On Wednesday all of our students attended a Martial Arts Incursion run by David Jewell and his family of helpers. It was a fantastic opportunity, with our students having the chance to hear all about the hundreds of different martial arts and their origins. We also got the chance to see some impressive demonstrations, view some weapons from days gone by and participate in some fencing and tae-kwon-do ourselves! What a treat! The fencing gear was super cool, made of plastic, so very safe and it was really fun to try out all the moves they taught us. The Preps/Year Ones certainly looked pretty cute in the outfits.

**Martial Arts Madness**

**IMPORTANT DATES FOR YOUR DIARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 28th October</td>
<td>Working Bee week commences (see the worksheet in the office)</td>
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<tr>
<td>Monday 31st October</td>
<td>Melbourne Cup Day Public Holiday</td>
</tr>
<tr>
<td>Tuesday 1st November</td>
<td>Whole School Photo 9am sharp</td>
</tr>
<tr>
<td>Sunday 13th November</td>
<td>“A very Posh Afternoon Tea” @ UPS 12noon - 2pm</td>
</tr>
<tr>
<td>Tuesday 15th November</td>
<td>Years 5 &amp; 6 Beechworth camp depart</td>
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Martial Arts Madness (cont)

At the end of the session we also learnt a couple of self-defence strategies, just in case we are ever in a situation with a stranger that makes us feel uncomfortable. During this part David showed us how to avoid getting grabbed and told us that it was good to scream out or pinch someone who had hold of us.

I was so impressed by how attentive all of our students were during the sessions. This was great opportunity for our students to ‘try out’ a different type of physical activity and certainly for students who don’t necessarily enjoy team sports or competition, this is a fun way to keep fit and interact with others socially. Thank you too to Angelina F from Year 4L who asked if we could do some Martial Arts in PE, giving me the idea in the first place.

Tuesday 1st November – Cup Day Public Holiday and Student-free Day

Each family would have received a letter from myself earlier this week asking if you could please inform us whether you intended to send your child to school on Monday 31st October. The reasoning for this was that we had already heard a bit of conversation around the school about families going off on long weekend trips. Just to clarify, Monday is still a normal school day, the only changes will be that Mrs. Eeles and Mrs. Wood will be absent, as they will be next door at Upwey High School attending a professional learning seminar. Before I went and hired a couple of replacement teachers I wanted to make sure that they would have children to teach on the day! So thank you to those parents who returned their forms by Thursday.

Whole School Photo Thursday 3rd November

Our whole school photo will take place on Thursday 3rd November at 9am sharp. All students should ensure they are in full school uniform. Unfortunately late arrivals will miss this big annual picture.

Production Video & Photo DVD

A huge thanks to Anne-marie G (Liam’s mum) for taking on the role of producing our Production DVD and to Danielle Q for her amazing photography for the night. We will let you know as soon as they are available for purchase.
No Assembly on Monday 31st October
As we will have a couple of teachers absent on Monday and I will be working with students during the day, we will not hold our usual assembly on Monday.

BASC – Please remember to sign your child in

I have noticed lately quite a few student signatures on the sign in sheet for BASC. This document is a legal document that signifies what students attended the program on that day, much the same as our class rolls. In order to ensure student safety I ask that all parents sign their child in to Before School Care and out of After School Care by escorting them through the school to the BASC room. Before 8:45AM and after 3:45PM there are no teachers in the school yard to supervise students, therefore it is parent’s responsibility to supervise their child through the grounds. Thank you for your cooperation.

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.

Upcoming Working Bee Week

Monday 31st October marks the beginning of WORKING BEE WEEK at Upwey Primary School. Instead of just hosting your normal working bee on 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. On Monday morning a list of jobs will be posted in the office and families will have the opportunity to ‘sign up’ to help out by completing those tasks. This can be done at any time that suits you!
So please come and check out our rather comprehensive list on Monday and ‘lend a hand’ by writing your name down.

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.
Building Resilience in Young People

When we talk about resilience, we’re describing a person’s ability to cope with ups and downs, and bounce back from the challenges that life can throw at us. And it’s never too young to start developing coping skills – even very young kids can learn skills to help them deal with difficult times and maintain a positive outlook on life.

So where does resilience come from?
Resilience is a combination of both pre-set characteristics we’re born with and the environment we grow up in, including our support networks. While we can’t change our genetics, there are lots of ways you can help children and young people become more resilient.

Skills and qualities that help kids deal with ups and downs
Resilience isn’t about being ‘tough’ or the ‘strong silent type’. Instead, it focuses on emotional strength and awareness, and a positive sense of self.

Resilience skills are built on:

- **Trust** that the world is safe and that there are caring people to help them.
- **Belief** in their ability to do things for themselves and achieve their goals.
- **Feeling good** about themselves and feeling valued for who they are by trusted adults in their lives.
- **Optimism** that things will turn out all right.
- **Regulating** or the ability to manage their feelings, thoughts and behaviours.

Feeling optimistic and hopeful are key to positive mental health and social and emotional wellbeing.

What does resilience look like?

- Resilience is all about:
  - a willingness to overcome difficulties rather than avoid problems
  - problem-solving skills
  - ability to set realistic but rewarding goals and actively work towards them
  - good social skills and ability to seek assistance from others
  - understanding and acceptance of strengths and weaknesses
  - good relationships with others
  - the ability to learn from experiences and grow
  - self esteem
  - self-control
  - optimistic thinking patterns
  - ability to recognise and manage emotions and be empathetic towards others.

