



► **CURRICULUM & TRAINING**  
Mrs. Conyard and Mr. Reardon  
complete SMART Data Analysis  
training



► **SPORT**  
Last term's Milo Super 8 Cricket day a  
winner



► **INNOVATION**  
5/6AM watch Video Conference on  
Aboriginal Dreamtime Story Telling



► **COMMUNITY**  
We visit Rathgar Retirement Village  
for our annual Teddy Bears' Picnic

# Ulmarra Public School

***Excellence Innovation Opportunity Success***

## NEWSLETTER 2012

Check us out at

[www.ulmarra-p.schools.nsw.edu.au](http://www.ulmarra-p.schools.nsw.edu.au)

Contact us:

12-14 Pacific Highway, Ulmarra. N.S.W. 2462

[www.ulmarra-p.schools.nsw.edu.au](http://www.ulmarra-p.schools.nsw.edu.au)

Email: [ulmarra-p.school@det.nsw.edu.au](mailto:ulmarra-p.school@det.nsw.edu.au)

Phone: 02 66445266 Fax: 02 66445373

Principal ~ Sandra Armstrong

Term 4 Week 2 Friday, 19th October 2012

### A POSITIVE FUTURE FOR OUR SCHOOL

As part of our school's annual self-evaluation, we would like to know the opinions of parents and caregivers on different areas of school life. Your response is confidential and will be stored securely. Survey completion is voluntary. There will be two surveys in 2012.

The first survey is to be completed online via a Survey Monkey on the school web page. Click on the "Our School" tab then scroll down to "School Satisfaction Survey 2012".

Paper copies of this survey are available at the office for those who do not have an internet connection.

Your opinions are valued and I encourage you to contribute.

An area of the school identified for development this year is Creative and Performing Arts. We surveyed our school community at the end of last year on this Key learning Area and are surveying again this year to see how effective new school programs we've implemented have been.

I invite you to complete and return this paper questionnaire to assist us determine future activities for our school.

The questionnaires should not take longer than 15 or 20 minutes each to complete. Surveys will close on the 31st October, 2012.

Many thanks for your contribution.

*Sandra Armstrong*

Principal, Ulmarra Public School

### GREAT AUSSIE BUSH CAMP

Excitement is building around this wonderful excursion as the departure date draws near. Mr. Reardon, who is coordinating the camp, has sent home all information regarding what children will need to take. Please ensure your child has all he/she needs packed and ready to go. Please finalise all payments and return all necessary documentation regarding medical details to the office as soon as possible. All the organising will be worth it. The children have a fantastic time at this camp and it may well be the last time we visit GABC. The campers will depart UPS on Monday, 29th October and return on Wednesday, 31st October.

### GREAT ULMARRA BITE CANTEEN

Mrs Ensbey is in the process of working out the 2013 canteen roster. It is expected that the canteen will be down 4 volunteers next year. This is indeed a dilemma, making it difficult to maintain the current two day per week schedule. Mrs Ensbey does not want to place pressure on those currently volunteering to do more days. In a nutshell, the canteen is desperate for volunteers. The day is fun and passes quickly. Your recess and lunch are provided free of charge and you get a great opportunity to get to know students, teachers and parents. You will not have to work alone. The routine is clearly written up as is the procedure for food preparation. Mrs Ensbey or delegate will provide an

orientation and support. Whilst you might feel a little daunted even thinking about working in the canteen, Mrs Ensbey welcomes anyone interested to come along just for a day and try it out. You can volunteer weekly, fortnightly, every 3 or 4 weeks or any time frame that's suits. Please contact Catherine on 66476456. She looks forward to hearing from you.

### TEADDY BEARS' PICNIC AT RATHGAR

On Tuesday of this week, students from Transition up to Year 6 walked with their teddies down to see our Rathgar buddies. An excited group of Rathgar residents, children and bears of all persuasions enjoyed a wonderful performance by Mrs. McMahon's Singers. Students in 3/4R sang three songs and had us all tapping our toes. The morning concluded with a "Meet My Bear" session where children introduced themselves and their bears to the residents. Many thanks to Helga and everyone at Rathgar for inviting us down there. It was a beary happy occasion indeed!

### SOUTH GRAFTON HIGH SCHOOL ORIENTATION

An orientation program for all incoming Year 7 students will be held at SGHS on Tuesday 20th November 2012. The day will commence at 9:30am and conclude at 2.30pm. Parents are encouraged to attend from 9:30am to 11am where morning tea will be provided. Students are requested to bring their own recess and lunch, and a pen and paper to write down important information given on the day.

