The UPSIDE

ULTIMO PUBLIC SCHOOL



PRINCIPAL REPORT

Written by Olivia Parry



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What's on - Calendar

NAPLAN

As we embark on the NAPLAN testing period for our Year 3 and Year 5 students, we want to take a moment to wish all participants the very best of luck. NAPLAN, which stands for the National Assessment Program – Literacy and Numeracy, is an important opportunity for students to demonstrate their skills in reading, writing, language conventions, and numeracy.

I encourage parents to remind students that this assessment is similar to any other assessment that they may complete throughout the year, and they should not feel any different while completing this one. Approaching NAPLAN with the same mindset as their regular assessments can help alleviate any anxiety and allow them to perform to the best of their abilities.

We encourage our students to approach the tests with confidence and to do their best. Remember, these assessments are just one way to understand your child's learning progress and to help us support their educational journey.



Parent Teacher Interviews

Each year, we typically host one formal parent-teacher session towards the end of Term 1. However, based on valuable feedback from families and staff, I would like to announce that we are now opening parent-teacher interviews throughout the year.

Many families have already taken the opportunity to formally meet with their child's teacher to discuss personalised learning plans, achievement levels, or to address any concerns regarding their child's learning or behaviour. If you haven't had a chance to connect with your child's teacher yet, I encourage you to reach out to schedule a meeting. This can easily be done by sending a request via email through the school email: ultimo-p.school@det.nsw.edu.au

Throughout Semester 1, teachers will also be proactively reaching out to families with whom they have not yet had the opportunity to meet. We are also flexible with our meeting processes and understand that some families may find it easier to discuss learning over the phone or online.

We believe that sharing in the successes of your child's learning is vital, as a true partnership between home and school is essential for our students to thrive.

Thank you for your continued support, and we look forward to fostering strong connections between families and our teachers!



Moving to High School - Year 7 Transition Information

The process for applying for a Year 7 placement in a NSW Government school for 2026 has now opened! If you have a child in Year 6, you can begin the transition process by applying online through the Expression of Interest (EOI) link provided below.

EOI LINK

Please note, if your child does not require a placement in a government high school for next year, you will need to complete the Placement Not Required form linked below.

For those families whose children have submitted an application for a Selective School, it is important to remember that you are still required to complete the EOI.

Applications close on 28 March 2025.

Thank you for your attention to this important transition process, and we look forward to supporting you and your child during this exciting time!

Crunch and Sip

Crunch & Sip is a set time in primary schools for students to 'refuel' on vegetables, salad and fruit and 'rehydrate' with water. Students who are not hungry and are well hydrated perform better in the classroom, show increased concentration, and are less likely to be irritable and disruptive. Many students are not eating enough vegetables and fruit or keeping sufficiently hydrated.

Our school implements Crunch & Sip during the morning session and we encourage teachers to hold Crunch & Sip while students continue on with their work so as not to interfere with learning time.

Celebrate Harmony Day – Wear Orange on Monday, 17th March!



I am excited to announce that Harmony Week is just around the corner! Celebrating cultural diversity is at the heart of this important week, which has been observed in Australia since 1999. Harmony Week takes place from Monday to Sunday each year, culminating on 21st March, the United Nations International Day for the Elimination of Racial Discrimination.

This year, we invite all students to wear orange on Monday, 17th March, to mark the occasion. The ongoing theme of Harmony Week is "Everyone belongs." During this week, Australians come together to celebrate our multiculturalism and our shared values of inclusiveness, respect, equality, freedom, and belonging. It is also a time for us to reflect on how we can continue to develop our intercultural understanding and strengthen community harmony.

Orange is the colour chosen to represent Harmony Week, symbolising social communication, freedom of ideas, and the fostering of mutual respect. By wearing orange, we show our commitment to embracing diversity and promoting a sense of belonging for everyone in our community.

Bike and Road Safety







I want to take a moment to remind everyone about the importance of bike and road safety. Recently, a neighbour brought to my attention that they observed a child riding a bike without a helmet. I cannot stress enough the importance of wearing a helmet while riding to ensure the safety of our children.

Additionally, please remember to use the designated crossing on Jones Street when crossing the road, especially while we are without a crossing supervisor. It is crucial that children cross the road safely, and I encourage you to hold your child's hand while they are walking to ensure they are secure.

Thank you for your cooperation and for helping keep our community safe. Let's work together to promote safe practices for our children both on their bikes and while crossing the road.



