

# URUNGA PUBLIC SCHOOL

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TEL: 02 6655 6393



*On the traditional lands of the Gumbaynggirr people*

**NEWSLETTER NO. 2      TERM 1 WEEK 3      MONDAY 10th FEBRUARY, 2020**

## IMPORTANT DATES

Tues 11th Feb	School Swimming Carnival (8yrs and older)	Wed 19th Feb	Parent Info Sessions: K-2 (incl 2/3 Green): 5.00-5.30pm Yrs 3-6: 5.30-6.00pm
Wed 12th Feb	P&C Meeting in staff room @ 2.30pm	Thurs 20th Feb	District Swimming Carnival
Thurs 13th Feb	Leaders Induction Assembly @ 2.30pm	Tues 25th Feb	Whole School Assembly @ 2.20pm
Fri 14th Feb	Meet the Teacher BBQ Breakfast @7.30am	Thurs 27th Feb	MNC Swimming Carnival
Tues 18th Feb	Garden Club @ 11.10am	Fri 28th Feb	Kinder Bus Safety Program

## COME AND TRY MUSIC DAY

Our students enjoyed learning about and playing instruments on the first Thursday back at school. Thanks to the wonderful music tutors who came in and demonstrated their instruments and spent time teaching children how to hold, blow and make a beautiful sound. Thank you also to our senior musicians who also showcased their skills. If your child is interested in learning any instrument, contact the music tutor directly or contact Judy Thorn at school on Tuesdays. Instruments are available for hire with a one-off fee of \$30 for the duration of the time your child is learning—be that 1 term or 5 years! Instrument hire forms are available at the office.



**Music Matters**  
**Mrs Thorn**







## FREE BBQ MEET AND GREET

Urunga Public School would like to invite all parents, carers and students to attend a free Meet and Greet BBQ breakfast this Friday 14th February 2020. It will be starting at 7.30am until 9.00am. This is a great way to meet the new and existing staff at Urunga Public School for 2020. We will be cooking bacon and egg/egg only/ bacon only rolls.

To assist us with the purchasing of the food we would like you to complete the online form at <https://forms.gle/kAMpoxNkn4JNFAua8> for the amount of people attending and what they would like to eat at the breakfast. Tea, coffee, juice and water will be provided at the breakfast.

**Orders are due in by 9am Wednesday 12th February.**

We look forward to seeing you there!

## HOUSE CAPTAINS

Both of our sporting houses, Bellinger and Kalang, held their Captain and Vice-Captain elections at house meetings last Friday afternoon. Congratulations to the following students. They will be leading their houses for the first time tomorrow at the school swimming carnival.

	CAPTAINS	VICE-CAPTAINS
<b>BELLINGER</b>	Samantha Kennedy Bayley Cavanagh-Rose	Lucy Rodgers Tulli Meakins
<b>KALANG</b>	Kiara Jarrett Luke Earnshaw	Sienna Young Cooper Lamb

## SCHOOL SWIMMING CARNIVAL

Our annual school swimming carnival will be held tomorrow and we are looking forward to a fantastic day. A reminder that the carnival will go ahead regardless of weather (unless the weather is unsafe to be out in). If it is raining please ensure your child has some extra dry clothes. The carnival is a school activity and **ALL students in Years 3, 4, 5 & 6** are required to take part by being at the pool.



## CHANGE OF DETAILS

If any of your contact details have changed over the holidays, please let the ladies in the front office know. Changes of address, new/different phone numbers or email address are essential for the school to have updated to ensure we can contact you in case of illness or emergency. Your help in the is matter is much appreciated.

## CRUNCH & SIP

Each morning, first up at school we have 'Crunch & Sip' break or fruit break. This is very important to each student as it allows them to build up their energy levels for optimum learning, as well as assisting their hearing by chewing crunchy foods.

**This time is not only for fruit, you may send vegetables as well such as carrot or celery sticks, corn kernels, tomatoes, left over cooked vegetables, dried fruit eg sultanas or apricots. NOT ROLL UPS OR FRUIT JELLY CUPS.**

Please see the flyer further on in the newsletter for some more information about Crunch & Sip as well as which foods are and are not allowed.



