

# URUNGA PUBLIC SCHOOL

BONVILLE STREET  
PO BOX 21  
URUNGA NSW 2455

EMAIL: [urunga-p.school@det.nsw.edu.au](mailto:urunga-p.school@det.nsw.edu.au)  
WEBSITE: [www.urunga-p.schools.nsw.edu.au](http://www.urunga-p.schools.nsw.edu.au)  
TEL: 02 6655 6393



*On the traditional lands of the Gumbaynggirr people*

NEWSLETTER NO. 5

TERM 1 WEEK 6

WEDNESDAY 3rd MARCH, 2021

## IMPORTANT DATES

Fri 5th Mar	Soccer Gala Day (Stage 2 & 3)	Fri 19th Mar	Harmony Day - wear orange and bring something orange to eat
Tues 16th Mar	Whole School Assembly @ 2.20pm	Fri 19th Mar	National Day of Action Against Bullying
Wed 17th Mar	School Photos	Thurs 25th Mar	MNC Hockey Trials
Thurs 18th Mar	Big Veggie Crunch	Thurs 25th Mar	Netball Gala Day

### DYLAN EDWARDS 7's GALA DAY

On Thursday the 26th of February, the rain gods shone down on Urunga and whisked the rain away long enough for Urunga Public School to participate in the Dylan Edwards 7's gala day. There was an all age tackle division as well as a league tag event for the students to play in. Some of our students had never played Rugby League before but were so enthusiastic to be out there, showing courage and resilience to get in and have a go.

Our students represented our school and were respectful, responsible and their behaviour was exemplary on the day. They were all a credit to the school. Everyone had a great day and I am sure that the NRL will have similar events in the future for the students to attend and get involved with.

A special mention to Jake Day. Throughout the event, the Australian Defence Force rugby league side were assisting and coaching the children. They nominated one student across all the attending schools who showed tenacity, resilience, bravery, and courage that align with the Australian Defence Force ethos and values. Jake was tackling opponents with perfect technique and precision. He should be as proud of himself as we are of him.

Well Done Jake!

**Mr Griffith**

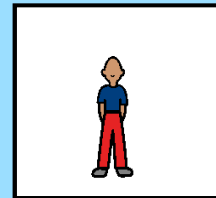




## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN

### WEEKLY SCHOOL RULE

The focus this week is the blue rule  
“keep hands, feet, mouth  
and objects to myself”



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

### PARENTS / CARERS / VOLUNTEERS SIGNING IN

This is just a reminder that all adults need to sign in using the QR code located on all of our gates when they enter our school grounds. This includes Kindergarten to Year 2 parents and carers who are dropping their children to classrooms in the mornings and visitors to the office.

Parents and carers who have appointments with teachers or volunteers who are working in classrooms and the canteen need to also sign in and sign out at our office.

### PICK UP AND DROP OFF TIMES

In the interests and safety of everyone, please refrain from bringing your **dogs** to our school gates at pick up and drop off times. These times are very busy and highly populated.

### ASSEMBLIES

Our fortnightly Tuesday afternoon assemblies have commenced for the year, however, unfortunately the current guidelines do not allow for us to have parents or carers to attend at this stage.

### PROFESSIONAL LEARNING

Our teachers have been engaging in many professional learning activities recently. This has included our mandatory training, curriculum related training, School Excellence Improvement plan and school vision development on Wednesday afternoons. We also have our Instructional Leader model operating on Thursdays where stage groups of teachers collaborated and have participated in professional learning and discussions around decimals and fractions, additive strategies and the learning progressions which follows on from our sessions on Number Talks from last year.

We are also currently collaborating on the use of online learning platforms, in order to support our quality teaching and learning programs and effective individual student assessment.

### UNIFORM

Our uniform has been determined by the school parent community. We encourage all of our students to wear our uniform to promote a sense of belonging, pride and school identity. Our uniforms are available from our uniform shop in the canteen from 8.45am until midday from Wednesday to Friday each week. Online orders can be made by visiting <https://schoolshoponline.net.au/>

Our uniform is:

- Navy shorts or skorts
- Navy and sky blue shirt with school logo
- School bucket hat with school logo

In cooler times:

- Navy school jacket with sky blue sleeves and school logo
- Navy tights or navy track pants

Shoes need to be covered in, preferably black and/ or jogger style. Socks should be preferably white or navy.

