

BONVILLE STREET PO BOX 21 URUNGA NSW 2455 email: Website: Tel: urunga-p.school@det.nsw.edu.au www.urunga-p.schools.nsw.edu.au 02 6655 6393



On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 26 TERM 3 WEEK 7 WEDNESDAY 2nd SEPTEMBER, 2020

IMPORTANT DATES

Wed 2nd Sept ICAS: Maths

Fri 4th Sept Gymnastics program

Mon 7th Sept Monday morning assembly - fortnightly class awards

Frid11th Sept Gymnastics program

K-6 CROSS COUNTRY 'FUN RUN'

It was a sea of blue and yellow for our modified 2020 cross country fun run last Thursday. There were many

smiling faces as well as some exhausted bodies after everyone put in their very best effort in their age races. The clapping sticks, tambourines and cheering from the spectators provided much encouragement as the runners made their way around the school circuit.

It was fabulous day and all the behaviour and sportsmanship of our students was outstanding. Bellinger was the winning house with a total of 261 points over Kalang who scored 205. Congratulations to everyone who participated. A massive thank you to Mr Ticli and his helpers who organised the day.

















NEWS FROM OUR PRINCIPAL MRS JANE MARTYN

WEEKLY SCHOOL RULE

The focus this week is the <u>yellow rule</u> "follow teacher instructions"



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

COMMUNITY FEEDBACK SURVEY

Leading up to the development of our School Excellence Improvement Plan for we have sent out a survey inviting your very valuable feedback and suggestions for consideration during our planning phase. We would really appreciate it if you could complete our short survey by Monday 7th September. We will also be surveying our students and staff.

UPDATED GUIDELINES FOR OPERATIONS DURING COVID-19

Guidelines for schools were updated last week. Following is a list of changes in guidelines as they will impact on us at Urunga Public School until further notice:

School attendance:

Students should be at school unless:

- they have a medical certificate which states that they are unable to return to school due to an ongoing medical condition and the expected timeframe
- > they are currently unwell.

In accordance with advice from NSW Health, parents and carers are reminded **NOT** to send children to school if they are unwell, even if they have the mildest flu-like symptoms. Schools will make arrangements for students who present as unwell or have flu like symptoms to be sent home.

NSW Health have requested that schools encourage anyone who is unwell or has even mild flu-like symptoms, to arrange to be tested through their local medical practitioner or one of the <u>COVID-19 clinics</u>.

Students and staff with flu like symptoms will **need to provide a copy of a negative COVID-19 test result before being permitted to return to school.**

Schools are not required to conduct widespread temperature screening or mandate the wearing of a mask.

All schools will be vigilant when implementing infection control, physical distancing and personal hygiene protocols to protect the health and safety of students and staff. Schools will promote the need to follow good hygiene practices such as:

- regularly washing hands
- > avoiding sharing drinks or food
- > coughing or sneezing into your elbow, or a tissue which should be discarded immediately
- Filling water bottles from bubblers rather than using the bubbler directly.

PARENTING IDEAS ARTICLE

This week's article is titled *'When relationships go wrong for girls'*. This is an article that focuses on supporting parents to help daughters to develop positive relationships.

KINDERGARTEN 2021

Our Kindergarten 2021 enrolment process has commenced. If you have a child that will be starting school next year, please contact our office for further details.



Take care Jane Martyn Principal



NEWS FROM OUR COMMUNITY LIAISON OFFICER JENNY LUXON

SPOTLIGHT ON 2/3 GREEN

Classroom Teacher:

Miss Kyle

Number of Students: 27

We have been enjoying a persuasive writing unit where, in groups, we had to create an invention that could help the world in one way. Each group created an amazing invention by designing and making them. After that we wrote persuasive speeches and we pretended we were on Shark Tank to convince a panel of judges that our invention was the best.

Our inventions were:

- \rightarrow A sucker machine that sucks away the corona-virus and gets rid of it for good.
- \rightarrow An explorer that could be sent into space or into the ocean to investigate areas unknown to man
- → A pet feeder machine that can feed your pets food and make sure they have enough water when you go on holiday. It also included a camera and microphone so you could interact with the animals.
- \rightarrow A calming pillow that sends you straight off to sleep with its calming tickles.
- → The plastic remover that collected the rubbish in the ocean and turned it into fish food. It worked by remote control.
- → A spy car-heli-boat which are 3 vehicles in one saving the world with the helicopter, boat, car. At the press of a button our invention would turn into any of these inventions.

