



► **CURRICULUM & TRAINING**
Mrs. McSwan, Mrs. Armstrong and Mr. Reardon complete the Covey 7 Habits of Highly Effective People Training.



► **SPORT**
Students train for the Ulmarra Athletics Carnival Field events.



► **INNOVATION**
We gear up for the Techno Café!



► **COMMUNITY**
Ulmarra Community Action Group offer to support our school. More about this soon.....

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2012

Contact us:

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

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

Email: ulmarra-p.school@det.nsw.edu.au

Phone: 02 66445266 Fax: 02 66445373

Principal ~ Sandra Armstrong

Term 2 Week 5 25th May 2012

Check us out at

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

7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Professional Learning continues for our staff with Mr. Reardon, Mrs. McSwan and myself attending the Covey 7 Habits of Highly effective People Course in Coffs Harbour.

Stephen R. Covey's Course, The 7 Habits of Highly Effective People, ignores trends and popular psychology for the proven principles of fairness, integrity, honesty, and human dignity. These are the values we strive to instill and nurture in our students at Ulmarra. Celebrating its fifteenth year of helping people meet personal and professional challenges, The Covey 7 Habits Course it is still at the top of the list for developing effectiveness in its participants. Once we three have completed the training Ulmarra Public becomes one of the few schools who have trained their entire teaching staff in these disciplines.

The next step will be to work with students to support them in developing effective habits in their school and home lives.

Last Wednesday, we were visited by teachers from Bellingen and Boambee Public Schools. These teachers were on a fact finding tour to see how ICT works at Ulmarra. Mr. Nethercott showed them the highly effective ICT infrastructure that he has developed here and showcased the various programs on offer to our students. They left quite envious of the system we run here and were very impressed.

Congratulations to Mr. Reardon who has been offered the position of Acting Principal at Cowper P.S. for the last four weeks of this term whilst the Principal, Mrs. Chapple is on leave. Mr. R will be missed at UPS and we look forward to his return next term.

Sincerely,

Sandra Armstrong
Principal
Ulmarra Public School
P&C NEWS

It was a very productive meeting last week, with the fundraising calendar for the year being finalised. We are most fortunate at Ulmarra to have a focused and effective team in our P&C. Our children benefit on a regular basis from the hard work of its members and all those who support its efforts.

TRADITIONAL ABORIGINAL GAMES

On Thursday of next week, 31st May, from 3.15 till 4.30pm, an Aboriginal Games afternoon will be held at our school. Everyone and anyone can come and learn these traditional games. The games session will be led by Nick Duroux with Ulmarra teachers assisting. Afternoon tea will be provided. Please call the office if your children would like to be involved for catering purposes. There is no cost involved for this afternoon. Come along and join in the fun!

NATIONAL SIMULTANEOUS STORYTIME

We love our books at Ulmarra Public and that was very evident last Wednesday when Mrs. Conyard and all our students joined in reading "The Very Cranky Bear". We were not alone in this venture and were joined by over 200,000 children from across the nation in celebrating the wonderful gift that a good story is. Thank you to Mrs. Conyard, our Literacy Coordinator, for once again making the magic happen at UPS.

BUS ROUTE

A petition is available at the school office to indicate parent/carer support for the Atwals Bus route to be expanded to include the village of Ulmarra. If your children would use this bus service, please sign the petition which is located in the school office. The bus service can only be offered if it has the support of the school community.

WELCOME

Welcome to new students Billy Owen and Lauren Ferry and their families. We look forward to getting to know you and we are sure you will love school life at Ulmarra!

TECHNO CAFE

This exciting event will be held in the Ulmarra P.S. Café (aka the library) on Wednesday, 13th June at 10am. During this hour you will be shown how Technology is used in the classroom across many curriculum areas, by a selection of students from Kindergarten to Year 6. Your hostess will be the wonderful Mrs. Conyard. Whilst enjoying the infotainment you will snack on delicious home baked treats from the Ulmarra Cookbook and freshly brewed tea and coffee. Numbers are strictly limited and bookings are essential. These can be made via the office on 66445266.

