

# URUNGA PUBLIC SCHOOL

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*On the traditional lands of the Gumbaynggirr people*

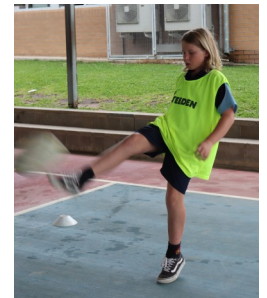
**NEWSLETTER NO. 36    TERM 4 WEEK 9    WEDNESDAY 1st DECEMBER, 2021**

## IMPORTANT DATES

Thurs 9th Dec	Presentation Day - due to COVID restrictions no parents to attend
Fri 10th Dec	Christmas Craft Day
Mon 13th Dec	Year 6 Farewell at Club Urunga
Thurs 16th Dec	LAST DAY 2021

### NRL CLINICS

Years 3 to 6 have been enjoying participating in a four week NRL program with the NRL's development officer Gary Stevenson. Gary has been instructing the classes in the basic skills of passing, kicking and tagging. They have been doing lots of different drills as well as playing some tag games. The students have all loved the sessions and have been very glad to be able to get out and about and play some sport. Even during the recent rainy weather the clinics were still able to go ahead under the COLA. A big thank you to Gary for making it such fun!





# NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



Giinagay Urunga community,

We acknowledge the traditional custodians of the land on which we live and work and we pay our respects to the Elders both past and present.

## LEADERSHIP OPPORTUNITIES

Yesterday, sixteen of our very talented Year 5 students delivered their speeches and we voted for our two School Captains and four School Leaders. The leadership team for 2022 will be announced at our Presentation Assembly on Thursday 9<sup>th</sup> December. We look forward to working with our new Leadership Team.

On March 18<sup>th</sup> next year, some of our Year 6 leaders will participate in our annual Leadership Day at Bonville Adventure Centre. Some of our students will also attend the Grip Leadership conference in May.

## YEAR 7 ORIENTATION

Our Year 6 students attended an Orientation Day at Bellingen High School on Friday. They have reported to us that they really enjoyed their day. They participated in activities that enabled them to experience a day in the life of a Bellingen High School student. Their experiences included learning how to follow a high school timetable and the introduction to some of the many of the subjects offered there. Our students also met many of their future teachers and Year 9 Mentors.

## CURRENT LEVEL 3 GUIDELINES

As announced by the Minister, from 8 November all NSW schools will move to updated Level 3 settings that bring school operations more in line with what is allowed in the community. I would like to update you on the key changes that will be in place at our school from Monday 8 November and for the rest of Term 4.

### Keeping us all safe on school grounds

A combination of layered COVID-safe plans and measures will allow us to prioritise student and staff safety and keep our school open. To do this, the following guidelines will be in place:

- Students, staff and visitors must not attend school if unwell, even with mild symptoms.
- All staff and adult visitors on the school site must be fully vaccinated and provide proof of vaccination.
- Masks are required indoors for all staff, adult visitors and strongly recommended indoors for primary students. Masks can be removed when eating or exercising.
- All staff and visitors must check in when attending a school site.
- Adults should maintain 1.5 metres physical distancing wherever practicable.
- Activities and events should be held outdoors where practical.
- Indoor spaces will be well ventilated and as large as possible for the number of attendees - following square metre guidelines.
- Students should avoid mingling with other class and year groups when moving around the school.
- Students and staff will maintain good hand hygiene and schools will continue with enhanced cleaning, including high touch points.



## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



### From 8 November

Our school will operate on updated Level 3 settings for the rest of Term 4 2021, with the following activities allowed in a COVID-safe manner:

- Assemblies and presentations are allowed outdoors, with cohorts separated and physical distancing in place. Fully vaccinated visitors (including parents and carers) are only allowed to attend if completing a specific role (such as presenting) and at the invitation of the school.
- Community use is allowed outside of school hours (including P&C meetings) with COVID-safe plans in place – in line with public health requirements.
- Dancing, bands, ensembles and music classes will be allowed within cohorts. However, everyone must wear masks while playing instruments indoors. Other instruments that rely on breath or require a mask to be removed to be played, as well as singing and chanting, are permitted outdoors from November 29. The sharing of these instruments is not allowed.
- Excursions are allowed outdoors (and indoors where sole use of the premises is available).
- Incursions are allowed indoors and outdoors where cohorts are kept separate.
- Graduations and formals are allowed within cohorts, either on school sites or at external venues – with COVID-safe plans in place and physical distancing adhered to.
- School sports are allowed, including inter-school sports and access to indoor and outdoor pools.

