

Ulladulla Public School Newsletter

Excellence, Innovation, Opportunity, Success, Strong Values

Principal: Mr Justin Stanton (Rel)

Deputy Principal: Mr Trent Burns

Deputy Principal: Miss A. McGowan (Rel)

Learn to Live, Live to Learn

Term 4 Week 6 2017

www.ulladulla-p.schools.nsw.edu.au

Dear Parents and Students,

Welcome to Week 6!

In the past few weeks, students and teachers have been busy completing various summative assessments which will be used to write your child's Semester 2 report. These reports will come home at the start of Week 10.

Assessments can often stress children out so please ensure your child is getting an appropriate balance of school work, exercise and rest.

Use of Technology

Increasingly, technology plays an important role in our daily lives. However, due to the flexibility and availability of tablets and smart phones, children are now becoming more addicted to technology which is leading to negative consequences:

Recent research has shown screens from devices such as tablets and smart phones emit harmful blue light that can cause headaches, eye strain and irritated eyes for children. Furthermore, sleep is also disturbed by blue light when children are exposed to screen time in the evening due to the suppression of the hormone melatonin which regulates the sleep wake cycle. This makes it increasingly difficult for a child's body to effectively prepare to get ready for a good nights sleep.

Technology also has profound impacts on the way children think and feel. Since technology is full of stimuli and often requires paying attention to many different things at once, children who play many video games or spend most of their time online tend to have less of an ability to focus than kids who use technology minimally. It can also affect the way children process information; when children are exposed to high levels of technology, they tend to think through things only superficially and don't develop the ability to think critically or be creative when learning new concepts.

Technology also changes the way kids socialise and interact with others which can have a huge impact on their mental and emotional well-being.

This isn't to say that all technology is bad, or that children should never use technology. Technology provides many positive opportunities for learning, entertaining, and socialising, but it should be monitored and used appropriately.

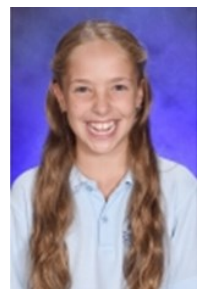
Here are some tips to help head off these problems and encourage responsible technology use with your children.

Instead of prohibiting technology use altogether, set daily limits for how long children can use technology each day. Talk with them about what seems reasonable and keep their schedules in mind. For many kids, once they get their initial fix of technology after a long day at school, they'll get the same level of satisfaction that they would if they'd been using the technology for hours. If your children are fighting you on these rules, try explaining to them the negative effects that technology can have. This will help them understand why it's important.

*Adapted from the article 'Will technology ruin your children's development?' <https://journal.thriveglobal.com/will-technology-ruin-your-childrens-development>

Principal for the Day

Congratulations to Ella C. on receiving her 6th gold award and being awarded the honour of being "Principal for the Day". Ella and her very own personal assistant will get to work in the office on Friday 1st December. What an amazing achievement!



Have a great week!

Justin

Justin Stanton

Relieving Principal



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CANTEEN ROSTER Term 4 Week 7

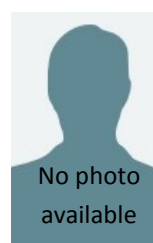
IF YOU ARE UNABLE TO DO CANTEEN, PLEASE CONTACT JENNY OR MEL ON 4455 1649.

THIS WOULD BE MUCH APPRECIATED. THANK YOU.

Monday	Tuesday	Wednesday	Thursday	Friday
20th November	21st November	22nd November	23rd November	24th November
Emma Prescott	Katrina Wooden	Brittney	Janice Howarth	Paulette
Angela Marles	Sue Whitford	Raelene	Judy Carr	Susan Lines

RECOGNITION OF EXCELLENCE – WEEK 5

Kindy	Matthew L.—KO—For a consistent, calming approach to filling his classmates' buckets.
Year 1	Archie E.—1M—Contributing thoughtful and insightful ideas and opinions during class discussions and activities.
Year 2	India R.—2W—An excellent improvement in all areas.
Year 3	Kaitlin K.—3S—Excellence in School Citizenship.
Year 4	Sireyah C.—4C—Effort in all areas.
Year 5	Anais N.—5B—Being a co-operative, cordial and considerate student.
Year 6	Chelsea S.—6B—Excellent time management skills and dedication towards homework tasks.



UPS P&C CHRISTMAS STALL

SATURDAY 2ND DECEMBER

Miton Village Showground Markets



Dates to Remember

Tuesday 14th November	Kinder Orientation (A-L) 2.30-3.30pm
Wednesday 15th November	Kinder Orientation (M-Z) 2.30-3.30pm
Thursday 16th November	Pre-school concert—10am
Friday 17th November	Group B Assembly—KO—12pm
Monday 20th November	UHS Parent Info Night for Yr 6
Tuesday 21st November	Parent Helper Morning Tea @ 10.30am
Friday 24th November	Group A Assembly—KT—12pm
Monday 27th November	Yr 6 Berry Camp



LOUD Theatre Company presents

Princesses & Princes

Songs from Frozen,
Moana, The Little
Mermaid, Trolls,
Aladdin and more.

Come dressed as your
favourite princess or
prince!

