

# URUNGA PUBLIC SCHOOL

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On the traditional lands of the Gumbaynggirr people

**NEWSLETTER NO. 14 TERM 3 WEEK 10 WEDNESDAY 25th SEPTEMBER, 2024**

## IMPORTANT DATES

Thurs 26 Sept	Girrwa-girwawa gathering @ 8.30am in library	Thurs 24 Oct	P&C School Dress Up Disco \$5 each
Fri 27 Sept	P&C Meeting at 2.20pm in library	Tues 29 Oct	Kinder & Parent Orientation—Session 1 9.30am - 10.45am
Fri 27 Sept	LAST DAY OF TERM 3	Fri 1 Nov	Responsible Pet Educational Program
Mon 14 Oct	<b>FIRST DAY OF TERM 4 FOR STAFF AND STUDENTS</b>	Wed 6 Nov	Kinder Orientation—Session 2

## CASCADE EXCURSION

Year 4 recently had a fantastic trip to Cascade Environmental Education Centre. For some, it was their first time away from home overnight. Miss Reid and Mr Ticli were so proud of everyone for displaying their magnificent and respectful behaviour. They had many compliments from the Cascade staff about how wonderful our Urunga PS students are.

We have collected some excerpts from the students recounts of their adventure—some even calling it “The best trip of a lifetime”!

*Day 1 Monday: On the most exciting Monday of my life we lined up straight as a pencil. The bus driver Peter loaded the humongous bus with heavy bags, some big, some small. We jumped on excitedly, me and my friends sat up the back of the bus. The trip was long but we got distracted right away. On the Dorrigo mountain there were two big waterfalls, and we played eye spy, told each other our favourite food and named the best soccer players in the world in order. **Tex***

*On Monday, year four left for Cascade. We went on a bus to Cascade. We went on all different terrains including gravel, farm, hills and a mountain. Once we got to Cascade we hopped off the bus and John told us the rules and expectations. After that we were sent to our dorms to unpack our stuff. Eventually we went on this amazing 3km walk. I think everyone had an amazing time. **Mason***

*During the walk we saw the great big grandfather brushbox tree (AKA the reception tree, as it is the only place at Cascade with wi-fi). After we got back, we settled into our cabins before lunch. We played again before dinner. Everyone didn't know how good the food would be, but it turned out the burgers were a highlight of Cascade! **Zac***



John said we were going on a 3km walk and it was very interesting because John gave us a magnifying glass to look at mini artifacts. After that we walked for another 10 minutes then John said we were going to do this leaf thing where you put a leaf under your page and you just rub a crayon on your page then the leaf should appear. **Levi**

Day 2: The next day all the Year 4's cleaned up their dorms for the cleanest dorm inspection. Unfortunately the boys won the inspection. Through the day our group (snails and mozzies) went down to the creek to catch some creatures. I caught a tadpole and I named him Jeremy Fisher, but we had to let him go :( At night we went into the lab for some bingo and games. then we had this AMAZING disco!  
**Hannah**

We all woke up at roughly 7am and immediately started preparing for the cleanest cabin award. After lots of anticipation, us boys won! After breakfast we went down to the creek to catch aquatic bugs. We came back for morning tea, then went to the lab to learn about the history of Cascade. After a long history session, we had nachos for lunch and they were just stunning!  
**Zac**

On the way down to the creek we saw a giant rainforest worm that was laying next to the track. Once we got to the creek we used nets to catch little tadpoles and fish and took them back to the earth lab to study with a microscope. After a history talk we went for a short walk to an old, rusty steam engine that was used a long time ago. **Mia**



Day 3: On day 3 we were a bit sad because we didn't want to leave Cascade! Throughout the day we tried to have the best time on our last day. **Hannah**

On day 3 we went over to see a sawmill and a steam train /boiler. After that we could see the ropes course but before that we had to learn about trusting people to catch you if you fall. Then we went on the ropes course and it was really fun. I think we left around 10 o'clock and it was much faster to get back to school. **River**

Everyone got to pat a blue tongue lizard, a bearded dragon and even a carpet python. After that creepy experience we had lunch. **Zac**

After we played soccer and then we did the most exciting thing... THE ROPES COURSE!! It was so fun. I loved it. My favourite one was the cascade triangle. We held onto a rope and went around in a triangle! It was the best. **Tex**





## 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.

### CONGRATULATIONS MR PATTERSON!

We are thrilled to announce that Mr. Patterson has been promoted to relieving Deputy Principal at Narranga Public School for 2025. His dedication, leadership, and commitment to excellence have been invaluable to our school community. Mr. Patterson has played a pivotal role in supporting both staff and students, consistently fostering a positive learning environment.