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:

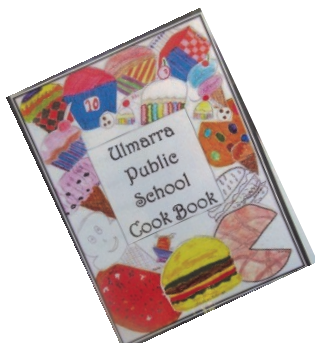
- ⇒ Buy a variety of seasonal fresh fruit so your child doesn't become bored
- ⇒ Involve your child in choosing what fruit and vegetables to buy
- ⇒ Give them a small, hand-sized piece
- ⇒ Cut large fruit and vegetables into small manageable pieces
- ⇒ Make 'vegiepeople' with your child
- ⇒ Freeze small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

Winter fruits

Students have crunched their way through the delicious nectarines, peaches and grapes of summer, and are now looking forward to the fresh, crisp apples and juicy oranges available in winter.

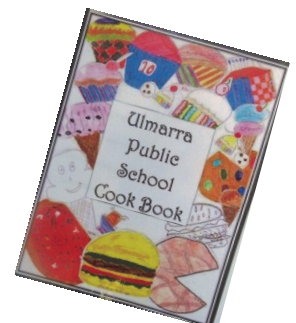
However, large pieces of fruit can be difficult for small children to manage, especially with wiggly teeth! On top of this, it takes small children a long time to eat a large apple, orange or pear and they can be quite messy, especially if they're fresh and juicy. Now that the delicious winter fruit is available, try and choose small to medium pieces of fruit to send for Crunch and Sip. Or you could chop up a large piece into smaller, more manageable pieces for your child to enjoy.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
28th May	29th May Student Banking Transition Canteen Responsible Pet Ownership T-2 session	30th May GABC \$20 installment due	31st May CAPA Groups Canteen Aboriginal Traditional games at school 3.15pm— 4.15pm	1st June Mr. Reardon's last day before beginning four weeks as Acting Principal at Cowper P.S.	2nd/3rd June
4th June Gallery Comes to School Mr. Russell begins teaching 3/4R	5th June Student banking Transition Canteen Assembly—spotlight on 3/4R	6th June MHS Yr 6 Transition to High School	7th June CAPA Groups Canteen	8th June	9th/10th June
11th June	12th June Student Banking Transition Canteen P&C Meeting 7pm Library	13th June Techno Café 10am—11am in the Library (bookings essential)	14th June CAPA Groups Canteen	15th June	16th/17th June

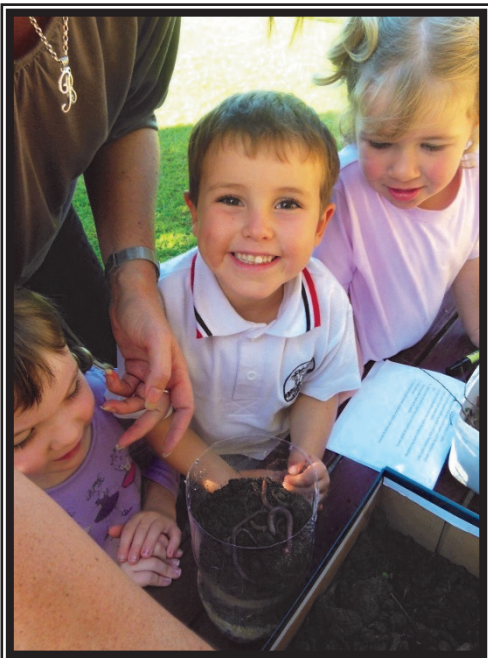


Yours for only \$20.

Don't be the only one in Ulmarra without one!



