



# What's UPPs



NEWSLETTER NO 4

TUESDAY 24 MARCH 2020

## DATES TO REMEMBER

First Day Term  
2 Wednesday 15  
April

From the principal

### Thanks everybody for working together



Thank you to all parents, carers and other family members for the outstanding way that you continue to support the school in these very challenging times. We are working together so that our community feels supported, reassured and informed. Thank you everybody!

We continue to make decisions around the impact of the coronavirus upon school

programs. Please be aware of the following arrangements:-

The first day of Term 2 will be Wednesday 15<sup>th</sup> April and we will keep you informed as to whether students return to school or participate in remote learning.

Please see our updates on Seesaw for more information

Please be aware that:-

- There will be no assemblies until further notice.
- The national testing program for Grades 3 and 5, NAPLAN, has been cancelled for 2020.
- The first newsletter for Term 2 will be distributed on Tuesday 21<sup>st</sup> April

We will continue to keep our community informed through regular updates.

### Staffing News

We welcome some new additions to the UPPS community. Congratulations to Tara Hughes and family on the arrival of Arthur Woody Hughes and to Megan Hearn and family on the arrival of Willa Davey Hearn.



### School Council News

Our School Council AGM was held last Monday evening. Ms Belinda Collihole has been re-appointed as our School Council President and Ms Rebecca Lenten is our Vice President. School Council has decided upon two sub-committees, 'Community Activation and Fundraising' and 'School Policy'.

Many thanks to Belinda, Rebecca and all School Council members for the time and energy that they devote to our school. I feel very fortunate to work with a great group of supportive parents who have the best interests of our students and our school at heart.





### Traffic Safety

Discussions at our School Council meeting focused upon traffic congestion and parking at drop off and pick up. This has been an ongoing problem. A number of people have raised concerns that people are double parking or parking in restricted areas around the school. School Council is exploring options for improving the situation. In the interests of our children's safety, please obey all parking restrictions, and keep child safety at the forefront of your minds. Thank you.

### Easter Raffle and Hot Cross Buns

Many thanks to the families who have supported our Easter fundraising through the donation of an Easter egg for our raffle. Thanks also to those who have ordered hot cross buns and purchased Easter raffle tickets. We will raffle the donated Easter prizes before the holidays. The money raised will go towards outdoor furniture for our students. Thank you for your support. Hot cross buns can be collected on Thursday from Bake and Grind, Delacombe Town Centre – Telephone 53357616 Best wishes and thanks everybody for a great term!



Happy Easter and stay safe over the holidays.

Janet Hillgrove



Dear School Community,

### Beleza Ballarat Store – Coronavirus update: Store trading hours after Government announcements

Due to updated guidance given by our state and federal governments, the Beleza team has decided to make a few changes in our plan for the School holiday period. With the guidance by the Victorian government regarding government school holidays, we have decided that Beleza stores will close for the remainder of the week, starting from tomorrow Tuesday 24th of March to Saturday 28th of March 2020. We apologise sincerely for the abrupt and sudden nature of this decision, however we will use this time to help us better prepare our stores, as we all adapt to changes in procedures regarding hygiene, health and safety going forward to keep everyone safe. Our plan as of now is to keep the reduced trading hours from 30/3/2020 to 4/4/2020 communicated last week, but we will keep you informed and updated of any changes as government guidance changes. For your store, the hours planned are:

Monday - 30/3 10.00am to 3.00pm	Tuesday - 31/3 10.00am to 3.00pm
Wednesday - 1/4 10.00am to 3.00pm	Thursday - 2/4 10.00am to 3.00pm
Friday – 3/4 10.00am to 3.00pm	Saturday – 4/4 10.00am to 1.00pm

The offer communicated last week regarding 50% off the cost of shipping in Victoria for all orders placed on our online store will continue at: <https://store.beleza.com.au> Our warehouses and online store will continue to run over this period to ensure that any online or wholesale orders received are still being processed. We apologise in advance if there are any delays or stock shortage as our supply chains are not back to full operation as yet.

We hope that everyone continues to stay healthy and safe whilst we get through this,

Your Beleza School Uniforms Team

## JUNIOR UNIT

From all the staff in the Junior Unit, we thank you for your support during this time. It has been wonderful seeing such community spirit.

