

# URUNGA PUBLIC SCHOOL

BONVILLE STREET  
PO BOX 21  
URUNGA NSW 2455

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TEL: 02 6655 6393



*On the traditional lands of the Gumbaynggirr people*

NEWSLETTER NO. 7

TERM 1 WEEK 9

WEDNESDAY 24th MARCH, 2021

## IMPORTANT DATES

Thurs 25th Mar	P & C Meeting at 3.50pm	Mon 29th Mar	PSSA Boys Cricket Knock-out
Thurs 25th Mar	Netball Gala Day – <b>postponed</b> MNC Hockey Trials – <b>postponed</b>	Tues 30th Mar	Whole School Assembly @ 2.20pm MNC Hockey Trials - <b>NEW DATE</b>
Mon 29th Mar	MNC Soccer Trials - <b>postponed</b>	Wed 31st Mar	School Cross Country - <b>NEW DATE</b>
Mon 29th Mar	PSSA Boys & Girls Soccer Knock-out	Thurs 1st Apr	Easter Hat Parade @ 2.20pm

## BIG VEGIE CRUNCH

Our school took part in the Big Vegie Crunch last Thursday and were part of the 46,230 NSW primary students who crunched on delicious vegetables on the day at 10am. There were also 13,314 students around NSW that crunched at another time over Vegetable Week. It was great to see so many yummy vegie options in lunchboxes such as carrots, corn, cucumber, snow peas and capsicum which were all munched and crunched on in classrooms. Everyone enjoyed their vegie's so much we are sure to see them as a regular part in many more lunchboxes. Keep your eyes out for Fruit and Vegie Month coming up later this year.





## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



### P & C MEETING/ SCHOOL PLAN

I am looking forward to our P&C meeting on Thursday afternoon at 3.50pm. To ensure that we are able to follow social distancing guidelines, please notify our office if you are intending on attending. This will help us to allocate the most suitable location to hold the meeting.

I will be sharing and discussing our newly developed School Plan for 2021 – 2024 at the meeting.

### NAPLAN ONLINE PRACTICE

This week, our Year 3 and Year 5 students will be participating in the NAPLAN Online practice test in order to prepare all of us for the online test during May.

### WHOLE SCHOOL PHOTO

Due to the torrential rain last week, we were unable to have our traditional whole school photo on our oval. We have rescheduled it with our photographer for Monday 24<sup>th</sup> May.

### 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.



## NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



### 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 '*Managing anxiety before it becomes a problem*'. The article focuses on wellbeing and mental health

Take care  
**Jane Martyn**  
Principal





## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

# SPOTLIGHT ON ANNA CREIGHTON

<b>CLASS:</b>	1/2 Yellow
<b>STAR SIGN:</b>	Scorpio
<b>FAVOURITE NUMBER:</b>	6
<b>FAVOURITE BOOK:</b>	Edward the Emu by Sheena Knowles
<b>FAVOURITE HOLIDAY:</b>	Thailand and Samoa
<b>IF I HAD ONE WISH:</b>	To explore the world and teach whilst I travel.

**Interesting facts** – I have a dog named Heidi and a cat named Thomas. I love to play touch football and soccer.

**Teaching Experience** – I started as an Early Childhood Teacher for 3 years, and this my second year as a casual teacher.

My favourite subjects to teach are.... everything!

What I like best about teaching is watching students learn and grow.



### **Garden Club:**

Reminder we are holding our working bee on Saturday 10th April 8am.  
Hope to see you there!

### **Community Tutors:**

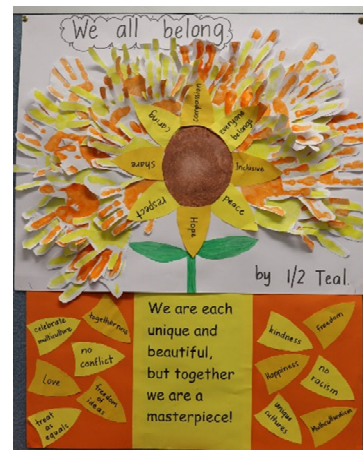
We are starting our wonderful Community Tutor program again in Term 2. This has been a fantastic program over the years where parents, grandparents and community members come the school to work one-on-one with children for 30 minutes every week.

The focus is to help with spelling, reading, writing and mathematics, and has been shown to help with confidence and overall achievement amongst the children involved. If you are interested in being a Community Tutor, I would love to hear from you!

To find out more about Garden Club or the Community Tutor program, please call Laura on the school number 6655 6393 or email: [laura.mcgrath5@det.nsw.edu.au](mailto:laura.mcgrath5@det.nsw.edu.au)

## HARMONY DAY

Friday saw the final day of our Harmony Week celebrations for this year and everyone looked resplendent in their orange. Each class had participated in lessons throughout the week based around the Harmony Week values of inclusiveness, respect and belonging. There were some amazing artworks produced in each classroom which will soon be displayed at the Urunga Community Library. A big thank you to Sharon in the canteen who joined in the celebrations and baked some delicious orange cup cakes for students to buy on Friday. Lots of orange food was also sent in from home in lunchboxes. We hope that everyone enjoyed the week and continues throughout the year with these important values in the forefront of their mind. Happy Harmony Week!



