A HUGE THANKS TO OUR SENIOR STUDENTS FOR A GREAT DAY! & A WELL DESERVED TREAT FOR OUR STUDENTS @ U.P.S.

Junior Athletics Day

Last Friday our amazing Year 5/6 leaders ran our Junior Athletics Carnival on the oval for students in Years Prep – Year Two, as well our incoming Prep students for 2017. There were so many fun activities to be enjoyed including: Bocce, a bean bag throw, Frisbee throw, hurdles course, running race, potato sack and an egg and spoon race. It was also lovely to see our students enjoy the Whole School Picnic. A special treat was organised by staff to recognise the great learning, impeccable behaviour and fabulous attitude of our students this year. Our teachers, helpers and myself have been so impressed and wanted to say ‘Thank you’.
P/1B
Zoe
For her consistent effort into all of her learning. You always try your best with a big smile!

P/1B
Dominic
For his fantastic weekend writing. Well done Dominic for including lots of interesting details.

3E
Charlotte
For displaying leadership during the Passions Dance group by showing younger students how to do dance routines.

3E
Lachlan
For continuing to display a commitment to quality work in the ‘Who am I?’ English character task.

Swimming
Our yearly Swimming Program began this Monday and will conclude next Wednesday. So far we have been quite lucky with the weather, with some gorgeous sunny days and a couple of rainy ones. That said, the rain didn’t seem to bother the children in the pool at all, it was just us adults braving the cold and wet who felt a little sorry for ourselves. Thank you so much to David M, Michelle M, Wendy and Zdenka for coming along to help out!

Grassroots Market
Thank you so much to the staff and parents who came along to the Grassroots Market to assist with the BBQ and reindeer hats. Your help was very much appreciated and it was such a lovely afternoon to be out enjoying the sunshine.

2017 Class Structures and Teachers
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.

UPS Imagine Art Show
Thank you to our Parent Association for organising the Arts Show that we held last Friday night. It was great to enjoy some performances from our students and I was so impressed by each of their individual skills and abilities. It was also lovely to see some of the products of our recent ‘Passions’ program. The biscuits from the decorating group, the Christmas trees from the cooking and cards from the card making all looked super. Well done guys!

Check out the great photos on page 4.
School Disco
Our School Disco is on tonight in the hall. Please make sure that you drop off your munchkins off at the hall and once again collect them from the hall at the end of the night. There will be a sign in and sign out system to ensure that everyone remains safe and accounted for. Thank you for your support in this matter.

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!

Platypus Education Group Presentation
Earlier this year the Platypus Education Group came to the school for a whole school incursion. As part of that incursion there was a competition for the school to collect the most in a month. We did a fantastic job and I am pleased to confirm that there will be a very special presentation to Upwey Primary school by Noel Cliff (Yarra Ranges Mayor) and the Platypus Education Group.
This will be Friday 16th December at 2pm in the School Hall
We invite parents and the community to come and watch the special presentation.

1 in 3 kids Can't Ride a Bike

Article by: Madeline Hoskin | July 9, 2016
Think back on your own childhood and you’ll probably remember riding your bike to school, or around your cul-de-sac for hours, or down to the local store for an ice cream. Your parents weren’t innately afraid of letting you out of their sight. In fact, I’d warrant a guess that they rather enjoyed allowing you to give them some peace and quiet.

Jump forward to today, and less and less kids are learning how to ride a bike, let alone venturing off on adventures on them.

Why?
Findings from a recent VicHealth study show that the number one reason Australian parents aren’t teaching their kids to ride a bike - or encouraging them to participate in a wide number of physical activities - is because they fear what other parents will think if they let their child roam free.

Yep, you read that correctly.

Of the 2,000 parents surveyed, it appeared they were not primarily afraid of stranger danger, or the fact their children could be injured, or the fact that the “built environment” around them is not suitable for learning to ride a bike - though these also have an impact. They were scared of the judgment.

Assessing the facts
David Strickland, Manager of Camps and Outdoor Sector Development for Sport and Recreation Victoria (SRV), says they see around 70,000 kids go through school camps run by them each year … and nearly 1 in 3 can’t ride a bike.

We can then pair this with what we’re told by Active Healthy Kids Australia, that 90 percent of kids aged five to 17 will never use a bike to ride to and from school.

It paints Australia as a car-heavy community, where parental fear unknowingly infiltrates our psyche more than we know. And it’s affecting our children.

The benefits of biking
While SRV’s David Strickland doesn’t claim to be a psychology expert, he does say teaching a kid to ride a bike has been proven to equip them with a number of important life skills.

It not only plays an obvious role in developing a child’s core balance, mobility and all-round health, but it also helps them grow their ability to take risks and assess situations quickly.

Riding a bike is not just good for physical development, but it’s almost like it’s an early-on rite of passage for emotional and mental development, too.

What can we take away from this?
It’s not just happening in Australia. A recent study in the US got everyone excited, stating that child bike-related fatalities had dropped by 92 percent since 1975 … until they saw that this directly correlated with a stark decline in the number of kids riding bikes between 1975 and today.

It is natural for parents to want their children riding bikes in the places they deem ‘safe’ - however in many cities, these ‘safe’ places are becoming increasingly difficult to find.

With this being the case, we can’t just passively sit back and wait for kids to develop bike-riding skills on their own. We need to invest time into helping them ditch the training wheels, and into taking them to places where they can roam safely. Maybe you could start by riding to school, or sign them up for after-school or in-school programs?
One thing’s for sure: It shouldn’t be our own fears that hold our kids back.
PA News
Upcoming events for Term 4…

TONIGHT
Student Disco
from 6.30 – 8.00pm – get those
dancing shoes ready!

*Christmas Raffle tickets have been distribut-
ed, thanks to all who have already returned theirs.
More tickets are available from the office.

Our raffle prizes are rolling in, thanks to all families who have donated and are do-
nating.

The prizes are going to look amazing.

We have 4 Sale at the office

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

9th Dec - 16th Dec

Zephyr
Mikayla
Bella
Daniel
Ella
Noah

Way to Go Annika

Congratulations to Annika B on placing 1st with her cheerleading team Outlaws Blaze (under 14yo, Level 1) in the Australian National Cheerleading Championships on the Gold Coast recently. Her team also won the highest scoring level 1 team across all age groups beating over 150 other teams across Australia. All her hard work and effort has paid off and she proudly wears her Nationals Grand Champion jacket with pride.