

ULONG PUBLIC SCHOOL

COMMUNITY NEWSLETTER

Personalised Learning in a Caring Rural Environment



14 September 2018

Term 3 Week 8

Dear Parents and Carers,

The term is coming to an end and I don't know where the time has gone. It has been an extremely busy term for both teachers and students. The last day of this term is Friday 28 September and term 4 starts on Monday 15 October. Please note that there will be no pupil free day on Monday.

However, the students will enjoy the last two days of term 4 as pupil free days while the staff will do their Mandatory Training.

I am so pleased to share that our students are working really hard and are making some valuable gains in their learning. We will be celebrating their success at our Merit Assembly on Tuesday 25 September. We will send a formal invitation next week with the time and information. Students have been engaged in various enrichment days and Orara Valley carnivals.

PBL: The students are responding well to our new PBL Program (Positive Behaviour Learning). Students were engaged in choosing three core values for the school and they were: Respect, Responsibility & Resilience. If we can master these core values we will never go wrong and it will be

a key to our student's success. I will strongly encourage parents to share these core values at home as well. This week we have been focusing on Respect.

ENRICHMENT DAY: Wednesday 19 September, Ulong is hosting the K-2 Enrichment Day. Our K-2 students will enjoy numerous activities organised by teachers from all the valley schools. Our seniors will showcase their leadership skills by leading the groups. Please don't forget to send your child's recess & lunch orders by Monday.

SPORTS: Our students are enjoying NRL every Friday and will also start Tennis as their sport that will continue next term as well.



A PROUD MEMBER OF THE ORARA VALLEY COMMUNITY OF SCHOOL

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OCEAN SAFETY:

On Friday Alex the lifeguard came to school and told us all about ocean safety. We learnt to stay in the red and yellow flags. Then if there's the white and black flags, that's where the surfers use surf boards. Then we got taught about rips. What causes a rip is if the water crashes together and then it forms a circle and goes back out to sea. After that he showed us a video and that told us all about the ocean. It told us to beware of dark patches, because they could be a rip. Then one of our teachers suggested if a blue bottle is in the water, it's alive. But if it is dead out of water, it still can sting you. Then Jordi, Riley, Ally and Iszack held up the flags. Then Joey got to be the demonstrator of being the person that had to wave his hand in the air and Alex would rescue him.

By Leah

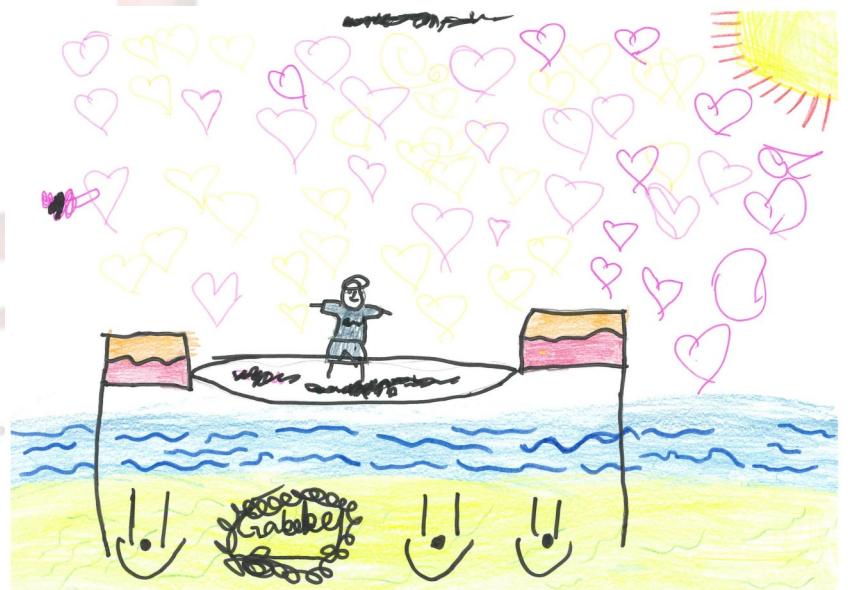
On Friday 14th September our school got a visit from Alex the life guard from Sawtell beach. We learnt that if there are two red and yellow flags on the beach, you have to swim in-between those flags. If there are two black and white flags, that warns the surfer that you have to slow down.

Some dangerous animals you might

find at the beach are blue bottles, box jellyfish, stone fish and blue ringed octopus.

By Lillie H.

Artwork by Jaxen



Artwork by Gabriella

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Artwork by Ally

On Friday the 14th Alex came to talk to us about Life safety. We talked about rip and how there made also we talked about the flags and what there for. ~~Last~~ Lastly we talked about what lifesavers do.

by Jordi



Artwork by Chloe

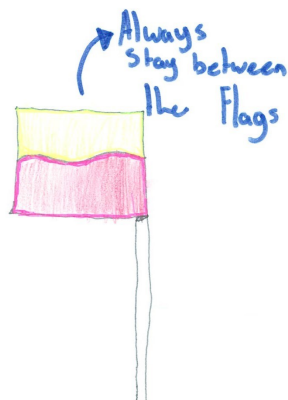
It's important to...

