

URUNGA PUBLIC SCHOOL

BONVILLE STREET
PO BOX 21
URUNGA NSW 2455

EMAIL: urunga-p.school@det.nsw.edu.au
WEBSITE: www.urunga-p.schools.nsw.edu.au
TEL: 02 6655 6393



On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 3

TERM 1 WEEK 4

TUESDAY 18th FEBRUARY, 2020

IMPORTANT DATES

Wed 19th Feb	Parent Info Sessions: K-2 (incl 2/3 Green): 5.00-5.30pm Yrs 3-6: 5.30-6.00pm	Fri 28th Feb	Kinder Bus Safety Program
Thurs 20th Feb	District Swimming Carnival	Tues 3rd Mar	Garden Club @ 11.10am
Mon 24th Feb	MNC PSSA Cricket Trials	Wed 4th Mar	NC Swimming—Coffs Harbour
Tues 25th Feb	Whole School Assembly @ 2.20pm	Tues 10th Mar	Whole School Assembly @ 2.30pm
Thurs 27th Feb	MNC Swimming Carnival	Tues 17th Mar	Garden Club @ 11.10am

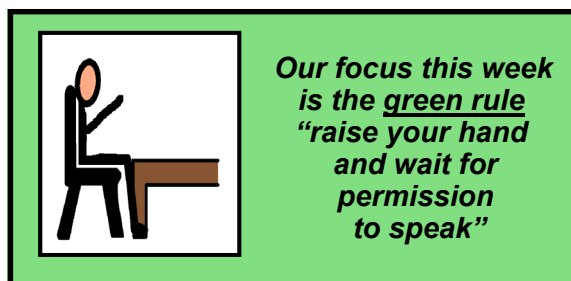
SWIMMING CARNIVAL

It didn't matter if you were a star swimmer, or if your biggest achievement was simply making it to the other end of the pool! It was impressive to see everyone just getting in and doing their best and putting in a big effort at last Tuesday's school swimming carnival. Not to mention gaining valuable points for their house! It was also great to see our students having a go despite the wet weather—Mr Ticli made good use of his pink umbrella as the rain settled in towards the end of the carnival! Thank you to the family members and friends who came along to cheer on and support our students. A huge thank you to Ms Eichmann for her organisation of the carnival and to the rest of the staff for performing their roles and ensuring a successful and fun day was had by all. Twenty eight students qualified to compete at the District Carnival in Macksville this Thursday. Good luck to them all!





NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



PARENT INFORMATION AFTERNOON

Each year, we hold an information afternoon where parents are invited to meet with teachers to find out about class routines, requirements, expectations and learning programs.

We will be holding these information sessions (not parent/ teacher interviews) on Wednesday afternoon 19th February. The following timetable will apply:

From 5.00 to 5.30pm: K Red, K White, 1/2 Teal, 1/2 Yellow and 2/3 Green

From 5.30pm to 6.00pm: 3/4 Blue, 4 Ruby, 5/6 Violet, 5/6 Maroon

We hope to see you here for this opportunity to ask about your child's classroom routines, expectations and learning programs.

SCHOOL COMMUNITY CHARTER

This is just a reminder that it is crucial that when parents and community members are in and around school grounds, at school functions, on social media or discussing school matters, that conversations need to be respectful. Unacceptable and offensive behaviour has no place in our community.

Our children are constantly watching and learning from us and our interactions with others. Schools need to be a place where positive relationships are formed and supported.

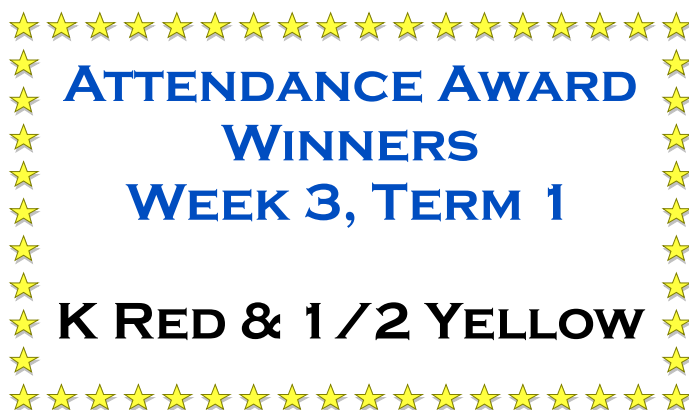
Please read the School Community Charter that I have included in this week's newsletter.

