



► **CURRICULUM & TRAINING**
Mrs. McSwan attends Leadership training. Teachers train in the new English Syllabus.



► **SPORT**
Lauren Ferry continues on to the NC Cross Country trials. Well done Lauren!



► **INNOVATION**
Students access digital books and teachers ensure their teaching is multi modal!



► **COMMUNITY**
Save Our Pool meeting at Bailey Park, well attended.

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 2 Week 5 Friday, 31st May 2013

BUILDING RESILIENCE

Parenting guru, Michael Grose, talks about the “art of shrugging”.

Shrug? It's what you do when someone is taunting you. Such nonchalance can be a great diffuser and an excellent example of the value of not being reactive.

You can coach your child to effectively respond to some schoolyard taunts. The best way to break a cycle of taunt-react-taunt is for a child to change his or her reaction.

Coach your children in the art of shrugging by encouraging them where to shrug their shoulders, as if to say “Whatever!” and walk away at the first sign of taunt.

Having said this, some things can't be ignored.

Kids should not and cannot ignore all negative comments directed at them. There are times when they need to stand up.

The case of indigenous AFL player Adam Goodes, who made a stand on Friday evening's game after hearing a racist slur directed at him from a young girl in the crowd, is a good example of taking a stand.

Goodes pointed the girl out to officials. He later explained his actions in the media, highlighting the hurt that he felt. The comment itself and context of the AFL Indigenous Round meant that the racist comment could not be ignored, and simply shrugged off!

Ignoring comments and choosing your arguments is something many kids learn in their battles with siblings. Those noisy sibling skirmishes that annoy the life out of parents actually toughen kids up for the less than pleasant social interactions that may happen in the schoolyard.

So, if you have a sensitive child who wears his or her heart on their sleeve, or child who reacts impulsively to both taunts and witticisms alike, you may wish to introduce the art of shrugging into the repertoire of responses.

Kids can practise shrugging in front of the mirror so that they can see what it looks like. There are 4 ingredients to a good shrug:

- A ‘whatever’ look,
- A shrug of the shoulders,
- Accompanied by a simple, non-combative, non-sarcastic line such as “You may be right!”, “Whatever!”, “I hadn't thought of that!”
- Followed by a break of eye contact indicating they are in control.

A Word of Warning

Children need to be told that a shrug is an inappropriate response to an inquiring teacher, parent or adult and is only to be used if they feel they are being taunted.

Children who exercise a degree of personal power, when smartly used, will increase their overall social effectiveness.

Kind Regards,
Sandra Armstrong
Principal

THIS WEEK IS RECONCILIATION WEEK

Reconciliation Week is about improving relationships between Indigenous and Non Indigenous communities. Schools play an important role in building cohesive communities and are vital starting points for respectful and positive relationships between Aboriginal and Torres Strait Islander people and the broader community.

Tomorrow we welcome Uncle Ron Heron, a Yaegl Elder, who will speak to our students about indigenous culture. Ulmarra Yaegl mum, Kahlua Charlton will share her beautiful art work and her knowledge of Indigenous culture. She may also have some delicious bush tucker ready for us! Thank you Kahlua for coordinating this event.

CROSS COUNTRY

Congratulations to Lauren Ferry who was successful in last Tuesday's MNC Cross Country Trials. Lauren will now go on to compete at NC level in a couple of weeks time. Well done Lauren. We wish you the very best of luck.

THE MASK OF TICKLEFOOTEE

Once again Mrs. Spring and her troupe produced an impressive performance at a school assembly. The mystery surrounding “The Mask of Ticklefootie” has now been solved! Thank you to Mrs Spring for creating all the props and costumes and for directing our seniors in some quite demanding roles. We really do appreciate your skill and efforts. Well done to students for learning lines and mastering accents! A great example of Habit 6: synergize—together is better!

ULMARRA CAMP DRAFT

The annual Ulmarra Camp Draft will be held this weekend. In return for catering, the Camp Draft Society will make a generous donation to the P&C. Help is required to make sandwiches early Saturday and Sunday morning and to bake scones, slices, muffins and patty cakes can be taken to the Showground on Saturday morning. Please contact Kahlua on 66445797 if you are able to assist in any way. Many thanks.

BACKYARD BLITZ HITS ULMARRA!

Thank you Mr Cowan and Mr Mearing for transforming an overgrown garden into the Year 6 retreat. What a fantastic job! Our seniors love it! Thank you also Mr Cowan for making stands for all our Djembe drums. Is there no end to your talents!

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

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.