Tights and track pants need to be NAVY. Black and other coloured tights are not considered uniform. Our shorts are no longer grey and our skorts are no longer tartan.

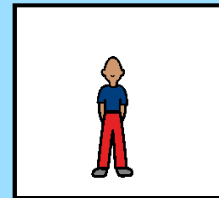
If you are experiencing difficulty in paying or purchasing uniforms, please contact me to discuss a plan.



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## THE LATEST ADVICE TO PARENTS AND FAMILIES REGARDING COVID-19 GUIDELINES

Following is a link that may be useful for you if you have any questions regarding current guidelines:

<https://education.nsw.gov.au/covid-19/advice-for-families#School4>

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.

## PARENTING IDEAS

This week's Parenting Ideas article is called 'Supporting boys in upper primary school'. The article focuses on parenting boys.

Take care  
**Jane Martyn**  
Principal

# THE UNIFORM SHOP IS OPEN

Every Wednesday, Thursday and Friday before 12 noon.

See Sharon in the Canteen for all your uniform needs.

Pay by cash at the canteen or order online

<https://schoolshponline.net.au/>



# school AtoZ

practical help for parents

[www.schoolatoz.com.au](http://www.schoolatoz.com.au)  
Urunga Public School



## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

# SPOTLIGHT ON JASON LEE

- CLASS:** K/1 Orange  
**STAR SIGN:** Scorpio  
**FAVOURITE NUMBER:** 5  
**FAVOURITE HOLIDAY:** Canada in the snow  
**IF I HAD ONE WISH:** I would wish for two cute, adorable puppies and I would call them Doug & Thug (the pugs).

**Interesting Facts** – my background is in fashion photography and digital media!

**Teaching Experience** – I gained my experience in Sydney in mostly K-2 classes and also at Upper Orara Public School.

My favourite subjects I like to teach are dance, reading and maths.

What I like best about teaching is making my students feel happy and confident.



## WHAT'S COMING UP...

We will be celebrating Harmony Day on Friday the 19<sup>th</sup> of March. Come to school wearing something orange and also pack some orange food in your lunchbox.

Sharon will also have some yummy orange food for sale in the canteen!



**HARMONY WEEK**  
EVERYONE BELONGS • HARMONY.GOV.AU



## GET READY FOR THE BIG VEGIE CRUNCH!

Our school has registered for this year's Big Vegie Crunch. Did you know that only 6% of Australian children eat enough vegetables? In order to work towards improving this percentage, we need to increase children's knowledge, exposure and positive attitudes towards vegetables.

On **Thursday 18th March at 10am** our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

But we need your help to make it a success!

On Thursday 18th March, please pack your child a container of vegetables (**not fruit this time**) for them to crunch on.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

- 50 260 students crunching simultaneously (2018 record)
- 14 991 students crunching at other times over Vegetable Week (2019 record)



Need some ideas?

- carrot, celery, cucumber – cut into sticks or left whole
- capsicum – cut into sticks or wedges
- corn – raw baby corn spears or a cooked corn cob
- broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
- tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- beans or snow peas - raw or lightly cooked to keep their crunch
- mushrooms – sliced or left whole

If you require more information on The Big Vegie Crunch, please contact the school or your child's teacher.

**Kaye Arnold**

**Big Vegie Crunch Coordinator**

## SCHOOL PHOTOS

Our school photos will be taken on Wednesday 17th March by "The School Photographer". Individualised order envelopes were sent home with students last week. If you wish to order photos, please complete the order form, paying either online using the unique order number on your child's envelope, or by placing the correct amount of cash inside the envelope. Sibling photo order forms are available from the school office. Please return the orders to your child's classroom teacher before Tuesday 16th March. Please ensure your child comes to school on the day in full school uniform.



## MID NORTH COAST SWIMMING

Nine of our swimmers travelled to Coffs Harbour last Thursday to compete in the Mid North Coast swimming carnival. It was a lovely day and parents were very happy to be able to attend. While all our swimmers did their best and some placed in their heats, overall their times were not quick enough to qualify for the North Coast carnival. We congratulate them all on making it to the Mid North Coast level and are very proud of their fabulous efforts at all the carnivals that led up to this point.



