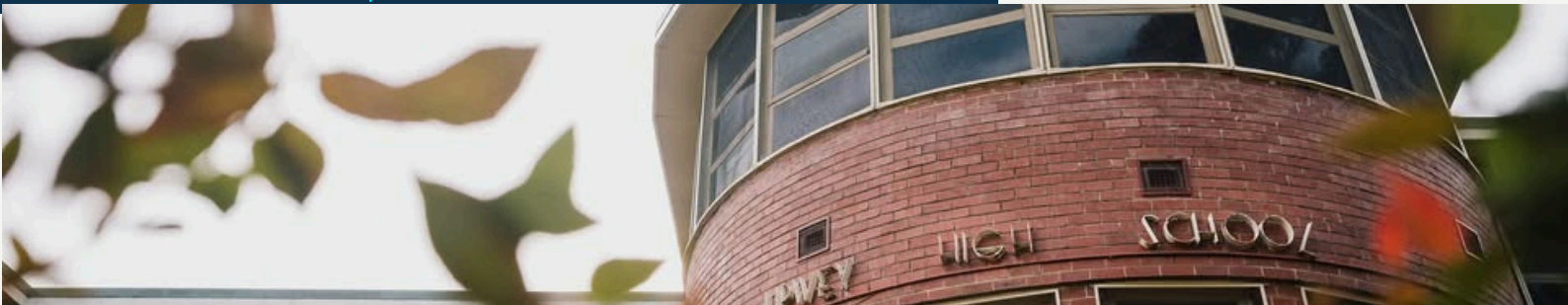


UPWEY HIGH SCHOOL NEWSLETTER

Week 9 | Term 3 | 2026



As we now head into the last week of Term 3, it is a great time to reflect on what an amazing term it has been. Our students have so many opportunities to embrace school life both inside and outside of the classroom and it is always fantastic to see just how many students become involved in a range of things. This issue of our UHS Weekly News is another bumper issue with so many great things to read about.

At our School Council meeting two weeks ago, I delivered our new School Vision following our School Review in Term 2. This was also shared with our leadership team at our School Improvement Meeting last night and I am proud to now be able to share it with our school community also. This new School Vision was developed following extensive consultation with students, staff, parents and our School Council and reflects our vision for all members of our school community:

At Upwey High School, we foster academic excellence through high expectations, aspiration and a shared commitment to learning. We empower students to develop curiosity, confidence and a lifelong love of learning within a culture built on respect, kindness, inclusion and positive relationships. Our school is a connected community where students, staff and families feel a strong sense of belonging and are encouraged to reach their potential.

Over recent weeks schools have also had both 2026 NAPLAN and Attitudes to School Survey data made available to share. It is great to share some pleasing results across the board. On Monday next week our staff will be reviewing this data and in next week's newsletter I will provide a snapshot of some of the great achievements in Numeracy, Writing and attitudes to school. There is always work to be done in schools but it is great to also reflect on the positives.

Reminders:

Early finish – end of Term 3

Next Friday is the last day of Term 3, and as a result, all students will finish at 2.30pm that day. The buses have been organised to depart earlier than normal at 2.45pm.

Parent/Carer Opinion Survey

Have you completed the Parent/Carer Opinion Survey? If not, there is still time. Please locate the post on Compass about this important survey and follow the link.

Rachel Lynch – Principal

TERM 3 – WEEK 10

Monday September 14

Senior students (selected)
excursion – Ice Hockey

Tuesday September 15

Year 11 VM Club Lime P5

Wednesday September 16

School Council & Sub-Committee
Meetings

Thursday September 17

Year 10 Health: Road Safety excursion

Friday September 18

Year 7 Assembly P1
Year 11/12 Assembly P3
Last Day Term 3 (finish at 2.30pm)

The night went smoothly, because of a system the school has set up to keep things easy to remember,

- * Students help set up the year 7 area for the event
- * Students choose and set up their table
- * Students get changed into their costumes

- * All year 7 students go into the year 9 learning center ready for the costume parade

- * The students do the costume parade in their home group

- * Once your home group has done their part of the costume parade you then go back to your stall

- * You stay at your table and answer questions from parents, family members, other students and teachers

- * 5:30 or 10-15 minutes before students grab their bags and any items at their table they wanted to take home, and they go home with their parents

- * We all pack up the next day



Night of the Notables is an event that year 7 students do once a year, it happens every year and has been for 26 years. Year 7 students each choose a person that is notable and they do research on their person, things such as their age, when they died (if they have died), where they were born, their family, job occupation, what makes them notable, their date of birth, if they're married, places they've been, and their schooling. It's a chance for the year 7's to show off all this work they've done, and to get a chance to talk to adults, other students, and teachers.