A DAY MADE BETTER

www.adaymadebetter.com.au

Don't forget to hop on to www.adaymadebetter.com.au to add a comment and vote for our Ulmarra teachers. We have many teachers nominated now and you can vote for as many as you wish. This is a competition where 10 winning teachers from around the country will receive \$1000 worth of art and craft supplies for the classroom and an iPad for their school. Winners are not necessarily the teachers with the most votes. The judges look at the quality and depth of comments being made. Please support your child by having them write up a draft on paper that you check before allowing them to go online and type. Once typed, comments cannot be changed.

Good luck to our wonderful Ulmarra teachers!

THANK YOU

Thank you to the following businesses who kindly donated gifts to our Mother's Day Raffle. Thank you also to those generous souls who donated gifts to the Mother's Day Stall.

Kerrie DiMattia Hairdressing Chemist Warehouse Grafton Dick Smith Ulmarra Pub Aussie Steak house (Grafton Restaurant) Coles (Grafton Shopping World) Hair Worx Hairdressing Southside Pharmacy Lismore Malvena Dick - Homemade Blanket Bev Small - Homemade Blanket Rhonda Studd (Ulmarra Service Station)

TENDERS FOR HIGH JUMP MATS

We are currently seeking tenders for our old high jump mats. They have been in use at our school until they were replaced last month. They are in good condition. Please contact the office on 66445266 if you are interested in them.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
27th May Reconciliation Week Library	28th May School Banking TRANSITION Canteen Mobile Library	29th May \$50 deposit due for Sydney excursion	30th May Canteen CAPA Groups ASSEMBLY 9.30amSpotlight on 5/6AM and Mrs Spring's "Ticklefootee"	31st May Reconciliation Event Uncle Ron's storytelling Ms Charlton's art and bush tucker	1st/2nd June Ulmarra Campdraft P&C catering as a school fundraiser
3rd June Library	4th June School Banking TRANSITION Canteen	5th June	6th June Basketball Gala Day Canteen CAPA Groups	7th June NC Cross Country	8th/9th June
10th June Queen's Birthday Holiday	11th June Book Mobile TRANSITION School Banking Canteen	12th June Maclean H.S. Transition Day	13th June Canteen CAPA Groups	14th June Assembly Spotlight on 3/4R 11.30am	15th/16th June
17th June	18th June School Banking TRANSITION Canteen P&C Meeting	19th June \$50 Sydney Excursion payment due	20th June Canteen CAPA Groups	21st June Ulmarra Athletics Carnival	22nd/23rd June

P & C Fundraiser

Reminder

The Ulmarra Camp Draft has been scheduled for this weekend
1st & 2nd of June 2013.

Catering for this two day event –cakes (un-sliced), muffins, patty cakes, scones, biscuits and slices are required. In return the Camp Draft Society will give a donation to the P & C.
Help is required to make sandwiches early Saturday & Sunday morning. Bread and fillings are provided. We need at least 2 or 3 willing helpers for 1-1/2 hours, at the start of both days. If you can help out, please contact Kahlua on 66 445 797
Baking can be dropped at the school office on Friday, or taken directly to Ulmarra show ground on Saturday the 1st June. Ladies will be at the showground from 6.30am.

P & C CHOCOLATE FUNDRAISER

The P&C are holding a chocolate fundraiser this year.
Each family is given a box of chocolates to sell.
Chocolates are to be sold for \$1.00.

When all chocolates are sold money is to be returned to the office at school and used for our school children.
Families have until the 26th June to have all chocolates sold and if any are not sold they must be returned to the school along with the money.

Tips for selling your chocolate :

- *Always store your chocolate in a cool place and keep them out of the sun and away from heat.*
- *Do not leave children unattended with the box.*
- *Remember to be courteous when approaching people.*
- *Family, friends & neighbours are happy to support our children and the P&C so they will be your number 1 customers.*
- *Weekend sports or after school activities are all ideal places to find customers.*
- *Send the chocolates with a parent or carer into work where it is busy, and leave it at reception, in the staffroom or lunch area.*
- *Large events or gatherings are great places to visit with your box of chocolates. Eg. Campdraft*

WELCOME MRS CLARE

Mrs Kowal is taking leave on Wednesdays and Mrs Clare will be teaching Kindergarten in her place. Mrs Clare is an experienced Kindergarten teacher and we are very pleased to welcome her to the Ulmarra Team. The Kindergarten program will continue uninterrupted as Mrs Kowal and Mrs Clare share the class and work together to ensure our young ones have the very best educational opportunities available to them.

PARKING

Exit and entry of the northern carpark has been identified as a WHS risk. We will be placing NO PARKING signage at the rear of the garage and ask that families refrain from parking in this spot. Please park at the rear of the canteen or in the southern car park. Many thanks for helping us to keep Ulmarra P.S. a safe place for students, staff and families.

THE LEADER IN ME

THIS MONTH'S FOCUS IS ON :

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.