## STEWART HOUSE FUNDRAISER

Last Friday the eldest child in each family took home a Stewart House Donation Drive 2021 envelope. Stewart House are celebrating 90 years and your donation of \$2 supports the 1700 children who attend Stewart House each year from public schools across NSW and the ACT. By making a donation and completing the entry details on the back of the envelope, you are eligible for the draw to win a \$4000 holiday/gift voucher. We are asking that all donations are returned to the school by the end of Term 1.

## ACTIVE 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:

<https://www.service.nsw.gov.au/>

## VOLUNTARY SCHOOL CONTRIBUTIONS

A note regarding voluntary school contributions was sent home last week with students. These funds supplement the school budget and enable the school to supply additional and ongoing items throughout the year which benefit your child's education.

If you wish, you may pay these contributions in instalments throughout the year. You may pay by cash at the front office or by credit card or debit card via our "Parent Online Payment" system which is accessed through our school website.

Please visit [www.urunga-p.schools.nsw.edu.au](http://www.urunga-p.schools.nsw.edu.au) and click on the "Make A Payment" button. Fill in the details and tick "Voluntary School Contributions". Please ensure you make **separate payments for each of your children**.

## YR 6 MOVING INTO YR 7 IN 2022

Expression Of Interest Forms for Year 7 in 2022 were sent home last week with each Year 6 student. Could parents please read and fill out these forms to nominate their preferred high school for next year. These forms are due back **before** Friday 12th March.

**Mr Ticli and Miss Pyke**

SCHOOL PHOTOS WILL BE TAKEN ON  
WEDNESDAY 17th MARCH



Please return your payment and envelope by Tuesday 16th March.  
Sibling photo order forms available from the front office.

## YEAR 6 SHIRTS

Notes were sent home with all Year 6 students about ordering "Class of 2021" shirts. The main colours will be dark navy and sky blue. The shirt will feature all the Year 6 students names on the back. These will be a great keepsake and reminder of a fantastic final year at Urunga Public School. The shirts will be able to be worn as part of the school uniform. If Year 6 students would like to make an order, please return the note and payment by Wednesday 10th March.

**Mr Ticli and Miss Pyke**



## WHOLE SCHOOL ASSEMBLY

Yesterday we held our first whole school assembly and it was great to hear our band play for the first time this year. They sounded fabulous thanks to all the practice they have been doing with Mrs Thorn. They played two new pieces as well as the national anthem and school song.

Our fortnightly award winners accepted their certificates with excitement and gathered out the front of the assembly to be congratulated.

School singing also had its return to our whole school assembly. Mrs Thorn was worried that everyone may have forgotten how to sing, but luckily she discovered everyone still had their wonderful singing voices. She taught the school the start of two new songs - Nursery Rhyme Nonsense and Knock Knock. Everyone is looking forward to next assembly to learn more verses.



## SCHOOL ASSEMBLY AWARDS TERM 1 WEEK 6

<b>K RED</b>	<b>3/4 BLUE</b>
Sienna Kiddle	Lincoln Spencer
Bonnie Tutt	Sophia Luxton
Jacob Liang	Noah Perry
<b>K/1 ORANGE</b>	Isabella Burgess
Imogen McCormick	<b>4/5 INDIGO</b>
Jindamirra Smith	Georgia Atkins
Chirstopher B	Myles Duncan
	Tate Cresswell
<b>1/2 TEAL</b>	Lyla Fitzgibbon
Izzy Gilmore	<b>5/6 MAROON</b>
Layla Brown	Dougie Lewis
Rhyley Garton	Sebby Tate
Grace Harding	Abbi Sheridan
<b>1/2 YELLOW</b>	Lilly McCormack
Laylah Moore	<b>5/6 VIOLET</b>
Zoey Hearps	Kiara George
Lachie Richardson	Lane Morgan
Chilli Cameron	Tegan Stone
<b>2/3 GREEN</b>	Lyla Dawes
Nate Fitzgibbon	<b>OTHER TEACHERS</b>
William Carter	
Maddi Hoffman	
Ivy Jessop	



