



► **CURRICULUM & TRAINING**
Mrs Armstrong and Mrs Conyard train in the new eT4L computer system.



► **SPORT**
Yamba Touch Footy Day next Friday. Milo T20 Cricket Day a popular one.



► **INNOVATION**
Senior students design their own houses using Google Sketchup7.



► **COMMUNITY**
P&C Meeting next Tuesday, 3rd September
Election Day Markets Saturday, 7th September

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER

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Term 3 Week 7 Friday 30th, August 2013

ART GALLERY EXHIBITION

Yesterday, 38 pieces of stunning Ulmarra P.S. student art work went on display to form our Biennial Art Exhibition. A focal point of the exhibition is the "Doonguun" animation which will screen whilst gallery patrons view the scene collages. Teachers chose a variety of pieces from their classrooms to form the rest of the collection. There is everything from collage to watercolour, crayon resist to pop art.

Don't miss the opportunity to view the collection. It will be on exhibit until the 21st September. The Art Express Exhibition, the very best of the HSC major art works, is on display at the same time. This exhibition is a particularly interesting and exciting one, well worth catching as it makes it's way around the country.

Teachers have an excursion planned to take all students to see the exhibition and combine the venture with visits to the Fire Station, Schaeffer House and the Library. Notes will go home about this soon. It will be a great day!

Kind Regards,
Sandra Armstrong
Principal

PREMIER'S READING CHALLENGE

Congratulations to the 26 keen readers who completed the Premier's Reading Challenge for 2013. A love of reading is a wonderful gift and one that will open many doors in the years to come. It is such a joy to see so many names on Mrs Conyard's Book Worm. Thank you Mrs Conyard for organising our challenge.

CLARENCE SCIENCE INITIATIVE

Students currently in years 4 and 5 are invited to apply for placement in the 2014 Clarence Science Initiative (CSI) at SGHS. Next year the program will run every second Wednesday instead of on a weekly basis. If you are interested in this program, please attend the Information Night to be held next Monday, 2nd September at the SGHS Library from 5.30pm—6.30pm. Students are required to sit an entrance test at SGHS on the 18th September from 9.20am—12.30pm. Applications close at 3pm, 6th September. If you have any enquiries, please contact Amy Brennan, SGHS on 66421466.

CURRICULUM CAFE

The tea pots are lined up ready for a cosy to don, the cooks are sifting through their recipe books, the children have their classroom snapshots ready and Mrs. Conyard is in fully café swing! If you haven't already booked, hop on that phone straight away as only a few seats remain for this year's Curriculum Café!

P&C MARKET DAY ELECTIONS

This market is a major P&C Fundraiser held on Saturday 7th September to coincide with the Federal Elections. Stalls are \$20 each. Call Amenda

on 0413370217 or Kahlua on 0499182024 to book a stall or just come along and grab a bargain! The P&C is asking for home baked goodies to sell at the ever popular cake stall. These can be left at the school on Friday afternoon or brought along to the stall early Saturday morning. Helpers are needed to run the cake stall and to give our wonderful barbecue man, Mr. Gilmore, a break!! Please contact the school if you are able to assist.

WELCOME MS. STEPHENSON

Last week we welcomed Ms Jenica Stephenson, a student teacher, to Ulmarra Public to complete her practicum with Mrs Conyard and 1/2C. It is lovely to have Ms Stephenson as part of the Ulmarra Team for a few weeks and wonderful that our amazing Mrs Conyard has the chance to share her skill and experience with new teachers.

P&C FATHER'S DAY RAFFLE & STALL

Thank you to those people who donated gifts for our stall and raffles. Many thanks to Mr Cowan for selling soooooo many raffle tickets and to Kahula Charlton who is working extremely hard as Fundraising Coordinator, organising our fundraising events. Also thanks to Bunnings for donating the BBQ, and to the Ulmarra Newsagency, the Woodshop, The Australia Hotel, Dan Murphy's, The Ulmarra Commercial Hotel and BYO Grafton Mall who all donated prizes. Congratulations to Raffle Winners: Corey Ford, the Vitolin family, the O'Sullivan family, Mrs Morgan and Dayna Wood.

P&C MEETING

Please join us next Tuesday evening from 7.00pm till 8.30pm as we hold our P&C Meeting in the Library. We are always looking for new members so feel free to come along and hear about what's happening in your school. This meeting will be the final one before the Election Day Market—a major fundraiser for the P&C. If you are able to assist with this event in any way, please come along to the meeting or call the office.

LIFE EDUCATION VAN

Next Tuesday and Wednesday, Harold will arrive in the Life Education Van to visit students spreading the word about healthy living. All students from Transition to Year 6 attend this wonderful program. A very special visit for year 6 as they spend some quality time with Harold at the end of their session.....

