

# 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. 6**

**TERM 1 WEEK 7**

**WEDNESDAY 10th MARCH, 2021**

## IMPORTANT DATES

Thurs 11th Mar	PSSA Boys Cricket Knock-Out	Thurs 18th Mar	Big Veggie Crunch
Fri 12th Mar	Soccer Gala Day (Stage 2 & 3) District Soccer Trials	Thurs 18th Mar	MNC Soccer PSSA Girls Cricket Knock Out
Tues 16th Mar	Whole School Assembly @ 2.20pm	Fri 19th Mar	Harmony Day - wear orange and bring something orange to eat
Wed 17th Mar	School Photos	Fri 19th Mar	National Day of Action Against Bullying

### KINDERGARTEN 2021

Kindergarten students have settled in quickly to the new adventure and routine of school. They have already begun to master counting backwards from 10 and are also learning about writing left to right with spaces between words.

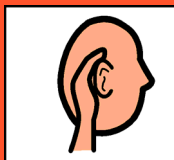
Everyone loves literacy work stations and are always excited to go dancing with Mr Lee and to the music room with Mrs Wickham.

We are looking forward to next week's Big Veggie Crunch, wearing something orange to school for Harmony Day on Friday 19th and our first Easter Hat Parade on the last day of this term! What a fabulous time we are having at school.





## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



### WEEKLY SCHOOL RULE

The focus this week is the red rule  
“we all listen to each other”

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.

### TELL THEM FROM ME SURVEY

Our Year 4, 5 and 6 students will be completing the Tell Them From Me survey over the next couple of weeks. This survey gives us reliable, timely and accurate data on the factors known to have a profound impact on student outcomes.

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

Guidelines have been eased from this week and are as follows:

*NSW Health has agreed to the following activities resuming across all schools in NSW:*

- *Parents and carers are able to enter school grounds but should continue to follow COVID-safe practices, including social distancing between adults of 1.5 metres.*
- *Parents and carers can attend school sporting events. School sporting events should align with requirements for community sporting competitions and training activities in NSW.*
- *There are no recommended limits on singing groups in schools, including for in-class educational activities such as repetition, chanting, recitation, or singing activities. Five metres is recommended between a group of performing singers and other people, including the audience and conductor, where practicable.*
- *Dancing activities – including dance classes, formals and social events – can proceed, but organisers should comply with any venue restrictions.*

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>

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.

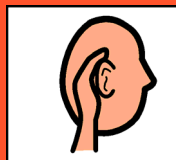
### NEW INFORMATION ABOUT PICK UP AND DROP OFF TIMES

When dropping off and picking up children, please:

- sign in at the gate using QR code
- socially distance
- don't attend if you are unwell
- be prompt in leaving our school grounds
- feel free to continue to stand outside the gates as has been the recent arrangement
- try to minimise the time on school grounds by only entering after 3.15pm
- stay seated in the top COLA on the silver seats (not on picnic tables outside classrooms) or in the bottom COLA on seats parallel to Morgo St.



## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



### WEEKLY SCHOOL RULE

The focus this week is the red rule  
“we all listen to each other”

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

- stay away from classrooms, including the ‘tank area’ seating as this may disturb the classes
- Kindergarten can be picked up from 3.15pm in the top COLA

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.

Remember, you are welcome to organise a time to speak with your child's teacher if you feel the need by contacting our office to organise a suitable time. If you need to speak with your child's teacher urgently, feel free to call the office and ask to speak with them.

### 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.

### PARENTING IDEAS

This week's Parenting Ideas article is called ‘Are you asking your kids to step up?’ The article focuses on parenting boys and girls and developing resilience.

Take care  
**Jane Martyn**





## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

### SPOTLIGHT ON NICCI RILEY

- CLASS:** Learning and Support Teacher  
**STAR SIGN:** Aquarius  
**FAVOURITE BOOK:** Hitchhikers Guide to the Galaxy  
**FAVOURITE HOLIDAY:** Anywhere but a cruise ship!  
**IF I HAD ONE WISH:** I wish there was enough affordable housing for everyone.