## 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.

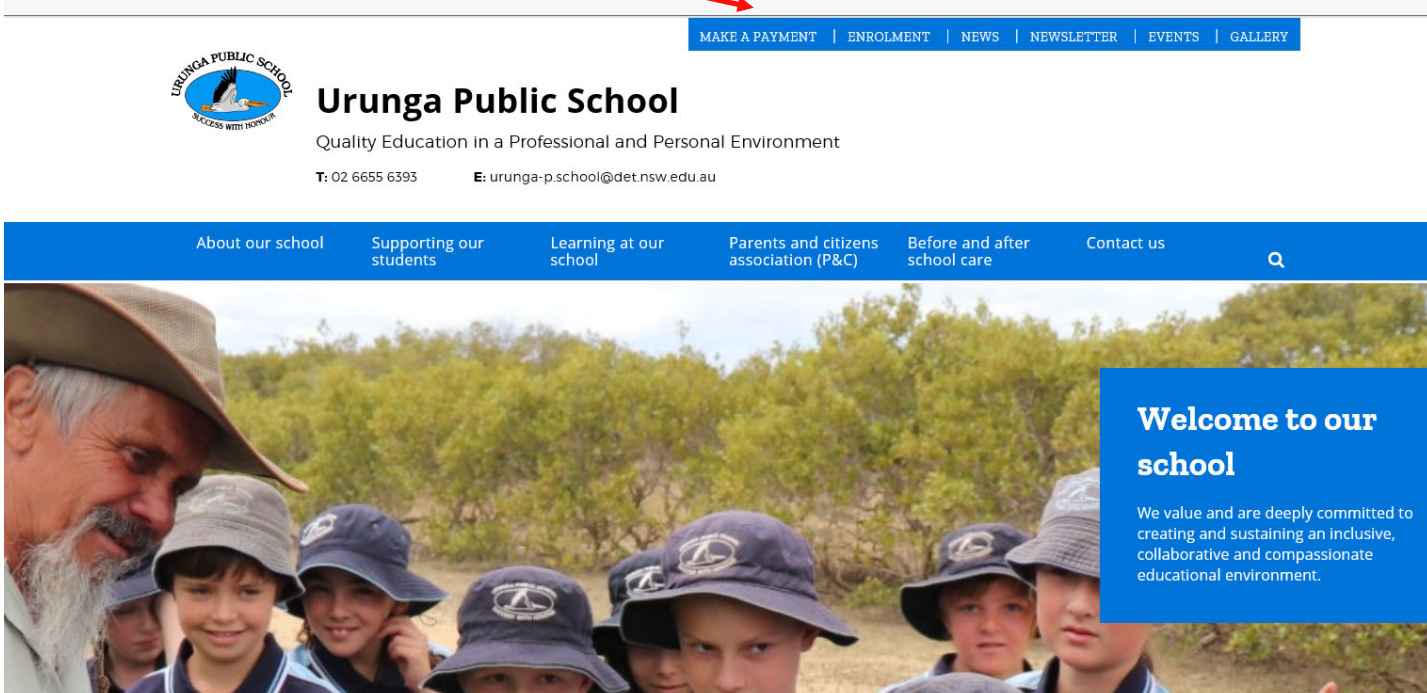
This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner, these details are not passed back to the school.

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 navigation bar of the Urunga Public School website. A red arrow points from the text above to the 'MAKE A PAYMENT' link in the navigation menu. The navigation menu includes: MAKE A PAYMENT | ENROLMENT | NEWS | NEWSLETTER | EVENTS | GALLERY. Below the navigation bar is the school's logo and name: Urunga Public School, Quality Education in a Professional and Personal Environment. Contact information is provided: T: 02 6655 6393, E: urunga-p.school@det.nsw.edu.au. Below the navigation bar is a blue header with links: About our school, Supporting our students, Learning at our school, Parents and citizens association (P&C), Before and after school care, Contact us, and a search icon. The main content area features a large image of a teacher and students in a field, with a blue overlay box containing the text: Welcome to our school. We value and are deeply committed to creating and sustaining an inclusive, collaborative and compassionate educational environment.





## ***Tell Them From Me* student survey:**

### **Information for parents and consent form for parents and carers**

Dear Parents and Carers

This term, our school is taking part in the *Tell Them From Me* student survey. The survey will provide us with valuable feedback on what our students think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help them improve. The survey is completed online and is run by an independent research company, **The Learning Bar** which specialises in school-based surveys.

