

# URUNGA PUBLIC SCHOOL

BONVILLE STREET  
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URUNGA NSW 2455

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WEBSITE: www.urunga-p.schools.nsw.edu.au  
TEL: 02 6655 6393



*On the traditional lands of the Gumbaynggirr people*

**NEWSLETTER NO. 5**

**TERM 1 WEEK 10**

**WEDNESDAY 3rd APRIL, 2024**

## IMPORTANT DATES

Thurs 4 Apr	Girrawa-girrawa meeting in Library @ 8.30am	Wed 10 Apr	Soccer Gala Day @ Toormina Oval
Thurs 4 Apr	School Cross Country	Fri 12 Apr	LAST DAY FOR TERM 1
Fri 5 Apr	District Touch Football Trials @ EJ Biffin Oval, Nambucca Heads	Mon 29 Apr	Staff Development Day—no students
Tues 9 Apr	School ANZAC Day Assembly @ 2.20pm	Tues 30 Apr	STUDENTS RETURN FOR TERM 2
Tues 9 Apr	BHS students here for Yr 6 transition	Fri 3 May	District Cross Country

## EASTER HAT PARADE

One of our favourite days of the year is always the K-2 Easter Hat Parade. Parents and students had obviously been working very hard on their hat creations. We had a wonderful array of eggs, bunnies, chickens, flashing lights plus much more adorning the hats of the students. What a great display of home craft! Our K-2 students entertained us with some Easter songs before each class paraded their hats around the COLA for the rest of the school and a large crowd of visitors. In a large procession, as is tradition at Urunga Public School, K-2 walked down town to showcase their creations to the shop keepers and community. The students were thrilled to return from their walk around town to discover that the Easter Bunny had visited while they were away and left some eggs for them! There were plenty of squeals of excitement.





# NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



Giinagay Urunga Community,  
I acknowledge the traditional custodians of this Gumbayngirr land on which we live and work and I pay our respects to the Elders, both past and present. I would like to thank them for allowing us to live and learn on their lands.

## KINDERGARTEN AFTERNOON PICK UP

In order to alleviate the congestion at afternoon pick up time in Orara St, our K White and K/1 Orange teachers will bring their students to the Top COLA to be picked up from our Bellingen St entrance in the afternoons. This will commence from Monday afternoon 8th April.

## UNEXPLAINED STUDENT ABSENCES

Our school is working hard to encourage and support every student to attend school every day unless they are unwell. Students who attend school regularly are advantaged in many ways including better academic outcomes and mental health, being able to make and maintain healthy friendships and they are less likely to drop out of school early.

Everyone plays a role in improving attendance at school - students, parents, carers and teachers, and we need to work together. To help us better support your child's attendance at school, I ask that you provide us with an explanation when they are not at school, within seven days of the first day of their absence. This can be provided to us in an email, by phone or as an SMS.

If your child is sick, we require a medical certificate from the third day onwards. Reducing the number of unexplained student absences is a focus of all schools across the Mid Coast Valleys and we appreciate your assistance in minimising these at Urunga Public School

For more information, you can check out the Department's [School Attendance Policy](#)

## Minutes lost = days lost per year

A couple of minutes here and there doesn't seem like much, but...

When your child misses just...

they miss days per year

**5** mins  
per day



=

**3** days



**30** mins  
per day



=

**18** days



**Patterns of lateness  
can have a serious  
impact on your child's  
education.**



# NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



## P&C ANNUAL GENERAL MEETING

We recently held our P&C Annual General Meeting. During the meeting, we took the time to listen to reports from the executive committee reflecting on our achievements together for 2023. There was certainly a very long list of events and achievements that were enjoyed by our students and community. I would like to take this opportunity to sincerely thank our P&C executive and its members from 2023 for their outstanding dedication and commitment to working with us to support our students throughout the year.

2023 P&C: Teagan Kurz (President), Taryn Blight (Secretary), Sara Owen and Renee Overall (Vice Presidents) and Sarah Earsman (Treasurer).