## WHAT'S DUE

- Yr 6 Leadership Camp payments and Medical Form
- Meet and Greet BBQ online food order form



## NEWS FROM OUR COMMUNITY LIAISON OFFICER JENNY LUXON

### WHAT SOME OF US GOT UP TO IN THE HOLIDAYS.....

*"On the holidays I went to Grandma and Poppy's house. I got tons of presents, like art colouring books. I also went to the movies and saw Spies in Disguise. It was soooo funny! I'm also expecting a new cousin in May. Ebonie also came over for a play date."*

**Lily Harding**

*"On the holidays I went to Valla swimming with my cousins Zayne, Bella, Dyakota and Havanna. We swam under a bridge in a little lagoon. It was so much fun. Then we went home and watched Full House on Cooper's play station. After that we read a nice book called Horse Crazy Girls Only. My Nan got it for me for Christmas. Then we went and picked up my other cousin Grace because she was having a sleepover."*

**Sophie Lamb**

*"For Christmas I went surfing and my uncle surprised me because I have not seen him for a long time. Charlie K showed up and we both went surfing together. After we went surfing we swam in the rock pool. We jumped off this high rock into the water. We also went swimming at Sawtell and visited the Big Banana."*

**Sebby Tate**

*"In the holidays I stayed at home most of the time. I also went to Vacation Care aka as OOSH. My favourite day was going to the Lido. I also went to the Big Banana Water Park and ice skating rink. For Christmas I got a lot of things. I was spoilt! My grandparents came for Christmas as well. My favourite thing that I got for Christmas was my bike. I can't really remember what else I got because I got so much! Also my dad got a ping pong table. I also had a play date with Lily."*

**Ebonie Young**

*"On the holidays I went to the Gold Coast and I rode my uncle's quad bike. After that I went to watch some cricket. I also went to watch the Brisbane Heat verse the Perth Scorchers. When I came back from the Gold Coast I watched Sydney Sixers but I have forgotten who they versed."*

**Jake Day**

## **P & C Meeting**

**Wednesday 12th February at 2.30pm  
in the School Staffroom.**

**Come along for a chat. We would love to see you there!**

**For more information:**





## What foods can I pack for Crunch&Sip® ?

The Crunch&Sip® break is a time to introduce children to raw vegetables and fruit and encourage the water drinking habit. Fresh vegetables and fruit are the best choice. Please only send foods with a tick:

### ✓ Allowed

#### Vegetables

- ✓ All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)

#### Fruit

- ✓ All fresh fruit (eg whole fruits, chopped melon etc.)
- ✓ Fruit canned in water, juice or 'no added sugar' (eg peach slices)
- ✓ Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

#### Water

- ✓ Only plain water

### ✗ Not Allowed

#### Drinks

- ✗ Any drinks other than plain water including fruit or vegetable juice, fruit juice drink, fruit cordial, mineral waters, carbonated water

#### All other foods not permitted include:

- ✗ Dips, including those that are vegetable based
- ✗ 'Fruit' products (eg fruit leather, fruit roll-ups, fruit bars or similar)
- ✗ Fruit jams, jellies, pies and cakes
- ✗ Fruit canned in syrup or jelly or with artificial sweeteners
- ✗ Canned or processed vegetables
- ✗ Vegetable or potato crisps, hot potato chips
- ✗ Vegetable pastries (pies, pasties, sausage rolls)
- ✗ Vegetable cakes, fritters, quiches, breads or similar
- ✗ Popcorn

Excellence in  
Child Dental Services



Call today on **1300 65 16 25**

All children under 18 yrs of age can receive **FREE DENTAL CARE** through the Mid North Coast Local Health District.

PARENTS **DO NOT** NEED TO HOLD A PENSION CARD OR HEALTH CARE CARD FOR THEIR CHILD TO BE ELIGIBLE.

