

URUNGA PUBLIC SCHOOL

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On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 36 TERM 4 WEEK 7 WEDNESDAY 25th NOVEMBER, 2020

IMPORTANT DATES

Thurs 26th Nov	Visiting Performance "Brilliant at Being Resilient" \$5	Thurs 10th Dec	Presentation Day: Yrs 3-6 @ 9.30am, Yrs K-2 @ 11.45am
Fri 4th Dec	Yr6 to Bellingen HS for Yr 7 Orientation	Mon 14th Dec	Year 6 Farewell
Mon 7th Dec	Garden Club @ 11.10am	Wed 16th Dec	K-4 Movie Day 5-6 Fun Day
Tues 8th Dec	Friendly Cricket Match vs Narranga PS	Wed 16th Dec	LAST DAY FOR STUDENTS

KINDERGARTEN ORIENTATION

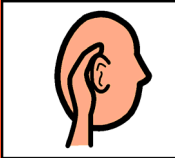
It was fabulous to see all the happy faces of next year's Kindergarten students as they arrived for their final Kindergarten Orientation. They have come to three sessions over the last three weeks and have thoroughly enjoyed their time. Everyone loved the many and varied activities such as craft, singing songs, listening to stories, playing games and of course meeting fellow students from different preschools. New friendships were blooming. The teachers also took everybody on a whole school tour so they will be familiar with the school grounds when they start next year. As the children all left they were given a small gift of playdough to take home. A big thank you to the parents for following the modified drop off and pick up routine due to COVID restrictions.

We look forward to seeing all our 2021 Kindergarten students at the start of next year!





NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



WEEKLY SCHOOL RULE

The focus this week is the red rule
“we all listen to each other”

We ask that you reinforce this week’s rule at home with your child.

PRESENTATION DAY

We are busily organising our K-2 and 3-6 Presentation Day ceremonies and are really excited that we are now able to have parents attend adhering COVID-19 safe measures. Further details and guidelines for our 3-6 ceremony from 9.30am and the K-2 ceremony from 11.45am on Thursday 10th December will be shared in the coming weeks.

SEMESTER 2 REPORTS

Teachers are currently completing student progress reports which will be sent home during the last week of school.

NRL MIXED TAG LEAGUE

Many of our Stage 2 and Stage 3 students were fortunate to be able to enjoy an NRL Mixed Tag Gala Day at Urunga Sporting Fields yesterday. A great time was had by all!

END OF TERM 4

Our students’ last day for 2020 will be Wednesday 16th December.
Staff will participate in a Staff Development Day on Thursday 17th December.
Parents are reminded that our school will be non-operational for Friday 18th December.

UPDATED COVID-19 GUIDELINES

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

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

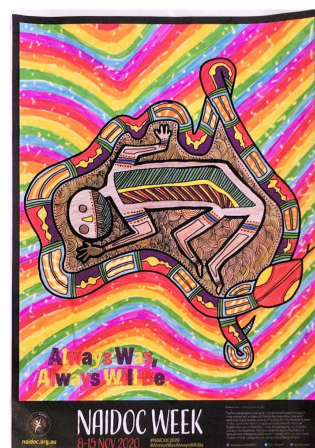
Other than these updated guidelines, other measures that we have had in place as outlined in previous newsletters will continue. These include:

- 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, however, P&C meetings may now take place outside of school hours
- Staggered pick up times after school
- Students are to continue to bring drink bottles to fill from our refill stations as our bubblers are still non-operational

PARENTING IDEAS ARTICLE

This week’s article is titled ‘*Modelling self-kindness.*’ This is an article that focuses on supporting parents’ wellbeing and mental health.

Take care
Jane Martyn
Principal





NEWS FROM OUR COMMUNITY LIAISON OFFICER JENNY LUXON

SPOTLIGHT ON YEAR SIX

Continuing our Year Six student spotlight.....



DANIEL PRYOR

FAVOURITE COLOUR: Grey
FAVOURITE FOOD: T-bone steak
FAVOURITE PLACE IN THE WORLD: The Northern Territory
HOBBIES: Showing cattle
ASPIRATIONS: I would like to become a beef farmer.

The highlights of my time at UPS are being with friends and lunch and recess breaks.



LACHLAN DAVIS

FAVOURITE COLOUR: Blue
FAVOURITE FOOD: Meat
FAVOURITE PLACE IN THE WORLD: On the water fishing
HOBBIES: Fishing
ASPIRATIONS: I would like to be a fisherman.

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



EMMA SWAIN

FAVOURITE COLOUR: Green
FAVOURITE FOOD: Cake
FAVOURITE PLACE IN THE WORLD: Nowhere in particular
HOBBIES: Drawing, soccer and sport
ASPIRATIONS: I would like to become a good person. I would also like to be an artist.

The highlights of my time at UPS have been getting to be with friends, getting to go to this school and having really good teachers.