Transition children build a worm viewer





12-14 Pacific Hwy Ulmarra, NSW 2462

PRESIDENT: Carmel Small
EMAIL: carmel.small1@det.nsw.edu.au
Mobile: 0409 458 643

SECRETARY: Susan Polsen
EMAIL: susanpolson@iprimus.com.au
Mobile: 0422 414 198

P & C News

We had a very productive meeting where a lot was achieved. The main focus of the night was on the fundraising events for the year.

More detailed information on the following events will be sent out closer to the date, but in the meantime jot these down in your calendar.

June 2nd - 3rd *Ulmarra campdarft.* Helpers needed for these days to help make sandwiches in the mornings from about 7am Sat and Sun. If you are able to lend a hand can you please leave your name with Karen at the office with a contact number so that we can collate the helpers.

The P & C is also asking for support in some baking. Cakes or slices can be left at the office on the Friday 1st or taken to the Ulmarra showground Sat morning

August 18th *Shopping day trip to Harbour Town*

August 21st *Drawing of Father's day raffle at morning assembly*

September 8th *Election day. Cake stall and B.B.Q at the school. Will be asking for donations of baked goods to sell*

October 27th *Open day/Reunion* Tentative details: 10am - 2pm at the school with a B.B.Q lunch. Followed by pre sold tickets to afternoon tea at the Ulmarra hotel from 2.30pm

December 1st *Christmas carols at school*

Our next meeting is *Tuesday 12th June*. Everyone is most welcome to attend this very informal meeting.

The Very Cranky Bear visits Ulmarra Simultaneous Story Time



INSIGHTS

by Michael Grose – No. 1 parenting educator



Keeping kids safe in a cyber world

Social media sites have taken cyber bullying and harassment to a new level. Here's how to keep your kids safe when online.

Cyber bullying is one of the biggest, safety issues facing young people today. Bullying and harassment online is now commonplace. For instance, over a third of teenage girls have been sexually harassed via the Internet.

The emergence of social media sites has seen cyberbullying go to a new level. Messages and images can now spread like wild fire reaching a huge potential audience in the time it takes to upload an image or shoot off a text message.

Once the family home offered young people an escape from schoolyard bullies. Now the cyber world is so invasive that their bedrooms offer no guarantees of safety any more.

The cyber world is enticing. Young people have always wanted to escape from their parents' world. In the past they hung out in shopping centres and pool halls. Parents tried their best to keep an eye on where their children were and what they were doing.

The online world is now the shopping mall of the 21st Century. Parents have the same responsibility to help kids stay safe in the online world as they do in the real world. 'Stranger danger' and accompanying safe behaviours are just as relevant in the online world as they are in the real world.

Parents should use the same offline preventative strategies to maximise their children's online safety as they've always used. These strategies include: teaching children about the right way to behave online; don't let them spend all night in the cyber world; and ask questions about what they are doing and where they go when they're online.

Parents need to remind kids that things in the online world can spin out of control very quickly. A written message or an image can be circulated electronically so rapidly that the scope and scale of cyber bullying can be greater than any other form of bullying.

The following seven key messages form the basis of an online safety strategy for kids. They should be taught to kids so they become second nature, just as the messages about stranger danger were absorbed by an earlier generation.

1. Respect others. Make kids aware that what they send can offend.

Discuss with kids the types of messages and images that can cause harm to others when sent. Teenagers often walk a fine line with what they do and say to each other offline, yet it's relatively harmless. The same type of behaviour online however can be a different story.



2. Think before you send. Remind kids cyberspace is a very public and permanent forum. A text message or image sent to just one person can be passed to a potentially unlimited number. Once they are sent they're almost impossible to erase and take back.

3. Treat online passwords like your house key. Teach kids to keep passwords guarded at all times. Young people can be incredibly trusting of each other, which is to be encouraged. However there are some things, such as online passwords that they don't share, not even with their best friend.

4. Block bullies. Teach kids to block bullying messages. They can filter out messages and addresses online. Similarly, they can block text messages from bullies as well.

5. Don't reply to harassment. Bullies can retain proof of your response, which can further be spread around. Besides responding to bullying behaviour often simply encourages the bully to continue.

