



# THE NEWS

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## Issue 13

31st August 2017

- Principal's message
- News from Year 5
- News from the Library
- Silver Award
- Chappy's Corner
- Student Council Report
- Master Teachers News
- Woolworths Earn and Learn

## INFORMATION IN THE OFFICE

- PCYC Junior Indoor Netball competition Saturday Morning Games starting 7th October @9am—11am Ages 7-12 \$60 per person per season + \$20 Annual M/ship
- GH Foundation Maryborough Aquatic Participation Fun Day, Monday 11th September 2017 10am-1pm Register online [www.qld.swimming.org.au](http://www.qld.swimming.org.au)
- Hevey Bay Oztag 2017 Senior and Junior Summer Season Sign On 30th August info [www.herveybayoztag.com](http://www.herveybayoztag.com) or call Glenn 0414893840
- Paisley Park Early Learning Centre on Miller Street is taking new enrolments, Ph 1800 724 753
- The Great Book Swap at Fraser Coast Artslink Hall, 187 Bideford Street, Friday 8th September 12.30-5.30pm
- Junior Writers Club, Flash Fiction Challenge, Entries close 8th November, winners drawn 7th December.

### Stockland Hervey Bay School Rewards

The Stockland Hervey Bay School Rewards program is a opportunity for schools to win a share in \$8,500 worth of JB HiFi gift vouchers.

All you need to do is:

1. Make a purchase from any store at Stockland Hervey Bay during the campaign period.
2. Visit the customer care desk to register or you can register online at [www.herveybayschoolrewards.com.au](http://www.herveybayschoolrewards.com.au)
3. Present your receipts to customer care—or upload them to the website and allocate the dollars spent to Urangan Point State School
4. Customers will earn 1 point for every dollar spent—there will be opportunities to earn double and triple points by shopping at selected retailers during selected periods.

The prizes are

First prize: \$5000 JB HiFi Gift Card  
 Second prize: \$2,500 JB HiFi Gift Card  
 Third Prize: \$1,000 JB HiFi Gift Card

Plus there will be 6 weekly customer draws giving you the chance to win \$100 JB HiFi Gift Cards!

**Closing at 8pm 7th September 2017**

### SILVER AWARD RECIEPENTS



### DATES TO REMEMBER:

#### August

- 31th - Year 5-6 Camp at Glastonbury

#### September

- 1st - Year 5-6 Camp at Glastonbury
- - Prep Open Day
- - Swimming Lesson Prep—Grade2
- - Junior Parade
- 6th - Prep U Waterwise Garden day
- 7th - Beginners Strings Workshop at Kawungan SS Hall
- 8th - Swimming Lessons Prep—Grade 2
- - Whole School Parade
- 12th - Junior Carnival at UPSS—Year 1
- 13th - Junior Carnival at UPSS—Year 2
- 14th - Rewards Day
- 15th - Whole School Parade

#### LEADER BOARD

1st Bayside Christian College	7th Sandy Strait State School
2nd Kawungan State School	8th Yankee State School
3rd Hervey Bay Special School	9th Torquay State School
4th Urangan Point State School	10th Xavier Catholic College
5th Star of the Sea Catholic School	11th Fraser Coast Anglican College
6th St James Lutheran College	

## MESSAGE FROM THE PRINCIPAL

Dear Parents and Caregivers,

### News from Camp

After speaking with Mr Fisher early this morning, our year 5 and 6s have had a fantastic start to their camp. The children were really excited, taking part in plenty of great activities on Wednesday. He commented on how the children have conducted themselves to date. They had a great evening and a restful nights sleep. Over the coming weeks, our school will be implementing the 'You Can Do It' program. It's unique contribution is in identifying the social and emotional capabilities that all young people need to acquire in order to be successful in school, experience wellbeing; and have positive relationships including making contributions to others and the community (good citizenship).

Hopefully you find this article useful in working with your children.

