

Next Weeks Events

- Monday—
- Tuesday—
- Wednesday—
- Thursday— Division Cross Country for qualified students
- Friday— Gr 5/6 Winter Sport vs IGS

DATES TO REMEMBER

June 2022

- 9th- Division Cross Country for qualified students
- 13th- Queens Birthday Public Holiday
- 15th- Gr 5/6 Museum Excursion
- 23rd- 3 Way Interviews—no classes
- 24th- Last day of Term 2

July 2022

- 11th- First day of term 3

**Three Way Conferences
(Parent Teacher Interviews)**

Bookings via the Sentral Parent App open on Monday 6th June at 9am.

Full instructions on how to book are on page 3.

You must use the phone App or the Parent Portal to book your interview time, if you can not access the phone app or the parent portal. Please contact the office for assistance to rectify this.

School reports will only be available electronically through the Parent Portal, prior to the interview day.

All parents and carers should be using the Sentral Parent App and the Parent Portal as this is our main form of communication with families.



Soft Toy Donations

Kai would love to take some soft toy donations to Sumatra next school holidays.

The bag can be found in the office if you have a donation.

RESPECT

RESILIENCE

RESPONSIBILITY

What's New in this Issue

- ◆ Three Way Conferences
- ◆ Soft Toy donations
- ◆ Assembly
- ◆ Uniform
- ◆ Awards
- ◆ Principal's Report
- ◆ Booking Conferences Instructions

- ◆ SWPBS
- ◆ Resilience Project—Gratitude
- ◆ Community Emergency Management Meeting at the Shack
- ◆ Headlice

Assembly

Assembly tomorrow will be at 2.40pm.

Foundation students will be sharing about reconciliation week.

Past student and Lylah Hill's brother will be playing digeridoo

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.

UPPS Uniform list:

- ◆ Red broad rimmed hat
- ◆ **School logo** short sleeved or long sleeved polo
- ◆ Crew neck **school logo** windcheater or zip up jacket
- ◆ Red check school dress
- ◆ Navy tights
- ◆ Navy drill pants or shorts
- ◆ Navy tracksuit pants
- ◆ Navy leggings
- ◆ Navy bootleg stretch pants
- ◆ Navy skort
- ◆ Plain navy shorts (basketball style)
- ◆ **Not school uniform:**
- ◆ Pants with printing, stripes, etc
- ◆ Pants that are **NOT** navy
- ◆ Lycra style stretch shorts (these shorts are okay for underneath dresses)
- ◆ Any t-shirt/windcheater that does NOT have the UPPS school logo
- ◆ Hoodies
- ◆ Non school tops worn under the school polo's
- ◆ Caps without a full brim

Students not wearing correct uniform items will be offered the correct uniform from lost property if its available.

Weekly Awards

Student of the Week Awards will be presented to:

Arya Denholm for putting her best effort into all tasks. Excellent work Arya!

James Flemming for showing persistence with your writing and working hard to get it done. Well Done James!

Hunter Armstrong for his fantastic work with reading the time this week in maths. Keep up the wonderful growth mindset Hunter!

Nori Moore for being a very helpful member in our classroom. Thank you for being so responsible, Nori.

Finn Hannagan for being a great help to his peers with learning tasks, and putting lots of effort into his own work. Amazing Finn!

Isabella Cassar for the huge amount of growth you showed with your reading assessment this week. It is clear you have been working really hard on this! Congratulations!

Charlotte Walsh for the effort she puts into improving on her knowledge and always sharing great ideas during discussions.

Brandon Brunn for creating a great informative and persuasive travel article about the Kalahari Desert. Great work Brandon, keep it up!

Values Awards will be presented to:

Nash Kimberley for being so helpful, kind and respectful to all. Thanks Nash!

Alanni Cavanagh for always being kind and caring to our whole school community. Thank you Alanni!

Aisha Lindsay for being kind to everyone at school, thank you Aisha for always looking out for your friends and classmates.

Jackson Singleton for being a kind and caring classmate. You are always checking to see if your friends are ok. Thanks, Jackson!

Kamali Senthil for being kind with her words and actions to both her peers and teachers. Setting such a great example Kamali, keep it up!

