## URUNGA PUBLIC SCHOOL

**BONVILLE STREET** PO BOX 21 URUNGA NSW 2455

FMAII: WEBSITE: TFI:

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. 28** TERM 3 WEEK 9 WEDNESDAY 16th SEPTEMBER, 2020

IMPORTANT DATES			
Thurs 17th Sept	Stage 2 Cascade Incursion - Renewable Energy. Cascade comes to us!		
Fri 18th Sept	Gymnastics program		
Thurs 24th Sept	Dress Like a Pirate Day - Gold coin donation fundraiser for childhood brain cancer		
Fri 25th Sept	LAST DAY OF TERM 3 - HAPPY HOLIDAYS!		
Mon 12th Oct	Staff and Students return for Term 4		

## SPORTING SCHOOLS - TOUCH FOOTBALL

On Tuesday afternoons after school, students from Year 1 to Year 3 have been participating in a touch football program facilitated by Touch NSW. The program is part of Sporting Schools, a \$240 million Australian Government initiative designed to help schools increase children's participation in sport, and to connect them with community sporting opportunities. The program, coached by Judith McNeil, has been providing students an opportunity to learn and develop their touch football skills on how:

- You can only pass backwards.
- If you get touched with the ball, you have to put the ball on the ground and step over it.
- The person who collects the ball, known as the 'dummy half', should try to offload quickly because they're not allowed to get touched or score. If they do, it's a 'changeover' (the ball goes to the other team).
- The team that makes the touch has to get back seven metres before they can make another touch.

The students and teachers have been really enjoying learning the skills needed to play touch football. The school looks forward to providing further after school sporting sessions next term and continue to witness children appreciating being active and having fun.











## 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.



## **NEW NSW SCHOOLS UPDATES APP**

You can now download an app through the following link that allows parents and carers to receive operational status updates for NSW public schools at:

https://education.nsw.gov.au/parents-and-carers/nsw-school-updates-app

The app will complement the other means of communication available to parents and carers from schools and the Department of Education to ensure families receive timely, accurate information in a crisis. You can opt in for notifications about the operational status of as many NSW public schools as you choose.

## **COMMUNITY FEEDBACK SURVEY**

Leading up to the development of our School Excellence Improvement Plan for we have emailed 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 Friday 18<sup>th</sup> September. We will also be surveying our students and staff. Thank you to those who have completed the survey already.

## **TELL THEM FROM ME SURVEYS**

We have registered to participate in the Tell Them From Me survey again this year. Our students from Years 4 to 6 are invited to complete the survey twice during the year.

We also ask that all parents from Kindergarten to Year 6 complete the survey also. It is called the Partners in Learning. The anonymous information gathered by us from these surveys helps us to clarify and strengthen the important relationship between parent and school. Our wonderful team of teachers also complete the survey each year.

Thank you to those parents and carers who have already completed the survey. A link for the anonymous parent Partners in Learning survey was sent via SMS to you last week. Please let us know if you didn't receive a link to complete the survey. The survey window closes on Friday 23<sup>rd</sup> October.

## **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 <a href="COVID-19 clinics">COVID-19 clinics</a>.

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 'Wellbeing strategies for parents'. This is an article that focuses on supporting parents and carers wellbeing.

## **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



## **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, Monday-Friday.

## **Coffs Harbour**

Testing Clinic at the Health Campus in a white marquee 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



# NEWS FROM OUR COMMUNITY LIAISON OFFICER JENNY LUXON

## SPOTLIGHT ON 1/2 YELLOW

Classroom Teacher: Mr Hurley

Number of Students: 25

## Some interesting things we are doing in class:

Building a rocket ship!

- Making connections with other class members
- Building empathy towards others
- Becoming awesome readers
- Creating more interesting sentences

### Our favourite classroom activities are:

- Number talks and maths activities
- Mindfulness after lunch
- Brain gym to get our day started
- Making fun of Mr Hurley
- > Art
- ➢ iPads
- Writing
- History
- Science
- Word work

## **WHAT A GREAT CLASS!**



## WALK SAFELY TO SCHOOL DAY

Friday 11th September was National Walk Safely to School Day. This is usually held in May each year, however due to COVID, was moved to better accommodate students. We could not meet outside school grounds to walk as a collective group, so each student who did walk to school on Friday was awarded a participation certificate for their efforts. Some students even had parents/carers park a few streets from school and walk.