Staff in schools will **not** be able to identify individual students from their responses. To ensure confidentiality, participating students will receive a unique username and password. Where fewer than five students respond to a question, the results will be suppressed. The survey typically takes 30 minutes or less to complete and will be administered by the school during normal school hours. Once the surveys are completed by students, reports are prepared and in most cases are available to schools within three business days.

As well as schools getting student feedback, the Department of Education, through the Centre for Education Statistics and Evaluation (CESE), has access to data from across NSW and is running a research project to look at state-wide patterns of student wellbeing, engagement and effective teaching practices. The research is looking at how these things impact on student outcomes, including academic performance. Individual students will not be identified in any CESE publications, and all information will be handled in accordance with the relevant privacy legislation. Students' personal information will **not** be disclosed by the department to any other person or body other than as required by law.

This research will help schools in New South Wales to better understand how to improve student wellbeing and engagement. It will also help teachers and principals discuss what works to improve student outcomes.

Participating in the survey is entirely voluntary. Your child will not take part if either you or your child do not wish. If, during the survey, your child is uncomfortable, he/she can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

If you **do not want your child to take part** in the survey, please complete the attached form and return it to the school by Monday 8th April.

More information about the survey and the research is available in English at [education.nsw.gov.au/ttfm](http://education.nsw.gov.au/ttfm)

Jane Martyn  
Principal  
Urunga Public School

English

## ***Tell Them From Me* Student Feedback Survey non-consent form**

If you **do not want** your child to participate in the student feedback survey, please sign this form and return it to the school by

**I DO NOT** give consent for my child/children to participate in the ***Tell Them From Me* student feedback survey.**

Name of student 1

Roll class of student 1

\_\_\_\_\_

Name of student 2

\_\_\_\_\_

Roll class of student 2

\_\_\_\_\_

Name of student 3

\_\_\_\_\_

Roll class of student 3

\_\_\_\_\_

Name of student 4

\_\_\_\_\_

Roll class of student 4

\_\_\_\_\_

Name of parent/carer

\_\_\_\_\_

Signature of parent/carer

\_\_\_\_\_

Date

English

# WHAT'S DUE

- Yr 6 "Class of 2021" shirt order and payment due by Wednesday 10th March
- Yr 6 Leadership Day full payment due by Friday 12th March
- Yr 6 to Yr 7 in 2021 Expression of Interest forms due by Friday 12th March
- School Photo order envelopes and payment due Tuesday 16th March
- Stewart House Donation Drive envelope due before Thurs 1st April
- Voluntary School Contributions

## BE BUS AWARE

**Wait until the bus  
has gone then use a  
safe place to cross**



BeBusAware.com.au

## BE BUS AWARE

**Hold on and  
stay alert**



BeBusAware.com.au

A colorful illustration of a diverse group of children and adults, including a boy reading a book, a girl with braids, and a man with a beard. To the right, the "School A to Z" logo is displayed in blue and red, with the tagline "practical help for parents" in red script. Below the logo, the website "www.schoolatoz.com.au" and "Urunga Public School" are listed.

**school  
A to Z**  
*practical help for parents*  
www.schoolatoz.com.au  
Urunga Public School

## INSIGHTS

### Supporting boys in upper primary school



The upper primary school years are the start of big physical changes and boys can struggle more than girls. Even though some of our boys are growing physically, this time can be challenging, unpredictable and full of big emotions and awkwardness.

Some anxiety can also occur as the end of primary school approaches and some boys can fight with their physiology. Parents need to be mindful to recognise that for many pubescent boys, every day at school feels like going into a war zone because it is so unpredictable.

The following ideas will help to guide you through this time.

#### Have realistic expectations

Create a calm, predictable environment to counteract the stress many boys may experience. Parents can do this by avoiding asking too many questions and placing too much pressure especially around homework. Especially avoid criticism, nagging and lecturing — they won't improve anything.

#### Keep things light

Boys appreciate lightness and humour, especially when they may be struggling with anxiety or worry. Maybe you could find some funny, goofy cat or dog videos to show them or share some funny experiences that might trigger the beautiful happy neurochemicals in their brain. Be a bit ridiculous – intentionally.