Put Sun Screen on.
Wear appropriate clothing.
Always be ~~sa~~ with an adult.
Follow beach rules.

Kids helpful Questions when going to the beach... Quiz
do you know how to swim? Quiz
can you float?
are you older than 18?
do you have a supervisor

Make ↑ sure

Artwork by Jordi



don't swim in between the Black and white flags

Be Safe.
Be Supervised
Be Satisfied

Chloe.♡



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When you are in a rip, wave your hand and shout help.

By Abe

Artwork by Riley

1539CK K-2 ♥♥♥



Artwork by Iszack

Students and teachers, boys and girls and parents. We have been learning to stay in between the flags. We now know that we do not go in rips.

By Eva



Artwork by Eva

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FRUIT & VEG MONTH 2018:

Our school has registered for Fruit & Veg Month 2018. The theme for this year is



'Happy Fruit & Veg'tember!'

Fruit & Veg Month 2018 runs for the last four weeks of Term 3, Monday 3rd to Friday 28th September.

As part of Fruit & Veg Month, students will be involved in various classroom and School based activities which encourage them to eat more fruit and vegetables. See below for an example of a healthy and delicious snack your kids will love.

Pizza fingers

Makes 16 serves

Ingredients:

- 4 round wraps, Lebanese breads or medium pizza bases or 2 large rectangular bases; preferably wholemeal or whole grain (must be wholemeal/whole grain if in NSW)
- 8 tablespoons tinned crushed or diced tomatoes (salt reduced)
- 1 tablespoon mixed herbs (dried or fresh)
- 1 medium red or yellow capsicum, diced
- 1 cup of mushrooms, sliced

- 1 cup (140g) poached or grilled skinless chicken breast, shredded
- 1 cup baby spinach
- 2 cups reduced fat grated cheese

Method:

1. Preheat the oven 180°.
2. In a bowl, mix the tomatoes and herbs together, placing one tablespoon of the mixture on each pizza base.
3. Continue to top the pizzas by sprinkling the remaining ingredients evenly over the bases, finishing with the cheese.
4. Place in the oven and cook for 10 minutes or until cheese is melted.
5. Once out of oven, carefully cut into fingers or wedges.

Tips:

- You can use any bread base you like such as wholemeal Lebanese bread, pita bread, Turkish bread, or whole grain/wholemeal muffins.
- Choose any combination of veg you like, including any baked veggie leftovers, but stick to just once choice of meat per pizza.

Please visit <http://healthy-kids.com.au/parents/recipes/> for more recipes like this.



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FUNDRAISING: We have raised around \$140 at school for our farmers and P&C raised around \$170 from club raffle. All this money will be going to our suffering farmers. We will have another fundraiser on Tuesday 18 September and that will be 5 Cent coins trail. The students have already discussed it and hopefully have been collecting their 5 cents. The staff will be taking part in it as well and the student that has the longest trail will get a prize.

Reward Day: This term, we will have our reward day as a surprise. It will be presented to the students on the day. If your child has had three warnings or has been on detention, they will miss out as a consequence of their behaviour. This is only done to teach them that positive rewards are for good behaviour and negative consequences for unacceptable behaviours.

Have a great week.

Surinder Kaler
Principal



Otitis Media Awareness Day

Thursday 25th October
Park Beach Plaza

Is this your child?

- Frequent colds and ear infections.
- Poor speech development
- Trouble concentrating in

**Hard to Hear,
Hard to Learn!**

FREE

Ear Health Checks for Children.
No Appointment Necessary.

This event is initiated by the NSW Department of Education in conjunction with Mid North Coast Local Health District and

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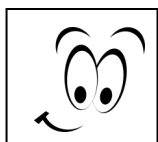
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Health
Mid North Coast
Local Health District



Vision Screening Clinics

**Is your child starting school?
Have they had their eyes checked?**

You can have their **Eyes** checked at our StEPS Vision Screening Clinics,
Conducted by Nurses, trained in Eye screening.

Centrelink have now made compulsory a 4-year-old
“Get Ready for school” health check including an eye check
with StEPS or an Optometrist
If you receive Family Tax Benefit A & Income support

**AT: Child & Family Health Centre,
29 Park Ave, Coffs Harbour
(Next to SES & Genesis Gym)**

Clinics are on: **Friday 21st Sept,**

In November: Tues 6, Thurs 22, Fri 30

or Tuesday 4th December

Please make an appointment

RING StEPS on **66 567 061**

Or email: MNCLHD-Steps@health.nsw.gov.au

then write the appointment time here & put in a prominent place:

Date ___/___/18 at ____:____am/pm



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School Calendar Term 3 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 9 17/9—21/9			K-2 Enrichment Day		
Week 10 24/9—28/9					Fruit & Veg Month Finishes Last Day of Term 3
	Holidays Students return on Monday, 15 th October				



What ever you do, do well



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