We also loved learning and practicing our dance and lip sync battle.

Our favourite classroom activities are:

Every morning we do our daily 5's. We love how much fun these are. As a class we also love our number talks for maths. We enjoy listening to each other answer the question and working out different strategies. We also love doing art and creating our amazing masterpieces.

In 2/3 Green we love learning and are always being kind to each other.



PUBLIC SPEAKING FINALS - STAGE 2

Last Wednesday 26th August the Stage 2 finals for the Multicultural Public Speaking Competition were held in the top cola. All students did an outstanding job delivering their speech with confidence and gusto. Congratulations to Alyssa Meenahan and Jade Zmuda for making it to the next round in the competition. Thank you to Mr Patterson and Miss Reid for the extremely difficult task of adjudicating and providing wonderful feedback to all the finalists.

Mrs Prior



LIBRARY NEWS

It has been a fantastic time in the library these past weeks. I have thoroughly enjoyed having discussions with students about their favourite novels and areas of interest. Books are a wonderful way to spend time together, build your child's reading skills, and encourage questions. Reading only 20 minutes a day will expose your child to hearing 1.8 million words a year, which has been proven to help language development and understanding. So jump into a book today!

Bookclub orders were handed out last week, and a new catalogue distributed. If you would like to order, please return your order forms by **September 11th** (Friday week 8). Orders can be done through the Book Club LOOP online ordering system or by filling in the order sheet and returning it with the correct money to your child's classroom teacher.

There are a few students with **overdue library books**. Could you please take a minute to find any overdue books and send them into school. Thank you! **Miss de With**

You can find magic wherever
you look. Sit back and relax
all you need is a book!
Dr Seuss



P&C NEWS

Unfortunately due to the current situation with COVID-19, the P&C are unable to hold a Father's Day stall this year. We hope all the wonderful dads out there have great day this Sunday and are spoilt by their families. **Roz McLagan**

P&C President

HEAD LICE

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.

MORE PHOTOS FROM THE CROSS COUNTRY FUN DAY..

Check out our Facebook page for these photos plus many more!!

















Cross Country Fun Run 2020 Placegetters

	Girls		Boys
5yrs	Kayla Burgess	5yrs	Levi Crocker
	Zoe Egan		Christopher B
	Chilli Cameron		
<u> </u>			
6yrs	Indee White	6yrs	Justin Bond
	Mila McKenna		Kobi McClelland
	Dyakota Farrell		Kaius Heward
7yrs	Honey Danzey	7yrs	Hayden Richardson
	April Young		Tom Furze
	Tillie Hardy		Dusty Lewis
8yrs	Luxmi Fernandes	8yrs	Max Kelsall
	Sophie White		Jet Sticker
	Heidi-Lee Young		Kenny Morgan
9yrs	Siobhan Kealy-Banks	9yrs	Charlie Phillips
	Lyla Fitzgibbon		Jake Day
	Bella McKay		Dean Kennedy
10yrs	Jayda Crocker	10yrs	Asher Heward
	Kiara George		James Day
	Arabella Porter		Jett Harry
11yrs	Eibhlin Kealy-Banks	11yrs	Dougie Lewis
	Lily McCormack		Luke Earnshaw
	Osha Joosten		Jai Monro
17	Claire Veura	12	Review Coverage Dese
12yrs	Claire Young	12yrs	Bayley Cavanagh-Rose
	Mollie Young		Tulli Meakins
	Maddi McKay		Daniel Pryor
	1		



Sparky & Shady

Helping kids understand themselves so they can live happy, loving and fulfilling lives.



PLAY AT: Cofis Harbour Touch Association LOCATION: Coffs Harbour Touch Fields FOR MORE INFO: coffs-harbour.nswtouch.com.au SEASON STARTS FROM: Monday 12th October COMPETITION NIGHT/S:

Monday's from 5pm - U8 / U10 / U12s



GO TO PLAYNRLTOUCH.COM.AU



We want your opinion and ideas!

on 🎽

If you have children under school age or who have recently started school, or you are about to start a family, we would love to hear from you.

