



What's UPPs



NEWSLETTER NO 11

TUESDAY 28 JULY 2020

DATES TO REMEMBER

Curriculum Days

Thursday 6 and

Friday 7

August

Students do not attend

The YMCA are happy to run a program on the above days if there is enough interest.

Please contact them directly to make a booking.

Dear Families,

Thank you so much to our students, families and staff for remaining positive and doing your best to continue with daily routines, while observing the necessary restrictions due to the pandemic. I continue to be extremely proud of our community for the way that we have adapted and made the most of our current circumstances. We have been really fortunate that 2020 has been the year when The Resilience Project has been introduced, as the support from the team, professional learning and resources have been invaluable. In this newsletter you will find a link to further information.



At UPPs, we will continue to follow DET guidelines and the medical advice from health professionals, and to provide updates to parents as required. We are continuing to implement the procedures established last term including regular cleaning, staggered departures and arrivals, sending home children who are unwell and limiting parents entering the school grounds and buildings.

Schools in Melbourne and the Mitchell Shire must observe some added restrictions. At this stage, these restrictions do not apply to our school. Just to clarify...

Temperature checks - the routine use of temperature screening is not required in schools outside metropolitan Melbourne and Mitchell Shire. The school is equipped with non-contact thermometers if temperature checks are required.

Camps and excursions - for schools in rural and regional Victoria, school camps and excursions can be held if they take place outside metropolitan Melbourne and Mitchell Shire. We are monitoring this situation very closely. At this stage, our school camps are going ahead; however, this situation may change at any time.

Face masks- teachers and students are not required to wear face masks at school, although some children are choosing to wear them. As per the current health guidelines, we encourage families to make appropriate choices for their children. Teachers are reinforcing guidelines on how to wear masks to maximise their effectiveness (e.g. minimise handling).

Building Project Update

At this stage, the project is progressing well with the commencement of the landscaping, made very obvious by the not so tuneful sounds of bitumen removal. Unfortunately, temporary fencing has restricted entry to the Middle Unit classrooms and prevented the use of the F-2 playgrounds. While I understand the inconvenience for the children, I hope that this will be a temporary measure with classroom and playground access restored as quickly as possible. Many thanks to the children and staff for their flexibility and willingness to adapt to these changes. We hope that our new classrooms will be installed in mid-August, ready for use during Term 4.



Online Learning Conferences



Learning Conferences normally take place at the end of Terms 1 and 3. I am mindful that the Term 1 conferences did not take place due to COVID-19 restrictions and would like to offer parents and carers the opportunity to participate in a conference at the end of Term 3. We are investigating different online possibilities so that the conferences can take place on Thursday 17 September from 3.30 - 6.30pm and Friday 18 September from 9am-1pm. As planned, Friday 18 September will be a student free day so that teachers can facilitate these conferences. More information will be provided in upcoming newsletters.

100 Days of School



Despite the interruption to schooling this year, we are very proud of our Foundation students who have achieved 100 days of school. The children were so excited to meet this milestone and it was an absolute pleasure to see them dressed in their super hero capes. Congratulations to all of our Foundation students, their families and teachers for this special achievement.



Curriculum Days Next Week- No School on Thursday and Friday

A reminder to everybody that **Thursday 6 August and Friday 7 August will be student free** as teachers will be engaging in professional learning related to inquiry teaching. We are very excited that Kath Murdoch will be facilitating these online workshops for our staff. Thank you to our School Council for supporting this wonderful professional learning opportunity.



Grade 6 Placement in Secondary Schools for 2021



On Wednesday 19th August, parents and carers of Grade 6 students will be receiving a letter indicating Year 7 placements for 2021. Please contact me if you have any concerns or questions.

Foundation Enrolments for 2021

Please contact us on 5330 5400 if you have a child who is to start Foundation at Newington PS in 2021 so that we can organise for enrolment forms to be sent home. Please complete the enrolment form and submit it, along with a copy of your child's birth certificate and immunisation record. Forms can be dropped in at the office or emailed to: urquhart.park.ps@education.vic.gov.au



Best wishes,

Janet Hillgrove

JUNIOR UNIT

Wow! Week three already and the Junior Unit have been busy getting back into routine. With things back to normal in the classrooms, we think it timely to re-introduce homework next week.

In Foundation, please continue reading take home books. Ensure the books read are recorded in UPPS diaries as we check these daily. It is wonderful to see students learning their M100 words. It is important to continue to learn new words as well as revise words already mastered. We have also scheduled something for everyone to prepare for show and share which is linked to our unit of inquiry. This will require preparation and support from parents each fortnight.

