



# Ulmarra Public School

*Excellence Innovation Opportunity Success*

## NEWSLETTER 2014

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Term 2 Week 3 Wednesday 13th May 2014

DEEDS NOT WORDS.

### Principal's Message

Last Friday our school community was entertained by Kindergarten using their hands in lots of different ways. Their HANDS CAN TALK using lots of different hand signals. INCY WINCY and the FISH CAUGHT ALIVE twinkled over their fingers. Then OFF TO THE ZOO with a YOUTUBE song and stories and paintings about all sorts of zoo animals. For our Mother's Day tribute they made pompoms and handprints to treasure forever. The finale was of those hands again saying "I LOVE YOU" without a sound. We hope everyone enjoyed our HANDIWORK!

Mrs Kowal has been doing a fantastic job in the Kinder room while Mrs Campbell enjoyed some travelling. Mrs Kowal will continue to work with Kinder on Wednesdays. Welcome back Mrs Campbell.

Congratulations to Morgan Ensbey for his first place award at the Maclean Show. Bradley Oughtred did an excellent job competing in various horse riding events. Well done, boys.

Jye Reardon

Relieving Principal

### Winter Uniform

As the weather turns cold, it is time to organise and wear the Ulmarra winter school uniform. Boys and girls are to wear red track suit pants, school jacket, school hat, black joggers and white socks. Uniforms are available from Sea Eagle Fashions, Maclean. Please call them on 66453778 for more details. Students may wear their summer uniform underneath as the days are often warm by lunch time. Girls are to wear tracksuit pants in preference to tights or cycle knits under skorts. Please ensure all clothing is labeled clearly. A school uniform worn proudly, is a sign of strong school pride and discipline. Please help us to support our positive school image by ensuring your child is in full school uniform each day.

### Cross Country

The Mid North Coast Cross Country will be held Friday 23rd May at Westward Park Netball Courts in Grafton. Congratulations to John, Marko, Domonic, Jayben, Sophie, Zoe, Madeline, Lauren and Grace for making it through to this carnival. This is a record representation at this carnival. Students will be walking the course at 10am. In the event of rain, please listen to 2GF from 7am on for notification of postponement.

### P&C NEWS

Thank you to everyone who supported our Mother's Day fundraisers. All money raised will go toward resources for our students. Our next P&C meeting will be held at 7pm next Tuesday, 20th May in the school Library.

### Canteen Update

The "Great Ulmarra Bite" winter menu for 2014 has been released. Please find a menu attached at the back of this newsletter.

### Crunch and Sip

Ulmarra P.S. is an accredited Crunch and Sip School and has been for some time now. This healthy eating initiative will benefit participating children by ensuring a healthy mid morning snack and drink of water are had. Research shows that children study better, are more focused and achieve improved results when they eat and drink sensibly. Thank you for supporting this initiative by ensuring your child has a piece of fruit or raw vegetable and a drink of water each day.

### Adventure Land Excursion

We have had a great response to our Adventure Land year 3 -6 excursion. Thank you to everyone who has returned the permission note. The next \$20.00 instalment is now due. The excursion can be paid at any time in full or by instalment. Permission notes are available from the office for anyone who has not yet returned their note.

## Covey Thought of the Week

“Effective people are not problem-minded; they’re opportunity-minded.”

— [Stephen R. Covey](#), *The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
12th May	13th May Canteen NAPLAN– Language conventions and writing School Banking	14th May Nude Food NAPLAN– Reading	15th May Canteen NAPLAN– Numeracy	16th May	17/18th May
19th May	20th May Canteen P&C Meeting	21st May Nude Food StartSmart Money Program visit Simultaneous Storytime	22nd May Canteen	23rd May Walk Safely to School Day MNC Cross Country	24/25th May
26th May Taronga Zoomobile Visit	27th May Canteen	28th May Nude Food	29th May Canteen	30th May	31st May/1st June



### Can Breakfast Make Kids Smarter?

Last year the University of Pennsylvania School of Nursing published findings from their research that says it does. The research found that children who regularly have breakfast on a near-daily basis had significantly higher full scale, verbal, and performance IQ test scores.

