

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. 15 TERM 4 WEEK 4 WEDNESDAY 6TH NOVEMBER, 2024

IMPORTANT DATES

Thurs 7 Nov	Girwa-Girwawa gathering @ 8.30am in Library— Cancelled	Fri 15 Nov	NRL League Tag Gala Day
Mon 11 Nov	Remembrance Day Assembly @ 10.45am	Tues 19 Nov	Garden Club @ 11.10am
Tues 12 Nov	Grandparents' Day @ 9.30am	Tues 19 Nov	Whole School Assembly @ 2.20pm
Thurs 14 Nov	Kindergarten Orientation - Session 3 9.30am - 10.45am	Fri 22 Nov	Kindergarten Orientation—Session 4 9.30am - 10.45am

KINDERGARTEN ORIENTATION BEGINS

We are thrilled to welcome our amazing 2025 Kindergarten students during their first two Orientation sessions last week and this week! They have two more mornings of fun activities and making new friendships ahead over the next two weeks, and we can't wait to see them for their third and fourth days.

Our young learners enjoyed listening to the "Rainbow Fish" story then creating their own beautiful rainbow fish to take home. They played games, sang songs, and engaged in many other exciting activities. A big thank you to our school leaders for their invaluable support in helping our newest students settle in, feel at home and enjoy this special time.

In addition to the fun for our students, we hosted an informative session for parents in the library. This gathering provided an opportunity for parents to learn more about the school year ahead, ask questions, and connect with each other. We appreciate everyone who attended and look forward to seeing you again for the second parent session and working together to support our children's growth and success.





NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



Giinagay Urunga Community,
I acknowledge the traditional custodians of this Gumbayngirr land on which we live and work and I pay our respects to the Elders, both past and present. I would like to thank them for allowing us to live and learn on their lands.

ANNUAL PARENT COMMUNITY SURVEY

Tomorrow, 7th November, we will be emailing our parents and carers out a survey to each family asking for your feedback on a number of areas across our school. This feedback from our community will be used when considering our plans for 2025. Please take the time to complete the survey for us as we value your opinion and your input. It is a survey that we send out each year and add appropriate questions to gather information for our planning our organisation for the following year.

If you don't receive the survey, please contact our office so that we can rectify this.

SCHOOL TRANSITION PROGRAMS

We have now held two of our four Kindergarten 2025 orientation sessions. We are looking forward to welcoming them again next Thursday 14th November and again on Friday 22nd November.

Our Year 6 students are looking forward to attending Bellingen High School for their Orientation Day on Friday 13th December. This is a full day at the high school and transport to and from is the responsibility of the parents. If your child is attending a different high school, please ensure that you make yourself aware of their orientation and transition programs and dates.

SCHOOL SOCIAL

Thank you very much to our wonderful P&C who organised our recent social event on the 24th October. The event was very well supported by our students and their families. There were some outstanding fancy dress outfits on the night also. Everyone had a fabulous time.

I would like to make a special mention of the parents who helped by bringing their BBQs in for the night when ours decided not to cooperate on the night. Much appreciated!



SCHOOL CANTEEN

Congratulations to Sharon Hearps who has recently taken up the position of full time Canteen Supervisor at Bellingen High School for 5 days per week. Sharon did a fantastic job as our Canteen Manager over many, many years. She will be missed by our community, and we wish her well.

Thank you to Emily Vial who is currently relieving as our Canteen Manager while our P&C organise our next steps for Sharon's replacement.

WHOLE SCHOOL END OF YEAR PERFORMANCE – TUESDAY 17TH DECEMBER

We are looking forward to our whole school end of year performance on Tuesday 17th December. We emailed parents and carers on 17th October regarding the colour of the T-shirt that each class needs to bring in.

If you are having difficulty in finding or purchasing this T-shirt, please let your child's teacher or our office know so that we can be of assistance.



NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



ENROLMENTS FOR 2025

If your child/ children are not returning to Urunga Public School next year (with the exception of Year 6s), please let our office know as soon as possible so that we can be accurate in our class structures.

GRANDPARENTS AND GRANDFRIENDS DAY – TUESDAY 12 NOVEMBER

We are excited to confirm that one of our favourite days of the year – Grandparents' Day will be held here at school on Tuesday 12th November. Details to follow. Save the date!

