Prep/Year One ‘Melbourne Show’ Excursion

Last Friday our Prep/Year One students set off on an amazing adventure across Melbourne to the Showgrounds to participate in a variety of activities at the Melbourne Show. It was lovely to hear the students’ remarks and excitement on the trip as they got all revved up about going through the Eastlink tunnel and ‘Oooooo it’s an aeroplane!’
TRIBES AWARD
EMILY
Congratulations, you have been nominated by a school community member for:
Great encouraging of others at District Athletics.
Well done!

P/1B Lucy
For reaching the end of the year benchmark already. Well done Lucy on reaching level 5.

P/1B Dominic
For super effort on your “Speedy Maths” work this week. Wow, keep it up!

P/1B Zoe
For always having a positive attitude to her learning and others. You always have a big smile.

2/3E Hermione
For consistently completing work to a high standard and has shown her understanding of the class work in all areas.

2/3E Millie
For being committed to providing assistance in the classroom at the appropriate time. She has also tried to complete Maths work on time.

2/3E Brock
For being able to explain his understanding of a short text and then he created a relevant illustration.

P/1B Lucy
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2/3E Brock
For being able to explain his understanding of a short text and then he created a relevant illustration.

TRIBES AWARD
ZEPHYR
Congratulations, you have been nominated by a school community member for:
Always offering a helping hand in the classroom and to other teachers. You are a fantastic helper!

TRIBES AWARD
FELICITY
Congratulations, you have been nominated by a school community member for:
Displaying excellent behaviour in the classroom and completing work to the best of her ability.

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The Upwey Primary School Community
Would like to thank Gavin Smith & his crew for providing our students for the past 8 years a Free Breakfast every Friday morning. We will miss your smiling face here at UPS. We wish you well in all your new ventures in life!
Please join us at Assembly on Monday 10th Oct to officially say goodbye to Gavin.
Prep/Year One ‘Melbourne Show’ Excursion (Continued)
Firstly we stopped off at a lovely park on the corner of Langs and Epsom Road, to have a spot of lunch and enjoy the fantastic play equipment. It was great to see everyone playing together and enjoying the opportunity.

Soon enough it was time to depart the park and make our way over the street to begin our activities. There were so many things to do, seedling planting, stick decorating, visit the Animal Nursery, hear about being a farmer from a real farmer and design our own seedling pot.

Our students demonstrated excellent behaviour and kindness towards each other, proving themselves to be terrific ambassadors for our school. Thank you to Mrs. Bush for leading the excursion and looking after us all!

Upwey High School Band Visit
This Thursday afternoon all our students and staff were so excited to welcome our Upwey HS neighbours, members of the VCE band, who came along to perform for us. It was quite a spectacle with lots of favourites being performed including some Beatles and Bob Marley hits. A highlight was the dancing that began during the last two songs with staff and students jiving along to the tunes. What a lovely way to finish off a great term. Thank you to Upwey HS and Peter Bouman for coming to perform for us!

Goodbye Cartwrights!
This week we say goodbye to the Cartwright family, George, Aaron, Millie, Olivia and Lucy. I know I speak for us all when I say how much we have appreciated not only the work George has done as an employee of our BASC Program, but also as an amazing member of our Parent Association and as a volunteer around our school. Whether it was hanging lights for the Open Night, organising the Trivia Night or assisting in our classrooms, George has always been there to 'lend a hand' at our moments of need. We have all enjoyed her sense of humour and strong work ethic, and have respected the dedication she has demonstrated towards further building that 'community atmosphere' at our school. Thank you George! We will miss you Cartwrights!

Curriculum Day – Friday 21st October
Last night at our final School Council meeting for Term Three, councillors approved our upcoming Curriculum Day (Student free Day) for Friday 21st October.
On this final curriculum day for 2016, teachers will work together to put in place planning for next year. This will include making some important decisions about our Spelling Program, as well as finalising booklists and units of work.