Neighbourhood Centres of Bellingen Shire is reviewing the services, activities and support available for families with children under school age in the Bellingen Shire and we want to know about your experience and what you think.

We want to hear from people with recent experience, about what was helpful, what wasn't and what else is needed in your community to assist and support families during pregnancy and the early years of parenting.

It is important to us that service-planning decisions are based on local needs.

If you want to help, please click on the link below to access the survey. It will take about 10 to 15 minutes of your time.

Support Needs Survey for Families with children under six

The survey gives the option for you to include your email address if you would like to receive the results directly. Otherwise, the survey results will be posted on our website and Facebook pages.

Thank you for your time and input.



COVID-19 Testing Clinics

As at 18th August 2020

Bellingen

- Register first by phoning Three Rivers Health 02 6655 0663
- Drive Through Testing clinic- Watson Street, Bellingen Open 1, 2pm Menday Friday
- Bellingen. Open 1–2pm, Monday-Friday.

Coffs Harbour

- Testing Clinic at the Health Campus in a white marguee near the Emergency Department.
- Open 8am–5pm, 7 days.
- Children under 5yrs must present to the Emergency Department.

Nambucca Heads

- Pre appointments via the Primary Health
- Network
- 65688688

************************************* ☆ LIMITED EDITION SCHOOL BEANIES ☆ **FOR SALE!** \bigstar ☆ $\overset{}{\swarrow}$ ☆ ☆ $\stackrel{\bigstar}{\bigstar} \stackrel{\bigstar}{\bigstar}$ \checkmark ☆ ☆ ☆ \checkmark \$12 ☆ ☆ SEE SHARON IN THE CANTEEN \checkmark Please note: only cash can be accepted at the canteen, alternatively they can be \checkmark ordered online.

COMMUNITY INFORMATION



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

parenting *****ideas

INSIGHTS

When relationships go wrong for girls



Girlhood relationships are so important, yet they can be both wonderful and awful in the same week. A friendship fallout hurts, but children need to know that arguing doesn't have to be the end of the friendship. Developmentally, some squabbling is vital because it helps kids learn about respectful conflict resolution. Here's how parents can help at these difficult times:

Listen to their story

When inevitable conflict arises, girls can often get caught in a 'rumination loop' replaying the scene over in their minds, like a song stuck on repeat, which makes things feel catastrophic. As a girl's brain is still learning how to interpret some responses, she may be misinterpreting a friend's words or signals. If this is the case, ask her to look for evidence to support her interpretation. Suggest your daughter talks to her friend privately in an assertive way. Help her plan the conversation beforehand, starting with 'l' words, which encourage her to own her feelings. She could say, 'l felt let down when ...' Model apologies at home. Help her think of ways to say, 'l'm sorry. Can we fix this?'

Discuss the shifting nature of friendships

Relationships don't always last. As girls grow their tastes and interests change. They want to explore the possibilities of new people and activities. This often leads to hurt when one girl is not ready for a shift.

Parents can help by explaining that changes in friendships are a part of growing up (although never an excuse for meanness). Rather than simply dismissing a girls' feelings as silly, acknowledge the hurt and gently reassure her there are many new, interesting people she will meet.

Expand her village

Ensure your daughter has friends in a few settings – a neighbour, a team mate, a family friend. They can provide a different connection and helps girls realise they are not alone.

Discuss toxic friendships

Most girls will experience the pain of interacting with a toxic 'friend' during their school years. This type of interaction is called relational aggression and serves to damage a person's sense of social place. For instance, a girl may appear to be friendly but she may use passive-aggressive strategies such as gossip, ostracism and online exclusion. These actions can be very confusing, leading to feelings of shame and loneliness.

When not given healthy ways to express their pain, girls can often internalise their emotions in unhealthy ways like such as through self-harm, anxiety, eating disorders and self- loathing.

parenting *****ideas

Allow her to express hurt

Allow your daughter the chance to process pain, vent or cry when they are hurting. Adults may not be able to change a toxic person's behaviour, but shouldn't underestimate the power of listening and being available. Don't assume that you know what your daughter needs. Rather ask, "What do you need from me in this situation?" When a relationship problem escalates it may need to be taken to the school for further intervention.

