PRINCIPAL’S REPORT 13.5.2011

MARKET FRESH PROGRAM
We had the visit from the Melbourne Market Authority for the Market Fresh Schools Program today. Children were involved in a Fresh Food information program and sampled fresh market produce. Thanks to the parents and volunteers from the PA/Fundraising for assisting with preparing the food and Sue L for organising the event.
EDUCATION WEEK - 16 - 20TH MAY

Education Week will be held next week from 16th – 20th May.

Thursday 19th May- Upwey Pre School Visit - Science Activities 2:00 – 3:00 pm
Friday 20th May- Walk Safely To School Day- Children are encouraged to walk to school from their house or be dropped off at a distance from school if transported by car so that an amount of walking may still occur.

“SPECIAL PERSON” DAY
This will be held on Monday 16th May. I hope all the children have been able to invite a “special person” in their lives to attend the school activities from 11:30 am until 1:00 pm, with an invitation to stay for lunch if desired. We will begin the event with everyone in their classrooms and then we will have a tabloid program involving a variety of “old time” games for children and adults.
Looking forward to seeing everyone there.

OPEN EVENING
All children and their families are invited to attend the Education Week Open Evening on Wednesday 18th May from 7:00 – 8:30 pm. We will have:
Open Classrooms from 7:00 to 7:30 pm
Art Work in the Hall from 7:30 – 8:30 pm
We will be making a huge diorama with the school emblem, the lyre bird, as the focus. Preliminary work has been organised by Mrs Mitchell in the Art classes.
Looking forward to the involvement of parents and children in this project.
**NAPLAN TESTING**

The Year 3 & 5 children have now completed the NAPLAN tests. Thanks to the boys and girls who worked so hard. I hope they were able to do their personal best as much as possible. The results will be useful for some indication of the children’s achievement level at this time and are useful as a comparison to other Year 3 and Year 5 students across Australia. They give a very good snapshot. (The results will not be available until later in the year.)

Please remember that these are only one form of testing and evaluation completed at Upwey Primary School as part of the overall assessment of children, and evaluation is ongoing throughout the year.

**SCHOOL COUNCIL MEETING**

The May School Council Meeting was held on Monday 9th May. The items discussed were:

- School participation in the ABC Learning Centre, Colby Drive, Belgrave South – Pre School Transition Expo
- School Self Evaluation
- Grant for landscaping after Bushfire Management work
- Staff Log In Procedures re Emergency Management procedures
- Proposal for a Friday Breakfast at Upwey PS

**REMINDERS**

**YARRABEE YESTERDAY’S WORLD - P-2 EXCURSION**

Permission for the Yarrabee Yesterday’s World Excursion for Prep H and 1/2 A have been distributed to children. The excursion will take place on Thursday 2nd June. Please continue to make payments over the coming weeks or pay the complete amount ASAP.

**YEAR 6 SECONDARY PLACEMENT FORMS**

A reminder for all Year 6 children that placement forms for Year 7 secondary school placement in 2012 need to be returned by Friday 20th May, only one week away.

**KNOX CITY SHOPPING CENTRE - EDUCATION WEEK DISPLAY- 16-20TH MAY**

Education Week will kick off with the Upwey Primary School display board being decorated at Knox City Shopping Centre. If you are in the vicinity please drop in and have a look. Many schools will be represented to advertise their achievements and school highlights in the Education Week Display.

**SCHOOL SELF-EVALUATION & REVIEW**

A very important evening Parent Forum on Monday 30th May from 7-8:30 pm in the school library has been organised for parents to provide ideas and input about our School Self Evaluation.

Please attend to have your say on the elements of school life that affect our community.

**ACCOUNTS DISTRIBUTED**

Some parents have recently received accounts for unpaid school expenses (BASC, Book Lists, Excursions, and Voluntary Contributions etc) for 2011. Please attend to these as a matter of urgency.

**FUNDRAISER**

**CADBURY CHOCOLATE FUNDRAISER**

The boxes of fundraiser chocolates have been distributed to children on Monday 9th May. I ask that families sell the chocolates to friends, family members etc if possible to assist the PA/Fundraising Committee in their efforts to raise funds for the school.

