



► **CURRICULUM & TRAINING**
Graeme King trains staff in Sentral Services student reporting. Mrs. McSwan trains in Electronic Enrolment Systems. Mrs. Conyard continues leadership training in Literacy Program.

► **SPORT**
Students attend Gala Touch Footy Day at Yamba and the Milo T20 Cricket Day in Grafton.

► **INNOVATION**
Reading Eggs and Reading Eggspress online Literacy programs make their mark

► **COMMUNITY**
P&C continues to prepare for the Ulmarra Reunion and Open Day planned for Saturday, 27th October 2012.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2012

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Principal ~ Sandra Armstrong

Check us out at

www.ulmarra-p.schools.nsw.edu.au

Term 3 Week 10 Friday, 21st September 2012

TIMES THEY ARE A CHANGIN'

Just as Bob sang in the 60's, there is a lot happening today in Education - a new National Curriculum to be implemented, a new schools staffing agreement, a new school financial and business management system, new student funding arrangements, the winding down of some equity funding and the establishment on new resource allocation models—just to name a few!

Rest assured that UPS staff always put the kids first and continue to strive to provide the very best in educational opportunities for your children. In a nutshell, we love our jobs and are mindful of the responsibility involved.

Our hard working SASS (School Administrative Support Staff) are currently concerned about how State Budget cuts will impact on the schools they work in and on their working conditions. They want to be able to continue to offer the high standard of service to the public and to the students that they currently provide. The decision has been made by the PSA that Office Staff and School Learning Support Officers will take industrial action in the form of a strike on the first day back at school, Monday, 8th October. On this day, the office will be closed and, as all teachers will be on class, the phones will not be able to be answered other than when teachers are on a break: 11.00–11.20am and 1.15–1.45pm. Please only contact the school if there is essential. We thank you for your support in this matter.

CLARENCE VALLEY INTERSCHOOL EQUESTRIAN CHALLENGE

The opportunity exists for students at Ulmarra to enter this event representing our school. The Grafton Pony Club is the organizing body and the school team manager is Ms. Debbie Rake. The Challenge will be held in South Grafton on the 24th and 25th November. Entries close on Friday 26th October. Entry forms are available from the school office.

GREAT AUSSIE BUSH CAMP

The final payment for this wonderful camp is due on the 17th September. We thank you for ensuring all camp fees are paid by this date.

GREAT ULMARRA BITE CANTEN

Thanks to the amazing Mr. Cowan, the Great Ulmarra Bite now has a crèche suited to occupying pre-schoolers safely whilst parents

volunteer in the canteen. Mrs. Ensbey secured a replacement oven for the canteen and has also organised carpet for the crèche. Mr. Cowan made modifications to shelving and installed the new oven. Thanks to these great workers, the GUB is now in ship shape and is just awaiting willing hands to sign up to the roster. Please contact the school if you would like to join this great team.

GREAT AUSSIE BUSH CAMP

It is almost time for students in years 3-6 to attend our annual excursion to The Great Aussie Bush Camp. The GABC is an outstanding facility that offers a broad range of activities for students. Rest assured that, even if your child has attended the camp before, a different program will be offered this year. Mr. Reardon held a meeting this week with the excited campers to discuss the gear to be taken along. A note has gone home so that families can organise all items during the school holidays. The campers will depart UPS on Monday, 29th October and return on Wednesday, 31st October.

SKORT SALE

Skorts are currently on sale for \$15 each or 2 for \$20 (normally \$25 each). Don't miss this bargain! They may be purchased from the Mrs. McSwan in front office.

UPDATE YOUR DETAILS PLEASE

It is very important that families inform the school immediately when there is a change in details—phone numbers, address etc. We thank you for assisting us in keeping family information current.

ADD RAFFLE WINNERS

It is very important that families inform the school immediately when there is a change in details—phone numbers, address etc. We thank you for assisting us in keeping family information current.

Bric-A-Brac Coffee
Cakes Jewellery Books
Body Shop
Musical Instruments
Fruit and Vegies Honey

**ULMARRA P.S.
ELECTION
MARKET DAY**

Photography
Scrap Booking Arts and
Crafts Stationery Raffles
BBQ Drinks

Saturday, 8th September
from 8am-2pm

TOP TIPS FROM MR R.

Be healthy – be active!

Easy ways to add physical activity to your day:

- ⇒ walk to the shops, the school or the playground instead of using the car
- ⇒ allow time for children to play outdoors
- ⇒ park the car away from the shops
- ⇒ get off the bus one stop earlier
- ⇒ don't use the remote control
- ⇒ plant a veggie garden
- ⇒ take the stairs instead of escalators or lifts
- ⇒ schedule regular time each week for your family to be physically active together
- ⇒ limit television time to no more than two hours per day or 14 hours a week.



How can I make fruit and vegetables more appealing to my child?

