

# URUNGA PUBLIC SCHOOL

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*On the traditional lands of the Gumbaynggirr people*

**NEWSLETTER NO. 34    TERM 4 WEEK 5    WEDNESDAY 11th NOVEMBER, 2020**

## IMPORTANT DATES

9th - 13th Nov	NAIDOC Week	Tues 17th Nov	Book Fair Dress-up (Favourite book/series character)
Thurs 12th Nov	Kinder Orientation 9.30am-10.45am	Thurs 19th Nov	Little Athletics Workshops Yrs 3-6
Fri 13th Nov	Mufti Day—come dressed in colours of Aboriginal or Torres Strait Islander flags	Fri 20th Nov	Kinder Orientation 9.30am-10.45am
16th - 18th Nov	Book Fair	Mon 23rd Nov	Garden Club @ 11.10am

### NAIDOC CELEBRATIONS 2020

We are celebrating NAIDOC all week – 9<sup>th</sup> to 13<sup>th</sup> November. On Monday, Uncle Mark came and welcomed us all to Country at our whole school assembly. After this, he visited the Stage 1 classes and told many dreamtime stories and also showed our students his collection of animal pelts.

Stage 2 students were very fortunate to have Uncle Mark escort them on a Cultural Walk around the shores of our beautiful town. Uncle Mark shared his wealth of knowledge and kept all the students engaged and engrossed whilst learning about this land.

The students will continue their NAIDOC experiences in their classrooms with lots of different activities being offered to them like learning language, art, Gumbaynggirr Bingo, the woomera game and jigsaws.



**Always Was,  
Always Will Be.**  
8-15 NOV 2020





## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN

### WEEKLY SCHOOL RULE

The focus this week is the **orange rule** "complete all work". We ask that you reinforce this week's rule at home with your child.



### NAIDOC CELEBRATIONS

We were fortunate to have Uncle Mark Flanders to open our NAIDOC celebrations on Monday. He shared some very relevant, engaging and cultural stories about our Gumbaynggirr lands and its people. Following Uncle Mark's welcome to our assembly, students from Kindergarten to Year 2 listened to some fantastic stories with Uncle Mark, while Stage 2 students were treated to a cultural walk around our local area. Stage 3 students have been participating in many and varied NAIDOC activities in class.

Photos and videos from our activities will be shared with our community during the next week.

### UPDATED COVID-19 GUIDELINES

The guidelines for school operations and activities for Term 4 have been updated. The updates relate mostly to:

- Music activities
- Sport activities
- Year 6 graduations
- Kindergarten orientations
- Volunteers for educational outcomes

The advice for families regarding the updated guidelines can be found at:

<https://education.nsw.gov.au/covid-19/advice-for-families>

Other than these updated guidelines, other measures that we have had in place as outlined in previous newsletters will continue. These include:

- School attendance
- Covid- 19 testing for students and staff with symptoms and the need to supply school with evidence of a negative result before returning to school
- Hygiene measures and precautions
- Parent meetings/ communications need to continue to be online, over the phone or via email
- Staggered pick up times after school

### REMEMBRANCE DAY CEREMONY

Our school leaders led us this morning in a ceremony to commemorate Remembrance Day. The ceremony included the flag protocol and a minute silence.

### SCHOOL TRANSITIONS

Last week, we welcomed our 2021 Kindergarten students for their first Orientation Day. We are looking forward to welcoming them again this Thursday 12<sup>th</sup> November and again on Friday 20<sup>th</sup> November.



Our Stage 3 students are looking forward to attending Bellingen Public School for their Orientation Day on 4<sup>th</sup> December. This is a full day at the high school and transport is the responsibility of the parents. The flyer advertising this day can be found later in this newsletter. If your child is attending another high school, please ensure that you make yourself aware of their orientation and transition programs and dates.

### PARENTING IDEAS ARTICLE

This week's article is titled 'Give kids a thumbs up for the right things'. This is an article that focuses on supporting parents to develop positive behaviours in children.

Take care  
**Jane Martyn**  
Principal





## NEWS FROM OUR COMMUNITY LIAISON OFFICER JENNY LUXON

# SPOTLIGHT ON YEAR SIX

We continue to salute Year Six. Find out what makes them tick and what they aspire to be and do.



### **PORSHA LEE SMALLMON**

**FAVOURITE COLOUR:** Blue

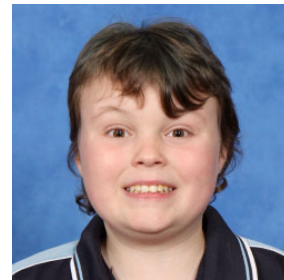
**FAVOURITE FOOD:** Subway

**FAVOURITE PLACE IN THE WORLD:** Home

**HOBBIES:** Drawing and sport

**ASPIRATIONS:** I would love to travel the world and also become a therapist.

The highlights of my time at UPS have been going on school trips.



