



DEEDS NOT WORDS.

Ulmarra Public School

Excellence Innovation Opportunity Success

NEWSLETTER 2014

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Term 2 Week 8 Tuesday 17th June 2014

Principal's Message

Thank you for the warm welcome I have received this week. I am thrilled to have been appointed Principal of this beautiful school and look forward to working with students, staff and the community. The students and staff have been very helpful as I learn the routines of a new school.

Ness Cavanagh

Principal

Parent Support

It's wonderful to see parents and grandparents in the playground and helping in the classrooms. What great role models you are setting for the children. Please remember that as part of the parent code of conduct in schools, parents are not to discipline students or discuss children's ability with other parents. If an issue arises please see the teacher on duty or make an appointment to see the class teacher or myself.

Athletics Carnival

Clarence Small Schools Athletics Champions!

What a wonderful result from a great day at Junction Hill on Thursday. The children ran hard and tried their best in every event. The official results for the carnival will be reported next week when they are sent through from Lawrence PS. Special mention must be made of *Lauren Ferry* who was named Junior Girl Champion and *John White* who was named Senior Boy Champion.

The Ulmarra P&C ran a very successful canteen for the day and were sold out before the end of the carnival. Apparently, the chicken noodle soup was to

die for... according to Mr Reardon.

Thank you to all the parents and community members who helped throughout the day in the canteen, rostered jobs and cheering on the children while they competed.

River to Sea Transition To School Program

The River To Sea Transition to school program will begin next Tuesday, 22nd July. The program will continue each Tuesday through the school term. Children are advised to bring their own water bottle. The Great Ulmarra Bite Canteen has put together an excellent package of a delicious recess and lunch for \$6 per week or the children may bring their own food. Please ensure all items are clearly labelled with your child's name.

Children are to be dropped off at the Transition room at 9:10 and collected from the room at 3:10. Parents will need to sign their children in and out each day.

As this is a special school program it will run at a small cost of \$50 per term with enrolment preferences given to those continuing their education at Ulmarra Public School in 2015.

Bookclub

Orders and payment are due back to school by 29th July.

Yr 5/6 Parent Information Afternoon

Parents of Yr 5/6 are invited next Thursday afternoon at 2pm in the library for a parent information meeting. Everyone welcome.

Touch Footy

Congratulations to the Touch Footy team who represented the school on Wednesday in Yamba. Although they didn't place, they played very well.

Covey Thought of the Week

“Most of us spend too much time on what is urgent and not enough time on what is important.”
— [Stephen R. Covey, The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
21st July	22nd July Canteen Student Banking Transition starts SGHS Yr6 Talk 10 am Parents welcome	23rd July	24th July	25th July Assembly Spotlight K	26th/27th July
28th July	29th July Canteen Student Banking Transition Travelling Science Lessons Yr 3/4	30th July	31 July	1st August Clarence District Athletics WESTPAC Chopper Day	2nd/3rd August
4th August	5th August Canteen Student Banking Transition P&C Meeting	6th August	7th August	8th August Assembly Spotlight 5/6	9th/10th August

Type 1 Diabetes Research

Researchers from the University of Queensland are conducting research into parenting of children with type 1 diabetes. We are seeking parents of children and adolescents with type 1 diabetes to participate. Participation in this project will involve completing a survey, and a telephone interview.

The telephone interview includes questions on diabetes management tasks which parents of children with type 1 diabetes experience difficulty with, how parents think and feel about parenting a child with type 1 diabetes, and their preferences for assessing services to assist in dealing with these behaviours and tasks.

If you are interested in participating in this research or would like further information please email clin.roslyn.pay@uq.edu.au



FREE!

Free Healthy Lifestyle Program for kids 6.5 to 13 years

- ✓ Helps kids reach a healthy weight
- ✓ Fun games & exercise for kids
- ✓ Build self-esteem & motivation



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Health
Northern NSW
Local Health District

**Starting term 3 @
MACLEAN**



Be Active Every day

Everyone - not just kids - needs to be active every day. But how much activity do we need?

Moderate activities make your heart beat faster and breathing become quicker. E.g. walking fast, bike riding, dancing, playing on park equipment, and skateboarding

Vigorous activities make you huff and puff. E.g. organised sports, running, swimming laps, star jumps, and skipping

Age group	How much physical activity
5-12 years	≥ 60 mins/day moderate-vigorous activities
12-18 years	≥ 60 mins/day moderate-vigorous activities. Try to include ≥ 20 mins vigorous activity 3-4 times a week.
Adults	≥ 30 minutes/day of moderate-vigorous activities. For even more health benefits, try to include more activity and vigorous activity throughout the week.



CLARENCE SMALL SCHOOLS ATHLETICS CARNIVAL