#### *Two truths and a lie...*

- Last year I lived in the outback
- I hate the beach
- I helped introduce inclusive education to Primary Schools in Sri Lanka

**Teaching Experience** – I have over 20 years of experience in primary and secondary education as a Special Ed Teacher, consultant and executive in Australia, Scotland, Bhutan and Sri Lanka.

My favourite subject I like to teach is Wellbeing.

What I like best about teaching is watching students and staff kick goals!



### GARDEN CLUB 2021

We are so excited to announce that Garden Club will be up and running in Term 2! But before we can invite all our keen young gardeners back, we need your help...

After what we can all say was an extraordinary 2020 and then followed by a lovely summer break, there hasn't been a great opportunity lately to pour time and love into maintaining the garden. Mother Nature has had her way and given us a few jobs to do! This includes clearing weeds, pruning, cleaning the shed and just a general tidy up to make sure the space is safe and ready to go.

Parents, carers and friends - if you have a passion for gardening, or are just keen to lend a hand, we will be holding a small working bee **Saturday 10th April starting at 8am.**

Bring your hat and gloves for a morning of fun. Even if you only have an hour to spare, any help will be greatly appreciated.

This invitation will also be extended to helping out with the fortnightly Garden Club program to be held on Tuesdays at 11.10am.

Please feel free to call me if you would like to chat more about how to get involved.



## LIBRARY NEWS

Book Club orders from Issue 1 have arrived and were distributed to students on Monday. I noticed there are a number of orders with 'back orders' attached and a consolation gift of stickers, which means Scholastic are out of stock at the moment and your order will be fulfilled as soon as possible. I will distribute as soon as they arrive. Students may bring home Issue 2 from Book Club this week.



Please SAVE the DATE - Our May Book Fair will be held from Monday 17th May - Wednesday 19th May 2021. I look forward to seeing our parents being able to drop in and browse the Book Fair with their children!

Please check if your child/children have Overdue or Long Outstanding Library books (from last year) at home and assist them if locating and returning them.

Thank you for your assistance.

**Geri Jensen (Teacher Librarian)**

## GET READY FOR THE BIG VEGIE CRUNCH!

Next **Thursday 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!

Please remember to 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)



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 have been sent home with Students.

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.



## WHAT'S DUE

- Yr 6 "Class of 2021" shirt order and payment due TODAY, 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

## STEWART HOUSE FUNDRAISER

Recently 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 or more 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.

### BUSWAYS - BUS PASSES

Last year with Covid-19 it was a Busways company directive to not touch and handle the passes therefore we did not check them and allowed the children to travel.

This has now changed and we would like to remind parents and students that each student **MUST** present their passes each time they board the bus.

If students cannot present a pass they are required to give the driver their name and address so we can follow up in the office.

If they are not eligible for free travel they are required to pay a fare or purchase a term pass which can be done online or in the Busways office Coffs Harbour.

If parents are unsure they are more than welcome to contact our depot for further assistance on 6652 2744.



## EASTER RAFFLE

One of our major fundraising activities during the year is the Easter Raffle. This week a book of raffle tickets will be sent home for families to sell for 50c a ticket. We are also asking for donations of suitable 'Easter' themed items for our prizes. Can you please kindly return to school the sold tickets, money and a donation to our Easter raffle. More books are available from the front office. The winners of the raffle will be Drawn on Thursday morning 1st April. Thank you, we are all very egg-cited!!



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.

## INSIGHTS

### Are you asking your kids to step up?



We do a lot for our kids, because we love them and often they need us. But we forget that one of the best things we can do for our kids is to help them learn to do for themselves and for others.

Do you ask your kids to do chores, to help out on a regular basis? You would be surprised how many parents – who were raised doing chores – don't ask the same of their kids. If you do give them chores, do you sometimes go behind them and redo the work when they're done? Don't! If it's not done right, get your child to fix it.

