

**Next Weeks Events**

- Monday**– Dental Van Visit
- Tuesday**— Dental Van Visit
- Wednesday**— Gr 3/4 Scienceworks Excursion
- Thursday**—
- Friday**— Mr J Special Assembly at 2.30pm

**DATES TO REMEMBER**

**August 2022**

- 3rd– Gr 3/4 Scienceworks Excursion
- 5th– Mr J Special Assembly at 2.30pm
- 8th– Foundation Dinner
- 15th– Science Week
- 17th– Family Science Night
- 22nd- Book Week

**September 2022**

- 16th– End of Term 2

**Assembly tomorrow will be at 2.45pm.**

**Semester 2 leaders will be presented with their badges at assembly this week.**

If you are requiring to pick up your child early on a Friday you need to do so before assembly starts, by 2.45pm. We will not be interrupting assembly to retrieve children.

Weather permitting assembly will be outside, if not it will be in the Central Learning Space.

**FAF UPDATE.**

**COOKIE DOUGH**

This term we are kicking off with a cookie dough fundraiser. Order forms are coming home today.

**How to order.**

1. Visit [www.australianfundraising.com.au](http://www.australianfundraising.com.au) and click the “Cookie Dough Login” button on the home page.  
Then click the register button to fundraise on the cybersafe, Billy G’s Cookie Dough platform.
2. Choose your goals and create a unique avatar!
3. Place your order using the “Order Now” button and share your fundraising page with your family and friends via the “Share” section so they can start buying some yummy cookie dough. Easy!

**LUNCH ORDERS**

Lunch orders are due every Wednesday morning. These are then delivered to the school on Friday at lunchtime. Orders are provided through Indulge in Wallan. Please make sure you use an order form and provide cash. Change can be given.

If you have any questions – please contact Bron on 0414 097 740.

**What’s New in this Issue**

- ◆ Assembly
- ◆ FAF Update
- ◆ Mr J Retirement
- ◆ Awards
- ◆ Principal’s Report
- ◆ Getting through Winter

- ◆ SWPBS
- ◆ Resilience Project—Empathy

RESPECT  
RESILIENCE  
RESPONSIBILITY



*Please join us to celebrate the  
**Retirement of Mr J**  
after 35 years of teaching at UPPS  
on Friday 5th August at a special assembly  
Followed by an afternoon tea in the Central Space  
All Welcome*

**Special  
Assembly will  
start at 2.30pm  
On Friday 5th  
August**

# Weekly Awards

## Student of the Week Awards will be presented to:

**Maya Kesic** for always remembering to swap her book and set up her table in the mornings. Thanks for being so organised, Maya.

**Ashton York** for the positive attitude and effort that you are demonstrating in the classroom this term. Well Done Ashton!!

**Brodie Behan** for being a great role model to your classmates. You are always so kind to your friends, thanks Brodie!

**Reshma Magar** for having a great start to your time at UPPS! We are thrilled to have you as part of our class Reshma, keep up the great work.

**Asher Lucas** for a sensational final week at UPPS! Thank you Asher for being a kind, friendly and enthusiastic learner!

**Oliver Addison** for being persistent and working hard with his handwriting. Excellent Oliver!

**Alexis Bentley** for getting outside of your comfort zone and making news friends both in and outside of the classroom. Way to go!

**Curtis Stafford** for completing learning tasks to the best of his ability. Thanks Curtis!

**Alex Kolotelo** for working very well on your math goal and wanting to try challenging activities. Well done Alex!

## Values Awards will be presented to:

**Alyra Crichton** for following teacher directions quickly. Thanks for helping our classroom run smoothly, Alyra.

**Jude Bova** for being a role model in showing respect each day by following all teacher instructions every day. Well done Jude!

**Lydiah Stokes** for showing respect by always following the teacher's directions. Well done, Lydiah!

**Madi Lucas** for always showing respect to everyone at UPPS! You are an absolute pleasure to have in our class Madi, We are certainly going to miss your kindness.

