

NEWSLETTER

TERM 2 WEEK 4: TUESDAY 21 MAY 2019



WALK SAFELY TO SCHOOL DAY

It was great to see so many students, parents, carers and friends joining us for our Walk Safely to School Day last week. Everyone really enjoyed our healthy early morning stroll from Sweetnam Park.



DISTRICT CROSS COUNTRY SUCCESS

Last week I spoke to the students in assembly about the importance of perseverance, and there was certainly a high degree of grit and determination on display at the District Cross Country Carnival last week. Undeterred by rain showers, Uki students dug deep to do their personal best and complete their races. Congratulations to all students who competed, and especially to Eva B (7th), Alfie (11th) and Olly (11th) who will now progress to the Far North Coast Carnival at Yelgun on 31 May.



continue to accumulate 12 more, which will earn them a Silver Certificate. With another 12 EKIDNA tickets, they will be awarded a Gold Certificate and their EKIDNA Badge. Well done to our Bronze Certificate winners this week!



BRONZE EKIDNA AWARDS

I was absolutely delighted to present the first ever Bronze Certificates to four students at assembly last week. Sierra, Taya, Sean and Nathaniel have each earned 12 EKIDNA tickets for displaying qualities such as kindness, positive problem solving, leadership and inclusivity. And I've heard that there are several students who are very close to achieving their 12 tickets, which is fantastic! Once a student has attained the Bronze Certificate, they then

STEWART HOUSE



Stewart House is a very special place that has been providing much-needed breaks for children and families since 1931. Located on a beautiful beach in a Sydney suburb, children who attend are able to go to school in a very different and enjoyable way for two weeks, whilst also receiving health check-ups and making new friends.

Stewart House is part of the NSW Department of Education and is largely funded by donations from public schools, including Uki. We would love your help in supporting this very worthwhile charity again this year. The youngest student in each family was given an envelope last week, if you are able to make a \$2 donation, please place the coin into the envelope and **return it to the front office by Friday 24 May**. The envelopes will then be sent to Stewart House and will go into the draw for a prize of a \$4000 family holiday!

DANCING LESSONS START

We are very fortunate once again to have community members Jim and Barbara O'Brien teaching students in preparation for the Uki Ball. Dancing is a component of the Creative Arts and Physical Education / Health / Personal Development syllabuses. It's also a lifelong social skill and a great way to develop fitness. All Year 5 & 6 students will participate in dance lessons this term, as well as any other students who are interested in preparing for the ball season.



Dance practice with Jim and Barbara O'Brien takes place on Wednesday mornings from 9:00 - 9:25am

SPORTING SUCCESS

Congratulations to Nathaniel who has been selected as the goalie for the North Coast Invitational Hockey team – a very impressive achievement!

Next month, Nathaniel will travel with the team to Lismore, where he will compete in the NSW PSSA Boys Hockey State Championships. Well done, Nathaniel – and best of luck! Nathaniel is pictured here with Rachel Lynch (the current Australian Women's Goal Keeper) whom he met at a clinic a few months ago.



DENTAL HEALTH CHECK

All Kindergarten and Year 2 students are offered a free dental check up with a mobile clinic that visits schools conducted by the NSW Health Service. Permission notes were sent home with all students in Kindergarten and Year 2 last week. Please note that only those students who have returned permission notes will be permitted to have their teeth assessed. Please make sure these notes are returned as soon as possible to ensure your child does not miss out on this free service which will take place on Wednesday 29 May.

P&C - HARD AT WORK ON ELECTION DAY

For the second time in the last few months, P&C volunteers were hard at work cooking and serving at the Election Day stall. Thank you to all those who helped with the barbecue, provided goodies to sell or donated their time to raise funds for the school. Your energy and effort are very much appreciated by the school community.

WHAT IS THE LEARNING SUPPORT TEAM?

The Department of Education recognises that some students need extra support at school. This could be academic support, emotional support, social support or behavioural support. If you have concerns about your child at school, the first person you should speak to is your child's teacher. Many issues can be resolved with good communication between home and school. Your child's teacher may recommend that the matter is referred to the Learning Support Team. This is a group in the school comprising the School Counsellor (Monique Willis), the Learning and Support Teacher (Loueen Adams), the Intensive Reading teacher (Jo Spiller), the Assistant Principal (Sue O'Regan) and myself. We meet each week and consider each child who is referred to the team, either by a parent or a teacher. Together, we discuss options and strategies for support, which we then share with the child's parents. It's a very effective process which ensures that every child at Uki is known, valued and cared for.

