

URUNGA PUBLIC SCHOOL

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URUNGA NSW 2455

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On the traditional lands of the Gumbaynggirr people

NEWSLETTER NO. 3

TERM 1 WEEK 6

WEDNESDAY 6th MARCH, 2024

IMPORTANT DATES

Thurs 6 Mar	Girrwa-Girrawa Gathering @ 8.30am in school library - all welcome	Fri 15 Mar	P&C's Colour Run @ 2.00pm
11-15 Mar	Parent / Teacher Information Sharing	Wed 20 Mar	NC Swimming Carnival - Casino
Tues 12 Mar	MNC Basketball Trials	Wed 20 Mar	P&C AGM @ 2.20pm - All welcome
13-25 Mar	NAPLAN - Years 3 & 5	Thurs 21 Mar	Girrwa-Girrawa Gathering @ 8.30am in school library - all welcome

MEET THE TEACHER BBQ

Our staff and students were very excited to welcome parents and family members to our school last week for our 'Meet The Teacher' breakfast BBQ. The event saw a fantastic turnout, and we hope everyone relished the opportunity to connect with their child's new teacher, as well as catch up with last year's teacher and other families and friends. The barbeque was running hot and had plenty of different options available as well as a cereal and milk option if something from the BBQ didn't take your fancy! A big thank you to Mrs Martyn and Mr Patterson for organising and shopping for this event and the rest of the staff who donned aprons or grabbed tongs! A special shoutout to Ash and Clive for running the BBQ. What a great way to kick off the year with a bang, we are looking forward to more wonderful moments like these throughout the school year.





NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



Giinagay Urunga Community,

I acknowledge the traditional custodians of this Gumbaynggirr 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.

MEET THE TEACHER AND WELCOME BBQ BREAKFAST

It was really fantastic to see so many families join us last Wednesday for breakfast. Parents and staff enjoyed getting together over a bacon and egg roll to chat informally. I would like to thank Ash and Clive for cooking our BBQ and our local businesses for their services, in particular the Urunga Country Oven Bakery and Urunga Butchery.

MEET THE TEACHER CONFERENCES

During Week 7 (March 11th to 15th), teachers will be available for discussions with parents regarding their children's needs and progress. These conferences are an opportunity for parents and teachers to share their knowledge of our students.

Earlier today, parents and carers should have received an email with instructions on how to book a 10-15 minute time slot through our Parent Portal with their child's teacher. The opportunities will be open for varying times across a week. The idea of these 'Meet the Teacher' times is to share information regarding your child with the teacher and to discuss strategies that may be put in place to ensure success for your child.

There is a proforma for parents and carers to complete and to bring to the meeting to share and discuss. We hope that you are able to take up this opportunity to talk with your child's teacher.

GOVERNMENT GRANT APPLICATION

I recently applied for a grant under the Government Schools Upgrade Fund to fund the supply and installation of a security fence around our school. I hope to hear back soon if we were successful or not in gaining the grant.

COLOUR RUN

As you have most likely heard, our P&C are conducting a Colour Run at school from approximately 2.00pm on Friday 15th March. This is our P&C's first fundraising event for the year. Students will need to bring a white T-shirt and parents and carers will need to complete the permission form that will be emailed via School Bytes soon. If students have an old hat (that can be coloured) and sunglasses to wear, they are welcome to wear them also.

Each child needs to create their own profile as per instructions sent to parents recently. At this stage, there are still many students yet to create their profile on the website for fundraising.

There are prizes for classes and individuals to be given away in the lead up to the Colour Run, as well as on the day.

Please start sending your child's white t-shirt (labelled with their name) in for classroom teachers to store for the day.

Students and parents are really looking forward to watching many teachers, including myself be slimed on the day, depending on funds raised. A teacher will be slimed every \$2000, with myself being slimed at \$10 000! We are already at \$12335.

A permission note will be sent out soon. I hope that you can join us for the afternoon.





NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



ROAD SAFETY - REMINDER

It has come to my attention again that some parents are continuing to stop or park in the No Parking areas in front of the State Emergency Services (SES) shed in Orara St at afternoon pick up time. In the interests and safety of all, please refrain from doing so. In order to help the safe and smooth picking up of our students, parents are reminded that students can also be collected from the Bonville St exit. There is also a gate at the southern end of our playground on Bowra St.

In order to alleviate congestion, it is perfectly acceptable at any time after 3.20pm and before 3.35pm. Also please refrain from the following unsafe behaviours:

- Don't call your child to cross the road. Instead, escort them across the road.
- Don't perform U-turns during busy pick up or drop off times.
- Don't park in the bus zones around our school.

