



► **CURRICULUM & TRAINING**
Teachers continue training in Focus On Reading.
Susan Sanberg trains staff in On Line Reading and Phonics Program.



► **SPORT**
Congratulations to Kyle McIlveen who continues to excel on the track and in the field competing in the 100m, 200m and the high jump at last week's North Coast Carnival. Well done Kyle!



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



► **COMMUNITY**
P&C fund the purchase of new Spelling and Grammar classroom resources. Market Day fundraiser this weekend.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2012

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Principal ~ Sandra Armstrong

Check us out at

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Term 3 Week 8 Thursday, 6th September 2012

GOOD HABITS-WHERE ARE THEY LEARNT?

As parents and carers, you are your child's first teacher. Your children look to you for guidance as you are also their first role models.

Put simply, your children will mimic your behaviours—be they good or not so good.

At Ulmarra P.S. all staff strive to present the best possible role models for our students. Please support us in this endeavor by using positive language in front of your children and keeping swearing under wraps.

FACEBOOK

Over the years, concerns regarding Facebook have been aired in the print media, on television, in Parliament, in our own School Newsletters, in discussions at P&C Meetings and at our School Assemblies. The time has come for families to take responsibility for the online behaviours of their children by putting into place parental controls. **NO CHILD UNDER THE AGE OF 13 IS ALLOWED TO HAVE A FACEBOOK ACCOUNT.** For a child under 13 to have an account, a false date of birth must have been used.

Please discuss this with your children. As there are no 13 year olds at Ulmarra Public School, no Ulmarra students should have a Facebook account.

ELECTION DAY MARKETS

This Saturday, the P&C is holding a major fundraising event at the school to coincide with the local Government elections. We are always looking for helpers on the day. Please contact the school if you can assist or turn up on Saturday and see Carmel Small or Amenda Gilmore.

The Ulmarra Cake Stall is always a great success due to the very talented cooks we have in our school community. We thank you in anticipation, for your kind donation of cakes, slices, biscuits to be sold at the stall. These may be left at the school Friday or brought along early on the Saturday morning.

We are holding a BBQ as well and would very much appreciate any donations of eggs. These may also be left at school Friday or brought along Saturday morning.

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.

CANTEEN HELPERS NEEDED

The canteen is in desperate need of helpers. We have only been able to keep the doors open this term on many an occasion due to the generosity of parents filling in unexpectedly when dropping children off to school. These helpers have already completed their rostered day in the canteen and do the extra days out of kindness and a wish to ensure the canteen stays open and the children are fed. They sometimes have babies or toddlers with them making the situation a difficult one. This information is being passed on as many parents may think that, as we have not closed the canteen, we have enough helpers, but this is definitely not the case. If you would like to help and have pre-schoolers, The Wonderful Mr Cowan is setting up a crèche area where young ones will be able to play safely. Please call the school if you would like to assist. Many, many thanks.

ACCOUNTS PAYABLE

Mrs. McSwan sent out accounts this week and we would greatly appreciate them being settled as soon as possible. Many thanks for your support in this area.

FATHERS' DAY WEEK!

We really enjoyed spoiling our dads this year with a special assembly, a gift stall, a portrait gallery and a breakfast BBQ. Many thanks to Mrs. Conyard and her band of helpers who ensured all appetites were satisfied with a delicious egg and bacon roll, fruit juice and a hot cuppa. Thank you also to all those dear souls who donated eggs and to the Pigg family who secured top quality bacon at a special price.

SKORT SALE

Skorts will be on sale for \$15 each or 2 for \$20 (normally \$25 each). At this Saturday's Election Market Day. Don't miss this bargain!

HEAD LICE

As the weather warms up, these little creatures begin to breed. We have had a few cases of head lice lately. Please check your child's hair tonight and if they are infested, treat them. They will be unable to attend school until this has been done.

**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
10th September SGHS Small Schools Orientation day Year 6	11th September Student Banking Transition Canteen Tournament of the Times	12th September GABC \$20 deposit due	13th September 5/6AM excursion to the Art gallery CAPA Groups Canteen	14th September Ulmarra P.S. Debate Chatsworth Island P.S. via VC	15th/16th September
17th September GABC final payments due.	18th September Student Banking Transition Canteen Assembly 9.15am Spotlight on K/1C	19th September	20th September Milo T20 CAPA Groups Canteen	21st September LAST DAY OF SCHOOL TERM 3	22nd/23rd September
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

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

