



FINAL NEWSLETTER FOR 2012

Ulmarra Public School

Excellence Innovation Opportunity Success

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Term 4, Week 10 Friday 14th December 2012

CHRISTMAS GREETINGS

In this final newsletter for 2012, I would like to take the opportunity to thank you all for your support throughout the year. We have a truly wonderful school and staff and students are determined to keep it that way. Ulmarra Public continues to go from strength to strength with new opportunities for students, new families and new programs. Results of our end of year surveys show that families and students are very happy with our new CAPA program and that satisfaction levels with the school in general are very high. This is something we are all responsible for - staff, families, students, community members. We can all share in celebrating our school and its success. As a principal, I can not wish for more than to have a staff who love their job and come to work everyday willing and able to provide the best possible educational, cultural, social and sporting opportunities for their students. So, head into the Festive Season in the knowledge that all is well at UPS and that we will return refreshed and ready to make 2013 an even better year for the school and all those in and around it.

Joyous peace and happiness to you all.

Sincerely,

Sandra Armstrong

Principal, Ulmarra Public School

YEAR 6 FAREWELL

What a sensational day and night! Movies, lunch out, ice cream, a very special formal assembly and a disco. Year 6 were definitely farewelled in style this week thanks to the efforts of Mrs McMahon and her industrious team of parent helpers. Mrs McMahon is to be congratulated on her attention to detail and her exemplary planning. Congratulations year 6. You were a pleasure to teach and excellent role models for our younger students. We wish you all the very best in high school and beyond.

SCHOOL FETE

Next Monday, from 1pm till 3pm under the COLA, students will run the annual Ulmarra P.S. fete. Students and teachers are busy organising stalls and are seeking your support in some areas. Kyle and Joel are running a bottle stall and would appreciate donations of plastic jars or other containers filled with items so that the jars can be sold for \$2 each. Colby and Sarah are running a cake stall and would appreciate donations of home baked goodies being delivered to the school on Monday. Children will have the opportunity to spend their money at the various stalls and it is much appreciated if parents/carers send along change rather than notes for children to spend as providing change can be a problem. Please note students are to wear their school uniform. If there are any parents/carers who would like to do face painting or hair spraying with proceeds going to the school, please contact the office.

EX STUDENTS EXCELL AT SGHS

Mrs Armstrong was thrilled with the number of ex Ulmarra P.S. students who were recognised for their achievements at this week's Presentation Night. Students from Ulmarra featured no less than 37 times in the official program with awards ranging from Dux of the Year through to achievements in VET programs, Dux of the Class, Special Awards for Outstanding Performance in Community Based Programs, Volunteering,

VET Metal & Engineering, Academic Excellence in English, Ancient History, Commerce, Geography, Humanities, Indonesian, Mathematics, Visual Arts, Modern History, Technology, Music, Science, Language, ICT and PD, Health, PE. You must agree that for a small school that only sends on average 10 students each year to SGHS, Ulmarra Public is well and truly over represented in outstanding achievers across a very broad range of areas. Well done to all awardees!

CHRISTMAS HAMPER RAFFLE

The P&C is running its annual Christmas Hamper Raffle. Thank you to those generous souls who have donated non perishable items to the cause. The hamper is looking very inviting! Please send in your raffle tickets and money by Monday morning as the raffle will be drawn at the Fete.

FAREWELL MRS MORAN

Sadly we must farewell Mrs Moran at the end of this year. She has done an outstanding job in Mrs Campbell's absence teaching K/C. It has been an absolute pleasure to have Mrs Moran at UPS. She is a talented teacher who has worked extremely hard to provide the very best opportunities for her students. Staff and students have really enjoyed her company. Mrs Moran certainly has all it takes to be on the Ulmarra team—skill, spirit, integrity and a love of teaching. Unfortunately the position she has filled was only a temporary engagement for 2012.

We hope we will be able to have Mrs Moran back at UPS sometime soon.

CLASSROOM STUDENT REQUIREMENTS 2013

It is so important for all children to have their own belongings. This makes the day run smoothly with children not wandering around disturbing others looking for a pencil, eraser etc. Be aware that desk top space is limited so please avoid large pencil sharpeners, bulky pencil cases etc. All items need to be labelled.

5/6:4 lead pencils, ruler, eraser, coloured pencils, textas (optional), scissors, pencil sharpener, tissues, glue stick, one A4 Display Folder, two plastic A4 wallets, a painting shirt and a library bag for Tuesday borrowing.

3/4: 4 lead pencils, ruler, eraser, coloured pencils, textas (optional), scissors, pencil sharpener, glue stick, one plastic A4 wallet, a painting shirt and a library bag for Tuesday borrowing.

K-2: Paint shirt (not plastic), box of tissues and a library bag for book borrowing.