I would like to congratulate the members who have been elected as our P&C executive for 2024, who we are very keen to continue working with on some exciting new ventures. They are already hard at work organising our Mothers' Day stall.

Congratulations to our 2024 P&C executive:

Teagan Kurz (President), Renee Overall and Taryn Blight (Vice President), Sara Owen (Treasurer).

## UNIFORM

Our uniform has been determined by the school parent community. We encourage all of our students to wear our uniform to promote a sense of belonging, pride and school identity. Our uniforms are available from our uniform shop in the canteen from 8.45am until midday from Wednesday to Friday each week.

Online orders can be made by visiting: <https://schoolshoponline.net.au/>

Our uniform is:

- Navy shorts or skorts (not black)
- Navy and sky blue shirt with school logo
- School bucket hat with school logo

In cooler times:

- Navy school jacket with sky blue sleeves and school logo
- Navy tights or navy track pants (not black)

Shoes need to be covered in, preferably black and/ or jogger style. Socks should be preferably white or navy.

Tights and track pants need to be NAVY. Black and other coloured tights are not considered uniform.

If you are experiencing difficulty in paying for or purchasing uniforms, please contact me to discuss a plan.

## ABORIGINAL LANGUAGE TUTOR

We are fortunate to have Micklo and Jett Jarrett each Tuesday this term who are working with our Stage 2 and Stage 3 students to teach them Gumbaynggirr language. Our younger students will engage in these cultural lessons next term. Welcome back Micklo and Jett!

## PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled '*Diffusing Explosive Children*' which focuses on being proactive and developing skills to help children deal with challenging situations.

**Take care,  
Jane Martyn**



# NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

URUNGA PUBLIC SCHOOL  
**GARDEN CLUB**



**TERM 2 DATES:**

-  TUES 7TH MAY
-  TUES 21ST MAY
-  TUES 4TH JUNE
-  TUES 18TH JUNE
-  TUES 2ND JULY



## GARDEN CLUB

With the weather starting to cool down, we will have our Garden Club gatherings fortnightly in Term 2. Some dates may change at the last minute depending on weather, but otherwise we are looking forward to a great term ahead! Please let me know if you would like to get involved, the more the merrier!

This week we had a fabulous session doing our regular garden maintenance, then devoured a delicious bowl of baba ganoush from the bounty of eggplants we picked last week. It was a massive hit, with some trying eggplant for the first time ever!



## BELLINGEN SHOW 2024

Put this date in your diaries:

**Saturday 4th & Sunday 5th May.**

Check out the website [www.bellingshows.com.au](http://www.bellingshows.com.au) or Facebook site to see what's on and what you can participate in.

The children's colouring competition this year has been designed by our incredible past student Tahahni Berger! We hope as many students as possible will enter, entry forms will be available for pick up at the office. We look forward to seeing all the wonderful creations (and parents—there is an adult competition too, see the website for details).



# GIRRWA-GIRRWAWA

KEEP ON GATHERING

NEXT YARN IN WEEK 10:

THURSDAY 4TH APRIL @ 8:30AM

IN THE SCHOOL LIBRARY. ALL WELCOME!

WE WILL BE CELEBRATING NAIDOC WEEK IN WEEK 10 OF TERM 2 (1ST JULY—5TH JULY)

## SCHOOL CROSS COUNTRY

Tomorrow, Thursday 4th April is the school cross country event. It will involve all students from Kinder to Year 6. Students will walk down to the Urunga Rec Grounds for the event. Students are to wear their house colours. Bellinger—Blue, Kalang—Yellow.

An information note was sent home last week advising of the arrangements for the day.

Early Stage 1 and Stage 1 students should be returning to school by approximately 11.30am and Stage 2 & 3 students should return to school before 2pm. The canteen is able to still take lunch orders on this day.