These characteristics mean that children and young people are better able to make sense of the world around them, connect with people, and even seek out support when they experience difficulties. Good problem solving skills and the ability to work towards realistic goals also gives children and young people a greater feeling of control over their lives and a sense of positive self-worth.

Developing resilience skills

The skills young children develop to deal with everyday challenges – not being able to do something the first time or not getting what they want, for example – act as a foundation for coping with life’s bigger challenges.

When bigger stresses come along – such as dealing with loss, rejection or disappointment – children and young people can draw on what they’ve learned before about helping themselves to cope and feel better. Even though at first they might feel quite distressed, their resilience skills can help them bounce back. They also feel more confident asking for help when they need it.

Creating a balance

While it’s natural for us to want to protect our children from negative experiences, it’s important not to shield them completely from life’s challenges. Working through difficulties and problems – with adult support as required – gives kids a chance to learn about themselves, develop resilience, and grow as a person.
Passions – Expressions of Interest

Thank you to the 5 volunteers who have already signed up for Passions. We still need more helpers to jump on board and make this a great experience for our students.

What is Passions?

Passions is a special program, unique to our school that has been running at Upwey PS for over ten years. Parents, staff and other volunteers offer to come into school one afternoon a week for four weeks to share their passion with a group of multi-aged students.

When will Passions run in 2016?

This year Passions will be run in November and December with set dates to be communicated through a notice which will be sent home shortly.

Each session will begin at 2:00pm and conclude at 3:30pm. Some volunteers may choose to start their activities during lunchtime if needed, although students will need to be informed of this. (i.e. 1:35 pm – Half way through lunch)

What will be expected of me?

As a Passions volunteer you will share your expertise in one area with a group of students for four weeks, over four weekly sessions. You will plan either four smaller activities or one larger project which will allow students to learn new skills, knowledge or understandings.

You are in charge of sourcing all your own equipment and supplies, although we will reimburse any expenses up to a value of $50 per group. Just make sure you keep your receipts.

What is the value in this program for my child?

The Passions Program allows students to engage in activities that they may not otherwise get the opportunity to. Students are able to spend valuable time with other students either older or younger than themselves and experience the ‘warm, fuzzy’ feeling that is being a part of the Upwey PS community.

Laura Caddy
Principal

Get to know an Upwey-lian

Introduce yourself: My name is Zak B
Tell us about your family. I have one older sister.
Do you have any pets? I have 5 dogs and 2 cats.
What is your favourite subject at school and why? My favourite subject at school is sport because I like running.
How would you spend $1000000? I would pay off my mum’s houses.
What do you like about Upwey PS? I get to go across to the oval which I like to play on.
PA News

Upcoming events for Term 4…

*Arts Show – we are planning to showcase the creativity of our Upweylians on **Friday 2nd December** – 4.00 – 7.00pm. Including music, creative art and multi-media it should be a fantastic evening to share with our families.

*Student Disco – **Friday 9th December** from 6.30 – 8.30pm – save the date and get those dancing shoes ready! Start thinking about the songs you would like to hear on the night…

*Christmas Raffle – tickets from **2nd December** and drawn at final assembly for 2016 (Tuesday 20th December). We will be asking for donations around a theme – more information closer to the date.

*Next Meeting – 25th November, 9.00am in the staff room – all welcome to attend (including toddlers!) Come along for a cuppa and a chat!

Good day from BASC. All is well and seemingly under control. Pancake mornings (Thursdays) are very popular and Charlotte and Zach have become masters of pancake mixture preparation. Pokemon characters are in demand and we made pokemon Kaleidocycle—the pattern is on the back page so feel free to make your own. Thanks everyone for your support,

:) Zdenka

Lauri G, we miss you and wish you a speedy recovery.
UPPER FERNTREE GULLY JUNIOR FOOTBALL CLUB
REGISTRATION DAY FOR 2017 SEASON

SUNDAY 13th NOVEMBER, 2016
DOBSON RESERVE Clubrooms
Cnr Francis Cres & Dorset Rd
FERNTREE GULLY

11am to 1pm

- SAUSAGE SIZZLE
- MEET THE TEAM MANAGERS & COACHES
- New players welcome for ALL TEAMS:
  - U8, U9, U10, U11, U12, U13, U14, U15 & U17
  - U10 Girls, U12 Girls, U14 Girls & U16 Girls
- TEAMS FILL UP FAST SO ENSURE YOU REGISTER ON OR BEFORE THIS DATE!
- FREE CLUB BAG FOR U8’S

- 2017 Fees—$180 per player - EFT facilities available
- Fee reduction for 2 or more children

UFTG JFC are a family club focused on the development and enjoyment of the game for all our members

E: upperferntreegullyjr@eff.org.au

LOOKING FORWARD TO SEASON 2017
GO UPPER!!
Pokemon - Kaleidocycle Papercraft Set - *Charmander*

1. Print on normal or light cardstock paper
2. Colour In to your liking.
3. Score all vertical and diagonal lines.
4. Cut out along the lines.
5. Fold all previously scored lines.
6. Glue/Tape toy together (see pics for help!)
7. ...and PLAY!

2016 - Created by Hattifant for RedTedArt