

ULONG PUBLIC SCHOOL

COMMUNITY NEWSLETTER

Personalised Learning in a Caring Rural Environment



8th March 2019

Term 1 Week 6

Dear Parents and Carers,

Welcome to our new staff member, Mrs Karina Stephenson who has joined our SASS staff as a SLISO to support our lovely Kindergarten students. She is no stranger to the students as she did volunteer work with the students last year.

Thank you to Karina who also paid the school fees and voluntary contributions for her child.

On Friday, last week our school participated in the Clean-up Australia Day. Every child cleaned up an area of our school with their class. Thank you to the students and staff for making our school grounds exceptionally lovely.

Get involved in the School Banking

program: Ulong Public School is excited to offer the Commonwealth Bank School Banking program to all students. Our first School Banking day is Friday, 15th March 2019!

School Banking is a fun, interactive and engaging way for young Australians to learn about money and develop good saving

habits. Children who deposit money into their Youthsaver account through School Banking earn Dollarmites tokens, which they can save up and redeem for exciting rewards.

The rewards available during 2019 are:

- Scented Stackable Highlighters
- Snowy Origami Set
- Icicle Slap band Ruler
- Yeti Fluffy Notepad
- Arctic Owl Fluffy Keyring
- Scratch Art Cards
- Water Skimming Bounce Ball
- Polar Pencils & Pencil Toppers



School Banking is also a great fundraiser for our school. Our school receives a Regular Savers Contribution of \$5 for every 10 deposits processed per student as well as an Annual Contribution which is based on the



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number of students who made at least one School Banking deposit in the prior year.

Getting involved in School Banking is easy!

All you need to get involved in the School Banking program is a Commonwealth Bank Youthsaver account. You can open an account for your child in one of two ways:

1. Online

Visit commbank.com.au/schoolbanking and click on the link to open a Youthsaver account.

2. In branch

Visit a Commonwealth Bank branch with identification for yourself and your child, like a driver's licence and birth certificate.

If your child has an existing Commonwealth Bank Youthsaver account they can start banking straight away. They just need to bring their deposit in every week on School Banking day using their Dollarmites deposit wallet.

School Banking day is Friday, starting on Friday 15th March, 2019.

If you would like to know more about School Banking, please ask for a 2019 School Banking program information pack from the school office or visit commbank.com.au/schoolbanking

Fruit Break: The school is having a brain break at 10am. The students with fruit come out for 5 minutes to have their fruit and fresh air. Due to a high demand of fruits at fruit break by the students, the school is considering to provide students with seasonal fruit for 50 cents. We understand that we are isolated and parents are unable to go grocery shopping frequently, therefore, the school canteen will provide students with seasonal fruit for 50 cents.

Breakfast club: The school is starting breakfast club again as we have some students complaining of not having breakfast in the morning before coming to school. We would like every student to have their breakfast as it is the most important meal, therefore the school will provide free breakfast every day at 8:30 am. If a student wishes to have breakfast on any day, all they need to do is let the teacher know. Breakfast club is free for all students. We will try to have different menus such as pancakes, boiled eggs, bacon & egg sandwiches and different types of cereals.

Have a great week.

Surinder Kaler
Principal

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20 Hutchinson St, Ulong NSW 2450

Ph: 02 6654 5242

Fax: 02 6654 5263

E: ulong-p.school@det.nsw.edu.au

W: www.ulong-p.schools.nsw.edu.au

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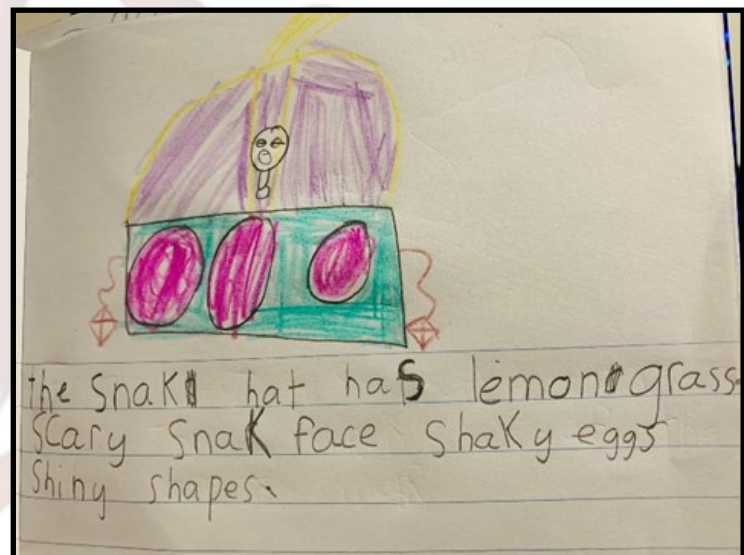
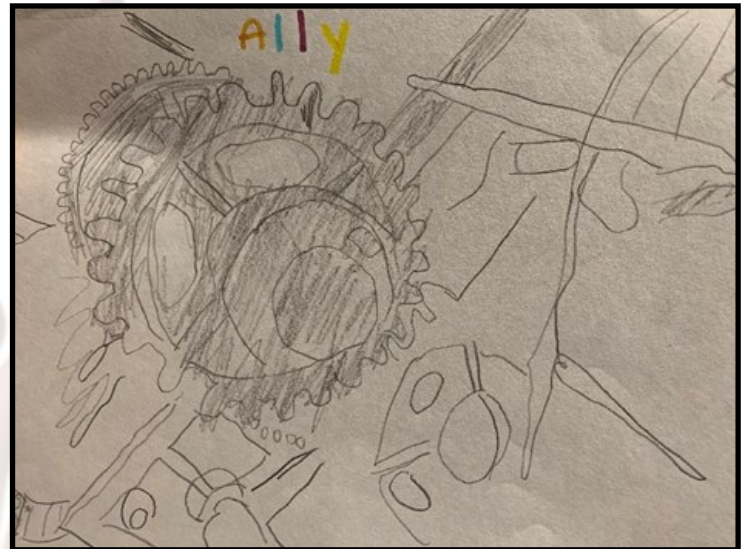
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K-3 News: The K-3 class is settling in well to both new and familiar routines. We are looking forward to a fun year ahead.