Parents are welcome to attend and cheer on the runners!  
**Mr Ticli**



## EASTER RAFFLE WINNERS

There were again over 35 fantastic Easter raffle prizes to be won this year. A massive thank you to all the families who donated yummy eggs, craft and Easter goods and also to those who bought and sold tickets. The raffle was drawn on the morning of the Easter hat parade, with many happy students going home with bags of Easter themed goodies.



## HARMONY DAY AWARDS

Both Lucy and Indie were away on the day of the Harmony Day assembly. Mrs Martyn took the opportunity to present the girls with their awards at last Monday's morning assembly. Lucy and Indie are both well deserving winners and embody the Harmony Week spirit every day.



## PSSA SOCCER - BOYS & GIRLS

On Tuesday, our boys and girls PSSA soccer teams made our way to the Urunga soccer fields to play our first PSSA matches of the year. It was a beautiful day and a great way to start back at school after the Easter long weekend. Bellingen Public School was our opposition and the girls were up first. We had many fresh faces put their hands up to have a go. And have a go they did! Their enthusiasm and effort were commendable and they gave it their all, eventually going down 3-0, but holding their heads high. Notable mentions go to Jiinda, Harper K and Tahlea for their attack and Birdie for her defence.

Next up were the boys. The boys' team this year is a relatively young one comprising of quite a few who are still in years 3 and 4. Playing against mostly year 6 boys was always going to be a tough task. However, from the first whistle the boys showed that they were not overawed in the slightest. Working well as a team and displaying great comradery meant that the boys quickly fell into a groove and were runaway winners posting 7 goals to nil by the end of the game. Well done boys!

**Miss Pyke and Mr Narris**



Mother's Day is fast approaching and the P&C will be holding a Mother's Day stall at the school early next term so that students can purchase a gift to give to their Mothers, Grandparents, or primary carers.

If you are able to donate a gift towards the Mother's Day stall all gifts are greatly appreciated and go towards making it a wonderful stall for the kids, so please drop them off at the school office.

The P&C also encourage you not to spend too much towards each gift (~\$5 is usually recommended), and last year some incredibly talented parents even brought along potted succulents and other handmade items, so anything goes!

For any parents or carers who would like to help out on the day, there will be a Mother's Day Stall meeting held at the school on Friday 12th April 2:30pm where the stall date will be set as well as any additional items that the P&C needs to organise, and all are welcome to come along!

Sincerely, the Urunga Public School P&C

## **OPPORTUNITY CLASS FOR YEAR 5 IN 2025**

Applications for Year 5 entry to opportunity classes in 2025 open on Thursday 4 April 2024 and will close on Monday 20 May 2024 at <https://education.nsw.gov.au/oc>

All candidates are required to sit the Opportunity Class Placement Test on Thursday 1 August 2024.

An email was sent out to all current Year 4 families with two documents attached - an Information for Applicants document and an Intention to Apply note. There is a fact sheet further on in this newsletter.

If you require any further information, please contact the school by email or on 6655 6393.

## **IGNITE PROGRAM—TRANSITION TO HIGH SCHOOL**

Our Year 6 students will be visited by a group of Year 9 and 10 students from Bellingen High School next Tuesday to introduce the IGNITE program. This will form part of the transition process for them as they start their journey towards high school. We look forward to seeing some of our ex-Urunga students helping out with the program.



# PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Weeks 8 and 9, they have all displayed our positive behaviour expectations of being Responsible, Respectful and Safe learners in the past two weeks. They all receive their choice of either a voucher to spend at the canteen, or a small prize.

- **Tahlea**
- **Jade**
- **Daniella**
- **Artaka**
- **Nevaeh**
- **Jeanie**
- **Paige**
- **Euan**
- **Elka**
- **Jarrah**
- **Elise**
- **Elsie**
- **Chet**
- **Kai**
- **Oli**



**Positive Behaviour for Learning at Urunga Public School is for**

**EVERYONE, EVERYWHERE, EVERY TIME**



We are  
**responsible**

We are  
**respectful**

We are  
**safe**





## Opportunity classes and selective high schools

### Information for parents and carers

#### What are opportunity classes?

Opportunity classes cater for intellectually gifted and high potential Year 5 and 6 students. There are 87 schools with opportunity classes (including virtual opportunity classes) across NSW which form part of the public education system.