SPRING PRODUCTION

Mrs Spring has been busy in her sweat shop producing the brilliant props and costumes you'll see in the next of her magnificent student plays. Featuring children in 1/2C. Yes, I think Mrs Spring could give those Elves of Santa's a run for their money as far as a production line goes! Mark Thursday, 12th September 9.30am under the COLA in your diaries. This play is not to be missed!

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



Following on from last newsletter, four more phrases you'll hear in resilient families~

1. "I know it looks bad now but you will get through this"

Strategy: Offering hope

Good for: Kids experiencing loss, bullying, change or extreme disappointment.

There are times when parents can do nothing else but keep their children's chins up and encourage them when life doesn't go their way. Being the 'hope' person can be hard work, that's why parents need to be supported by resilient people and workplaces, too. It helps to be mindful that a child or young person's resilience is nurtured by the presence of at least one supportive adult. You may have to be that person.

2. "What can you learn from this so it doesn't happen next time?"

Strategy: Positive reframing

Good for: Kids who make mistakes, let others down or experience personal disappointment.

One of the common attributes of optimistic people is their ability to find a learning, or look for a message, in difficult or negative situations. Parents can help kids reframe events to help them see things differently. For instance, rather than regarding a public speaking opportunity as problematic and a chance to look foolish it's better to reframe it as a challenge and a chance to shine. It also helps when parents model reframing so kids see you changing how you view seemingly negative or worrying situations.

3. "Don't worry – relax and see what happens!"

Strategy: Acceptance

Good for: Kids who worry about exams or performing poorly in any endeavour; pessimists.

If you've ever been driving to an important event only to be stuck in traffic then you would know that there are some situations you just can't control. The only way to cope is to accept what's happening because worrying and fretting won't get you anywhere. Similarly, parents with a resilience mindset can help kids understand what's worth worrying about and what's not, and that some things won't change no matter how much kids fret or beat themselves up!

4. "This isn't the end of the world"

Strategy: Maintaining perspective

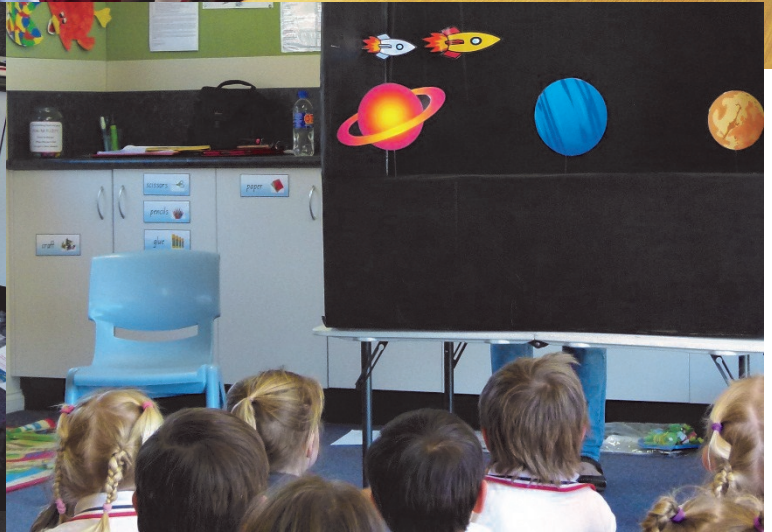
Good for: Kids who catastrophise or blow things out of proportion.

While most of us catastrophise at times, jumping to the worst possible conclusion, it is a habit that only exaggerates anxiety. When kids constantly think the worst case scenario, challenge their views. "Yes, you could end up not knowing anyone at camp but you won't be the only one. Besides you'll probably end up making new friends like you generally do."

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
2nd September Library SGHS CSI Information Night Ulmarra Art Exhibition	3rd September School Banking TRANSITION Canteen Life Education Van Ulmarra Art Exhibition P&C Meeting 7pm	4th September Life Ed Van Life Education Van Ulmarra Art Exhibition	5th September Canteen CAPA Groups Ulmarra Art Exhibition	6th September Dudley Jones Tennis Comp Grafton Yamba Touch Footy Gala Day Years 3-6 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 <u>NO CAPA Groups</u> Special Assembly Spotlight on 1/2C in a Spring Production 9.30—10.30 under the COLA	13th September Curriculum Café 9.30- 11.00am Ulmarra Art Exhibition	14th/15th S September Ulmarra Art Exhibition
16th September Excursion to Art Gallery, Fire Station, Library & Schaeffer House K-6	17th September School Banking Book Mobile Canteen Transition Ulmarra Art Exhibition	18th September SGHS CSI Entry Test Ulmarra Art Exhibition	19th September Ulmarra Art Exhibition	20th September LAST DAY OF TERM 3 Tournament of the Times Assembly Spotlight on 3/4R 11.30am Ulmarra Art Exhibition	21st/22nd September Ulmarra Art Exhibition closes



These great readers completed the Premier's Reading Challenge!

Responsible Pet Ownership Program