Child Dental Benefits Scheme (CDBS) Vouchers accepted at all MNCLHD DENTAL CLINICS



Please call **1300 65 16 25** if you would like your child to have a check-up.

IF THEY ARE IN PAIN OR HAVE DENTAL PROBLEMS THEY WILL BE PRIORITISED WHEN YOU CALL **1300 65 16 25** TO BE TRIAGED.

OUR MID NORTH COAST LOCAL HEALTH DISTRICT DENTAL CLINICS ARE SITUATED IN:

<b>PORT MACQUARIE</b>	Port Macquarie Community Health Campus Morton Street (Old Hospital)	Port Macquarie
<b>WAUCHOPE:</b>	Wauchope Community Health Campus High Street (adjacent to hospital)	Wauchope
<b>LAURIETON:</b>	Camden Haven Community Health Campus Laurie Street	Laurieton
<b>KEMPSEY:</b>	Kempsey Community Health Campus River Street	Kempsey
<b>COFFS HARBOUR</b>	Coffs Harbour Health Campus Pacific Highway	Coffs Harbour
<b>NAMBUCCA HEADS</b>	Nambucca Health One, Fred Brain Ave	Nambucca Heads



Sun Snippet

## The simplest way

... to choosing a SunSmart hat

SunSmart hats such as a bucket, broad-brimmed or legionnaire styles are best.

A SunSmart hat not only protects the face, head, neck and ears, but can reduce the amount of UV reaching the eyes by 50%.



**Warning:** baseball caps expose the cheeks, ears and back of the neck to harmful UV radiation.



To help keep your kids safe in the sun, check your schools SunSmart status by heading to [www.sunsmartnsw.com.au](http://www.sunsmartnsw.com.au)



# School Banking newsletter.

Term 1 update.



## CommBank Bushfire Support

In light of the recent devastating bushfires, we want to share how we can help. Applications are now open for Bushfire Recovery Grants to help rebuild community facilities, schools, fire brigades and replace lost or damaged equipment. Please encourage your local community groups to apply by 31 March 2020, for grants of up to \$50,000. If you're a CommBank customer and you've been affected, we can also give you a hand with your finances. [commbank.com.au/bushfirerecovery](http://commbank.com.au/bushfirerecovery)

## 2020 Treetop Savers Adventure.

This year, the Dollarmites (Pru, Addy, Spen, Lucas and Pat) are ready to take children on a Treetop Savers adventure to the enchanted Treehouse of Savings. Here they'll discover lots of fun financial activities and rewards for saving.

Many surveyed parents think it's important to make learning about money engaging and to reward good saving behaviour\*. And this year, we're changing our School Banking rewards for the better. We're introducing new eco-friendly and reusable rewards, alongside other rewards that encourage creativity, as well as indoor and outdoor play.



### Activity 1: Add up Addy's pocket money

Addy gets \$2 pocket money every time she does a job in the Treehouse of Savings. If she does 9 jobs, how much will she have earned?

A: \$\_\_\_\_\_.

### Activity 2: Find and count how many frogs and butterflies you can see

A: \_\_\_\_\_ Frogs and \_\_\_\_\_ Butterflies.

## Term 1 Treetop Savers rewards

When your child makes 10 deposits with School Banking, they can redeem one of our Treetop Savers rewards. Term 1 rewards are available now, while stocks last.



Terry Denton's  
Activity Book



Mini  
Soccer Ball

Any questions about the School Banking program? Ask your School Banking Co-ordinator for a parent's pack or visit [commbank.com.au/schoolbanking](http://commbank.com.au/schoolbanking)

\*Parents of Australian primary school children, School Banking Research, conducted by Fiftyfive5, May-June 2018. Commonwealth Bank of Australia ABN 48 123 123 124

Answers: Activity 1: \$18; Activity 2: 10 Frogs and 11 Butterflies





# COMMUNITY INFORMATION



Earnshaw  
**ENGINEERING**  
WELDING & METAL FABRICATION



Nambucca Heads High School & Nambucca Heads Surf Life Saving Club  
invite you to attend