It is great to see so many of the students taking responsibility for their learning and completing homework and swapping home readers frequently. Research has shown that when parents read with their children frequently, the children develop better listening skills, spelling, reading, comprehension and vocabulary. A study of children also found that children immensely enjoyed the social aspects of reading and being read to by their parents and valued

spending time together. The readers sent home will usually be at a level which the student can read with confidence. If any families require any extra guidance with home reading, please come and see me.



Our Focus Text over the past two weeks has been Rosie Revere, Engineer by Andrea Beaty, which tells the story of Rosie, a shy and quiet girl throughout the day who builds



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amazing gadgets and gizmos by night. Through this story the students gained an appreciation about learning from mistakes and that women/girls can achieve anything, a great message leading up to International Woman's Day. The students designed and made some python repelling hats as part of this learning experience.

Iszack's Recount of our visit to Cascade:

On Thursday we went to Cascade. We drove in the teacher's cars and they got really dusty. First, we drew a leaf. Next, we played basketball. Then John let us pat a snake. It was fun.

4-6 News:

Gracie's Recount of our visit to Cascade:

What an amazing day it was!

One Thursday morning 28-2-19, Ulong school went on an excursion for a day to Cascade. It is about 30 km towards Dorrigo. It was very exciting to travel in the teachers' cars for one day. When we got there, John principal at Cascade Environment school welcomed us. He spoke about the expectations and our behaviour and gave us a tour around the place.

After that John showed us information about all the old places and its Aboriginal heritage.

Then we went to see all the old structures in real life like the old train station and we were lucky enough to take photos on our iPads for the Cedar and Steam art competition

We also learnt some more ways to do art like visual research, line drawing and block painting with meat trays. It was very interesting to learn some of the different art techniques. I can't wait to come back in term 4 to do an overnight excursion to Cascade.

Jordan's Recount of the Debating Day:

On Wednesday 6th March, we went to Nana Glen to participate in the Premier's Debating Enrichment Day. We started the day with a game called "when I ruled the world" it was a fun game. After that, we participated in our impossible test where we had to draw nine dots and it could only have four continual lines. It was really hard.

Then we went out for recess. After we came back in we got ready to do our first practice debate. That took up all of our time, so it was almost lunchtime. After lunch we did our debate. We learnt debating skills and the role of all the four debaters. It was an excellent day and we had lots of fun engaging with other valley students.

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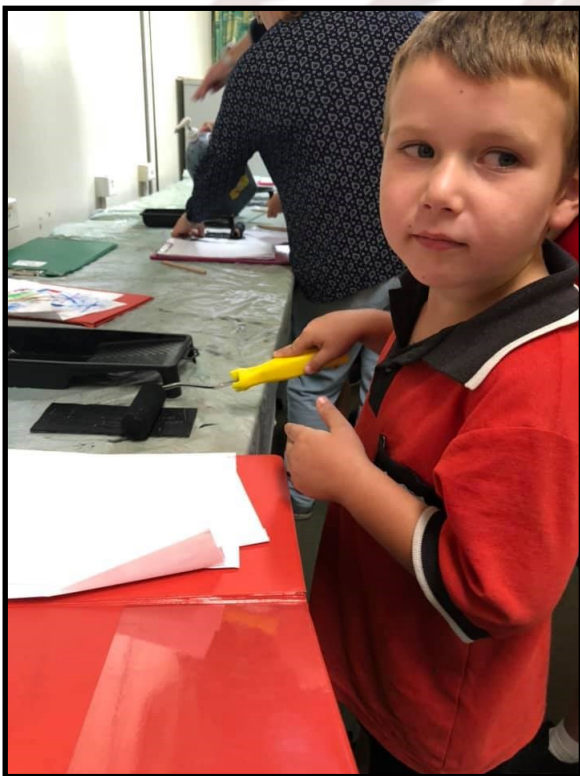
E: ulong-p.school@det.nsw.edu.au