Why? After a whole night of fasting, breakfast serves as a means to supply “fuel” to the brain. Meanwhile, social interaction at breakfast time with others may promote brain development. Mealtime discussions may facilitate cognitive development by offering children the opportunity to expand their vocabulary, practice synthesizing and comprehending stories, and acquire general knowledge, noted the authors.

So the advice is eat breakfast – it may make you smarter. <http://www.nursing.upenn.edu/sia/Pages/Can-Breakfast-Make-Kids-Smarter.aspx>



# CROSS COUNTRY STARS



## 3/4R Studying the Human Body



# BLITZ

## Bom Bom

Sunday 18 May 2014

Registration 8.30am kids \$5 adults \$10

### Eliminator Age Races

U6 yrs, U8 yrs, U10 yrs, U12 yrs, U14 yrs, U18 yrs, Open, VET,  
Masters, Super Masters

### JUNIOR AND SENIOR CROSS COUNTRY MTB RACES

Come & try, all bikes welcome



Bom Bom State Forest  
Lilypool Rd, South Grafton



### Kids Skills Session

with Morgan Pilley  
Australian mtb Champion





## "Great Ulmarra Bite" - Winter Menu 2014

### RECESS

Muffins/home baking.....	\$1.00
Seasonal fruit.....	\$1.00
Carrot Crunch with dip.....	\$1.00
Yoghurt.....	\$1.00
Custard cup.....	\$1.00
Jelly cups.....	\$1.00
Fruit kebab stick.....	\$1.00
Vegie sticks & dip.....	\$1.50
Cheese & crackers.....	\$1.50
Fruit salad /plater.....	\$2.50

### **DRINKS**

Water.....	\$1.00
Popper juice.....	\$1.20
Plain milk/Sipah straws/milo	
Small.....	\$1.20
Large.....	\$1.60

### **TREATS**

Fresh popcorn.....	\$1.00
Chips- Red Rock / Grain Wave.....	\$1.20

### **FROZEN TREATS**

Flavoured fruit juice ice tube.....	\$0.50
Ice Mony.....	\$0.70
Lemonade icy pole.....	\$1.20
Ice cream scoop.....	\$1.30
Moosie.....	\$1.30

### LUNCH

**SANDWICHES...** bread is available in white or wholemeal/Rye. Toasted if requested

Vegemite.....	\$1.50
Cheese.....	\$1.80
Tomato.....	\$1.80
Cheese & tomato.....	\$2.00
Egg.....	\$2.20
Egg and lettuce.....	\$2.40
Salad.....	\$3.00
Tuna & mayo.....	\$2.50
Tuna & Salad.....	\$3.50
Chicken.....	\$3.00
Chicken and Salad.....	\$4.00
Ham.....	\$2.80
Ham & cheese.....	\$3.00
Ham, cheese & tomato.....	\$3.20
Ham & salad.....	\$4.00
Ham, chicken & cheese.....	\$4.00
Extra fillings each.....	\$0.20
Bread roll.....	extra. \$0.60
<b>WRAPS</b>	
Salad.....	\$3.50
Chicken & salad.....	\$4.00
Ham & salad.....	\$4.00
Chicken Caesar.....	\$4.00
<b>SALAD PLATES</b>	
Plain salad with egg....small \$2.50...large \$4.00	
Chicken or Ham Salad.....	\$5.00
Fruit, vegie, cheese & cracker plate.....	\$3.50

### **HOT FOOD**

Chicken strips.....	\$0.80
Mini Quiche.....	\$1.00
Mini Quiche with small salad.....	\$2.50
Quiche(2) & large salad.....	\$5.00
Traveller Pie.....	\$3.00
Homemade pizza.....	\$2.50
Homemade Lasagne.....	\$3.50
Homemade soup: Chicken noodle or Pumpkin with bread roll.....	\$3.00
Homemade Sweet Corn and Ham Fritter served with Sour Cream & sweet chilli sauce.....	\$1.50
Fried Rice.....	\$3.50
Beef Burger.....	\$3.50
Beef Burger with salad.....	\$4.00
Chicken Burger.....	\$4.00
Chicken Burger with salad.....	\$4.50

**Please note - no hot food is served at recess.**

**Thank you for supporting the canteen.**

**We warmly welcome new Canteen Volunteers.**

Menu revised 4/5/2014