While we will all miss him greatly, we are incredibly proud of his achievements and excited for the positive impact he will continue to make in his new role. Congratulations, Mr. Patterson! We wish you all the best in your next chapter.

### CONGRATULATIONS MR FREEBAIRN!

We are excited to share that Mr. Freebairn has been named a finalist in the prestigious National Rugby League Teacher of the Year Community Awards.

This recognition highlights his exceptional dedication to both education, sport and the broader community. Mr. Freebairn's passion for fostering student well-being, his commitment to nurturing a positive learning environment, and his involvement in community initiatives are a credit to him and to us at Urunga Public School.

We are very proud of Mr. Freebairn and wish him the very best as he continues to inspire and make a lasting impact. Well done!



### TELL THEM FROM ME PARENT SURVEY

Urunga Public School is taking part in the Tell Them From Me **parent** survey. The survey will provide us with valuable feedback on our parent's/carer's perceptions of their child's experiences at home and at school.

Schools in Australia and around the world have used the Tell Them From Me survey to help them improve. The survey is completed on-line and is run by an independent research company, The Learning Bar, which specialises in school-based surveys.

Staff in schools will not be able to identify individual parents/carers from their responses. To ensure confidentiality, participating parents/carers will be able to complete the survey at home by going to <http://nsw.tellthemfromme.com/urunga2024>. The survey typically takes 5-10 minutes or less to complete.

This survey will help our school better understand how to improve student wellbeing and engagement. It will help the school identify what works to improve student outcomes. Participating in the survey is entirely voluntary. If, during the survey, you feel uncomfortable, you can choose to stop the survey at any time. The majority of questions in the survey can be skipped.

### PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled '*The Case for Risky Play in an Age of Overprotection*' written by Dr Justin Coulson, which focuses on positive parenting to enhance your children's wellbeing and development.

Take care,  
Jane Martyn



## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

# SPOTLIGHT ON 5/6 AQUA

**Name of Class:** 5/6 Aqua  
**Classroom Teacher:** Mr Matt Freebairn & Mrs Jess Hulbert  
**Number of students:** 29

### Our favourite classroom activities:

- ✪ **Brain breaks** – We love taking quick breaks to recharge and refocus during lessons.
- ✪ **Free time** – Even though Mr. Freebairn barely ever gives us free time, it's the best when we get it!
- ✪ **Art** – We enjoy getting creative and expressing ourselves through different art projects.
- ✪ **Sports** – Games like dodgeball and Jedi ball are always a hit with the class.
- ✪ **Buddy lunches and groups** – Spending time with our younger buddies is always fun, and we get to help them learn, too.
- ✪ **Drawing activities during brain breaks** – Some of us like to use our brain break time to draw and relax.
- ✪ **Mr. Freebairn's singing** – He added this one himself, but we have to admit, it's pretty entertaining!

We have so many amazing things to mention that we have taken up a full page! Below are some Stage 3 highlights that both classes have enjoyed. Our photos are on the following page.

