If you can dream it, you can do it. 
Walt Disney

The secret of getting ahead is getting started.
Mark Twain

A friend loves at all times, and a brother is born for a time of adversity.
The Bible

In order to carry a positive action we must develop here a positive vision.
Dalai Lama

If you are feeling like things are getting on top of you, it is important that you reach out for help.
Martin Luther King

With the new day comes new strength and new thoughts.
Eleanor Roosevelt

It always seems impossible until it is done.
Nelson Mandela

Everything has its beauty but not everyone sees it.
Confucius

Happiness is when what you think, what you say, and what you do are in harmony.
Ghandi

Principal’s Report

As we hurtle towards the end of the year, it is a busy time when many people feel stressed and tired. This is a time when we need to put in that extra effort to be our best. Here are some quotes that might help us to get through this time with enthusiasm and dignity.

If you are feeling like things are getting on top of you, it is important that you reach out for help.

The ultimate measure of a person is not where they stand in moments of comfort and convenience, but where they stand at times of challenge and controversy.
Martin Luther King

With the new day comes new strength and new thoughts.
Eleanor Roosevelt

It always seems impossible until it is done.
Nelson Mandela

Everything has its beauty but not everyone sees it.
Confucius

Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.
Helen Keller

Hope everyone has had a great week.
Jacinta Goldie
Acting Principal

Important reminder: Students must be signed out from their classrooms at the conclusion of the Festive Concert
Congratulations to Ben Cao on winning a Scholarship to Braybrook College!

UPLIFT COLLECTIVE FUNDRAISING NEWS

Raising extra funds for kids, thanks to the work of our students!

2015 Fundraising $4,633.00
Easter Raffle 2016 $ 950.10
Mother’s Day T-Shirts $ 859.28
Father’s Day $ 770.05

Please note that money raised in 2015 was to be used to contribute to the creation of an outdoor space for the students. This project has been delayed due to the works occurring in relation to the $421,000 Government Grant and will commence in Term 4.

Don’t forget to wear your hat, if you don’t have your hat you need to stay in the shade.

Instrumental Lessons at School

Did you know that Music:

- Develops mind hand & eye co-ordination
- Enhances listening skills
- Improves self esteem
- Is fun!

Lessons starting from $14.00
5% discount to parents wishing to enrol more than 1 child.

Enrolment forms are available from the School Office or contact Genesis Music School Direct on 0421 426 674
STUDENT OF THE WEEK
Presentation at Friday at Assembly

Prep:
A  Lolohea Motuliki
B  TBA
C  Yazid Elemejdaoui
D  Oliver Nguyen

One:
A  Jessica Tran
B  Rihanna Hua
C  Sofia Asia

Two:
2A  TBA
2B  TBA
2C  Pranesh Naikar

Three:
A  Selena Mehmet
B  Anthony Tran
3/4A  Belinda Vu

Four:
A  TBA

Five:
A  Eh Doe Htoo Shay
B  Elizabeth Howland

Six:
A  TBA
B  Imogen Kortlang

Multimedia:  Christopher Cao
Art:  Danny Le
Sport:  TBA
Spanish:  Felix MacKay
Science:  TBA

Congratulations Everyone
Great Achievement!

Garden Update
As you know Grade Ones have been working on Procedural texts and planted seedlings in one of our plant boxes. We are very excited to see the plants have already started to sprout and have made signs to show what is growing in each area.

Drumming concert
Grades Prep to Grade 4
11:30am
Wednesday 14th December
To be held in the gym.
All parents welcome.

School Magazine
Just a reminder to families and students that orders are now being taken for the 2016 School Magazine.

Order forms are available from the office, if you would like to purchase this year’s magazine of memories they are $20, please get your order in as soon as possible.

Thank you
We invite you to come celebrate the amazing creativity and community of Sunshine Heights PS at our 2016 Art Show & Festive Concert.

THURSDAY 8TH DECEMBER 2016. Doors to the art show open at 5:30PM. Festive concert starts at 6:30PM.