### **KOBY JACKSON TROY BOURNE**

**FAVOURITE COLOUR:** Blue

**FAVOURITE FOOD:** Vegies

**FAVOURITE PLACE IN THE WORLD:** Urunga

**HOBBIES:** Cleaning the house

**ASPIRATIONS:** I would like to become a dentist when I am older.

The highlight of my time at UPS has been being happy.



### **TAHLIA GEORGE**

**FAVOURITE COLOUR:** Blue

**FAVOURITE FOOD:** Nachos

**FAVOURITE PLACE IN THE WORLD:** LA

**HOBBIES:** Football

**ASPIRATIONS:** I would like to become a teacher and also travel to LA.

The highlight of my time at UPS has been being with my friends

## CASCADE INCURSION STAGE 1

Last Friday 1/2 Yellow and 1/2 Teal were fortunate to have the delightful Miss Jo Cunningham from Cascade come and teach us about the tiny lifeforms that often escape our eyes...INSECTS! Miss Jo is an educator from the Environmental Education Centre at Cascade and has a passion for sharing her love of the environment, in particular 'leaf litter' and the exciting insects that can be found there!

We loved hearing about the action that happens in the leaf litter and the incredible abilities and role of the insects that live below our feet. We had the opportunity to go out into the playground and search for these tiny creatures.

The students (and teachers) absolutely loved getting dirty outside, digging, exploring, searching and finding so many different insects! Miss Jo was on hand to give us tips on where to find insects, along with identifying insects and creatures that many of us had never seen! After the insect treasure hunt the students went back to the classroom and re-created their favourite insects from clay and added their own interpretation of that insect using leaf litter they had collected. The students and teachers had an amazing morning learning with Miss Jo!

**Miss Kendall**



## 1000 MINUTE READING CLUB

Congratulations to Chilli who achieved her Club 1000 reading award. She was presented with her certificate at Monday morning's school assembly. Keep up the great reading!

## BOOK FAIR DRESSUP

A reminder that next Tuesday, 17th November we will be having a Book Fair dress up. Come dressed as your favourite book/series character for the day. We will have a parade in the morning.

The Book Week colouring in competition entries will be on display at the Urunga Community Library. Drop in with your child to have a look.

**Mrs Jensen**





## STEM

In STEM we have started looking at Physics and this lesson explores Newton's Laws of Motion. The students observed how different forces acted in the balloon to move it along the string. They changed the size of the balloon, the angle of the string, all to investigate how gravity, friction and push forces behaved. Many wonderful questions were asked and tested to find answers.

Miss de With



## MORE PHOTOS FROM NAIDOC WEEK





## TRUMPET CERTIFICATE

Lane Morgan received his first grade AMEB trumpet certificate for doing his exam which was early in the term. He did extremely well receiving a result of "Honours" - that's an A grade! Apart from that, Lane showed great progress in the lead up to the exam because he applied himself diligently to very intelligent practice at home. The greatest hurdle was the "chromatic scale", but he also really wizzed the "dotted crotchet/quaver pattern" in his favourite song, and in another piece his tonguing to slurring changeovers. Well done Lane and hang on to your well deserved certificate, it is highly regarded all over the world.

**Kate Butcher - brass tutor.**



## REMEMBRANCE DAY CEREMONY

Our school leaders led the whole school for the Remembrance Day Ceremony this morning. They spoke about the significance of Remembrance Day and the red poppies, read some poems and laid a wreath. Wreaths were also laid by some of the other classes. All students wore red poppies on their shirts that they had made in class. After the school ceremony, the leaders took our wreaths and placed them at the Urunga Cenotaph. Also displayed here are some of the beautiful artworks from 5/6 Violet.





# BELLINGEN HIGH SCHOOL



**YEAR 7**  
**2021**



## ORIENTATION DAY

You are invited to the Bellinghen High School Orientation Day, where you will have the opportunity to meet your new classmates, teachers and try out all the fun things you will be doing next year!

**SCIENCE**    **MATHS**    **ENGLISH**    **AGRICULTURE**  
**FOOD TECH**    **DESIGN AND TECH**    **AND MORE!**

### KEY DATES:

Small Schools Orientation Day – Thursday 2<sup>6th</sup> November

All Schools Orientation Day – Friday 4<sup>th</sup> December

(8.45am - 3.14pm)



# Why attendance matters



When your child misses school they miss important opportunities to:



Learn



Make friends



Build skills through fun

## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per **fortnight**  
 = **4** weeks  = Over **1** year missed

**1** day per **week**  
 = **8** weeks  = Over **2.5** years missed



## INSIGHTS

### Give kids a thumbs up for the right things



Children of all ages enjoy parental recognition. They like when their parents make a fuss over their behaviour or highlight something they've done well.

Sometimes parents will reward their children's behaviour with a treat, money or a gift. This is okay in small doses, but parental recognition alone is a high enough driver of children's behaviour most of the time.

First borns, in particular, love approval. Youngest children just love that you have noticed them! Second borns can sometimes do things in spite of their parents, but deep down they love the recognition too, even if they don't let on that they do.