We are thrilled to share the wonderful achievements of our students at the recent Zone Swimming Carnival! Our swimmers represented the school with immense pride and displayed exemplary behaviour throughout the event. Their hard work and dedication truly shone through in the pool. Overall our school came 3rd out of 18 schools in the Balmain region. What an awesome achievement! Go Ultimo!

Congratulations to all the students who participated and those whole received ribbons:

Megan O:

- 3rd Place 11 Years 50 m backstroke
- 3rd Place 11 Years 50 m butterfly

Isabella Z:

• 3rd Place - Junior backstroke

Elias S:

• 3rd Place - 11 Years Butterfly

A special congratulations to the following students who received ribbons at the Zone Carnival and qualified for the Regional carnival, where they represented Balmain Zone on Monday 10th March:

Megan O:

- · 2nd Place Senior Medley
- 1st Place 11 Year Breaststroke
- 1st Place Senior Relay
- 3rd Place 50m Freestyle





Isabella Z:

- 2nd Place 10 Year 50m Freestyle
- 1st Place Junior Breaststroke
- 1st Place Junior Relay
- 2nd Place Junior Butterfly

Liam L:

• 2nd place - 9 Year 50m freestyle

Joanne Y:

- 2nd place 9 Year 50m freestyle
- · 1st place Junior relay

Lana S:

• 1st place - Junior relay

Henry P:

• 1st place - Junior relay

Kiah D:

• 1st place - Senior relay

Acacia D:

• 1st place - Senior relay

Justine Y:

• 1st place - Senior relay

We are incredibly proud of Megan, Isabella, Liam, Joanne, Lana, Henry, Kiah, Acacia and Justine for their outstanding performances. Their achievements are a testament to their hard work and the support they receive from our school community.

Congratulations to Megan, the 11-year-old age champion of the day, and to Isabella for being the runner-up junior girls' age champion!

Thank you to all the staff, parents, and supporters who encouraged our swimmers. We look forward to celebrating more success in the future!







Kindergarten

Kindergarten have continued their amazing start to the year. We have been working on our Morning Routines and have started to include our mini whiteboards. It has been great to see everyone's work! We also started our sports lessons, we have been learning about teamwork and cooperation. We definitely have some future Olympians in our ranks.







Grow Your Mind

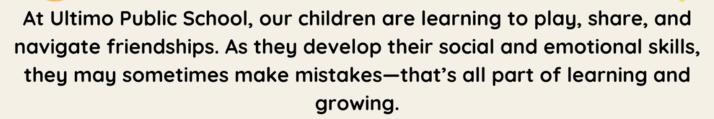


Our students have started the Grow Your Mind Program and have been learning all about their brains. We learned about our Insular Cortex which is represented by the Sensitive Octopus. This helps us to understand our emotions and also the emotions of others.



Building Friendships

Ultimo Public School



To support this journey, we use the Grow Your Mind 'Golden Friendship' Rules, alongside positive conversations at home and school.



Here are some helpful questions to guide discussions with your child:

Conversation Starters

What happened?

How were you feeling at the time?

Who was involved?

What was happening beforehand?

Did you tell the teacher?

Were you playing a game?

What could you do differently next time?

Did this happen before?



From The Library

Library Day and Library Bags

Bringing a library bag is all important in helping our bookworms bring their literary adventures back home in good order. Please check in with your child or classroom teacher for which day your child is visiting the Library. You can order an Ultimo Library bag by using the Flexischools app. You can also use any cotton tote bag to borrow books. We request no plastic bags to be used.

Kindergarten: Borrow 2 books weekly

Years 1-6: Borrow 3 books weekly

Students can also borrow at lunchtimes from Monday to Thursday.

Scholastic Book Club- Issue 2 out Now!

Families can earn a \$5 promo code with ANY LOOP ORDER on this Issue, to be redeemed on Issue 3

Families can purchase books at a discounted rate through scholastic book club. The best part is 15% of your order value is given back to our school. It is easy to order.



Just go to scholastic.com.au/loop or by using the LOOP app which you can download from the App Store or Google Play. Once you select your books, use the drop-down menu to find your class and the books will be delivered to your child's classroom. Please note the school does not take cash for Book Club orders.