PARENTING IDEAS ARTICLES

From time to time, I will include articles with tips for us all from the Michael Gross Parenting Ideas for schools and parents in our newsletters. These articles can provide useful strategies to help support our young ones.

Today I am including an article titled '*Managing your child's anxiety*'. I hope that you take some time to read it.

Jane Martyn



LEADERS INDUCTION ASSEMBLY

School captains, leaders, class student representative council (SRC) members as well as sporting house captains and vice captains all proudly took their oaths to uphold their leadership commitments at our Leader Induction Assembly last Thursday. We are sure our new leadership teams will excel in 2020!



2020 School Captains & Leaders



Student Representative Council Members



Sporting House Captains & Vice Captains



2020 Swimming Champions

Also at the Thursday assembly, our swimming champions from last week's carnival were presented with their trophies and Samantha and Bayley, the house captains of Bellinger, were excited to hold up the shield for the winning house of the carnival. The first batch of fortnightly class award winners happily made their way to the stage to collect their certificate. A big congratulations to all our leaders and award recipients on the day. What a great way to start off the year.



WHAT'S DUE

- Yr 6 Leadership Camp payments and Medical Form
- Kindergarten Bus Safety Program permission note



NEWS FROM OUR COMMUNITY LIAISON OFFICER JENNY LUXON

KINDERGARTEN 2020

Our 2020 Kinders have settled in well to the beginning of their school adventure. Stay tuned to next week's newsletter to see what else they have been up to!



URUNGA COMMUNITY LIBRARY OPENING

Last Friday, Mollie Young, Archie Wall, Sammy Kennedy, Mr Patterson and myself went to the official opening of the new look Urunga Community Library. Many guests attended and it was our wonderful Captains first official duty. Sammy Kennedy did our school proud by playing "What a Wonderful World" on the flute. It was such a delight to see our students being excellent ambassadors for our school. Many thanks to the Urunga Library team for their continued support of our students and school. We value this important community partnership!



NRL TALK

Last Wednesday, students from Stage 2 and 3 had an opportunity to listen to Garry, Jasmin and Cory from the NRL. It was really exciting because Jasmin is a professional player for the Sydney Roosters and Cory plays for the South Sydney Rabbitohs! Their talk was about 'Respect' and why it so important in our lives.

Many of the students actually had a chance to get up and be physically involved in team-building activities. Core skills such as communication, encouragement and teamwork were evident and essential. Prizes were awarded to students getting involved by answering questions...there were many hands up indeed :)

Well done to everyone and the NRL, we have no doubt students at Urunga Public School will continue to demonstrate the outstanding levels of respect seen on a daily basis at school.

Mr Ticli



ACTIVE KIDS AND CREATIVE KIDS VOUCHERS

Active Kids and Creative Kids are programs designed to encourage more children to participate in sport, active recreation and creative and cultural activities.

Each year, parents, guardians and carers can receive two \$100 Active Kids vouchers (one per semester) to go towards physical activities for school aged children and one \$100 Creative Kids voucher. That's \$300 worth of savings per year for each child.

A Creative Kids voucher will help parents to cover some of the registration, participation and tuition costs on activities such as singing, drama, coding, languages, music, writing, drawing and photography.

The Active Kids vouchers can be used on sports, fitness and physical activities for registration, participation and membership costs.

The vouchers can be used once with an approved provider. To find out more, parents need to visit:

service.nsw.gov.au.

SCHOOL ASSEMBLY AWARDS TERM 1 WEEK 3

K RED	3/4 BLUE
Blair Haygarth	Dean Kennedy
Harriet Rampling	Lyla Fitzgibbon
Chilli Cameron	Lily Richardson
K WHITE	Celeste Smallmon
Dyakota Farrell	4/5 INDIGO
Zac Cumming	Asher Heward
Isabella Post	Travis Penfold
Sorren Smith	Ebonie Young
1/2 TEAL	Erin Wall
Birdie Tutt	5/6 MAROON
Isabelle Gilmore	Kiara Jarrett
William Carter	Violet Cooper
Hayden Richardson	Bayley Cavanagh-Rose
1/2 YELLOW	Phoenix Blight
Haylee Young	5/6 VIOLET
Tobias Sawyer	Jett Harry
Olivia Shearim	Samantha Kennedy
Tahlea Earnshaw	James Day
2/3 GREEN	Tegan Stone
Audrey Rampling	OTHER TEACHERS
Mason Harrison	
Archie Hardy	

MAKE ONLINE PAYMENTS

It is possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card, and can be made via computer, tablet or mobile phone. The payment page is accessed from the front page of the school's website by selecting [\\$ Make a payment](#).