We also had a colouring competition to recognise this event. All entries are currently displayed on the 5/6 Violet window to admire. A secret judge was given the task to pick a winner from each stage, and two additional special mention packs were also given.

The winners were as follows: Early Stage 1: Indee White Stage 1: Lucy Hennessey Stage 2: Alyssa Meenahan Stage 3: Osha Joosten

Special Mentions: Dougle Lewis and Asher Hobson.

Thank you to the students who participated in both the walk and the competition.

## Ms Eichmann









## STAGE 3 HAND BALL COMP

The Stage 3 handball competition kicked off yesterday and continued on today with the first set of games in Round 1. There was some fierce competition, especially in the student v's teacher heats! The matches will continue through the week with the grand final to be played at the end of next week. By the look of the games so far, there has been a lot of practice going on lately! A big thankyou to our expert referees who have been doing a fabulous job.

#### **Mrs Prior**



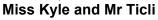






## 'DRESS LIKE A PIRATE' DAY

It's time to get dressed up as a pirate! Urunga Public School will be participating in the 'Dress Like a Pirate Day' fundraiser next Thursday 24th September to raise awareness and much needed funds for childhood brain cancer. A gold coin donation would be greatly appreciated on the day. We look forward to seeing everyone dressed up in their best pirate costume, or dressed in black, red and white.





## **SCHOOL PHOTOS - GROUPS**

School photos were handed out last week to everyone who made orders. We have also received the group photos that were taken of our School Captains, School Leaders, SRC, House Captains and Vice Captains, Year 6 and the Year 6 Fun photo.

These group photos can be viewed and ordered online at <a href="www.theschoolphotographer.com.au">www.theschoolphotographer.com.au</a> using the online ordering code below:

## 20S6071VT39U

The group photo prices are: \$18 each, 2 for \$34, 3 for \$46, 4 for \$58 or 5 for \$70.

The photos will be available to view and purchase ONLINE ONLY.

## parenting \*ideas

INSIGHTS

## Wellbeing strategies for parents



The coronavirus pandemic and its associated disruptions are beginning to take a toll on our mental health and wellbeing. You don't need to look far in your community or social networks to identify a worrying trend of people experiencing a range of challenging emotions including mood swings, despair, anger, sullenness and lack of motivation.

People who usually pride themselves on being able to manage most difficulties that come their way now find themselves suddenly unable to cope, leading to a profound sense of disappointment. A number of people have spoken about feeling guilty for being a less than perfect parent, partner, teacher, work colleague or friend during these times.

This inability to cope is understandable. Our capacity to adapt to acutely stressful situations such as natural disasters has been severely depleted by the long-term nature of the pandemic. It's common in situations of great uncertainty to feel exhausted and experience periods of burnout. Coupled with this is a sense of loss that many people feel – loss of connection to friends and family, loss of freedom and a loss of a way of life.

There is no handbook for functioning in a pandemic however it's apparent that we need to accept that our lives will be different for some time. It also helps to expect less of yourself, which is the opposite to how high-achievers and perfectionists ordinarily operate. Feeling comfortable with uncertainty takes some getting used to as most of us have an innate wish to feel in control.

#### Daily wellbeing treats

Self-care is a proven remedy to most wellbeing ailments, but it's ironic that for many of us our self-care activities have been restricted by the coronavirus. Coffee with friends, a massage or a visit to the gym and other such activities are out for many people. However, this doesn't mean that we should neglect our mental health and wellbeing. Instead we need to look closer to home for our regular wellbeing treats. Things that help include regular deep breathing to start the body's relaxation response, practising moments of mindfulness to shut down mental chatter, finding hidden exercise opportunities to promote moodenhancing endorphins and spending time each day in calm-inducing green space.