If your child did not receive the box and you do wish to sell chocolates please contact the office also. All money raised or unsold chocolates will need to be returned to the school by Tuesday 31st May. Thanks in anticipation of your cooperation.

**SCHOLASTIC BOOK CLUB - FINAL REMINDER**

(This first order is due by Monday 16th May- No late orders will be accepted.) The orders will be collated at school and sent to Scholastic and the books will then be delivered to the school for distribution to the children to take home.

**BUSHFIRE MANAGEMENT PROCEDURES**

**TREE REMOVAL ON SATURDAY**

We will have some high risk and compromised trees removed from near our buildings next Saturday 22nd May and possibly the following Monday. This work was to be carried out over the holidays but did not occur. The department have contracted the work after Bushfire Assessments made by arborists and Bushfire Management Engineers. Please keep away from any works during the weekend although appropriate cordonning off with risk areas will no doubt occur. I have been involved with all discussions, inspections and identifications to ensure that minimal works will be carried out to ensure retention of our wonderful vegetation area but with due regard for the highest levels of safety for children and staff at Upwey Primary School. The best news is that as a follow up to completed works we have been given a grant to assist with re-vegetation and associated landscaping. The Building & Grounds Committee will be charged with addressing this matter.

**JUST FOR FUN**

**A DEFINITION**

**BASIC UNIT OF LARYNGITIS = 1 HOARSE POWER (SORRY ABOUT THIS ONE MRS ARVO!)**

**UPCOMING EVENTS- SPORT**

**HOUSE CROSS COUNTRY**

The House Cross Country Sports will be held next week on Tuesday 17th May from 10:00 am. Children will be able to attend in House Colours to show their allegiance. All children will be required to attend unless excused for reasons provided in a parent letter. Children will be running over appropriate distances according to their age level with the Year 5 & 6 children running over 2-3 kilometres. The course will be on the school oval and across Upwey High and the Upwey Reserve. Children may walk the event which is part of our PE and Sports Program in the school.

The results will assist in determining the school team for the District Cross Country Sports.

The District Cross Country Sports will be held on Friday 27th May at Crystalbrooke Park, Cardinia Reservoir (Melways126B11) from 12:2:30 pm.
DANDENONG RANGES OPEN STUDIOS Sat 28th & Sun 29th May

Chalking up their eighth year, the Dandenong Ranges Open Studios returns once again in 2011, featuring more than 20 different artists working across a broad range of mediums from various locations around the Dandenong Ranges.

The 2-day weekend event celebrates the amazing diversity and artistic spirit that is alive and well in one of Victoria’s most picturesque regions. The weekend provides not only a unique insight into the artists’ work, but also their creative environments as well as they welcome you into their private workspaces.

A favourite and highly anticipated part of the cultural culture for both locals and tourists alike, the program this year will include various mediums such as clay, wood, paint, as well as work within digital and visual art fields.

Open Studios is about celebrating the rich and vibrant artistic heritage of the Dandenong Ranges, and provides local artists with the opportunity to open their studios to the public and talk to them about their work.

Please pick up a brochure from Upwey Primary School office or Further details are available at www.burrinja.org.au
**CHILDREN, CHOICES & CHALLENGES**

5 WEEK PARENTING COURSE

Do you wonder why your kids aren’t listening to you or how to deal with their anger and your own?

Do you want to stay connected to your child?

Do you find living with kids exhausting and frustrating?

Are they just driving you completely batty?

Come and share your ideas, skills, solutions and frustrations and get some new strategies to help with healthier relationships!

Who: Mums, Dads & carers of children aged 5-12 years

When: Mondays 23rd May, 6th, 20th & 27th June (no class 13th June) 2011

Time: 10am - 12:00pm

Where: The Bridgewater Centre, Rowville Uniting Church

Cost: Free (bookings essential) Parentzone: 9721 3646

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**HOME HELP & CLEANING SERVICES**

- Laundry
- House Cleaning
- Rental Bond cleaning
- Cooking
- Running errands
- Seniors/New Mothers