Items that can be paid include voluntary school contributions, subject contributions, excursions etc. There is also a category called 'Other' to cover items not covered in the previous headings, 'Other' can be used to make a complete payment of a school Statement of Account.

When you access the [\\$ Make a payment](#) you must enter:

- the students name
- class
- date of birth

These details are entered each time you make a payment as student information is not held within the payment system.

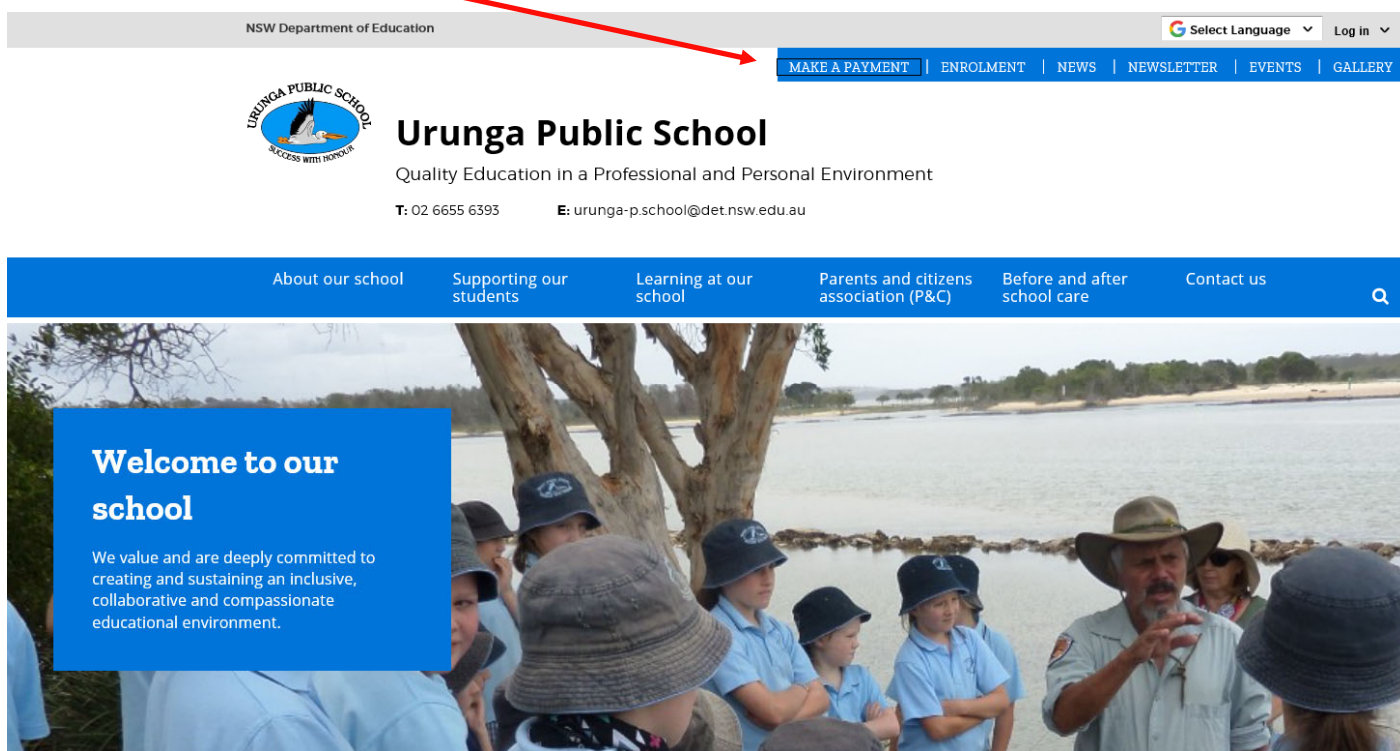
This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

For any enquiries regarding the online payment process please contact the School Office.

The [\\$ Make a Payment](#) button can be located as shown below.