## STAGE 3 HIGHLIGHTS

### Some interesting things we have done this year in class:

- ✪ **IGNITE Year 6 Careers excursions** – We had the incredible opportunity to explore different career paths, learning about the skills and knowledge needed for various professions.
- ✪ **Buddy groups** – Our class worked closely with younger students, helping them with learning activities and providing mentorship, which strengthened our leadership and responsibility.
- ✪ **Any and all sporting events** – we love working together, showing our team spirit and improving our skills in all sports. We enjoy the excitement as well as experiencing the thrill of competition.
- ✪ **Learning about The Wild Robot** – We explored the themes of survival, empathy, and nature in this engaging novel, connecting the story's challenges to our own lives and the world around us.
- ✪ **Harmony Week** – We celebrated cultural diversity, learning about different traditions and fostering a sense of respect and inclusion for everyone in our community.
- ✪ **NAIDOC Week** – Through various activities, we deepened our understanding of Aboriginal and Torres Strait Islander cultures.
- ✪ **eSafety learning** – We learned how to stay safe online through important lessons on privacy, responsible online behaviour, and avoiding potential dangers in the digital world.
- ✪ **Multicultural Speaking Competition** – We demonstrated our public speaking skills by delivering speeches on cultural topics, gaining confidence and honing our communication abilities.
- ✪ **Stage 3 Lake Ainsworth Camp** – This camp was one of the highlights of the year, with outdoor adventures, team-building exercises, and plenty of personal growth.
- ✪ **Charity days** – We participated in events like Jersey Day and Pyjama Day, showing our support for important causes and giving back to the community.
- ✪ **Book Week and Parade** – We celebrated our love for reading by dressing up as our favourite book characters and taking part in the fun-filled Book Week Parade.
- ✪ **Science Day** – We explored various scientific concepts through interactive experiments and activities, sparking our curiosity and love for science.
- ✪ **Art Show** – We showcased our creative talents in the Art Show, where our artwork was displayed and celebrated by the school community.
- ✪ **Colour Run** – We joined in the vibrant and colourful fun of the Colour Run, running through a spectrum of hues and enjoying a lively, energetic event.



# NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

## SPOTLIGHT ON 5/6 AQUA (continued...)

**Name of Class:** 5/6 Aqua  
**Classroom Teacher:** Mr Matt Freebairn & Mrs Jess Hulbert  
**Number of students:** 29

Here are just some of the photos of us participating in the events we wrote about...





# NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

## SPOTLIGHT ON 5/6 LILAC

**Name of class:** 5/6 Lilac  
**Classroom Teacher:** Miss Kayla Pyke  
**Number of Students:** 29

### Some interesting things we have done this year in class:

- ✪ We have loved our English units and read some amazing books including 'The Wild Robot' and 'August and Jones'. We are so excited to see 'The Wild Robot' movie this week for an excursion.
- ✪ Our 5 day camp at Lake Ainsworth was so much fun. We made memories we will never forget.
- ✪ We loved performing our class play 'Brain Rot' at the whole school assembly.

### Our favourite classroom activities:

- ✪ Reading and spelling
- ✪ Sport of course
- ✪ Art
- ✪ 'Just Dance' and 'Oddly Satisfying' brain breaks
- ✪ Our maths Daily Reviews
- ✪ Seeing what our class mascots (Ralph, George, Bibble and Tiddle) get up to each day.



## FOOTY COLOURS DAY

We recognised Footy Colours Day on Friday 13th September. There were sporting jerseys of all descriptions and colours worn on the day. Many different codes were represented and we all took time to remember the many young people dealing with and battling cancer. We hope that any money donated is a big help in supporting these families, and funding life-saving cancer research.



# GIRRAWA-GIRRAWA

KEEP ON GATHERING

## TERM 4 DATES:

THURSDAY 24TH OCTOBER @ 8:30AM

THURSDAY 7TH & 21ST NOVEMBER @ 8.30AM

THURSDAY 5TH DECEMBER @ 8.30AM

IN THE SCHOOL LIBRARY  
ALL WELCOME!

## URUNGA SPRING FIESTA

Spring was in the air all around Urunga last Saturday, and the Urunga Spring Fiesta was the perfect spot to spend the afternoon and evening. There were stalls, food, entertainment, street performers, dancers and a beautiful friendly community-minded atmosphere throughout the town.

Urunga PS had a small stall exhibiting and selling our students craft and gorgeous artworks, produce from the garden club, many little hand painted pots with succulents, as well as some delicious cakes donated by one of our amazing mums.

Thank you to all the staff and parents who contributed to the stall in one way or another. We value and are very grateful for all your time.