#### What are selective high schools?

Selective high schools cater for intellectually gifted and high potential high school students from Year 7 to Year 12. There are 17 fully selective schools, 26 partially selective high schools, 4 agricultural selective high schools (some with boarding facilities) and one virtual selective high school.

#### What are the benefits of attending an opportunity class or selective high school?

Research shows that high potential and gifted students have specific learning and wellbeing needs. In opportunity classes and selective high schools learning is designed to provide an appropriate level of challenge with children of similar ability. Many high potential and gifted students report feeling a sense of belonging and understanding when they are grouped with similar-ability peers.

#### How do I know if my child has high potential or is gifted?

Children who have high potential or are gifted tend to:

- be intensely curious
- learn new ideas or skills quickly and easily
- display a good memory
- ask complex questions
- be creative
- enjoy thinking in complex ways
- require fewer repetitions when learning new things
- be highly focused in their area of interest or passion.

If you observe your child demonstrating many of these characteristics it is recommended that you consider applying.



## How do students qualify for entry?

Students sit a free placement test.

The opportunity class placement test has three consecutive components:

- reading
- mathematical reasoning
- thinking skills.

The selective high school placement test has four consecutive components:

- reading
- mathematical reasoning
- thinking skills
- writing.

## Equity Placement

The department has implemented an Equity Placement Model to increase representation of high potential and gifted students from under-represented groups. Under this model a percentage of places are held for:

- students from communities of low socio educational advantage
- Aboriginal students
- students in rural and remote regions
- students with disability.

There is no separate application process for equity placement. Students from each of the equity groups will be identified using data from the application form and other data held by the department. For more information go to: <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/fair-access>

## Do students need to practise for the test?

The placement test identifies students with exceptional critical thinking ability, rather than skills that can be coached through rote learning. Students should look at placement tests on the Department of Education website to ensure they are familiar with the test format. Parents should be aware that there is no credible evidence that extensive coaching for the test makes any difference.

You can see past opportunity class placement tests at: <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/placement-test/opportunity-class-practice-tests>

You can see past selective high school placement tests at: <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/placement-test/selective-high-school-practice-tests>



## Who can apply?

- Students from government and non-government primary schools in NSW may apply for entry.
- Students must be citizens of Australia or New Zealand or permanent residents of Australia to enrol in an opportunity class.
- Interstate and overseas students may apply if their family will be living in NSW at the time of enrolment and intend to live in NSW for the time of their schooling.
- Families who have already applied for permanent residency and have documents from the Department of Home Affairs which give them a reasonable expectation that permanent residency will be granted before placement outcomes are notified, are also eligible to apply.

## When do applications open?

Applications open when students are in Year 4 for opportunity classes and in Year 5 for selective high schools. Key application dates and other information is available on the department's website at: <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/application-process>

## How do I apply for entry for my child?

- All applications must be completed online at: <https://shsoc.education.nsw.gov.au/>
- The application must be completed in English.
- Parents can nominate up to two schools with opportunity classes and up to three selective high schools. They should list their choices in their preferred order on the application. Where students qualify for more than one school, they will be offered only their first choice of school.
- Parents with disability that prevents them from completing the application online should contact the High Performing Students Team for assistance on 1300 880 367.
- There is no cost to submit an application or for the placement test.

## Where are opportunity classes and selective high schools?

Opportunity classes are located in NSW government schools across the state – search the map and school list at: <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/choosing-a-school/opportunity-classes#findoc>

Selective high schools are NSW government schools – search the map and school list at: <https://education.nsw.gov.au/schooling/parents-and-carers/choosing-a-school-setting/selective-high-schools/choosing-a-school/selective-high-schools#findshs>



## Virtual opportunity classes and the virtual selective high school

If you are located in a rural or remote area, your child may be eligible to apply for a place at Aurora College. This government school has virtual opportunity classes and a virtual selective high school.

