



► **CURRICULUM & TRAINING**
Mrs Armstrong attends the North Coast Primary Principals' Association Conference.



► **SPORT**
Students competing in the NC Athletics Carnival in Lismore on the 30th August. Ulmarra Soccer Team Vs Blakebrook Soccer team at



► **INNOVATION**
Fibre Optic cabling to Mr Reardon's room upgraded.



► **COMMUNITY— SAVE OUR POOL**
P&C holding an Election Day Market at school on Saturday 7th September.

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 3 Week 5 Thursday 15th, August 2013

BIG IMPACT CONCERT

What an amazing night! The Ulmarra drummers and dancers opened the concert with a vibrant performance of "I Just Can't Wait To Be King". The many hours of practice really paid off as drummers, singers and dancers entertained an excited audience of over 300. Our students did an incredible job and we are extremely proud of their dedication, skill and application.

There was standing room only at the SGHS Hall and I'm sure no one was disappointed with the standard and variety of acts on offer. Well done to all the students from the 11 Clarence Valley Small Schools performing on the night. They are a talented bunch led by an equally talented and creative group of teachers.

Special mention must be made of Mrs Bev Small who created all the incredible costumes, Ms Clare who applied the makeup, Mrs Cassie Hollingworth for her incredible drumming tuition, ably assisted by Mr Reardon, all the parents and carers who assisted with makeup and costumes on the night and of course our wonderful Mrs McMahon.

Mrs McMahon showed just how commitment and polish manifests in her work with the singers and dancers. Mrs McMahon choreographed the dance and created the choir arrangement. She was responsible for pulling all the threads together to create the outstanding performance we watched last night. She is a perfectionist and one with great heart and vision. We are so very fortunate to have her on Team Ulmarra!

Kind Regards,
Sandra Armstrong
Principal

JACARANDA HOLIDAY

Due to changes in the way in which local holidays and events are gazetted by the state government and after public consultation conducted through Clarence Valley Council it has been decided that "Jacaranda Thursday" would be a half-day local event day this year.

This means that Ulmarra Public School will be open for the day on the Thursday of the Jacaranda week (Thursday 31st October). However, we acknowledge that many students and their families will still want to participate in the day's events. As such, the school will remain open for the day but it is unlikely that normal lessons and routine will operate. Any students who attend school in the morning will be required to stay at school for the duration of the day, unless parents sign them out of school, as per normal school procedure. We anticipate that school buses will run to their normal school timetables on the day. Closer to the day, we will send home a note enquiring as to whether your child/children will be attending school or the Jacaranda festivities.

COMPUTER CABLING UPGRADE

Over the past weeks, the school computer cabling system has undergone a significant upgrade. As a result, we now have a very reliable and robust ICT infrastructure.

SMART BANK

On Tuesday, our students had a visit from Captain Super Cents from the Commonwealth Bank. Captain Super Cents (AKA Lauren) talked to children about financial literacy via a very engaging presentation which had the younger children and Mrs Conyard mesmerized.

BOOK FAIR

Thank you to everyone who supported the 2013 Ashton Scholastic Book Fair. We had a wonderful response to the books. Once again, there was a fantastic selection of well priced books and novelty items on sale. Thank you to the two Mrs Connors for coordinating the event and to those wonderful volunteers who handled the sales side of the fair.

BOOK WEEK GOES MOBILE

Next Tuesday, the Book mobile will arrive with a couple of stowaways—Hank and Danielle. After Pete's book borrowing time, Danielle and Hank will entertain Transition and Kindergarten children with a book reading and a puppet show to celebrate Book Week.

P&C FATHER'S DAY RAFFLE & STALL

Thank you to those parents who have sent in cellophane wrapped gifts for our Fathers' Day Stall. The Father's Day Stall will be held on Monday, 26th August as will the Raffle draw. Donated gifts may be left at the office. Many thanks for your support. Thank you to champion raffle ticket seller, P&C President, Mr Cowan whose engaging repartee has seen no shopper get by him without buying a ticket or two. Glad to see you putting your charm to such good use Mr Cowan! All tickets are due back at school by Friday, 23rd August or we may send Mr Cowan looking for you....

NO TROUBLE FOR DOUBLE BUBBLE

As part of Science Week activities, students in 5/6AM travelled to SGHS on a secret mission—create the biggest and longest surviving bubble. There had been much researching, hypothesizing and experimenting leading up to the day as Mrs McMahon and the students pondered the challenge. An interesting twist saw students create something not seen before at the Science Fair—a bubble inside a bubble! Their experiment won them a second place with their bubble being the longest surviving one. Well done students and thank you Mrs McMahon and SGHS Science Teachers, Mrs Hill and Mrs Brennan.

Mr R is on leave. In his spot is parenting expert, Michael Grose.



Four phrases you'll hear in resilient families~

1. "Come on, laugh it off"

Strategy: Humour **Good for:** Kids who experience disappointment, failure and even loss.

Humour is a great coping strategy and a powerful tool for resilience as it heightens feelings of control. Some children and young people will naturally crack jokes or make fun of seemingly serious situations. This is a fantastic way to release stress and handle feelings of helplessness. As a parent you may need to lighten up tense situations by introducing humour of your own, which is something that many dads do really well.

2. "Don't let this spoil everything"

Strategy: Containing thinking **Good for:** Kids who feel overwhelmed; kids who experience rejection; perfectionists.

The ability to compartmentalise bad events and keep them from affecting all areas of life is a powerful coping skill. Sportspeople, politicians and others who work in the public arena need to be adept at it. When something unpleasant happens during recess, for example, kids need to park their thinking about that event so they can get on with the rest of the day. The ability to compartmentalise thinking is a fantastic life skill kids can learn within their family.