### Teaching Persistence: How to Build Student Stamina

Teaching persistence in the classroom is an important part of setting up learners to succeed. Students who have mastered persistence are able to work through challenges, deal constructively with failures and adversity, and achieve the goals they have set for themselves. It's a lot like running a marathon. The runners who make it to the finish line are the ones who persist in showing up for practices and trainings, learn to anticipate slumps and pace themselves, engage in positive self-talk during tough times, take steps to effectively prevent and treat injuries, and adjust expectations to fit reality – even if “finishing” means having to crawl the last mile. Like a runner who has not trained to run longer distances, learners can't persist in their learning if they haven't developed the stamina they need to keep going when things get tough. Teaching persistence depends on first developing student stamina as a way of conditioning learners to handle sustained effort.

To help learners build stamina and persistence, it's important to create the right learning environment:

### Help Learners Develop a Growth Mindset

Learners need to know that they have the ability to grow and change, and that effort is the key. Praise them when they focus their efforts toward specific, clearly defined goals. When you say things like, “Those extra 10 minutes of reading each day are paying off – you are decoding unfamiliar words much more easily now,” you help learners make the connection between effort and achievement. The goal is for learners to become intrinsically motivated to engage in effortful learning now and in the future.

When kids say to you, “I am not good at .....” add one word, “I am not good at ....., YET.”

### Push a Little Bit – and Know When Enough is Enough

Sometimes learners just need a little bit of encouragement to get past a hurdle. A few supportive words, like, “Think of how good you will feel when you finish those last two addition problems and you know you did the whole worksheet all by yourself!” can make all the difference. On the other hand, a learner may need to know that it's okay to take a break and come back to a particular task when he's feeling less frustrated. In that case, it's important that the learner

really does come back and complete the work to get the experience that he truly can “do more” when he persists.

### Model Persistence

Most learners love to hear personal stories from their teachers. Telling your learners about your weekend plumbing project that didn't go as planned – and how you got through it and completed it – is a great way to help learners see that everyone feels like giving up sometimes. It also models for them how to overcome those feelings and reach a goal – without coming off as preachy.

### Teach Positive Self-Talk

Some learners need a lot of help knowing what to say to themselves to stay motivated. If a learner's typical internal dialogue consists of statements like, “This is too hard,” or “I don't know how to do this,” it may come as a revelation to discover that there are other options. Giving learners specific wording, like, “I know I can do this if I keep at it,” or, “If I'm really stuck I can ask a friend or my teacher for help,” can begin to change the way they think and act when faced with a challenge.

### Expect More

Let learners know that you have high expectations and that you have confidence that each and every one of them can meet those expectations. Be sure they have access to the tools they need to be successful, and that they know how to use them.

### Make the Most of Technology

Online tools like the Fast ForWord program can help learners make the connection between effort and achievement. The Fast ForWord program gradually builds learner stamina for enduring increasing degrees of cognitive load. The exercises develop reading and language skills at the same time as they boost memory, attention, processing, and sequencing ability. It gives learners immediate feedback on their performance and automatically adjusts the difficulty level for just the right degree of challenge. Fun reward animations help learners see when they have achieved a goal to help them stay motivated.

### Call Out the Brain

It's never too early – or too late – to teach your students about how the brain learns. Introduce the concept of brain plasticity – the idea that the brain changes in response to how it's used – as a way of reinforcing the idea that learning is achieved through focused, sustained effort. Help them understand that every brain is capable of making dramatic changes and leaps in learning.

### Repeat, Repeat, Repeat

Students learn persistence in the same way that they learn sight words or multiplication tables – through repetition. Strategies like modelling persistence, connecting effort to achievement, and pushing students to do a little more than they think they can aren't a one-time deal. But when repeated over time, the cumulative effect will likely be increased stamina, improved persistence, and intrinsic motivation for ever greater learning.

Sourced from: <http://www.scilearn.com/blog/teaching-persistence-how-to-build-student-stamina.php>

Have a Great Fortnight!

