



► **CURRICULUM & TRAINING**
Teachers complete Module 4 of the New English Syllabus.



► **SPORT**
Small Schools Athletics carnival at Junction Hill.
Lauren Ferry competes at the NSW State Cross Country.



► **INNOVATION**
ICT room gets a facelift with new chairs. Whole school computer cabling system upgraded over the holidays



► **COMMUNITY**
Save Our Pool submissions and petition find their mark with decision to close the pool being reconsidered by council.

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 3 Week 1 Friday, 17th July 2013

BE SNOOPY—IT HELPS!

The value of a vigilant eye was noted over the holidays when school neighbour, Mr. O'Neill noticed the door to Mr. Sullivan's shed open and the ride on mower missing. Mr. O'Neill keeps a watchful eye on our school taking note of anything suspicious and informing school personnel. Police were notified immediately and investigations are well underway. Had Mr. O'Neill not informed us, it would have been another week before the theft was reported. Our hedge trimmer and power tools were also stolen.

If you notice anything unusual about the school—people parked in our car park out of school hours for example—please record number plates and vehicle make. This information can help to track down thieves and vandals. Mr. O'Neill has my permission to be on school grounds out of hours, as of course do staff and school volunteers. I do occasionally also grant permission to community groups to use the school grounds.

In all other cases, no one should be on the school property, including in the car park out of school hours.

School Security can be contacted directly by concerned community members by dialing the SSU (School Security Unit Hotline) on 1300 880 021. The SSU contacts relevant authorities and acts immediately if required.

Thank you for helping to keep our school secure by forming an effective Neighbourhood Watch.

Kind Regards,
Sandra Armstrong
Principal

ASPIRATIONS SURVEY

Information Packs regarding this survey are being posted out to families of students in years 4 & 6 today. The survey is a University of Newcastle longitudinal study that runs until December 2015. The survey has the approval of the School and the Department of Education and Communities. The research is aimed at identifying the influences on young people's education and job goals. Understanding these influences will help schools to support students to reach those goals. Thank you for completing the survey.

SMALL SCHOOLS ATHLETICS CARNIVAL

Next Monday all students from Kindergarten to Year 6 will attend the Small Schools Athletics Carnival at Junction Hill. There will be no classes held at Ulmarra that day. A note with more details regarding this wonderful, whole school event was sent home earlier this week.

Thank you to Mr. Reardon for all his efforts in coordinating our Sports

Programs and good luck to all competitors on the day.

SMALL SCHOOLS BIG IMPACT CONCERT—Wednesday, 14th August

Our performers are madly practicing under the expert eyes of Mrs Hollingworth, Ms Oloman, Mr Reardon and Mrs McMahon. Mrs Hollingworth has purchased the fabric for the drummers costumes and Mrs Small is busily sewing. Please set aside the evening of the Concert to come along and support our performers. There will also be a showcase of the many and varied talents of other small schools in the Clarence Valley.

UNIFORM

Please ensure your child wears black school shoes to school with white socks. Unfortunately we have some colourful joggers creeping back in. Many thanks for helping us keep Ulmarra students looking their best in full school uniform.

SCHOOL KIDS BONUS

Thank you to all those families who have used their School Kids Bonus to settle their outstanding school accounts. That's just what the bonus is intended for. We have sent home information regarding the School Kids Bonus previously, but more information is available at www.australia.gov.au/schoolkidsbonus.

LOOKING FOR COMPUTER CHAIRS?

We have replaced our upholstered office chairs in the ICT room with more serviceable plastic chairs and are selling the office chairs for \$5 and \$10 each. First in best dressed. Please contact the office if you would like to purchase one or a few.

SGHS PRINCIPAL AND YEAR 7 ADVISOR VISIT TO UPS

Next Thursday, 25th July, SGHS Relieving Principal Mr Bob Perl and Year Advisor Ms Ranger, will visit our school to talk to Year 6 and their families in the school Library at 10 am sharp. The talk will answer all your questions about high school and it is highly recommended that a representative from each year 6 student's family attends if possible.

GOOD LUCK LAUREN!