All year 7 students help with the setup. Pin boards and tables are grabbed and moved to line the

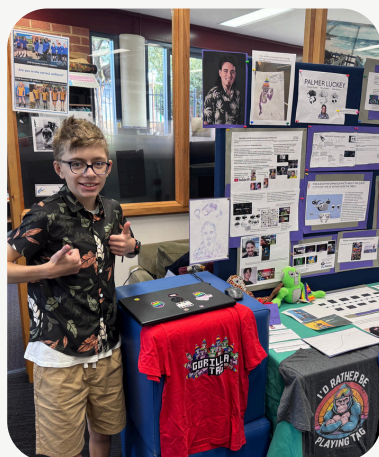
office space, year 7 common area, E3, E4, E5 and the E block conference room. Some students had their table up against a wall while others used one side of a pin board (Pin boards were placed between two tables and one student used one side, while another used another side) to display all their work, along with a table to do so too. Some people had tablecloths to put on their tables if it fit their color scheme, or if they wanted to put aspects of their work on them. It took all the year 7 students, lots of teachers, and mounds of patience. To set everything up, but it made the night possible. Once the primary setup was done students individually set up their own work at their table.

Message from the Principal

I'm proud of all of our Year 7 students for participating so well in this annual school event. You have all done an amazing job and I, along with all of the UHS staff are extremely proud of you work this year



This Week in Pictures



Most of the year up until the event, the year 7 students do various pieces of work, including a timeline of their notable, a map of where their notable has been, a creative writing piece, a banner, question cards, and an optional poem. Students could also bring in any extra items of work such as pictures, props, or other things regarding their notable. All this work was presented at their table with posters put up on their pin board/wall, and props/other items set on the table. I personally had my timelines, maps, writing piece, and other pictures put up on the wall, while my props – book, home made quiver and arrows, rocks, sticks, leaves, and question cards – were all set up neatly on my table.



The costumes are an important part of the night, year 7 students can bring makeup, wigs, hairspray, different kinds of shoes, dresses, uniforms, or any other kind of clothing they want to wear so they can dress up like their notable. This makes it so the students can feel like their notable (because when asked questions you had to answer in the 1st person) and so they look like their notable. It made the night a whole lot more fun getting to see everyone dressed up like their notable. My notable was Jennifer Lawrence, but I dressed up as Katniss Everdeen from The Hunger Games, because Jennifer Lawrence played Katniss. I wore cargo pants, a belt, a home-made quiver and arrows, sprayed brown root spray in my hair, wore some makeup, boots, long sleeved black shirt, and a Mockingjay pin. Some people dressed up as athletes, astronauts, park rangers, bakers, actors, musicians, and many more things, making the night feel more realistic.

"My personal experience at Night of the Notables was an overall amazing experience, all the families were interested in the work and were really kind too, other students came and asked questions and the teachers were so proud of us all. It was nice to see how much effort everyone put in to make this wonderful event possible, 26 years is a lot, so let's keep it going, it was worth it all!"

-Livvy 7C

Year 8 Viking Inquiry Night

On Tuesday night the Year 8 students held their Viking Inquiry Night. The students worked in groups to research a particular area of focus of the Vikings. This ranged from Mythology, to farming, to the weapons and shipbuilding. It was a fantastic night that really showcased the amazing talent and effort that the Year 8 students have put in over the course of the term. The high quality of historical research and creativity was on full display. It was great to see how many families came to engage in the night and to hear the discussions being held about what the students have learnt. Thank you to all that could take the time to attend the night. On the night all guests had a chance to vote for their favourite presentation and display of the night.