Transitions and orientations are allowed in a COVID-safe way that minimises mingling between students.

### Parents and carers on site to support school operations

Fully vaccinated parents and carers will be allowed on-site to support curriculum delivery, student wellbeing activities and school operations (for example reading support, canteens and uniform shops). Parents and carers must check in using the school check-in and show proof of vaccination on entry to the school site. Anyone over the age of 16 must be fully vaccinated to attend schools.

To help us to follow these guidelines, if you need to meet with someone, drop off or pick up students outside of the usual times, please phone our office in advance to organise the appropriate assistance.

When students or staff are experiencing any symptoms of COVID-19 and are unwell, they need to stay at home. For anyone displaying COVID 19 symptoms, a COVID test is necessary. They can only return to school when we have received proof of a negative test result and they are symptom free.

If a **positive COVID test** is returned, **please notify the school immediately.**

If restrictions or arrangements are changed, we will contact you via email and Facebook.

### PARENTING IDEAS ARTICLE

The Parenting Ideas article for this week is titled '*Parent self-care matters.*' It is an article that focuses on wellbeing and mental health.

### ADDITIONAL INFORMATION

For additional information on the Departments response to COVID-19, please visit the Departments' [website](#). This includes the [Advice to Families](#).

Further information on COVID-19 is available on the NSW Government [website](#).

I thank you very much again for your ongoing support and co-operation during these challenging times.

If you have any questions about anything, please don't hesitate to give me a call.

Take care

**Jane Martyn**



## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

# Sunflowers in the Garden

Summer has arrived in the garden with the blossoming of sunflowers! Unfortunately the rain has made it hard to get our hands dirty, but there is plenty to harvest. We currently have radishes, beans, cabbage, corn and cucumbers going strong. Fingers crossed for some clearer skies so we can start the harvest.



### LIONS YOUTH OF THE YEAR

Urunga Lions Club will be holding an information forum for the Youth of the Year Program, 2022 on **Sunday, 5th December at 11:30am**. This program is for youth aged 16-18 years. Parents and all potential entrants are welcome to attend!

If you have older children, extended family or friends who might be interested in this fantastic program, please share it with them!

For more information about Lions Youth of the Year, you can visit their website at [www.lionsclubs.org.au](http://www.lionsclubs.org.au).



**Lions youth of the year program**

**hello!**

**Will you be leaving school in the next year or two?**

Would you like to:

- enhance your prospects for entering tertiary education and gaining employment?
- develop new friendships and networking opportunities with other like - minded students?
- optimise your leadership and citizenship qualities and play a constructive role in the community?
- gain experience in presenting yourself to prospective employers and speaking in a public forum?

**then consider entering Lions 'Youth of the Year' program!**

## LEADERSHIP FOR 2022

Yesterday we heard speeches from the sixteen Year 5 students who have nominated for our school leadership team next year. Well done to everyone for their wonderful and inspiring speeches. After listening to each speech, the rest of the school voted for whomever they believe will make the best leaders. Our 2022 School Captains and Leaders will be announced on Presentation Day on 9th December. Good luck everyone!



## PRESENTATION DAY 2021

This year's Presentation Day will be held on Thursday 9th December. We will be now holding a whole school Presentation Day starting at 9:30am.

Unfortunately, due to COVID 19 restrictions, parents are unable to attend.

## YEAR 6 FAREWELL

We are excited to announce that the Year 6 Farewell will be held on Monday 13th December at Club Urunga (Urunga Bowling Club) starting at 5.40pm and finishing at 8pm. Year 5 students are invited to attend from 7-8pm for after dinner festivities. Students this year have chosen a 'sporting' theme.

As this is an off-site venue, parents of Year 6 students will be able to attend from 5.40pm - 6.10pm for the formal proceedings if they are double vaccinated (as per Club Urunga guidelines) and then again at 7.45pm for the cutting of the cake.

Invitations will be handed out this week. We look forward to celebrating with our wonderful Year 6 students.

## YEAR 7 TRANSITION DAY

Year 6 students that will begin Year 7 at Bellingen High School next year attended an Orientation Day last Friday. They met many other students from other schools around our area that will join them to start off their high school journey and participated in many different activities throughout the day. Here is what a few of the students had to say about the day.