Moving forward, we hope that all families look after one another over the holidays and enjoy spending quality time together. Students who attended Monday have brought home books and some personal learning items. These are for after the holidays and only if needed.

Last week the Junior Unit wrapped up their first Unit of Inquiries and it was lovely to see students reflecting on their learning and presenting to the class.

Have a great break and stay safe!

## MIDDLE UNIT

From all the staff in the Middle Unit, thank you for your support over what is an unknown and challenging time for everyone. Your understanding and support of the measures put in place ensured a calm classroom environment with considerable learning taking place.

Last week we wrapped up our inquiries into Who We Are. It was wonderful to see all of the grade 3 students read the picture story books they wrote to the Foundation classes. Their books covered a range of strategies we can use to solve problems with friends. Well done! Our new central idea is 'People must take responsibility for protecting the environment'.

Grade 4's completed their unit with a brochure on the diverse range of local community groups on offer to cater for different identities in Ballarat. They also chose someone they admire and designed a character strength poster about this person. The students are extremely enthusiastic about our next Unit of Inquiry; 'Society has different structure for decision making.'

Please ensure you have a safe and happy school holidays. We hope to see you all after the Easter Weekend.

## SENIOR UNIT

The end of the term has arrived and from all the Senior Unit staff can we thank the students and families for their understanding and consideration during this challenging time.

We have begun our new units of Inquiry and the Grade 6's have busily been learning the elements of a scientific report and the importance of variables and controls when conducting experiments. The scientific, hands on nature of this Unit of Inquiry has really engaged the students and it is wonderful to see students articulate their observations and question why things happen during our experiments.

In Grade 5, students have been investigating the role of money in our lives and how it is valued differently by different cultures. In writing students have been developing their persuasive writing skills in preparation for the now cancelled NAPLAN in 2020.

This is a challenging time for both students and families and it is important that everyone looks after their health and stays safe during this extended school holidays and we hope to see everyone safe and healthy in term 2.



News from the Specialist Teachers at UPPS

March 2020

# Physical Education

## Fundamental Motor Skills

### Sports Coaching With Mr Darren Rivier

The last two Thursdays grades 3 and 4 have been very privileged to have Sports Coaching with Mr Darren Riviere . Darren has been focssing on Fundamental motor skills to improve performance. Chidren have participated in activities focusing on movement, spa-tial awareness as well as running and pacing activities and tips for our cross country.

## URQUAHRT PARK PRIMARY CROSS COUNTRY 2020



On Wednesday 18<sup>th</sup> of March we ran our modified Cross Country at school. I was so pleased with the children running and pacing themselves for their event. Well done to all the competitors and students who received a place. Due to these unpredictable times, the district Cross Country has been cancelled. I would love to see children use this extra time to train for the district cross country and athletics when rescheduled.



Please support those who support us. Urquhart Park Primary receive 5% of all purchases at Rebel sport. Please sign up to be a member at the counter when purchasing and choose Urquhart Park Primary.



## UPCOMING DATES

- **Zone Cross Country Tuesday, March 24th Cancelled**
- **All future sporting events have been cancelled/ postponed until further notice.**

**Thankyou to all of our school house captains who assisted at our cross country. The children showed outstanding leadership marking out the course and encouraging the junior children throughout the day. Great work!**

PLEASE LET ME KNOW ABOUT THE WONDERFUL SPORTING ACHIEVEMENTS OF YOUR CHILD/ CHILDREN OUTSIDE OF SCHOOL . WE WOULD LOVE TO SHARE WITH OUR UQUHART PARK COMUNITY.

THANKYOU

MRS HEATHER

# Wellbeing

from Stacey Lee, Student Wellbeing

I've sat at my computer and written and deleted numerous sentences, trying to find the right words. For the time being our worlds are changing, as adults this can be challenging and stressful and for children this can impact them even more than we know. Please take some time during the day to listen to their worries or to give them a chance to talk with you about how they are feeling. You may not be able to help them with all their worries, but for them, being able to share them is an important process. I also understand that for many of you there will be changes to your employment, which can then have a flow on effect of financial pressure and further stress.

As the government has brought forward school holidays, you will most likely have your children at home for a longer period (if you are not part of essential services) and with social distancing in place brings with it the possibility of further pressure. If you are stressed, your children are going to be stressed. Arguments are going to happen. So I thought I would list a number of activities that I have come across over the last few days that might just help you get through the school holidays a little more sane.

