



DATES TO REMEMBER

What's UPPs



NEWSLETTER NO 12

TUESDAY 11 AUGUST

Dear Families,



Back we go! While we are really missing our students and disappointed that we have returned to remote learning, we understand that these are necessary measures while we work together to overcome COVID-19. Over the last few days, we have distributed information via SeeSaw about our learning plan for the coming weeks.

The Term 3 plan builds upon the remote learning plan developed in Term 2. We have responded to feedback and attempted to develop a plan that is engaging for students and more manageable for families.

The main changes are as follows:

Friday will continue to be a 'catch-up day' with no new tasks set. A range of resources is available for students desiring extra tasks. Please contact classroom teachers if you would like more information.

Wednesdays will be 'Specialist Day' when specialist teachers will set tasks for their classes. Children will then have a week to complete these until further tasks are set the following Wednesday. Classroom teachers will not set any new learning tasks on Wednesdays.

We have endeavoured to reduce the amount of time spent on devices.

Teachers will be assigning some hard copy tasks. Families will need to watch out for notifications from teachers in relation to this. While SeeSaw will continue to be the main platform for accessing our learning program, **all classroom teachers will be using WebEx** for face to face interactions with students.



I would like to reassure all of our families that we understand the difficulties associated with home learning. We know that many families are doing all that they can, but it is demanding to balance a busy family life with work as well as school demands. We are also aware that many people are feeling anxious and uncertain about the future. We know that you will encourage and support your children as much as you can. Please do not hesitate to contact us if you are in need of support because we are here to help where we can.



Devices

It has been great to see that over 50 families have borrowed school devices so that children can begin their home learning. Please contact us if your child/children requires a device as we are happy to assist where we can.



Building Project

The building project is certainly moving along and I'm hoping that much of the work will be done before we resume our full school program again. At this stage, the work has been centred upon the landscaping and preparation of the site for the installation of the new classrooms in mid August.



Professional Learning- Two Days with Kath Murdoch

A huge thank you to School Council for supporting our professional learning workshop last Thursday and Friday. Staff experienced remote learning as Kath delivered the workshop online, which worked incredibly well. The days were focused upon effective inquiry learning and the ways by which teachers can make learning more engaging, purposeful and relevant to students' lives. I would like to thank our fantastic PYP Co-ordinator, Mrs Lesa Compton, for organising the workshop for us.



Year 7 Placements for 2021

On Wednesday 19 August, we will be informing our Grade 6 students and their families of their

Foundation Placements at Newington in 2021

Please contact our office if you would like to enrol your child in Foundation for 2021. We can provide you with an enrolment form or alternatively, you can access the form on our website.

Best wishes,

Janet Hillgrove



Ballarat Police Crime Prevention Tip.

Did you know that most thieves are opportunistic?

We often create the easy environment. Many people leave their car keys in very visible locations, in a bowl, on a key rack and often not far from the garage door, just inside the house. Car thieves know this as well, which is why they are prepared to break in to houses.

Following a few of these very simple tips can target harden your premises and make it much harder for would be thieves.



Always lock your vehicles, even when they are left in a locked garage.

Remove any items of value from the vehicle.

Make sure doors between the garage and the house are locked, especially at night.

Don't leave keys in a predictable location like bowls or key racks just inside the door.

Crime Prevention Tip Provided By

Leading Senior Constable Des Hudson OAM. Ballarat Police Proactive Policing Unit.

JUNIOR UNIT

Well so much for back to normal as we had begun to feel a fortnight ago! Remote learning round 2!

As with our previous experience with learning from home, the Junior Unit will stick together to offer support to all of our students and families.

We know these times can be hard, but we also know that everyone can hold their head high and be proud of the way they got through this only a few weeks ago.

Having learned from this experience last time, we hope we are now better prepared to tackle this again.

The Junior Unit students have everything they need to learn from home, including each and everyone of you - who we know will support them, in everything they do.

Try to find the silver lining and enjoy spending quality family time together. Stay happy, healthy and safe and I am sure we will come out the other side, stronger than ever!

Good luck, from all of the teachers in the Junior Unit. We've got this!

MIDDLE UNIT

What an adaptable group of Middle Unit students and families we have. Everyone has simply rolled with the changes and made the second transition to home learning run extremely smoothly for the teachers.

Thank you, thank you, thank you. The standard of work being sent back by students is markedly better than our first round of home learning.

Grade 3 students are currently completing research as part of their Indigenous Cultural museum display. The students were fortunate enough to go on a virtual tour of the Melbourne Museum as inspiration for their work.

Grade 4 students are about to begin their perspective writing piece about the First Fleet. They will choose the perspective of a person involved and write a descriptive piece detailing how they feel and the impact of this event.