Provide growth opportunities

Help your daughter develop the skills for developing healthy friendships. Explicitly teach your daughter to think about what compassion, kindness and empathy look like in a friend and helps her recognise what it means to be a good friend herself.

Helping girls manage friendship issues can be exhausting so parent self-care becomes a priority during these times. Girls benefit enormously from having a caring, emotionally healthy adult in their lives who can support them and help them process their thoughts and emotions when peer relationships turn sour.



Collett Smart

Collett Smart is a psychologist, qualified teacher and author of <u>'THEY'LL Be OKAY: 15 Conversations To</u> <u>Help Your Child Through Troubled Times</u>. Collett has over 20 years' experience in private/public schools, as well as in private practice. She appears regularly in the media as an expert in teen and family issues, has delivered psychology seminars worldwide and is an Ambassador for International Justice Mission Australia. For further details visit <u>www.collettsmart.com</u>.



URUNGA VACATION CARE

Location: Urunga Public School, Bonville Street Phone: 0408 025 093 Office: 6655 2650 Session Times: Mon-Fri 7am – 6pm during school holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 th September 2020	29 th September 2020	30 th September 2020	1 st October 2020	2 nd October 2020
Art Attack Art Attack Lets get creative! We'll have waterpainting, marbling paint, sand art, water diffusing paper and more! Cost \$2.50	Outdoor Adventure DayDIY DayArt Attack ets get creative! We'll have waterpainting, marbling paint, sand art, water ffusing paper and more!Outdoor Adventure Day Today we're making Tee-pees, cubbies and mud pies! Spend the day outside, playing sports or games with your friends.DIY Day Make bracelets and necklaces from loon bands. Make your ow dreamcatchers or tr your hand at finger knitting!		Coding and Robotics Can you make 3D obstacle courses for the Ozobots? Use cardboard to make ramps, traps, arches, whatever you can imagine!	Lego Masters Lego Masters Today, we are going to become Lego Masters! There will be timed and themed challenges with prizes to be won!
5 th October 2020	6th October 2020	7th October 2020	8 th October 2020	9 th October 2020
Public Holiday Closed	$\frac{Clay Day}{Have another go at the pottery wheel or get your hands into some clay, create something amazing and when it's dry, we can paint them! \overbrace{K}^{(1)}$	Sensory Day Sensory Day Today we are making slime, oobleck, goop, cloud dough, fluffy slime and scented playdough! Cost \$2.50	Tie Dye Let's try tie-dying differently! This time we're going to use a different technique to dye our items! What crazy patterns can we create? Bring in your own items to tie dye. Shirts, pillow cases or socks! Shirts, pillow cases or socks! Cost \$2.50	Dress Up and Drama Day! Come dressed as your favourite character, or get dressed up at Vacation Care. Come up on stage and perform for your friends or make a movie together!
Please apply / update details for CC PLEASE NOTE: If children have a	S if you haven't already done so. For mo break between care of more than <u>thirt</u>	s as a reduction on fees. Applications for the re information on this process, visit educati <u>een weeks</u> , their enrolment will be cease (notifications) in their myGov account ar	on.gov.au/childcare d. The Service will update enrolment	details with Centrelink. It is the

OUR PROGRAM:	DIRECT DEPOSIT INSTRUCTIONS	
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, whils working together as a team. Our accredited services are supported by University and TAFE educated staff.	Bank: Bananacoast Community Credit Union BSB: 533000 A/C (Membership) No.: 100598866 Account name: Open Arms Care Inc.	STANDARD FEES Max of \$50 day(plus excursion costs where applicable).It is the parent/guardian's responsibility to complete and lodge their Child Care Subsidy (CCS)
	Parents using this facility need to ensure that they include the Child's name and service they attend as transaction details. E.g. J Smith Bellingen. (If this information is not included we have no way of identifying who made the payment)	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.



Program Information:

Monday 28th September: Lets get creative today. Use paper and natural/processed loose parts and let your imagination run free. Whether its acrylic, watercolour or oil painting, we have you covered.

Tuesday 29th September: Today is for outdoor adventures; Make teepees and cubbies, play sports and games, explore the natural landscape. We will have a picnic lunch outside together and make sure you bring a hat for today!