Students attend their local public school and join the opportunity class or selective high school classes using an online conferencing system.

Students at schools with opportunity classes, or at schools within the drawing areas of existing opportunity classes and selective high schools are not be eligible to apply for entry to Aurora College.

### Where can I get more information?

- Read the application information available on the website at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes>
- Contact the Selective Education Unit  
Email: [ssu@det.nsw.edu.au](mailto:ssu@det.nsw.edu.au)  
Telephone: 1300 880 367
- SHS Facebook: <https://www.facebook.com/groups/772251106301086/>
- OC Facebook: <https://www.facebook.com/groups/159342048077050/>

### Telephone interpreter service

If you need an interpreter to assist with your enquiry please call the telephone interpreter service on 131 450, tell the operator the language you need and the phone number you want to call. The operator will call the number and get an interpreter on the line to assist you with your conversation. You will not be charged for this service.



## Defusing Explosive Children

In 1998, Dr. Ross Greene wrote a bestselling book titled *The Explosive Child*. I interviewed him on The Happy Families podcast, and our discussions became some of our most listened-to conversations.

His philosophy: “Kids do well if they can.”

In my words: Competence. A challenging situation presents itself. Capable kids navigate it, often with confidence. If they’re not quite there but believe they can do it, they’ll go for it. But if they’re incompetent, they pull back. Feeling incompetent can lead to withdrawal or explosions. And they don’t do well... *because they can’t!*

Greene describes incompetence in a gentler way: *lagging skills*.

Lagging skills are the missing pieces in a child’s skill set, hindering their ability to meet the demands of the moment. These lagging skills are flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.

### Let’s break them down:

#### Flexibility and Adaptability

A disrupted routine or inadequate time to prepare for a transition to a new activity (leaving the park, taking a bath, or switching off a screen) requires this skill. So does a change in plans. But it’s a skill that takes time, practice, and support to develop. Its opposite: rigidity and tunnel vision.

#### Frustration Tolerance

When the bottom drops out, expectations are unmet, or delayed gratification is required, frustration tolerance is what stops an emotional outburst. It’s recognising things didn’t work out according to my agenda, and then managing the frustration, expressing it appropriately, and thinking clearly.

High emotions = low intelligence. Frustration tolerance keeps emotions level and stable, and allows us (or our child) to sit in that emotion without acting rashly.

#### Problem Solving

Unpredictability, randomness, and volatility are inescapable realities of most of our lives. Being flexible and adaptable and having frustration tolerance keep emotions stable and facilitate

creative, broad thinking so we (and our kids) can solve problems effectively.

A parent's fundamental job, besides keeping their child safe, is to help them learn to solve problems. How do they resolve a problem with a sibling? How do they navigate a friendship challenge at school? What is the best way forward with an academic question?

## Emotion Regulation

Frustration tolerance is a crucial component of a much larger challenge: emotion regulation, which means expressing and suppressing emotions appropriately.

Our words matter. They shape our perceptions and build the world we live in.

### Remember:

Your child isn't 'naughty.' They have some lagging skills that we can develop.

Your child isn't trying to ruin your life. Kids do well if they can.

Your child isn't an idiot or a pain. Your child doesn't have the competence to get it right... yet.

Even if they've done it right before. Even if they're laughing about it and you sense they're being malicious. Even if they're being disrespectful. Even if they're insisting that they 'can't'.

### When they're stuck:

1. Soften your eyes. Look upon them with compassion and kindness. Remember that kids do well if they can, so if they can't right now, there's something going on. Hungry? Angry? Lonely/Disconnected? Tired? Stressed? Sick? Overstimulated?
2. Say what you see. If you can name it, you can tame it.
3. Ask if they want you with them or if they want space.
4. As emotions subside, explore their world and their challenges. Explain what you are looking for. And empower them through problem-solving. Support those skills of flexibility and adaptability, frustration tolerance, problem-solving, and emotion regulation.
5. Make a plan so they can try to do better next time.