PRESENTATION DAY 2020

This year's Presentation Day will look a bit different in 2020. We are holding two separate presentation day assemblies both being held on Thursday 10th December 2020 in the bottom cola. Stage 2 and 3 will start at 9:30am and conclude at 10.30am. Kindergarten and Stage 1 will start at 11.45am concluding at 12.30pm.

We are happy to announce that parents are allowed on site for the assemblies, following Department of Education Covid-19 guidelines. In order to adhere to Covid-19 guidelines and social distances restrictions, we ask that numbers of people attending our Presentation Day Assemblies are kept to a minimum number per family. **Do not attend if you are unwell or are waiting on Covid-19 test results.**

Parents are to only enter the school grounds through the top gate or the bottom gate at the bus shelter. All parents will be required to sign in on arrival, hand sanitiser will be provided and all adults are to adhere to the 1.5m distance rule at all times.

YEAR 7 ORIENTATION AT BELLINGEN HIGH SCHOOL

A reminder to all Year 6 students who will be attending Bellingen High School for Year 7 in 2021, that the Orientation Day is on **Friday 4th December**. Students are asked to arrive at 8.45am and meet at the MPC (hall) for an assembly. The day will conclude at 3.14pm. Students need to make their own way to and from the high school on the day and will not come to Urunga Public School. Students will participate in a range of activities including group activities, a tour of the school, meet the teachers, an orientation 'treasure hunt' and some mini-lessons in practical subjects including Science, TAS, Food Tech and PDHPE.

NAIDOC WEEK COLOURING COMPETITION

The winners from the NAIDOC week colouring competition received their certificates and prizes at Monday morning's assembly. There was a great range of beautifully colourful creations.

A big congratulations to the winners from each stage:

Early Stage 1: Hugo

Stage 1: Birdie

Stage 2: Myles

Stage 3: Inara



LITTLE ATHLETICS WORKSHOPS

Alvin from Little Athletics visited Urunga Public School last Thursday to conduct some athletics workshops with our Year 3 - Year 6 students. He concentrated on the discipline and 'rules' of sprinting. He explained some different techniques to use that will improve sprinting actions. He talked about keeping your head up, pumping your elbows, staying off your heels, as well as pretending you have an apple on your head so that your head stays still—no looking at what's happening in the lane next to you! The students then tried to put all these into practice during some drills and activities. Alvin had plenty of stories to tell the students and it was great fun for everyone—he has even met Usain Bolt. All the students received a rubber wristband and a sticker and Alvin left some instructional coaching videos for the staff.



URUNGA PS LEADERSHIP TEAM FOR 2021

Today, tomorrow and Friday, Year 5 candidates will present their speeches for the Leadership Team in 2021. Speeches will take place each afternoon at 2.20pm in the top cola. Dates for candidate's speeches were drawn randomly.

Students are asked to present a speech no longer than 3 minutes outlining their qualities and experiences that would support them in becoming an outstanding leader for Urunga PS. Elections will take place on Friday 27th November, straight after the final speeches.

Successful candidates will be announced on Presentation Day. Students are encouraged to write their speech at home and practice in front of their family to develop their confidence. Unfortunately due to Department of Education Covid19 guidelines parents are unable to attend the speeches. Please see below student's allocated day and time.

Wednesday 25/11/20	Thursday 26/11/20	Friday 27/11/20
Hermione Hennessey Kiara George Jorja Howlett Roberta Canning Makayla Young Jayda Crocker	Cooper Lamb Makayla Day Talia McHeyzer Sophie Edwards Abbi Sheridan	Lucy Rodgers Jett Harry Chelsea Lynes Sienna Young Osha Joosten

Any questions please contact Mrs Prior, Ms Eichmann or Mr Ticli.

YEAR 6 FAREWELL ZOOM MEETING

We will be having our final Year 6 farewell meeting through Zoom on Wednesday 2nd December at 2.00pm to finalise all the last minute details to make this special event a wonderful experience for our Year 6 students. This year the farewell will be held in the top cola at school starting at 5.40pm. If you can spare anytime on Wednesday 2nd December from 3.45pm to help set up tables and decorations it would be much appreciated.

Topic: Year 6 Farewell

Time: Dec 2, 2020 02:00 PM Canberra, Melbourne, Sydney

Join Zoom Meeting

<https://nsweducation.zoom.us/j/65908089862?pwd=MmdwbGcwWU0xM3RIS0lsYmxtSzUydz09>

Meeting ID: 659 0808 9862

Passcode: 928624

Thank you

Kim Prior

GRAND FINAL HANDBALL

On Monday students were keen to see a handball super challenge between our two grand finalists Lucy from Stage 3 and Asher in Stage 2. It was a tough game with each player demonstrating amazing skill around the court. With the crowd cheering on their favourite player the score was 9 all at the last minute. Asher and Lucy battled out the last point in a show stopping rally that saw Asher become the victor. Both students demonstrated the utmost sportsmanship throughout the handball competition and are to be congratulated for their positive attitude towards their opponent. Well done Asher and Lucy!