## WHAT'S DUE

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

## 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.

**K-2 Classroom Teachers**



## SCHOOL CROSS COUNTRY

Today's school cross country event has been postponed due to the wet weather conditions. The new date has been set for next Wednesday 31st March 2021. Fingers crossed for fine weather!

**Mr Ticli**

## MNC SOCCER TRIALS

The Mid North Coast soccer trials that were rescheduled for Monday 29th March have again been postponed. The new date for the trials will be Monday 26th April (Week 2, Term 2).

**Miss Kyle**

## NETBALL GALA DAY POSTPONED

The netball gala day scheduled for tomorrow has also unfortunately been postponed. A new date is yet to be confirmed.

**Mrs Prior**

## POSTPONED SPORTING EVENTS

Due to the recent wet weather we have had many sporting events postponed or cancelled. As we are notified about new dates and/or venues, we will let you know through various communication channels such as Facebook, SMS or a note home.

## P&C MEETING

A reminder that the P&C will be holding a meeting at 3.50pm tomorrow (Thursday 25th) afternoon at the school. We hope to see lots of new faces come along. Please notify our office if you can attend.

**P&C Committee**

## 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!!



# P & C Meeting

**Thursday 25th March at 3.50pm  
at Urunga Public School.**

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

**For more information:**



Find us on:  
**facebook®**

## **POSITIVE BEHAVIOUR FOR LEARNING (PBL) - MASCOT DESIGN CHALLENGE**

At Urunga, we are continuing our implementation of PBL across the school. Last year we created our school's 3 expectations of Safety, Respectful and Responsible learners at Urunga Public School. Our next step is to design a school mascot to be the logo for our school's PBL. We are asking our students K-6 to enter our mascot design competition (please see the flyer below). Students can enter as many times as they would like and we encourage them to think about the wildlife, landmarks and any other features that play an integral role in the Urunga community. They can also create their very own unique design. There will be prizes for the best design from each stage and the overall winner will work with a design artist to bring their design to life. Students can complete their design on an A4 piece of paper. The entries can be completed at home and/or school and need to have their name and class marked on the back before handing it to their classroom teacher.

# **Urunga Public School**

Positive Behaviour for Learning (PBL)

**Would you like to create and design the school's PBL mascot?**

## **PBL MASCOT DESIGN CHALLENGE**

1. Competition closes in early Term 2.
2. Design winner's mascot will be co-constructed with an artist.
3. Complete design on A4 paper.
4. Ensure your name and class is on the back of your entry.
5. You can enter as many times as you would like.
6. All entries to be handed to your classroom teacher.
7. Design entries can be completed at school or home.

**Safe, Respectful and Responsible learners**

INSIGHTS

## Managing anxiety before it becomes a problem



The president of Australian Primary Principals Association (APPA) recently highlighted the enormity of the anxiety problem that children are facing. A survey of primary schools across Australia conducted by the APPA showed that 80% of school leaders regard anxiety as a significant issue for children.

Research shows that childhood anxiety left unmanaged will almost certainly re emerge, highlighting the importance of early detection and management of anxiety. Parents, as first responders, play an important role by minimising the impact of stressful moments before they lead to full-blown anxiety. Here's how they can help.

### Recognise anxiety triggers

Recognising the events that trigger anxiety is the first step in helping a child to manage their stress. Rapid or unpredictable change, new social situations, unfamiliar events and difficult experiences are the most common anxiety stressors for kids.

### Know how it shows

Stress and anxiety show in many ways however most children display anxiety behaviours that are unique to them. Typically, anxiety shows through physical signs such as chest pains, nausea and headaches. Anxiety can be observed through behavioural clues such as avoidance of activities, aggression, concentration difficulties and constant fiddling and movement. Worrying, overthinking and catastrophising are also common in children who experience anxiety. Knowing how anxiety shows in your child will alert you to respond appropriately with support and understanding.

### Give kids tools to manage their states

Once anxiety is experienced it never truly disappears. It's always there in the background. Anxiety needs managing so kids can get on with their lives rather than become overwhelmed by stress and worry. Providing children with tools to manage their thinking, emotional and physical states prevents anxiety from becoming debilitating. Management tools such as deep breathing, mindfulness and exercise as well as techniques to help kids distance themselves from their anxiety-inducing thoughts help them minimise the impact of stress.

### Help them understand how anxiety works

Children who understand what happens in their brains and bodies when they are stressed are better able to manage their anxious states. Providing children with a thorough knowledge of how anxiety works and how it shows empowers them to push their worries into the background while they get on with their lives. Managing anxiety takes practice, but it's absolutely essential if children are to flourish rather than become overwhelmed by stress and worry.



## In closing

Stress and anxiety have accelerated with the impact of the pandemic. The growing rate of anxiety is no one's fault, however it does mean that parents need to become more knowledgeable about how anxiety works, how it shows and how you can help your children.