Please also remember that there 24 hour mental health support services available

24/7 Mental Health Services	
<b>Beyond Blue</b> <i>Anyone feeling anxious or depressed</i> beyondblue.org.au 1300 22 4636	<b>Kids Helpline</b> <i>Counselling for young people aged 5 to 25</i> kidshelpline.com.au 1800 55 1800
<b>MensLine Australia</b> <i>Men with emotional or relationship concerns</i> mensline.org.au 1300 78 99 78	<b>Open Arms</b> <i>Veterans and families counselling</i> openarms.gov.au 1800 011 046
<b>Lifeline</b> <i>Anyone having a personal crisis</i> lifeline.org.au 13 11 14	<b>Suicide Call Back Service</b> <i>Anyone thinking about suicide</i> suicidecallbackservice.org.au 1300 659 467
<b>Is it an emergency?</b> If you or someone you know is at immediate risk of harm, call triple zero (000)	
healthdirect	

- Audible stories have made available a large collection of stories for free <https://stories.audible.com/start-listen>
- Story time from space, is a site where astronauts read books in space <https://storytimefromspace.com/>
- If you have Netflix there is a series called Brainchild that covers key STEAM topics and also has curriculum and activities with each episode [www.brainchildshow.com/](http://www.brainchildshow.com/)
- Cosmic kids yoga, has some fantastic adventure type yoga activities for children 3+, look them up on YouTube
- Smiling mind have short audio sessions to help with mindfulness [www.smilingmind.com.au/](http://www.smilingmind.com.au/)

## 77 (MORE) Simple STEM Activities for Families

- Create a treasure hunt with a map & clues
- Learn to identify trees by their leaves
- Read a book with a STEM theme
- Make the alphabet from sticks or other natural items
- Make your name or words out of recycled materials
- Interview a relative using [storycorps.org](http://storycorps.org)
- Take your bike apart and put it back together it
- Make something from old puzzle pieces
- Watch *Hidden Figures*
- Make a LEGO maze
- Test objects in your house to see if they float or sink
- Write instructions to make a sandwich & let someone follow them exactly
- Use the cards A-10 & play *War*, but see who can add, subtract, or multiply fastest
- Play Battleship
- Build a paper airplane launcher
- Build a fort using couch cushions & blankets
- Plant some flowers
- Make something useful from duct tape
- Invent something to solve a problem in your home
- Make "rubber stamps" out of cardboard & pasta
- Learn to solve a Rubik's Cube
- Write your own book, including drawings & cover
- Rearrange furniture in a room to improve function & movement in the room
- Track & graph your high score in a game
- Make ice cubes from various liquids & see how long each takes to freeze
- Make dinner for your family
- Determine how much waste there is from cooking a meal
- Invent your own musical instrument
- Try making gears using the website [gearsket.ch](http://gearsket.ch)
- Create a secret code using a shift or "Caesar" cipher
- Pick a word & see how many other words you can make from the letters
- Measure & graph temperature or rain totals
- Draw your own comic book
- Make a time capsule to open in 10 years
- Make artwork using shaving cream, food coloring, & a toothpick
- Plant a butterfly garden
- Invent a toy for your pet
- Watch *Cloudy with a Chance of Meatballs*
- Freeze a small toy or coin in water & make a time-lapse video of it melting
- Put different amounts of water in glass containers & tap gently to make music
- Make paper airplanes using [foldnfly.com](http://foldnfly.com)
- Try sprouting a carrot top, dried bean, or fruit seed
- Put some dirty pennies in vinegar
- Put celery or flowers in water that contains food coloring
- Learn bird calls
- Build the tallest tower with 1 piece of paper & tape
- Turn an old book into a secret hiding place
- Learn to cook a new recipe or invent your own
- Observe the moon each night & take pictures to make a time-lapse video
- Measure things with a tape measure
- Build a model city with items in your house
- Make a bird feeder using a pinecone, suet, & birdseed
- Count how many & what type of birds come to your birdfeeder
- Make a mini-golf course
- Read a book & make a "book trailer"
- Paint rocks with encouraging words
- Weave a bracelet
- Learn about a STEM career
- Write a story, act it out with your family, & record it
- Make a sundial
- Invent a board game using bottle caps or other small items as pieces
- Draw something with isometric dot paper
- Make a slow-motion video of something in nature
- Learn to fold cloth napkins
- Make bread using yeast
- Draw 20 circles & turn each into something (pizza, planets, wheels, etc)
- Build something using toothpicks or straws
- Practice coding using [Scratch](http://Scratch) or [code.org](http://code.org)
- Learn to crochet or knit
- Make your own tangrams
- Learn how cellphones work
- Draw a detailed map of a room in your home
- Learn to sew
- Make something from an empty toothpaste tube
- Look at the clouds
- Learn about the history of technology in your area
- Make cardboard automata (movable sculpture)





