



► **CURRICULUM & TRAINING**
Teachers continue their Focus on Reading Training.



► **SPORT**
Students gear up for Footsteps Dance



► **INNOVATION**
5/6AM go into film production.



► **COMMUNITY**
Students head off to Rathgar, Teddies tucked under their arms, for the 2013 Teddy Bear's Picnic

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2013

Check us out at

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

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Term 4 Week 1 Friday 11th, October 2013

A POSITIVE FUTURE FOR OUR SCHOOL

As part of our school's annual self-evaluation process, 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 at the school. Survey completion is voluntary. There will be two surveys this term.

The first survey, in the area of Educational and Management Practice, asks questions about how well our school communicates and engages. The NP Community Engagement survey is to be completed online via a Survey Monkey linked to the school web page. On the Ulmarra P.S. website (www.ulmarra-p.schools.nsw.edu.au) click on the "Our School" tab then scroll down to "Community Engagement Survey 2013". Only one survey response can be completed on any one computer. The survey is live now.

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 all to contribute.

This year's curriculum area to be evaluated is Literacy. We are surveying the school community on how effective school programs like THRASS, Letterland, Focus On Reading, Best Start and the Literacy Café have been. With the new English syllabuses being implemented in 2014 your feedback is vital. This survey will be a paper one. And will be sent home next week.

By completing these surveys you assist us in determining future programs for our school.

Each survey should not take longer than 15 or 20 minutes to complete. Surveys close on the 16th November, 2013.

Many thanks for your contribution.

Kind Regards,

Sandra Armstrong
Principal

EXCURSIONS

It will not be long now until students in years 3 to 6 head off on their annual excursions. 5/6AM will leave for Sydney with Mrs McMahon and Mrs Armstrong on Monday, 11th November returning on Friday 15th. The following week 3/4R, Mr Reardon and Ms Cowan will head to Lake Ainsworth on Wednesday, 20th November returning on Friday 22nd.

Both excursions are excellent opportunities for children to experience some quality time away from home in good hands. Thank you in advance to accompanying teachers for making these excursions possible. Thanks

also to Mrs McSwan for taking care of all the organizational details.

JACARANDA

A note has gone home explaining the changes to this day. Please read carefully and advise the school of your intentions regarding your child's attendance.

TEDDY BEARS' PICNIC AT RATHGAR

On Tuesday 22nd October, students from Kinder to Year 6 will walk their teddies down to see our Rathgar buddies. Children will sing a few songs and then have a "Meet My Bear" session with children introducing themselves and their bears to the residents. Many thanks to Helga and everyone at Rathgar for inviting us down. It is always a beary happy occasion!

WELCOME MR WICKS

This week we welcomed Mr Wicks, a student teacher from Southern Cross University, to Ulmarra P.S. Mr Wicks will be working with Mr Reardon on 3/4R for the first 4 weeks of this term. We hope he enjoys the experience and the opportunity to work with Mr Reardon and Team Ulmarra!

REMINDER: CHANGE TO THE LIBERTY GARAGE LUNCH ORDER SERVICE

Just a reminder that Karl and Rhonda Studd are no longer available to deliver lunch orders to the school on a Monday. Parents are welcome to call in to the garage in the morning to purchase sandwiches (no hot foods) which the parent can then take to the school or give to their children to take with them but there will be no delivery to the school made.

The only day that lunches may be ordered and delivered to the school is Wednesday. Many thanks for your cooperation in this regard.

UPS PRODUCTION FILM SHOOT

Cast and Crew of "The Lost and Found Shop" head off to film on location next week. Thank you to Mrs Newman for allowing us to use her shop for the filming. This year's "UPS Productions... Never Down" will premiere at SGHS Hall on Thursday 28th November in a day time slot.

GRAFTON CITY EXCURSION

What a great day we had! Our Ministers for the Arts opened our exhibition at the Grafton Regional Art Gallery, then we headed off to see the Art Express Exhibition, followed by tours of Schaeffer House, The Grafton Regional Library and the Fire Station. The rain did not dampen our enthusiasm and we enjoyed wandering around our beautiful city. Once again, there were many complimentary comments made about the behavior of our students. It is a pleasure to take them out!

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

TOP TIPS FROM MR R.