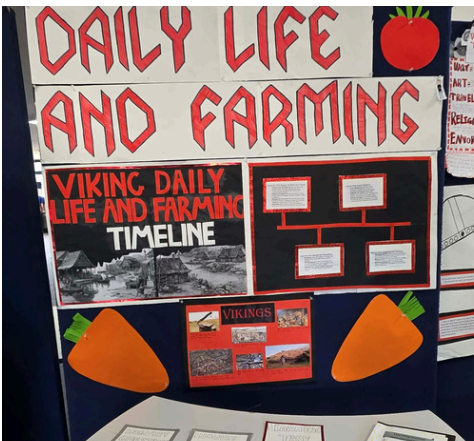
Congratulations to every group, there was a very large range of groups that received votes and every group should be immensely proud of their efforts.

3rd: Isla, Amity, Felix and Arianne

2nd: Indy, Avelynn and Alisha

1st: Aster, Miranda and Melina

Well done and please come to the Year 8 Office next week to collect your prize.



UHS Student Wellbeing Week



This week our students have participated in a range of wellbeing activities as they celebrate their Wellbeing Week. Monday and Tuesday Janvi from Headspace came and presented to our Year 11 and 12 students on Transitions: Leaving School. The workshop allowed our students to explore what they are excited about with their upcoming life changes, what might be causing them anxiety, and the best way to manage their stress during these changes. They also identified their support networks and where they can seek additional help. Our Year 10's also participated in a workshop on Connection and Wellbeing. The Year 10's gained an understanding of how connection is important for wellbeing, what is loneliness? how to create connected communities and where to seek support. All Year levels participated in Mindful Monday, where each period they practised a different mindful activity for 5 minutes in their classes.

At lunchtime on Tuesday the SRC representatives helped facilitate a 'Wellbeing Scavenger Hunt' where the students worked in teams to find various places within the school where they completed fun challenges focused on building their wellbeing toolkit. Congratulations to Team Mr Pickles for the win!!!

Thursday was R U Ok? Day and students were shown a video in class regarding the importance of asking "R U Ok?" as well at lunchtime the Wellbeing Team had plenty of R U Ok? Activities for students to complete as well as 'how to ask for help' questions which is on display in the library.

All staff were recipients of a R U Ok? Day Kit Kat, which was well received by all. Friday was our free dress footy/sport team colours day where a gold coin donation was collected to support the Pat Cronin Foundation. Our Year 7's did a whole day Inquiry Unit on 'Screenagers' and our Year 8 and 9 students completed their Inquiry Unit on 'Embrace – Body Positivity'. These Inquiry Units were developed by the Resilience Project who we partner with for Years 7-9 Aspire Program.

A huge thank to all the students who engaged in the activities and also to the staff for their support.

1 Day Volleyball Vic Cup Wrap Up 🏐🏐🏐🏐🏐🏐

On behalf of Andrea McGuinness & myself we want to say massive congratulations to all our year 7 & 8 teams that competed in the big 1 Day Vic Cup today at Dandenong stadium.

All 14 teams were fantastic as it was quite challenging with all year levels all being in the 1 section but all the teams rose to the occasion & played really well. The teamwork, sportsmanship, effort & enthusiasm was amazing!!

A huge thankyou to all our awesome coaches, staff, families & players for giving it their all today 💪💪

Results:

3 GOLD – 8A boys, 8A girls blue & 7A boys blue

1 SILVER - 7A boys yellow

1 BRONZE – 8B boys

We are super proud of all our teams again!!



GO UPWEY!!!!

~Lauren Bennett, Co-Volleyball Program Director



Music Soirees: Showstoppers!

Huge congratulations to all of our young musicians for a wonderful line up of music at our soirees this week.

It was the perfect opportunity for families and friends of our music students to join us in the music department to celebrate and applaud the progress our students are making on their instruments.

It was wonderful to see so many people take to the stage, congratulations to everyone involved!

Next up we have our VET Music bands heading out this weekend to perform at the Hilltop Music Festival! Lots of rehearsals happening this week as our students gear up to hit the stage again this weekend!



Youth Road Safety

FactSheet



VICTORIA POLICE

Whether you're biking or riding an e-scooter, follow these simple road safety tips to stay safe and have fun on the move!

MODIFIED OR PETROL POWERED BICYCLES

- Illegal.