Ulladulla Civic
Centre

Tix \$12 @ Jan 13th 2018, 11am

www.loudtheatre.com.au [facebook.com/loudtheatrews/](https://www.facebook.com/loudtheatrews/)
<http://www.ticketebo.com.au/princessesandprinces>



The P&C will be having a Christmas stall at the Milton Showground Markets on Saturday 2nd December. There will be lots of Christmas gifts for the children to buy their parents, grandparents, aunts, uncles and carers. Come along and visit us. We would love to see you.

All proceeds will be added to the fundraising pool for the school.

Don't forget to say ULLADULLA PUBLIC SCHOOL when you buy your bread from Bakers Delight. 5% from your total purchase will go towards fundraising for the school.

SCHOLASTIC Book Fairs



Wish List Payment

If you are unable to attend the Fair you may wish to choose from the books in the invitation. List your choices below and pay in advance.

Please send this form in to school with your child BEFORE the Book Fair closes

Child's name:	Class:
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Item No.	Title	Price
		Total: \$ _____

Payment Receipt Number

BF17 02

Online Payment:
www.scholastic.com.au/payment
 Be sure to choose **Book Fairs** payments, not Book Club.

Please provide the following details:

 First name: _____
 Surname: _____
 Daytime ph: _____
 School: _____ Suburb/State: _____

You will receive an 8-digit receipt number with your credit card payment.

Record your receipt number below:

Receipt Number

Amount Paid

\$

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You are invited to the 2017 UPS Scholastic Book Fair in the library!

Students are able to **preview** the Book Fair products till Tuesday 14th November during their library time or before school and after the middle lunch bell. While the students are previewing the Book Fair products, they will be able to complete a **Book Fair Wish List**.



Bella from 5/6C helping Isabella from 1M to fill in her Wish List!

The Book Fair starts on Wednesday 15th November and runs over three days finishing on Friday 17th November. Books will be available for purchase in the library over this time between 8:45am to 9:25am and again from 3:30pm to 4pm.

The Scholastic Book Fair is a great place for children to discover a love of books and ignite a lifelong passion for reading. The Book Fair is also a great place to buy a book for a loved one for Christmas, a birthday or a special occasion.

If you are unable to attend the Book Fair and you would like to place an order, please feel free to pay online at www.scholastic.com.au/payment and fill in the form. Please return your completed form, with your receipt number, to the school library before the Book Fair closes on **Friday 17th November**.

The school library will also be running a **competition** to reward the students across the school who have borrowed the most library books this year. There will also be a colouring competition for students in Kindergarten to Year 2 and a competition to solve the Jungle Book-Jumble for students in Year 3 to Year 6. With the support of Scholastic Australia and our school library, seven students will receive a free book from the Book Fair!

We look forward to seeing you at the Book Fair!

Join the challenge and Get in Step Shoalhaven! Make your footprint!

Get in Step is a program designed by Shoalhaven City Council in partnership with Illawarra Shoalhaven Local Health District and Grand Pacific Health. They have teamed up to "Make Healthy Normal" with a series of signed health walks to signal one kilometre intervals. Follow the footsteps along 18 different walks across the Shoalhaven, all in the aim to encourage people to get walking more.

Can you find the 18 locations? Walk, Register and Win!

1. Find the 18x1km footpaths promoted with pavement signs and share either a selfie of your walk and/or your story on the pathway on Council's Get Involved page for your chance to win a prize pack!
2. Please see website for more details <http://getinvolved.shoalhaven.nsw.gov.au/>.
3. Please see YouTube video: <https://www.youtube.com/watch?v=E0jVWxzst2E>
4. Register at Get Involved, upload a photo of video with your name and share your story to take part. Once you register, you can enter from each of the 18 locations to have more of a chance not only to win, but 18 places to enjoy a walk.

The "footprint" signs will assist walkers or runners with gauging distances and improving fitness.

Winners will be selected at random and announced on October 31st via Council's Facebook page. By making a submission participants agree that their photos or videos can be used on Shoalhaven City Council's digital platforms. Deadline is October 30th.

More information:

1. Borrow a pedometer from your local Library.
2. Pick up a map and fill out a survey for an extra chance to win. Locations for maps and surveys: Libraries, Shoalhaven Swim and Fitness Centres, Grand Pacific Health, NSW Health Facilities, High Schools and Council Administration Buildings.

Challenge your friends, family and neighbours to get out in the community and Get in Step in the Shoalhaven.

For further information please call:

Council: 4429 3111 or email council@shoalhaven.nsw.gov.au



Retail/Wholesale Nursery producing high quality plants for landscape

Open Monday – Friday 9am – 4pm

157 Warden St Ulladulla p. 4455 4799 m. 0421 98 00 95



Need Uniforms?

Order hats, shirts and shorts now in the way that is most convenient for you.

Online: www.muschooluniforms.com.au

Email: belinda@muschooluniforms.com.au

Phone: 0412 559 088

Davida's art class

art classes in Milton
for school students aged 10-18
drawing and painting techniques

Tel : 0466 458 725

fb : Davida's art class



LAUNCH FOML Book Clubs



5:30pm | Thu 16th Nov | Harvest Bar | Milton

For the cost of 1 book the service allows groups to borrow 10 copies of the 1 title, for 10 consecutive months. Register your group OR individuals can email us & we can help you find a group.

fomlbookclubs@gmail.com