BBQ  
available

## MAAGUNDA GAAGAL FESTIVAL

At Main Beach Nambucca Heads



Coffee van &  
refreshment

**Saturday 29<sup>th</sup> February**  
9 am – 3 pm

This event will showcase a number of elaborate sculptures that have been created by Nambucca Heads High School students in conjunction with members of our community

FREE ENTRY



Sand modelling and  
beach activities



Live band and  
entertainment

Films of the students making the sculptures will be shown



# COMMUNITY INFORMATION

## Library Lego Legends

@ Urunga library



**After School Activity  
every Wednesday  
during Term One 2020**

**3:30 pm to 4:30pm**



**For more information and  
to book, ph 6655 6444**



**Suitable for children  
aged**

**6 to 12 years**

Bellingen Shire  
COUNCIL



# COMMUNITY INFORMATION



## TERM 1 2020 SURFGROMS PROGRAMS

- Sawtell Beach: Saturdays 8am or 9.15am Group  
Starts: 22<sup>nd</sup> Feb 6 weeks
- Programs cost \$120 and make up lessons available for missed days and kids starting winter sports before programs finish. All equipment is included and if it's your 1<sup>st</sup> program for the summer there is a \$25 SurfGrom membership fee and you will receive a great participation pack that includes a bag, hat and rashie!!

Bookings can be made at [www.surfgroms.com](http://www.surfgroms.com)

**\$100 Active Kids Voucher can be used on Surfing Programs!!**  
Please call or email to book

0438 561370

[www.solitaryislandssurfschool.com.au](http://www.solitaryislandssurfschool.com.au)

### URUNGA PHYSICAL CULTURE CLUB

Dance with a *Difference*

★ Classes Start 10th February ★

Class Times:

3.45 - 4.15pm 4 - 6 yrs  
4.15 - 5.00pm 7 - 8 yrs  
5.00 - 5.45pm 9 - 12yrs  
5.45 - 6.30pm 13 - 16yrs  
6.30 - 7.15pm Seniors  
7.15 - 8.00pm Ladies

(Depending on class numbers, times may change slightly in coming weeks)



Enquiries: Nikki 0413 038 860  
Sue 0421 934 525



COME & JOIN US!

### Bellinghen Netball Association

Registration Day

Saturday 15<sup>th</sup> and 22<sup>nd</sup> February

12pm Connell Park Netball courts



ALL Ages: 5yrs+

Net Set Go: Kinder to Yr 2 - \$100

Junior: Yrs 3&4 - \$125

Intermediate: Yrs 5&6 - \$125

Seniors: High School & Adults - \$125

Coaches, umpires and executive positions available!!!!  
Please show your support.

Online registration available @ [MyNetball.com](http://MyNetball.com)





# COMMUNITY INFORMATION

## UNCOVER SOMETHING NEW

Bellingen Shire Council is pleased to invite you to the official opening of the Urunga Library to showcase the State Library of NSW funded refurbishment and construction of a community multi-purpose space supported by the NSW Regional Cultural Fund.



The library has been revitalised by a complete makeover with the vibrant children's area a highlight. The new multi-purpose space will provide an area for library activities, such as book club meetings and author talks, and a place where community groups can meet.

Friday 14 February is Library Lovers Day and what better way to celebrate it than to see the beautiful new Urunga library in action!

**10.30am to 11.30am**  
**Friday 14 February 2020**  
**Urunga Library, 32 Bonville Street, Urunga NSW**

RSVP: Jill Haynes  
 jhaynes@bellingen.nsw.gov.au by Monday 10 February 2020



## AIDER ASSISTANCE FOR INFIRM, DISABLED AND ELDERLY RESIDENTS

### A once-off free service to reduce bush fire hazards.

#### AIDER services may include:

- Thinning vegetation.
- Removing leaves, sticks and fallen branches.
- Trimming branches from around and overhanging the home.
- Moving or slashing long grass.
- Cleaning gutters.