Wednesday 30th September: Make your own friendship bracelets, necklaces, bag pins. Trial your sewing skills by making hair scrunchies.

Thursday 1st October: Today we are going to use large pieces of cardboard to build mazes and challenges for our ozobots, using codes to solve them. Challenge or race your friends! Today we also have the option to make a Beyblade arena from the cardboard, if you would like to bring your Beyblades, today is the day!

Friday 2nd October: We are holding our own Lego building competition today with timed and themed challenges. Be creative and go into the running for a prize!

Monday 5th October: Public Holiday, we are closed.

Tuesday 6th October: Have another go at pottery making today. Experiment with different techniques to create animals, pokémon, flowers, vases and bowls.

Wednesday 7th October: Today may get a bit messy! We're going to make slime, different kinds of slime! Try making Oobleck, cloud dough and scented playdough! It will be a great sensory experience!

Thursday 8th October: We will be trying a different method of Tie Dye these holidays. Bring in an item of your choosing from home to tie dye; socks, shirts, pillowcases...anything you think needs a pop of colour!

Friday 9th October: Our last day and our chance to perform! Get dressed up and act out your favourite scenes on stage, or you might like to be the director, filming a movie with your friends!

THINGS TO REMEMBER:

PLEASE REMEMBER ON EXCURSION DAYS TO BE AT OSHC 15 MINUTES BEFORE THE DEPARTURE TIME TO FILL OUT PERMISSION NOTES, MEDICAL FORMS ETC

HOURS OF OPERATION - 7.00am – 6.00pm MONDAY TO FRIDAY during School Holiday period (excluding Public Holidays)

Sun Safety: No Hat, No Play (or play in the shade). Educators will endeavour to ensure that all children apply sunscreen throughout the day, 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. Please not singlet/spaghetti strap shirts or dresses

Food: Nutritious foods are essential for growing, playing and learning. Although we realise its 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. We are also a nut free zone. 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.

Open Arms Care Inc. URUNGA VACATION CARE

Location: Urunga Public School

Phone: 0408 025 093 Office: 6655 2650 Session Times: Mon-Fri 7am – 6pm during school holidays

PARENT/ CAR	PARENT/ CARERS FULL NAME: D.O.B			
CONTACT NUMBER:	Hm Ph:	Mobile Ph:		Wk Phone:
Address:	Email:		1:	
CHILDREN'S	1.		CRN	D.O.B
FULL NAME:	2.		CRN	D.O.B
	3.		CRN	D.O.B
	4.		CRN	D.O.B
	n fee (\$50) will be charged and in	n the case		EPAYMENT: This means that the fee or the cost of the excursion

Booking Form - Please indicate days required by writing child/rens name next to appropriate days

Monday 28th September 2020- Clay Sculpture Day:

Tuesday 29th September 2020 -Tie Dye:

Wednesday 30th September 2020 – Art Attack:

Thursday 1st October 2020 - Lego:

Friday 2nd October 2020 – Outdoor Adventure Day:

Tuesday 6th October 2020 - DIY Day:

Wednesday 7th October 2020 – Coding and Robotics:

Thursday 8th October 2020 - Sensory Day:

Friday 9th October 2020 - Dress up Day:

PARENT/GUARDIAN PERMISSION AND FEE POLICY ACKOWLEDGEMENT

I acknowledge the service fee policy and agree to abide by it and give permission to OAC staff to email my account for payment and the CCSS usage statement to the email address provided above Name: ______ Signature_____ Date: __/___

Addit	ional Information	
SWIMMING:	MOVIES/DVDS & VIDEO GAMES	
Please notify the staff about your child's swimm ability if your child is attending on a swimming excursion	Please notify the staff if you do not want your child to view G&PG movies or play video games	
To Lodge	e this Booking Form	
https://qkdoc.secure.for	HOW TO BOOK ONLINE OR VIA THE APP: <u>https://qkdoc.secure.force.com/QKDOC/articles/QikKids_Support_Documentation/C</u> asual-Booking-Management-Parent-Guide-1416289842579	
Scan and email to:	Hand deliver to:	
oshc@openarms.org.au	Shop 9-10, 31-33 Bowra St Urunga 2455	
BOOI	KING DEADLINE:	
We strongly recommend you book ASAP as vacancies fill up fast and we often have a waiting list.		