## Upcoming Music Dates for your Diary

### Advanced notice

May 29 - Junior Choirs Festival, WCPA

August 24 - Choirs at Royal South Street Eisteddfod.

Early September—CBW at Royal South Street Eisteddfod.



## MUSICAL FRACTIONS

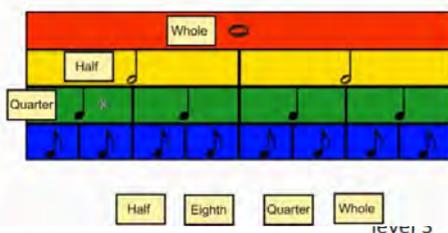
	Whole	
	Half	
	Quarter	
	Eighth	
	Sixteenth	

In Grades 2 3 4 5 over the past few weeks we have been focusing on identifying and embedding the rhythms required for each year level. The rhythm vocabulary is cumulative—we add a few more each year. Each year I find we are able to learn our rhythms quickly and apply them in a wider range of situations than I had even imagined.

In Grade 3 this year it has been very exciting to see the our students making the connections between Music and Maths. Our rhythm work coincided with a unit on fractions in the classroom and this has allowed the Grade 3s to gain an understanding of key-signatures earlier than ever before. WOW it is exciting to watch our students having such amazing success! Look out for opportunities to do some more Musical

Maths...

Fraction Wall - Music Notes



If  $\text{♩} = 1$  beat, how many beats are the following equations equal to?

1.)  $\text{♩} + \text{♩} = \underline{\quad}$       2.)  $\text{♩} + \text{♩} = \underline{\quad}$

## Term 2 Music Clubs:

**Monday:** Kazoo Club      **Tuesday:** Violin Club (all violin students)

**Friday: 8am -** Saplings Choir (2-6) **Lunchtime:** Ukulele Club F-6



Are you wondering who our next composer in focus will be? This will be announced at the start of Term 2 but we thought it might be fun to run a bonus competition for the end of term. Can you guess who our next composer will be by answering the questions below? If you can, see Mrs Allen with your answer and claim your prize!

Hint 1: this composer was born in December, **250 years ago** this year.

Hint 2: This composer has many famous pieces including "Für Elise" and "Ode to Joy" which is really a theme from his 9th Symphony.



*Konnichiwa!*

**Dango!** A word many of our parents will know. A favourite amongst many here at UPPS. These innocuous Japanese snacks are super simple to make. We'll be cooking these in the final week of term to celebrate our learning this term. Ingredients almost guaranteed to be on the supermarket shelves!

**Ingredients:**

Rice Flour (Asian section)

Glutinous Rice Flour

Food colouring

Maple Syrup



1. Mix equal amount of Rice Flour and Glutinous Rice Flour in a bowl.  
One cup of each will make around 30 dango.
2. Add water, with food colouring if required. I usually make 3 colours: red, white and green
3. Mix with hands until a firm, but not crumbly dough is formed. Make sure it's not too runny!
4. Break off small pieces of dough and roll in hands to make a ball, about the width of a 5 cent piece.
5. Add all dango to a pot of boiling water.
6. When dango rise (approx. 5 mins.), leave for 1 minute, then scoop out and place in a bowl of cold water for 1 minute to cool.
7. Drizzle with maple syrup and eat with toothpicks.

