▶ **CURRICULUM & TRAINING**
Mrs. Armstrong completes a Covey & Habits Maximiser Course.
Staff continue to train in the Focus On reading program.

▶ **SPORT**
Madeline McKeown reaches National Level in Physical Culture!

▶ **INNOVATION**
5/6AM present at the Cuddie-Cuddie Video Conference

▶ **COMMUNITY**
Uncle Ron visits to take part in the

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2012

Check us out at
www.ulmarra-p.schools.nsw.edu.au

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Term 4, Week 6 Friday 16th November 2012

RESILIENCE ...WHAT DOES IT MEAN TO YOU?

Resilience is the group of skills and qualities that lead people, including children, to be able to cope with difficulties in a positive way.
Here are some important facts about building resilience in your children.

- Resilience needs to be ***taught*** to children.
- Resilience helps your child ***bounce back***.
- ***Commend your child*** for the things they're good at.
- ***Children notice*** how well you handle stress and challenges and then they ***copy your behaviour***.
- ***Extracurricular activities***—sport, music etc—help develop social skills.
- ***LIfe isn't fair.*** Teach your children how to accept that and it will help them adapt to life's challenging circumstances.

Regards,
Sandra Armstrong
Principal, Ulmarra Public School

YEAR 6 FAREWELL

This special occasion will be held on Wednesday, 12th December. Details have been sent home in a note to students today. Many thanks to Mrs McMahon and her team of parent helpers for organising such a fabulous day for our senior students. Students have chosen a film and lunch followed by a formal presentation at school and a disco. All the school is invited to the presentation and the disco which will be held at school. The presentation will begin at 6pm sharp and the disco will finish at 8.30pm.

P&C MEETING

Our P&C will meet Tuesday, November 27th in the school library at 7pm. Please join us for an evening of healthy discussion and rigorous planning!

CAROLS NIGHT

The P&C is holding a community carols by candlelight on Saturday, 1st December in the school grounds. Carols will be led by Sue Carney and Cassie Hollingworth's Drummers will perform a song or two. Children will be learning the carols at school and all students are involved in creating a Christmas themed backdrop for the stage under the guidance of Mrs Conyard.
Thank you to P&C carols organiser, Kylie Dick for coordinating this event.

SOUTH GRAFTON HIGH SCHOOL ORIENTATION

Next Tuesday, 20th November year 6 students enrolled in SGHS next year will attend an orientation session for the day at the high school. Parents are invited to the morning session.

ACCOUNTS

The school's financial year comes to a close next week so it is vital that all accounts are settled by then. There currently remain accounts outstanding for items such as text books and excursions; debts the schools carries in the good faith that the money will be forthcoming. We do not want any child disadvantaged so have ensured text books were available to all children from the beginning of the year. We also seek your support in the collection of the school contribution. This money pays for items such as paper , paints and pencils—items that all children use on a regular basis. We have one of the lowest school contribution fees in the State.
Many thanks for your support in settling all outstanding accounts and sending in your school contribution.

CUDDIE-CUDDIE VIDEO CONFERENCE

What do Cabramurra, Charlestown, Granville East, Wee Waa and Deniliquin Public Schools have in common? They were just some of the twelve schools who booked in to see our senior students Simone, Caleb, Taylor, Corey, Jett, Karrina and Charles host the final Cuddie-Cuddie Indigenous Storytelling Video Conference yesterday.
Students welcomed their audience of over 200 students and their teachers and explained the morning's agenda. They then introduced Uncle Ron Heron who gave the Welcome to country and then followed with a spellbinding telling of the local Aboriginal Dreamtime story of The Doonguun. Students then showed a presentation of Ulmarra school and village followed by this year's animation about the Doonguun. Students then ran a Q&A session followed by a reconstruction of their animation set and the process involved.
The conference went off without a hitch and we now have a very competent team ready for the next opportunity to share ideas across NSW.
Many thanks to Uncle Ron and Kahlua Charlton for their involvement in their conference and our animation.

