Thank you class of 2016!

Thursday night saw many staff and parents, as well as our Year Six students attend our Year Six graduation at Marybrooke Manor. It was a lovely night filled with fantastic, heart-felt speeches, the presentation of awards, lots of photos and dancing. It was great to catch up with Mr. A, who was so excited to come along and see the class of 2016 graduate. Kay Rowles also attended.
End of 2016 – Thank you all!
Next Tuesday will mark the end of my first year as Principal of Upwey Primary School. I am really proud of what we have achieved, as a staff group, as supporters and motivators of our students and as a community.

On New Year’s Eve each year I sit and make a vision board of what I want to achieve in the following year. At the conclusion of last year, I had a section about what was then my ‘new role’ at Upwey PS and I want to share it with you:

Some of you will also be aware that this week I had my performance review with our Senior Education Improvement Leader, Denise Kotsikas. In this meeting I had to present my much more ‘evidence based’ goals for the year that connect to our Annual Improvement Plan. The meeting went well and I left feeling good about the progress we have made.

I want to thank you, our parents, students and community for being so supportive of me and my leadership in 2016. From my perspective I feel I have met the goals I set on my vision board and that wouldn’t have been possible without your assistance and willingness to work with me in such a positive manner.

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**Student Achievement Awards**

**P/1B Nicholas**
For being super resilient in class during the week. Well done!

**P/1B Cedar**
For always trying his best and ‘having a go’. Well done on being so brave Cedar!

**P/1B Maddi**
For always having a positive attitude towards her learning and others. Way to go Maddi!

**2/3E Ella**
For working hard on all of the tasks in Mathematics sessions.

**2/3E Sandy**
For trying hard to ‘have a go’ at spelling unknown words in his writing and as part of the testing program.

**4L Scarlett**
For always giving everything you do 100%. You approach your work with a positive attitude. You are a great asset to the class.

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**TRIBES AWARD ANGEL**
Congratulations, you have been nominated by a school community member for: trying her very best during swimming lessons. Well done!

**TRIBES AWARD BRITNEY**
Congratulations, you have been nominated by a school community member for: a calm attitude to class activities and following all the Tribe agreements.

**TRIBES AWARD SEAMUS**
Congratulations, you have been nominated by a school community member for: completing the Year 4 Diagnostic Reviews 3 & 4. Top effort. Year 5 Maths for 2017

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**Good bye & Good luck**

We will be saying goodbye to two of our families; the Quarmby’s & Balakas’s.

We will miss you all and would like to say a huge thanks for all the involvement you had with our staff and students over the years.

We will especially miss Ash, Cedar, Annika & Daniel.
As excited as I am to work on some other areas of my vision board in the next couple of months, I will miss Upwey PS and my role over the next 14 weeks as I head off on maternity leave. That said I know the school will be in safe hands with Anne Smart and that she will do a terrific job of ‘holding the fort’ while I am away.

As soon as I am able to, I will come in with Baby Slavin to show her off and let you all meet her.

Enjoy the holidays folks! Stay safe and take some time to enjoy some rest and relaxation. I look forward to our next adventure beginning on Monday 8th May!

**Class Party Reminders**

Just a reminder folks that class parties, Red Faces and Kris Kringle will all be held on the final day of term which is Tuesday 20th December.

**1:30pm Finish**

Please remember that school finishes up at 1:30pm next Tuesday 20th December for the final day of 2016!

**Cameo Movie Visit**

On Thursday we all got our ‘Trolls’ on and walked down (or up as it seemed) to Belgrave to watch the film. There were some classic lines that we all enjoyed, a funny cloud with a few groovy fist-pump moves and lots of cool dance tracks. It was a feel good movie with a good message for the students about having a positive attitude and that happiness is accessible to everyone.

Thank you so much to our staff for doing such a great job of supervising our students.

**2017 Class Structures and Teachers**

Just in case you missed it last week, our classes and teachers will be constructed as follows next year:

- Prep/One – Mrs. Kristy Bush
- Year Two/Three – Mrs. Elizabeth Eels
- Year Four/Five – Mrs. Lambert
- Year Five/Six – Ms. Wood

As you can see above the only real change from this year is the addition of the Year 4/5 class. With student numbers as they are we are unable to have a sole Year 5/6 class, as student numbers would be too large. This structure will benefit all of our students.