## IGNITE CAREERS EXCURSION

As part of the IGNITE careers program, Year 6 students had an exciting visit to Southern Cross University last Friday. We explored the nursing building, where we listened to our hearts with stethoscopes, and in the health building we tested our agility and eyesight. At the trades centre, we watched tradesmen in training, learning how to construct roofs and stairs. The hospitality building was a highlight, as we observed bakers in action and indulged in delicious cupcakes. After a fun scavenger hunt around the campus and a yummy lunch, we hopped on the bus to the Solitary Islands Aquarium, where we encountered fascinating sea creatures and learned about ocean conservation and marine biology. The day was filled with excitement, and some students even discovered potential career paths!





## GREG INGLIS RUGBY LEAGUE GALA DAY

The Greg Inglis Gala Day was a fantastic experience for our Under 8s, 10s, and 12s teams. The students displayed impressive skills and sportsmanship throughout the day, with many even trying rugby league for the very first time. Their enthusiasm and determination were truly inspiring.

This success wouldn't have been possible without the dedicated efforts of our teaching staff. We want to thank those who attended the event and supported our teams on the ground, as well as the teachers back at school who helped prepare the students and ensured everything ran smoothly behind the scenes.

The support from the NRL was also invaluable, providing guidance and encouragement to all the players, especially those new to the sport.

We want to extend a heartfelt thank you to our families who played a crucial role in preparing their children and came out to cheer them on. Your support made the day even more memorable for the students.

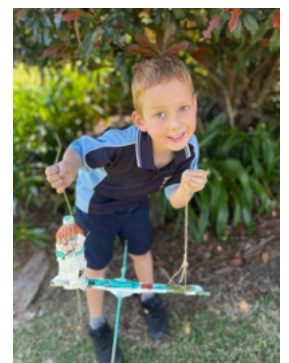
Overall, the Greg Inglis Gala Day was a wonderful event that highlighted the strength and spirit of our school community. We're looking forward to more opportunities to come together and celebrate our students' achievements!



## SCIENCE - BIRD FEEDERS

Stage 1 have had a very creative and environmentally friendly time in their Science classes lately. They have designed and built bird feeders from a range of recycled and natural products. They produced some very innovative and unique designs.

Here are some of the designs that 1/2 Red came up with Ms Vogt.



## FORTNIGHTLY WHOLE SCHOOL ASSEMBLY

It was our training band that kicked off the assembly in style. They played three songs that they have been practicing hard every week with Hazel. They sounded great and we are looking forward to hearing their next batch of songs, hopefully before the end of the year.

Harrison then played us the complex song "Hedwig's Theme" from the Harry Potter movie. It was great to hear him tackling and conquering a tricky piece. Well done Harrison.

3/4 Magenta had the audience in stitches yesterday with an array of dramatic skits based on advertising "not happy Jan!", songs from different TV ads, and a very funny version of Waltzing Matilda, featuring a jumbuck who would only drink bottled water, and a Swagman who was scared of a bit of cold water as he jumped into the billabong. Great performance 3/4 Magenta!



## SCHOOL ASSEMBLY AWARDS TERM 3 WEEK 10

<b>K WHITE</b>	<b>K/1 ORANGE</b>
Brody Harrell	Tully Kelsall
Jeanie Cameron	Iva McGrath
Hendrix White	Zephyr Blight
<b>1/2 RED</b>	<b>1/2 YELLOW</b>
Laila Sipple	Sylvie Craw
Chloe Geaney	Eadie Ross
Indigo Gruber Styles	Harrison Matthews
<b>3/4 BLUE</b>	<b>3/4 MAGENTA</b>
Mia Thomas	Joy McLean
Kyan Payne	Jacob Liang
Harper Knight	River Dawson
Izzy Cattanaach	Digby Ross
<b>5/6 AQUA</b>	<b>5/6 LILAC</b>
William Gowing	Leela Haynes
Finn Konieczny	Tommy Furze
Tahlea Earnshaw	Olivia Shearim
Suri Le	Nate Fitzgibbon
<b>BAND AWARD</b>	<b>BAND AWARD</b>
Sorren Smith	Nevaeh Winderlich

## COUNCIL ELECTION BBQ & STALL HELPERS

The P&C coordinated and ran a stall and BBQ on the Council Election Day. There was a great variety of cakes, biscuits and treats available through out the day. Freshly baked scones and cakes from Sharon in the canteen were a big hit and totally delicious.