Today Lauren Ferry will compete in the NSW State Cross Country event in Sydney. We are so very proud of her achievements and wish her every bit of luck in her race. No doubt she will have a great story to share on her return about an amazing experience. Well done Lauren!

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!

Watching TV, surfing the web and playing computer games or small handheld devices can be good fun – and even educational! But spending too much time sitting still each day can be bad for your health. It's important to balance screen time with active play time so your body can grow strong, fit and healthy.

Effects of too much screen time

Your posture can get worse. Your eyesight can deteriorate.

You can strain your wrist, thumb and elbow. You can have problems with your sleep.

Your social skills can suffer.



How long is too long?

It is recommended that you spend no more than two hours each day on the computer, small screen games or watching TV.

The facts on TV

Children who watch TV for more than two hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to take part in sport or physical activity.

More than 60% of Year 6 boys and 45% of Year 6 girls have more than two hours of screen time every day. This increases to more than 75% of high school boys and 67% of high school girls (2004 Schools Physical Activity and Nutrition Survey).

Kids and teens who watch TV are more likely to snack on foods that are high in sugar, salt or saturated fat.

Tips

Work out a TV viewing schedule with your Mum, Dad or carer that strikes the right balance between screen time and active time each day.

Try not to spend too much time on the computer during the daytime – you could be having fun playing outside!

If your favourite TV shows are on during the day, set the recorder and watch them later.

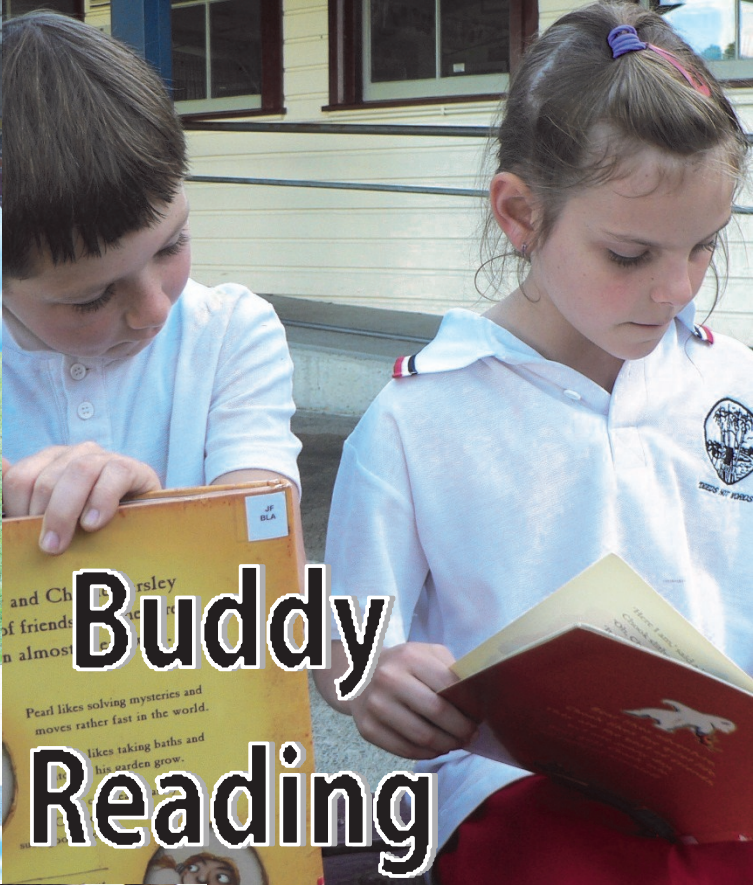
Write a list of active things you can do instead of playing on the computer. If you get bored, pick something on your list to do.