Olivia Zerafa for always showing kindness to your friends, classmates and teacher every day both in and outside of the classroom. Well done!

Lily Green for continually showing respect to adults and students and always remembering to show kindness with her words and actions.

Charlotte Gannon for respectfully listening and participating in all class discussions. You are an absolute pleasure to have in our class Charlotte.

Special Principal's Awards will be presented to:

Mitchell Hunt for always showing our values of respect, responsibility and resilience at school, and for the fair way you treat others and the kindness you extend every day, to staff and students! You are a wonderful role model Mitch! Thank you!

Madi Lucas for the positive approach and enthusiasm to learning, that you display every day at school, and for the friendship and kindness you extend to everyone in our school community. Thank you Madi!

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Principal's Report

Welcome to Winter!!!! What a chilly start we've had! Please rug up and stay warm!

As I was absent last week, in celebration of ES week, I did not have the opportunity to pass on my thanks to our ES staff, for the work they do every single day. ES staff play a crucial and critical role in the effective functioning of schools – whether it be through the front facing of the school at the admin office, the running of school libraries or the integration support provided within classrooms.

Our students have been working on positive relationships and behaviours towards each other, regulating their emotions, and the importance of kindness to others. This all relates to our school values of Respect, Responsibility and Resilience. We use these values to set our behavioural expectations for everyone in our school community and they are particularly relevant with regard to the challenges we are all facing as we continue to deal with COVID and the impact it has on school.

Respect: This is particularly relevant when conducting conversations with staff. All staff are working exceptionally hard to provide learning and wellbeing support for our students in these very challenging times. We are all doing the very best we can during these difficult times. Every person deserves to be treated with kindness.

Responsibility: The Department of Health sets the guidelines for us to follow. The Department of Education uses the guidelines to develop our Operational Guidelines and we are expected to follow these regulations. All of these rules are set up in the best interests of everyone in our community, with the aim of keeping people safe. We are all expected to be responsible and follow the rules.

Resilience: It is certainly inconvenient to have to follow the regulations and it can be disruptive to our lives. It's also disappointing when anyone becomes ill. However, we all need to show resilience during these tough times. It is important to focus on the things in our lives that we are grateful for.

On a very positive note, although COVID is still with us, and the flu this year seems to be quite severe, schools are open, and our routines and structures are in place. Students are able to participate in face to face learning with their teachers and their peers.

I would like to thank everyone in our school community who has contributed positively and who has supported their children and our staff during these continued challenges. Your efforts are very greatly appreciated!

Thank you everyone, for your support!

Please stay safe! Please be kind!
Sue Egan

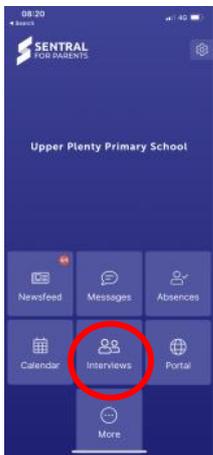
Three Way Conferences

This semester Three Way Conferences will be held on Thursday 23rd June, 2022 from 12:00pm to 6:00pm. This process actively involves parents, students and teachers reflecting on student growth as a learner this year so far. It's a wonderful opportunity to celebrate the student's achievements of learning goals, their strengths and new goals for semester two.