An assessment of your property will be completed by NSW Rural Fire Service staff.

Advice will be given about completing your Bush Fire Survival Plan. All works are completed by NSW Rural Fire Service State Mitigation crews.

#### What is AIDER?

AIDER is a once off FREE service, supporting residents to live safely and confidently in areas where bush fires may start.

The property must be bush fire prone, meaning an area of land that can support a bush fire or is likely to be subject to bush fire attack.

#### Who is eligible?

Aged residents and residents with disabling conditions who have limited domestic support from family, relatives, friends or other services.

➤ Call **02 8741 4955** to request an assessment of your property

BUSH FIRE INFORMATION LINE  
**1800 NSW RFS**  
 1800 679 737  
[www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au)

PREPARE ACT SURVIVE

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the biggest handmade market on the mid north coast

# Made with Love markets

**SUNDAY 16TH FEBRUARY 9 AM-2 PM**

LEVEL ONE CARPARK  
**PARK BEACH PLAZA**  
 PACIFIC HIGHWAY, COFFS HARBOUR

ENTRY GOLD COIN DONATION  
 SUPPORTING LOCAL CHARITY

[WWW.MADEWITHLOVEMARKETS.COM](http://WWW.MADEWITHLOVEMARKETS.COM)

# COFFS HARBOUR BASKETBALL

## JUNIOR DOMESTIC COMPS

**TEAM NOMINATIONS ARE OPEN online**  
[www.coffsharbourbasketball.com.au](http://www.coffsharbourbasketball.com.au)

FRIDAY NIGHT  
 BORN IN  
**U14** 2007/2008  
**U16** 2005/2006  
**U19** 2002/2003/2004

SATURDAY MORNING  
**U8** 2013/2014  
**U10** 2011/2012  
**U12** 2009/2010

Sign on days for Players without a School Team  
 Friday 7th February - 4pm till 6pm  
 Saturday 8th February - 9am till 11am

FOR MORE INFORMATION:  
[admin@coffsharbourbasketball.com.au](mailto:admin@coffsharbourbasketball.com.au)  
 OR CALL 66 511 452

GRADING GAMES START  
 FRI 7TH & SAT 8TH  
 FEBRUARY



# COMMUNITY INFORMATION



## How You Can Create a Healthy Lunch Box

Cancer Council NSW is keen to promote awareness about healthy eating and has therefore produced its Healthy Lunch Box website [healthylunchbox.com.au](http://healthylunchbox.com.au)

Summer is here so keeping some foods cold is very important. The key to achieving this and the necessity to follow hygienic food preparation methods can be found on the website.

Get your kids involved in the planning and preparation of their lunches. This can be a good way to ensure a yummy summer lunch box will be on its way to school.

Keeping your kids sun safe is also most important so don't forget to remind them to slip on clothing; slop on broad-spectrum sunscreen, slap on a broad-brimmed hat, seek shade and slide on sunglasses.

## Cancer Council Community Connects

Join us for a conversation about cancer in the community. Listen to Cancer Council Researcher Dr. Eleonora Feletto and Cancer Care Coordinator Jodie Drabsch from the Mid North Coast Cancer Institute. Learn about current Cancer Research and Immunotherapies, connect with your local Cancer Council team and participate in a Question and Answer session.

**Dr Eleonora Feletto (PhD)**



Researcher at Cancer Council NSW

**Jodie Drabsch**



MNCCI Clinical Nurse Consultant

**Where:**

**Norm Jordan Pavilion,  
Coffs Harbour Showground**

**When:**

**Wednesday 12th February**

**Time:**

**5:30pm arrival for a 6pm start  
Duration approximately 2 hours**

**Tickets:**

**FREE - Tickets are limited  
Book your tickets via:  
[www.trybooking.com/BHYQH](http://www.trybooking.com/BHYQH)  
Or phone the Coffs Harbour  
office on 6659 8400**

**Light refreshments provided**



**Health**  
Mid North Coast  
Local Health District

