



► **CURRICULUM & TRAINING**  
*Staff has trained in Asthma Awareness, Child Protection, the New National Curriculum and Anaphylaxis. The Leader in Me self paced training undertaken by staff over the holidays.*



► **SPORT**  
*Ulmarra and Friends Swimming Carnival tomorrow at The Grafton Pool.*



► **INNOVATION**  
*7 Habits of Highly Effective People leads prepares our children for success in the 21Century—the*



► **COMMUNITY**  
*SES and Ulmarra locals help out in flood crisis*

# Ulmarra Public School

***Excellence Innovation Opportunity Success***

## NEWSLETTER 2013

Contact us:

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

[www.ulmarra-p.schools.nsw.edu.au](http://www.ulmarra-p.schools.nsw.edu.au)

Email: [ulmarra-p.school@det.nsw.edu.au](mailto:ulmarra-p.school@det.nsw.edu.au)

Phone: 02 66445266 Fax: 02 66445373

Check us out at

[www.ulmarra-p.schools.nsw.edu.au](http://www.ulmarra-p.schools.nsw.edu.au)

Term 1 Week 2 Monday, 4th February 2013

### WOW...WHAT A START!

As I say to the children, anyone can deal with the good times in life—it's dealing well with the difficult times that makes you a great person. Ulmarra locals had the opportunity to test out this maxim in spectacular fashion during last week's flood.

I hope that families were able to put flood plans into place and that everyone stayed safe and damage to stock and property was minimal. No doubt there will be cleaning up for some time.

On behalf of Ulmarra staff we wish you all the best for what has been, and will continue for some to be, a very stressful time.

I was flood bound but even though I could not access the school, I was kept up to date regularly on the flood situation there by concerned citizens and volunteers Carmel Small, John Sullivan, Julie Watkins, John Leask of the SES, the RFS, Leanne Pardoe, Ione McPhee, Susan Polsen, and Brodie Henderson.

At the height of the flood they all left their own homes and duties to go to the school and lift any resources they could to minimise the flood damage.

John Leask organised the SES and RFS to hose down the concreted areas before the flood mud had a chance to dry. Whilst the school had water in the Transition room, the garages and all sports sheds, the classrooms stayed dry—just!

The Department of Education and Communities organised builders and plumbers to hose out sheds, remove damaged carpets, spread lime and pump out the septic. "No go" areas for students have been fenced off.

The efforts of all concerned was an excellent example of the effectiveness of Habit 6: Synergize. More about that shortly....

Once again thank you to all those who helped out and good luck to everyone for the clean up.

Kind Regards,

*Sandra Armstrong*  
 Principal

### WELCOME!

Welcome to all new families and a special welcome to our new Kindergarten students. We are so glad that you are beginning this exciting new stage of your life at our wonderful school. We look forward to supporting and inspiring you on your journey through Primary School.

### FAMILY AND COMMUNITY BBQ

This Thursday, 7th February from 5pm till 7pm, the school will hold a family and community Sausage Sizzle to say thank you to all those

who helped out during the flood and to welcome new families to the school. This will be a wonderful chance for everyone to catch up, share stories and meet new friends. The school will provide the BBQ. Please bring your own non alcoholic drinks. And a plate of sweets to share. Coffee and tea will be provided.

### 2013 CLASSES

We will begin the year with three classes—Yr 5/6AM with Mrs McMahon and Mrs Armstrong, 3/4R with Mr Reardon and K1/2C with Mrs Conyard. The infants class whilst larger in numbers than last year, will have two or three teachers assigned to it each day. Mrs Conyard will be joined by Mrs Kowal on Monday and Wednesdays, Ms Cowan, Monday to Friday and Mrs Spring on Thursdays. Children will still follow their grade curriculum.