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

- ⇒ Nothing replaces parental supervision and education for kids about cybersafety.
- ⇒ NO SCREENS IN THE BEDROOM
- ⇒ 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 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



THE LEADER IN ME

THIS MONTH'S FOCUS IS ON : Habit 6 — Synergize

Together Is Better

- I value other people's strengths and learn from them.
- I get along well with others, even people who are different than me.
- I work well in groups.
- I seek out other people's ideas to solve problems because I know that by teaming with others we can create better solutions than anyone of us can alone.
- I am humble.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
7th October Public Holiday	8th October FIRST DAY BACK AT SCHOOL FOR STUDENTS TERM 4 Transition School Banking No Canteen	9th October FINAL \$50 SYDNEY EXCURSION PAYMENT DUE THANK YOU	10th October No Canteen CAPA Groups	11th October	12th/13th October
14th October Library—Welcome Mr Woolridge	15th October Transition School Banking Book Mobile Canteen	16th October FINAL \$50 LAKE AINSWORTH EXCURSION PAYMENT DUE THANK YOU 5/6AM Film Shoot	17th October Canteen CAPA Groups	18th October Yr 7 GHS meeting at Westlawn P.S. Assembly Spotlight on Kindergarten	19th/20th October
21st October Library Footsteps Dance Program	22nd October Teddy Bears' Picnic at Rathgar Transition School Banking UPS published in DEX Canteen Footsteps Dance	23rd October MHS Year 6 Transition Lake Ainsworth Medical Notes to be returned to school Footsteps Dance Program	24th October Canteen Footsteps Dance Program	25th October Footsteps Dance Program—morning Drumming Practice – afternoon	Sunday 27th October Clarence Valley Regional Film Festival Saratton Theatre
28th October Library	29th October Transition Kinder Orientation School Banking Book Mobile Canteen P&C Meeting	30th October	31st October Canteen CAPA Groups— Drumming practice	1st November Assembly Spotlight on 5/6AM Drumming Practice	Saturday 2nd November Ulmarra Drummers perform at Jacaranda



Do you have a child in year 4, 5 or 6?

In 2001 (over 12 years ago) the Government introduced the '**Child Tax Offset**' and surprisingly many Australians did not know about it and have NOT claimed any benefits.

Act now!
**Time is running
out fast!**

HAVE YOU MISSED OUT ON THOUSANDS OF DOLLARS?

If your child was born between **1 July 2001 and 30 June 2004** you may be eligible to receive up to \$12,500 of entitlements.

The government has now put a deadline on this entitlement so please email **childoffset@twelve.com.au** to receive more information.

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CHARTERED ACCOUNTANTS

Your Family Tax Specialist

VERY USEFUL PARENTING TIPS FROM MICHAEL GROSE (the whole edition!)

Building Resilience

This is really worth making a cuppa and sitting down to read. Some strategies have been included in previous newsletters—good to revisit—and some are new.

Resilient families develop their own words and phrases to help each other get through the inevitable tough times that each person experiences. The language of resilience generally refers to coping strategies such as empathy, humour and acceptance.

Here are 10 examples of the language of resilience, the coping skills each reflects and the types of situations in which they are applicable.

1. “Come on, laugh it off”

Strategy: Humour

Good for: Kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. “Don’t let this spoil everything”

Strategy: Containing thinking

Good for: Kids who feel overwhelmed; kids who experience rejection; perfectionists.

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. “Let’s take a break”

Strategy: Distraction

Good for: Kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding, it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. “Who have you spoken to about this?”

Strategy: Seeking help

Good for: Kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That’s why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don’t overtly talk about what’s bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

5. “I know it looks bad now but you will get through this”

Strategy: Offering hope

Good for: Kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children’s chins up and encourage them when life doesn’t go their way. Being the ‘hope’ person can be hard work, that’s why parents need to be supported by resilient people and workplaces, too. It helps to be mindful that a child or young person’s resilience is nurtured by the presence of at least one supportive adult. You may have to be that person.

1st CLARENCE VALLEY COUNTRY MUSTER

Walkup 28th – 31st October

CONCERTS

1st • 2nd • 3rd NOVEMBER

11 Coulters Lane Calliope 2462, Ulmarra (near Grafton)

STARRING GUEST ARTISTS

TED EGAN A.O. • TERRY GORDON O.A.M.