Rachel Watkins - Principal

Uki Ball - Saturday 15 June

In preparation for the Uki Ball, the children will have the opportunity to participate in dance practice on Wednesday mornings during fitness time at 9am. Jim and Barbara O'Brien will be demonstrating the dances and any parents wanting to learn the dances are most welcome to attend the practices, just drop in to the office to sign in before it starts. Uki Ball will be held on Saturday 15 June. Those who attended last year's Ball had a wonderful time, with several children winning sashes on the night. Please contact me at the school if you have any queries.

Jo Spiller - Teacher Librarian

COMING UP... Term 2 Calendar

| Week 4 | | |
|----------|-----------|---|
| Mon-Thur | 20-23 May | NAPLAN Years 3 and 5 |
| Wed | 22 May | Dance practice 9am |
| Wed | 22 May | National Simultaneous Story time 'Alpacas with maracas' |
| Fri | 24 May | Stewart House Envelopes due in |
| Week 5 | | |
| Wed | 29 May | Dental Service visit K & Year 2 |
| Wed | 29 May | Dance practice 9am |
| Thurs | 30 May | MHS Sizzling Sport Day - Year 6 |
| Fri | 31 May | FNC Cross Country - Yelgun |
| Week 6 | | |
| Wed | 5 June | Dance practice 9am |
| Week 7 | | |
| Mon | 10 June | PUBLIC HOLIDAY (Queens B'Day) |
| Tues | 11 June | Year 5/6 to Fingal PS NAIDOC activity: Christine Anu |
| Wed | 12 June | Dance practice 9am |
| SATURDAY | 15 June | UKI BALL (P&C activity) |

REMINDERS:



Creative Arts Camp Years 4-6:

If you would like to apply for Creative Arts Camp please collect an application form. All applications need to be returned by 24 May.

Year 6 Sizzling Sports: Notes and payment are due at the office this Friday 24 May.

WORDS OF THE WEEK

K-2: accumulate

Accumulate means to gather something up. *I need to accumulate 12 EKIDNA tickets for my Bronze Certificate.*

3-6: component.

Component means an element of something. *Vegetables are an important component of a healthy diet.*

BOOK FAIR SUCCESS

Thank you to everyone for a great Book Fair. It proved to be very successful with the children enjoying viewing and purchasing books. Hopefully there is a lot of reading going on at home! We sold over \$2100 worth of books, which means I will have a healthy commission with which to purchase more books for the library.

A big thank you to Belinda Bianchetti and Julia Crump who helped with sales, your assistance was invaluable. A great effort everyone!

Jo Spiller - Teacher Librarian

P&C MOTHERS DAY STALL THANKS

Thanks to Kellie, Tianda, Stephanie, Danni, Alonna and Belinda who wrapped gifts and assisted at the stall.

The P&C made \$310 profit, but most importantly the children loved to be able to buy their mums and grandmas some gifts to make their Mothers Day special.



Justine Carragher, Stall Coordinator

CANTEEN NEWS

DONATIONS REQUEST

The canteen would very much appreciate donations of fruit. If you've got a tree loaded with fruit at home that you've got surplus of, we would love to use it in the canteen, just drop in to the office or directly to the canteen on Wednesday or Friday.

Please check your menus at home, we are getting more and more lunch orders using the 2018 menu prices. The 2019 menu was sent out at the start of term 1, on white paper. It will also be included with the electronic version of this newsletter. You can find it online on the school stream app or a hardcopy can be picked up from the school office or the canteen.

Thanks for your support,

Danni Woods - Canteen Coordinator

Canteen Roster - Term 2

| Week | Day/Date | Volunteers |
|------|------------|------------------------------|
| 4 | Wed 22 May | Ness Helper Needed |
| | Fri 24 May | Danni Helpers Needed |
| 5 | Wed 29 May | Camille Helper Needed |
| | Fri 31 May | Danni Helpers Needed |

The Child Oral Health Service would like to remind parents and carers of the importance of regular, supervised oral hygiene.

♦ When children start school they are often keen to be as independent as possible.

♦ Most children don't have the skills to brush their own teeth well enough to prevent decay until age 8-10, depending on their level of dexterity.

♦ Thorough brushing twice per day prevents significantly more dental decay than brushing once per day or less often. Help your child gently brush their teeth and gums twice per day with a small amount of fluoride toothpaste.

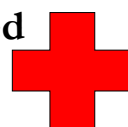


It's back!



Fill up your sticker chart and place it in the box in the school foyer until June 25th. Extra sticker charts are available from the office.

Uki branch of Australian Red Cross Winter Appeal



Friday 7 June 2019

The Uki Red Cross Winter Appeal 2019 will be held on Friday June 7. A street stall and Morning Tea will start at 9am and will include a giant raffle draw. Please note, there will not be a luncheon served this year. Donations of cash, produce, cakes, pickles and jams, craft work or any saleable goods will be gratefully accepted.