KINDERGARTEN ENROLMENTS FOR 2025

Enrolments are now being accepted for Kindergarten 2025 at Urunga Public School. We are looking forward to meeting our new Kindergarten students for 2025. Information about our transition and orientation program will be made available soon. If you have any questions, please call us on 6655 6393. Enrolment applications can now be accessed and submitted through our school website:

[Home - Urunga Public School \(nsw.gov.au\)](https://www.nsw.gov.au/urunga-public-school)

PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled '*Hope Builders*' written by Dr Justin Coulson, which focuses on positive parenting to enhance your children's resilience and wellbeing.

Take care,
Jane Martyn

G I R R W A - G I R R W A W A

KEEP ON GATHERING

TERM 4 DATES:

~~THURSDAY 7TH NOVEMBER @ 8.30AM~~ CANCELLED

THURSDAY 21ST NOVEMBER @ 8.30AM

THURSDAY 5TH DECEMBER @ 8.30AM

IN THE SCHOOL LIBRARY

ALL WELCOME!



NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

SPOTLIGHT ON YEAR 6

As our amazing Year 6 students approach the end of their primary school journey, they are preparing to take a big step into high school next year! To celebrate this exciting transition, we'll be shining a spotlight on each student over the coming weeks.

Here are the first eight students in our spotlight! Stay tuned to learn more about their unique talents and interests!



Name: Rani Benglas-Ford
Favourite Colour: Sage green and aqua
Favourite Food: Sushi
Favourite Place in the World: Italy, Greece and Australia
Hobbies: Art, painting and drawing
Aspirations for the future: My aspiration is to meet all of the Panther players (including Jerome Luai)
Highlights of my time at UPS: The highlight has been meeting all of my great friends.



Name: Jai Doughty
Favourite Colour: Blue
Favourite Food: Lasagna and sushi
Favourite Place in the World: My house
Hobbies: Gaming and playing soccer
Aspirations for the future: To be a professional soccer player
Highlights of my time at UPS: Playing with my friends and going on camp.



Name: William (Billy) Gowing
Favourite Colour: Green
Favourite Food: Nachos
Favourite Place in the World: Australia
Hobbies: Surfing, skating, video games and hanging with friends
Aspirations for the future: To become a builder and a professional soccer player
Highlights of my time at UPS: Becoming a soccer player.



Name: Lucy Hennessey
Favourite Colour: Orange
Favourite Food: Cherries
Favourite Place in the World: Dublin, Ireland
Hobbies: Reading
Aspirations for the future: To meet Isaac Smith
Highlights of my time at UPS: Meeting my friends and school camp.



NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

SPOTLIGHT ON YEAR 6



Name: Tahlea Earnshaw
Favourite Colour: Light /baby pink
Favourite Food: Sushi, pastries and apple pie
Favourite Place in the World: Moreton Island, Qld and Mylestom beach
Hobbies: Soccer, art, painting, paddle boarding, looking after my ducks and kayaking
Aspirations for the future: To be a pastry chef in the Whitsundays
Highlights of my time at UPS: Making new memories with my friends and school camp.



Name: Jax Hamilton
Favourite Colour: Hot pink
Favourite Food: Eye fillet steak
Favourite Place in the World: Australia
Hobbies: Fishing, Moto bike riding, bull riding, mountain bike riding and NRL
Aspirations for the future: To be a tradie or a professional fisherman
Highlights of my time at UPS: Going to Canberra, mucking around with my mates, footy gala days for the school and making memories with my mates.



Name: Mia Artuphel
Favourite Colour: Sage green and light purple
Favourite Food: Homemade sushi
Favourite Place in the World: Copenhagen at my Auntie's house
Hobbies: My hobbies are drawing, being around animals and pets, exploring and just hanging out with my friends and family
Aspirations for the future: To become a vet and going back to Denmark
Highlights of my time at UPS: Spending time with my friends, playing in the school band and reading.



Name: Arianwen Tucker
Favourite Colour: Mossy green and pink
Favourite Food: Salad with balsamic and olive oil
Favourite Place in the World: There is a small forest near my house with a fallen dead tree that I love
Hobbies: My hobbies are drawing, piano, writing and reading
Aspirations for the future: To become a doctor, go shark cage diving, write books and study marine biology
Highlights of my time at UPS: Talking and joking with my friends and doing spelling or writing tasks in class.