Mrs Prior



LIBRARY NEWS

Book Fair is over for another year but what an incredibly exciting and busy week we have had! A huge and heartfelt **thank you** to our wonderful parent community for your excellent support even with difficult COVID restrictions in place. If I have had to re-order items or books for your child please assure them I will deliver them as soon as they arrive. I will select a wide range of the most popular books at the Fair to be added to our library collection in the new year.

I would like to take this opportunity to thank our local Community Library staff who ran a colouring competition for our students during Book Week. All entries are currently on display at the Community Library and look great, so if you get a chance, drop in and have a look. We greatly appreciate all the effort the staff at the Community Library have put into keeping our community and school relations to the forefront during Book Week and the restrictive COVID conditions. Three prizes were awarded to each Stage and the prize winners and place getters, as listed, were presented with their Certificates and prize bags at Monday's assembly.

Congratulations to:

ES1 - Kayla Burgess (winner), Savannah Laird (2nd) and Leilani Sheather (3rd)

Stage 1 - Isabella Burgess (winner), Harper Kedzlie (2nd) and Mackenzie Smith (3rd)

Stage 2 - Charlie Phillips

Stage 3 - Chelsea Lynes (winner) Takyla Hades (2nd)

Thank you

Geri Jensen (Teacher Librarian)



CHRISTMAS HAMPER RAFFLE

This week a book of ten raffle tickets for our Christmas hamper raffle will be sent home with every child. Tickets are 50c each and the winners will be drawn on Presentation Day - Thursday 10th December.

This year we will NOT be asking for donations to fill the hampers. The school will be supplying the goodies for the Christmas hampers. We hope that everyone has a wonderful and safe lead up to the festive season.



**URUNGA PUBLIC SCHOOL
PRESENTATION DAY**

Thursday

10th December

Years 3-6 at 9.30am

Years K-2 at 11.45am



**2021 School Captains and
School Leaders to be announced.
Christmas Raffle will be drawn.**

**Parents and carers are able to attend. We ask that
numbers per family are kept to a minimum in
order to adhere to social distancing guidelines.**

All visitors will be required to sign in due to COVID regulations.



INSIGHTS

Modelling self-kindness



This has been a tough parenting year. On a personal level it's been challenging, but when you add the extra difficulty of helping children and young people navigate this year, you'd be forgiven for feeling like you've had enough.

It's timely to look at US-based academic Dr. Brene' Brown's research that informed her book *The Gift of Imperfect Parenting*. Brown's core finding was that the best parenting strategies rely on modelling for them to be adopted by children. That's a little scary as it means we need to be the adults that we want to our kids to become.

There is great power in kids watching us practise how we manage hardships, frustrations and difficulties. Whether we use self-kindness or self-put downs, either will leave an impression on our kids. Not only do they see how we react when we stumble or make mistakes, but we give them permission to act in the same ways.

It's hard to be self-kind

If you're a goal-oriented type of person, highly-judgemental or someone who likes to get things done, then self-kindness can be difficult to befriend. It goes against the grain to laugh at your mistakes or miss a deadline, even though it won't be the end of the world as you know it. If you recognise this type of rigid approach then it may be time let go of some old ways. Inflexibility is the enemy of healthy wellbeing, which thrives on adaptability and self-forgiveness.

Let them hear the process

Giving a child or young person insight into your thinking is a powerful parenting strategy. Sharing your struggles and mess ups with kids in age-appropriate ways takes vulnerability and promotes empathy. It takes courage to share a comment such as, "I keep putting myself down, which is not helpful. I've got to talk to myself as if I'm talking to someone I love." Disclosing this type of self-talk is only useful if it's done in a safe, matter of fact way and a child is comfortable with the message.

Self-kindness means acting compassionately toward yourself when you are struggling to meet your own expectations, meeting with unexpected difficulties and/or met with failure. It's time to drop the stiff upper lip, put aside the strict schedule and stop berating yourself. Instead say to yourself, "This is really tough right now. How can I take some comfort and look after myself?" This is a message worth modelling particularly, if you are living with a perfectionist or a child with tendencies toward anxiety.



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.

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

COMMUNITY INFORMATION

VOLUNTEERS NEEDED

DO YOU HAVE A FEW HOURS TO SPARE?

Do you enjoy meeting people?

Come & see us at

St Barnabas Anglican Op shop Is looking for volunteers.

OPENING HOURS ARE: Tues, Wed, Fri (9.00am – 100pm)
& Sat Morning (9.00am -12 noon)

If interested, please come into the shop for a volunteer form or
please contact Leonie on 6655 5342



LOW COST
groceries

FREE
bread
fruit & veg

with \$10 food purchases

lifehousecare.org.au/pantry



URUNGA FOOD PANTRY

**NEXT TO THE LAUNDROMAT IN
CARDOWS ARCADE**

Open to anyone with a
pensioner or healthcare card as
well as those experiencing
financial stress

OPEN IN URUNGA

Thursday: 10.00am - 12.00pm

Friday: 9.30am - 1.30pm

**BELLINGEN FOOD PANTRY IS
ALSO OPEN**







Tues 10-12 and Fri 10-12

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 for more information.