New Families to Book Club:

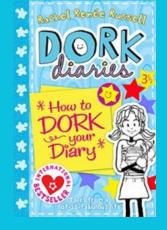
Some helpful resources to Introduce NEW families to Book Club

Book Club Parent Guide

Other resources for parents available online **HERE**

Orders close Friday 28th March at 3pm

BOOK + REVIEW





TITLE: DORK DIARIES: HOW TO DORK YOUR DIARY

AUTHOR: RACHEL RENEE RUSSELL



RATING

What is this book about?

The book revolves around Nikki's lost diary, which she suspects may have been stolen by her enemy MacKenzie Hollister and her friend Jessica, leading to a mysterious investigation.

What was your favourite part of the story?

The part when Nikki shares tips on how to dork your diary was enjoyable!

What was the character you enjoyed the most?

Nikki Maxwell, the main character, was well liked.



STUDENT: JUSTINE Y(LIBRARY MONITOR)

YEAR: 5/6 PARTICLES

AGE RECOMMENDATION: 10-13

YEARS OLD



School Leader Update

Written by Bener, Myka, Tom, Kiah

Welcome back Ultimo Public School! This week is going to be challenging for our year 3 and 5 students as NAPLAN begins.

Last week was a blast for our zone swimmers, they received many ribbons and those who will attend Regionals, good luck! At zone our school was 3rd out of 18 schools. How crazy! The school is very proud of our achievement.

This week's focuses are listening to our peers and teachers and contributing our ideas to the classroom by raising your hand.

See you soon everyone!

Environmental Guardians



On Tuesday, the Environmental Guardians celebrated Clean Up Australia Day by patrolling the school in search of rubbish!

A big thank you to all the students who participated. The great news is that our school had only a small amount of litter.

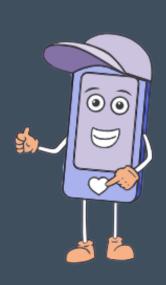
Well done to everyone who's bringing Nude Food to school each day!

Keep up the fantastic work and remember, we are ALL Environmental Guardians!

ESAFE KID

In Week 5, Stage 2 students participated in a cyber safety incursion led by NSW Education, entitled "Be an eSafe kid: Pack your online safety toolkit! This valuable webinar was designed to help students understand how to navigate online friendships using the skills of respect, responsibility and getting help and support. Students explored the key social skills they need to pack into their online safety toolkit, and how to apply these skills when communicating online.















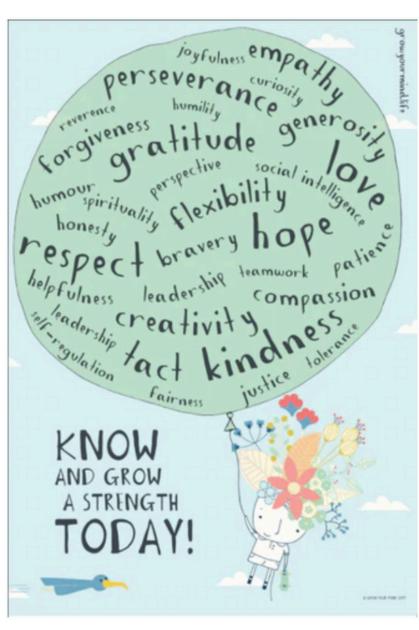
Grow Your Mind



This fortnight we have been focusing on growing respect.

Respect is treating each other in a way that shows we value what they have to say and feel. It means we treat people how we wish to be treated. If you are growing respect, you try to speak to people in way that honours their dignity and you give them a chance to be heard.





PBL Update

Weekly Focus: Classroom and General Expectations

Respect

Responsible

Learner

This week for PBL, we are focusing on being respectful, responsible learners in the toilets.

General Expectations

Respect	Responsible	Learner		
 Care for yourself and others Treat others fairly 	 Keep hands, feet and objects to yourself Take care of belongings and equipment Wear a hat outdoors 	Listen and follow all staff instructions Right place, right time		

Toilets Expectations

Respect	Responsible	Learner
One person at a time Respect others' privacy	 Use the toilet for its purpose only Flush the toilet Wash your hands 	Try and use toilets at break times



Well done to all of the students who are working hard and earning tokens for their house groups! Keep it up!



UPS READING CORNER

It was a great and successful day at the Ultimo Public School Reading Corner event.

Just over a \$1000 was raised which will go towards expanding the non fiction section in our school library.

Congratulations again to our book review competition winners!