EAR HEALTH and NOSE BLOWING

Lauren Hodge, the itinerant support teacher for conductive hearing loss, visited us last Tuesday. She came and spoke to the parents of next years Kindergarten students at our first Kindergarten Orientation morning. Following this, she went and talked to our current Kinders and gave them lots of tips about ear health.

She ran them through the anatomy of their ears and how they work and also how your ears talk to your brain! She reminded everyone that it is very important to look after their ears to help prevent any hearing loss. A couple of ways to do this is by blowing your nose in the correct way. All the students had a practice doing this and blowing one nostril at a time.

She also mentioned the benefits of eating crunchy foods and of course, not putting anything smaller than your elbow in your ear!

A big thank you to Lauren for coming along to give us all this great information.



RESPONSIBLE PET EDUCATIONAL PROGRAM

Last Friday, our Kindergarten and Years 1 & 2 students had a fantastic time with The Responsible Pet Program! They learned all about how to be safe and responsible around animals, and they even had a chance to practice some hands-on skills.

The engaging sessions taught our students important skills on how to safely approach dogs and the best ways to care for pets, helping them become more Safe, Respectful, and Responsible learners.

A big thank you to The Responsible Pet Program for sharing these valuable lessons with us!



FORTNIGHTLY WHOLE SCHOOL ASSEMBLY

Yesterday's assembly started off with a bang as we congratulated Elise and Hannah. They both did exceptionally well in their AMEB music examinations. Louise presented them with certificates from the Australian Music Examinations Board. Well done to both girls. We were then treated to a solo performance on the flute from one of our newer musicians, Lilly. She played a beautiful little song - well done Lilly. Our school band followed on with a new song they have been learning. The piece 'Sahara Crossing' by composer Richard Meyer sounded amazing and was obviously very well practiced. Excellent work band members, Hazel and Louise.

It was then 1/2 Yellow's turn to perform their take on The Gruffalo. They had adapted the story to include our local animals such as the Urunga plovers, ibis, pelicans and snakes. The cheeky little Urunga Mouse convinced all these predators that instead of eating him, that they would be eaten by the scary Gruffalo! In the end it was the Gruffalo that was scared of the little Urunga mouse!



SCHOOL ASSEMBLY AWARDS TERM 4 WEEK 4

K WHITE

Cruz Shearim
Jarrah Chapman
Iylah Smith

1/2 RED

Reuben Ferrero
Oli Newsham
Max Snow

3/4 BLUE

Tex Hyde
Zoe Egan
Violet Snow

5/6 AQUA

Harper Kedzlie
Jet Sticker
Byron Crocker

BAND AWARD

Harvie Sherwood
Harper Brockenshire

K/I ORANGE

Aria Wrobel
Dylan Murray
Everson Sharkey

1/2 YELLOW

Dylan Owen
Noah Taylor
Sophie Liang

3/4 MAGENTA

Daniella Figueroa
Jakobi Brockenshire
Alfie Fawett
Chilli Cameron

5/6 LILAC

Mia Atkins
Bella Whiteman-Towner
Levi Adams
Rosie Gladwell

BAND AWARD

Elise Pagulayan-McCabe



SCHOOL SWIMMING SCHEME

The NSW Department of Education School Swimming Scheme is an intensive Learn to Swim Program, which develops water confidence and provides students with basic skills in water safety and survival.

The Scheme focuses on ALL Year 2 students and Year 3 students. We strongly encourage all Year 2 and Year 3 students to take this opportunity to participate in the Swim Scheme. There is no cost for the actual swimming scheme (cost for pool entry and bus hire shown below).

The scheme is conducted each school day over a two-week period. Each daily lesson is 45 minutes. There are a maximum of 55 places available and entry into the swim scheme will be based on the order of permission notes submitted.

If all available spaces are not filled by Year 2 & Year 3 students by the due date of Wednesday 20th November, the scheme will be offered to non-swimmers in Year 4, 5 and 6 on a 'first-in' basis.

The cost of this year's Swimming Scheme is only \$50. This cost covers associated costs such as bus transport and pool entry for the two weeks. The P&C have very generously subsidised this cost, which has reduced the overall cost to parents by approximately half. We are very grateful to them for supporting our families in this program.

If your child has a Bellingen Pool season pass, you will only need to pay \$15 in total.

An email with a link to the School Bytes permission note will be sent out to Year 2 and 3 parents this week.