BIG RIVER PUBLIC SCHOOLS FILM FESTIVAL

Students in 5/6AM have worked really hard the past two terms on their animation project "DOONGUUN". Under the brilliant guidance of our Visual Arts Teacher Mrs Spring, they have painted six stunning backgrounds and characters for the animation. This term , they have made almost 4000 captures during the animation process. The past few days have been spent editing the footage. The result, simply put, is an amazing film.
Please come and cheer them on next Tuesday night at SGHS hall 6pm for a 6.30pm start when the DOONGUUN will screen as one of six short films at the Big River Public Schools Film Festival.

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

TOP TIPS FROM MR R.

Be healthy – be active!

WATER IS THE BEST DRINK FOR KIDS

Students are able to keep a bottle of plain water on their desk to drink during the day. When students don't drink enough water, they can become dehydrated, which causes headaches, irritability and restlessness in the classroom.

Plain tap water is the best thirst-quencher as it has no added sugars, and contains a mineral that helps strengthen teeth and bones. Soft drinks, cordials, sports drinks and flavoured mineral waters contain 6 teaspoons of sugar in every 250ml glass, which means they contains a large amount of energy. This can contribute to dental caries and decay and an excess energy intake (which can lead to overweight and obesity).

So make sure you encourage your child to drink plain tap water at school by sending a bottle in their school bag. Children often enjoy cold water, so why not freeze a bottle to send in the lunchbox?

Also, try making water readily available at home. Have a jug of cold water in the fridge and place a jug of water on the table at meal times. Or make jugs of water more appealing by adding a slice of lemon or ice cubes made in novelty shaped trays.
Sending water to school will help prevent dehydration and help your child work and play all day long.

GET ACTIVE

Why reduce television time?

⇒ studies have shown we use less energy watching TV than sitting still
⇒ TV influences the food choice of kids – Australia has a high rate of food advertising during children's viewing hours
⇒ TV replaces time a child can be active and enjoy physical activity
⇒ there is an association between TV watching and being overweight
⇒ 40% of children 5 – 12 years report watching an average of two hours or more of television or videos a day.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
19th November	20th November Pet Porpoise Pool excursion T-2 Student Banking Canteen SGHS Orientation 9am-3pm Big River Public Schools Film Festival SGHS 6.30pm	21st November	22nd November Canteen CAPA Groups	23rd November Library	24th/25th November
26th November	27th November Canteen School Banking P&C Meeting 7pm Library	28th November	29th November Canteen CAPA Groups	30th November	1st December P&C Carols By Candlelight at Ulmarra P.S.
3rd December K-2 Swimming	4th December Canteen School Banking K-2 Swimming	5th December K-2 Swimming	6th December K-2 Swimming Canteen CAPA Groups	7th December K-2 Swimming	8th/9th December

BIG RIVER PUBLIC SCHOOLS film festival

You are invited to attend an evening of spectacular films produced by primary school children from