Goods may be left with Joy Armour (02 66795297)

Pauline Carroll (0266795176) or brought in on the day.

The School Photographer

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www.theschoolphotographer.com.au

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The following photos are available to view in the school foyer for anyone interested in ordering;

Library Monitors

SRC

Whole School

3-6 Choir

Bunyip Band

Year 6 FUN

Captains

Band Captains

Concert Band

School Captains

Sport House Captains

The photo prices are: \$16.00 each, 2 for \$30.00, 3 for \$42.00, 4 for \$52.00 or 5 for \$60.00. Any additional photographs are \$10.00 each. This discount is only available per family order.

If you wish to order please do so before 27 May. To order, either collect an order envelope from the school office, fill out and return to school OR visit the website and order/pay online (no envelope required) **Online Order Code: 19S6045VT37U**

Please note if payments are not received before photos are sent to the school, a late fee of \$5 will be incurred

21 May 2019

Dear Parents/Carers

This year our school has registered to participate in the **NSW Premier's Sporting Challenge**.

The purpose of the Challenge is to encourage students to participate in sport and physical activity to lead a healthy lifestyle. We would like to invite families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together. Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience.

Over a ten-week period from Monday 20 May (Term 2 Week 4) until Friday 16 August (Term 3 Week 4), our students will be monitoring physical activity levels during class time, at recess and lunch as well as during sport lessons. Physical activity outside school hours will also count towards the Challenge award. The aim is to work towards an average at least 60 minutes of activity a day for ten weeks.

Each student in Years 3-6 will be issued with a logbook to record their daily physical activity, across 4 different levels. K-2 students will work towards a Gold class award level in their logbooks.

Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze), signed by the Premier of New South Wales.

Students will be reminded to bring in their logbooks in Week 5 of Term 3, so their minutes of physical activity can be logged on the NSW Premier's Sporting Challenge website in time for certificates to be printed and posted.

If you would like to discuss any aspect of the Challenge, please contact Mrs Mills who will be pleased to talk further with you.

Yours sincerely

Mrs Renee Mills
NSW Premier's Sporting Challenge Coordinator

Ms Rachel Watkins
Principal

Recess

- Snack items cannot be ordered, but rather the children can purchase at the counter
- ice-blocks are not available at recess
- Items on the menu are not always available, options change daily

Red Rock Deli Chips- Sea Salt.....\$1.60

Popcorn – Freshly Popped..... 20c

Fresh Fruit.....20c

(seasonal fruit available)

Apple slinkies.....20c

BYO Apple.....FREE

Watermelon Cup.....\$1.00

Vegie Sticks with Salsa.....\$1.00

Milo with a cup of milk.....\$1.00

Sipahh Straw with a cup of milk.....\$1.20

Fruit muffin.....50c

Melt\$1.50

(Variety of flavours eg. Baked bean or spaghetti)

Pikelets, plain.....20c

Extras

Brown bag for lunch order.....10c

The Uki P&C are committed to providing our students with a healthy, nutritious recess and lunch, in accordance with the NSW Healthy School Canteen Strategy.

The Canteen Strategy is categorised into 2 groups, Everyday and Occasional, With the aim to support student health by providing access to healthy foods and drinks. We are required to have fully transitioned to the Strategy by the end of this year. Each year we have been changing the menu just a little so as to transition gradually. Last year we only removed the foods that were non-compliant, this years menu has seen the introduction and removing of some menu items and changes to some portion sizes all to meet the new Canteen Strategy.

The canteen will also have special menu days such as sushi day, burger day, spaghetti day, taco day etc which will be advertised in the newsletter.

Our canteen in run entirely by volunteers and requires many hands to make this great service function. New volunteers are always welcome. The children thoroughly enjoy seeing you helping out in our school.

Thank you for supporting our canteen. All monies raised will go back into our school to purchase resources, technology and books for every student to enjoy.



UKI PUBLIC SCHOOL

P&C CANTEEN

MENU

2019

RECESS: 10:25am-10:45am

LUNCH: 11:45am– 12:05pm

FRUIT BREAK:1:05pm-1.40pm

Please print clearly on BOTTOM HALF of bag; your child's name, class, order and amount. Alternatively StickyBeaks reusable lunch bags are available to purchase from the uniform shop.