#### Share developmental changes

Have brief conversations with your son about the coming brain changes, especially pruning, which is a 'trimming down' process in the teenage brain where irrelevant/unused mental connections from childhood are lost. These conversations can help him understand why he may be struggling with organisation and be forgetting things that he used to remember. Once he knows there is a reason, he'll tend to manage it better — indeed many boys are relieved! Help your son to work out ways to remember important stuff.

#### Make home a welcome base for his friends

Ensure that you make your home a welcome base for his friends, regardless of gender. The hunger to 'hang out together' is still strong even for our digital natives, and they will always turn up to a place where they are welcome and where there is a familiar space to gather. It's really good to give your son's mates the message that 'our door is always open for you'. We never know when a family conflict becomes too painful for a boy or that just having some calm down time is what the whole family may need.

## Stoke his spark

Help you son identify his passion whether sport, games or music that will keep him engaged in the years ahead. Disengagement is very common among boys in early to middle secondary school and those who have an interest they love and are capable at, tend to struggle less. In primary school boys should sample many activities so that they can discover their real interests.

## Help manage anxiety

Many boys experience anxiety as they move toward adolescence and the end of the primary school years. Some boys display anxiety through silliness, inappropriate behaviour, an increase in aggression (often toward siblings), disrespectful language towards parents, changes in eating patterns and struggles with sleep. If you have ongoing concerns check in with your son's teacher and seek help.

## Practise kindness

Even though this sounds counterintuitive if you are experiencing some hot moments with your pre pubescent or pubescent son, kindness especially in small unexpected ways has enormous power. Many boys struggle with low self-worth and when they muck up they struggle even more with feeling acceptable and loved.

Above all, reassure your son often that you love him fiercely and unconditionally, no matter what.

## Maggie Dent presents a related webinar: Communicating with teenage boys

Our school has a membership with Parenting Ideas. As part of this membership, you can attend the upcoming webinar 'Communicating with teenage boys' at no cost.

### About

In this webinar, Maggie Dent shows how using compassionate, empowering communication with teenage boys can better guide them across the bridge to healthy manhood to a place where they feel worthwhile and engaged in respectful relationships.

### When

24 March 2021 8:00pm AEDT

### To redeem

1. Click this link: [www.parentingideas.com.au/parent-resources/parent-webinars/webinar-communicating-with-teenage-boys](http://www.parentingideas.com.au/parent-resources/parent-webinars/webinar-communicating-with-teenage-boys)
2. Click 'Add to cart'
3. Click 'View cart'
4. Enter the voucher code COMMUNICATION and click 'Apply Coupon' Your discount of \$39 will be applied.
5. Click 'Proceed to checkout'
6. Fill in your account details including our school's name to verify your eligibility. These are the details you will use to login to your account and access your webinar and resources
7. Click 'Place Order'

This offer is valid until 24 June 2021. If you're unable to make the broadcast time, just register anyway and you will get access to the recording.



### Maggie Dent

Commonly known as the 'queen of common sense', Maggie Dent has become one of Australia's favourite parenting authors and educators, with a particular interest in the early years, adolescence and resilience. She has written seven major books including the bestselling *Mothering Our Boys* and her 2020 release, *From Boys to Men*. Maggie is host of the ABC podcast, [Parental As Anything](#). She is the mother of four sons and a very grateful grandmother. For further details visit [maggiedent.com](http://maggiedent.com)

# COMMUNITY INFORMATION



## URUNGA HOCKEY CLUB

**SEEKING PLAYERS**  
**JUNIORS 4-16 YRS**  
**SENIORS of all levels**



ACTIVE KIDS VOUCHERS WELCOME

All games played at the Hockey Complex, Coffs.

Juniors- Saturday mornings.

Seniors- weekend draw

Training on turf Tuesdays or Urunga Thursdays (either/or)

Contact: Rhonda 0457271071

Kristy 0428520390

urungahockey@gmail.com

**Free Come & Try**

Hockey Complex  
 Stadium Drive Coffs  
 Saturday 27<sup>th</sup> March  
 2pm -4pm  
 Equipment supplied  
 Free sausage sizzle



As our beautiful summer comes to an end, it can mean only one thing ... Soccer Rego time! That's it – the season begins mid-April but the time to register is NOW.