### ULMARRA AND FRIENDS SWIMMING CARNIVAL

Yes the term begins with a day of friendly swimming competition at the Grafton Pool for Ulmarra, Nymboida, Baryulgil, Wooli and Cowper students in Kindergarten to Year 6 tomorrow. The young and non swimmers enjoy novelty games in the wading pool under teacher supervision. Notes went home today. **Please return them tomorrow.** We apologise for the quick turn around but losing last week to the flood has put us a little behind schedule. If you are able to assist, Mr Reardon is desperate for helpers so please contact the school or turn up at the pool. **Don't forget the heavy morning bridge traffic and allow extra travel time.**

### TRANSITION CLASS 2013 POSTPONED DUE TO FLOOD DAMAGE

Our beautiful Transition Room was inundated during the flood and will be non operational for some time. As a result, we must postpone the beginning of Transition until repairs have been done and the carpet replaced. We will keep you informed as insurance claims are processed and work begun.

### BEST START TESTING

New arrangements have been made for Kindergarten Best Start which will now be undertaken during normal school time with no need for individual appointments.

### UPDATE YOUR DETAILS PLEASE

It is very important that families inform the school immediately when there is a change in details—phone numbers, address etc. The beginning of the year is a great time to do so.

We thank you for assisting us in keeping family information current.

## WELCOME BACK MR WOOLRIDGE

Mrs Connor is on leave terms 1 and 4 this year and Mr Woolridge has returned as our Teacher Librarian during Mrs Connor's absence. We will miss Mrs Connor, but it is wonderful to have Mr Woolridge back on staff. Whilst we know he will focus on the Library and developing student research and reporting skills, we expect he will be dabbling in Mathematics on the side, inspiring students by bringing maths to life.

*Do you remember the full size Space Shuttle on our playground or the erupting volcanoes under the COLA?*

## WELCOME BACK MRS KOWAL

Mrs Stockton is on leave and we welcome back Mrs Kowal during her absence. Mrs Kowal never ventures too far from Ulmarra and so very kindly did voluntary Reading Recovery lessons with students last year. She is an outstanding teacher with broad experience and we are so very fortunate to have her at Ulmarra working with Mrs Conyard and our Kindergarten students.

## ASSEMBLIES 2013

Whole school assemblies will now be held fortnightly on **FRIDAYS** after recess at **11.30am** in the library.

Our first assembly will be held to induct our school leaders, on Friday 22nd February.

The next assembly will be held to introduce the School Parliament and to allow the newly elected Ministers to explain a little about their chosen portfolios. This assembly will be held on Friday, 8th March.

Sometimes it is difficult to hold assemblies fortnightly due to carnivals, public holidays etc. Please check the newsletter calendar for updates.

## SCHOOL LEADERS

Every child at Ulmarra Public School is given opportunities to lead, whether it is running an assembly (all children from Kindergarten to year 6 do this) or formal roles as in school or house captaincy or as a Minister in our the School Parliament. In all classrooms teachers have assigned leadership responsibilities to students so that they can develop their character, be responsible and contribute positively to their classroom and their school.

### “THE LEADER IN ME” THOUGHT OF THE WEEK

***Self Leadership is doing the right thing even when no one is watching.***

| Monday                                      | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday/<br>Sunday |
|---|--|--|---|---|---------------------|
| 4th February<br>First day back all students | 5th February<br>NO CANTEEN<br>NO TRANSITION<br>Ulmarra and Friends Swimming Carnival<br>Grafton Pool<br>All students to attend | 6th February<br>Kindergarten<br>Best Start Testing | 7th February<br>Canteen<br>CAPA Groups<br>Kindergarten<br>Best Start Testing<br><br>FAMILY & COMMUNITY BBQ<br>5pm-7pm | 8th February<br><br>Kindergarten<br>Best Start Testing                                    | 9th/10th February   |
| 11th February                               | 12th February<br>Library<br>NO TRANSITION<br>Canteen<br>Little Fish School of Rock   | 13th February                                      | 14th February<br><br>Valentine's Day<br><br>Canteen<br>CAPA Groups  | 15th February<br>Small Schools Swimming Carnival<br>Grafton Pool (Selected students only) | 16th/17th February  |
| 18th February                               | 19th February<br>Library<br>NO TRANSITION<br>Canteen<br>District Swimming Carnival   | 20th February                                      | 21st February<br>Canteen<br>CAPA Groups   | 22nd February<br>Assembly<br>11.30am<br>Captains inductions<br>Swimming Awards            | 23rd/24th February  |

Some very important  
information  
is featured  
on the next page.