*"I was nervous at first but then felt really welcome. I saw heaps of past students and people I know. I made new friends and everyone was so welcoming. I am really looking forward to next year"* **Jayda**

*"We met all of our teachers on the day and lots of new people. It was easy to make new friends and find our way around. We did work in classrooms and also lots of fun activities. I can't wait for next year!"* **Lyla**

*"It was really good, lots of fun and everyone was really nice"* **Roberta**



## MESSAGE FROM OUR SCRIPTURE TEACHERS

The Urunga Scripture teachers wish you and your families a joyful Advent and a very happy Christmas. We hope you have a safe and happy holiday, and look forward to seeing you next year.

Click on the link below to receive your Christmas card, a variety of craft and cooking activities, as well as links to Advent and Christmas songs, family prayers and more.

[https://drive.google.com/file/d/18s\\_aKLPZpbTeRs6ncY8w-GzdN1QqU8oe/view?usp=sharing](https://drive.google.com/file/d/18s_aKLPZpbTeRs6ncY8w-GzdN1QqU8oe/view?usp=sharing)

## CHRISTMAS HAMPER RAFFLE

A book of ten raffle tickets for our Christmas hamper raffle was sent home with every child. Tickets are 50c each and the winners will be drawn on Presentation Day - Thursday 9th December. More ticket books are available from the office.

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



## HEAD LICE

We have had some reports that the head lice are out and about again. 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.

## 1000 MINUTE READING CLUB

Congratulations to another great reader from 1/2 Yellow. Mrs Martyn presented Chilli with her 1000 Minute Reading Club certificate this morning. Chilli was very proud to receive it! We are sure Chilli will keep up the great reading and enjoy many books!

## LIBRARY NEWS

Our Christmas Book Fair was a very exciting and busy week, and once again very successful THANKS to the excellent support of our students and parent community. I appreciate just how difficult the COVID restrictions made it this year for parents and carers. Usually, you would have the opportunity to visit and view what is available at the Book Fair and be a part of the excitement as you browse and negotiate with your children. I thank you for your patience and cooperation and welcome your feedback as I endeavour to ensure parents and students have a positive experience at each Book Fair. With the commission earned at this Book Fair I have chosen a selection of picture fiction, short chapter fiction and Non-fiction fact books that are not already held in the library collection. These exciting new titles will be available for student borrowing in the new year.



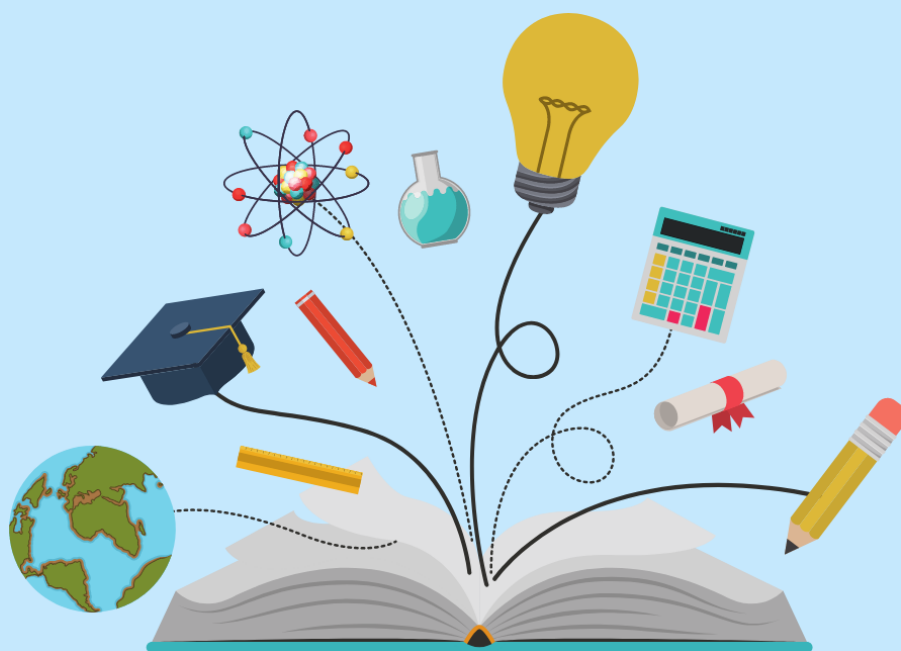
**Book Club** - processing Issue 8 orders: The Parent LOOP will be closed to further orders on Friday 3rd December. I will disperse Book Club orders to applicable students as soon as they arrive - unless your order was marked as a 'gift' in which case I will contact you and make pick up arrangements.