#### Resilience bank account

During my conversations one person described living in this era as "always feeling a little off balance, like standing in a dinghy in a rough sea and not knowing when the storm will pass."

Our mental reserves are constantly been called upon, so it's necessary to build regular practices into our lives that build our resilience. Hopefully, most of us had bulging resilience bank accounts before the pandemic hit but it's never too late start. Attending to areas such as sleep, good nutrition, regular exercise, relationship-building and self-care help keep our resilience buckets filled up.

Humans are adaptive and can get better at anything with practice, including living through a once in a century pandemic and all the changes it brings to our lives.

## parenting \*ideas



## **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.

**COME AND JOIN US AT** 

## **URUNGA NIPPERS**

Nippers is a great way for children aged 5 to 13 to make friends, be active and enjoy the beach in a safe environment.

#### Register online at

https://sls.com.au/join/

All <u>new</u> nippers must provide a copy of their birth certificate to urungasurfclub@gmail.com

Visit our website www.urungasurfclub.com.au for more info or call Lou on 0437 170 738



<u>25th October:</u> First Day of Nippers at Hungry Head











STARTING WEDNESDAY OCT 14TH

KIDS CIRQUEFIT CLASS.
GAMES, MOVEMENT DRILLS,
JUGGLING, HOOPING AND YOGA
AGES 7+
3.45-4.45
\$100 PER TERM

CREATIVE KIDS VOUCHERS
ACCEPTED

BOOKINGS ESSENTIAL!

Adult Hoop Class
Beginner hooping for ages 16+
5.00- 6.00 pm
\$12.50 PER CLASS OR \$100 FOR
TERM

@Mylestom Hall. Phone Lara on 0428 952 868

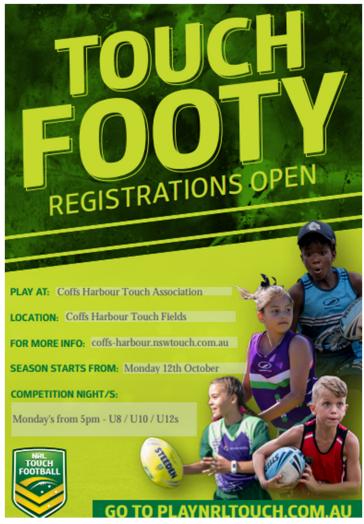






## **COMMUNITY INFORMATION**







## BELLINGEN SWIMMING CLUB

Want to get the kids into swimming this summer?

Swim Club is a great way for kids to improve their swimming and have fun at the same time. Suitable for kids from 5 years and up.

Practice race starts, develop confidence in difference strokes ready for the school swimming carnival and improve fitness in a relaxed, friendly environment.

Starts 16th October at 6pm, at the Bellingen Swimming Pool.

Come along for a free trial to find out more.

Children need to be accompanied by an adult. Active Kids Vouchers accepted

Contact: Jo Hodgson 0419 442 089



## Nambucca Heads Cricket Club Registration Day

We are holding a registration day for our cricket club on Sunday the 27th of September from 11am at Coronation Oval, Short St.

We are looking for boys and girls to join our under 12 team, we will also have a boys under 16's T 20 team.

Kit is supplied by the club and rego is \$100 which includes insurance, we also accept Active Kids Vouchers.

Any questions can be emailed to iane.donovan1@det.nsw.edu.au



## **COMMUNITY INFORMATION**







## URUNGA FOOD PANTRY

NEXT TO THE LAUNDROMAT IN CARDOWS ARCADE



groceries
FREE
bread
fruit & veg
with \$10 food purchases



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



## URUNGA VACATION CARE

Location: Urunga Public School, Bonville Street P

Phone: 0408 025 093

Office: 6655 2650

Session Times: Mon-Fri 7am – 6pm during school holidays

MONDAY	TUESDAY	WEDNESDAY THURSDAY		FRIDAY
28th September 2020	29 <sup>th</sup> September 2020	30 <sup>th</sup> September 2020	1st October 2020	2 <sup>nd</sup> October 2020
Art Attack Lets get creative! We'll have waterpainting, marbling paint, sand art, water diffusing paper and more! Cost \$2.50	Outdoor Adventure Day  Today we're making Tee-pees, cubbies and mud pies! Spend the day outside, playing sports or games with your friends.	Make bracelets and necklaces from loom bands. Make your own dreamcatchers or try 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  Today, we are going to become Lego Masters! There will be timed and themed challenges with prizes to be won!
5 <sup>th</sup> October 2020	6th October 2020	7th October 2020	8 <sup>th</sup> October 2020	9th October 2020
Public Holiday Closed	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!  Cost \$3.50	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!  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!