**SEND ME AN ANGEL SERVICES**

0400 996 276

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**UPWEY MOBILE UNIT**

Upwey - Tecoma Bowls Club

Chosen Avenue, Upwey

Monday 6 June 1:30pm - 7:30pm
Tuesday 7 June 1:30pm - 7:30pm
Wednesday 8 June 1:30pm - 7:30pm

Appointments essential. New donors welcome

Call 13 14 95 or email dpallen@redcrossblood.org.au

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**International ME/CFS Awareness Week**

8th-15th May 2011

ME/CFS Australia ( Vic, Tas, NT) info (03) 7259 3100, www.mechsinfo.org.au

Fast Facts: Myalgic Encephalomyelitis/ CFS

- An estimated 100,000 in Australia missing from school or work due to ME/CFS
- Prevalence: 1 in 200 in Australia
- Effects: All age groups, children as young as 5, common in teens, more common in females
- Cause: Often sudden following an infection or other trigger, but can be slow onset
- Pathogenesis: A complex neuro-immune disorder; it is not a psychiatric condition
- Case: No known cure, some treatments can be helpful
- Severity: Mild, moderate or severe; some recover, some will improve, some never recover
- Early & accurate specialist ME/CFS management is critical to assist a good outcome

**Disseminate** Canadian Criteria see website: Require some symptoms in all 7 categories of criteria

**Symptoms**

- New onset:
  1) Post-exertional malaise after physical or cognitive activity
  2) Dysfunctional sleep
  3) Pain: joint or muscle or headaches
  4) Difficulties thinking/processing /organizing information and on sensory overload, vision disturbance
  5) Fatigue

**Symptoms from any of the following three categories**

- 6) Changes in body temperature, appetite changes
- 7) Changes in body temperature, appetite changes
- 8) Some throat swollen lymph glands allergies sensitivity

**Students with ME/CFS will require an ME/CFS Fitting Plan and an Individual Education Plan**

For more information please call ME/CFS Australia ( Vic, Tas, NT) info/support line (03) 7259 3100.

Fact sheets, self management course, youth chat forum/connections www.mechsinfo.org.au

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**Having nearly died in a car crash, I want to enjoy every second of life. Feeling the blood pumping through my veins reminds me how many people I need to thank.”**

Jacob, 21
# Term 2, 2011 - Upwey Primary School Family Calendar

<table>
<thead>
<tr>
<th>Term 2</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>25th April</td>
<td>26th April</td>
<td>27th April</td>
<td>28th April</td>
<td>29th April</td>
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<tr>
<td><strong>EASTER</strong></td>
<td><strong>EASTER MONDAY</strong></td>
<td><strong>EASTER TUESDAY</strong></td>
<td><strong>TERM 2 BEGINS</strong></td>
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<td>Week 2</td>
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<td>4th May</td>
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<td>Responsible Pet Ownership</td>
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<td>Week 3</td>
<td>9th May</td>
<td>10th May</td>
<td>11th May</td>
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<td>Naplan Testing</td>
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<td>Market Fresh Fruit Presentation</td>
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<td>Gardening club</td>
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<td>Week 4</td>
<td>16th May</td>
<td>17th May</td>
<td>18th May</td>
<td>19th May</td>
<td>20th May</td>
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<tr>
<td><strong>Education Week Begins</strong></td>
<td>Prep Transition Special Person Day House CrossCountry</td>
<td>School Tours &amp; Prep Info Sess 9.15-10am and 7pm-7.30</td>
<td>Upwey pre School Visit: Science Fun 2-3pm</td>
<td>&quot;Walk to School&quot; Safety Day</td>
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<td>Gardening club</td>
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<td>Week 5</td>
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<td>Week 6</td>
<td>30th May</td>
<td>31st May</td>
<td>1st June</td>
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<tr>
<td><strong>School Photos</strong></td>
<td><strong>Parent Forum</strong></td>
<td><strong>Hawthorn Footy Clinic 3/4G</strong></td>
<td><strong>Yarrabbee Excursion Prep/1/2</strong></td>
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<td>Week 7</td>
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<tr>
<td>Gardening club</td>
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<td>McDonalds Hooptime Years 3 &amp; 4</td>
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<td>Winter Round Robin 9.45-2.15</td>
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**Prep H made Delicious Dinosaurs**

![Image of dinosaurs made by Prep H students]