



► **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**
Clarence Valley Council Meeting scheduled for Wednesday, 14th August 4pm at Maclean. UPS to send a delegate to represent the Ulmarra community.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2013

Check us out at

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Term 3 Week 3 Friday, 2nd August 2013

SYNERGISE!

Habit 6, Synergize—Together is Better, is very evident at Ulmarra Public at the moment. There is a lot of team work involved as our drummers merge with our singers and dancers to create our performance for the Small Schools Big Impact Concert.

The level of commitment by students and staff is impressive and, with the support of families, the troupe is really coming together.

Our singers in particular, will have a new experience next Monday when they enter the Grafton TAFE Recording Studio for a session to have their song, "I Just Can't Wait To Be King" recorded over backing music to be used at the concert.

Special mention must be made of Mrs Bev Small who is creating the costumes for our performers to wear. Thank you Bev.

Kind Regards,
Sandra Armstrong
Principal

WAITING, WAITING, WAITING....

There is much excitement and anticipation at Ulmarra P.S. as we await the arrival of Baby Reardon. No doubt the grapevine will work very effectively once we have some news! We wish Mr and Mrs Reardon all the very best in this new stage of their lives and know that they will make fantastic parents. Ms Clare (M, T, Th, F) and Ms Anderson (W) will teach 3/4R whilst Mr Reardon is on paternity leave.

SMALL SCHOOLS ATHLETICS CARNIVAL

The Small Schools Athletics Carnival's grey skies and cool temperatures heralded some excellent performances by Ulmarra Athletes. Small House Boys had 100% attendance – every child competing for their school. Well done Small. Ulmarra came in second to Lawrence in what was a very closely contested competition. John White was announced 11 year Boys Champion and our Senior Boys Relay team was also triumphant. Congratulations to all competitors and to Mr. Reardon, for coordinating and coaching the Ulmarra P.S. Team. The following children continued on to the Clarence District Athletics Carnival today in a variety of events: Zhanae Whalley, Madeline McKeown, Marko Primorac, Joey Finlay, Kirstian Riddell, John White, Lachlan Ferry, Lauren Ferry (to be approved), Domonic Kennedy, Caleb Ensby, James Chevalley and Chloe Hallam. We wish them all well.

SMALL SCHOOLS BIG IMPACT CONCERT—Wednesday, 14th August

Please come and support our performers at the Small Schools Big Impact Concert to be held at SGHS Hall on Wednesday, 14th August at 6pm. It would be worthwhile arriving a little early to secure a car park. Our item is first up with students performing at 6pm. You are welcome to come and see the dress rehearsal at school under the COLA at

2.20pm on Thursday, 8th August.

LOOKING FOR COMPUTER CHAIRS? \$5 EACH STILL STOCKS LAST!

SURPRISE VISIT FROM THE ART GALLERY

Mrs Conyard's students were most fortunate to receive a surprise visit from Min Austin and her colleague from the Grafton Regional Gallery. They brought with them a variety of art works from the Gallery's archives to show the students. Everyone enjoyed discussing the techniques used and the messages the artists were sending via their work. Great visual literacy lesson! Many thanks to the Gallery for offering this wonderful opportunity to Ulmarra Public. We were quite chuffed that, of all the schools in the Clarence Valley, Ulmarra was chosen as the one school to showcase the program.

WELL DONE LAUREN!

Well done to Ulmarra Cross Country champ, Lauren Ferry for her gutsy effort at the State Cross Country Event. Lauren competed with the cream of the state's athletes, most of whom were almost a year older than her, under appalling conditions and did herself, her family and her school proud. Well done Lauren. 2014 may be your year...

P&C MEETING

Our P&C will meet next Tuesday, 6th August in our Library at 7pm. You are all most welcome to attend. We really do have an informative, friendly and effective group and we are always looking to welcome new members.

BOOK FAIR

The 2013 Ashton Scholastic Book Fair will be held in the Transition room from Monday, 12th to Friday 16th August. These fairs have fabulous books at great prices. Not only do you get a quality bargain, the school earns a percentage of the sales. Now that's a win-win!

TRANSITION CANCELLED WEEK 5

Due to the Book Fair being held in the Transition Room, Transition Class will be cancelled on Tuesday, 13th August. Transition parents are most welcome to come along to look at the books on sale at the fair. There is something there for children of all ages.

P&C FATHER'S DAY RAFFLE & STALL

All tickets are due back at school by Friday, 23rd August as the raffle will be drawn on Monday, 26th August. The Father's Day Stall will also be held on Monday, 26th and the P&C is seeking donations of gifts for dad's to the value of \$5 wrapped in cellophane so that children can see what they are purchasing. All gifts may be left at the office. Many thanks for your support.

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!

FEELING HUNGRY AND CAN'T WAIT UNTIL THE NEXT MEAL?

That's when you need a healthy snack to boost your energy levels and keep your mind alert.

The best snacks are based on fruit, vegetables, bread and reduced fat dairy foods such as milk and yoghurt.

They're tasty, filling and good for you.

Remember, snacks are all about helping you refuel until the next main meal. So don't eat more than you really need.



IDEAS FOR SNACKS AT HOME

- Fruit – fresh, canned in natural juice or frozen (try frozen grapes or oranges!)
- Smoothies and milkshakes made with reduced fat milk
- Crunchy vegie sticks – try carrot, celery and capsicum with low fat dips such as hummus or tzatziki
- Raisin toast topped with banana or strawberries
- Bread or jaffles with tasty fillings such as reduced salt baked beans
- Rice cakes topped with peanut butter or yeast spreads like Vegemite, Marmite and Promite
- Reduced fat yoghurt – add some chopped fruit for an extra tasty snack
- Sushi rolls
- Boiled egg, avocado or tomato on crispbread

HOW MUCH ACTIVITY IS NEEDED EACH DAY?

Kids aged between 5 and 12 years need at least 60 minutes (1 hour) of moderate and vigorous activity every day. It's even better to be active for a couple of hours but you don't have to do it all at once – doing different activities throughout the day all adds up.

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
5th August Library Choir recording at TAFE	6th August School Banking TRANSITION Canteen Bookmobile P&C Meeting 7pm	7th August Lake Ainsworth \$50 deposit due thank you	8th August Canteen SMALL SCHOOLS BIG IMPACT CONCERT DRESS REHEARSAL 2.20 pm AT SCHOOL UNDER COLA ALL WELCOME	9th August Assembly Spotlight on 5/6AM 11.30-12.30	10th/11th August
12th August BOOK FAIR SCIENCE WEEK Science Fair at SGHS for 5/6AM Library	13th August School Banking BOOK FAIR Canteen NO TRANSITION	14th August BOOK FAIR Sydney Excursion \$50 deposit due thank you SMALL SCHOOLS BIG IMPACT CONCERT 6pm SGHS hall	15th August BOOK FAIR Canteen CAPA Groups	16th August BOOK FAIR ENDS AT MIDDAY	17th/18th August
19th August Library MNC Athletics Carnival Coffs	20th August School Banking TRANSITION Canteen Bookmobile SGHS Yr 7 2014 Information night 7pm SGHS Hall	21st August Small Schools Knockout Soccer at Woodburn	22nd August Canteen CAPA Groups MILO T20 Cricket Blast	23rd August Assembly Spotlight on 3/4R 11.30 -12.15.	24th/25th August
26th August Library Father's Day Stall & Raffle Draw	27th August School Banking TRANSITION Canteen	28th August Maclean High School Transition Day	29th August Canteen CAPA Groups	30th August NC Athletics Lismore	31st August 1st September



Transition



Small Schools Athletics Carnival

