

URUNGA PUBLIC SCHOOL

BONVILLE STREET
PO BOX 21
URUNGA NSW 2455

EMAIL: urunga-p.school@det.nsw.edu.au
WEBSITE: www.urunga-p.schools.nsw.edu.au
TEL: 02 6655 6393



On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 7

TERM 1 WEEK 8

WEDNESDAY 17th MARCH, 2021

IMPORTANT DATES

Thurs 18th Mar	Big Veggie Crunch	Fri 19th Mar	National Day of Action Against Bullying
Thurs 18th Mar	MNC Soccer - postponed due to wet weather	Wed 24th Mar	School Cross Country
Thurs 18th Mar	PSSA Girls Cricket Knock Out - postponed due to wet weather	Thurs 25th Mar	P & C Meeting at 3.50pm
Fri 19th Mar	Harmony Day - wear orange and bring something orange to eat	Thurs 25th Mar	Netball Gala Day

HARMONY WEEK ASSEMBLY

Harmony Week celebrates Australia's cultural diversity. It's about inclusiveness, respect and a sense of belonging for everyone. Our school recognised one student in each class that has demonstrated these Harmony Week values at our fortnightly whole school assembly yesterday afternoon. A big congratulations to Khyrell Winderlich, Gabby Pettit-Smith, Rhyley Garton, Maddi Aitken, Milly Forbes, Isabella Burgess, Lily Richardson, Noah Konieczny, Osha Joosten. They all received a Harmony Day certificate as well as a drink bottle.

5/6 Violet presented their item this week which was a artwork they have been working very hard on for the NSW Schools Reconciliation Challenge. The theme is Under One Sky: Yesterday, Today and Forever. Each class member contributed to the artwork which was inspired by the Indigenous artist Garry Purchase. Jorja read to us a snippet of a piece of writing that accompanied the artwork. It is a stunning artwork and everyone in 5/6 Violet should be very proud. Mrs Thorn and the school string ensemble the 'String Beans' entertained us with two songs they have been practising. Well done String Beans! Fortnightly class award winners from each class were also called up to the stage to receive their assembly award.





NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



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.

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

Guidelines have been eased 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.
- 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



NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



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 "*Establishing digital boundaries for the screen generation*". The article focuses on technology and parenting.

Take care
Jane Martyn
Principal





NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

SPOTLIGHT ON KAYLA PYKE

CLASS: 5/6 Violet
STAR SIGN: Pisces
FAVOURITE NUMBER: 7
FAVOURITE BOOK: Six of Crows by Leigh Bardugo
FAVOURITE HOLIDAY: Seeing the Northern Lights in Norway
IF I HAD ONE WISH: More hours in the day please!

Interesting facts – I did a 14 day hike to Mount Everest – words can't describe how beautiful it is or how cold it was!

Teaching Experience – I just graduated from University last year. I am very lucky to be beginning my teaching career in such a fantastic place.

My favourite subjects I like to teach are English and Art.

What I like best about teaching is that every day is different and all the wonderful people you meet. Getting to be a big part of so many great kid's lives is pretty special!



SOCCER GALA DAY

Last Friday 39 students attended the soccer gala day in Nambucca Heads. The day consisted of a Year 5/6 competition and a Year 3/4 competition. We had four teams of Year 5 and 6 players and three teams of Year 3 and 4 players. Each team had six players and they played four games across the day against many other schools in our area. All of our teams won at least one game! Students from Urunga Public School were commended on their amazing sportsmanship and team work by staff members from other schools.

It was an absolute pleasure to take these students to an event outside of school. It was a great day and everyone thoroughly enjoyed themselves.

Miss Kyle



BIG VEGIE CRUNCH!

Tomorrow is the Big Vegie Crunch for 2021!

Don't forget to pack your child a container of vegetables (**not fruit this time**) for them to crunch on.

Kaye Arnold
Big Vegie Crunch Coordinator



WHAT'S DUE

- Yr 6 to Yr 7 in 2021 Expression of Interest forms—OVERDUE
- Stewart House Donation Drive envelope due before Thurs 1st April
- Stage 3 Canberra Excursion note and \$150 deposit due before Thurs 1st April
- Sold raffle tickets and money due before Thurs 1st April
- Voluntary School Contributions

SCHOOL CROSS COUNTRY

The date for the upcoming school cross country is next Wednesday 24th March. It will involve all students from Kinder to Year 6. Students will walk down to the Urunga Rec Grounds for the event. Students are to wear their house colours. A note was sent home last week advising of the arrangements for the day. All students who turn 8 this year will be competing in the 2km run. **Only those children aged 5, 6 and 7** must have written permission from their parents to run in their age race. Permission notes must be returned to their class teacher. Early Stage 1 and Stage 1 students should be returning to school by approximately 11am and Stage 2 & 3 students should return to school before 2pm.