**Library Borrowing ceases for the year** - This week I have informed students that there will be no further borrowing from the school library but have also made it clear that students have time to finish books they are currently reading before returning them. I will once again ask that you assist your child/children in locating and returning any library items they may have still outstanding.

In particular, I appeal to our Year 6 students to ensure they have returned all their library books before leaving our school.

I would like to take this opportunity to wish all our Year 6 students the very best as they step up and out to walk new learning paths in new environments. I would also like to thank our wonderful parent community for your ongoing support throughout the year.

Thank You  
**Geri Jensen (Teacher Librarian)**



URUNGA PUBLIC SCHOOL

# PRESENTATION DAY

*Thursday 9 December*  
*Starting at 9.30am*

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**2022 School Captains and School Leaders  
will be announced.**

**Christmas Raffle will be drawn.**

**Unfortunately, due to COVID restrictions,  
parents and carers will be unable to attend.**

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## INSIGHTS

### Parent self-care matters



Parents are known for putting their children's needs ahead of their own. With the mantra of 'be involved' in your child's life a dominant parenting message, it's now common for parents to neglect their own social and wellbeing to give their children the best possible start in life. This selfless approach is commendable, but questionable if it means you are constantly stretched, stressed and tired. Parenting is draining. Kids by their very nature take more than they give. Even the most loving, affectionate child will exhaust you at times so it's important to replenish, refresh and reinvigorate yourself.

Parenting author Maggie Dent says, "If we don't care for ourselves, not only do we run the risk of parenting less effectively and compassionately, but we are not modelling self-care for our children." Taking time for yourself seems obvious, however, the reality for many parents is that they are hard-wired to prioritise the wellbeing of others.

Start by giving yourself permission. Setting strict boundaries around key self-care activities help to make sure self-care happens. Turning occasional self-care into an ongoing habit is a great way to make sure you look after yourself. First, you need to give yourself permission to prioritise mental health and wellbeing, at least some of the time. So, what self-care activities should you be prioritising?

#### Get physical

Exercise is great for both mind and body. It releases endorphins, the feel-good hormone that enhances mood and helps put you in a positive state of mind. Exercise releases cortisol, the stress hormone, which builds up gradually over time, leading to anxiety and depression if not managed. You don't need to go to the gym to get the benefits of exercise. A brisk daily walk is an excellent self-care strategy for busy parents. It's affordable, accessible and has the bonus of taking you outside, which has added wellbeing benefits.

#### Stay social

Alfred Adler, the father of individual psychology, maintained that the people who lived the most content lives paid close attention to their social lives. When children come along, a parents' social life can easily play second fiddle to that of their children. Alternatively, social media becomes the main mode for staying in touch with friends, which is a poor replacement for face-to-face contact. One way of staying social is to schedule activities such as playing sport, joining a book club or sharing a coffee that keeps you connected to other adults.

#### Be mindful

Staying in the present moment, even for just a minute or two, can help you better manage parenting stresses. Engaging your senses is a good way to relax and find some inner peace. Enjoying the present moment, or mindfulness, can be practised by taking a walk, listening to music, or a taking a five minute meditation. Breathing exercises help reduce stress, so incorporate deep breathing into your daily routine to help stay fresh and alert.



# parenting \* ideas

## Seek out play

If you think that play is just for kids, then think again. Everyone needs activities in their lives that sustain them and bring them joy. It's important to expand the definition of play to include hobbies and interests such as music, collecting things, making, tinkering and performing. Playful activities that contribute to parent self care are freely chosen, fun and create a state of flow so that you become lost in the activity. Playful activities boost your mood and help you manage the challenges and enjoy the pleasures of family life.

## Decide to savour

If you feel that you're always in rush, the chances are that you don't have the opportunity to savour anything. Whether it's the first cup of coffee in the morning, snuggling up to your child at bedtime or reading a favourite book before bed, commit to savouring something and make it a daily habit.

## In closing

Taking care of your physical, psychological and social needs helps you be the best parent you can be. Set aside time for self-care even when you feel like you don't have a single second to devote to yourself. Experiment with different self-care activities to figure out which strategies work best for you, your family and your lifestyle.