Dr. Greene's 'Collaborative and Proactive Solutions' framework teaches parents to help children develop these skills (which often lag) in order to solve problems.



**AUTHOR**

### Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit [happyfamilies.com.au](http://happyfamilies.com.au).

**Please remember that everyday children must have enclosed shoes, a hat and water bottle!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <sup>th</sup> April 2024	16 <sup>th</sup> April 2024	17 <sup>th</sup> April 2024	18 <sup>th</sup> April 2024	19 <sup>th</sup> April 2024
	<p style="text-align: center; color: yellow; font-size: 24px;"><b>Mexican</b></p> 	<p style="text-align: center;"><b>Excursion</b></p>  <p style="text-align: center;">             Birch Carroll &amp; Coyle              cinema and              West Coffs Reserve              District Park   <b>9:00-3:00pm</b> </p>		<p style="text-align: center;"><b>Excursion</b></p>  <p style="text-align: center;"> <b>and</b>  <b>Jetty foreshore</b>  <b>9:00am- 3:00pm</b> </p>
22 <sup>nd</sup> April 2024	23 <sup>rd</sup> April 2024	24 <sup>th</sup> April 2024	25 <sup>th</sup> April 2024	26 <sup>th</sup> April 2024
<p style="text-align: center; color: green; font-weight: bold;">RECYCLED EARTH DAY CRAFT</p>  <p style="text-align: center; font-size: 8px;">Still Playing School www.stillplaying.com.au</p>	<p style="text-align: center;"><b>Incursion</b></p> 	<p style="text-align: center;"><b>Incursion</b></p> 	 <p style="text-align: center; font-weight: bold; color: white;"> <b>Anzac Day</b>  <b>CENTRE</b>  <b>CLOSED</b>  <b>Public holiday</b> </p>	

## STANDARD FEES

Max of \$65.00 session. It is the parent/guardian's responsibility to complete and lodge their Child Care Subsidy (CCS) application with Centrelink Human Services to gain access to fee reductions provided by the government **Invoices will be sent out weekly. Outstanding invoices will need to be paid before you book your child into vacation care.**

**No charge if 24 hour advance notice of absence is given.**

## CHILD CARE SUBSIDY: WHAT YOU NEED TO KNOW

Child Care Subsidy (CCS) is a government subsidy offered to eligible families as a reduction on fees. Applications for the CCS are made through your Centrelink online account through **MyGov**. Please apply / update details for CCS if you haven't already done so. For more information on this process, visit [education.gov.au/childcare](http://education.gov.au/childcare)

**PLEASE NOTE: If children have a break between care of more than 14 weeks (e.g. during the school term) their enrolment will be ceased. If your child has a break from care for more than 26 weeks then you will need to reapply for CCS. The Service will update enrolment details with Centrelink. It is the parent/guardian's responsibility to check their child's enrolment status (notifications) in their MyGov account and confirm enrolment details where necessary to access CCS.**

## DIRECT DEPOSIT INSTRUCTIONS

Bank: Banana Coast Credit Union (BCU)

BSB: 533 000

ACC: 32860196

You can also find bank account details on page 1 of your invoices.

Please reference with your child's name and Centre (Bellingen or Urunga)

. E.g. J Smith Urunga.

**(if this information is not included we have no way of identifying who made the payment)**

## OUR PROGRAM

Our program provides children with developmental opportunities that are focussed around the children's interests, abilities and needs. Our daily program also offers creative arts, life skills & physical activities, imaginative play, construction, individual, group activities and lots of fun.

## OUR EDUCATORS

The Educators at Open Arms Care Inc. OSHC Services provide a diverse and inclusive environment that fosters all children's developmental abilities and self-esteem. Educators are professional and strive for excellence within the service environment, whilst working together as a team. Our accredited services are supported by University and TAFE educated staff.