**Jiko Shokai:** Students from Grades 2-6 have been busy this term writing their "jiko shokai" (self introductions), and making excellent oral presentations in Japa-

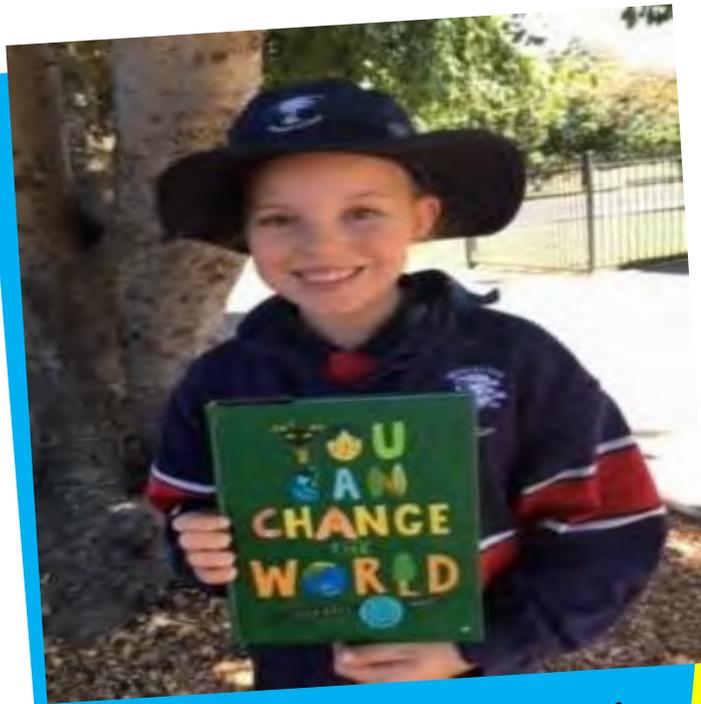


nese. Most are displayed throughout the school. Students drew manga, added origami, and posed as ninjas, samurai and Geisha for their profile picture.

**Japanese Club:** Students have the opportunity to enjoy a range of activities run by the Japanese captains this term, including origami, manga drawing, cooking, dress ups, and playing traditional Japanese toys and games. Japanese club is held at lunchtime in the Japanese room.

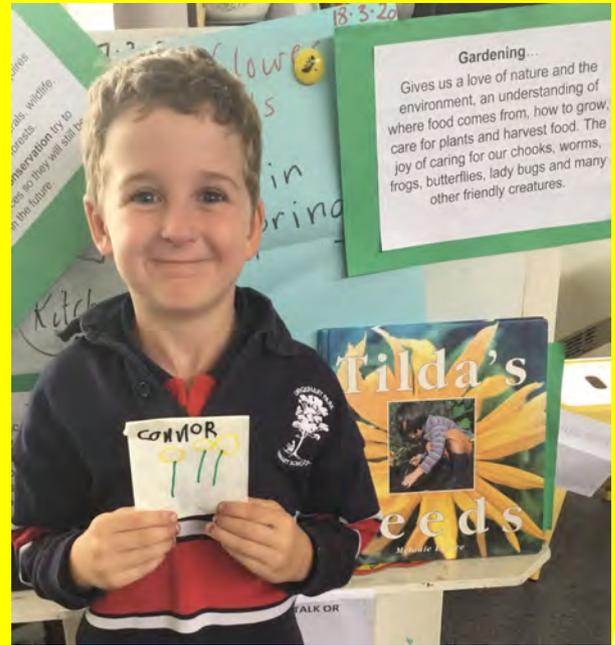
**JAPANESE CLUB TIMES:** Tuesday: Grades F-3. Wednesday: Grades 4-6

**Show and Tell:** Does your child own something Japanese? Eaten Japanese food at a restaurant? Have a Japanese related story to share? Learning a Japanese martial art such as Judo or karate? Students are encouraged to show and share each lesson.



Harper recommends this book, You Can Change The World. It contains lots of useful tips about being sustainable. Thank you, Harper.

We have been harvesting seeds from the sunflowers grown in our garden. Connor is proudly displaying the seed packet he designed to hold seeds in. He



## The Sustainable Gardening Kitchen

### No Waste Pancake Recipe

#### Ingredients

1 cup self-raising flour (sifted)

1 egg (lightly beaten)

50g butter (melted)

1 tablespoon of sugar

3/4 cup of milk

#### Method

1. in a bowl, whisk flour and sugar. Add lightly beaten egg to milk, stir and then add to flour a little at a time, whisking until batter is smooth, and lump free.
2. In a hot pan, brush butter over the surface. Use a 1/4 cup measure to pour batter mixture into pan to form pancakes.
3. When large bubbles appear on the surface of each pancake, flip over and cook until lightly golden on each side.
4. Top with you favourite toppings and enjoy!