### 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.

# GO 4 FUN<sup>®</sup>

## HEALTHY ACTIVE HAPPY KIDS



# FREE

Fun program for kids to become fitter, healthier and happier

### Help your 7-13 year old child get healthy, active and happy with Go4Fun<sup>®</sup>.

Go4Fun<sup>®</sup> is a ten week healthy lifestyle program for kids aged 7-13 who are above a healthy weight, and their families. Sessions run once a week for two hours after school, during term.

Registrations are now open.  
Call to find out about your local program.



TO REGISTER: FREE CALL  
**1800 780 900**

SMS 0409 745 645 for a call back  
Register online at [www.go4fun.com.au](http://www.go4fun.com.au)  
f [www.facebook.com/go4funprogram/](http://www.facebook.com/go4funprogram/)



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## BELLINGEN COVID CLINIC - CHANGE OF TIMES

As of Monday 25<sup>th</sup> October 2021, the operation of the Bellingen 'Drive Thru' COVID testing clinic has changed.

After 19 months in the hot seat, the service will no longer be GP run, but instead will be operated by Sullivan Nicolaides pathology.

They will provide COVID testing from **12:30-1:30pm Monday to Friday** (excluding public holidays).

No booking is required – just turn up with your Medicare card or photo equivalent.

Below is a list of the current Coffs Region COVID testing sites.

# COVID TESTING – COFFS REGION

## @ Monday25/10/21

### COFFS HARBOUR

<b>CH Drive Thru Clinic</b> <i>(kids under 6yrs go to ED)</i>	CH International Stadium, Stadium Drive, CH	8:30am – 4:30pm Weekdays 8:00am – 2pm Weekends	No appointment necessary (or form)
<b>Sullivan Nicolaides</b>	80 Albany Street, CH (go go back of building)	7:00am – 5:00pm Weekdays 7:30am – 10:30am Saturdays	No appointment necessary (or form)

### BELLINGEN

<b>Bellingen Drive Thru Clinic</b>	15 Watson Street, Bellingen (old Bellorana Hostel)	12:30 – 1:30pm Weekdays (excluding public holidays)	No appointment necessary (or form)
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### NAMBUCCA / NAMBUCCA HEADS

<b>Nambucca Respiratory Clinic</b>	Nambucca Shopping Plaza Giinagay Way, Nambucca	8:30am – 4:30pm Weekdays 8:00am – 2pm Weekends	Book online via HotDoc or ph: 6568-8688
<b>Sullivan Nicolaides</b>	14/38 Ridge Street, Nambucca Heads (Seascape Mall)	7:30am – 2:00pm Weekdays	No appointment necessary (or form)