Road safety is a community effort, and we appreciate the partnership of our parents, local authorities, and neighbours in ensuring a safe environment for our students. If you observe any concerns or have suggestions, please don't hesitate to reach out to our school office.

Together, we can make a significant impact on road safety within our school community. Let us instil in our students the values of responsibility, awareness, and respect for others on the road. By working collaboratively, we can create an environment where every journey is a safe one.

Thank you for your continued support and let us move forward with a collective commitment to the well-being of our Urunga Public School family.

PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled '*The Science Behind Raising Readers!*' which focuses on being proactive and fostering a love of reading to capitalise on its benefits from a young age and through adulthood.

Take care,
Jane Martyn

NSW Department of Education

Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun



NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

SPOTLIGHT ON JESS HULBERT

CLASS: Science
STAR SIGN: Aquarius
FAVOURITE NUMBER: 13
FAVOURITE BOOK: My Sisters Keeper—Jodi Picoult
FAVOURITE HOLIDAY: Christmas
IF I HAD ONE WISH: To do a lap of Australia in a caravan with my family



Interesting facts – I love a good DIY project be it anything from renovating our house or making dress up costumes.

Teaching Experience — I have been teaching for 14 years around several local schools, and also 6 years in the Northern Territory (Alice Springs and Darwin) and a couple of stints in USA.

Favourite subjects you like to teach – I love teaching science as I love how hands on it can be. I also love Dance and Drama.

What do you like best about being a teacher – Building fun relationships with the students and listening to all the quirky things they come out with!

GIRRAWA-GIRRAWA

KEEP ON GATHERING

NEXT YARNS:

THURSDAY 7TH MARCH @ 8:30AM

AND THURSDAY 21ST MARCH @ 8.30AM

IN THE SCHOOL LIBRARY.

ALL WELCOME!

MNC SWIMMING CARNIVAL

Well done to our thirteen swimmers who swam at the MNC swimming carnival last Thursday. The competition really ramps up at this level and we are proud of every one of our students for giving it their best on the day.

A massive congratulations to Justin Bond who successfully qualified for the NC swimming carnival and will compete in 4 events at the Casino pool on March 20th. He qualified in the 10yr Boys 50m Freestyle, Junior Boys 50m backstroke and butterfly, as well as the Jnr Boys Individual Medley. A fantastic effort! We wish him all the best for North Coast carnival.



NRL DYLAN EDWARDS LEGENDS RUGBY LEAGUE GALA DAY

Last Thursday in Bellingen, Urunga Public School students had a fantastic time competing in the recent Dylan Edwards Legends Rugby League Gala Day! They participated in the Under 12's tackle and the Years 3/4 and 5/6 tag components, showing off their skills and sportsmanship.

We want to thank all the parents who came out to support and assist on the day. A big shoutout to the NRL for organising such a wonderful event, and a heartfelt thanks to our dedicated staff for their hard work in making it happen. Congratulations to all our students for their outstanding effort and teamwork!



DISTRICT RUGBY LEAGUE TRIALS

Congratulations to our talented students who recently participated in the Under 11's and Under 12's District Rugby League Trials last Friday. We're proud to announce that Nate Fitzgibbon, Hayden Richardson, Lachie Richardson, and Zak Simpson showcased their skills and earned spots in the Under 11's team.

In the Under 12's category, Byron Croker, Jax Hamilton, Will Carter, and Caycin Lumby Wilson demonstrated their prowess and secured positions on the team.

These students will now advance to try out for the Mid North Coast team at Sawtell on Friday, March 22nd. We wish them the best of luck as they continue to represent our school and showcase their talent at the next level!



COLOUR RUN FUNDRAISING GURUS

The P&C have had an amazing response to the Colour Run fundraising campaign. On Friday, every student who had already raised \$100 or more by that time (43 students in total!) went into a draw to win a \$10 canteen voucher. There were 10 names pulled out of the hat—each of them receiving a voucher. We are sure they'll enjoy their treat at the Snack Shack!



EASTER RAFFLE

This week each child will bring home a book of 10 raffle tickets to sell or buy in our annual Easter Raffle.

Tickets are 50c each and there are plenty of extra booklets available in the office if you would like some more.

We are also asking for donations of Easter themed goodies to include in our prizes. Donations will be gratefully accepted.

Please drop any donations and your sold tickets into the school office before Wednesday 27th March.

We are all looking forward to the arrival of the Easter Bunny.

WHOLE SCHOOL ASSEMBLY

Yesterday's whole school assembly was short and sweet, yet very musical. Our band showed us all how well they are playing together whilst performing "I Love Rock 'n' Roll", an old Joan Jett and the Blackhearts favourite.