For Grade 1, we will re-commence our spelling grids. These will again go home in homework books, where children are expected to complete at least one spelling activity. Three nights reading recorded in diaries is also expected.

Grade 2 will once again be required to complete their homework sheets and like the other grade levels, complete 3 nights of reading.

MIDDLE UNIT

It is amazing to think we are already into the third week of Term 3. It has been wonderful to have students back into classrooms. Thank you to those who returned homework last week. It is nice to be able to get back into routines and see the growth in the students.

Grade 3 students have completed a timeline on Australian history. They are now using this knowledge to do a partnered mini-research project about one particular aspect of indigenous culture. Students will prepare for a presentation where they will act as 'mini-teachers' who will teach the rest of the class.

Grade 4 students have been enjoying their unit on exploration through looking into the discovery of Australia, how it was mapped, as well as the arrival of The First Fleet and the impact this had on Aboriginals. They have been practising writing from perspectives and will soon begin a perspective writing task based on the Unit of Inquiry.

SENIOR UNIT

The year is quickly passing by as we enter the middle of Term 3. It will not be long until our Grade 6s begin their transition toward High School and our Grade 5's begin the leadership process for 2021! Students have settled into the routine of school well and are working hard to achieve their learning goals.

In Grade 6 the students have been busy developing their Central Ideas and Lines of Inquiry. Students are focusing on utilising their approaches to learning skills to engage with the Exhibition process. In Maths students are looking at multiplying and dividing by the power of 10 and the real world applications of this mathematical knowledge.

In Grade 5 students are looking at the colonisation of Australia and the varying perspectives of this event. In maths students are beginning to develop their ability to add and subtract fractions while in literacy students are looking at the development of ideas and using engaging ideas in their writing.

Thank you for all of your hard work and effort and we look forward to a productive term.



News from the Specialist Teachers at UPPS

Japanese :Mr. Paxton

Konnichiwa!

UPPS GRADE 5/6 JAPANESE MANGA COMPETITION



Over the last month, many students from Grades 5/6 have been busy drawing their favourite anime, manga and Japanese pictures for our annual drawing competition. Congratulations to all students who entered, and for brightening up the windows of our Multi Purpose Room!

A big congratulations to the following students, who won prizes:

Grade 5: Millie & Matilda

Grade 6: Clodagh & Charlotte

Thank you to the super professional Japanese captains, Liam and Tahlia, for photos and all round support.

Mr. Paxton



July 2020

Physical Education

Physical Education

During our Physical Education lessons, students have been learning and playing Indigenous Games. Children have learnt about the origin and the equipment they used to play many different games such as Kai, Koolap, Koolchee, Gorri and Weme.



Grade 5 and 6 children have been taking turns each week to run their own class warmup. I have been very pleased with the student's initiative to have a go and complete this task.

Grade 3 and Grade 6 children have participated in Football and Basketball coaching by year 12 St Patricks College P.E students. The children have enjoyed these sessions and they will run over a couple of weeks on a Thursday and Friday.



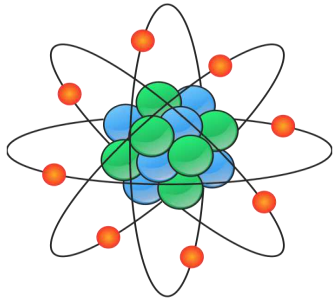
Urquhart Park Primary is very pleased to announce that we have been successful in receiving a Sporting Schools grant of \$2900 for term 3. We look forward to having a specialised coach and purchasing some new gym equipment for our children.

THANKYOU

MRS HEATHER DELAHUNTY

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.

rebel



Discovery Centre News

*"Whether you think you can,
or you think you can't, you're right"*

Henry Ford - Founder of the Ford Motor Company



OUR LEARNING

Grade 1 have been learning how maps organise our world, with an emphasis on communicating directions. Using our programmable BeeBot robots, students work together to problem solve the creation of a map, and then must successfully program BeeBot to take a safe path through!

Asking questions builds the basis for in-depth knowledge. Our Middle Unit students have been practising their ability to ask open-ended inquiry questions, and exploring different brainstorming techniques to unleash their big ideas.

In Grade 6 we have been learning how to use a variety of reliable information sources including books, websites, interviews, and magazines, and then recording our sources to give credit to the author. These skills will be vital in preparation for our Grade 6 PYP exhibition.



We have a Makerspace!

A Makerspace gives students a safe environment to explore new ideas, to fail, and to engage in creative hands-on thinking and problem-solving.

Due to department restrictions, the space will be initially accessed on an individual student basis only, but we look forward to using the space in the future for lunchtime clubs.



Mrs Perrett



Don't forget to keep using Story Box Library at home!!