EXTRA CURRICULAR ACTIVITIES

NOT AFFILIATED WITH UPS. CONTACT PROVIDERS FOR MORE INFORMATION

DRAWING SYDNEY VISUAL ARTS ACADEMY



Rene: 0488 099 987 TUE & WED: 3:15-4:15

-www.sydneyvisualartsacademy.com -info@sydneyvisualartsacademy.com

KEYBOARD LESSONS



TUE: 3:15-4:15 FRI: 3:15-4:15

www.learnmusicatschool.com.au

MATHS TUTORING POLYMATH TUTORING



(02) 9072 1368 MON: 3:15-5:20 PM

WED: 7:45-8:15 AM FRI: 3:15-5:20 PM

www.polymathtutoring.com.au elly@polymathtutoring.com.au

BASKETBALL EAUGE

8283 5161

TUE: 8:00 AM - 8:45 AM www.eastsbl.com.au

https://aus.iclasspro.com/portal/eastsbasketball/class-details/340?filters=%7B%7D

CODE CAMP 8 WEEK STEM COURSE



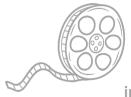
1300 26 33 22
THU: 3:15-4:30
schools@codecamp.com.au
www.codecamp.com.au

TENNIS LEICHHARDT TENNIS ACADEMY



Neil Armstrong: 0413085925 FRI: YEARS 3-6 8:00 AM - 8:30 AM FRI: YEARS K-2 8:30 AM - 9:00AM www.Leichhardttennisacademy.com.au

STAR TIME FILM MAKING



MON: 3:15-4:30 WED: 3:15-4:30 info@startime.com.au

HIP HOP DANCE ZONE PRODUCTIONS



Kate Barnes: 1300 908 804 MON: 11:00 AM - 11:45 AM TUE: 11:00 AM - 11:45 AM dzp.com.au classes@dpz.com.au

CHESS COACHING SYDNEY ACADEMY OF CHESS



9745 1170 FRI: 8:00 AM - 9:00 AM office.sydneyacademy@gmail.com



MARTIAL ARTS TAE KWON DO

Marion: 0437 735 156 MON: 3:00 PM - 4:15 PM TUE: 3:00 PM - 4:15 PM THU: 3:00 PM - 4:15 PM FRI: 3:00 PM - 4:15 PM msherlocks5TKD@gmail.com



CANTEEN MENU - TERM ONE 2025

RECESS/SNACKS			
Yoghurt Cup	\$3.00	DAILY HOT FOOD (Available Everyday)	
Mixed Berries with Yoghurt	\$3.50	Beef Burger Beef, Lettuce & Tomato with tomato sa	\$6.00 uce
Fruit Cup	\$3.00	Chicken Burger	\$6.00
Vege & Hummus Cup	\$3.00	Crumber Breast Tender, lettuce & whole egg may	
Homemade Muffins	\$2.50	Falafel Burger Hummus, Lettuce & Tomato	\$6.00
Homemade Cookies	\$1.50	Add Oven Baked Chips	\$3.00
Hash Browns	\$2.00		
Garlic Bread	\$1.50		
Cheese and Crackers	\$2.50	Daily Specials (Only Available on each specific da	
Jelly Cup	\$2.00	MONDAY Oven Baked Chicken Nuggets (5 Pieces)	\$5.00
		- Add Oven Baked Chips	\$3.00
		TUESDAY	40.00
SANDWICHES		Honey Soy Chicken & Rice	\$6.00
Available At Lunch Everyday		Dumplings (pork or Vege) WEDNESDAY	\$6.00
All Served on Wholemeal Bread			rom \$5.00
Wrap 50c		PLEASE NOTE CUT OFF IS 9:00am Monday	
Toasted 50c		Chicken Ceasar Wraps	\$8.00
Gluten Free Bread \$2.00		Sweet Chilli Chicken Roll THURSDAY	\$8.00
Vegemite		Mac & Cheese	\$6.00
	\$3.00	Spring Rolls (Vegetarian)	\$6.00
Tasty Cheese or One Salad Item	\$3.00	FRIDAY Lean Beef Pie	45.00
Egg with Mayonnaise & Lettuce	\$4.50	Lean Sausage Roll	\$5.00 \$5.00
Egg With Mayonnaise & Lettace	from	Oven Baked Fish Fingers	\$5.00
Ham/Chicken/Tuna	\$4.00	Add Oven Baked Hot Chips	
With Salad	\$6.00	\$3.00	
With Salaa	\$6.00		
Salad - Lettuce, Tomato, Cucumber		DRINKS	4
& Carrot	\$5.00	Water Bottles Juice box	\$3.00 \$3.00
SALAD BOXES		Milk (Choc & Strawberry)	\$3.50 \$3.50
Salad Box -Lettuce, Tomato,		Chill J - (Sparkling Fruit Juice)	\$3.50
Cucumber, Carrot	\$5.00		
	From	FROZEN TREATS Ice-blocks	······ 63.00
Add Chicken, Tuna or Egg	\$1.00	Frozen Yoghurt	rom \$2.00 \$3.00
add avocado	\$1.50	Vanilla Ice-cream Cup	\$3.00 \$3.00
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Download Flexischools for Online Canteen Ordering