## THINGS TO REMEMBER

**PLEASE REMEMBER ON EXCURSION DAYS TO BE AT OSHC 30 MINUTES BEFORE THE DEPARTURE TIME TO FILL OUT PERMISSION NOTES, MEDICAL FORMS ETC**

**SUN SAFETY:** No Hat, No Play (or play in the shade). Educators will endeavour to ensure that all children apply sunscreen although...please remember to apply sunscreen to your child before they arrive, pack a long sleeved rash shirt or a long sleeved shirt for water activities and we recommend a wide brimmed hat for extra sun protection.

**FOOD:** Nutritious foods are essential for growing, playing and learning. Although we realise it's school holidays and that means the occasional special treats, we do ask that parents/carers please provide a healthy and nutritious morning tea, lunch and afternoon tea for their children. Children do burn through a lot of energy in our active program so please ensure that your child has enough healthy food to last the whole day.

**We also ask that treats such as chocolates, fizzy drink or lollies be left at home until the evening or weekend.**

**Please ensure you child/ren come packed with a water bottle.**

**CLOTHING GUIDELINES:** Children are encouraged to wear comfortable casual clothing when attending Vacation Care. We ask that children wear covered shoes. **Thongs**, strapless shoes, high heels, slip-ons, etc. are considered **unsafe**.

**SWIMMING:** Please notify the staff about your child's swimming ability if your child is attending on a swimming excursion

**MOVIES/DVDS & VIDEO GAMES:** Please notify the staff if you do not want your child to view G&PG movies or play video games.

**MEDICATION:** If your child requires medication during sessions of care then the medication must be on premises with the child and if it is not then the child will not be able to attend care. If your child's medication requirements changes then written notification from the medical practitioner must be given to Open Arms Care Inc immediately.

## BOOKINGS

**For existing enrolments please book by the Xplor app. For new enrolments please contact us on 0266552650**



# ATTENTION: YOUNG PEOPLE MUSIC PRODUCTION WORKSHOPS



W/

**L T T L E K N G**



**\$10.00 per session**

**Friday 19th and 26th of April  
2:00-4:00pm**

**URUNGA NEIGHBOURHOOD CENTRE  
34 BONVILLE ST URUNGA**

**LIMITED NUMBERS - BOOKINGS  
M. 0498 880 355**





**BELLINGEN SHOW**  
**COLOURING IN COMPETITION**

**FREE ENTRY!**  
**WIN PRIZE MONEY!**  
**KIDS + ADULT CATEGORIES!**

**ENTRIES CLOSE 2 MAY 2024**

Drop completed entries to Sweet Bellingen,  
your School Office or the Show Office.

Entries forms available from  
[www.bellingenshow.com.au](http://www.bellingenshow.com.au)



# I AM A GIRL

*Come 'N' Try*



## GAME-BASED LEARNING

I AM A GIRL - COME 'N' TRY!

AGES: 5 - 10 YRS

COST: \$35.00

DATE: TUES 16TH APRIL 2024

TIME: 9.00AM - 11.00AM

WHERE: SPORTZ CENTRAL, COFFS HARBOUR

SIGN UP NOW

[WWW.BNSW.COM.AU/I-AM-A-GIRL](http://WWW.BNSW.COM.AU/I-AM-A-GIRL)



# I AM A GIRL

*Come 'N' Play*



## SKILLS, DRILLS + GAMES

I AM A GIRL - COME 'N' PLAY!

AGES: 9 - 17 YRS

COST: \$55.00

DATE: TUES 16TH APRIL 2024

TIME: 2PM - 5PM

WHERE: SPORTZ CENTRAL,  
COFFS HARBOUR

SIGN UP NOW

[WWW.BNSW.COM.AU/I-AM-A-GIRL](http://WWW.BNSW.COM.AU/I-AM-A-GIRL)



# AWESOME AUTUMN SLAM

## 3X3 BASKETBALL CAMP

GRAB YOUR FRIENDS, MAKE A TEAM, COME PLAY 3X3 - IT'S FUN & FREE!