The day will include a welcome, introduction of key staff and information for students and parents leading up to starting Year 7 in 2013. The school shop will be open for parents to buy book packs at \$65, sports shirts at \$35 and sports shorts at \$25 each. The school library will be selling white polo shirts with the school crest on them for \$22 and school jumpers for \$30 each. The school will accept cash, cheque or eftpos. Uniforms can also be bought from Lowes, U-Design (North St, Grafton) or Low Pressure Surf Wear. If you have any questions or need any further information, please contact Year 7 2013 year advisers Lauren Wood or Lisa Hill on 6642 1466.

### FACEBOOK

Senior Constable Jo Brooker visited Ulmarra in her role as Police Youth Liaison Officer this week. Her message to students was clear - NO CHILD UNDER THE AGE OF 13 IS ALLOWED TO HAVE A FACEBOOK ACCOUNT. SC Brooker is checking Facebook accounts this week for Ulmarra students. If your child has an illegal account, please deactivate it immediately and ensure your child does not reactivate it. Thank you for helping us to keep our kids cyber safe.

### SCHOOL HATS & CAPS

Due to increasing supplier costs, hats and caps are now available for \$9 each at the school office.

*We acknowledge the traditional custodians of the land we work on; the Yaegl and Gumbaynggirr people.*

# ULMARRA PUBLIC SCHOOL OPEN DAY / REUNION

**Saturday October 27<sup>th</sup> 10am – 2pm**

Past and Present Staff and Volunteers; Students and their families; and community members invited. Sausage sandwiches & cold drinks, Tea, coffee and cake will be on sale.

There will be photographic and classroom displays

**WE NEED YOUR SUPPORT TO MAKE THIS DAY A SUCCESS!**

If you can help on the day with the BBQ or serving tea, coffee and cake in the canteen please contact Rae-Ann or Carmel. We are looking for donations of home baked goodies for the cake stall and canteen so if you can help out, please send your baked goods to the school on Friday or Saturday morning. Enquiries to Carmel Small 66445995 / 0409458643 or Rae-Ann Finlay 66445168 / 0401 835 877

Many thanks for your support. Ulmarra P&C Association



Morgan, Lachlan and Ashleigh with some of the memorabilia collected for the Reunion Open Day



Drummers, Corey, Joey and Cassie

## OUR DRUMMERS ARE ON THE JACARANDA FLOATS!

Cassie, our Drumming teacher has organised an exciting event for the Ulmarra Drummers. They will join drummers from Woolli P.S. and Tucabia P.S. on a float in this year's Jacaranda float procession. There is no cost to students, but they will have to make their own way to Grafton to be on the float. They are to meet Cassie and Mr Reardon at Jacaranda Park between Hoof and Arthur Streets on Saturday 3rd Nov at 3.30pm. Parents/carers who are dropping off before or picking up children after the parade should enter the park via Hoof Street. The parade starts at 5pm. Students are to wear their school uniform. The parade takes approximately 1 - 1.5 hrs. For parent's information, they might like to finish off their afternoon at Market Square where there will be a public 'Picnic in the Park' after the parade with entertainment and food stalls, or they can take their own picnic to enjoy.

Numbers are required by 26th October to finalise arrangements with Cromack and Tranter who have kindly donated the vehicle and driver. If your child is able to take part in this wonderful event, please complete and return the note that was sent home yesterday as soon as possible.

Many thanks to Cassie and Mr Reardon for the work they done with the Drumming Group. Cassie has given up her time each Thursday all year to work with our drummers and her excellent skills have turned a group of enthusiastic but largely uncoordinated drummers into a troupe with rhythms and focus to impress. Thanks Cassie!

## FOOTSTEPS DANCE

There are still some spots available for this incredible week of dance at Ulmarra Public School. Please return notes and money as soon as possible to secure your child's position. Spare notes are available from the office. The Footsteps dance program kicks off next week.



# TOP TIPS FROM MR R.

*Be healthy – be active!*

## EAT A RAINBOW!

Crunch & Sip has been very popular in our school, with students keenly awaiting their break to eat fruit and vegetables each day. But did you know that different varieties and colours of fruit and vegetables provide different nutrients that help children to grow well and be healthy? For example a red fruit or vegetable (such as a strawberry or tomato) has different vitamins to a white fruit or vegetable (like a banana or parsnip). This is why it is a good idea to encourage your children to “eat a rainbow”!

Why not change the type of fruit or vegetables you are sending for Crunch & Sip every few days or week? Children love crisp, colourful vegies and sweet, juicy fruit, and changing the variety makes sure they don't get bored with the same choice over and over. So mix up the colours for Crunch & Sip every week!