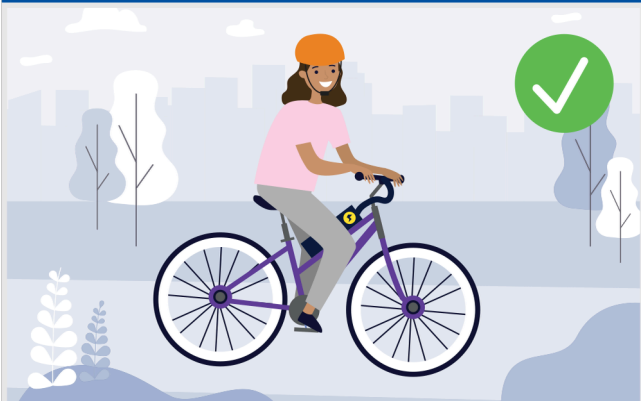
MOTORBIKES

- Whether on or off-road it must be registered with a full or recreation registration
- Helmet must be worn at all times.



E-BIKES

- 25km/h MAX speed
- Motor cannot provide power at speeds higher than 25km/h
- Helmet must be worn at all times
- No passengers
- Cannot be ridden on footpaths.



E-SCOOTER

- Be aged 16 yrs or over
- Max speed 20 kmph
- Helmet must be worn at all times
- No passengers
- Cannot be ridden on footpaths.



For more information, visit police.vic.gov.au/road-safety

HELP US BUILD A **STRONGER** SCHOOL

UPWEY HIGH SCHOOL GYM UPGRADE

Our high school is working hard to upgrade the school gym so that students have a safer and more modern space for sport, fitness, and school activities.

**BETTER
FACILITIES.
STRONGER
FUTURES.**

**STRONG
TODAY
BETTER
TOMORROW**



DONATE YOUR OLD GYM EQUIPMENT!

Do you have old gym equipment you no longer use? Give it a new purpose and help our students build a stronger future!

WE ARE LOOKING FOR:



WEIGHTS & DUMBBELLS

Any size or weight is appreciated.



KETTLEBELLS

Great for strength training and fitness classes.



BARBELLS & WEIGHT PLATES

Help students build strength and improve their performance.



BENCHES & RACKS

Essential for a safe and effective workout space.



OTHER FITNESS EQUIPMENT

Resistance bands, mats, machines and more!

♥ Your old equipment can make a big difference to our school community.



HELP US EQUIP OUR GYM.

Your old gear. Their new goals.

Together, we can create a healthier, more active, and stronger school for everyone!

**THANK
YOU!**



TO DONATE OR ARRANGE DROP-OFF, PLEASE CONTACT:

Harry.Potter@education.vic.gov.au



TOGETHER, WE CAN BUILD A STRONGER,
HEALTHIER AND MORE ACTIVE SCHOOL



THANK YOU FOR SUPPORTING
OUR STUDENTS AND OUR SCHOOL

MAKE EVERY DAY COUNT!

ATTENDANCE MATTERS
AT UPWEY HIGH SCHOOL



1 day every 2 weeks
= 4 weeks a year
 $\frac{1}{2}$ year lost by Year 12

2 days a week
16 weeks a year
Almost 2 years lost!



1 day a week
8 weeks a year
Almost 1 year lost!

3 days a week
24 weeks a year
Almost 3 years lost!

**YOUR FUTURE STARTS
WITH SHOWING UP TODAY!**



UPWEY
HIGH SCHOOL

UHS EXPECTATIONS IN 2026



Relationships

Kindness and Respect is to be displayed by all members of our community at all times. Build positive relationships with those around you and look after each other



Attention



Laptops are used in the classroom for teaching and learning purposes only. They must remain closed at all times unless students are instructed by a teacher to use them. Students are expected to give teachers 100% of their attention when being taught in class

Uniform

Students are permitted to wear uniform items (bottom half only) that do not have a logo but they are NOT permitted to wear tracksuit pants or leggings. All top half uniform must have the approved UHS Logo as supplied by KLAD. Year 7-9 students can wear PE Uniform on days they have PE only.



Food & Beverages



Energy Drinks are completely banned on school grounds
Water bottles are the only drink permitted in class
NO food permitted in class at all (students can eat at recess/lunch or during the five minute break between P1 and P2 or P3 and P4 only)

Key to Opportunities



To access opportunities to attend sports, excursions and camps our staff will work with families and students to support strong and consistent school attendance. Where attendance is a concern, the school may work with families to ensure students are demonstrating a commitment to regular attendance before participating in additional school opportunities. Students will also be required to demonstrate positive behaviour at school (no more than three serious behaviour concerns on Compass in a Term) and be completely up to date with schoolwork.

Aspiration

Respect

Kindness