BASC (Before and After School Care) News
It is with much enthusiasm that I introduce you to our new BASC Supervisors, Zdenka and Hayley. Zdenka will be running our morning sessions from 7:00am – 8:50am and Hayley will be running our afternoon sessions from 3:30pm – 6:00pm nightly.
Many of you may already know Zdenka, as she is mum to Dominic (Year One) and Sebi (Year Three). Hayley may also be familiar to many of you as she worked at Upwey PS a couple of years ago as an ES staff member. We are so happy to have her back!
Both of our supervisors possess the required qualifications, have up to date first aid, police checks and a variety of experience working with children. They have been working closely with George this week to 'learn the ropes' and we look forward to supporting them when they begin on the first day of Term Four.
Use of Private Vehicles

Some new policy has come into place in regards to the use of private vehicles to transport school age students on school excursions/camps. It is important to note that:

- As a School Principal I cannot ask or demand any staff member or parent to use their private vehicle to transport students during school events.

- If staff or parent volunteer to transport students, due to buses/coaches being unavailable the school must keep on record:
  - A photocopy of the driver’s licence
  - A photocopy of the registration of the vehicle being used.
  - A photocopy of a current, comprehensive insurance policy which states: ‘liability at law by way of damages no less than $20 million’ and ‘an indemnity to the employer’. Most large insurance companies provide this however other insurance companies such as ‘Coles’ and ‘Budget Direct’ do not.

A photocopy of a current ‘Working with Children’s Check’

If you require more information or would like to view the current policy from the Department of Education and Training please visit: http://www.education.vic.gov.au/school/principals/spag/safety/Pages/privatecar.aspx

We need another Parent Representative

Due to George C leaving us for WA and Zdenka now being a DET member due to her employment with the BASC Program we are now looking for another parent representative for School Council. There are only two meetings remaining for 2016 and these are mostly held on Wednesdays from 6:30 – 8:30pm. If you would like more information or to offer your services please get in touch with Laura.

What Teens Need Most From Their Parents

An article recently published in ‘The Wall Street Journal’ suggests that as adolescents navigate the stormiest years in their development, they need coaching, support, good examples and most of all understanding. The teenage years can be mystifying for parents. Sensible children turn scatter-brained or start having wild mood swings. Formerly level-headed adolescents ride in cars with dangerous drivers or take other foolish risks.

A flood of new research offers explanations for some of these mysteries. Brain imaging adds another kind of data that can help test hypotheses and corroborate teens’ own accounts of their behavior and emotions. Dozens of recent multiyear studies have traced adolescent development through time, rather than comparing sets of adolescents at a single point.

The new longitudinal research is changing scientists’ views on the role parents play in helping children navigate a volatile decade. Once seen as a time for parents to step back, adolescence is increasingly viewed as an opportunity to stay tuned in and emotionally connected. The research makes it possible to identify four important phases in the development of intellectual, social and emotional skills that most teens will experience at certain ages. Here is a guide to the latest findings for the 11 to 12 and 13 to 14 age brackets:

Ages 11 to 12

As puberty takes center stage, tweens can actually slip backward in some basic skills. Spatial learning and certain kinds of reasoning may decline at this stage, studies show. Parts of the brain responsible for prospective memory, or remembering what you are supposed to do in the future, are still maturing. This may be why a teen may seem clueless if asked to give the teacher a note before school.

Coaching tweens in organizational skills can help. Parents can help build memory cues into daily routines, such as placing a gym bag by the front door, or helping set reminders on a cellphone. They can share helpful tools, such as task-manager apps.

Parents can help foster sound decision-making, thinking through pros and cons and considering other viewpoints. Children who know by age 10 or 11 how to make sound decisions tend to exhibit less anxiety and sadness, get in fewer fights and have fewer problems with friends at ages 12 and 13, according to a 2014 study of 76 participants published in the Journal of Behavioral Decision Making.
Ages 13 to 14
Parents should brace themselves for what is often a wildly emotional passage. Young teens become sensitive to peers’ opinions and react strongly to them. Yet the social skills they need to figure out what their peers really think won’t be fully mature for years, making this a confusing and potentially miserable time.

