Cup Day Eve Festivities
On Monday, due to many families going away for the weekend, we had less than half of our students attend school. Thank you to Mrs. Bush and Mrs. Lambert for ‘holding the fort’ while Mrs. Wood and Mrs. Eels were next door at the High School learning about ‘Ethical Capabilities in the Victorian Curriculum’. Although Monday was not a Curriculum Day, we most definitely understand that families like to make the most of the long weekend and enjoy some time together.
Those students who did attend school took part in a variety of activities and I have to say I enjoyed the opportunity to spend some time in the classroom with our students. Given the chance to spend some time doing activities of their choice, it was very interesting to see how students chose to use their time. There were plenty of videos recorded, books read, maths games played, Lego towers constructed and fun sports run by Mrs. Lambert. Thanks everyone for an enjoyable day!
**School Uniform Reminder**
At our last School Council Meeting School Councillors had the opportunity to review our UPS Student Uniform Policy and ensure that our documentation was still relevant to our students and needs as a school. Councillors agreed that:

- The appearance of our students is important, as community perception of our school can be positively or negatively influenced by how our students appear both inside and outside our school gates.
- Being dressed ‘in uniform’ allows students to feel ‘apart’ of our community.
- Current variation of uniform, such as the wearing of jeans, is causing issues during Physical Education lessons, as jeans are very restrictive.

Following discussion at the meeting I would like to reinforce the following points for families:

- All students are expected to come to school wearing our school uniform.
- Parents are asked to ensure that uniform items are clean, tidy and free from holes.
- All students must wear black pants, shorts, skirts or skorts in conjunction with their school polo. Jeans are not appropriate. Alternatively girls may choose to wear our school dress.
- Boys and girls with hair longer than shoulder length must tie it back to avoid outbreaks of head lice.
- Students who must come to school ‘out of uniform’ are required to bring a note from home, explaining the reason for the change of dress to their classroom teacher.
- Notes will be sent home with students who are identified as being ‘out of uniform’ and steps taken to ensure families are assisted where necessary to source the uniform items needed.

If you have any questions about our Uniform Policy or would like to see a copy of the document, please just come and see me in the office.

**Emergency Management Plan Review**
Although our ‘Spring weather’ thus far has been rather bleak and not really that warm at all, it is important to remember that summer is on its way and hence fire season preparation needs to begin. At school this will involve us reviewing our Emergency Management Plan and completing some different types of drills.

If any of your family’s contact details have changed and you have not yet let us know, please advise us ASAP so as we can ensure all our plans are accurate. It is also crucial that we have emergency contact details of at least two adults for each student in the event that we are unable to contact you directly.

In the coming weeks I will share with you all parts of our Emergency Management Plan so as everyone is ‘on the same page’ about how we will act in the event of bushfire or other emergencies.

**Working Bee Week**
Monday 31st October marked the beginning of WORKING BEE WEEK at Upwey Primary School. Instead of hosting your normal working bee on just one day, School Council felt this would be a way that we could hopefully involve more families and hence get more jobs done around the school. The list of jobs is displayed on a noticeboard just outside the office doors and families now have the opportunity to ‘sign up’ to help out by completing those tasks. Thank you so much to all the families who have already signed up and those who I have already seen about the yard doing jobs for us! We will be hosting a ‘THANK YOU BBQ BREAKFAST’ for everyone who has helped out and their munchkins this coming Sunday at 10:00am on the basketball court. Please come along and let me cook you up a delicious egg and bacon roll!

**Swimming is coming! December 2016**
Our 2016 Swimming Program will begin shortly on Monday 5th to Wednesday 14th December. Students will travel by train to Belgrave and then walk a short distance down and then up a hill to the pool. Hopefully our weather will be a little nicer by then! Should be a lovely end to the year for all of us. The price per child will be $80. This includes $65.00 for pool entry and swim staff. The rest of the cost will cover train fares for the period. Parents are welcome to start a payment plan if you haven’t already. As swimming is a part of the Physical Education curriculum it is an expectation that all students will attend. It is so important for child safety, that every child begins to develop confidence in the water. Permission forms will be sent out at the end of next week. If you have any questions or would like to discuss your particular child’s situation, please just come and see me.
School Council Parent Position Available
As Zdenka K (Mum to Sebi and Dominic) has taken on our Before School Care Coordinator Role, she is now classed as a DET member of our School Council, meaning that we need one more Parent Member. If you are available two Wednesday nights a term, from approximately 6:30pm – 8:00pm and are interested in having a say in the policy that drives our school, please come and see either Cindy or myself to express your interest.