Research has found that children prefer small, cold, crisp, juicy and sweet fruits and colourful, crisp, fresh vegetables. Try the following tips to encourage children to enjoy fruit and vegetables:

- ⇒ Buy a variety of seasonal fresh fruit so your child doesn't become bored
- ⇒ Involve your child in choosing what fruit and vegetables to buy
- ⇒ Give them a small, hand-sized piece
- ⇒ Cut large fruit and vegetables into small manageable pieces
- ⇒ Make 'vegiepeople' with your child
- ⇒ Freeze small pieces of fruit as an icy snack (try pineapple wedges, orange quarters or grapes).

COMMUNITY NEWS

BACK TO ULMARRA PUBLIC SCHOOL OPEN DAY AND REUNION

This reunion is a P&C organised event for anyone associated with our school now or in the past —students, staff, families, volunteers etc. It is planned for Saturday 27th October from 10am till 2pm. The school Facebook Page is being used to get the message out to everyone but if you have contact with anyone who would like to attend, please extend an invitation to them on behalf of our P&C.

The reunion promises to be a fantastic day with a display in the library of school memorabilia, a sausage sizzle for lunch and an afternoon tea at The Clarence Café to follow at 2pm. Once again, the success of this event depends on the amount of inspiration and perspiration available, so if you are able to assist in any way, please contact Carmel Small or Rae-Ann Finlay. These ladies are currently on the hunt for old school uniforms. We would also like to have a photographic display. If you have anything suitable, please contact the school, Carmel or Rae-Ann.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday/ Sunday |
|---|---|--------------|--|--------------|---|
| 8th October FIRST DAY OF SCHOOL FOR STUDENTS AND STAFF TERM 4 | 9th October Assembly 9.15am Spotlight on 5/6AM Student Banking Transition Canteen | 10th October | 11th October CAPA Groups Canteen | 12th October | 13th/14th October |
| 15th October | 16th October Student Banking Transition Canteen | 17th October | 18th October CAPA Groups Canteen | 19th October | 20th/21st October |
| 22ndOctober | 23rd October Assembly 9.15am Spotlight on 3/4R NO TRANSITION Student Banking Canteen | 24th October | 25th October | 26th October | 27th October Ulmarra P.S. Reunion and Open Day 10pm—2pm |

SOME THOUGHTS FROM AUSTRALIAN PARENTING EXPERT MICHAEL GROSE

What do you think when you hear kids swear in public?

Teaching kids to use appropriate language is trickier now than in the past.

Standards have changed where many words, that were thought inappropriate in the past including the F bomb, are often heard on radio and seen in mainstream newspapers.

And words that everyone agrees are inappropriate are frequently used in public forums, to the point that the boundaries of appropriateness have become blurred.

Standards may change, but the job of parents hasn't altered. That is, to teach kids to use language that doesn't offend others.

Whether it's teasing or swearing it's all the same. If it's offensive then choose other words, or say nothing at all is the message to get across to the next generation.

Socially-smart kids alter their language

Socially-skilled kids of all ages will adjust their language to suit the situation they are in. They may speak one way with their friends, but use a completely different vocabulary when they are with adults.

They are aware that what works with their best friend just won't cut it when you are in grandma's company. This awareness shows social acuity, and a flexibility to adjust to different environments. It needs to be extended to all sorts of situations including where adults and younger children are present.

So you hear your child or young person swear, what next?

- Don't over react.
- Try to work out its purpose. Children swear for many reasons, including to experiment with language; to attract your attention; to make themselves appear bigger or older than they are; and even as a challenge or expression of personal power.
- Inappropriate language can also simply be a reflection of your children's peer groups. "Everyone else swears so there's nothing wrong with it" is a common attitude of many children and young people.
- Teach them that language may be appropriate in one context or may be acceptable to one group, but it may not be acceptable in every situation. While not condoning swearing get across to children that they need to *learn to control their use of language and adjust it to suit the situation they are in.*

When swearing becomes a habit

If swearing has become a habit for kids, make up alternative words to replace the swear words. One family I know had replaced certain words with fruit. They had a fruit for every situation!

Alternatively, use a penalty of fine system to make kids aware of their poor language. When you hear a family member swear fine them an agree amount. At the end of the week or month give the money to a worthy cause. Of course, this strategy is easier to implement when parents join in as well.

Take a long, hard look at er.....yourself!

It's also helpful to examine your own choice of language to judge if it is an acceptable model for your children. Yep, sometimes kids will pick up their parents' language and repeat it at the worst possible time such as when relatives are over.

The job of adults is to develop a sense of social awareness in the next generation so they can easily navigate a variety of different groups and social situations. Teaching appropriate language use is at the very heart of teaching kids to be socially-skilled. That's something we all should swear by!



**FATHER'S DAY
BREAKFAST**