### MACKSVILLE

<b>Macksville Drive Thru Clinic</b> <i>(kids under 6yrs go to ED)</i>	11 Dudley Street, Macksville	9:00am – 1:00pm Weekdays	No appointment necessary (or form)
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Friday 17 <sup>th</sup> December. Centre Closed Bellingen OSHC open if you require care				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20 <sup>th</sup> December	21 <sup>st</sup> December	22 <sup>nd</sup> December	23 <sup>rd</sup> December	24 <sup>th</sup> December
<p><b>CHRISTMAS SENSORY EXPERIENCES</b> Explore the sensory experiences of Christmas</p>  <p><b>COST: \$2.50</b></p>	<p><b>CHRISTMAS TIE DYE EXPERIENCES</b></p>  <p>Bring in your own items to tie dye. Shirts, socks, hats to create Christmas pressies or 60s themed items. <b>COST: \$2.50</b></p>	<p><b>BIG BANANA WATER SLIDE</b> <b>JETTY FORESHORE PLAY.</b> Off to the Jetty Foreshores for a play at the park! Then to have a blast on the water slides <b>Depart: 9:30am</b> <b>Return by: 2.00pm</b> <b>Cost: \$25.00</b></p> 	<p><b>CHRISTMAS BAKING</b> Put on your chef hat and make Christmas cupcakes, scrolls and brownies.</p> 	<p><b>CHRISTMAS PYJAMA PARTY</b> Come in your best Christmas Pyjamas, settle in with a hot choccie and popcorn for some classic Christmas movies.</p> 
<b>Urunga OSHC will be closed between the 25<sup>th</sup> of December 2020 and return for January Vacation Care on the 4<sup>th</sup> of January 2021</b>				
3 <sup>rd</sup> January	4 <sup>th</sup> January	5 <sup>th</sup> January	6 <sup>th</sup> January	7 <sup>th</sup> January
<p><b>Centre Closed</b> <b>New Years</b> <b>Public Holiday</b></p>	<p><b>BELLO POOL &amp; CONNELL PARK</b> We're heading to the Bellingen pool for a swim, then we will have lunch at Connell park <b>Depart: 9:14 am</b> <b>Return: 1:40pm</b> <b>Cost: \$8.00</b></p> 	<p><b>MEXICAN FIESTA!</b> Put on your sombrero for a Mexican themed day</p>  <p><b>Cost: \$5.00</b></p>	<p><b>CRAZY SOCK DAY</b> Come dressed in the craziest socks you have. With arts and crafts, making sock puppets and grass heads. It's up to you!</p> 	<p><b>SUMMER FUN!</b> Let's make our own water slide and water fun day! Water guns, balloons and our own waterslide!</p> 
10 <sup>th</sup> January	11 <sup>th</sup> January	12 <sup>th</sup> January	13 <sup>th</sup> January	14 <sup>th</sup> January
<p><b>CINEMA EXCURSION</b></p>  <p>We're heading for a play at Diggers Beach in the morning then off to Coffs Harbour Cinemas for a movie with popcorn and drinks. <b>Depart 9.45am</b> <b>Return 3.00pm</b> <b>Cost \$26.00</b></p>	<p><b>NINJA WARRIOR</b></p> <p>Today's all about those ninja skills! Traverse the obstacle courses and beat the clock to become the ultimate ninja warrior.</p>	<p><b>Talent Show Day</b></p>  <p>Gymnastics, magic shows, drama, fashion shows, music, rap, dance; we want to see it all! Work with a group, a partner or create a solo act for our grand afternoon talent show.</p>	<p><b>DESIGN DAY</b></p> <p>Let your creative juices flow and become a designer for the day. Whether it be to explore the world of textiles or wood.</p>  <p><b>COST: \$2.50</b></p>	<p><b>BELLINGEN BOULDERING AND ROCK CLIMBING WALL</b></p>  <p>Today we will be going across to the Bellingen Youth Hub to test our skills on their Rock Climbing Wall. <b>Cost: \$2.00</b></p>
17 <sup>th</sup> January	18 <sup>th</sup> January	19 <sup>th</sup> January	20 <sup>th</sup> January	21 <sup>st</sup> January
<p><b>ARTS, CRAFTS and DIY</b> Today is all about getting creative! With lots of different creative options for everyone.</p>  <p><b>COST: \$2.50</b></p>	<p><b>ARCHERY AND JETTY VISIT.</b> The children will be attending Sherwood archery and ball games at Jetty Foreshores</p>  <p><b>Depart: 9.45am</b> <b>Return: 1.30pm</b> <b>Cost: \$25</b></p>	<p><b>60'S DISCO PARTY</b> Come dressed in your tie dye for a 60's themed party. Travelling back to the 60's where its bright colours, flower power</p> 	<p><b>SPRINGLOADED &amp; BONGIL BONGIL PICNIC AREA</b> Have a bounce at springloaded! On the way back we will stop at Bongil Bongil Picnic area for lunch and a play. <b>Depart: 9:45am</b> <b>Return: 2.30 pm</b> <b>Cost: \$24.00</b></p>	<p><b>AUSTRALIA'S DAY</b> Today we celebrate all cultures in Australia. There will be cultural arts and crafts of all types; flags, lanterns, ochre and finger painting and lets not forget our sausage sizzle lunch <b>Cost: \$2.00</b></p> 
24 <sup>th</sup> January	25 <sup>th</sup> January	26 <sup>th</sup> January	27 <sup>th</sup> January	28 <sup>th</sup> January
<p><b>BIG BANANA LASER TAG &amp; COFFS BOTANIC GARDEN</b> 2 Lasertag missions then lunch and a walk at the Coffs Botanic Garden <b>Depart: 9.45am</b> <b>Return: 2.00 pm</b> <b>Cost \$25.00</b></p> 	<p><b>Harry Potter Day</b></p>  <p>Put on a wizards hat and grab a wand! Today we will be learning how to make slimy magic potions and even try our hand at herbology. <b>COST: \$2.50</b></p>	<p><b>Centre Closed</b> <b>Public Holiday</b></p>	<p><b>MULTI ACTIVITY DAY</b></p> <p>Last Day of Vacation Care and lets go out with a bang. We will have some art and craft, allow free play outside of the floor is lava and cubby building. Encouraging the children to enjoy the last day before school returns</p>	<p><b>Centre Closed</b> <b>Bellingen OSHC open if you require care.</b></p>

**Program Information:**

**20.12.21 Christmas Sensory Experiences:** Christmas sensory experiences; create Christmas themed slime, scented putty or dough, make fake snow and explore natural resources.