The screenshot shows the top of the Urunga Public School website. At the top, there is a grey header bar with 'NSW Department of Education' on the left and 'Select Language' and 'Log in' on the right. Below this is a blue navigation bar with the following links: 'MAKE A PAYMENT', 'ENROLMENT', 'NEWS', 'NEWSLETTER', 'EVENTS', and 'GALLERY'. A red arrow points from the text 'The \$ Make a Payment button can be located as shown below.' to the 'MAKE A PAYMENT' link. Below the navigation bar is the school's logo, which features a swan and the text 'URUNGA PUBLIC SCHOOL' and 'SUCCESS WITH HONOUR'. To the right of the logo is the school's name 'Urunga Public School' and the tagline 'Quality Education in a Professional and Personal Environment'. Below this, the school's contact information is listed: 'T: 02 6655 6393' and 'E: urunga-p.school@det.nsw.edu.au'. At the bottom of the screenshot is a blue banner with the text 'Welcome to our school' and a paragraph: 'We value and are deeply committed to creating and sustaining an inclusive, collaborative and compassionate educational environment.' The background of the banner is a photograph of a group of students in blue uniforms and hats standing near a body of water.

EX-URUNGA PUBLIC SCHOOL STUDENT MAKES AUSTRALIAN TEAM. 2020 WORLD BOWLS CHAMPIONSHIPS: JACKAROOS TEAM CONFIRMED

Congratulations ex-student Corey Wedlock!

Bowls Australia selectors have confirmed the 10-strong contingent to be charged with the nation's hopes on home soil at the 2020 World Bowls Championships.

Having cemented his international spot over the past 12 months with both individual successes in national events and encouraging performances with the Jackaroos, Corey Wedlock (23) will make his World Bowls Championships debut.



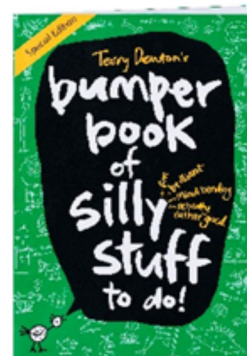
NEW 2020 SCHOOL BANKING REWARDS NOW AVAILABLE!

Student banking has kicked off for the year and there are exciting new Term 1 Treetop Savers rewards now available, while stocks last!

They are the **Terry Denton's Activity Book** and the **Mini Soccer Ball (size 2)**.

For every deposit made at school students will receive a silver Dollarmites token. Once students have individually collected 10 tokens they can redeem them for exclusive School Banking reward items, in recognition of their regular savings habits. There are two new items released each term so be sure to keep an eye out for them!

Thank you for supporting the School Banking program and remember, School Banking day is every Wednesday.



HEAD LICE

It's that time again! The head lice are out and about. Please check your child's hair regularly for head lice and eggs (nits) - use a fine metal **tooth nit comb** and plenty of cheap hair conditioner applied to the dry hair. This is a cheap method to see if your child has head lice, and if they do please treat with an approved head lice treatment. **It is very important to remove all the eggs and repeat the process regularly until you no longer find eggs or lice in your comb.** Eggs will continue to hatch over a ten day period.

Live Life Well @ School

Active Kids Learn Better

Children who participate in regular physical activity have:

- improved concentration
- better school attendance
- reduced inappropriate behavior
- better on-task classroom attention

Vigorous physical activity leads to higher exam results too!

Tips to keep your child active:

- walk or ride to school once a week or more
- enjoy active family time at the park or beach
- set screen time limits and replace with active play



Health
Mid North Coast
Local Health District



School Community Charter

 **Collaborative. Respectful. Communication.**

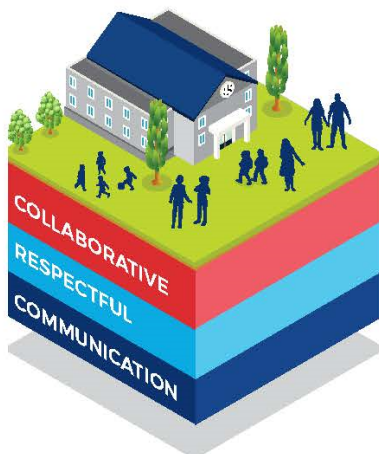
The following School Community Charter outlines the responsibilities of parents, carers, educators and school staff in NSW public schools to ensure our learning environments are collaborative, supportive and cohesive.

What our schools provide

NSW public schools work to create positive environments for students, staff and the entire school community that support student learning. We strive to ensure that every student is known, valued and cared for.

The best education happens when parents and schools work together.

The School Community Charter aligns with the NSW Department of Education Strategic Plan 2018 – 2022.



Positive environments

It is important that our NSW public schools are positive environments and that parents and carers are kept informed of students' progress and school announcements.