Mr Patterson



LEADERSHIP FOR 2025

Have you considered becoming a leader at Urunga Public School? Any students in Year 5 interested in running for the Leadership Team in 2025 are asked to nominate their interest to Mr Freebairn, Miss Pyke or Mrs Hulbert.

Candidates are asked to present a speech no longer than 3 minutes or less, outlining their qualities and experiences that would support them to become an effective leader. Students and parents will be notified as to when speeches will be held. Elections will take place straight after speeches. Successful candidates will be announced on Presentation Day. Look out for an email with more information coming soon. Any questions, please contact Mr Freebairn.

YEAR 6 FAREWELL

Year 6 students have now received their invitations to the Year 6 Farewell. It will be held at Club Urunga (Urunga Bowling Club) on Monday 16th December. Year 6 are asked to arrive at 6pm. Year 5 are asked to come at 7pm to enjoy the after dinner festivities. The evening will finish at 8.15pm.

The theme for this year's farewell is 'By The Sea'. Year 6 will need to have their permission notes submitted with payment of \$40 to the office by Friday 6th December. Year 5 will pay \$10 at the door on the night.



STUDENT GALA DAY

The date for this year's Student Gala Day has been set. We will be holding this great fundraiser day on Friday 22nd November in the afternoon between 12pm - 2pm. Gala Day is an in-school fun day where each class will be running an activity or a stall to raise money for our school. All students will have the opportunity to participate in which ever activities they choose on the afternoon.

Activities will be priced between 50c and \$2. Please send your children with change/coins on the day. Please see the flyer further on in the newsletter.

PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Week 2 and Week 3, they have all displayed our positive behaviour expectations of being Responsible, Respectful and Safe learners in the past two weeks. They all receive their choice of either a voucher to spend at the canteen, or a small prize.

- **Tahlea**
- **Lulu**
- **Jade**
- **Izzy**
- **Bella**
- **Ruby**
- **Grace**
- **Sienna**
- **Nate**
- **Mila**
- **Christopher**
- **Laila**
- **Max**
- **Aria**



Positive Behaviour for Learning at Urunga Public School is for

EVERYONE, EVERYWHERE, EVERY TIME



We are
responsible

We are
respectful

We are
safe

SELECTIVE HIGH SCHOOL (for Year 7 in 2026) AND OPPORTUNITY CLASS (for Year 5 in 2026)

Applications are open from 7 November 2024 to 21 February 2025



Selective high schools are for students in Years 7 to 12.

Applications are open for approximately 4 months, from November each year to February the following year.

Parents apply when their child is at the end of Year 5 or the beginning of Year 6 for placement in a selective high school in Year 7.

Opportunity classes are for primary school students in Years 5 and 6.

Applications are open for approximately 4 months, from November each year to February the following year.

Parents apply when their child is at the end of Year 3 or the beginning of Year 4 for placement in Year 5 in a primary school with an opportunity class.

Selective high school Year 7 entry in 2026: Apply when your child is at the end of Year 5 or the beginning of Year 6.

Opportunity class Year 5 entry in 2026: Apply when your child is at the end of Year 3 or the beginning of Year 4.

Selective high schools and opportunity classes are 2 of the ways the NSW Department of Education supports high potential and gifted students.

What are their benefits?

- Students learn alongside, and form friendships with, other high potential and gifted classmates.
- Special teaching methods allow students to learn at a quicker pace and in more detail.
- Research shows that students benefit both academically and socially when learning with classmates who have similar abilities.

Selective high schools and opportunity classes are not zoned so you can apply to ones outside your local enrolment area.

Is a selective high school or opportunity class the right fit for my child?

A selective high school or opportunity class might be a great fit if your child:

- learns quickly
- asks complex questions
- is highly motivated
- has a good memory
- is intensely focused in their area of interest



SELECTIVE HIGH SCHOOL AND OPPORTUNITY CLASSES cont....

Where are selective high schools (Year 7-12) located?

There are 4 types of selective high schools:

- fully selective high schools, where all students attending the school have high potential or are gifted
- partially selective high schools, where there is a mix of students who have high potential or are gifted and local area students
- 4 agricultural selective high schools, including 3 boarding schools
- Aurora College, which provides online selective classes for rural and remote students in their local host [schools](#).

Search for a selective high school near you at [Find a selective high school](#).

Where are opportunity classes (Year 5-6) located?