Mr Ticli

CANTEEN ON CROSS COUNTRY DAY

The canteen will **still be open** at school for lunch orders and other purchases on this day. Our K-2 students will be back at school around 11am for their regular lunch time and our Year 3-6 (including our 8 year olds) will have their lunch orders transported down to the carnival. Time will be provided to each class before walking down to the carnival for students who would like to purchase items from the canteen. Students may also prepay and order cold items such as ice blocks. If the carnival is postponed due to the weather, the canteen will operate at school as normal. A big thank you to Sharon for making this available to all students.

DISTRICT SOCCER TRIALS

Last Friday during the Soccer Gala Day, there we also PSSA District soccer trials happening. Twelve of our students tried out for the team and we had 9 successful in making it through to the next round of trials for the Mid North Coast team. What a great achievement! Congratulations to the following students: Sophie Lamb, Bella McKay, Ella Meakins, Jayda Crocker, Cooper Lamb, Tulli Meakins, Asher Heward, Harper Tutt and Charlie Philips.

Miss Kyle



EASTER HAT PARADE 2021

As the Easter Hat Parade approaches, children in Kindergarten to Year 2 (including Year 2 students in 2/3 Green) are encouraged to make their Easter hats at home and bring them into school on the day of the parade, Thursday 1st April. Students will assemble in the bottom COLA at 2.20pm to parade their creations then walk down town. Parents and carers of K-2 students are invited to come along at 2.15pm and watch the colourful parade. The Easter raffle winners will be drawn and announced at a short morning assembly at 9.20am on that morning, so don't forget to send in your sold tickets along with an Easter themed donation please.

EASTER RAFFLE

One of our major fundraising activities during the year is the Easter Raffle. Last 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 announced at our Easter Hat Parade on Thursday 1st April. Thank you, we are all very egg-cited!!



SCHOOL ASSEMBLY AWARDS TERM 1 WEEK 8

K WHITE	3/4 BLUE
Kalhan Taylor-Duffus	Charlie Phillips
Luna Rappa	Tahlea Earnshaw
Millie Betts	Kayla Swain
K/1 ORANGE	Luxmi Fernandes
Raphael Gately	4/5 INDIGO
Chet Ferrero	Dylan Bennington
Lani Sheather	Sophie White
	Jake Day
1/2 TEAL	Maddi Smith
Olivia Shearim	5/6 MAROON
Indee White	Eibhlin Kealy-Banks
Yara Verschoor	Makayla Young
Levi Adams	Alyssa Meenahan
1/2 YELLOW	Zayne Farrell
Nixon Perry	5/6 VIOLET
Dyakota Farrell	Hermione Hennessey
Paige Garrad	Travis Penfold
Mason Markham	Lockie McLagan
2/3 GREEN	Josh Graham
Birdie Tutt	OTHER TEACHERS
Jack Howlett	
Rosie Gladwell	
Ekam Singh	

WALK FOR AUTISM

Urunga Public School is taking part in the Walk for Autism, which begins on the 21st March 2021. We'll be walking 10,000 steps a day for 8 days and fundraising to help change the lives of people on the autism spectrum. Help make our steps count and support our efforts by donating.



Any amount, big or small, will get us one step closer towards a world where no-one on the autism spectrum is left behind.

Our team consists of: Miss Kyle, Mrs Prior, Mr Sercombe, Miss Sully, Miss Creighton, Mrs Wright & Mrs Rodgers.

If you would like to donate, please use the following link.

<https://www.walkforautism.org.au/fundraiser/UrungaPublicSchool>

WHAT'S COMING UP...

We will be celebrating Harmony Day on Friday the 19th 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



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.

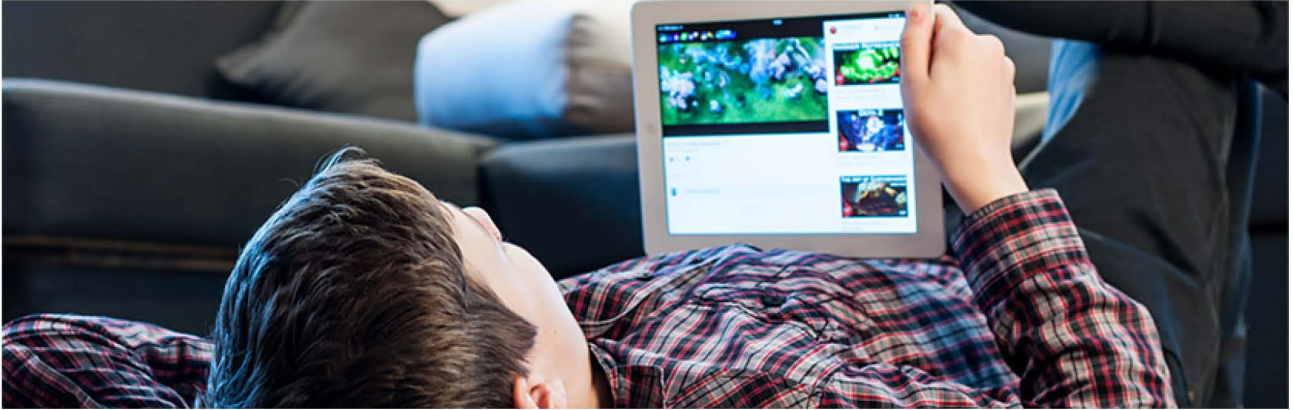
If they are not eligible for free travel they are required to pay a fare or purchase a term pass which can be done online or in the Busways office Coffs Harbour.