### 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 *Spooned 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.

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

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

Don't forget coming up in a few weeks is the

**BELLINGEN SHOW**

**MAY 8 & 9**

**AT BELLINGEN SHOWGROUND**

- COLOURING IN COMPETITION
- PAVILION ENTERIES
- CHILDREN'S PASSPORT
- MUSICAL ENTERTAINMENT IN THE TENT
- FACE PAINTING
- ROCK CLIMBING
- HORSE AND CATTLE EVENTS
- GUESS THE WEIGHT OF THE BULL
- SIDESHOW ALLEY, RIDES AND FOOD
- MONGREL DOG SHOW
- FOOD EVERYWHERE
- WOOD CHOP

# Impetigo

*Impetigo is a highly contagious bacterial infection of the skin.*

*Good hygiene helps prevent spread of infection.*

*If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.*

Last updated: March 2017

## What is impetigo?

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

## What does it look like?

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

## How is it diagnosed?

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

## How is it treated?

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

## How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

## How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed thoroughly with soap and running water for 10 – 15 seconds after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap. Resources on handwashing can be found at <https://www.nhmrc.gov.au/guidelines-publications/ch55>.
- Not to scratch scabs or pick their nose.
- Not to share their clothes, towels, or toothbrushes.
- To have scratches and cuts cleaned and covered.

Parents should be careful not to allow items such as clothes, towels, bed sheets, razors or toothbrushes used by the affected person to be used by others. Other grooming items, such as nail scissors or tweezers, should be disinfected/washed thoroughly after each use.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- Teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- Hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- Activities should allow time for hand washing as part of routine practice (before eating and after going to the toilet)
- Temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- Surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

## Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.

## What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus*. In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

**For further information please call your local Public Health Unit on 1300 066 055**

# COMMUNITY INFORMATION

## Holiday Activities

APRIL

### Bellingen Library

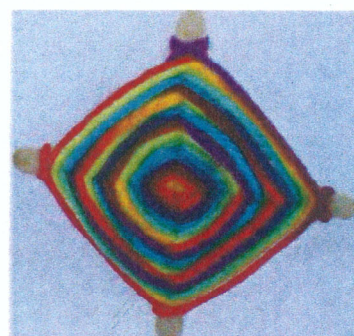
Tuesday 6th April :10:30am – 11:30am

Create a Rainbow cross

Tuesday 13th April : 10:30am—11:30am

Autumn Leaves mobile

Bookings: 6655 1744



### Urunga Library

Wednesday 7th April : 10.30am-11.30am

Dragon Eye Craft

Wednesday 14th April : 10.30am– 11.30am

Shadow puppets

Bookings: 6655 6444



### Dorrigo Library

Thursday 8th April : 10.30am-11.30am

Fun with Lego

Thursday 15th April : 10:30am—11:30am

Shadow Puppets

Bookings: 6657 2234



Bellingen Shire  
COUNCIL



# High Tea With My Device

FREE EVENT



## Struggling to use your Mobile Phone/Tablet?

Learn Tips And Tricks from the Experts  
at our High Tea to celebrate Seniors

Wed 14th April 10am - 12noon

Urunga Neighbourhood Centre

**RSVP 0438 743 589**



An initiative of Neighbourhood Centres of the Belling Shire - partnering with Dorrigo Support Centre, Format C computers and Youngster.co to make sure everyone is connected



# 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, Bellingin  
6655 1688 | [ymcansw.org.au/bellingin](http://ymcansw.org.au/bellingin)

Bellingin Shire  
COUNCIL 

**the** 

# COMMUNITY INFORMATION



## 2021 SEASON LAUNCH

After a COVID impacted 2020, Urunga Football Club are hosting a *Season Launch* event next week at the Morgo Street fields!

There'll be a bit going on, here's the lowdown:

- **Tuesday 30<sup>th</sup> March, 4pm – 5.15pm**
- **Raffle** – with awesome prizes, ranging from a Socceroos Jersey, a Skills Rebounder Trainer, a massive \$100 voucher to spend with one of our Major Sponsors, Shin Pads, Kit bags etc.
  - Opportunity for a kick about
- **Fun for the kids** - Bubble soccer and a bouncy castle!

A great way to meet the team coaches and find out more about the upcoming season. Hang around and we might even shout you some pizza 🍕

Bring cash for raffle tickets (\$1 each or 10 tickets for \$5) and we look forward to seeing you there!



## 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.



# COMMUNITY INFORMATION



## URUNGA HOCKEY CLUB



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

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](mailto:urungahockey@gmail.com)



ACTIVE KIDS VOUCHERS WELCOME

**Free Come & Try**

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

## Bellingen Netball

*New players welcome*



**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)

**ingen Netball Club Facebook page** **PIC•COLLA**

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!



**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)



# 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



## 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**



**LOW COST  
groceries**

**FREE  
bread  
fruit & veg**

with \$10 food purchases

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



**BELLINGEN FOOD PANTRY IS  
ALSO OPEN**

**Tues 10-12 and Fri 10-12**