6. Save the evidence. If kids are bullied they should keep the pictures and offending messages. These can be used as proof if the bullies are brought to justice.

7. Tell someone. The insidious part of bullying is that kids on the receiving end often don't seek help, as they think there's something wrong with them. Talk with kids about going to a trusted adult, when they feel their rights or safety have been violated. They should with your help report online bullying to the appropriate service provider.

Sticking the proverbial head in the sand regarding kids' use of communications technology is no longer an option for parents. Savvy parents need to learn as much as they can about children's and young people's online lives so they can respond to situations appropriately.

Wambinya Early Years Program
Aboriginal Student Learning Support Officer
ULMARRA PUBLIC SCHOOL

Expressions of Interest are called to fill the temporary position of
Student Learning Support Officer at Ulmarra Public School from 16.7.12 to 30.11.12

School context

Ulmarra Public School has a reputation for excellence, innovation, opportunity and success. The school is small enough to ensure a safe, nurturing environment but large enough to offer a complex range of quality learning opportunities

Job Description

Responsible to the principal, for working to assist the teacher, to engage targeted Aboriginal students in Kindergarten more fully with early literacy and numeracy learning.

Position Criteria

Ability to relate well to Aboriginal families, students and community members

Capacity to work as part of a team to implement individual education plans.

Effective organisational skills and an ability to prioritise own work

** Aboriginality is a genuine occupational qualification and is authorised by section 14 of the Anti-Discrimination Act 1977. An Aboriginal person is a person of Aboriginal descent who identifies as such and is accepted by the Aboriginal community as an Aboriginal person.*

Expression of Interest applicants

Interested applicants are invited to submit an Expression of Interest using the EXPRESSION OF INTEREST COVER PAGE template.

The Expression of Interest must include contact details of two referees. One of the referees must be your current principal/supervisor, if applicable.

In addition to referees, a written statement (no more than two pages) that demonstrates your skills and capacity to perform the job is required. Address each of the position criterion. Attach this statement to the Expression of Interest cover page.

CLOSING DATE: Friday 8th June 2012

**Applications to: The Principal, Ulmarra Public School
12-14 Pacific Highway, Ulmarra NSW 2462**

**WAMBINYA EARLY YEARS PROGRAM 2012-13
EXPRESSION OF INTEREST (EOI)
COVER PAGE**

POSITION APPLIED FOR: **ABORIGINAL STUDENT LEARNING SUPPORT OFFICER**

NAME:	DET ID. NUMBER: (if applicable)
CURRENT POSITION (if applicable):	CURRENT POSITION LOCATION (if applicable):
HOME ADDRESS:	WORK PH: HOME PH: MOBILE:
REFEREE 1	REFEREE 2
NAME: WORK PH: HOME PH: MOBILE:	NAME: WORK PH: HOME PH: MOBILE:

In addition to the above information, applicants are required to submit claim for the position (no more than two pages) addressing the selection criterion for the position.

**ROLE STATEMENT
ABORIGINAL STUDENT LEARNING SUPPORT OFFICER**

Responsible to the principal and/or supervisors for working, under the supervision of the teacher, to assist the teacher to engage targeted Aboriginal students more fully with literacy and numeracy learning, in particular **comprehension** and **vocabulary knowledge**.

The Aboriginal Student Learning Support Officer will:

- Provide **in class** support to **individual** and/or **small groups** of targeted Aboriginal students.
- Implement individual **Best Start Literacy Early Learning plans** and **Personalised Learning Plans** to move *Wambinya* students along the literacy and numeracy continuums.
- Contribute to ongoing early literacy and numeracy planning by providing teachers with regular feedback about student participation, engagement and progress.
- Participate in all *Wambinya* professional learning days and ASLSO sharing sessions.

Other duties

Undertaking other *related* duties as determined by the principal or the supervisor.

Note: The school must not require an Aboriginal Student Learning Support Officer to accept responsibility for class management and control, playground supervision or teaching students.