Geoff Pelling

Acting Principal

Principal: Geoff					
Date	Monday	Tuesday	Wednesday	Thursday	Friday
4/9 - 8/9	11.45-1.30pm Leadership Meeting Andrew Nye (HOC)	10-11am Leadership Meeting	10-10.30am Leisa Staunton 3.15pm Staff Meeting		2.15-3pm Parade
11/9—15/9	11.45am—1.30pm Meeting Andrew Nye (HOC)	10-11am Leadership Meeting	10.15-10.30am Meeting Leisa Staunton 3.15-3.45pm Cluster Meeting		2.15-3pm Parade Whole School
DP —Mark					
4/9-8/9	11.45-1.30pm Leadership Team meeting	10-10.30am Meeting with Gloria and Leif re MPS 10-11am Solid Pathways 1.40-2pm Detention Room	10-11am Development plan with staff 11.15-11.40am Detention Room 12.15-1.15pm Development plan with staff		1.40-2pm Detention Room 2pm You've Been Spotted 2.15pm Junior School Parade
11/9-15/9	11.45-1.30pm Leadership Team Meeting	10-11am Solid Pathways 1.40-2pm Detention Room	10-11am Development plan with staff 11.15-11.40am Detention Room 1.15pm Development plan with staff		1.40-2pm Detention Room 2pm You've been spotted 2.15pm Senior Parade

## NEWS FROM YEAR 5

In Year 5 we have been doing feature articles. Below is a one from one of our students.

### Flying Foxes Cause Destruction in Larossa Bay

By Zac

Some people in Larossa Bay think that the 18 million dollar development should make the flying fox roosts relocate because they are close to housing and they would make too much noise. They believe that people might want to move from Larossa Bay to get some peace and quiet. It's also dangerous for kids because if they're not careful they can get hurt because flying foxes carry deadly diseases.

Flying foxes are interrupting our sleeping schedules and they're also interrupting schools. Their smell is making kids stop doing their work and teachers are complaining as well as the kids. The mayor must get rid of them right away so people can get on with their normal life. These disastrous creatures are destroying cars and making a mess. They are wrecking paint jobs on cars. Their droppings are like acid so it takes away the colour of the paint. They are also turning nice trees into nasty smelling and nasty looking trees.

Did you know these little menaces carry diseases? So do you really want them flying around when your kids are outside and they could get the disease and become very sick? Sally Montgomery, the deputy principal of Larossa Bay Primary school said, "Parent groups are also concerned about the risk associated with exposure to the Hendra virus carried by the flying foxes". The Hendra virus can be transmitted to humans if bitten or scratched. This is indeed a huge concern

I'm sure you all agree with me that we should get rid of those nasty menaces because they are disrupting the residents of our peaceful town.

## NEWS FROM THE LIBRARY

### **BOOK WEEK fun at UPSS!**

A mighty THANKYOU to everyone in our school community for helping make our Dress-Up Day such a wonderful day for our students. It was great to see our students, and our teachers, have so much fun in character throughout the day. Have a look at all the photos from Dress-Up Day on our UPSS Facebook page.

### **BOOK CLUB Reminder**

The closing date for **Issue 6 Book Club** orders is today **Thursday 31 August**.

Parents can order online using the LOOP system outlined on the back of the catalogue, or cash orders can be handed to Mrs Fowler or Mrs Allwood in the LIBRARY.

## HOC NEWS:

Sometimes when our children get home from school, it can be hard to get much more than a grunt or two when you ask about their day. If you find it difficult to get much of a conversation going, try asking open – ended questions that are not as easy for them to ignore or shut down.

An open-ended question cannot be answered by a simple one-word answer. It requires more thought and consideration to come up with an answer. An open-ended question would be "What was the best part of Gala day?" As opposed to "How was Gala Day?"

While these ones may seem obvious, try some next time you get the chance:

What made you smile today?

Can you tell me an example of some kindness you saw today?

Did anyone do anything silly to make you laugh?

Did you learn something you did not understand?

What is something that challenged you today?

And my favourite:

Teach me something I do not know.