Information for Parents and Carers

Dear Parent/Carer,

My name is Professor Jenny Gore and I'm from the University of Newcastle. Your child's school is a part of a research project I am leading. It's called the Aspirations Longitudinal Study and runs until December 2015. We would like to invite you and your children to take part in the project. The NSW Department of Education is our partner in this important study and it is funded by the Australian Research Council. This letter gives you more information about the project. It will help you decide if you want your children to take part. If you need to know more about the study, please get in touch.

Why are we doing this research?

We would like to identify the influences on young peoples' education and job goals. Understanding these influences will help schools to support students to reach those goals.

Who can participate and what will they do?

Teachers will ask your child to fill out a survey in class time. This will happen once a year for three years. We also invite you to fill out a survey each year. The fully secure online surveys take about 30 minutes to fill out. All information will be kept very secure. Only the research team will have access to the data. Special codes will be used so no names are linked to the data. The information will be destroyed at least five years after the project has finished. Our research team will write reports, academic papers and theses on the information. We will **never** reveal your name or your child's name – you will both be anonymous. You can get a copy of the report from the school office. The school will let you know when it's available.

What choice do you have and how do you participate?

As a parent/carer, taking part in this project is entirely your choice. If you want to do the survey, please follow the web link. If you want to fill out a paper copy, please ask the school for one. Please put the paper copy in a privacy envelope and return it to the school. We will assume you consent to take part if you fill out and submit the survey. Under the school's standing consent arrangements for research, all students will fill out the survey at school. You and your child can decide if the education department gives me the survey data. It is important to find out how goals influence school achievement, so the education department will link the survey data to your child's NAPLAN/HSC and demographic data.

If you do not want me to use your child's data, please advise the school in writing. You can also telephone the school to withdraw your child from the study.

The education department will delete your child's survey information and will not give me their NAPLAN/HSC or demographic data. You can withdraw at any time. Simply return the blue form to your child's school. Please note that it's not possible to withdraw data already given to me. There are no penalties for withdrawing. Please talk to your child about the project and explain it to them. It is important they understand what it is about. They can decide if they want to take part. The decision made will not disadvantage either of you.

What are the risks and benefits of participating?

There are no direct benefits to people taking part. There are no foreseeable risks to your child. You may feel sensitive about some questions in the parent/carer survey. If you have any concerns, please contact Parent Line on 1300 130 052. It is a free and confidential telephone support service.

Would you like more information?

If you would like to ask questions about the project, please do whichever of the following suits your best:

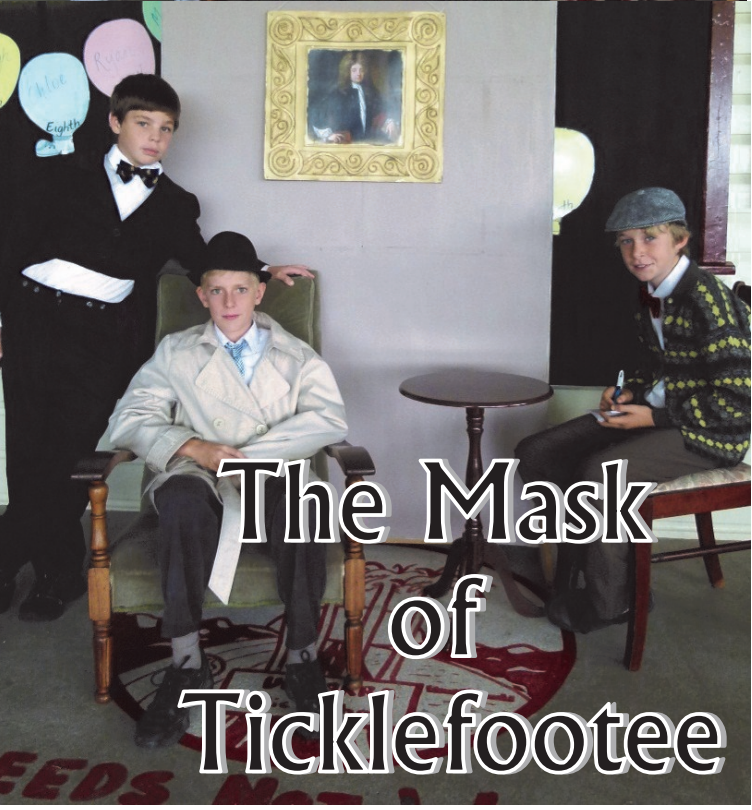
- Read the enclosed information leaflet
- Visit the website – www.newcastle.edu.au/aspirations
- Email my team – aspirations@newcastle.edu.au
- Call the research hotline – (02) 4985 4908
- Connect with us on Facebook (www.facebook.com/uonAspirations) and Twitter (@uonAspirations)

Thank you for considering this invitation.

Kind regards,

Professor Jenny Gore

Head of School and Dean of Education
University of Newcastle





The Mask of Ticklefootee