DEVELOP YOUR BASKETBALL SKILLS - WITH 3X3 ACTION, GAMES AND PRIZES TO BE WON! LEARN THE FUNDAMENTALS OF THE GAME IN A FUN AND INCLUSIVE ENVIRONMENT.

THIS CAMP IS OPEN TO BOYS AND GIRLS AGED 12-19 OF ALL SKILL LEVELS. TEAMS WILL BE FORMED ON THE DAY.

**WEDNESDAY 24 APRIL**  
**COFFS HARBOUR**

**IT'S FUN & FREE!**

**AGES: 12 - 19 YEARS**

**TIME: 10.00AM - 2.00PM**

**LOCATION: SPORTZ CENTRAL**

**TO REGISTER VISIT**

[bit.ly/BNSW-AASlam](http://bit.ly/BNSW-AASlam)



**BASKETBALL NSW**

## Open Arms Care OSHC

TAKING BOOKINGS NOW!



**QUALITY**  
**BEFORE AND**  
**AFTER SCHOOL CARE,**  
**VACATION CARE**  
**AVAILABLE AT**  
**URUNGA PUBLIC SCHOOL**

### Why choose Open Arms Care OSHC.

for more info:

[www.openarms.org.au](http://www.openarms.org.au)

[info@openarms.org.au](mailto:info@openarms.org.au)

or call 0266552650

All our Out of School hours care is externally accredited and child care subsidy approved.

We focus on stimulating developmental, social and recreational activities for primary school children while meeting care requirements for families.



# ITS REGO TIME

It's that time of year again, we're entering the 2024 Football season. Time to register if you intend to play or your child will play.

**MiniRoos (Age 5-7) \$150**

**Juniors (Age 8-11) \$170**

**Junior Youths (Age 12-18) \$260**

Training is once a week at the Morgo Street fields and games are played each Saturday at various venues

around the coast (Under 8s – Under 12s only. Note Miniroos play in Urunga each week).

All our kids continue to make your club a success at every level; some going on to play for the successful senior teams such as our current Women's 1st grade. So if your child is looking for a fun, social team sport

then get them involved and get registered NOW!



Registration can be done on the [PlayFootball.com.au](https://www.playfootball.com.au) website – click on "Find a Place to Play"; select your Age bracket; then search for Urunga and use the interactive map to click on our club page.

**DON'T FORGET TO USE YOUR  
ACTIVE KIDS VOUCHER \$\$**

**Registration Link**

<https://www.playfootball.com.au/>

**More Information**

[registrar@urungafootball.com](mailto:registrar@urungafootball.com)



# Bellingen Netball Association



REGISTER ONLINE NOW

@PLAYHQ.COM



Search Bellingen Netball – click register – choose age group – add details

**We play locally every Saturday at Connell Park on our NEW COURTS!!** Season starts after School Holidays- May 4<sup>th</sup>

**Training clinics available Saturday 6<sup>th</sup> & 13<sup>th</sup> April**

**Net Set Go:** Kinder to Yr 2 (1pm + *training optional*)

**Junior:** Yrs 3&4 (1pm + training Tuesday 4pm)

**Intermediate:** Yrs 5&6 (1pm + training Tuesday 4pm)

**Seniors:** High Schoolers, Ladies & Men (2pm)



Contact [bellinggennetball@gmail.com](mailto:bellinggennetball@gmail.com) or like us on Facebook @Bellingennetballclub

Cancer Council's Healthy Lunch Box website is your one-stop shop for everything you need to know about packing a healthy lunch box. For recipes, information and health tips please visit <https://healthylunchbox.com.au>

# Nutrition Snippet

## HEALTHY SWAPS

**Swap out** processed cheese spread and crackers



**Pack** sliced cheese and wholegrain crackers



**For more ideas see our healthy swaps page at [www.healthylunchbox.com.au/healthy-swaps/](http://www.healthylunchbox.com.au/healthy-swaps/)**

For this recipe and more  
[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Cancer Council**  
Healthy Lunch Box