Public Schools in the Clarence Valley

Tuesday, 20th November 2012

6.30 pm

South Grafton High School Hall

$2 entry payable at the door

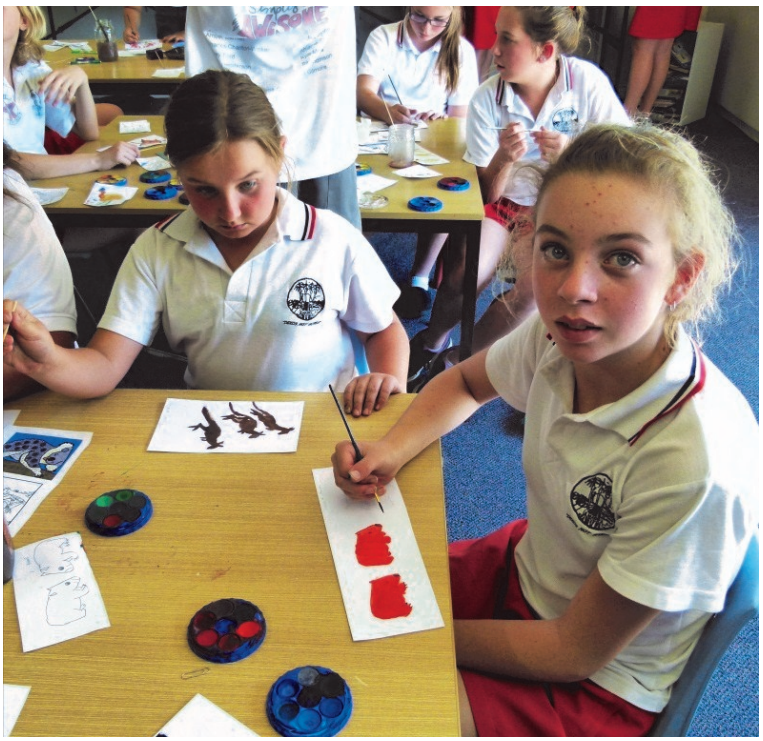
The evening will feature short films including the genres of

comedy, drama, satire, adventure and animation

Come along and see for yourself how public schools in the Clarence Valley are using innovative media studies as an integral part of the curriculum.

BIG RIVER PUBLIC SCHOOLS film festival

The Cuddie-Cuddie
Indigenous Storytelling Video
Conference Team.
Their audience included
students from
Cabramurra
Charlestown
Gwabegar
Hopetown
Barham
Granville east
Euabalong
Tuggerah
Forster
Wee Waa
Deniliquin Public Schools



DOONGUUN

Great Ulmarra Bite Canteen Menu 2012/2013

RECESS

Muffins/home baking.....$1.00
Seasonal fruit.....$1.00
Carrot Crunch.....$1.00
Yoghurt.....$1.00
Custard cup.....$1.00
Jelly cups.....$1.00
Fruit kebab stick.....$1.00
Vegie sticks & dip.....$1.50
Cheese & crackers.....$1.50

DRINKS

Water.....$1.00
Popper juice.....$1.20
Plain milk/sipah straws/milo
Small.....$1.20.....Large.....$1.60

TREATS

Fresh popcorn.....$1.00
Red rock chips.....$1.20

FROZEN TREATS

Flavoured fruit juice ice tube.....$0.50
Ice Mony.....$0.70
Lemonade icy pole.....$1.20
Ice cream Bucket.....$1.30
Moosie.....$1.30
Frozen Fruit cup.....$1.00

LUNCH

SANDWICHES....bread is available in white or wholemeal/Rye. Toasted if requested

Vegemite.....$1.50
Cheese.....$1.80
Tomato.....$1.80
Cheese & tomato.....$2.00
Egg.....$2.20
Egg and lettuce.....$2.40
Salad.....$3.00
Chicken.....$3.00
Chicken and Salad.....$4.00
Ham.....$2.80
Ham & cheese.....$3.00
Ham, cheese & tomato.....$3.20
Ham & salad.....$4.00
Ham, chicken & cheese.....$4.00
Extra fillings each.....$0.20
Bread roll.....$0.60

WRAPS

Chicken & salad.....$4.00
Ham & salad.....$4.00
Salad.....$3.00
Chicken Caesar.....$4.00

SALAD PLATES

Plain salad with egg.....$3.50
Chicken or Ham Salad.....$4.50

HOT FOOD

Chicken strips.....$0.80
Mini Quiche.....$1.30
(with Salad.....$2.00)
Homemade pizza.....$2.50
Lasagne.....$3.20
Macaroni Cheese.....$3.20
Fried Rice.....$3.50
Chicken Burger.....$3.50
Chicken Burger with salad.....$4.50
Minute Steak Burger.....$3.50
Minute Steak Burger with salad.....$4.50

Term 2 & 3 only

Traveller Beef Pie.....$2.60

Notes will be sent home when we have special menu items such as:
Pancakes
Tacos/ Nachos
Sushi
Homemade sausage rolls etc.

Please note - no hot food is served at recess.
Thank you for supporting the canteen.