



► **CURRICULUM & TRAINING**
Mrs Conyard and Mrs Armstrong complete Leading the New English Syllabus training.



► **SPORT**
Athletics Carnival held. Congratulations to Small House and to all competitors.



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



► **COMMUNITY**
Save Our Pool submissions due today.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2013

Check us out at

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

Contact us:

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

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

Email: ulmarra-p.school@det.nsw.edu.au

Phone: 02 66445266 Fax: 02 66445373

Term 2 Week 9 Friday, 28th June 2013

TECHNOLOGY GOT THE BETTER OF YOU?

We love our gismos and gadgets and the level of connectedness nowadays is gob smacking! The young use technology with ease. It is second nature to them as they swipe and click their way around iPads, smart devices and PCs. When their parents need assistance, they can help out. Who hasn't had to ask a techno kid at some stage for IT advice? Or maybe you've hopped onto You Tube to see if a teenager, with more time on their hands than they really should have, has posted a clip on how to do something you can't!

Unfortunately, not everyone has access to a techno kid or is comfortable with You Tube as was discussed at last week's P&C Meeting. This got me thinking as to whether it might be time to run some very basic ICT sessions of an evening for our nans, pops and other technologically challenged folk.

The session/s would be informal and user friendly, run on a Tuesday night from 7pm-8pm and of course, free of charge. If you would be interested in attending, please contact Mrs McSwan on 66445266.

It has been a short, very busy and enjoyable term with many positives for our school and its students. We trust you have enjoyed it also.

Enjoy your break and we will meet again next term with renewed vigor and enthusiasm.

Kind Regards,
Sandra Armstrong
Principal

TELLING STORIES

Here's a great school holiday idea: have your kids create an entry for this year's Trop Jr film festival and in the process learn a little something about scripting, shooting, editing and copyright law.

<http://tropfest.com/tropjr/>

ATHLETICS CARNIVAL

A great call by our Sports Coordinator Mr Reardon saw our Athletics Carnival run last Friday, dry and on schedule! Student performances were admirable with a high level of competition and participation. Good sportsmanship was very evident. Congratulations to all competitors for both your performance and your attitude. The synergy on the day was palpable! Winning house was Small. Well done to Small, Firth and Holland Captains for leading your teams so well.

Champions were as follows: Minor Girls-Josslyn Brown, Minor Boys-Jack Leeson & Ryan Jefferies, Junior Girls-Lauren Ferry, Junior Boys-Jake Mickelson, 11 Years Girls-Zoe Wright, 11 Years Boys-John White, Senior Girls-Rachel Rollings, Senior Boys-Jesse Grimmond.

Thank you to Mr Reardon for all his efforts and to all staff and volunteer helpers who ensured the day ran smoothly. We couldn't do it without you (Habit 6 again!).

SMALL SCHOOLS BIG IMPACT CONCERT—Wednesday, 14th August

Yes it's that time again when all the Clarence Valley Small Schools get together to showcase their creative and performing arts talent.

This year the Ulmarra Drummers will be joined by the Ulmarra Singers in our 2013 stage take on the Lion King! Mr Reardon, Mrs McMahon, Mrs Hollingworth and Mrs Oloman have banded together to create a performance involving 30 of our students.

The performance is in the fine tuning stage at present and Mr Reardon is looking for assistance with costumes. There will be sewing to be done (a very simple poncho style) and we would like all costumes ready early next term. If you are able to assist, please contact Mr Reardon asap. All performers will need to supply their own black long sleeved skivvy and black track suit paints.

We may also need some Stage Mums/Dads who can assist on the performance night. Thank you in advance for your support.

UNIFORM

Just a reminder that hoodies are not part of the Ulmarra Public School uniform. Children are regularly reminded of this. Children should wear red tracksuit pants and tops. School jackets can be worn over tracksuit tops in cold weather. Advice from the P&C is that large size tracksuits are available from Millers. Please contact our uniform Supplier, Sea Eagle Fashions in Maclean on 66453778 or 0412 886 700 to place an order or discuss a fitting. Any parent who may find a good online option for the very small sizes is encouraged to share this information with the school. Thank you for your support in this area.

ELECTION MARKET DAY

The P&C will hold a major fundraiser this year on Election Day. Only problem being that we are now no longer sure when that will be! Please keep in mind that the Election Markets will go ahead no matter what date is decided on. Please spread the word to anyone you know who would like to hold a stall. More details early next term.

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!

CHOOSE WATER AS YOUR DRINK

Drinking water is the best way to quench your thirst. Even better, it doesn't have all the extra sugar found in fruit drinks and juices, soft drinks, sports drinks and flavoured mineral waters. It's okay to have sweetened drinks sometimes – but not every day.

Did you know?

Did you know that 250ml of fruit juice or soft drink contains the equivalent of approximately 6 teaspoons of sugar? Add it up: if one teaspoon contains 4 grams of sugar, just one drink a day puts almost an extra 9 kilograms of sugar into your system every year!

Why drink water?

- ◆ It helps prevent decay and holes in your teeth.
- ◆ The fluoride found in tap water in most areas helps you develop strong teeth.
- ◆ Tap water costs a whole lot less than other drinks.

When should you drink water?

Often we don't feel thirsty, even when our bodies need fluid. That's why it's a good idea to drink water regularly during the day, and especially when it's hot.

It's also important to make sure you drink water before you play sport or games.

Drink plenty afterwards too so that you make up for what you've lost through sweating.



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

Habit 2 ~ Begin With The End In Mind - *Have a Plan*

GREAT NEWS FOR ULMARRA PUBLIC!

Our P&C President, Mr Ken Cowan, had some good news for last week's P&C meeting – the funding for the much needed upgrade of our student toilets has been granted and the work will be carried out in the September holidays. Many thanks must go to Mr Cowan for visiting Clarence MP, Mr Gulaptis to voice his concerns on behalf of the P&C regarding the toilets. He is a very effective squeaky wheel!

And it doesn't end there! Mr Nethercott, as a parting gesture to the school, applied for funding to have our ICT cabling upgraded and was successful. Great work Mr N!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
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
22nd July Small Schools Athletics Carnival Junction Hill All students to attend K-6	23rd July School Banking TRANSITION Canteen Mobile Library	24th July Sydney \$50 deposit due thank you	25th July Mr Perl & Ms Ranger from SGHS visit Yr 6 students and parents 10am in Library Canteen CAPA Groups	26th July Assembly Spotlight on K/1C 11.30-12.30	27th/28th July
29th July EDUCATION WEEK	30th July School Banking TRANSITION Canteen	31st July Open classes and family picnic	1st August Canteen CAPA Groups	2nd August Clarence District Athletics Carnival Chopper Day fundraiser - wear red and yellow Gold coin donation to Westpac Rescue	3rd/4th August





Ulmarra Athletics Carnival