SET UP YOUR ACCOUNT

Download the Flexischools App Note: for iPhone and iPad please select 'Allow' notifications.





2 Add your School and Group Click on the search icon, enter your school name, select your school and year group, or groups relevant to you.

Open Login/Register

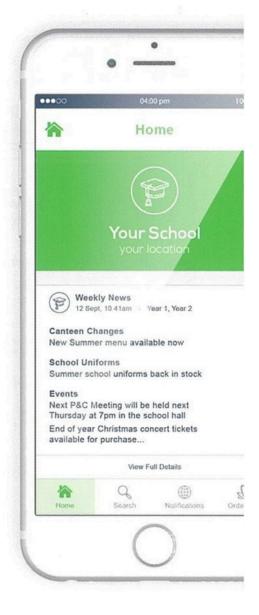
Click the 'Order now' button located in the bottom right-hand corner of the app, this will open a login screen.

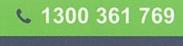
- Already a Flexischools user Enter your details and login. To save your login details select 'remember me'.
- New Flexischools user Click 'Register', enter your email address and follow the instructions in the email to set up your account. Once your account is set up, add new student; search for their school, enter student details and select their class.

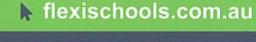
ORDER

- Olick the 'Order now' button located in the bottom right-hand corner of the app and select your student.
- @ Make your Selection Select the items you wish to order.
- Make Payment
 Select your payment option and complete payment to place your order.

Alternatively you can sign-up on flexischools.com.au









10 years supporting the school community



Committed to healthy eating



Over 1,400 happy schools

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Community Noticeboard



Crunch&Sip®

Information for parents and carers

What is Crunch&Sip®?

Crunch&Sip® is a set time during the school day for children to crunch on fruit and vegetables and sip water in the classroom.

What you need to do:

To be involved in Crunch&Sip®, please send your child to school with a water bottle and some ready-to-eat fruit or vegetables.

Why it matters:

Developing healthy habits can help children have better health and wellbeing throughout life. It can also help them do their best at school. Research suggests children who eat a healthy diet including fruit and vegetables are more likely to:

- · concentrate better and remember more
- perform better academically
- · have better mental health.







What to pack for Crunch&Sip®

Some examples:

A bottle of plain, tap water

Water is the only drink allowed.





A whole piece of fruit or a vegetable such as a whole carrot, apple, mandarin or banana.



Vegetable sticks such as cucumber, capsicum, carrot or celery.



Chopped, bite-sized pieces of fruit or vegetables such as watermelon, pear, broccoli or cauliflower.



Several whole pieces of smaller fruit or vegetables such as cherry tomatoes, cooked corn, mushrooms, grapes or strawberries.



Helpful tips for Crunch&Sip®

Add a variety of fruit and vegetables

You can use Crunch&Sip® to help children try new fruit and vegetables. During the week, pack a variety of fruit and vegetables.

Try other options when fresh fruit and vegetables are not available

Choose canned or frozen fruit and vegetables when fresh ones are hard to find. If your child would like to have dried fruit, they can choose to eat it at recess or lunch.

Plan ahead

Pack pre-washed, easy-to-eat fruit and vegetables, and a spoon or fork if your child will need it. No food preparation can be done at school.

Save time

Chop all the fruit and vegetables for Crunch&Sip® once during the week or when preparing dinner the night before. Cut fruit and vegetables can last up to 5 days in the fridge in an air-tight container.

Only pack fruit and vegetables for Crunch&Sip®

Please note that only fruit and vegetables can be sent to school for Crunch&Sip®.