Gold Coin Entry
*students must meet in their classes at 6PM

Pack a picnic, bring a rug, gather your tribe and come sing and dance with us, as we see out 2016 with an incredible show of artistic voice.
NEWSLETTER

the Uplift Collective proudly present the
2016
BE YOURSELF,
EXPRESS YOURSELF,
LOVE YOURSELF
FESTIVAL
Tuesday 13th to Friday 16th
December 2016

Featuring:
FREE WORKSHOPS WITH GUEST INSTRUCTORS
EXPRESS YOURSELF DRESS UP
(GOLD COIN DONATION FOR THE SCHOOL POSITIVE PLAYSACE)
HEALTHY SNACK STAND
(SELLING NUTRITIOUS AND DELICIOUS SNACKS)
SMILE STAND
(SELLING POSITIVITY BADGES & RAFFLE TICKETS)
GRADE 5&6 INSPIRATIONAL GUEST SPEAKER
END OF YEAR RAFFLE
(WITH AMAZING PRIZES TO BE WON)
UPLIFT COLLECTIVE LUNCH TIME ACTIVITIES
(TEAM BUILDING OBSTACLE COURSE, POSITIVITY SCAVENGER HUNT, POSITIVE PAPER PLANES, COLOUR BOMBING & VALIDATION CARDS)
<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>LOCATION</th>
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<tbody>
<tr>
<td>TUESDAY 13TH</td>
<td>Recess: 11:00-11:30AM</td>
<td>Healthy Snack Stand</td>
<td>New Canteen</td>
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<td></td>
<td>11:30AM-1:30PM</td>
<td>Keynote Workshop with Abe Nouk</td>
<td>Gym</td>
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<td></td>
<td>Grades 3-6 ONLY</td>
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<td>Lunch: 1:40-2:15PM</td>
<td>Splat Painting</td>
<td>Oval</td>
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<td>WEDNESDAY 14TH</td>
<td>Recess: 11:00-11:30AM</td>
<td>Validation Stand &amp; Badge/Raffle Sales</td>
<td>Outside Area near Canteen</td>
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<tr>
<td></td>
<td>Lunch: 1:40-2:15PM</td>
<td>Positivity Scavenger Hunt</td>
<td>Outside Area near Canteen</td>
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<td>THURSDAY 15TH</td>
<td>Recess: 11:00-11:30AM</td>
<td>Paper Planes of Positivity</td>
<td>Art Room</td>
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<tr>
<td></td>
<td>Lunch: 1:40-2:15PM</td>
<td>Team Building Obstacle Course</td>
<td>Oval</td>
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<tr>
<td>FRIDAY 16TH</td>
<td>ALL DAY</td>
<td>‘Be Yourself, Express Yourself’ Dress Up</td>
<td>Outside Area near Canteen</td>
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<td></td>
<td>Recess 11-11:30AM</td>
<td>Smile Stand (selling badges &amp; raffle)</td>
<td>Outside Area near Canteen</td>
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<td></td>
<td>11:30-12:15PM</td>
<td>Grade 5/6 (ONLY) Inspirational Speaker - Darren Collins</td>
<td>Grade 6 Classroom</td>
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<td>12:15-1PM</td>
<td>Grade 5/6 (ONLY) Edgar’s Mission of Kindness</td>
<td>Grade 6 Classroom</td>
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<td></td>
<td>Lunch 1:40-2:10PM</td>
<td>FREE WORKSHOPS:</td>
<td>Throughout Whole School</td>
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<td></td>
<td></td>
<td>• Zumba w. Jeni (Gym)</td>
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<td>• Worry Doll Making w. Chris (Art Room)</td>
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<td>• Krump Dance w. Gianne (Music Room)</td>
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<td>• Gratitude Tree w Francine (Near 3-6 Playground)</td>
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<td>• Positivity Photo Booth (Foyer of Gym)</td>
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<td>• Origami Cranes w. Vanessa (Gym Foyer)</td>
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MORE INFORMATION:

Throughout the week of the ‘Be Yourself, Express Yourself, Love Yourself’ Festival, the Uplift Collective create and offer experiences that aim to promote positivity, kindness, gratitude and a healthy mind, body and spirit. We also sell our trademark badges to try to raise funds to help us on our mission to build new creative and positive spaces and experiences for all our students to enjoy and benefit from. Read on to find out a little more about the activities in the festival.