ONLINE ORDERING AVAILABLE AT
myschoolconnect.com.au

Sandwiches, Wraps, Rolls and Toasties

- All Bread, rolls and wraps are Wholemeal, Dairy free and egg free
- Please specify if you would prefer no margarine

- GLUTEN FREE (contains dairy) AVAILABLE

Please Choose From:

| | | |
|----------|-----------|---------|
| lettuce | avocado | ham |
| tomato | beetroot | chicken |
| cucumber | capsicum | egg |
| carrot | red onion | cheese |

Add a sauce for FREE:

| | |
|--------------|--------------------|
| mayo | bbq sauce |
| tomato sauce | sweet chilli sauce |
| mustard | |

1 Filling.....\$2.00

2 Fillings.....\$2.50

3 Fillings.....\$3.00

All extras.....50c EACH

Toasting (Please specify).....FREE

Salad Filling.....\$3.00

(lettuce, tomato, cucumber and carrot)

ADD EXTRA.....50c EACH

(ham, chicken, egg, cheese, OR avo)

Salads

Uki Salad Bowl (GF/DF/EF).....\$3.00
(Lettuce, tomato, cucumber, carrot, capsicum)

Caesar Salad.....\$3.00
(Lettuce, ham, egg, cheese, croutons, dressing)

Greek Salad (GF/EF).....\$3.00
(Cucumber, tomato, red onion, cheese, olives, dressing)

Pasta Salad.....\$3.00
(Pasta, lettuce, tomato, cucumber, cheese, mayo)

ADD chicken, ham, egg, OR avo.....50C EACH

Hot Food

BURGERS

Chicken, lettuce & mayo Burger (DF).....\$3.50

Beef, lettuce tomato & bbq sauce Burger (DF).....\$3.50

Egg Burger (DF).....\$3.00
(with Cheese or Fried Ham) (GF AVAILABLE)

PASTA

Homemade Beef Lasagne.....\$5.00

Homemade Spinach & Ricotta Cannelloni.....\$5.00

PIZZAS

Homemade Pizza (GF AVAILABLE).....\$3.00

Margherita (pizza sauce & cheese)

Pineapple & Cheese

Ham & Cheese

Ham, Pineapple & Cheese

BBQ Chicken & Cheese

Vegie (fresh tomato, capsicum, onion, olives & cheese)

BAKED POTATOES

Baked Potato (GF/EF).....\$3.50

(Baked Bean & Cheese)

(Avo, Salsa & Greek Yoghurt)

(Fried ham, Cheese & Greek Yoghurt)

HOTDOGS

Hot Dog.....\$2.50

Plain (GF AVAILABLE) or Vegetarian (DF/EF)

with Sauce.....\$2.70

with Sauce & Cheese.....\$3.00

PIES

Party Pie.....\$1.00

Meat Pie – Traveller (EF)\$3.50

Sausage Roll.....\$2.70

Homemade Spinach & Cheese Triangle (EF).....\$3.00

Apple Pie (DF/EF) available for specialty diets, online purchase only

MISC

Nachos (GF/EF).....\$5.00
(corn chips, salsa, refried beans, cheese, greek yoghurt & avocado)

Cheesy Garlic Bread (EF).....\$1.00

Chicken Wing (EF).....\$1.00

Chicken Garlic Ball.....\$1.00

Hash Brown (GF/DF/EF).....\$1.00

Drinks

Bottled Water.....\$1.00

Apple/Apple & Blackcurrent/Orange Juice (DF).....\$2.00

300ml Plain Milk.....\$1.50

Chocolate/Strawberry Milk.....\$2.00

Sipahh Straw & Milk bottle.....\$2.00
(choc mint, chocolate, cookies & cream)

ALL DRINKS GLUTEN FREE & EGG FREE

Frozen Treats

- Only sold during fruit break.
- All frozen treats ordered on lunch bags will be served at fruit break

Homemade coconut/fruit juice iceblock (GF/DF/EF)....50c

Fruit Tube (Quelch)(GF/DF/EF).....60c full
30c half

Bulla Vanilla Ice Cream Cup (GF/EF).....\$2.00

GF= GLUTEN FREE

DF=DAIRY FREE

EF=EGG FREE

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UKI OOSH

OOSH VOUCHER FRIENDS ARE FREE ON FRIDAYS AT THE UKI KIDS CLUB:



At the Uki Kids Club: OOSH this term you can bring your friend to OOSH for free! Simply decide who you want to bring, ask their parents, book them in at the school office and then come and join in the fun!

This is valid for term 1 & 2 2019 only. Children must be enrolled at OOSH. New enrolment is available on the day. For more information contact Natascha Wernick 02 6679 5024

**BEFORE AND AFTER
SCHOOL CARE**
UKI PUBLIC SCHOOL

Before School 6:45-8:45AM
After School 2:50-6:00PM

ENROL TODAY!

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