There are 2 types of opportunity classes:

- full-time opportunity classes in selected primary schools
- Aurora College, which provides online opportunity classes for rural and remote students in their local [authorised host schools](#).

Search for an opportunity class near you at [Find an opportunity class](#).

Students successfully placed attend the opportunity class full-time in Years 5 and 6. In most cases, students who have accepted a place in an opportunity class will leave their current school to attend the school with the opportunity class.

Discuss the opportunity with your child and look through the information together on the [Selective high schools and opportunity classes](#) website and in the student resource hub:

[Applying for a selective high school: Student resource hub](#)

[Applying for an opportunity class: Student resource hub](#)

Fair and equitable access

The [Equity Placement Model](#) helps make access fairer for more high potential students in our community.

We know that some students may be missing out because they experience educational disadvantage.

Under the model, up to 20% of places in each selective high school and opportunity class are held for:

- students from low socio-educational advantage backgrounds
- Aboriginal and/or Torres Strait Islander students
- students from rural and remote locations
- students with disability.

These students still receive offers based on their performance in the placement test.

Learn more at [Fair access](#).

The application process

Complete the [online application](#).

Applications **close** on **21 February 2025**.

Once your application has been submitted and processed, your child will need to sit a computer-based placement test. Learn more at [Application process](#).

Ready to apply?

Apply online at shsoc.education.nsw.gov.au

Further information

Visit [Selective high schools and opportunity classes](#).

URUNGA PUBLIC SCHOOL

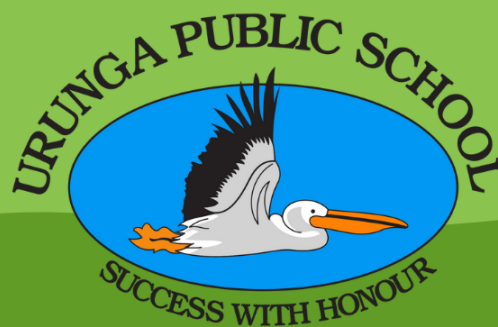
ALL
WELCOME

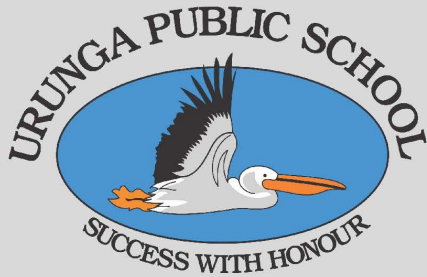
*Grandparents
& Grandfriends
Day*

9:30AM TO
11:40AM

TUESDAY
12TH NOV
2024

OPEN CLASSROOMS
SPECIAL ASSEMBLY
MORNING TEA





ENROL FOR KINDERGARTEN 2025



We are offering a comprehensive 'Transition and Orientation' program for students and their parents who will be entering Kindergarten in 2025

ORIENTATION DATES



Session 1

Tues 29th Oct

9:30-10:45am

Students & Parents



Session 2

Wed 6th Nov

9:30-10:45am

Students Only



Session 3

Thurs 14th Nov

9:30-10:45am

Students Only

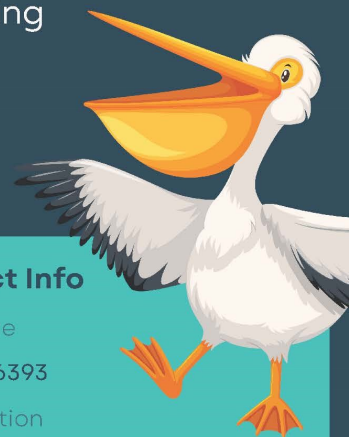


Session 4

Fri 22nd Nov

9:30-10:45am

Students & Parents



Contact Info

Phone

02 6655 6393

Location

Bonville St Urunga 2455

Email

urunga-p.school@det.nsw.edu.au

Website

www.urunga-p.schools.nsw.gov.au

To complete your Online Enrolment for Urunga Public School

[CLICK HERE](#)

Book a Tour. If you are new to the school and would like to look around and chat with our team, we encourage you to call the office and organise a time!