SENIOR UNIT

The Senior Unit has got back into the swing of Online Home Learning and it is pleasing to see students approach this significant change with a positive attitude. This transition is a challenge for everyone but we thank the students for their efforts over the first few days and hope to see these efforts continue and grow over the next 5 weeks.

In Grade 6, students have begun to investigate volume and capacity and their connections to other forms of measurement. As well as this, students have continued to develop their understanding of their Exhibition central idea and build their knowledge. Students have been encouraged to ask questions and see where their inquiry takes them as they learn new and relevant pieces of information.

This term Grade 5 have been exploring colonial history looking at our central idea: 'Communities are formed and impacted by colonisation'. In Maths, we have been looking into multiplication, using efficient mental and written strategies. We have also explored addition and subtraction of fractions. To improve our writing, we have focused on improving our ideas by brainstorming and planning. In the current weeks we will be seeking to improve our reflective thinking and bringing history to life by designing engaging historical presentations.

It has been great to see many students on Webex and it is pleasing to see students approach home learning with more confidence and certainty this time around.

Approaches to Learning Awards

Darama Anthony	00A	For researching about sheep and sharing his information confidently with the class.
Maddison Manton	00B	For confidently sharing her knowledge about farm animals and what they provide us with in front of the class.
Blake Curtain	01A	For the fabulous skills he has shown when planning map directions, while programming the Bee-Bots.
Archie Dalgleish	01B	For your independent thinking when planning a map and communicating direction with a Bee-Bots.
Mikhaila Addison	02A	For being able to evaluate various text types and identify their purpose. You have been a strong communicator, confident and happy to share your thinking. Keep up the brilliant effort, you are moving mountains!
Fletcher Church	02B	For being able to formulate wonderings about images and use this thinking to create a well structured text. Keep working hard and making us proud, Fletcher!
Dustyn Ives	03A	As a researcher, you showed commitment and confidence when exploring elements of Indigenous culture. Keep inspiring others in our class!
Jackson Algate	03B	For spending so much time and effort researching facts for his inquiry project linked with our History Lives Through Culture central idea.
Raghav Anand	04A	For demonstrating a sound ability to gather, interpret and synthesise information in texts. Raghav ensures he thinks critically and questions the reliability of different sources.
Jakobi Bunn-Minchinton	04B	For the way she has been able to use new knowledge to change her thinking. Jakobi has also asked wonderful questions that connect to her new knowledge.
Sienna Ham	05A	For your ability to evaluate, synthesise and interpret research sources.
Lily Smith	05B	For your ability to effectively plan for an engaging piece of writing.
Darby Warr	06A	For really getting stuck in to improving his research skills. His mini report on Snow flakes was very educational with great information combined with a terrific diagram.
Miley Drier	06B	For the efficient manner in which she has begun the research phase of her Exhibition. Miley uses research skills to discover new information as well as record sources of information in her bibliography.
Will Kingsbury	Music	For his self management, willingness to share his learning and his ability to show respect to others as they share their ideas in Music Classes.
Tahlia Lee	PE	For showing excellent leadership and team work during Physical Education lessons.
Joe Haby	LOTE	For showing great respect and support to his classmates, and setting a great example for his peers.



Primary Years Programme PYP Professional Learning

I wonder...what did the teachers do on Thursday and Friday when we weren't at school?

One of the best things about working in a school is that as teachers, we don't just 'teach', we get to be learners too!

Last Thursday and Friday all of the staff at UPPS engaged in a two-day professional learning workshop with Kath Murdoch. Kath is an experienced teacher, writer, university lecturer and popular consultant who has worked for many years with teachers and students in schools throughout Australia, New Zealand, Asia, Africa, Canada, The United States, The UK and Europe.

Kath introduced us to 10 practices that underpin 'The Art of Inquiry'. Due to current restrictions, our PL took place via the Zoom platform, with opportunities to share thoughts and ideas in both small and large groups. All teachers have instigated their own personal inquiry into an area of practice that intrigues them in their classroom. Throughout the term we will share our learning with each other and with our learners. Stay tuned!



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



Hello from your Specialist teachers!

As we find ourselves in remote learning once again, the specialist team want to reassure all of our families that we are here for you and look forward to supporting your learning in this challenging time.

As you may already know things have changed a little bit this time around in terms of when students will be allocated work by the different teachers. We are all excited to bring you....

SPECIALIST WEDNESDAYS

On Wednesday each week students will receive a lesson and learning tasks from each of the specialists they have this semester. There will be no other work allocated by generalist teachers that day so students can spend the whole day focusing on their Japanese, **Art, PE, Music and Inquiry Support work**. There will only be one Seesaw Post from each teacher so please make sure that your child reads the instructions carefully and completes the task to the best of their ability. While students will have the full week to respond, **they are encouraged to get all of their specialist work done on the Wednesday, or at least by the end of Catch up Friday each week.**

Students in Grades 1, 2 and 4 who work with Mrs Robinson (**Learning support and MacqLit**), you should expect a seesaw post each Monday and Wednesday. Students should submit these tasks on the day they get them, and also remember that reading everyday and applying the skills each time will strengthen their learning muscles.