Harley Madusan also entertained us with two songs he has been learning on the violin. It was a remarkable performance given that he has only had 4 lessons so far! Great job Harley.

Mr Sercombe and Miss Pyke handed out the fortnightly class awards to the recipients. Well done everyone.



SCHOOL ASSEMBLY AWARDS TERM 1 WEEK 6

K WHITE	K/1 ORANGE
Hattie Homes	Jack Cooper
Ethan Davis	Samuel Read
Jeanie Cameron	Laylarni Kelly-Filtress
1/2 RED	2/3 MAGENTA
Max Bolton	Jacob Liang
Oli Newsham	Aaliyah Moore
Laila Sipple	Dylan Owen
Hannah Softley	Max Snow
3/4 BLUE	4/5 LILAC
Violet Snow	Chilli Cameron
Paige Garrad	Mason Markham
Mia Thomas	Hannah Pollard
Olivia Stephens	Tommy Furze
5/6 AQUA	BAND AWARD
Jiinda Canning	James English
Maddi Hoffman	Harrison Higham-Ross
Jax Hamilton	
Max Kelsall	

SCHOOL PHOTOS

School photos will be held on Thursday 28th March.

Individualised photo order envelopes were handed out yesterday to each student. If you would like to order your child/rens photos please fill in the envelope and return to school after either paying online, or putting the correct amount of cash in the envelope.

Sibling envelopes are available from the front office.

Return all completed order envelopes to the office before photo day.

Please ensure your child is wearing their full school uniform on the day.



STEWART HOUSE

Last week your child was given a Stewart House Donation Drive 2024 envelope. To be eligible to win a \$4000 holiday travel voucher, please place a \$2 (or more if you wish) in this envelope, fill out your details on the back and return to school. All donations over \$2 are tax deductible.

As NSW public education's charity of choice, Stewart House has been providing care since 1931 for children-in-need from all parts of NSW and the ACT.

Each year, 1,600 public school children-in-need come to Stewart House from many parts of NSW and the ACT. During their 12-day stay at Stewart House, children are provided with medical, dental and optometric assessment and treatment. For children requiring additional support, counselling is available. This is balanced with health and education programs and out of school activities to boost their self-esteem and promote better physical and mental health. These services are provided free of charge to the children who attend this unique facility.

This experience provides children with a much-needed break from their current circumstance. Our children are inspired to see beyond the present and to have real hope and positive aspirations for their future.

Children in the care of Stewart House attend a [specific purpose school](#) onsite for 10 days of their 12-day stay. The NSW Department of Education provides infrastructure and staffing support for this school.

All other costs associated with the children's stay are met from charitable donations.



PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Weeks 4 and 5, 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.

- **Zac**
- **Jarrah**
- **Zoe**
- **Hattie**
- **Haylee**
- **Harper**
- **Tahlea**
- **Leo**
- **Hunter**
- **Airlie**
- **Zephyr**
- **River**
- **Maddy**
- **Nixon**
- **Maddi**
- **Phibi**



Positive Behaviour for Learning at Urunga Public School is for

EVERYONE, EVERYWHERE, EVERY TIME



We are
responsible

We are
respectful

We are
safe



The Science Behind Raising Readers

Literacy is one of the main pillars of early education. There's a big focus on learning the ABCs, strengthening comprehension skills, and understanding literary devices. Being able to read and understand text is a foundational skill that enables learning in all other subject areas. Additionally, when children are exposed to book reading from an early age, it begins a 'causal spiral' – they more they are exposed to books, the greater their reading skills, which in turn encourages them to read more, culminating in greater academic outcomes.

But to focus on only the academic angle is a pretty narrow view of the benefits of reading. Adult book lovers innately know that there's a lot more to the benefits of reading than just academic achievement.

Here are just a few of the benefits:

- Reading is an antidote to stress. For example, a study of children hospitalized in the ICU found that listening to a story for just 30 minutes reduced their levels of cortisol (stress hormone) and increased their levels of oxytocin (the love hormone). Similarly, over a whole academic year, a study of college students found that recreational reading was associated with reduced psychological distress. In other words, reading can help people cope with mental and physical health challenges by boosting resilience to stress.
- Reading allows us to connect meaningfully with our fellow humans. Neuroscientists have determined that reading fiction provides readers with the opportunity to strengthen a certain neural network, which in turn makes them better at being able to use theory of mind capabilities (being able to consider the mental state of others).
- Reading makes us happier. A study of older adults found that frequent fiction readers report greater life satisfaction and greater positive affective well-being.
- Reading helps us live longer! A longitudinal study of 3675 participants found that book readers experience a survival advantage. This line from the study sums it up best: "The benefits of reading books include a longer life in which to read them."