Before & After School Care



Library



Lunchtime Clubs



Many Sporting Opportunities



Healthy Canteen & Kitchen Garden



Creative & Performing Arts

URUNGA PUBLIC SCHOOL

STUDENT GALA DAY

FRIDAY
22ND NOVEMBER
12.00 PM TO 2.00 PM

BRING
YOUR COINS



Activities
priced from
20c - \$2

TUNNEL OF
TERROR



BALL SPORTS

WATER BOTTLE BOWLING



NAIL POLISH &
TEMP TATTOOS



LUCKY DIPS



PHOTO BOOTH



MINI GOLF



KARAOKE



SPIDER CRAFT

PLUS SO MUCH MORE.....



Hope Builders

Equipping Our Kids to Thrive in a Challenging World

Take a look at the clickbait headlines of our major news outlets and consider the words you see pop up most. Words like “grim”, “brutal”, “chilling”. They’re carefully designed to evoke anxiety.

And they’re working.

Mental health challenges are at unprecedented levels among our children. Recent research published by the Australian Bureau of Statistics (ABS) shows that anxiety, depression, and self-harm are on the rise. Around 40% of girls and 20% of boys have anxiety. (That’s about 8 girls and 4 boys in every school classroom around the country.) Diagnoses are climbing for children at younger ages. ADHD and autism diagnosis is also on the up.

The pressures of school, social media, and an uncertain future are taking their toll. Throw in political instability, a middle-Eastern war, a Russian/Ukrainian war, and economic pain with high interest rates and inflationary pressure... and it’s a lot.

These are big issues. Some research, however, shows that often it’s the multitude of small issues that accrue until our kids are total stressballs, rather than the big stuff. That is, they’re probably more worried about their best friend forgiving them for that dumb thing they said yesterday, or they’re stressed about the speech they have to give in class, or that weird interaction they had with a new “friend” on Roblox more than they’re worried about climate change and wars. The small things are immediate and close. The big things are often more abstract and distant.

In reality, it’s likely both that are contributing to anxiety and stress in kids.

But amid these challenges, there’s a powerful tool we can equip our kids with; one that inoculates kids against anxiety, takes down depression, and softens stress.

That tool is hope.

Hope, in the psychological sense, isn’t just wishful thinking. It’s not the “Geez, I hope we can pay the grocery bill this week” thinking (for adults) or “Hey, I hope that the kids are nice to me at school today” thinking (for kids). Instead, hope has three key components:

Goals: Having clear goals provides direction and purpose.

Pathways: Believing in one’s ability to find multiple routes to achieve those goals, even when faced with obstacles.

Agency: Having the confidence and self-belief to navigate those pathways and overcome challenges.

Think of it like this: hope is the internal GPS that guides our kids towards a brighter future, even when the road gets bumpy. It’s the belief that they have the power to steer their own course, navigate detours, and ultimately reach their destination.

And our job is to be hope builders.

So, how can we, as parents, become hope builders for our children?

I'm going to make three suggestions to show how we can create hopeful kids. In other words, I'm going to give you a goal to work towards and a pathway to follow. As for the agency part... I believe in you, but ultimately that's going to be up to you.

1. Nurture Goal-Oriented Thinking:

Encourage Exploration: Help your child discover their passions and interests. Expose them to a variety of experiences, from sports and music to art and volunteering.

Set Realistic Goals: Work together to set achievable goals, breaking them down into smaller, manageable steps. Progress is the key word here, because progress builds hope.

2. Cultivate Pathways Thinking:

Problem-Solving Power: Equip your child with problem-solving skills. Figuring out options creates hope and resilience. Teach them to brainstorm solutions, evaluate options, and adapt their approach when needed.

Embrace Mistakes: Normalise setbacks and mistakes as valuable learning experiences. Encourage them to see failures as detours, not dead ends. As a cyclist, a quote I share with my kids regularly is "You've got to love the hills. The hills make you strong!"

Model Flexibility: Show them how you adapt to challenges and find alternative routes to achieve your goals.

3. Boost Agency Thinking:

Encourage Self-Reflection: Whether they fail or succeed, ask them how it felt, what they did to get there, and what they'll do next time. This builds confidence to face the future and chase the goal (and develop focus for improved pathways).

Foster Autonomy: Give them age-appropriate choices and responsibilities. Allow them to make decisions and experience the consequences of their choices (within safe boundaries). This builds self-belief as they accomplish challenges.

Provide Unwavering Support: Let them know you believe in their capabilities, even when they doubt themselves. Be their cheerleader, their sounding board, their safe harbor in the storm.

In a world that often feels overwhelming and uncertain, hope is a beacon of light, guiding our children towards a brighter future. These ideas will work for children of all ages. Adapt them accordingly.