The Specialist Team ask for your patience and kindness while we respond to everyone's work. Some of our teachers will be receiving over 300 tasks to give feedback on, possibly on the same day! It might take us longer than usual to respond, but we will respond with feedback before the end of the week (the Tuesday following the work being set).



August 2020

Physical Education

Physical Education

During our Physical Education lessons junior students have been learning new skills through participating in circus skills. The students loved using all the exciting equipment.



Senior Students enjoyed playing many indoor games such as Magnetic darts, Chess, Naughts and crosses and Table tennis.



Grade 3 and Grade 6 children participated in their second week of Football and Basketball coaching by year 12 St Patricks College P.E students. The children have enjoyed these small group sessions.



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



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

TOP PARENTING TIPS FOR PARENTS AND CARERS DURING COVID-19

1

Reassure your children that your family is your top priority.

Say something like "I'm your parent, it's my job to keep you safe and we are doing everything we can."

2

Maintain everyday family routines.

Keep to usual rising times, mealtimes, and bedtimes. Every family is different. Involve children in working out any new routine (e.g. have a daily plan of activities for school-aged children who are at home).

3

Have plenty of interesting things to do at home.

Busy children are less likely to be bored and misbehave. With your child, help create a list of 20 activities that will keep them busy (not just screen time).

4

Take notice of behaviour you like.

Think about the values, skills and behaviours you wish to encourage in your children at this very difficult time. There are many opportunities to teach your children important life skills (e.g., being caring, helpful, cooperative, getting on well with siblings, taking turns). Use plenty of praise and positive attention to encourage behaviour you like. Give them positive attention letting them know you are pleased by telling them what they have just done ("That's a lovely card you have written to your grandmother. That's so kind. She will really appreciate that.")

5

Make sure your child knows you are ready to talk.

Children need to be able to talk to parents about their concerns and have their questions answered. When a child wants to talk about their feelings, stop what you are doing and listen carefully. Avoid telling your child how they should feel ("That's silly. You shouldn't be scared about that.") Let children know it is OK to be worried. Talking or drawing can help children get in touch with their feelings and figure out what they are anxious about.

TOP PARENTING TIPS FOR PARENTS AND CARERS DURING COVID-19

6

Be truthful in answering children's questions.

Find out what they know about the issue before answering. Keep answers simple. Get information from trusted sources (e.g., official government websites) rather than social media.

7

Have a family plan of action.

Involve children in preparing the plan. As situations can change quickly (e.g., new travel restrictions, school closures), update the plan as needed.

8

Help children learn to tolerate more uncertainty.

The COVID-19 crisis creates uncertainty for everyone. Parents need to find a way to accept uncertainty and, through your actions and words show this acceptance to your children. It's OK to say, "I don't know; let's find out what we can." Big changes to children's lives can be hard and are often scary. They can also create opportunities for learning new skills.

9

Take care of yourself the best you can.

Deal with your own distress by taking actions that give you a better sense of personal control. Stress management skills such as mindfulness and/or deep breathing can help reduce stress. Keep healthy and safe (good personal hygiene, exercise daily, eat well, get enough sleep, avoid using alcohol or drugs to lessen stress). Avoid behaviour that might increase your stress. For example, while it is helpful to keep informed about COVID-19, constant checking on your screens can increase stress.

10

Reach out and connect with loved ones.

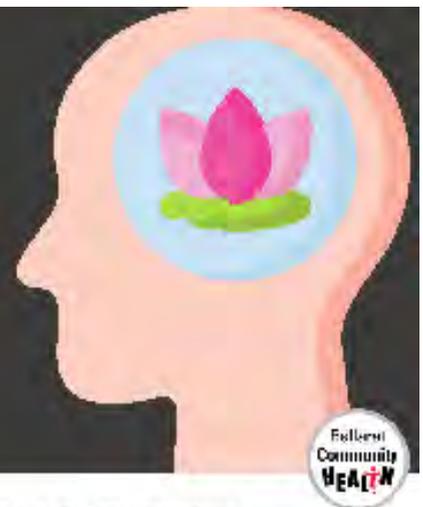
Make greater use of phones, online communication tools (video conferencing) and social media to keep in touch with family, friends, and neighbours. Help others in need who are going through a tough time and are more vulnerable (e.g., parents/caregivers with disabilities, older people).

Written by Matthew R. Sanders and Vanessa E. Cobham
Parenting and Family Support Centre | © The University of Queensland



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 - 6 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 8999
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 rough 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 supports.
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: thewaybackgramplans@wellways.org
W: wellways.org

Pomegranate House

Psychotherapy for adults, adolescents and families from lower income and disadvantaged households in the Gramplans 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 3933

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