#### CHILD CARE SUBSIDY: WHAT YOU NEED TO KNOW

Child Care Subsidy (CCS) is a government subsidy offered to eligible families as a reduction on fees. Applications for the CCS are made through your Centrelink online account through myGov. Please apply / update details for CCS if you haven't already done so. For more information on this process, visit education.gov.au/childcare

<u>PLEASE NOTE:</u> If children have a break between care of more than thirteen weeks, their enrolment will be ceased. The Service will update enrolment details with Centrelink. It is the parent/guardian's responsibility to check their child's enrolment status (notifications) in their myGov account and confirm enrolment details where necessary to access CCS.

#### OUR PROGRAM:

Our program provides children with developmental opportunities that are focused 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, whilst working together as a team. Our accredited services are supported by University and TAFE educated staff.

#### DIRECT DEPOSIT INSTRUCTIONS

Bank: Bananacoast Community Credit Union
BSB: 533000 A/C (Membership) No.: 100598866
Account name: Open Arms Care Inc.

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)

### 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) 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.



## URUNGA VACATION CARE Program Information 28<sup>th</sup> September – 9<sup>th</sup> October 2020 Please note this page can be kept as a reminder of booke

(Please note this page can be kept as a reminder of booked days and activities)

### **Program Information:**

**Monday 28<sup>th</sup> 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 29<sup>th</sup> 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 30<sup>th</sup> September:** Make your own friendship bracelets, necklaces, bag pins. Trial your sewing skills by making hair scrunchies.

**Thursday 1<sup>st</sup> 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 2<sup>nd</sup> 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 5<sup>th</sup> October: Public Holiday, we are closed.

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

**Wednesday 7<sup>th</sup> 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 8<sup>th</sup> 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 9<sup>th</sup> 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 $7\mathrm{am}-6\mathrm{pm}$  during school holidays

PARENT/ CAR	PARENT/ CARERS FULL NAME: D.O.B				D.O.B
CONTACT	Hm Ph:	Mobile Ph:		W	k Phone:
NUMBER:					
Address:		Emai	il:		
CHILDREN'S	1.		CRN		D.O.B
FULL NAME:	2.		CRN		D.O.B
	3.		CRN		D.O.B
	4.		CRN		D.O.B
PLEASE CHOOSE YOUR DAYS CAREFULLY as ALL DAYS NOMINATED WILL REQUIRE PAYMENT: This means that the					
normal session fee (\$50) will be charged and in the case of excursions, a \$10 no show fee or the cost of the excursion					
(whichever is less)- will also be charged					

Booking Form - Please indicate days required by writing child/rens name next to appropriate days
Monday 28 <sup>th</sup> September 2020– Clay Sculpture Day:
Tuesday 29 <sup>th</sup> September 2020 −Tie Dye:
Wednesday 30 <sup>th</sup> September 2020 – Art Attack:
Thursday 1st October 2020 – Lego:
Friday 2 <sup>nd</sup> October 2020 – Outdoor Adventure Day:
Tuesday 6 <sup>th</sup> October 2020 – DIY Day:
Wednesday 7 <sup>th</sup> October 2020 – Coding and Robotics:
Thursday 8 <sup>th</sup> October 2020 – Sensory Day:
Friday 9 <sup>th</sup> October 2020 – Dress up Day:

PARENT/GUARDIAN PERMISSION AND FEE POLICY ACKOWLEDGEMENT				
I acknowledge the service fee policy and agree to all statement to the email address provided above Name:	oide by it and give permission	ion to OAC staff to email my account for payment and the CCSS usage  Date://		

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