On Monday 18th December students will spend from 11:30 -1:00pm in their new classroom with their new teacher. We also have some new students coming for the Transition Morning, so as they can be introduced to our staff and existing students.

**Christmas in the Hills**

It’s that time of year again! ‘Christmas in Hills’ our yearly Christmas Celebration and carols night will be held on the oval on Monday 19th December from 6:00pm. It would be great if all families could make an effort to come along to share in a lovely night and to meet Ms. Anne Smart, our Acting Principal for the first 14 weeks of Term One. I believe there will be a ‘special visitor’ and lots of fun and games. Don’t miss out!

The Swimming program went extremely well. The students really enjoyed themselves and have learnt many important skills in time for the summer holidays start.
Stop Being So Stern (What to do Instead)

Article by Janet Lansbury and available from:

Whether our child’s temperament is placid and agreeable, strong willed and intense, or something in between, all children have one need in common: our respectful, confident leadership.

But with the dearth of respectful care models in our society, it can be tricky to grasp what confident leadership actually looks and sounds like. One of the common misunderstandings I’ve noted in my work with parents is that being firm and projecting confidence means using a stern tone and a furrowed, I-really-mean-it brow. This was certainly what I had once thought. Don’t our kids need us to be stern to prove we’re serious about not putting up with their shenanigans?

My own experiences and observational research in parent-toddler classrooms have taught me that “stern” isn’t very effective. It can seem to curb a child’s challenging behavior in the moment, but will generally lead to continued testing, resistance, defiance, and limit-pushing.

Here are two reasons “stern” doesn’t work:

Kids read between the lines

Children are at an extremely sensitive, intuitive stage of life. They hear our feelings and intentions loud and clear, perhaps more powerfully than our words. “Stern” can only mean one of two things for us and to them, neither of which project confidence: either we are putting on an act to make a point, or we are genuinely annoyed, angry, seething.

In the first case, when “stern” is a strategy, kids will definitely sense we’re acting and can only wonder why we’re overdoing it. It can surprise, even unnerve them to see their parents chewing up the scenery to make a simple point like, “I don’t want you to hit.” Which is why they might giggle, perhaps a tad nervously. Then it’s tempting for them to want to repeat their testing behavior to see if there’s an encore performance. In other words, our overresponse gives our child’s undesirable behavior power.

If stern is what we genuinely feel, that will also unsettle our children, because they can sense our tension (no matter how hard we might try to keep it hidden). They see the intensity in our eyes and body language, hear it in our tone and the rhythm of our breath. An angry or seething parent is scary, not the confident, solid leader kids need. Does losing our cool make us terrible parents? Definitely not! We’re human, and it’s healthy for children to know that we have emotions and limits. But ideally, these intense responses will be rare. Again, not because we’re so bad for having them, but because they create more work for us. They make our kids feel unsafe and uncomfortable, and that means there’ll be more emotionally fueled, limit pushing behavior coming our way. “Stern” creates distance where we need closeness and trust, and it can perpetuate a negative behavior cycle.

“Stern” can mean “rough”

The second reason “stern” doesn’t work is because in order to set limits with our kids confidently and effectively, we’ll often need to follow through by guiding them with physical actions — i.e., lifting them into a car seat, removing inappropriate objects from their hands, escorting them into or out of situations. Parents often share with me that they are hesitant to be physical with their children. They are concerned that using physical contact would be too forceful or abusive. Proceeding with loving confidence rather than out of annoyance and sternness is the key. This is our safeguard against roughness or other dysregulated harmful behavior. Being physical with our children in a loving, protective manner is a part of parenting that we can’t shy away from.

