during the screening. We are also offering a free fluoride treatment which involves a cream applied to the teeth.

At the completion of the screening, your child will be given a dental screening report (and a show bag) advising of any recommended examinations or treatments for future follow up by parents.

Make sure you fill in your child’s consent form that was sent home last week to ensure they receive the free service.

School Council News

Thank you to Lauren Dwyer (Seamus’ mum) who has offered to be our new School Councillor! Yay! It is great to have you on board.

Recently we have also welcomed Ryan Martin (Flynn’s dad) and Ben Harris (Ezzeiel and Scarlett’s dad). Thank you for offering to be part of our School Council.

Clean up our Hall – Working Bee

Our Hall Renovations Sub-Committee has met and considered all of the ideas and suggestions offered by parents and students. We are now going about the process of obtaining quotes and working out the scope of the works.

In order to better understand what we currently have in the hall and the space that is available to us, George C and I will be having a bit of a working bee within the hall on Tuesday from 9:00am. If you are free on Tuesday morning please just come down and lend a hand. We would really appreciate it!

I came across this article which I thought simplified the whole parenting gig, maybe a little too much? Not sure. But I found it interesting to read anyway and thought I would share it here.

Tips for ‘Raising Good Kids’

So with an impending munchkin on the way, suddenly all this reading articles about parenting, teaching and learning has a different meaning. I’m starting to think about what type of parent I want to be and the values that I want my children to hold dear. Ahhh so much responsibility!

I came across this article which I thought simplified the whole parenting gig, maybe a little too much? Not sure. But I found it interesting to read anyway and thought I would share it here.
Help unlock your child's best self with a few tried-and-true strategies.

A lot of parents are tired of being told how technology is messing up their kids. Mums and dads of the digital age are well aware of the growing competition for their children's attention, and they're bombarded at each turn of the page or click of the mouse with both cutting-edge ideas and newfound worries for raising great kids.

But beneath the madness of modernity, the basics of raising a moral child haven't really changed. Parents want their kids to achieve their goals and find happiness, but Harvard researchers believe that doesn't have to come at the expense of kindness and empathy. They say a few tried-and-true strategies remain the best ways to mould your kids into the morally upstanding and goals-oriented humans you want them to be. Here are six practical tips:

1) **Hang out with your kids.**
This is, like, the foundation of it all. Spend regular time with your kids, ask them open-ended questions about themselves, about the world and how they see it, and actively listen to their responses. Not only will you learn all sorts of things that make your child unique, you'll also be demonstrating to them how to show care and concern for another person.

2) **If it matters, say it out loud.**
According to the researchers, "Even though most parents and caretakers say that their children being caring is a top priority, often children aren't hearing that message." So be sure to say it with them. And so they know it's something they need to keep up with, check in with teachers, coaches, and others who work with your kids on how they're doing with teamwork, collaboration, and being a generally nice person.

3) **Show your child how to "work it out."**
Walk them through decision-making processes that take into consideration people who could be affected. For example, if your child wants to quit a sport or other activity, encourage them to identify the source of the problem and consider their commitment to the team. Then help them figure out if quitting does, in fact, fix the problem.

4) **Make helpfulness and gratitude routine.**
The researchers write, "Studies show that people who engage in the habit of expressing gratitude are more likely to be helpful, generous, compassionate, and forgiving — and they're also more likely to be happy and healthy." So it's good for parents to hold the line on chores, asking kids to help their siblings, and giving thanks throughout the day. And when it comes to rewarding "good" behaviour, the researchers recommend that parents "only praise uncommon acts of kindness."

5) **Check your child's destructive emotions.**
"The ability to care for others is overwhelmed by anger, shame, envy, or other negative feelings," say the researchers. Helping kids name and process those emotions, then guiding them toward safe conflict resolution, will go a long way toward keeping them focused on being a caring individual. It's also important to set clear and reasonable boundaries that they'll understand are out of love and concern for their safety.

6) **Show your kids the bigger picture.**
"Almost all children empathize with and care about a small circle of families and friends," say the researchers. The trick is getting them to care about people who are socially, culturally, and even geographically outside their circles. You can do this by coaching them to be good listeners, by encouraging them to put themselves in other people's shoes, and by practicing empathy using teachable moments in news and entertainment.

The study concludes with a short pep talk for all the parents out there:
"Raising a caring, respectful, ethical child is and always has been hard work. But it's something all of us can do. And no work is more important or ultimately more rewarding."

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"Raising a caring, respectful, ethical child is and always has been hard work. But it's something all of us can do. And no work is more important or ultimately more rewarding."
Introduce yourself: My name is Sam and I am 11 years old.
Tell us about your family. I have 3 brothers, 2 sisters, a mum and a dad.
Do you have any pets? We keep chickens in the backyard.
What is your favourite subject at school and why? My favourite subject at school is Mathematics because I like doing hard problems.
How would you spend $1000000? I would pay off our house and then invest some. I would probably also buy myself some stuff like a go-kart.
What do you like about Upwey PS? I like Upwey Primary School because it is a small school which means we all know each other.
CONGRATULATIONS TO OUR NETBALL TEAM WHO COMPETED IN THE REGIONAL FINALS. YOU HAVE MADE US VERY PROUD BY COMING 3rd. WELL DONE!

Glenda Pearl Wise, children’s Author & Illustrator, paid us a visit today at UPS. It was very interesting & entertaining.
* AFTER SCHOOL CARE NEW FEE *

If you find you are running late and can’t get to school pick up by 3.30 we now offer
After School Care First Hour
3.30 - 4.30pm $10 Includes afternoon snack

B.A.S.C HOURS
MORNING SESSION
7.00—8.45AM
♦ EGGS ON TOAST
♦ SPAGETTI OR BAKED BEAN JAFFLES
♦ PORRIDGE
♦ OAT & PEAR PIKE-LETS
AFTERNOON SESSION
3.30—6.00PM
3.45 AFTERNOON TEA
♦ FRUIT, VEGE STICKS,
♦ GINGERBREAD MEN
4.30
♦ VEGETABLE SCROLLS
♦ CHEESE PUFFS
♦ KAI SI MING

PLEASE ASK IF YOU HAVE ANY QUESTIONS REGARDING DIETARY REQUIREMENTS!

MONDAY MORNING MADNESS!!
WE HIT A NEW RECORD FOR BEFORE SCHOOL CARE NUMBERS
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The Before and After School Care room is used by our students for class cooking during the week—these sensational smells inspired us to join in and get baking biscuits this week, gingerbread men and a twist on stir fry—My Mums spicy Kai Si Ming. The curry flavours went down a treat.
We had a crazy morning on Friday with everyone excited and getting ready for the Book Week Parade - we even snuck on a Harry Potter DVD to get in the mood as a special treat!
If you have any CD’s or DVD’s you’d like to send our way please do ~ we love all kinds!
PS Huge thanks to the Lambert and Bush families for donating a kettle, toasty machine and frypan!
Monday Assembly now start at 2.45pm