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



INSIGHTS

Establishing digital boundaries for the screen generation



Parents need to establish digital boundaries and be the pilot (for primary children) and co-pilot (for adolescents) of the digital plane.

Many parents establish screen time limits for their 'screenagers' (i.e. their children and teens) by stipulating how much time they can spend plugged in. Focusing solely on time is not the only digital boundary to consider. It's best to expand our dialogue beyond screen time as the only metric that's used to assess young people's digital behaviours.

We also need to create boundaries around:

The screens kids use

The most critical boundary parents need to establish with their children and teens relates to what they're doing online. Have conversations about the apps, platforms, games, videos, TV shows and media they consume and create. Visit the [eSafety Commissioner's](#) or [Common Sense Media's](#) websites to help you understand the various platforms and tools, so you're better prepared to know the risks and lessen some of the potential pitfalls.

The time of day

Establish what technology can be used at different times of the day. Ideally, devices would be switched off at least sixty minutes before bedtime as the blue light can delay the onset of sleep and reduce the quality of their sleep. Minimise exposure to rapid-fire, fast-paced screen action before school as this can hyper-arouse the brain and make it challenging to pay attention in class.

Technology zones

As a family, determine the 'no-go tech zones' in your house such as bedrooms, bathrooms, meal areas and play areas. Encourage them to use technology in publicly accessible, high-traffic areas of the home such as the kitchen, dining or lounge area. A young person is very unlikely to be sending nudes whilst sitting on the lounge or kitchen bench!

The people they interact with

Talk to your child or teen about who they're interacting with online and reassure them that if there's a problem online, they need to come and talk to you, as the pilot or co-pilot of the digital plane and avoid withdrawing screen time as a punishment.

Setting and enforcing firm digital boundaries with children young people is vital if we want them to cultivate healthy digital behaviours. These skills are critical if the screen generation is to thrive in the digital world.



Dr Kristy Goodwin

Dr Kristy Goodwin is a digital wellbeing and performance speaker, author and researcher (and mum who also deals with her kids' techno-tantrums!). She's the author of Raising Your Child in a Digital World, and a media commentator who doesn't suggest that we ban the iPhone, or unplug the gaming console (digital abstinence isn't the solution). Kristy translates research into essential information and realistic strategies for parents to ensure kids and teens thrive in the digital world. For further details visit www.drkristygoodwin.com.

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

parentingideas.com.au

ASSEMBLY AWARD WINNERS



P & C Meeting

**Thursday 25th March at 3.50pm
in the School Staffroom.**

Come along for a chat. We would love to see you there!

For more information:





THE LEGO MOVIE 2

Bring your inflatables and watch the movie from the pool or from a comfy chair on the side.

FREE sausage sizzle & popcorn!

Sunday, **28 March**

3 - 5pm

FREE
Members

\$2.50
Non members

Bellingen Shire Swim Centre

Prince Street, Bellingen
6655 1688 | ymcansw.org.au/bellingen

Bellingen Shire
COUNCIL 

the 

**Our mobile
screening
van is
coming to
Bellingen
soon**



Book online or call 13 20 50



**Showgrounds
15th to 17th
March 2021**

**We recommend women aged 50 - 74 have a mammogram every two years.
Book your free mammogram online at book.breastscreen.nsw.gov.au or call 13 20 50.**

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 27th 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 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 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/

Online Courses

Can do in own time

Video lessons

Fun and easy



This project is supported through the NSW Govt through Create NSW

BELLINGEN SHOW MAY 8 & 9

Don't forget guys
the Belling
Show is coming.
Get your entries
ready and start
saving for all
those rides
and yummy foods.
Stay tuned for
more.



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



Bellinggen 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 Bellinggen Football Club on Facebook (@bellinggenfc) or webpage bellinggenfc.com.au

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

Bellinggen Netball



bellingennetball@gmail.com

[Bellinggen Netball Club Facebook page](#) PIC·COLLA

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

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

Training Times Commencing Tuesday March 2nd

- 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



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

or email: 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

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.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



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