So, instead of being stern, I recommend perceiving testing behavior as normal, typical, and even healthy (which it almost always is) and then comfortably embodying our leadership role rather than forcing or working at it. We’ll project true confidence and our children will thrive. We might use these three C’s as our guide … Am I feeling/being clear about my expectations and communicating them in simple, direct language? Do I feel certain about this rule or boundary (knowing that I can always change my mind as needed)? Am I comfortable establishing this limit, even if it means being in disagreement with my child?
What’s been happening in BASC

CUP CAKES & MILK

SAVORY RICE

NEW BATCH OF PLAYDOUGH

CHRISTMAS CARDS & DECORATIONS

Pokemon Cards Crazzzzzzze

SPAG BOL

4 SQUARE WAS VERY POPULAR

MERRY CHRISTMAS TO EVERYONE, HAVE A GREAT HOLIDAY

We have had some good weather and bad at after’s, but we kept busy. We have done lots of cooking for afternoon tea. Sugarless, pancakes, with sliced banana.

Veggie Frittata,
Fried rice,
Tuna, cheese and bacon noodles
Baked beans toasties.
Vanilla yoghurt with pineapple.
Bacon and egg toasted sandwiches’.
Baked rolls with Avocado cheese egg lettuce with salsa on the side.

Spaghetti bolognase
Tomatoes soup and pita bread or crushed crackers”’
Lots of fresh veggie and fruit sticks with each serve.

Popcorn and movies on a Thursday or Friday

Creating & Connecting
Through play

Thank you everyone who participated in the BASC program, you all made it an enjoyable experience. Special thanks to Laura, Dylan & Regan who were very supportive and always willing to help.

Experimenting with different tastes. 
Lemons & Limes
Thank you everyone who participated in the school Two Square Tournament. We had a very large number of keen ball hitters, and even though few people dropped of the tournament, it took nearly three weeks of lunch breaks to complete it.

During those three weeks, I saw great rallies, determination, resilience and improvement in hand skills. But what impressed me most was a demonstration of wonderful sportsmanship of all participants. I was very happy to see the winners congratulating their opponents on their great effort, or their great game, and vice versa. Now, although I would love to say that everyone is a winner, the final results are:

**Prep—1—2:**
1st place: Zephyr
2nd place: Zak

**Grade 3—4:**
1st place: Sebi
2nd place: Nathan
3rd place: Adam

**Grade 5—6:**
1st place: Jacob
2nd place: Dylan
3rd place: James

Congratulations!
PA News

Christmas Raffle tickets are all due back by Tuesday 20th December.

More tickets are available from the office.

You can still drop your Christmas raffle donation to the office on Monday.

The prizes are going to look amazing.

SAVE THE DATE

Bunnings Sausage sizzle will be held on Sunday 26th December.

Notices for helpers will be going out early next year.

We have 4 Sale at the office

School Hats: $10.50
School Bags: $28.00
Reader bags: $12.00

ART CLASSES FOR CHILDREN AND ADULTS

BELGRAVE HEIGHTS STUDIO
GLENDA WISE  0414 658 017

Congratulations to members of the Upwey Primary School family who recently passed their grading test in Rhee Tae Kwon-Do. These TKD students did an excellent job in showing what they have learnt this year and their eagerness to learn more skills. Well done Noah (Prep1B), Adam (Grade 4L), Charlotte (Grade 2/3E), Nathan (UPS Dad) and Catherine (ex-UPS student).

Tae Kwon-Do is on every Tuesday and Thursday evening from 6:00pm in the Howarth Hall, restarting in 2017 on January 5th. Free lessons during January, so grab the family and come join the school holiday fun.

Wearing their new belts!
MY NEW YEAR'S RESOLUTIONS...

#1. Put my health first

#2. Lose 10kgs!

DON'T WAIT UNTIL NYE
JOIN TODAY
PAY $0 UNTIL 2017!

Pinnacle Healthclubs 24/7

Pinnacle will donate $20 to your school for every new member you sign up.

Get strong & stay strong

8 WEEKS $149

Try our NEW Curves Body Basic Circuit

STRETCH STRENGTH ADMISSIONS BALANCE CORE DANCE AND TONE SIT AND TONE

Curves

Strengthening women inside and out

Curves.com.au  1300 227 817

XMAS 2016 & NEW YEAR 2017 HOLIDAYS TRADING HOURS

DECEMBER 2016

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