## CHAPPY'S CORNER

Last newsletter, I discussed talking to our kids about change. This week, I thought change might still be a beneficial topic as I have noticed for some children setting off on camp, there seems to be a common shared concern relating to change and new things. This concern is the challenge of venturing away from home for an extended period. For many children, the idea of going away might be an exciting idea though for some it might be a first time or may be extra daunting for some personal reason.

Having been on a number of camps over the years, it has been a privilege to see so many students struggle with this concern, persevere through the challenge and come out on top. Sometimes I speak to children about the potential we are born with and how it is often difficult to fully grasp how great our potential to overcome challenges is. It is good for us all to have opportunities to get outside our box of comfort so we can be exposed to safe situations which will stretch us beyond our normal limit.

Of course, on the flip side, there is balance and we also need to listen to our children and support them while they are facing fears or recognise when something really isn't right.

Of course, none of us gets it right all of the time, but if we are trying- then we are bound to do good at some point!

If you're worried about your child on camp when reading this, please know we understand you might be feeling a little anxious. We will be going out of our way to help your little growing person face the challenge..... have faith in them, they can do this!

See you when we return.

## MASTER TEACHER NEWS:

This Friday, we will host our PREP OPEN DAY. Children born between the 1<sup>st</sup> of July 2012 and the 30<sup>th</sup> of June 2013 are the correct age to attend Prep for 2018. Families are invited to come and meet our wonderful staff, gain an insight to our prep program and see our fantastic facilities. Children will have the opportunity to meet other pre prep children and engage in fun, hands on activities in our prep classrooms. The fun kicks off at 9:15am until 10:45am near our prep playground. See the office if you are unsure.

In addition to our Open Day, we will be running four transition mornings over Term 4. These will happen on a Friday from 9:15am to 10:45am. We strongly encourage parents and early childhood centres to bring eligible children to come and play! In previous years, we have seen evidence of lower anxiety levels from new prep students due to attending transition sessions. Information sessions will be held for parents whilst their children are having fun in our prep classrooms. A range of information will be presented to help with a smooth transition to school. Hope to see you there! Please bring a hat, water bottle and morning tea for your child for each session.

## PRE-PREP IMPORTANT DATES

DATE CLAIMERS: 9:15 am – 10:45 am	
Open Day	1 <sup>ST</sup> September
Transition Visit One:	13 <sup>th</sup> October
Transition Visit Two:	27 <sup>th</sup> October
Transition Visit Three:	10 <sup>th</sup> November
Transition Visit Four:	24 <sup>th</sup> November

**BRING HOME A BIG BROTHER OR SISTER AND BRING FRENCH, ITALIAN OR SPANISH CULTURE TO LIFE!**

Why not volunteer to host an international student from France, Italy or Spain next year? We have a small group of delightful students coming to Australia for 11 weeks to immerse in local Australian culture, experience our High schools, sports, environment and lifestyle. All these international students are around 15 or 16 years old, speak excellent English, have their own spending money, cover all school expenses, and we arrange all aspects of their program. They are looking forward to joining an Australian family for a short term cultural immersion stay. It's fun and interesting to help these young people achieve their Australian dream. If you would like to know more, please email your interest to ICM on [info@icm-education.com.au](mailto:info@icm-education.com.au) or call Georgie or Anja on 1800 500 501, or visit our website [www.icm-education.com](http://www.icm-education.com).

**STUDENT COUNCIL REPORT**

Due to the continuous hard work of our student leaders, Term 3 been a successful term of fundraising. A big thankyou to Mr Atkinson and Mr Pelling for being good sports during their teacher make over.

Recently, student leaders have decided to purchase a new barbeque for UPSS with the funds they have raised through their various initiatives. This barbeque will be used for school events to benefit the whole school community.

Breakfast Club- if you need breakfast on the go, it's available Monday to Friday from 8.30am at the canteen. Please remember it closes at 8.50am to allow time for our student leaders to prepare for their day.

As most student leaders will be on camp this week, popcorn will not be available on Friday afternoon. Icy- cups will resume very soon.

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