• GLENN JONES • KROSS KUT SHOWBAND •

LINDSAY WADDINGTON • MARGE GRAHAM • TONY

WAGNER • RAY ESSERY • GED & TRUDY HINTZ •

KEITH JAMIESON • JAMIE DAVIS • SANDY THORNE

• ALISHA SMITH • DARREL CRAFT •

• SUBURBAN COUNTRY plus more special guests

For Bookings contact Wendy Gordon on

02 6643 3320 or 0432 741 947 or 0412 977 822

Email:- wgordon6@dodo.com.au

www.cvcmuster.com.au www.facebook.com/CVCountryMuster

Follows on after the 10th Slim Dustys Memories Week Kempsey



TED EGAN
O.A.



TERRY GORDON
O.A.M.



GLENN JONES



LINDSAY
WADDINGTON



ALISHA SMITH & KEITH
JAMIESON



GED & TRUDY
HINTZ



JAMIE DAVIS



MARGE GRAHAM



DARREL CRAFT



SANDY THORNE
(Bush Poet)



RAY ESSERY
(Bush Poet)



TONY WAGNER



SUBURBAN COUNTRY

Campers come early • No extra Charge •

Gates open Mon 28th October • Great

tucker everyday • Bush Camping

• Non powered van sites.

Entry fee: \$90 per person full week.

Day Visitors Friday 1st, Sat 2nd

and Sun 3rd: \$30. Credit card facilities.

P&C FUNDRAISER

HELP NEEDED

The organisers of the 1st Clarence Valley Country Muster have kindly offered our P&C the opportunity to be involved with the event to fundraise for our school.

Helpers are needed to bake cakes and slices the day before the event (these may be left at school on Thursday, 31st October or taken to the event on Friday, 1st November). Helpers are also needed to make sandwiches at the event on the three days.

This is a wonderful fundraising opportunity for our P&C, so if you can help in any way, even if only for an hour or two, please contact Kahlua on 0499 182 024 or Ken Cowan on 0437 711 723 as soon as possible.

Thanking you,

Kahlua and Ken for the Ulmarra P&C

VERY USEFUL PARENTING TIPS FROM MICHAEL GROSE (the whole edition!)

Building Resilience ~ *continued*

6. “What can you learn from this so it doesn’t happen next time?”

Strategy: Positive reframing

Good for: Kids who make mistakes, let others down or experience personal disappointment.

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it’s better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

7. “Don’t worry – relax and see what happens!”

Strategy: Acceptance

Good for: Kids who worry about exams or performing poorly in any endeavour; pessimists.

If you’ve ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can’t control. The only way to cope is to accept what’s happening because worrying and fretting won’t get you anywhere. Similarly, parents with a resilience mindset can help kids understand what’s worth worrying about and what’s not, and that some things won’t change no matter how much kids fret or beat themselves up!

8. “This isn’t the end of the world”

Strategy: Maintaining perspective

Good for: Kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. “Yes, you could end up not knowing anyone at camp but you won’t be the only one. Besides you’ll probably end up making new friends like you generally do.”

9. “You could be right. But have you thought about ... ”

Strategy: Flexible thinking

Good for: Kids who catastrophise; experience extreme feelings; who exaggerate.

Many children and young people talk in extremes – ‘awesome’, ‘the best’, ‘the worst’ and ‘gross’ roll off their tongues easily these days. Unfortunately, their extreme language leads to extreme emotional responses. Develop the habit of winding back their language by introducing shades of grey, rather than black and white. Replace “I’m furious” with “I’m annoyed”. “It’s an absolute disaster” with “It’s a pain”. “I can’t stand it” with “I don’t like it”. Realistic language leads to realistic thinking, which helps kids handle many ordinary situations that they have blown out of proportion.

10. “What can we do about this?”

Strategy: Taking action

Good for: Kids who mope; who experience disappointment; who feel inadequate.

Kids can sometimes feel overwhelmed by events such as constant failure, constant rejection or always narrowly missing being picked for a team. They can be overwhelmed by feelings of inadequacy and helplessness. Action is often the best remedy. Help them take the first step forward. Set some goals. Make some plans. Identify the first step and hold their hand while they take it. Taking action is a quality shared by resilient communities, organisations and individuals.

Bring resilience into your everyday language

Resilient parents focus on building children’s and young people’s strengths for the future, while helping them cope with the present difficulties and challenges they experience.

The key to promoting resilience lies in the language that parents use. My challenge for parents is to make resilience an integral part of your family’s proprietary language. You’ll know you have succeeded if your children as adults remind you, when they hear any complaints or whinges from you in your dotage, to ‘hang in there’, ‘this too will pass’ and ‘find the funny side’. Granted they may be phrases you don’t want to hear, but at least you know that you’ve drummed into your kids some important core messages that have stayed for life.