**Oliver Gravenor** for always demonstrating respect by following instructions quickly. Thank you Oliver!

**Ryder Thomson** for following teacher directions in a respectful manner. Amazing effort Ryder!

**Quinn Denholm** for the positive change in attitude you have shown in the classroom and continuing to be a respectful member of the class when following the teacher's direction. Keep up the good job!

**Abby Carland** for being a respectful member of our class, always using her manners and helping her peers. Thank you Abby!

**Patrick Hannagan** for showing respect by following directions quickly and working very well on his writing goal. Good job Patrick!

## Special Principal's Awards will be presented to:

**Haylee Tanner** for being an excellent role model in our school and showing all three values of respect, responsibility and resilience. And for giving kindness to everyone in our school community. Thank you Haylee

**Logan Wright** for showing responsibility in the classroom and in the playground, through your actions, and for your fairness in dealing with conflict and tricky situations. Well done Logan!

**Zayden Blackaby-Eydems** for showing responsibility through your willingness to help in the classroom, and for your enthusiasm for learning. Keep up the great work Zayden!

**Kai Roarty** for making excellent choices at school and for using strategies to regulate your emotions. Fantastic effort Kai - we are all so proud of you!

# Principal's Report

Hello everyone!

On Friday the 5<sup>th</sup> August we will be having a special assembly to say farewell to Mr. Jo, who is retiring. This assembly will commence at 2.30pm. Past families, students, staff and friends, are all invited. We will be having an afternoon tea in the central space, after the assembly so that people can have a chance to catch up with Mr. J.

Mr. J has made a huge contribution to UPPS over his time here and he will be sadly missed by our community.

This week our staff have looked at data collected from our students, about their attitudes towards numeracy. We are using this information to make decisions about how can support our students better in their maths learning. Staff have also examined our behaviour data to look for trends and make decisions about wellbeing supports for our students.

Yesterday our Grade 6 students made their leadership speeches. They did a sensational job, and overcame nerves to present their ideas to the school.

I would like to congratulate every student who prepared and presented a speech – fantastic work!!!

The ballot was extremely close, with students and staff, all voting, here are the results:

## SEMESTER 2 LEADERSHIP TEAM

**School Captain:** Abby Carland, Mitchell Hunt

**ICT Captain:** Bella Hardwick, James Flemming

**Daintree Captain:** Lily Stokes, Crystal Brunn, Xavier Sillery

**Eureka Captain:** Adelaide Bova, Seth McKenna

**Pacific Captain:** Sami Webster, Maks Stankiewicz

**Uluru Captain:** Emily Sillery, Finley Wright, Nash Kimberley

Congratulations to Alex McGregor and Jude Bova who were selected to take part in the Victorian High Ability Program this term for mathematics.

Last week we commenced school production rehearsals. Students with main roles did an excellent job for their first practice session. All students are busy in Art lessons designing and making parts of their costumes.

We are continuing to experience cases of COVID and flu at school. We are doing all we can to keep staff and students safe, and trying to minimise disruptions to learning, which occur as a result.

Attendance at school is becoming a concern for many of our students. While I understand that students need to stay home if they are unwell or exhibiting symptoms, we still have high absence rates.

Please remember that every day at school counts, and if your children are well, they should be at school, so that they don't miss out on valuable learning. It can be difficult for students to return to school after prolonged absences. They may not be sure what is going on in class, they may be behind in their work. Students with high absence rates may lose touch with their friendship groups. If your children are experiencing prolonged absence, please contact me so we can work together to support you and your children.

Please stay safe! Please be kind!  
Sue Egan

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# Getting through Winter

COVID-19 and influenza (flu) is among our school community and there are measures we can all take to reduce their spread of during the colder months.

I want to reassure you that we are continuing to follow the expert advice of the Department of Health and Department of Education and Training, to help ensure that our school continues to run effectively and as safely as possible.