10 phrases you hear in resilient families: are you using them? - Michael Grose
Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Here are 10 examples of the language of resilience, the coping skills each reflects and the types of situations in which they are applicable.

1. “Come on, laugh it off”
Strategy: Humour
Good for: Kids who experience disappointment, failure and even loss.
Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything”
Strategy: Containing thinking
Good for: Kids who feel overwhelmed; kids who experience rejection; perfectionists.
The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break”
Strategy: Distraction
Good for: Kids experiencing stressful situations; kids who think too much; kids with busy lives.
When kids are troubled by events or spend too much time brooding, it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?”
Strategy: Seeking help
Good for: Kids who experience bullying and social problems; handling all types of personal worries.
Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this”
Strategy: Offering hope
Good for: Kids experiencing loss, bullying, change or extreme disappointment.
There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces, too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person.

6. “What can you learn from this so it doesn’t happen next time?”
Strategy: Positive reframing
Good for: Kids who make mistakes, let others down or experience personal disappointment.
One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For
instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”
   Strategy: Acceptance
   Good for: Kids who worry about exams or performing poorly in any endeavour; pessimists.
   If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”
   Strategy: Maintaining perspective
   Good for: Kids who catastrophise or blow things out of proportion.
   While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about … ”
   Strategy: Flexible thinking
   Good for: Kids who catastrophise; experience extreme feelings; who exaggerate.
   Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”. “I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?”
    Strategy: Taking action
    Good for: Kids who mope; who experience disappointment; who feel inadequate.
    Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your everyday language
Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.

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Get to know an Upwey-lian

Introduce yourself: Hi my name is Nathan and I’m ten years old with double digits.
Tell us about your family. I live with my sister, my dad, my mum, and my grandfather from South Africa.
Do you have any pets? I have two birds and a dog.
What is your favourite subject at school and why? P.E. because I get to learn about sports I don’t know about.
How would you spend $1000000? I would buy the new PS4Pro, with all the PS4 games
What do you like about Upwey PS? I like Upwey PS because I win a lot of district sports.
Upwey CFA

Join us at our open day Sunday November 27th
And be a part of the colouring in competition

The winner will be announced at our Open Day on Sunday Nov 27. We will have stacks of activities, hot jam donuts, emergency services vehicles for the kids to climb over, Captain Koala will be there, free BBQ, parents can learn how to prepare for Summer and we will announce a winner from your school who will win a prize.

(more CFA colouring in sheets are available from the school office)
The Pish Ladies Tea Society

presents

A Very Pish Royal Afternoon Tea

Sunday November 13th, 2016
12 noon – 2 pm
Upwey Primary School
Darling Avenue, Upwey

For an afternoon of women supporting women
Tickets $25 pp
Bookings essential (limited number available)
0402 839 852 (Kelly) or 0438 023 980 (Belynda)

Interested in playing netball?

Monbulk Netball Club 2017 Winter Competition
Registration Day

WHERE: Monbulk Netball Courts – Moneros Road, Monbulk
WHEN: Wednesday 23 November 2016

Call in anytime between 9 am and 3 pm to register for the 2017 Winter Competition.
Sausage sizzle and drinks available
Uniform sales and orders also available on the day

For more information or to request a registration form, contact Tracey Furness on 0421 259 184 or tracey.furness@netballtamar.com.au or Tracey Furness on (03) 959 5111 or tracey.furness1@netball.com.au
Payment is required on the registration day. If needed, payment plan can be arranged.

Monbulk Jfc Entry in the Mountain Region Netball Association Winter competition kicks off February 14, at Moneros Road, Monbulk. For more information phone 1300 457 886.

UPPER FERN TREES GULLY JUNIOR FOOTBALL CLUB
REGISTRATION DAY FOR 2017 SEASON

SUNDAY 13TH NOVEMBER, 2016
DOBSON RESERVES Clubrooms
Cnr Francis Cres & Dorset Rd
FERNTREE GULLY

11am to 1pm

• SAUSAGE SIZZLE
• MEET THE TEAM MANAGERS & COACHES
• New players welcome for ALL TEAMS: U10, U11, U12 & U13
• TEAMS FILL UP FAST SO ENSURE YOU REGISTER ON OR BEFORE THIS DATE!
• FREE CLUB BAG FOR U8’S

2017 FEES – $180 per player – U8 & U10 facilities available
Fee reduction for 2 or more children

URTFC are a family club focused on the development and enjoyment of the game for all our members.
E: upperfernreesgylin@ef.org.au
Looking Forward to Season 2017
GO UPPER!!