Think of presents for your birthday and Christmas that help get you active – balls, bats, totem tennis, hoola hoop, frisbee, kite, skipping rope or a trampoline

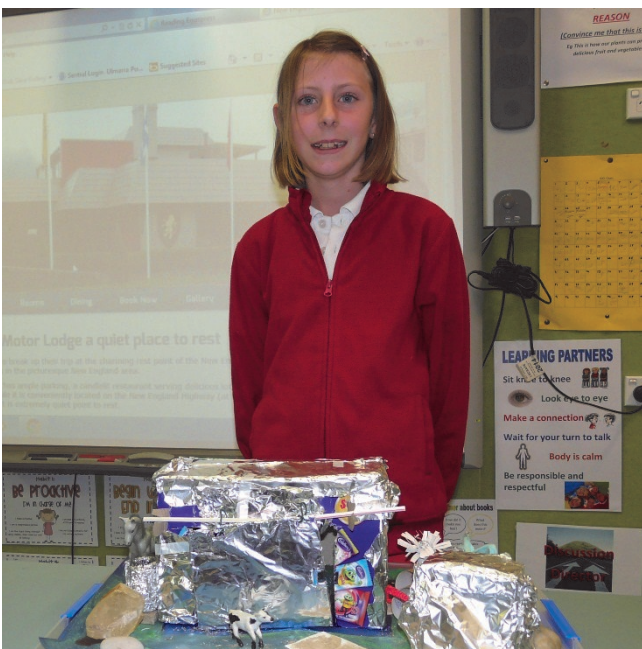
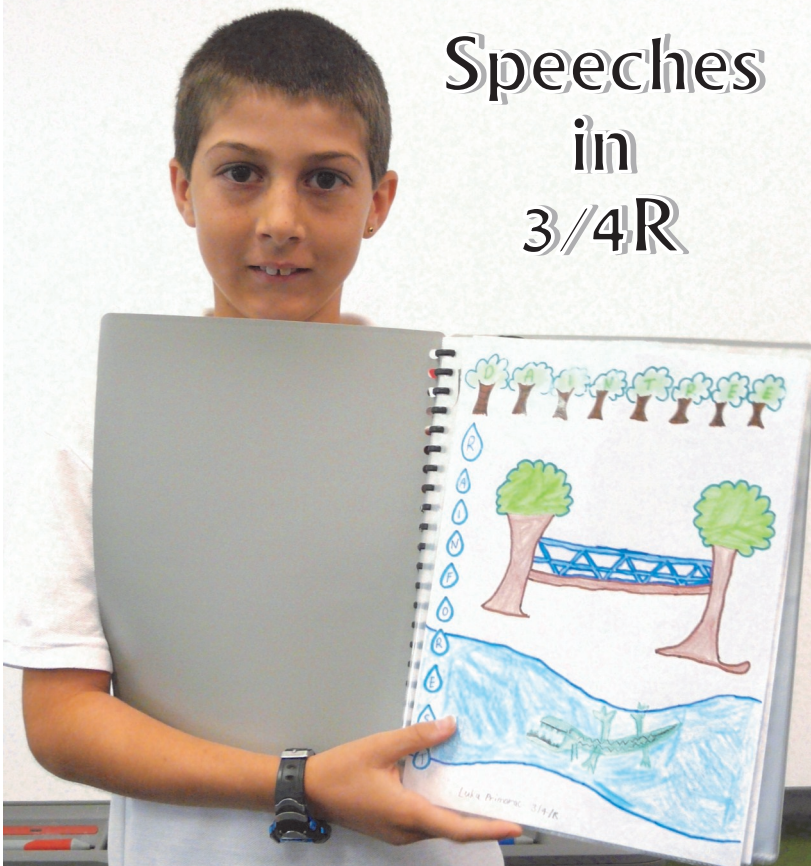
THE LEADER IN ME ~ THIS MONTH'S FOCUS IS ON : Habit 3 — Put First Things First - Work First, Then Play

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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
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 KC 11.30-12.30	27th/28th July
29th July EDUCATION WEEK Library	30th July School Banking TRANSITION Canteen	31st July Open classes 10.15am and family picnic 11.00—11.30am	1st August Canteen CAPA Groups	2nd August Clarence District Athletics Carnival Chopper Day—wear red and yellow Gold coin donation to Westpac Rescue	3rd/4th August
5th August Library	6th August School Banking TRANSITION Canteen	7th August Lake Ainsworth \$50 deposit due thank you	8th August Scholastic Book Fair Canteen CAPA Groups	9th August Scholastic Book Fair Assembly Spotlight on 5/6AM 11.30-12.30	10th/11th August



Speeches in 3/4R



Good Luck Lauren