#### The behaviour you focus on expands

If you want your kids to be neater then focus on their neat behaviours. "You've tidied your toys up before dinner. Top job!" You don't have to throw a party, just let them know that you noticed and you approve of their tidiness. You may also let them know how it affects you. "You've tidied your toys up before dinner. It makes my job easier." The behaviours that you notice and comment on will expand.

Noticing kids' tidiness once won't suddenly turn messy kids into exceptionally neat ones, but do it often enough and you'll start to get some turn around.

You can give kids a thumbs up for all sorts of behaviours. Here's some examples.

#### Being co-operative

Stubborn kids need a pat on the head when they respond on your terms not theirs.

#### Being brave

Nervous and anxious kids need to have their bravery pointed out to them. It's reassuring and empowering.

#### Being helpful

Want helpful kids? Then you need to notice helpful behaviours.

#### Being tolerant

Sometimes older siblings need to be very tolerant of younger siblings. Tolerance is a very giving behaviour and should be promoted.

# parenting \* ideas

## Being patient

Something to encourage in boys, in particular. It's often not their strong point.

## Being persistent

Let kids know when 'hanging in there' pays off. The link between persistence and success is massive but persistence needs to be promoted. It's also the one factor of temperament that can be affected by parenting.

## Being friendly

If your child struggles in social situations then recognise pro-social behaviours such as sharing, initiating contact with another child or taking an interest in another person.

Don't wait until you get perfect behaviour to give recognition, particularly for very young children. Kids have L-plates when it comes to behaving (co-operatively, bravely, patiently) so their attempts and close approximations need to be verified by the significant adults in their lives – their parents.

Recognising kids' positive behaviours is easy to do, but it's also easy not to do. We often get tied up with other things and forget to show appreciation and nurture the behaviours our kids need to develop. It's important to be aware of this. It's the little things such as giving positive recognition that have the biggest impact on kids' development.



### Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.





## Growing Up Digital Australia: Last chance for parents and grandparents to have their say!

Are you a parent, carer or grandparent of children aged 5 to 17?

Do you wonder how digital media and technologies that they live with might affect their wellbeing, health and learning?

If your answer to these questions is 'yes', we would invite you to share your views with us [here](#)!

We at the Gonski Institute of Education at the University of NSW are working on a ground-breaking research project called *Growing Up Digital Australia*. This international research project that we partner with Harvard Medical School, the University of Alberta and Alberta Teachers Association seeks to understand the health, wellbeing and learning impacts of growing up in a digital world on our young people. A number of Australian organisations are supporting this project, including Departments of Education, parent organisations and teacher associations. This longitudinal study will reframe issues surrounding children's consumption of media and digital technologies moving into an evidence-based solutions to parents, educators and young people to live healthier, safer and happier lives here in Australia.

The Growing Up Digital project Phase 1 saw us work with almost 2,000 educators from around the country and find out what is happening in classrooms through the eyes of teachers and principals. Now with this Phase 2 survey, it is your turn as parents and grandparents to have your say.

This project has Ethics approval, and poses no risk to you. Participation is voluntary and you will never be identified at any stage. By completing the survey, you have the chance to be entered into the draw for one of four \$100 Coles Myer gift cards.

**This Phase 2 survey has been extended and is now open until 20 November 2020.** If you are a parent, carer or grandparent of any child aged 5-17, please complete the survey [here](#). You may also share this invitation to take part in this research with others by sharing the link to the questionnaire. If you are a parent, we would be delighted if you would invite one of your child's grandparents to take part in this survey.

To find out more about our project, and the results from Phase 1, visit us [here](#).



# COMMUNITY INFORMATION



## Family Day Care in the Nambucca Valley

### ACCREDITED CHILD CARE SERVICE

#### Interested in a professional childcare career?

We can support you in establishing a quality home-based childcare business, and offer:

- Full induction training.
- Flexibility to choose your work hours & income level.
- Opportunities for training & professional development
- A unique opportunity to work from home.
- Become part of a national childcare accreditation system, in a growth industry.
- Working for a not-for-profit, community based organization.



If you are passionate about working with children and want to play a part in shaping their future, we are taking expressions of interest now for Family Day Care Educators.

**Interested? Please call us for an information package.**

# 6569 4222

**Nambucca Valley Family Day Care** (including Dorrigo, Bellingen & surrounds)  
[www.nambuccafdc.com.au](http://www.nambuccafdc.com.au)









# COMMUNITY INFORMATION



## Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, or attend vocational education yourself, have regular income from paid employment (you or your partner), have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment\*



### Contact

your local Saver Plus Coordinator

### Phone

1300 610 355

### Email

CoffsHarbourSP@thesmithfamily.com.au

### Online

saverplus.org.au

Find us on Facebook 



\* many Centrelink payments are eligible, please contact your local Coordinator for more information.

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to [www.dss.gov.au](http://www.dss.gov.au) for more information.