By nurturing their goals, empowering them to find pathways, and fostering their agency, we can equip them with the resilience and optimism they need to thrive. This is how we build hope. Parents need to be hope-builders.



AUTHOR

Dr Justin Coulson

Dr Justin Coulson is a dad to 6 daughters and grandfather to 1 granddaughter. He is the parenting expert and co-host of Channel Nine's Parental Guidance, and he and his wife host Australia's #1 podcast for parents and family: The Happy Families Podcast. He has written 9 books about families and parenting. For further details visit

happyfamilies.com.au.





Subject: Unlock Your Child's Creativity with Our New STEAM Scene Classes!

Dear Parents,

We are excited to introduce our new **STEAM Scene** program—an engaging, hands-on learning experience designed to spark your child's curiosity and creativity! Our STEAM classes (Science, Technology, Engineering, Arts, and Mathematics) are tailored to primary school students, offering a unique blend of fun and education that will help them develop critical thinking, problem-solving, and teamwork skills.

What's in store?

- **Exciting Projects:** Each week, students will dive into exciting challenges—building with Lego, experimenting with Snap Circuits, coding in Minecraft, and so much more.
- **Team-Based Learning:** Our collaborative environment encourages teamwork and communication, helping kids gain confidence while working with their peers.
- **Innovative Activities:** From creating virtual worlds to hands-on engineering tasks, we cover a wide range of STEAM topics in a fun, interactive way.

Program Details:

- **Duration:** 10-week course (starting Friday 18th October 2024)
- **Time:** Fridays from 3:30 pm to 6:30 pm (includes afternoon tea and free time)
- **Location:** Level 1, Suite 2, 34-38 Harbour Drive Coffs Harbour NSW 2450
- **Fee:** \$40.00 per session casual, \$35.00 per week if student signs up for the term.

If your child loves to tinker, explore, and create, this is the perfect opportunity for them to thrive. Spaces are limited, so make sure to book soon!

To enroll or ask any questions, please reply to this email or call us at [phone number].

Let's work together to ignite a love for learning that goes beyond the classroom!

Bookings Essential

Best regards,
Liz Stevens
The Education Centre
0478413549/0266522222



Bellinghen Stitched Up

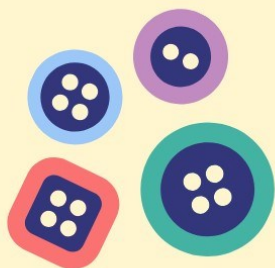


Year 6 Students!

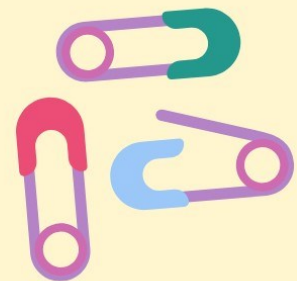


You're invited to a special preview of our amazing crafting space! Come meet our friendly volunteers and get a sneak peek of things you can make with us next year!

Explore our 3 Fun Workstations where you can try your hand at making:



*Headbands
Earrings
Pin Cushions*



Join us for a creative afternoon, complete with afternoon tea! We'd love to see you there!

Free!

MONDAY NOVEMBER 18TH
3.30PM - 5.30PM

*All supplies
provided*

Bellinghen Uniting Church Hall, Hyde Street



RSVP to Michelle required
on 0403 011 597 or email
bellinghenstitchedup@gmail.com



Cancer Council's Healthy Lunch Box website is your one-stop shop for everything you need to know about packing a healthy lunch box. For recipes, information and health tips please visit <https://healthylunchbox.com.au>

Nutrition Snippet

5 TIPS TO TAKE THE PRESSURE OFF PACKING LUNCH BOXES



- 1) Base it on the 5 food groups**
- 2) Add colour with fruit and vegetables**
- 3) Let your child to help choose some foods**
- 4) Save time by packing leftovers**
- 5) Save money by stocking up on specials**

Read more at: healthylunchbox.com.au/blog/5-tips-to-take-the-pressure-off-packing-a-lunch-box

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box



Receive up to \$500 from ANZ for your 2025 back to school costs

Achieve a savings goal for 10 months and ANZ will match it up to \$500. You need to:

- ✓ Be 18 years or older
- ✓ Have a current Health Care Card or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

Terms and conditions apply.


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