



Our vision:

At University Park PS, we work collaboratively to ensure every individual learns to their full potential and is a respectful and responsible member of the community.

Our Values:

Respect

Responsibility

Learning

Honesty

Collaboration

Our School Improvement Goals:

Student Achievement:

To ensure that the annual learning growth for every student in literacy and numeracy is greater than one year.

Student Engagement:

To improve engagement by building student voice in their learning.

Student Well-being:

To enhance support for every student to thrive in a safe and stimulating learning environment.

UPPS Update

As Acting Principal for Term 4, it is with calm disbelief that I reflect on the staff changes we have had so far, this year. Just as we assist new and/or returning staff in settling into our UPPS ways, another area of the school is impacted upon. It is quite extraordinary. Our Principal Selection process has been in progress and I look forward to sharing the outcome with you shortly, excited by the thought of another five years as part of a strong leadership team. As mentioned at a recent Assembly, although it is sad when a member of staff is absent or must leave, for whatever reason, we can always look forward to the fresh ideas and enthusiasm that comes with a new, or returning, member of staff. Our latest staff member, who must leave us temporarily, is Miss Elshaar. Due to personal reasons, she is moving interstate and must do so by the 20th of November. This means her last day with us will be Friday, November 17th. Although this is very sudden and sad news for us all at UPPS, it is with great excitement that we wish her well in her future endeavours, as she moves to Adelaide. We also take great pleasure in knowing that she will be returning to us at UPPS, and that time passes very quickly, year by year. Please take a moment to acknowledge her great work over the past two years and know that the programs she has put in place will continue to flourish, whilst she is away.

Positive Psychology for Parents

Gratitude: the quality of being thankful; readiness to show appreciation for and to return kindness.

Currently, in both Grades 3/4 and 5/6, teachers are encouraging the use of a Gratitude Jar, as part of our Health Education Curriculum. We also have one in the staffroom, to encourage positive reflection and thoughtfulness amongst staff. When an individual is feeling grateful for something, they write their thought on paper and place it in the jar, to be shared with others at random times. Together, we are cultivating the habit of being grateful and showing appreciation to conjure positive feelings in self and others, as well as promoting several health benefits...

Gratitude has been shown to:

- Help you make friends. A study found that thanking a new acquaintance makes them more likely to seek a more lasting relationship with you.
- Improve your physical health. People who show gratitude report fewer aches and pains, a general feeling of health, more regular exercise, and more frequent checkups with their doctor than those who don't.
- Improve your psychological health. Grateful people enjoy higher well-being and happiness, and suffer from reduced symptoms of depression.
- Enhance empathy and reduces aggression. Those who show their gratitude are less likely to seek revenge against others and more likely to behave in a prosocial manner, with sensitivity and empathy.
- Improve your sleep. Practicing gratitude regularly can help you sleep longer and better.
- Enhance your self-esteem. People who are grateful have increased self-esteem, in part due to their ability to appreciate other peoples' accomplishments.
- Increase mental strength. Grateful people have an advantage in overcoming trauma and enhanced resilience, helping them to bounce back from highly stressful situations. (Morin, 2014).

So I thank you for reading this Newsletter; for your patience and understanding in all that we do as a learning community; and for your ongoing support, particularly this term. :)

Upcoming events

Our Prep-Year2 Swimming Program will begin on Monday, 13th November, to Friday, 17th November. All of our Early Years students are expected to participate in this program. Thank you to all Parents/Guardians who have already provided consent and/or payment. If financial hardship is impacting on your child's capacity to take part, please see myself or Mrs Truong for assistance.

Louise Dingley
Acting Principal



University Park Primary School Movie Night

Friday, 17th November, 6-8pm. Dress in your PJ's, BYO cushion/beanbag.



\$6 per child, includes popcorn, lolly bag & drink

Hot Dogs available for \$3 (\$3.50 Halal) from 5:15pm

Parents must stay, if non-school aged siblings are attending.

This is a Parents & Friends fundraiser for school facilities and programs.



Sunsmart Policy

The UPPS Policies and Procedures Sub-Committee of the School Council developed our Sunsmart Policy in 2015. The Policy is available to view on the School's Website. The information and expectations formulated are based on guidelines from the Cancer Council and the Department of Education and Training (DET). As a result of these guidelines, **students are required to wear their school hats from the 1st of September**, rather than from the beginning of Term 4, and **whenever UV levels reach 3 and above***, until the **end of April**. During these times, the 'No Hat, No Play' rule will apply and additional sun protection measures will be promoted via the school Newsletter, Website and Assemblies. As a result, parents are encouraged to be vigilant by checking the UV Index and responding accordingly to promote safe sun practices. This information can be found on the following site: <http://www.bom.gov.au/vic/uv/melbourne.shtml>
Please ensure that your child and/or children have access to their own school hat to allow their full participation in the playground during break times.

IMPORTANT UPCOMING DATES: SCHOOL BANKING DAY IS EVERY TUESDAY

Thursday, 9th November: P & F Meeting at 9am

Monday, 13th November: Assembly at 9am in Building 3

Monday, 13th - Friday, 17th November: Prep-Grade 2 Swimming from 9am-1pm

Tuesday, 14th November: Prep 2018 Orientation - Day 3: Session at 2:15pm

Friday, 17th November: Prep 2018 Orientation - Day 4: Session at 10am

Friday, 17th November: P&F UPPS Movie Night from 6pm-8pm

Monday, 20th November: School Council Meeting at 6:30pm