And the Urunga Raiders want you!

In 2020 we had over 75 kids between the ages of 5 and 11 be part of the club, many of whom hadn't played before. And in a COVID disrupted year we still managed to get through the season whilst having loads of fun!

Training is once per week at the Morgo Street fields and games are played each Saturday at various venues around the coast (but not too far to travel!). All our kids contribute to making the club a success at every level, so if your child is looking for a fun, social sport or to play some quality football, we'd love to have them at the club!



Registration can be done on the [PlayFootball.com.au](http://PlayFootball.com.au) website – click on "Find a Place to Play"; select your Age bracket; then search for Urunga.

MiniRoos (Age 5-7)	\$113
Juniors (Age 8-11)	\$134
Junior Youths(Age 12-17)	\$204

Don't forget to use your Active Kids Voucher!

Get registering or contact [registrar@urungafootball.com](mailto:registrar@urungafootball.com) if you have any questions.



## Coffs Harbour Baseball Association Come & Try Days



Coffs Harbour Baseball is looking for new and old junior and senior players.

Men, women, boys and girls are encouraged to come on down.

T-Ball – 5 to 9 years

Junior – 10 to 14 years

Senior – 15+

\$100 Active Kids Program voucher redeemable

For more information contact:

President: Ben McCall 0404 896 394

Secretary: Carleen Bake-Smith 0431 890 799

Where: Stadium Drive Diamond 1

Sunday 28 February 2021 9:00am -11:30am

Sunday 14 March 2021 9:00am-11:30am

Sunday 28 March 2021 9:00am-11:30am

We hope to see you there!



## Creative Kids Play the Ukulele

Redeem your Creative Kids Voucher  
 and give your child the gift of music

[www.ukoono.com.au/creative-kids/](http://www.ukoono.com.au/creative-kids/)

## Online Courses

Can do in own time

Video lessons

Fun and easy



This project is supported through the NSW Govt through Create NSW

## FRIENDS, FUN, FITNESS AND PHYSIE

Looking for a fun sport for girls and women of all ages as well as making new friends and keeping fit?  
Enrol at Urunga Physie Classes – Dance with a Difference

Contact Sue 0421934525 and Nikki 041303886

## URUNGA PHYSICAL CULTURE CLUB



# EP physie

epphysie.com



### Class Times:

5-6YRS: 4:15-4:45

7-8YRS: 4:30-5:15

9-12YRS: 5:15-6:00

13-16YRS: 6:00-6:45

LADIES: 7:00-8:00

\*Depending on class numbers, times may change slightly in coming weeks\*

**CLASSES: START MONDAY 15TH FEBRUARY 2021**

**LOCATION: SENIOR CITIZEN HALL,  
BOWRA STREET, URUNGA  
(BEHIND FISH AND CHIP SHOP)**

Contact:

Nikki: 0413 038 860

Sue: 0421 934 525

PIC•COLLAGE

## Bellingen Bulldogs AFL Club Registration Day



Registrations are now open for the 2021 AFL season. Don't forget to sign up and join the Bellingen Bulldogs for another great year at [play.afl](http://play.afl)

Registration Day @ Connell Park  
27th February 9-11am, come along and have a kick of the footy

Look forward to seeing you all there, bring a friend.

Go Doggies!!



Bellingin Football Club is open for registrations for the 2021 season. All years Kindy to Year 12, Opens/all-age, and over 35s.

Teams fill up fast and training will begin in early March.

If you are intending to register now is the time!

Register at <https://www.playfootball.com/register>

For more info see Bellingin Football Club on Facebook (@bellinginfc) or webpage [bellinginfc.com.au](http://bellinginfc.com.au)

Active kids vouchers accepted (enter as a voucher code on the sign up payment page).