When I ask why parents don't give chores or why they don't challenge their kids with hard things – and I do, all over the world – parents tell me it's because kids are too... busy! They're working their tails off on classwork, teams, clubs, groups, trying to excel at 100 different things! So adults are willing to take on every other responsibility in their lives in order to facilitate these goals. And it's hurting kids.

We drive them everywhere. We type their work, do their research and try to buy them anything they or we think might possibly increase their success. We solve every problem and bulldoze over every potential obstacle. And kids accept this as the natural order of things. We are stepping in front of our kids, when in fact we should be stepping *back* and allowing our kids to step up.

It sounds like tough love, but it's not. This is parenting. This is making sure that our kids, in just a few short years, don't still need us to do everything for them. Our kids know that we are expert problem-solvers. Now it's their turn to step up and learn to help themselves and others.

So how can we let kids step up? Here are a few tips you can try right now with kids of any age.

1. When your child or teen comes to you with a problem, don't fix it. Say "You're a good problem-solver. What do you think?" And then listen to the answer.
2. Expect them to fail, and talk about what they'll do when (not if) that happens.
3. Give them tasks to do that help the whole family (not only themselves) and make sure they do them, until it's done well. Be patient, but firm.

It's crucial that you take a step back and let your kids make mistakes and learn from their experiences. You aren't going to be there in adulthood to clear the obstacles they face or solve the struggles. They eventually will have to make decisions and find solutions on their own and they will be ill-prepared if they weren't allowed to make those mistakes under supervision while you're right there to show empathy and give support!

You may be thinking "but what if there's an emergency and I have to jump in?" Well, first define emergency. Two percent of the time, kids need an adult to jump in front of them and solve the problem. They need an adult to protect them from a life-threatening issue that overwhelms their internal resources such as when they experience bullying, mental health issues and eating disorders.

The other 98% percent of the time kids need a compassionate adult to take an interest, from a distance, without fixing anything. So step back so that a child or a young person can step up and handle problems and dilemmas themselves.



**Dr. Deborah Gilboa**

Internationally respected parenting and youth development expert, Deborah Gilboa, MD, is the founder of [AskDoctorG.com](http://AskDoctorG.com). Known as Dr. G, she is an industry leading speaker, author, social influencer, and media personality. Dr. G inspires audiences with relatable stories and tools to develop life skills in children, teens and young adults ages 2-22. Connect with Dr G on [Twitter](#), [Facebook](#), [Instagram](#) or via [her website](#).

Provided as a part of our school's Parenting Ideas membership

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

**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



**school  
AtoZ**

*practical help for parents*

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



# 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

ephysie.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



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).

 **Cancer Council**  
Healthy Lunch Box

Nutrition Snippet

## The simplest way

... to reduce your shopping bill.

Healthy eating doesn't have to be expensive. Here are our top tips to cut the cost of your shopping bill.



1. **Write a shopping list** - Buy only what you really NEED, not WANT.
2. **Look beyond eye level on the shelves** - companies pay valuable money to stock their goods at your eye-height, try looking up or down for cheaper options.
3. **Meat is more expensive per kilogram than vegetables or fruit** - try changing your recipes to use less meat and more veg.
4. **Avoid buying pre-made meals** - cooking meals from scratch is usually cheaper than buying ready meals. Cook in bulk and freeze portions for quick easy meals in the future.
5. **Buy fruit and veg that's in season**

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

## Bellingin Netball



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



COME & TRY  
HOCKEY  
FREE SESSIONS

Where:

Coffs Harbour Hockey Centre

When:

Monday, 22 March 5pm to 8pm

Saturday, 27 March 9am to 12pm

All ages 4 yrs to Adult welcome

Local Clubs will be in attendance

Further info: [www.coffsharbourhockey.com.au](http://www.coffsharbourhockey.com.au)  
or email: [admin@hockeycoffscoast.com.au](mailto:admin@hockeycoffscoast.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  
MAY 23RD

MARCH 7TH  
JUNE 27TH

APRIL 18TH  
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.bellingervalleynbasketball.sportingpulse.net](http://www.bellingervalleynbasketball.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**