Parents and carers can expect:

- to be welcomed into our schools to work in partnership to promote student learning.
- communication from school staff will be timely, polite and informative.
- professional relationships with school staff are based on transparency, honesty and mutual respect.
- to be treated fairly. Tolerance and understanding are promoted as we respect diversity.

We treat each other with respect

We prioritise the wellbeing of all students and staff

Unsafe behaviour is not acceptable in our schools

We work together with the school

Ensuring respectful learning environments for all members of NSW Public Schools communities.



We create
collaborative
learning
environments

We
all play
a part

We work
in partnership
to promote
student
learning

Communicating with our schools

Our staff will find a time to talk to you when they can give you their full attention. Please remember that while our staff are in class or dealing with other matters, they may not be available to answer your questions immediately.

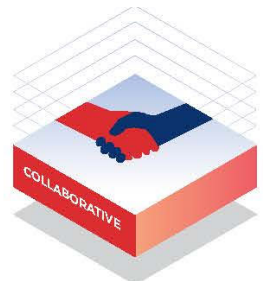
Our schools and communities will make sure that written communication is appropriate, fair and easy to read. We encourage you to use email and social media appropriately to connect with your school and stay up-to-date with up-coming events in the school community.

Our guide for parents, carers and students provides useful information about the complaints process: education.nsw.gov.au/about-us/rights-and-accountability/complaints-compliments-and-suggestions/guide-for-parents-carers-and-students

Respectful communication is a right

In all workplaces people have the right to feel respected. Unacceptable and offensive behaviour has no place in our school communities.

To ensure the wellbeing of students, staff and the community in our schools, steps will be taken to address unacceptable behaviour. This may include restricting contact with the school community or, in more serious cases, referral to NSW Police.



Unacceptable behaviour may include but is not limited to:

- Aggressive or intimidating actions, such as violence, threatening gestures or physical proximity.
- Aggressive or intimidating language, including the use of obscenities, making sexist, racist or derogatory comments or using a rude tone.
- Treating members of the school community differently due to aspects such as their religion or disability.
- Inappropriate and time wasting communication.



**Collaborative.
Respectful.
Communication.**

School Community Charter

education.nsw.gov.au

INSIGHTS

Managing your child's anxiety



If your child feels anxious reassure them that these feelings are a normal response to new people, events or potentially challenging situations. Help your child understand that there is a great deal they can do to manage their anxious feelings, so they can get on with the activities they enjoy.

Explain anxiety

If your child is anxious they may struggle to explain how they feel. An important first step in anxiety self-management is explaining to your child how anxiety works.

- Teach your child that the amygdala, the part of the brain that protects them, is always on high alert when they are anxious.
- Explain that the amygdala sees danger where there is none, but the body prepares to fight for life or flee from danger as if it's protecting them from a hungry lion.
- Talk about the changes that happen in their body to power them up to fight or flee including; increased heart and breathing rates and the pumping of the blood from the stomach to the arms and legs, which can cause nausea and even vomiting for some.

Help recognise anxiety-inducing events

Help your child to recognise the specific situations and events that make them feel anxious such as meeting new friends, sitting tests and fear of rejection. In this way you can help your child manage and minimise his feelings of anxiety.

Respond with empathy

When your child feels anxious, the part of the brain that controls rational thinking, decision-making and concentration temporarily goes offline. They can feel easily overwhelmed by simple, everyday events and situations. Rather than protecting your child by allowing them to avoid meeting these challenges, or dismissing them as trivial, validate their feelings with statements such as "I can see you're feeling worried about going to camp without your brother."

Managing anxious moments

Help your child develop the tools to regulate and push their anxious feelings to the background. Practise these anxiety management tools when your child is feeling calm, and it will be easier for them to practise when they are nervous. These include:

- Taking some deep breaths: Deep belly breathing from the diaphragm calms the amygdala, reducing feelings of anxiousness

parenting*ideas

- Bringing their attention back to the present: Use their senses to bring their attention to the present moment and away from their worries – “Tell me five things you see, four things you hear and something you smell”
- Getting them moving: Physical exercise is not only a great distraction but it releases feel-good endorphins that help children and young people feel better and more optimistic about the future
- Defusing their thoughts: Help your child to distance themselves from their thoughts by using distancing statements. Replace “I’m going to fail the test” with “I had a thought that I’m going to fail the test.” Rather than changing their thinking, assist your child to distance themselves from unhelpful thoughts

There’s a great deal you can do to help your child manage their anxiety. Start by assisting your child to understand the fundamentals of anxiety, show your understanding of their feelings and be ready to support them emotionally to push their anxiety to the background.



