



► **CURRICULUM & TRAINING**
Lights, camera, action! Mrs McMahon, Mr Reardon and Mrs Armstrong learn how to use Adobe Premiere Elements video editing software.



► **SPORT**
Lauren Ferry continues on to the State Cross Country event. Well done Lauren!



► **INNOVATION**
Senior students use Adobe Premiere Elements to edit video footage.



► **COMMUNITY**
Our P&C will meet next Tuesday, 18th June at 6.45pm for our Classroom Snapshot and 7pm for the meeting. All welcome.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2013

Check us out at

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Term 2 Week 7 Friday, 14th June 2013

SPORT, SPORT, SPORT!

The high jump mats have been dusted off, the long jump pit's been raked over and the white lines have been marked as Ulmarra P.S. gears up for the 2013 Ulmarra Athletics Carnival. Students have been leaping to new heights and lengths whilst enjoying some healthy outdoor athletics activities. Our carnival will be held at the school on Friday, 21st June beginning with team marching and war cries at 9.15 am.

Mr. Reardon is in desperate need of volunteers to assist on the day—no experience is necessary. Please contact him via the school office if you are able to assist on the day.

Mr Reardon and Mrs McMahon took students in years 3—6 to the Grafton Indoor Basketball Stadium for a Gala Day last week. Students learnt new skills and enjoyed a very active day of sport.

Next week, Mr Reardon will take his soccer team to Lawrence P.S. in the first round of the Small Schools PSSA Knockout. We wish them all the very best and hope all the training they have been doing with coach, Mr R pays off. Thank you to Mr Reardon for giving up his lunch times to train the team.

Big news regarding our Cross Country star, Lauren Ferry. She was successful at the North Coast level and will travel down to Sydney in a month to compete at State level. What an achievement Lauren! Well done.

We are certainly doing our bit to combat childhood obesity at Ulmarra Public. As Mr R says, "Be Healthy, Be Active!"

Kind Regards,
Sandra Armstrong
 Principal

THANK YOU MRS KOWAL

She is the lady who manages to bring more than a little magic to the kindergarten room through hands on creative learning. Children bake their way through maths lessons, venture out on playground safaris to make sense of the living world around them and bring reading to life through science experiments. Mrs Kowal has contributed so much to our school not only this term, but in years gone by whether it be helping children make candles or by expert reading tuition in her role as Reading Recovery Teacher. These last two activities she has done on a volunteer basis—no money, just a love of teaching. Mrs Kowal will finish up on Kindergarten at the end of this term. We look forward to having Mrs Kowal back at UPS in the future.

WELCOME BACK MRS CAMPBELL

We will welcome back Mrs Campbell from the beginning of next term to the Kindergarten room. Mrs Campbell has been on leave the past 18 months and will return to teach four days per week with Mrs Clare teaching Kindergarten on Wednesdays. Mrs Campbell is really looking forward to coming back to school and the staff and children certainly feel the same way.

ULMARRA CAMP DRAFT

A big thank you from the Ulmarra Camp draft Society to all those Ulmarra parents, carers, nans and pops who helped out by baking, making sandwiches or assisting in the canteen. Your efforts were so very much appreciated.

P&C MEETING AND CLASSROOM SNAPSHOT

Our P&C Meeting will be held next Tuesday, 18th June in the school library. As always, you are all most welcome. This year we began our "Classroom Snapshot" session. The session runs from 6.45 till 7pm just before our meeting. The snapshot is a little taste of what goes on in your child's classroom. The guest teacher this meeting is Mrs. McMahon. You are most welcome to come along for her informal session only and leave at 7pm or stay for the meeting as well. The choice is yours. Hoping to see you there!

LIGHTS, CAMERA, ACTION!

Last Friday, Mrs. McMahon, Mr. Reardon and Mrs. Armstrong trained in the use of the video editing software, Adobe Premiere Elements. Senior students will use this software to create their 2013, UPS Productions....Never Down film. Mrs. Armstrong has a few ideas up her sleeve and students are already bringing those ideas to life. We have some very interesting characters in 5/6AM..... The film cast and crew will go into production next term with the film premiering at the Big River Public Schools' Film Festival on Tuesday, November 19th at the SGHS Hall. Claim the date.

THE LEADER IN ME ~ THIS MONTH'S FOCUS IS ON :

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.

TOP TIPS FROM MR R.

Be healthy – be active!

Did you know?

- Around 1 in 5 young people in NSW report eating potato crisps or other salty snacks at least 4 times per week
- Over a quarter of young people in NSW eat confectionary at least 4 times per week
- Most young children eat enough fruit every day, but only about half of children aged 9-15 years have the recommended daily amount.



Ideas to help you 'snack smart'

- **The simplest way to limit unhealthy snacks is to not buy them. Instead, stock the pantry, fruit bowl and fridge with healthy snacks, and include them in lunchboxes.**
- Commercial snack foods available in the supermarket have varying nutritional value. When choosing grain-based snacks, look for the healthier options which are high in fibre and whole grains – and look for products with the Heart Foundation Tick
- Put a clear limit on the number of less healthy snack foods eaten each week, such as lollies, chocolate, donuts, some fruit bars, cereal bars and muesli bars, potato and corn chips, hot chips and savoury and sweet biscuits.

A DAY MADE BETTER ~ it's not too late!

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!

PARKING REMINDER

The highway exit and entry to 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.

HIGH JUMP MATS

Our high jump mats have been sold and are soon to be making their way to another Clarence Valley school.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
17th June SGHS Science Teachers visit 5/6AM Library	18th June School Banking TRANSITION Canteen P&C Meeting & Classroom Snapshot with Mrs. McMahon 6.45pm	19th June PSSA Soccer at Lawrence \$50 Sydney Excursion payment due	20th June Canteen CAPA Groups	21st June Ulmarra Athletics Carnival	22nd/23rd June
24th June Parent Teacher Interviews this week Library	25th June Book Mobile School Banking TRANSITION Canteen	26th June Parent Interviews Kindergarten	27th June \$50 Lake Ainsworth deposit due Parent Interviews 5/6AM Canteen CAPA Groups	28th June Student reports sent home Assembly 11.30am Spotlight on 1/2C LAST DAY OF TERM 2	29th/30th June
15th July Staff Development Day Student Free Day	16th July First day back for students School Banking TRANSITION Canteen	17th July	18th July Canteen CAPA Groups	19th July	20th/21st July





Good Luck Lauren at the State Cross Country