HEALTHY SNACK STAND @ THE NEW CANTEEN

The Uplift Collective will be selling the following delicious treats at recess from the new canteen:

- Popcorn - $2.00 a bag
- Fruit Skewers - $2.00 per stick
- Dip & Crackers - $3.00

ABE NOUK - KEYNOTE & PRESENTATION @ THE GYM

Abe Nouk is an inspiring slam poet and an African refugee with an incredible story to tell. He will be giving a keynote presentation where he’ll share his story with Grade 3-6 students and run a writing workshop to tap into the stories inside of you too.

SLAP PAINTING @ THE OVAL

Splat painting is one of the most cathartic and expressive forms of painting. It is a dance of emotion translated into a painting. Art is a great way to express our feelings and let go of negative energy, so join the Uplift Collective on the oval for a collaborative splat painting session and release any emotions you’re storing inside!

VALIDATION STAND @ OUTSIDE THE NEW CANTEEN

Sometimes, we are so caught up in life that we don’t always take the time to notice things about other people. Last year, the Uplift Collective wanted to change this. We set up a Validation Stand where you could come and hear the Uplift Collective notice and say something nice about you. You then had to take a card and go find someone else to say something nice about. This year, we will do the same. Let’s spread kindness like confetti and make someone else feel good!

RAFFLE TICKETS - $1.00

We have had some amazing Christmas and toy prizes donated to the school. Throughout the week of the ‘Be Yourself, Express Yourself, Love Yourself Festival’, the Uplift Collective will be selling raffle tickets for $1.00 each. There are so many cool prizes to be won and all money raised will go toward building a new, positive play space in the school in 2017. Please support us. Prize winners will be announced in the final assembly.

POSITIVITY SCAVENGER HUNT @ ALL OVER THE SCHOOL

The Uplift Collective have made a list of positive things for you to do and achieve. It’s almost like a human scavenger/activity hunt. You will be given a sheet of “positive things you have to do” in your lunch time that will make you and a heap of other people happy and positive while having fun.

PLANES OF POSITIVITY @ ART ROOM & THE OVAL

Come join the Uplift Collective to design, make and decorate your own paper plane with messages of positivity. We will then go onto the oval and fly your ‘planes of positivity’ high into the sky!
MORE INFORMATION:

TEAM BUILDING OBSTACLE RACE @ THE OVAL

The Uplift Collective have been busy putting together an obstacle course to get your physical health and positivity sky rocketing while also encouraging you to work closely with your friends for some “team building”. Unless you work together, you can’t make it through!

BE YOURSELF, EXPRESS YOURSELF CASUAL DRESS

On Friday 16th December, you are invited to come to school dressed in your casual clothes. Instead of a gold coin, we are asking students to bring an item of food for the West Welcome Wagon. They are currently in need of UHT Full Cream Milk, vegetable oil, long grain or basmati rice, flour, black tea or coffee, diced canned tomatoes, tinned kidney beans or 5 bean mix, salt and pepper, sugar, dried chickpeas, dishwashing liquid and spices. The Uplift Collective will come around to classrooms to collect your donations.

WORRY DOLL MAKING @ ART ROOM

Join Jeni for Zumba in the gym or Gianne for Krump (a style of hip hop/breakdancing) in the Music Room next to the gym for an amazing and expressive session where you’ll get to not only express yourself through movement and dance, but sweat and release toxins and feel the good buzz of endorphins running through your body!

GRATITUDE TREE @ TREE NEAR 3/4 PLAYGROUND

Come write the things you are grateful for on wooden pieces and we’ll hang them from the tree. Gratitude is an important part of feeling good about life. Together we will create a gorgeous tree filled with gratitude.

POSITIVITY PHOTO BOOTH @ GYM FOYER

Come put your crown on and take a photo with one of our positivity slogans!

ORIGAMI CRANES @ GYM FOYER

Come join Vanessa, a grade 6 student, as she teaches you how to make an origami crane - a symbol for peace. We will create a beautiful hanging display with all of the cranes you create as a constant reminder for a peaceful life. Origami is also a great way to relax and unwind.