Don't pack fruit juice; fruit products such as roll-ups, leathers or straps; potato or vegetable chips; fruit in syrup; popcorn.

Your child's school may request some food items not be brought to school where there are students with severe allergies.

Tips to eat more fruit and vegetables at home

Get children involved

Children are more likely to try food they have helped prepared. Give children ways to help with food preparation like:

- choosing which fruit or vegetables they want at the shops
- washing and preparing fruit and vegetables.

Make fruit and vegetables readily available

Children usually prefer what's easily accessible. Keep fruit and vegetables in easy to reach places such as a fruit bowl on the counter or chopped vegetable sticks at eye-level in the fridge.

Crunch&Sip® at home

Try to make time on weekends or during school holidays for a quick fruit and vegetable snack.

Keep offering fruit and vegetables

Tasting and learning about fruit and vegetables is the best way for children to become familiar with them. Children may need to try new foods a few times before they like them.

Include vegetables at lunch and dinner

Add a variety of different vegetables to your day. Aim to include at least 2 to 3 different types of vegetables at lunch and dinner. Vegetables can be fresh, frozen, or canned. Try adding grated carrot or zucchini to pasta sauce or shepherd's pie or add salads to burgers and taco meals. It all adds up.



For more tips to help your family eat healthily, visit: healthyliving.nsw.gov.au/families





Third and last page images have been supplied by Crunch&Sip® Cancer Council WA 2024.

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Sydney Visual Arts Academy



















More details can be found at: www.sydneyvisualartsacademy.com







CENTRE IN SYDNEY.

LVL 3, 4 CENTRAL PARK AVE, CHIPPENDALE



All Weather Outdoor Play Area

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A Eating & Sleeping Woodwork

Room

Dedicated Art Space

0 to 6 Years Old

Nutritionist Designed Meals

杰 Inclusion Support Program

THANK YOU FOR WELCOMING US INTO THE COMMUNITY!

We're excited to offer all families a 20% discount* on childcare fees as a token of our appreciation

*T&Cs Apply



sageearlyeducation.com.au



School Student Travel



School student travel information for parents and students School Travel Passes

Students who require a School Opal card or travel pass but have not yet applied need to apply or update their details as soon as possible.

In the Opal network, students should travel with a Child/Youth Opal card until they receive their valid School Opal card. If outside Greater Sydney, parents should contact their local bus operator to discuss their travel needs.

Students living in rural and regional areas will receive their travel pass from their nominated transport operator. It may be issued via their school or be sent directly to them at home. **Note**: some rural and regional operators do not issue travel passes. Students/parents should confirm with their nominated operator if they do not receive a pass.

Terms of Use

Students using School Opal cards must tap on and tap off in line with the Opal terms of use.

This includes travel within the approved times between 6.30am and 7.00pm from Monday to Friday on school days only. Students must use their Child/Youth Opal card for any travel outside these times.

All students are required to comply with the Student code of conduct. The code of conduct aims to ensure the safety and well-being of school children and other passengers. It is important that parents ensure their child is aware of this, as failure to comply with the code of conduct can result in a suspension from travel.





Free child car seat safety check

2 in 3 car seats are not used properly

Make sure your child is safe with a free inspection by a Transport for NSW Authorised Restraint Fitter. You can have your child car seats and booster seats checked for safety and correct fit.

Date:Saturday 29 March 2025, 9:00am-1:00pm Location:Eveleigh Early Learning

and Preschool. 41 Henderson Road, Eveleigh Bookings Essential:9246 7630 or

email: vstamper@cityofsydney.nsw.gov.au

Service only available to City of Sydney residents





childcarseats.com.au

An initiative of your local council and Transport for NSW as part of the Local



Government Road Safety Program

Transport for NSW Careers

Is this role for you?

School Crossing Supervisor



About you:

Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, school staff and local motorists.



communicate different groups and give clear instructions.

Casual City of Sydney - Ultimo / Paddington/ Glebe Area - 98987

In this role, you'll: Work shifts that fall between 8:00am -9:30am and 2:30pm - 4:00pm, Monday to Friday during school terms with a minimum of one hour shift as required.

Salary:

\$32.84 per hour, + Super.

Apply today

Applications close 11:59 pm on Sunday 23rd March 2025.

Visit jobs.transport.nsw.gov.au and search for **Reference**

Number: 98987 or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Sandhini Chaudhary

E: sandhini.chaudhary@transport.nsw.gov.au

P: 0466 343 704



