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Acting Principal: Ms Robyn Bell

At **Undera Primary School** our vision is for all students to be independent, self-motivated learners with a love and curiosity for learning and to face challenges with courage to achieve life-long success.

Term 3 Week 2 2023

What's happening at UPS

- Monday 24th July – Pupil Free Day
- Tuesday 25th July – School Council meeting 6.30pm
- Friday 28th July – Responsible Pet Program
- Thursday 24th August – Book Week Parade
- Friday 25th August – Bendigo Discovery Centre excursion

July birthdays

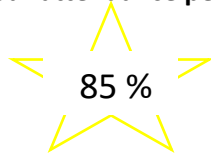
- 1st – Mrs Gaffy
- 6th – Shekira
- 10th -Miss Cox



Attendance

Every Day Counts

This week our attendance percentage is



Please notify the school if your child is absent or late. Thank you

Undera PS News

Stomp Dance Excursion

On Tuesday we all enjoyed a fantastic day at Ardmona Primary School. Our students made us proud as they worked cooperatively with different students, participated enthusiastically in the Stomp Dance workshop and joined in social games in a new playground space. See our photo page and Facebook page for some photos of the day.



2024 Foundation Enrolments due by Friday 28th July

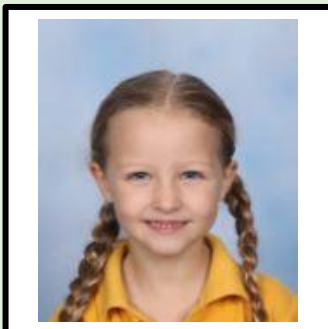
The final date for Foundation enrolments for 2024 is approaching fast. If you require another enrolment form please call into the office. An electronic version is also available from our website. If you are still undecided as to what school to enrol your child please drop in and see the great educational programs we offer at Undera Primary School.



Rocket Maths

We have introduced a new program to help our students improve their automatic recall of number facts. This program has online and worksheet components. Each day students practise their number facts with a partner and then complete a one-minute test to see if they have achieved their goal. Already most students have levelled up a few times! Students can also use the online version to practise at school or home. Login details for senior students have been sent home. Junior room logins will be sent home once the students are more confident with the program.

Students of the Week



Elloise Wiltshire

For being a helpful buddy during Rocket Math!



Jordan Muir

For taking the time to say good morning to others.

School Information

Scholastic Books



Children bring home Scholastic Book Club catalogues twice each term. There is no pressure to purchase however the school earns points for any purchase you make. This helps stock our class libraries. Books can be ordered through the LOOP app. Here is a link to the parent's Guide to Book Club.

https://issuu.com/scholastic_australia/docs/scholastic_book_club_parent_guide?fr=sODVIMDMONDU5MDI It explains the easy steps to ordering online.

Undera Primary School Bus

A big thank you to Nicole, our bus driver. Her mobile no. is **0458243454**



Mental Health and Wellbeing at UPS

This week the junior room has been introduced to the Zones of Regulation. This is a curriculum designed to foster self-regulation and emotional control. In both the junior and senior room we have developed a poster as a class showing 4 different zones and the emotions that go with them.

The Green Zone – Describes a calm, alert state e.g. focused, calm and happy.

The Blue Zone – Is used to describe low states and down feelings e.g. sad, bored and lonely.

The Yellow Zone – Shows a heightened state of alertness but with some control e.g. stress and frustration.

The Red Zone – Is a state of extremely high energy and intense overwhelming feeling that are hard to control e.g. rage, terrified.

The zones can be compared to traffic signs or a stop light. When given a green light (in the Green Zone), one is 'ready to go', A caution sign means slow down or be aware which applies to the Yellow Zone. A stop sign means stop; when a person is in the Red Zone, he or she may need to pause and regain control. The Blue Zone can be compared to a blue rest area where you pull over when you're tired and need to recharge or gain comfort. Students will use the Zones of Regulation to check in on their emotions each day. This will allow them as individuals to learn to regulate their emotions and allow us as teachers to better understand each individuals needs throughout the day.

Free Education at Undera PS

Thanks to the Schools Plus grant program we are fortunate to offer our students free education for the next three years – 2023 to 2025.

This means no school fees, no-cost swimming program, free excursions and devices such as netbooks and/or iPads available for every student. If you know of any new families looking for a great school please send them in our direction.

PROTECT

Everyone has the right to be safe and be protected from abuse.

No one should behave in a way that makes you feel unsafe or afraid, including anyone in your family, anyone at school or anywhere else in the community.

Tell a teacher or any adult at your school if you feel unsafe.



It's everyone's responsibility. Adults at school must listen and respond to concerns about child abuse. If you suspect abuse of any child or young person, you have a responsibility to report it, even if you are not sure.

Further information & resources
www.education.vic.gov.au/protect



Community News

If you have anything you would like shared through our newsletter such as community events, please contact the school on 58260211 or email.

Thank you to our sponsors -
**Mooroopna Hardware Timber
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