## Bellingin Netball



**Come and try netball!**  
**Registration & Clinics Saturday**  
**13th, 20th & 27th March**  
**Jrs 5-8yrs, intermediate 8-12yr,**  
**high school/ladies**

[bellingennetball@gmail.com](mailto:bellingennetball@gmail.com)  
[Bellingin Netball Club Facebook page](#) PIC•COLLAGE

# COMMUNITY INFORMATION



BELLINGEN DORRIGO JUNIOR



RUGBY LEAGUE

**2021 Registrations are now open**

Register today at <https://profile.mysideline.com.au/register>

Registration Cost: U6's – U13's & Girls Leaguetag \$120

U16's \$150

**No experience required, No weekly fees.**

Active kids Voucher is accepted upon registering 

[www.service.nsw.gov.au/transaction/apply-active-kids-voucher](http://www.service.nsw.gov.au/transaction/apply-active-kids-voucher)

**All registered players receive a club shirt, shorts, socks, & drink bottle.**

**Training Times Commencing Tuesday March 2<sup>nd</sup>**

- U6s-U9s – Wednesdays 4pm-5pm @ connell park
- U10s-U13s – Tuesdays & Thursdays 4pm-5pm @ connell Park
- Girls Leaguetag 13+ – Tuesdays & Thursdays 5pm-6pm @ Connell Park
- U16s – Mondays & Thursdays 5pm-6.30pm @ Connell park

For more information please see our Facebook page Bellingen Dorrigo Junior Rugby League or email us at [belligo@live.com.au](mailto:belligo@live.com.au)



Nutrition Snippet

## The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



**Young kids can:**

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

**Older kids can:**

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

[healthylunchbox.com.au](http://healthylunchbox.com.au)



**Beaches Netball Club**

**2021 Registration**

REGISTER ONLINE NOW!

**Ages Net : 5-6 Years \$80**

**Set / Go: 7-10 Years \$120**

<https://netsetgo.sportsvault.com/common/pages/reg/welcome.aspx?mode=0&sslredirect=1&id=92831&entityid=69017>

**Junior: 11-14 Years \$140**

<https://netball.resultsvault.com/common/pages/reg/welcome.aspx?fl=0&type=0&prodid&id=32162&entityid=69017>

15+ Register direct with Nambucca Valley Neball

**We accept ACTIVE KIDS Vouchers !!**

Our Club plays as part of the Nambucca Valley Netball Saturday Competition at Macksville.

All Enquiries Email:

[Beachesnetball@gmail.com](mailto:Beachesnetball@gmail.com)

BEACHES NETBALL CLUB on Facebook

# VALLEY BRAVES BASKETBALL

## DOMESTIC COMPETITION

MACKSVILLE HIGH SCHOOL  
40 BOUNDARY STREET,  
MACKSVILLE NSW 2447

**TEAMS WILL BE DRAFTED ON THE DAY FOR AN ENJOYABLE AND EVENLY-MATCHED COMPETITION**

**COMPETITION DATES:**

FEBRUARY 21ST	MARCH 7TH	APRIL 18TH
MAY 23RD	JUNE 27TH	JULY 25TH

**COMPETITION FEE: \$5 PER PLAYER / PER WEEK**

**UNDER 12'S & UNDER 14'S - 10AM - 11AM**  
2008, 2009, 2010 & 2011

**UNDER 16'S & UNDER 18'S - 11AM - 1PM**  
2004, 2005, 2006 & 2007

OPEN TO ANYONE WHO WISHES TO PARTICIPATE, YOU DO NOT HAVE TO BE AN ACTIVE BRAVES REPRESENTATIVE TEAM MEMBER, HOWEVER ALL PLAYERS REQUIRE A BASKETBALL NSW REGISTRATION

**BNSW REGISTRATION:**  
[www.bellingervallebasketball.sportingpulse.net](http://www.bellingervallebasketball.sportingpulse.net)  
FOR FURTHER INFORMATION  
CALL SHANE 0437 883 033



# COMMUNITY INFORMATION

## VOLUNTEERS NEEDED

DO YOU HAVE A FEW HOURS TO SPARE?

Do you enjoy meeting people?

Come & see us at

**St Barnabas Anglican Op shop Is looking for volunteers.**

OPENING HOURS ARE: Tues, Wed, Fri (9.00am – 100pm)  
& Sat Morning (9.00am -12 noon)

If interested, please come into the shop for a volunteer form or  
please contact Leonie on 6655 5342



**LOW COST**  
**groceries**

**FREE**  
**bread**  
**fruit & veg**

with \$10 food purchases

[lifehousecare.org.au/pantry](http://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**