Clearly, a love for reading leads to a much more fulfilling life and that's something we definitely want to pass on to our children!

So how can we implement a reading culture in our home?

Read together

This is the easiest and most effective way to encourage reading in kids of any age. Reading aloud has a strong and long-lasting effect on reading and cognitive skills. The best way to go about this, per cognitive

psychologist David Willingham, is to (1) choose books that are rhyme-heavy; (2) engage them by asking questions as you go, (3) having books available in places and at times when they are likely to be bored (like in the car).

Have physical books

Make them available and accessible throughout your home. Literally, show kids how important books are by giving them valuable space in your home. Having lots of books in your home has a greater relationship with your child's reading ability than even being a good reader yourself.

If you're not sure how to get started, the first step is a visit to your local library! There are thousands of books waiting to be discovered: picture books, graphic novels, folk tales, poetry. Borrow as many as you can carry!

Be a model

Show kids that you enjoy using your free time to read. Kids imitate us, so we can inspire them to read simply by picking up a book and reading in their presence.

No pressure

There's a lot of pressure towards reading at earlier and earlier ages. However, the evidence doesn't support pushing our kids to read early.

A focus on early reading (that is, teaching reading before age six or seven) shows only short-term effects that even out with time, such that by the time the child is 12 (or even earlier), their reading skills are not any better than those who learned to read later. Additionally, children who learn to read later acquire reading skills more readily (requiring about half as much formal instruction). Moreover, a large study looking at the natural variability in school starting age between countries found no evidence for an association between when formal reading instruction starts and reading achievement at age 15.

What does this mean? There is no need to push kids to read early! Any initial gains are lost later on. Additionally, the risk of pushing teaching to read too early or too hard is that it can backfire and can rob the fun and joy out of reading, leading to it being perceived as another pesky task or chore to complete.

Reading is life-changing. A child's curiosity is insatiable, and reading is the buffet that never ends. It is both a passport and time machine - taking readers to new countries, imaginary worlds, across the galaxy, to the distant past or forward to strange futures. Learning to read is good. Learning to love reading is magical.



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.





URUNGA PUBLIC SCHOOL P&C AGM

Weds 20 March 2024 2:20pm-3:20pm

Urunga Public School
Old Science Classroom (near canteen)

All Welcome!



COLOUR RUN
IS COMING TO URUNGA PUBLIC SCHOOL



Open Arms Care OSHC

TAKING BOOKINGS NOW!

QUALITY
BEFORE AND
AFTER SCHOOL CARE,
VACATION CARE
AVAILABLE AT
URUNGA PUBLIC SCHOOL

Why choose Open Arms Care OSHC.

for more info:

www.openarms.org.au
info@openarms.org.au

or call 0266552650

All our Out of School hours care is externally accredited and child care subsidy approved.

We focus on stimulating developmental, social and recreational activities for primary school children while meeting care requirements for families.

MEET THE EASTER BUNNY URUNGA 2024 ON A TRIKE

Join Us @ Urunga Riverside Markets 10th Birthday Celebration

10 Golden
Tickets to WIN
for best dressed
in parade!

GOLDEN TICKET

Sunday 10th March
After 10:30 am

10th
Birthday

FREE

- Urunga Sticker Pack
- Lollies & Eggs
- Sausage Sanga
- Egg Hunt for All Kids



Brought to you by ...



Meet opposite OVH @10:15

JOIN THE PARADE

Kids & Adults be sure to wear your bonnet or costume,
dress your pet or bike, prizes to be won!

Thanks to our proud sponsor



reflections
HOLIDAY PARKS



In association with Coffs Trike Tours, Urunga Lions Club
and Urunga Riverside Markets

More details on Urunga's Original Noticeboard group on Facebook

Come &
TRY



HOCKEY CLUB

All Ages

16th March 330pm
staduim drive Coffs

Harbour

email

urungahockey@gmail.com



SCU MARLINS RUGBY CLUB ***SCU MARLINS REGO NOW OPEN***

BOYS & GIRLS MIXED JUNIOR TEAMS

8,9,10,11,12,13 & 14 YRS OLDS

STEPS TO REGISTER

***DOWNLOAD YOUR ACTIVE KIDS \$50 VOUCHER
(IF YOU HAVE ONE)**

***GO TO RUGBY XPLORER AND JOIN OR LOG-IN**

***SELECT CLUB: COFFS HARBOUR
SCU MARLINS JUNIOR RUGBY CLUB**

***REGO TYPE: PLAYER**

FOLLOWED BY: XV JUNIORS THEN SEASON

***QTY 1 FOR ALL TRAINING APPAREL**

***FOLLOW THE STEPS TO PAYMENT**

Contact : [@scumarlinsrugby](https://www.facebook.com/scumarlinsrugby) on Facebook Messenger

for more information





ITS REGO TIME

It's that time of year again, we're entering the 2024 Football season. Time to register if you intend to play or your child will play.