Our playlists are continually updated to reflect events happening in the school and local community.





Our **Foundation Students** have made an amazing start to their Music Education. They are already experienced singers from their time in the Seedlings choir and they are applying this learning to their new knowledge building. They are steadily building a new repertoire of songs, singing both in a group and individually can keep and explain beat. They have enjoyed meeting many of the music friends in Mrs. Allen's collection.

Grade 1s have been exploring rhythm, completing their preassessment and applying their new knowledge in practical learning tasks with the beat blocks. **Grade 2A** students have completed an inquiry into pitch and are now exploring how music makes you feel and asking "how do composers communicate feelings and ideas?" to connect to their current **UOI**: Different forms of expression communicate beliefs and values. In **Grade 2B**, students are very excited to be taking home their violins for the first time this week!



Grade 6 students are also building on their understanding of the Central idea for their Exhibition "Cultural traditions have impacted contemporary Australia" through an inquiry of what this looks like in the Musical landscape. Examples of artists who are inspired by their cultural heritage when creating new Australian Music have so far included Lior (contemporary Australian singer), L-Fresh Lion (rapper) and TAIKOZ (Japanese drumming Ensemble). Wow!

Individual Instrumental lessons have recommenced this term and our teachers are excited to be back. If your child is interested in starting lessons on guitar, piano, violin, recorder or drums please collect a form from the office and return it as soon as possible so that the teacher can contact you regarding payment and lesson times.





Primary Years Programme PYP Grade 6 Exhibition

Term 3 presents a very exciting opportunity to all of our Grade 6 students – our PYP Exhibition! Throughout the term, all Grade 6 students will inquire into an area of interest linked to the overarching central idea ‘Cultural traditions have impacted contemporary Australia’. Students have already written their own line of inquiry and started creating their exhibition journals.

The table below outlines all of the central ideas and lines of inquiry being explored across the school for weeks 1-6 of Term 3.

Grade Level	Central Idea	Lines of Inquiry <i>An inquiry into:</i>
Foundation (All term)	Farms provide us with what we need to survive.	Food as a basic necessity How food supports a balanced lifestyle Researching how farms and animals provide food
Grade 1	Maps organise and describe things	Places and their features Collecting and representing data Communicating direction
Grade 2	Expression communicates beliefs and values.	The purpose of sharing stories How ideas and feelings are expressed through pictures, music and vocabulary How communication skills help us exchange information
Grade 3	History lives through culture.	Our understanding of culture The history of Australia's Indigenous peoples Using thinking skills to explore elements of Australian culture
Grade 4	The world has been changed by exploration, opportunities and discoveries.	The impact of exploration Continuity and change over time as a result of the past Using our thinking skills to consider various perspectives
Grade 5	Communities are formed and impacted by colonisation.	The significant events and lives of people that shaped colonisation in Australia How colonial settlement shaped the environment Using critical literacy skills to communicate the effects of colonisation
Grade 6 (All term)	Cultural traditions have impacted contemporary Australia.	Exhibition – students have written their own lines of inquiry

Keep wondering and inquiring!
Mrs Compton, PYP Co-ordinator



TRP@HOME

TRP@Home is a great resource for families. While it was originally designed to support remote learning, the website has been expanded to include [@HOME FOR EVERYONE](#). This provides families with easy-to-do activities and ideas to bring wellbeing into day-to-day life, sharing ways to check-in and support the mental health of everyone in your home.

@HOME activities focus on The Resilience Project's wellbeing principles – Gratitude, Empathy & Mindfulness (GEM). The research shows regular practice of GEM will increase happiness and resilience. *'Building a routine and healthy habits that work for you is the key!'*

POSTIVE PARENTING PROGRAM —Triple P Online

The Victorian Government is providing **free access** to Triple P Online for Victorian parents caring for children aged 2 to 16 years.

Triple P Online includes strategies to help parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress. The program has been adapted with resources specifically on parenting during coronavirus (COVID-19).

The evidence-based program can be really helpful in not only dealing with the current situation but to also respond more positively to parenting challenges in the future. Parents can complete Triple P Online at their own pace and at a time that is convenient.

Triple P Online is the web-based version of the Triple P – Positive Parenting Program. This internationally recognised program gives parents and those caring for children the tools they need to increase their skills and confidence so they can respond positively to parenting challenges and support children and young people.

To access Triple P Online, go to: www.triplep.online/victoria



Victorian Premiers' Reading Challenge

The Victorian Premiers' Reading Challenge is now open and Urquhart Park Primary is excited to be participating. A new application is being used this year that offers a range of exciting features including:

- access to a library catalogue (including book images and blurbs)
- a modern user-friendly interface
- rewarding students with badges as challenge milestones are achieved

the option for students to mark books as a favourite, give them a star rating or complete a book review

The Challenge is open to all Victorian children from birth to Year 10 in recognition of the importance of reading for literacy development. It is not a competition; but a personal challenge for children to read a set number of books by 4 September 2020.