3. "Let's take a break"

Strategy: Distraction **Good for:** Kids experiencing stressful situations; kids who think too much; kids with busy lives.

When kids are troubled by events or spend too much time brooding, it helps to do something to get their minds off things for a time. Playing games, spending time together, watching some TV, going out – are all good distracters for worried, anxious or stressed kids. Self-distraction is healthy, providing some welcome perspective. It also prevents kids from replaying awful experiences in their heads, blowing them out of proportion.

4. "Who have you spoken to about this?"

Strategy: Seeking help **Good for:** Kids who experience bullying and social problems; handling all types of personal worries.

Resilient people seek solace in the company of others when they experience difficulty. That's why social connection is such a strong preventative strategy for young people. The promotion of help-seeking behaviours is one of the best coping strategies of all. Even if kids don't overtly talk about what's bothering them, it can be immensely reassuring to spend time around others who are empathetic, understanding and willing to listen and help.

THE LEADER IN ME ~ THIS MONTH'S FOCUS IS ON : Habit 4 — Think Win-Win - Everyone Can Win

I balance courage for getting what I want with consideration for what others want. I make deposits in others' Emotional Bank Accounts. When conflicts arise, I look for third alternatives.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
19th August Library MNC Athletics Carnival Coffs BOOK WEEK	20th August School Banking TRANSITION Canteen Bookmobile Yr 7 2014 Info 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 5/6AM 11.30 -12.15.	24th/25th August
26th August Library Father's Day Stall & Raffle Draw	27th August School Banking TRANSITION Canteen	28th August Opening of the Ulmarra Art Exhibition at the Grafton Regional Art Gallery Maclean High School Orientation Day	29th August Canteen CAPA Groups Ulmarra Art Exhibition	30th August NC Athletics Lismore Ulmarra Art Exhibition	31st August AASC Orienteering training at UPS Ulmarra Art Exhibition 1st September
2nd September Library Ulmarra Art Exhibition	3rd September School Banking TRANSITION Canteen Ulmarra Art Exhibition P&C Meeting 7pm	4th September Life Ed Van Ulmarra Art Exhibition	5th September Canteen CAPA Groups Special Assembly Spotlight on 1/2C in a Spring Production 9.30—10.30	6th September Yamba Touch Gala Day Ulmarra Art Exhibition	7th September ELECTION DAY MARKET DAY P&C FUNDRAISER 8-2pm
9th September Library Ulmarra Art Exhibition	10th September School Banking TRANSITION Canteen Ulmarra Art Exhibition	11th September Sydney & Lake Ainsworth \$50 deposits due Ulmarra Art Exhibition	12th September Canteen CAPA Groups Ulmarra Art Exhibition	13th September Curriculum Café 9.30- 11.00am Ulmarra Art Exhibition	14th/15th September Ulmarra Art Exhibition

AWARDS

This year we updated our Awards structure. We now operate under the following system~

- 5 class based awards and/or sporting awards = 1 Merit Award
- 5 Merit Awards = 1 Principal's Award (Silver Level)
- 5 Principal's Awards = 1 Special Principal's Award (Gold Level)

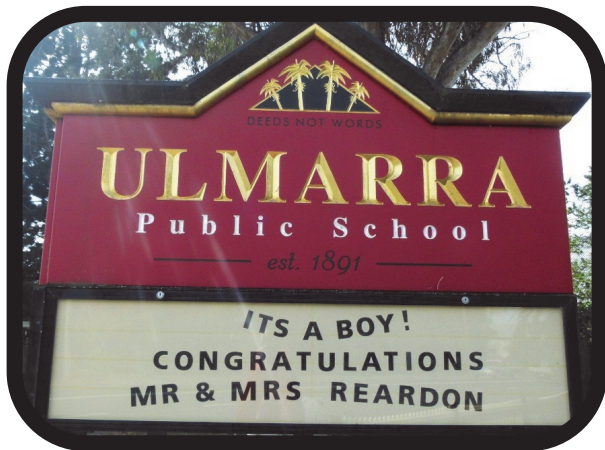


Allocation ~

- Due to their small class sizes, KC and 1/2C present 1 Merit Award and 2 Student of the Week Awards each Assembly.
- 3/4R and 5/6AM present 2 Merit Awards and 2 Student of the Week Awards each Assembly.

P&C MARKET DAY ELECTIONS

Saturday 7th September. \$20 per stall. Call Amenda on 0413370217 or Kahlua on 0499182024 to book a stall or just come along and grab a bargain!



CONGRATULATIONS MR & MRS REARDON

On the 5th August, Mr and Mrs Reardon welcomed Baby Leo into their world. All three are doing very well and the new parents are absolutely loving their new roles. We wish them all the very best in this new stage of their lives and look forward to meeting Leo sometime soon. Mr Reardon is on Parental Leave for the next couple of weeks and Ms Clare and Ms Anderson are teaching 3/4R in his absence.



FAREWELL AND GOOD LUCK RUBY AND LINDSAY

Sadly we must farewell Ruby and Lindsay Meaney as their last day at Ulmarra Public School is Friday. We have so loved our association with the Meaney family. They have been very supportive of the school and its students and teachers and are very friendly and giving folk. Ruby and Lindsay have been an absolute delight to have in our classrooms and they will be missed. We wish them all the very best in their new venture on the Mid North Coast

and hope that if they are up our way again they drop in to say hello.





Big Impact Concert!