*Please read it.*

*Then read it again a little later.*

“The Leader In Me”  
will be a major and  
ongoing program  
for all children at  
Ulmarra Public School  
beginning this year.

# THE 7 HABITS OF HIGHLY EFFECTIVE PEOPLE

You may have heard of Stephen Covey's book, "The 7 Habits of Highly Effective People". It was first published over 20 years ago.

Simply put, by following the 7 Habits people are able to better organise and approach their lives. Living by these principles makes people more successful and more effective.

The principles are timeless. They worked 100 years ago. They work today and they will work a 100 years from now.

What are the 7 Habits ?

- **Habit 1: Be Proactive**
- **Habit 2: Begin with the End in Mind**
- **Habit 3: Put First Things First**
- **Habit 4: Think Win/Win**
- **Habit 5: Seek First to Understand, Then to Be Understood**
- **Habit 6: Synergize**
- **Habit 7: Sharpen The Saw**

The 7 Habits do not only benefit adults, they benefit children as well. Ten years ago, a primary school in North Carolina adapted the 7 Habits to suit children and called the program "**The Leader In Me**".

***In this context, leadership means being able to lead your own life to fulfill your potential and achieve happiness and success. Everyone can be a leader.***

## THE LEADER IN ME

Let's look at the 7 Habits again but this time what each habit means in language that can be taught to and understood by children.

### **Habit 1 — Be Proactive - You're in Charge**

I am a responsible person. I take initiative. I choose my actions, attitudes, and moods. I do not blame others for my wrong actions. I do the right thing without being asked, even when no one is looking.

### **Habit 2 — Begin with the End in Mind - Have a Plan**

I plan ahead and set goals. I do things that have meaning and make a difference. I am an important part of my classroom and contribute to my school's mission and vision. I look for ways to be a good citizen.

### **Habit 3 — Put First Things First - Work First, Then Play**

I spend my time on things that are most important. This means I say no to things I know I should not do. I set priorities, make a schedule, and follow my plan. I am disciplined and organised.

### **Habit 4 — Think Win-Win - Everyone Can Win**

I balance courage for getting what I want with consideration for what others want. I make deposits in others' Emotional Bank Accounts. When conflicts arise, I look for third alternatives.

### **Habit 5 — Seek First to Understand, Then to Be Understood - Listen Before You Talk**

I listen to other people's ideas and feelings. I try to see things from their viewpoints. I listen to others without interrupting. I am confident in voicing my ideas. I look people in the eyes when talking.

### **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.

### **Habit 7 — Sharpen The Saw - Balance Feels Best**

I take care of my body by eating right, exercising and getting sleep. I spend time with family and friends. I learn in lots of ways and lots of places, not just at school. I find meaningful ways to help others.

By now you are probably thinking "this is all common sense" and it is. As I said, they are timeless principles to live by but they do need to be taught and practiced until they become a habit.

Last year, Ulmarra staff trained in The 7 Habits of Highly Effective People and this year we are ready to teach these habits to children and their families. Please make yourself familiar with the language and terminology used above so that you can support your child's progress.

Regards,

*Sandra Armstrong*



# *Ulmarra Public School in flood*



*You are all invited to come and join us  
for a post flood family and community  
sausage sizzle*

*this Thursday, 7th February at the  
school from 5-7pm.*

*We will provide the sausage sandwich.  
Please bring a slice or similar to share  
and we'll provide tea and coffee.*

*See you there!*







Welcome  
Kindergarten!