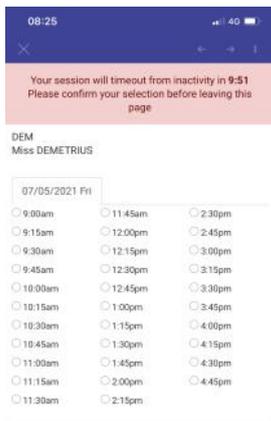
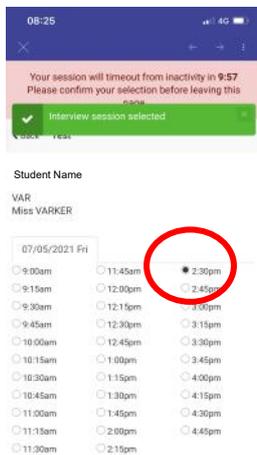
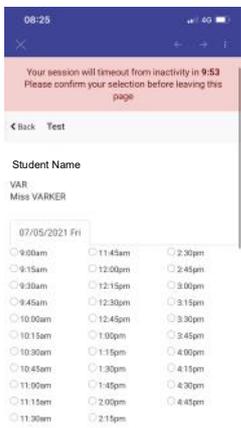
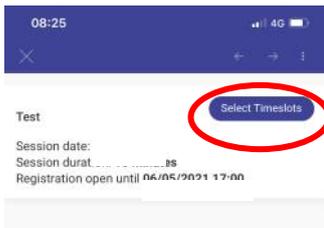
Registrations for the conferences will again be completed via the Sentral Parent Portal. Registrations will be open from 9:00am on the 6th June 2022 to 5:00pm on the 21st June.

Parents are to make bookings via the Sentral Portal.

School Reports will be available on the Sentral Parent App prior to the conference.



Once the Interview booking period becomes active on 6th June you will be able to do the next steps.



If you are unable to access the Sentral Parent App, please contact the office for assistance.



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This week's SWPBS Value is Respect.

We can show respect to others by being kind. Ways we can be kind:

- We can:**
- Share and take turns
 - Stand in line quietly
 - Listen carefully to others
 - Put our things away
 - Smile at someone
 - Help someone in need

It is easy to be kind when someone is being kind to you, but what if someone is being unkind?

One of the hardest things—and a true test of character—is whether we can be kind to unkind people. Kindness is treating others how you want to be treated. Kindness is not, treat people how they treat you.

What to do if someone is being unkind: Walk away, find somewhere else to be, and get an adult to help if needed.

Some things you can say without being nasty: 'Don't speak to me that way' or 'That was unkind'

Gratitude

Working on gratitude helps us to be **thankful** and **appreciate what we have in our lives**, rather than focussing on what we don't have or what we want. When we practise being grateful, we start to **scan the world to look for positives** – this only takes 21 days!

Benefits of practising gratitude everyday are:



Increased levels of energy.



Feeling happier.



Become more **focussed, determined and optimistic.**



Better sleep.



Lower levels of **anxiety and depression.**



Less likely to get sick.

Here are some **quick and easy ways to include gratitude into your daily routine** with your whole family:

THANK YOU

Think about a **friend or family member** you are grateful for and write them a letter. Tell them why they are **important to you** and what you love about them.

Around the dinner table or before bed, have everyone talk about **3 things that went well** for them that day.

Have a discussion of what you are **looking forward to** the following day, week, month.

Check out **TRP@HOME!**

Here, you will find more **activities and ideas** you can use with your family to incorporate **Gratitude** into your lives. There are also **Empathy, Mindfulness** and **Emotional Literacy** activities you can use to **spread happiness and build resilience**. **TRP@HOME activities** change throughout the year, so don't forget to **keep checking in!** Click on the image below to check it out.



TRP@HOME

COMMUNITY EMERGENCY MANAGEMENT PLANNING

Support your community to become safer, stronger and more resilient in emergency events.

Upper Plenty Community Emergency Information Session

The Shack

Saturday 18 June

11.30am – 1.30pm

Grab a coffee and snack and chat with members and staff of the CFA, SES, VicPol, Mitchell Shire Council and DELWP, who will be running Phoenix Fire Modelling scenarios to highlight fire risk to your community.

For further information please contact emergencymanagement@mitchellshire.vic.gov.au

Funding Partners

These projects are funded by Victorian Government's Safer Together Program.



WHALE WATER



0407 096 838 John Peace

Whale Water supplies drinking water to both residential and commercial clients. Whether its to fill a house tank, swimming pool or a public event.

Competitive pricing and fast delivery

7 days a week

We service your local area !

jpeace3@bigpond.com

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Head Lice

We have had a number of cases of head lice reported this week.

Please keep a check on your child's hair and treat as needed. **2 treatments are recommended 7 days apart.**

It is advisable that all students with long hair keep it tied back at school.

All cases of head lice need to be reported to the class teacher and children can return to school if they have been treated.