**21.12.21 Christmas Tie Dye Experience:** Let's celebrate Christmas, wear your tie dye outfits and let's listen to Christmas Carols for inspiration! There will be the option to tie dye using both squirty bottles and dip-dyeing, so choose your favourite or do both. We will provide socks to tie dye, or you can bring in your own white clothes to dye if you wish for Christmas presents.

**22.12.21 Big Banana Water Slide- Jetty Foreshore Play:** Departing at 9.15am, off to play at the Jetty Foreshores Park before the Big Banana Water Park today for a whole lot of fun on the water slides. Please pack swimmers and a rash shirt, a towel, hat, lunch and water bottle. Returning at 2.30pm.

**23.12.21 Christmas Baking:** Today we are going to get in the Christmas spirit and do some Christmas baking! We will be making scrolls, brownies and cupcakes. Decorating with Christmas sprinkles and icing.

**24.12.21 Christmas Pyjama Party:** Get comfy, get cozy, come in your best Christmas pyjamas. We will have hot choccies and popcorn while watching movies. There will be plenty of time to finish up those last minute gifts and wrap presents for family and friends.

**URUNGA OSHC Closed 25.12.21-3.1.22**

**4.1.22 Bello Pool and Connell Park:** We will be departing at 9.15am by public bus to St Mary's and walking to the pool. After a morning swim at the pool, the children will have lunch at Connell Park and a play before returning at 1.40pm

**5.1.22 Mexican Fiesta:** Mexican for lunch, piñatas, Mexican themed activities and music, feel free to dress up whilst we explore different cultures of the world!

**6.1.22 Crazy Sock Day:** Come dressed in your craziest socks you can find, the children will be creative with socks by making puppets, grass heads etc.

**7.1.22 Summer Fun:** Today we will be cooling off with a tarp water slide, water fights, with water balloons and water guns. Bring spare clothes, a towel, hat and rash shirt.

**10.1.22 Cinema Excursion:** Off for a play at Diggers Beach before heading to Birch Carrol and Coyle to watch the spooky movie Addams Family 2.

**11.1.22 Ninja Warrior:** Traverse through challenges and obstacle courses, there will be timed challenges and you will have to utilise your ninja skills to become an ultimate ninja warrior.

**12.1.22 Talent Show Day:** What is your favourite hobby, what are you talented at, what can you entertain us with. Work on your own or work with your friends. There will be a grand afternoon talent show.

**13.1.22 Design Day:** Let your creative juices flow and become a designer for the day exploring the world of textiles and wood.

**14.1.22 Bellingen Bouldering and Rock Climbing Wall:** Lets climb, children will attend in small groups the Bello youth hub to climb and explore the climbing wall.

**17.1.22 Arts, Crafts and DIY:** Get creative today with different art, craft and DIY activities on offer

**18.1.22 Archery and Jetty Visit:** Off to visit Sherwood Archery in Coffs Harbour to learn new skills in small groups. At the Jetty Foreshores the children will play ball games and be creativity in nature.

**19.1.22 60's Disco Party:** Blast to the past! Tie Dye dress up for a 60's disco and get ready to twist! With Just Dance, dance games, and prizes for the best dressed and best 60's dance moves! We will say goodbye to our friends that are off to high school and send them off with a bang!

**20.1.22 Springloaded and Bongil Bongil Picnic Area:** Departing centre at 9.45am, we are heading to Springloaded trampoline centre then over to Bongil Bongil for lunch for bush adventuring. Returning to centre at 2.30pm (Socks must be worn at Springloaded).

**21.1.22 Australian's Day:** We will be celebrating the multi culturist society that makes our community. We will be celebrating all cultures through arts, crafts and physical play. Lunch will be a Sausage Sizzle.