## ENCOURAGE FAIR PLAY

Sport and games are a great way for children to learn about teamwork, rules, winning, losing as well as providing invaluable physical activity. Parents can encourage fair play by:

- Emphasising effort and having fun, not just winning.
- Cheering and acknowledging good play by both teams.
- Talking about the game not the result.
- For more information about encouraging fair play go to the NSW Sport and Recreation website [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au) or phone 131 302.

## KEEPING YOUR KIDS SAFE ONLINE IS EASY WITH A FEW SIMPLE PRECAUTIONS.

- Nothing replaces parental supervision and education for kids about cybersafety.
- Set a technology curfew.
- Remind your child to never give out identifying information such as your home address, school name or telephone number in a public message such as chat or newsgroups.
- If your child posts photos online, use privacy settings to limit access to people they know well.
- Remind your child that people don't always tell the truth online, and they can't take anything at face value.
- Reassure your child that they can tell you anything, without fear of losing the laptop or internet access.
- If they get a message or email that's threatening or rude, they should 'STOP, BLOCK, TELL'. First step is to tell your child to **stop** responding to the abuse and then **block** those people sending threatening or rude messages if they continue. Let your child know that if they are being bullied, or know someone else who is, they should **tell** a trusted adult.
- Never click on any links that are contained in emails from people they don't know. As well as sexual content, they could contain a computer virus.
- If you suspect your child has been contacted by a predator, try to save a copy of the chat log (or whatever form the contact takes) for evidence. Call [Crime Stoppers](http://www.crimestoppers.nsw.gov.au) 24-hour line 1800 333 000 to make a formal complaint.
- Your child will be using computers and the technology for the rest of their lives – you're in the great position of being able to get them off to a safe, positive start

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
22nd October Footsteps Dance	23rd October Assembly 9.15am Spotlight on 3/4R NO TRANSITION Student Banking Canteen Footsteps Dance	24th October Footsteps Dance	25th October Canteen  Footsteps Dance	26th October Footsteps Dance	27th October Ulmarra P.S. Reunion and Open Day 10pm—2pm
29th October Years 3-6 Aussie Bush Campers depart 7.30am	30th October Years 3-6 at Great Aussie Bush Camp Transition Student Banking Canteen	31st October Years 3-6 Campers return approx. 5.00pm ONLINE SURVEY CLOSES CAPA SURVEY DUE	1st November  JACARANDA HOLIDAY	2nd November	Saturday 3rd November Drummers in Jacaranda Float Procession
5th November  Waterwise Team School Visit	6th November Assembly 9.15am Spotlight on 1/2C Transition Student Banking Canteen	7th November GHS Parent Information Meeting 6pm-9pm at GHS	8th November Canteen CAPA Groups	9th November	10th/11th November

## ***SOME THOUGHTS FROM AUSTRALIAN PARENTING EXPERT MICHAEL GROSE***

### 7 interesting findings about siblings

- Finding 1: Possessions are the biggest cause of conflict among siblings. Very young children have difficulty assuming control over their world, and property is something they can have authority over.
- Finding 2: Siblings will resolve problems quicker when their parents aren't involved. Siblings may be programmed to fight, but they also have an impressive set of peacemaking skills. One study showed that when left alone and instructed to resolve an issue ("Stop fighting!") pairs of siblings were most likely to use compromise, than any other conflict resolution method.
- Finding 3: Children know the difference between step-siblings and biological siblings at the age of three. Very young children are pre-disposed to tell the difference between step and biological siblings from a very early age. It's inbuilt as your kin has always meant safety and security.
- Finding 4: After six years step siblings are as close as biological siblings. While kids are predisposed to favour their biological siblings, it seems after the six year mark relationships between step-siblings are as close and enduring as those between biological siblings.
- Finding 5: First borns and youngest are most likely to keep the family together when parents pass on. Eldests are typically the kin-keepers, whether male or female. Youngest children are the next most likely as they have a greater sense of family history than other siblings.
- Finding 6: Parents don't treat children equally. Fathers are more likely to favour the youngest girl, while mothers are most likely to give preferential treatment to the eldest boy. Difference always gets more attention in family, so children with special needs rightfully get special attention and treatment.
- Finding 7: Siblings teach us how to fight and survive. The transference between the skills learned at home to the schoolyard and even to later adult relationships is impressive. If you have a feisty sibling who likes an argument then you learn a lot about how to deal with situations like that later in life. If you have a younger sibling who is afraid of the dark, then you develop nurturing skills that you may not otherwise learn.





**TEDDY BEARS' PICNIC  
AT RATHGAR**





## MILO SUPER 8 CRICKET