Children from Prep to Year 2 are encouraged to read or 'experience' 30 books with their parents and teachers. Children from Year 3 to Year 10 are challenged to read 15 books.

All children who meet the Challenge will receive a certificate of achievement signed by the Victorian Premier and former Premiers.

To read the Premier's letter to parents, view the booklists and for more information about the Victorian Premiers' Reading Challenge, visit: www.education.vic.gov.au/prc

Concerned about the mental health of: yourself, a colleague or a loved one?

Ballarat agencies are OPEN and have appointments available if you need to talk to someone.



If you're experiencing depression, anxiety or stress for any reason including: financial problems, food assistance, emergency housing, drug & alcohol problems, family issues, parenting, pregnancy, relationship issues or isolation – there is a service that you can call in Ballarat.

Victorian Gov Coronavirus Hotline

Emergency relief packages to support people in mandatory isolation with little or no food. Eligible households receive 2-week supply of essentials
P: 1800 675 398

Beyond Blue

Online chat for information about depression and anxiety.
P: 1300 22 4636
W: www.beyondblue.org.au

Kids Helpline

Phone counselling or online chat service accessible 24/7 for young people aged 5-25 years old
P: 1800 55 1800
W: kidshelpline.com.au

Direct Line

Confidential drug and alcohol counselling and referral in Victoria
P: 1800 888 236

Ballarat Community Health (BCH)

Counselling - by phone or telehealth.
Connecting2community - 8 sessions with a peer worker
Healthy Minds - 8 sessions by mental health & lived-experienced clinicians
Alcohol & other drug support + MAC (Making a Change) drug & alcohol rehabilitation program
P: (03) 5338 4500
W: bchc.org.au

headspace

Provides free support to young people aged 12-25 years.
P: (03) 5304 4777
W: headspace.org.au/eheadspace

Raphael House

Pregnancy & parenthood counselling service for perinatal + babies up to 4 years. Referral requires a mental health care plan.
P: (03) 5320 2016

Lifeline

24/7 crisis phone support
P: 13 11 14

Centacare

Programs to support mental health, family and relationship counselling, community advocacy, homelessness, family dispute resolution, emergency relief and employment services.
P: (03) 5337 9999
E: enquiries@centacareballarat.org.au

Ballarat Health Services (BHS)

MHS-BHS: Mental Health services switchboard - for people experiencing severe and enduring forms of mental illness or disorders.
P: (03) 5320 4100 (switchboard)
W: bhs.org.au

Uniting Ballarat

Mental Health Clinic
Services & Treatment for Enduring & Persistent Mental Illness (STEMPI)
Alcohol and Other Drug services
Emergency Housing- Street-to-Home support to tough sleepers via phone where possible.
P: (03) 5332 1286
W: unitingballarat.org.au

Ballarat & District Aboriginal Co-op

Health, social, welfare, community development to local indigenous community members. Including GP appointments, AOD, counselling and psychology services for mental health care plans or PHN funding.
P: (03) 5331 5344

Salvation Army

Emergency relief + food & vouchers
P: (03) 5337 0600
A: 102 Eureka Street, Ballarat

Berry Street

Provides family violence support.
P: (03) 5331 3558

Wellways

Non-clinical mental health and community support for people and families following discharge from hospital after suicide attempt or crisis.
P: (03) 4333 0251
E: thewaybackgrampians@wellways.org
W: wellways.org

Pomegranate House

Psychotherapy for adults, adolescents and families from lower income and disadvantaged households in the Grampians region. Referral to services requires a mental health care plan.
P: (03) 5320 2260

Centre Against Sexual Assault (CASA)

FREE confidential counselling and support for people who have experienced sexual assault. After hours assistance provided via phone.
P: (03) 5320 3935

ChildFIRST

A referral service to support and connect vulnerable children (under 17) and families with community supports to protect and promote healthy development.
P: (03) 5337 3388

Australian Community Support Organisation (ACSO)

Support for mental health & wellbeing during Coronavirus pandemic & beyond. FREE support to improve your wellbeing, develop strategies to cope and provide emotional support.
P: 1300 375 330
E: partnersinwellbeing@acso.org.au
W: acso.org.au/aod-mh-support

LGBTIQ Support

Switchboard: 3pm – midnight
FREE non-judgemental, confidential & anonymous counselling with trained volunteers who identify as LGBTIQ
P: 1800 184 527