MiniRoos (Age 5-7) \$150
Juniors (Age 8-11) \$170
Junior Youths (Age 12-18) \$260

Training is once a week at the Morgo Street fields and games are played each Saturday at various venues

around the coast (Under 8s – Under 12s only. Note Miniroos play in Urunga each week). All our kids continue to make your club a success at every level; some going on to play for the successful senior teams such as our current Women's 1st grade. So if your child is looking for a fun, social team sport then get them involved and get registered NOW!



Registration can be done on the [PlayFootball.com.au](https://www.playfootball.com.au) website – click on "Find a Place to Play"; select your Age bracket; then search for Urunga and use the interactive map to click on our club page.

**DON'T FORGET TO USE YOUR
ACTIVE KIDS VOUCHER \$\$**

Registration Link

<https://www.playfootball.com.au/>

More Information

registrar@urungafootball.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

**SAME
LOCATION
FOR ALL
TRAINING &
GAMES**

BASEBALL

COFFS HARBOUR BASEBALL ASSOCIATION
COME & TRY DAYS 2024

9:30AM - 11:30AM
SATURDAY 2ND MARCH 2024
SATURDAY 16TH MARCH 2024

**STADIUM DRIVE BASEBALL FIELDS,
COFFS HARBOUR**

**NEW PLAYERS ENCOURAGED
JUNIORS 5-17 YEARS
REGISTER HERE**

Key Contacts
CHBA President: Ben McCall 0404 896 394
CHBA Junior President: Derek Jordan 0431 014 092
CHBA Junior Development Coach: Ashleigh Bromell 0411 293 824
Email: coffsharbourjuniorsbaseball@gmail.com





Net-Set-Go 5-10 years



SCAN ME



Juniors 11 - 15 years



SCAN ME

BEACHES NETBALL CLUB 2024 REGISTRATIONS

Register online now!
 Ages Net/Set/Go U10 years : \$105
 Juniors 11 - 15 year : \$145
 Active kids vouchers accepted!

Buy now, pay later available!

Our club plays as part of the Nambucca Valley competition on Saturday mornings at Macksville

Dress Fit Out Day/Come & Try Netball Day -
 Saturday 9th March 10am - 12 noon at Valla Beach Netball Courts



For further enquires please email
beachesnetball@gmail.com
or find us on Facebook or instagram





BELLINGEN DORRIGO JUNIOR RUGBY LEAGUE

Registrations are now open for all Boys & girls Tackle U6s- U12s & U13s-U16s Boys Tackle

Register today @ <https://profile.mysideline.com.au/register>
No experience needed, no extra weekly costs.

Registration cost is \$150, Rego includes club playing socks, shorts, & club polo shirt.

For more information, please see our Facebook page Bellingen Dorrigo Junior Rugby League, or email us at belligo@live.com.au





Came play AFL for the Bellingen bulldogs in 2024.

Registration is now open for the 2024 AFL season, and the Bellingen Bulldogs Auskick program. The Bellingen Bulldogs offer an Auskick program for boys and girls as young as 5 year old and have competitive teams for boys and girls from under 10's to under 17's with experienced coaches to help guide players in our national sport.

For any enquiries or for more information please contact us via our email bellingenbulldogs@gmail.com, visit our Facebook page, or contact our club president David Witte on 0413 787 949.

To register for our Auskick program visit playhq.com search Bellingen bulldogs and select the Bellingen Auskick Centre link.

To register for one of our teams visit playhq.com search Bellingen bulldogs and select the Bellingen Bulldogs Juniors link.



*Urunga Physie is excited to welcome
NEW and returning members!*

Come join us in 2024!

Classes start
Monday 19th February

Located in the Senior
Citizens Hall
Bonville Street
(behind the seafood
takeaway shop)

Register your interest
via:
rkse1@bigpond.com
or Contact
Sue: 0421 934 525 or
Stacey: 0412 504 794



EPphysie



**MiniTillies,
let's play!**



5 - 10 YEARS



**URUNGA FOOTBALL
CLUB**



3:45PM-4:30PM



**FRIDAY
MARCH 8TH - 29TH**



\$50



**REGISTRATIONS OPEN
NOW**

miniroos.com.au/minitillies