At about this time, teens’ response to stress goes haywire, sparking more door-slamming and tears. The impact of social stress is peaking around this time: Of adults with mental disorders often triggered by stress, 50% received a diagnosis before age 15. Other research shows teens from ages 11 to 15 become sad and anxious when subjected to social stresses such exclusion from social groups, while adults don’t show a similar effect.

Parts of the brain most vulnerable to stress are still maturing, so coping strategies teens use at this stage can become ingrained in the brain’s circuitry as lifelong patterns, according to a 2016 research review in Developmental Science Review. Psychologists advise teaching and modeling self-soothing skills, such as meditation, exercise or listening to music.

Coach teens on friendship skills, including how to read their peers’ expressions and body language. Encourage them to choose friends based on shared interests, not popularity, and to dump friends who are unkind. Teach them how to repair friendships after a fight by apologizing, making amends or compromising.

Positive Feedback

This Monday night as I sat in bed, getting all prepped for ‘Married at First Sight’, I thought I might have a little scroll on Facebook and see what was happening around the place. My attention was suddenly drawn to a post that had been put up on the ‘Upwey and Surrounds Buy and Sell Noticeboard’ that said, “Looking for some feedback on UPWEY PRIMARY SCHOOL. Please PM me if you have some insight. Looking at options for our son and don’t know much about it. TIA”

As a principal these types of messages, on social media make me a little nervous. Despite knowing how much we care about every child at our school and how hard we work to ensure the best outcomes for each individual, there is always that little voice that goes ‘Ohh goodness…”

Well here it is… I just wanted to thank each of you for your kind words. People outside our community will make their own judgements and decisions about our school, but these posts made my heart warm and fuzzy and cemented for me how much I love being Principal at Upwey PS. Thank you.
Introduce yourself: Hi my name is Millie and I am 9 years old.
Tell us about your family. I have two sisters named Olivia and Lucy, one brother named James and a Mum and a Dad.
Do you have any pets? I have two black and white cats named Lola and Tinker.
What is your favourite subject at school and why? Art because it is fun to learn new things and textures.
How would you spend $1000000? Buy a big house for my family and me.

Woo hoo!
Our Little Lyrebird Market is TOMORROW
9am to 2pm.
Please come down and support what will be a great fundraiser for UPS.

P.A. NEWS

Today we will be saying goodbye to George & Aaron, and their lovely girls Millie, Olivia & Lucy.
We would like to thank George for not only being a huge part of our PA but for running the BASC program for the past 2 term.
We will so miss you, and you will be leaving a HUGE gap!
Good luck on your move back and we look forward to hearing from you from sunny Port Hedland.

Get to know an Upwey-lian
On Monday this week Laura began her ‘Monday Activities with Laura’.

“So for Monday activities with Laura we do fun activities, like last week we did Obleck it was super fun! This week we made chocolate cupcakes with chocolate icing and most of the cupcakes broke when we tried to get them out to cool!’ “I hope everyone would love to do more with me and I would love if I got some requests for more fun to do next term!” ~ Laura

Nachos! After many requests we enjoyed Taco Friday! I showed the children how to make Taco mince without a pkt mix—it was a yummy Friday Food which we will be sure to do again!

Next term we welcome Zdenka Kollarova (Sebi and Dominics Mum) for the morning sessions 7.00—8.45am and Hayley Warton (Former UPS Integration Aid) for the afternoon sessions 3.30—6.00pm.

I pass the baton to these lovely ladies knowing that the BASC program will continue to provide Healthy, nourishing and fulfilling Brain food, fun and enjoyable programs and activities, room for your cherubs to hang out relax and grow.

I am grateful to Upwey Primary School for allowing me to Coordinate the group and wish you all an AMAZING holidays with your cherubs.

BASC PROGRAM RESUMES MONDAY 3rd OCTOBER 7.00am.
AM SESSION 7- 8.50

PM SESSION 3.30-6.00
Saturday is Family Day!

Save at least $15 ($5 per consultation) and receive a family breakfast discount, when you attend your family group appointment for 3 or more family members on a Saturday morning.

Individual appointments available on Weekdays, evenings and Saturday mornings.

Phone: (03) 9754 3332 or
Book online (individual appointments only):
www.heelandtoepodiatry.com.au