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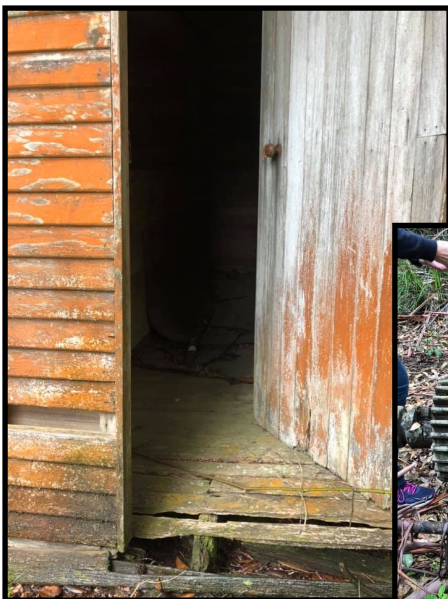
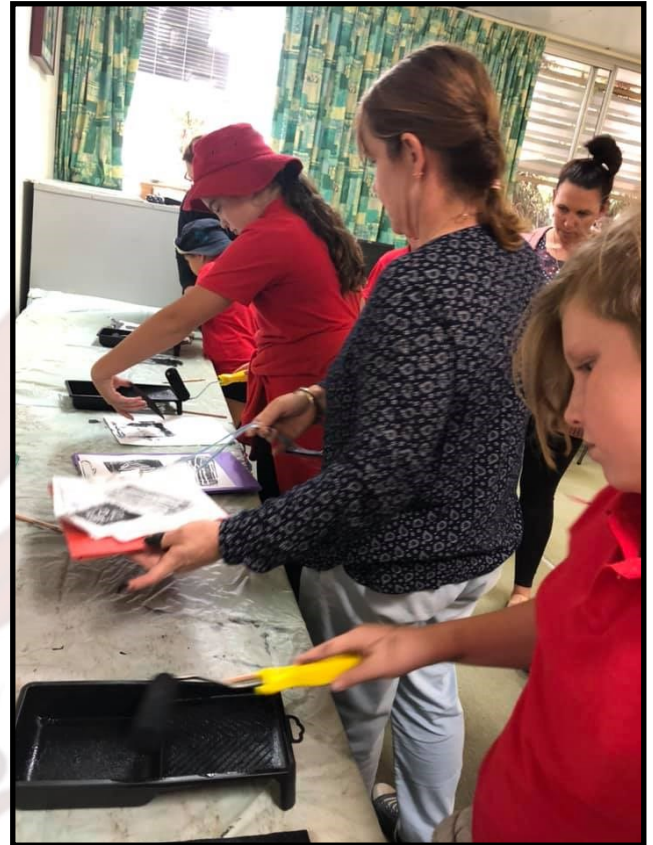
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School Calendar Term 1 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7 11/3—15/3					Anti Bullying Day Chinese Lessons
Week 8 18/3—22/3					Chinese Lessons
Week 9 25/3—29/3			Great Debate		Chinese Lessons
Week 10 1/4—5/4					Chinese Lessons
Week 11 8/4—12/4					Merit Assembly, Easter Bunny & Raffle Draw Chinese Lessons
	Holidays Students return on Tuesday, 30th April				



The simplest way

... to choose foods for the lunch box

Pick one food from each food group:

Breads & Cereals:
rich in carbohydrates, the body's preferred source of energy – perfect for kids to play and learn all day.



Vegies & Salads:
high in fibre and packed full of vital vitamins and minerals to boost health and help maintain a healthy weight.

Meat & Alternatives: rich in protein, iron and zinc.

Dairy: important for growing healthy bones and teeth.

Fruit: naturally sweet and refreshing the perfect snack for growing bodies.

For simple ideas on foods from each group visit healthylunchbox.com.au

healthylunchbox.com.au



The simplest way

... to get kids involved in packing a healthy lunch box.

Getting kids involved in selecting – from healthy choices – what they would like to eat at school means they are more likely to eat what's packed in the lunch box.



Visit healthylunchbox.com.au and use our **interactive lunch box builder** with your children to plan a healthy lunch box.

Kids can choose lunch box foods from the pictures in each of the food groups to pack a healthy lunch box they will enjoy.

To help you plan for the week ahead, saving you time and money, you can email or print the lunch boxes your children pack online along with **personalised tips and recipes.**

healthylunchbox.com.au