**To help protect our school and the wider community, we ask that unwell students stay home.**

To help reduce the spread of flu, COVID-19 and other respiratory illnesses, students are being encouraged to;

- \* wash and sanitise their hands regularly
- \* avoid touching their eyes, nose, and mouth with unwashed hands
- \* cover their nose and mouth when they cough or sneeze
- \* get tested for COVID-19 if they feel unwell and follow the current Department of Health isolation requirements if a positive result is shown
- \* **if unwell, stay at home until their symptoms pass.**

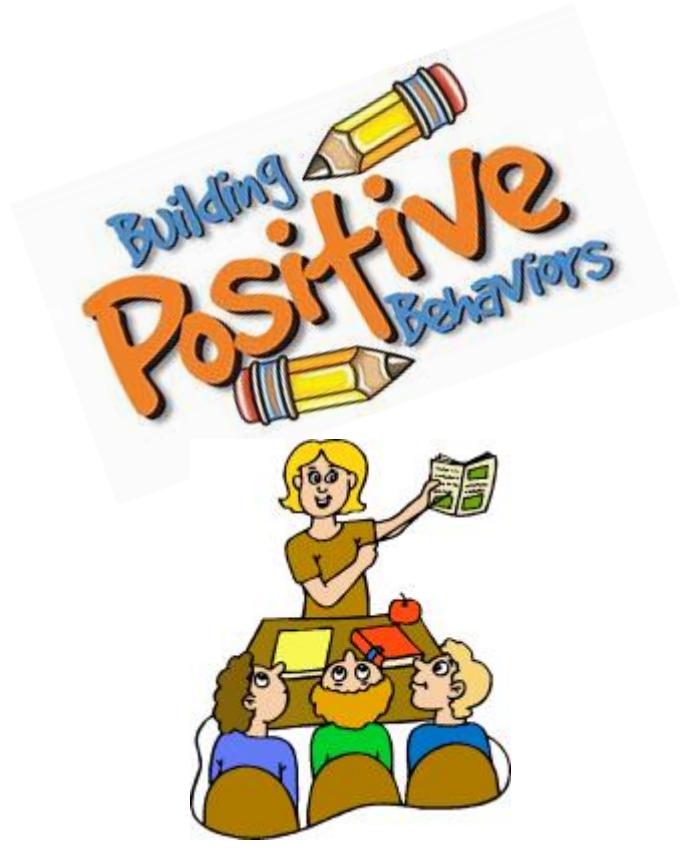
Face masks are available in all schools and strongly recommended for all staff, students and visitors ,including those who are medically at risk.

Vaccination remains the best protection against both COVID-19 and flu. Flu vaccinations can be booked through GPs and pharmacies, many of which can also provide COVID-19 vaccinations. Please see the letter from the Royal Australian College of General Practitioners, Victoria Faculty Council Chair, about the importance of protecting your children and family.

In case your child does become sick while at school, please also ensure that your emergency contact details are up to date. This is so we can get hold of you as quickly as possible.

Thank you for your continued support to help our school

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**This week's SWPBS Value is Respect.**

Students have been looking at how we can follow the teacher's directions when asked. Students have been learning that when we follow instructions given by an adult or teacher, it is for their safety, but also to maximise the learning opportunities students are participating in.

By following teacher instructions, it allows all students to feel safe and happy within the classroom, and enjoy what they are learning.

You can foster this at home by acknowledging and praising your child when they have followed an instruction given by you, and model the benefits of following adult instructions.

## EMPATHY &amp; KINDNESS

## Empathy

Empathy is putting ourselves in the shoes of others, to feel and see what they do. We practise this through being kind and compassionate towards other people.



## DID YOU KNOW?

Every time you do something kind for someone else your brain releases the hormone, oxytocin. Oxytocin leads to increased:

SELF-ESTEEM/CONFIDENCE

ENERGY POSITIVITY

HAPPINESS








## RANDOM ACTS OF KINDNESS

Scan the QR code or click on the link to watch this [YouTube clip](#) and see how random acts of kindness can go a long way.



As a family, challenge yourselves to work through the kindness bingo below and do a random act of kindness for someone else. Talk about who you will do the act of kindness for and work together to organise this. Discuss how it made you all feel and how you think it made others feel.