**24.1.22 Big Banana Laser Tag and Coffs Botanic Garden:** Departing centre at 9.45am today, going to The Big Banana Lasertag where the children will work together in teams to try and defeat the other teams with 2 missions, seeing who can score the most points. Then to the Coffs Harbour Botanic Garden for a picnic lunch and a walk through the gardens exploring flora and fauna. Return to centre at 2.00pm. Cost is \$25 per child.

**25.1.22 Harry Potter Day:** Potions, wand making, herbology, spell creating will be today's activities. We will look and visit all things Harry Potter. Will you be team Ravenclaw, Slytherin, Hugglepuff or Griffyndor?

**27.1.22 National Puzzle Day:** How many puzzles can we complete in one day? We will make math puzzles and picture puzzles.

**28.1.22 Multi Activity Day:** The children will be going out with a bang. Lots of free plays outside and inside using what we have left over from the holidays and what interests the children have gained from the holidays. Let's enjoy the last day

## STANDARD FEES

Max of \$50 day (plus excursion/activity 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.**

## 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](http://education.gov.au/childcare)

**PLEASE NOTE: If children have a break between care of more than 14 weeks (e.g. during the school term) 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.**

## DIRECT DEPOSIT INSTRUCTIONS

Bank: Banana Coast Credit Union (BCU)  
BSB: 533 000  
ACC: 32860196

You can also find bank account details on page 1 of your invoices.

Please reference with your child's name and Centre (Bellingen or Urunga)  
E.g. J Smith Bellingen.

**(if this information is not included we have no way of identifying who made the payment)**

## OUR PROGRAM

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, whilst working together as a team. Our accredited services are supported by University and TAFE educated staff.

## THINGS TO REMEMBER

**PLEASE REMEMBER ON EXCURSION DAYS TO BE AT OSHC 30 MINUTES BEFORE THE DEPARTURE TIME TO FILL OUT PERMISSION NOTES, MEDICAL FORMS ETC**

**SUN SAFETY:** No Hat, No Play (or play in the shade). Educators will endeavour to ensure that all children apply sunscreen 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.

**FOOD:** Nutritious foods are essential for growing, playing and learning. Although we realise it's 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 your 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**.

**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



### HOW TO BOOK ONLINE OR VIA THE APP:

[https://qkdoc.secure.force.com/QKDOC/articles/QikKids\\_Support\\_Documentation/Casual-Booking-Management-Parent-Guide-1416289842579](https://qkdoc.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

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: \_\_/\_\_/\_\_

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**

20.12.21: Christmas Sensory Experience	
21.12.21 Christmas Tie Dye	
22.12.21 Big Banana Water Slide	
23.12.21 Christmas Baking	
24.12.21 Christmas Pyjama Party	
4.1.22 Bello Pool and Connell Park	
5.1.22 Mexican Fiesta	
6.1.22 Crazy Sock Day	
7.1.22 Summer Fun	
10.1.22 Cinema Excursion	
11.1.22 Ninja Warrior	
12.1.22 Talent Show Day	
13.1.22 Design Day	
14.1.22 Bello Bouldering and Rock Climbing	
17.1.22 Arts, Crafts and DIY	
18.1.22 Archery and Jetty Visit	
19.1.22 60's Disco Party	
20.1.22 Springloaded and Bongil Bongil Picnic Area	
21.1.22 Australian's Day	
24.1.22 Big Banana Laser Tag	
25.1.22 Harry Potter Day	
27.1.22 Multi Activity Day.	





Bellingen Shire  
COUNCIL



**Bellingen Shire Council have a new Community Directory available  
by visiting**

**[www.mycommunitydirectory.com.au/nsw/bellingen](http://www.mycommunitydirectory.com.au/nsw/bellingen)**

**The directory can be downloaded to print and is available as an App by  
texting BELLINGEN to 0488 884 151**

**It is a one-stop-shop for community information, can be used to  
promote events and recruit volunteers.**

**Its a great resource for community members and visitors who would  
like to know what is happening locally.**

**There is NO COST for groups and services to list in the directory.**

**This can be done in 3 ways:-**

- 1) Visit the directory and click 'List for Free' at the top of the home page**
- 2) Call the support team on 1300 762 515**
- 3) Email the support team on [support@mycommunitydirectory.com.au](mailto:support@mycommunitydirectory.com.au)**

**Connecting Your Community**

**FOR MORE INFORMATION CONTACT  
ANNA JOY ON 66557378**

**[www.mycommunitydirectory.com.au/nsw/bellingen](http://www.mycommunitydirectory.com.au/nsw/bellingen)**