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.

COMMUNITY INFORMATION

URUNGA HOCKEY CLUB

COME PLAY HOCKEY AND HAVE FUN

ACTIVE KIDS VOUCHERS WELCOME

WHO: BOYS AND GIRLS AGED 4YRS TO 16 YRS



WHEN: SATURDAY MORNINGS

WHERE: ALL GAMES AT THE HOCKEY COMPLEX, STADIUM DRIVE, COFFS

Registrations being taken now.

For further information contact

Rhonda Smith 0457271071, Kristy Bourke 0428520390 or urungahockey@gmail.com

ALL NEW PLAYERS RECEIVE A FREE STICK PACK OR EQUIVALENT TOWARDS A STICK OF THEIR CHOICE.

FREE SKILLS/COME AND TRY SESSIONS

Sat, 22nd February & Sat, 21st March

9am-10:15am Minkeys 4yrs- 11yrs

10:30am - 11:45am 13yrs -16yrs

FREE SAUSAGE SIZZLE AFTER BOTH SESSIONS

Hockey Complex, Stadium Drive, Coffs Harbour

New players welcome! Existing players bring a friend and join the fun.

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)

EPphysio
Registered Provider



\$200*

Enquiries: Nikki 0413 038 860

Sue 0421 934 525



COME & JOIN US!



NSW RURAL FIRE SERVICE



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.
- Mowing 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

PREPARE ACT SURVIVE

© State of New South Wales through the NSW RURAL FIRE SERVICE 2018.

COFFS HARBOUR BASKETBALL

JUNIOR DOMESTIC COMPS

TEAM NOMINATIONS ARE OPEN
online
www.coffsharbourbasketball.com.au

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

OR CALL 66 511 452

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

GRADING GAMES
START
FRI 7TH & SAT 8TH
FEBRUARY

COMMUNITY INFORMATION

PLAY YOUR WAY



Play All Girls Junior Cricket

- Girls 15 & Under to learn and develop cricket skills through competitive match play
- All registered participants will be provided the option to nominate for Regional and Zone Academy selection
- **Venue/s:**
 - Session 1: 23rd Feb – Donnelley Welsh Fields, Macksville (Only Coffs Coast Region)
 - Session 2: 1st March – Reg Ryan Oval, Coffs Harbour (Only Coffs Coast Region)
 - Session 3: 8th March – Connell Park, Bellingen (Only Coffs Coast Region)
 - Session 4: 15th March - Verge Street, Kempsey (Combined Associations)
 - Session 5: 22nd March - Verge Street, Kempsey (Combined Associations)
- **Cost:** \$50
- **Time:** 9:30am – 1:00pm (Sessions 1-3), 9:00am-3:00pm (Sessions 4 & 5)
- Included: 1-hour skill-based coaching by accredited coaches + one match per day. Final two sessions will be two games.

Register at [playcricket.com.au](https://www.playcricket.com.au) – <https://www.playcricket.com.au/directory/chc/details/201-23786>

For further information contact Kate Jackson – kate.jackson@cricketnsw.com.au



JOIN THE FUN AT YOUR LOCAL CLUB
REGISTER AT [PLAYCRICKET.COM.AU](https://www.playcricket.com.au)

PROUDLY
PRESENTED BY



COMMUNITY INFORMATION



TERM 1 2020 SURFGROMS PROGRAMS

- Sawtell Beach: Saturdays 8am or 9.15am Group
Starts: 22nd 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 1st 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

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

0438 561370

www.solitaryislandssurfschool.com.au



U10's GALA DAY
"Exitisting & New Players Welcome"
FREE FOR ALL
"A great finish to a successful season
with a social hit with your team mates"

WHAT: Social Round Robin Competition
LOCATION: Fitzroy Oval, Coffs Harbour
DATES: SUN 1st March TIME: 10AM-1PM

ROUND UP YOUR FRIENDS TO PLAY IN THE 'SIXERS'
SOCIAL CRICKET COMPETITION!
NO PREVIOUS CRICKET EXPERIENCE OR SKILLS REQUIRED

- BBQ & Canteen Available
- Jumping Castle for fun
- Bookings contact:

Justin Gilbert - boomaboers@gmail.com - 0447 575 308

Bellingen Netball Association

Registration Day

Saturday 15th and 22nd 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



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 29th 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