 <p>Design a 'Thank You' card for someone special, thanking them for everything they do.</p>	<p>Invite some friends over for afternoon tea.</p>	 <p>Pick some flowers and deliver them to someone you think might need them.</p>
<p>Write anonymous kindness notes and put them in your neighbours' letter boxes.</p>	 <p>Smile at a neighbour and ask how their day is going.</p>	<p>Volunteer at a local organisation.</p>
 <p>Offer to do a chore for a friend, family member or neighbour.</p>	<p>Bring your neighbours' bins in.</p>	 <p>Bake some goodies for some friends or neighbours.</p>

## MORE FAMILY ACTIVITY IDEAS...

## KIDS

As a family, create your own kindness bingo. Include acts of kindness that you can do for others.

Click on the image below or scan the QR code for a template you could use.

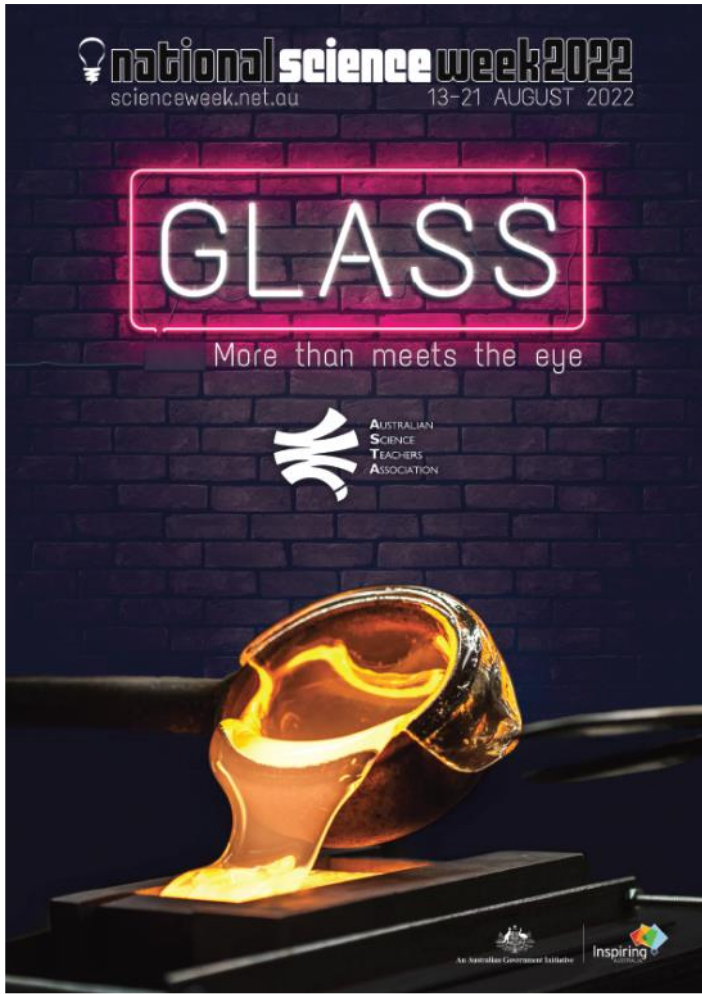


## TEENS

A great way to show empathy is to give back to the community. This can be done through donations, volunteering or understanding and gaining awareness. As a family discuss a community organisation you would like to give back to. Make an action plan together.

Click on the image or scan the QR code for an action plan template you could use.





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## Payments to the office

Please make sure that any cash payments are clearly labelled and secured in an envelope and you do not combine different notes and payments in the one envelope as this can cause things to go missing. Correct money must be supplied, we can not make change.

**Make sure that excursion notes are separated from FAF and lunch orders.**

Thank you

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**LAASYA** School of Dance

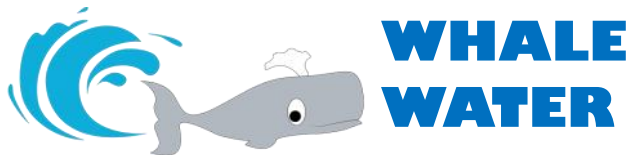
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