ANAPHYLAXIS INFORMATION

If your child is diagnosed at risk of a severe allergic reaction, particularly anaphylaxis, the Anaphylaxis Procedures contain information for schools and parents designed to minimise the risk to students. If your child has an allergy it is important to let us know – see Action steps for parents. Find out more:

<http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/index.php>

CLASS PARTIES

Notes have gone home regarding our end of year class parties which will be held next Tuesday from 12.45pm under the COLA. On this day children may wear party clothes as long as they are sun safe and shoes are closed in. No thongs or sandals please. **No foods with nuts or nut products.**

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

INFORMATION FOR PARENTS AND CARERS

‘Tis the Season to Have Meltdowns - parenting tips from “Parent Line” 1300 1300 52

As the end of the school year rapidly approaches, calendars and to-do lists get jam-packed and tempers can be frayed. Sometimes at this time of year we see our children behaving in ways that aren’t usual for them such as being teary and emotional to being defiant and angry. Sometimes when things become too hard for children to handle they might have a ‘meltdown’. A meltdown is an intense and often frightening response to over-stimulation of the nervous system involving activation of the child’s ‘fight or flight’ response. This often means that the experiences the child is having are too much for them to handle at the time. Tiredness, lack of routines, stress in the family (rushing around with too many things on the to-do list) and other changes can create a “perfect storm” for the child. Afterwards, the child may experience intense feelings of shame, humiliation, remorse and fear that relationships have been harmed beyond repair.

The notion of prevention being better than the cure is primary when dealing with meltdowns. So how, as a parent, can you prevent meltdowns?

Tune in to early warning signs in your children. What do these signs look like? Resistance to, or disengaging from, an activity or routine. Verbal or non-verbal expressions of distress or frustration e.g. tears, whining, swearing, difficulty answering questions, pacing, stuttering, grimacing etc.

By tuning in early, you may be able to prevent a meltdown or minimise its impact. Expressing empathy, helping a child to verbalise their frustration and providing them with options can have a positive impact. An example of this could be “I can see that you are getting mad about not getting a turn on the flying fox. Would you like me to help you ask for your turn?”

It may also be helpful to manage your child’s environment to minimise the likelihood of a meltdown occurring. For example, try to maintain normal household routines, spend quality time together as a family and factor in some quiet time for your children to unwind after a bust day.

If prevention fails, there are ways to manage a meltdown to minimise its impact:-

Once your child is having a meltdown, the time for reasoning has passed. He or she is overwhelmed emotionally and will not be able to think rationally. It is imperative that you, as the parent, stay calm. If you feel you are losing control, enlist another adult to help you or take time out yourself if you are at home. ***Call the Parent Line for support on 1300 1300 52.***

EVER WONDERED WHAT UPS STAFF DO ON PUPIL FREE DAYS?

Read on

THURSDAY 20TH DECEMBER

- “The Learner and the New Curriculum” Modules — preparation for the National Curriculum implementation.
- Organisation 2013- rosters, roles and responsibilities, classes, programs etc.
- “Teaching for the New Curriculum” Modules —preparation for the National Curriculum implementation.

FRIDAY 21ST DECEMBER

- Asthma Awareness Training
- Anaphylaxis Update Training
- Child Protection Update
- CPR

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
17th December Fete 1.00-3pm	18th December Visit to Rathgar Class end of year parties	19th December Final day of school for students 2012	20th December Staff Development Day for teachers	21st December Staff Development Day for teachers	22nd/23rd December
28th January Australia Day Holiday	29th January Staff Development Day Pupil Free Day	30th January First day for students Years 1-6 Best Start testing by appointment	31st January NO CANTEEN Best Start testing by appointment	1st February Welcome Morning Tea First day for Kindergarten	2nd/3rd February
4th February	5th February Ulmarra and Friends Swimming Carnival K-6 Grafton Aquatic Centre NO CANTEEN	6th February	7th February CANTEEN	8th February	9th/10th February

ULMARRA PUBLIC SCHOOL PRESENTATION DAY AWARDS 2012

Grade	Academic Medal	Citizenship Medal	Academic Certificate	Encouragement Certificate
Kinder	Emily Watts	Ryan Jefferies	Jack Leeson	Alaura Pierpoint
Year 1	Grace Crapp	Kate-Lyn O'Sullivan	Ella Connor	Riley Croft
Year 2	Madeline McKeown	Zhanae Whalley	Zoe Crapp	Liam O'Sullivan
Year 3	Chloe Hallam	Ryan Dick	Morgan Ensbey	Luka Primorac
Year 4	Marko Primorac	Lachlan Ferry	Domonic Kennedy	Thomas Gilmore
Year 5	Caleb Ensbey	Dayna Wood	Rachel Rollings	Stanko Primorac
Year 6	Corey Ford	Dorian Kennedy	Simone Thomson	Sarah Stevens
Nancy Carlton Dux Shield & Trophy donated by the Hession Family	Wenona Gaudie			
Citizenship Shield & Medal	Taylor Gilmore			
Resilience Medal	Colby McIlveen			
Chris Crawford Shield Donated by Crawford Family	Brodie Henderson			
Sportsperson Medal	Madeline McKeown Kyle McIlveen			
Fair Play Award	Lachlan Ferry			
John Sullivan Writers Award Donated by Sullivan Family	Jack Leeson			
Perfect Attendance 2012 Donated by the Short Family	James Chevalley Dorian Kennedy Emily Watts Simone Thomson			



Presentation
Day 2012





Movies, popcorn & ice cream!