Smells of the cooking BBQ had many voters salivating and enticed them in for a bacon and egg roll or a sausage sandwich and a drink. A huge raft of prizes to be won in the P&C Raffle saw sales continue constantly through the day. The raffle is still open and will be drawn at the Dress Up Disco on Thursday 24th October.

A massive thank you to our wonderful P&C committee who organised the day. Also a big shout out to all the families and individuals who donated yummy cooking or produce, parents and grandparents who gave up their time to help on the day selling at the stall or cooking the BBQ.

The proceeds from the day will be pumped into the Garden Club program so will produce much more joy, goodness and learning opportunities for our students.



## 1000 MINUTE READING AWARD

A massive congratulations to Harley who achieved his 1000 minute reading certificate last week. Mrs Martyn very proudly presented it to him on Monday morning's assembly. It is always fabulous to see our keen readers continuing this great habit at home.

Well done Harley! We hope to present more certificates in the near future to other committed readers.



## P&C DRESS UP DISCO

After the incredible success of last year's Halloween Disco, The Urunga Public School P&C will be hosting a 'Dress Up Disco' for the kids this year on Thursday the 24th of October at the school's bottom cola and would love for the whole school community to come along!

Tickets for students attending the event are \$5 per child and includes entertainment, a sausage sizzle, some snacks and drinks.

Parents and carers attending are encouraged to dress up too, if they wish, and can purchase a sausage sizzle by completing the attached RSVP and Order form: <https://forms.gle/TuVu4PiYpvpjzYCNA>

The P&C will be calling out for helpers to assist with decorating the space before the event, and to assist with ticket payments and BBQ if anyone could spare some time to help out on the day. If there is anything else you can contribute to make the event more magical please get in touch!

If you wish to get involved, please email the P&C at [urungapandc@gmail.com](mailto:urungapandc@gmail.com) or come along to the next P&C meeting this Friday 27th September at 2:20 pm in the school library.

So please add the date to your diary, and pack the picnic blanket. We look forward to celebrating the school year with you all!

RSVP: <https://forms.gle/TuVu4PiYpvpjzYCNA>

**URUNGA PUBLIC SCHOOL**

URUNGA P&C PRESENTS

**DRESS UP DISCO**

\$5 KIDS ENTRY INCLUDES ENTERTAINMENT, SAUSAGE SIZZLE & DRINKS

5PM TO 7PM

ENTERTAINMENT PRIZES

BEST DRESSED

THURSDAY 24 OCTOBER

SCAN THE QR CODE TO ORDER YOUR TICKETS OR VISIT:  
[WWW.URUNGAPANDC.WIXSITE.COM/PANDC](http://WWW.URUNGAPANDC.WIXSITE.COM/PANDC)

# PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Week 8 and Week 9, 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.



- Reed
- Kai
- Hayden
- Harper K
- Remy
- Jade
- Reed
- Tully H
- Sunny
- Tully K
- Hannah
- Skye



Positive Behaviour for Learning at Urunga Public School is for

EVERYONE, EVERYWHERE, EVERY TIME



We are  
**responsible**

We are  
**respectful**

We are  
**safe**



INSIGHTS

happy families. 

ISSUE 8 | TERM 3 | 2024

## The Case for Risky Play in an Age of Overprotection

Remember playgrounds? I'm talking about the real deal: towering metal structures, splintery wooden forts, rocket ships you could climb up into for forever, and swings that sent you soaring; playgrounds where skinned knees and the occasional lost tooth were badges of honour, not cause for panic.

Today, those playgrounds are becoming an endangered species. In their place, we've erected sanitised, plastic-coated play areas that prioritise safety over adventure. Rather than making playgrounds as safe as necessary, we're making them as safe as possible. Swings barely leave the ground, monkey bars are disappearing, soft fall cushions the ground, and the merry-go-round? It's been banished to the realm of nostalgia.

**We've become so obsessed with a well-intentioned desire to protect our kids from every possible bump and bruise that we've forgotten something crucial: kids need risk.**

They need to climb, jump, fall, and get back up again. They need to test their limits, push their boundaries, and experience the thrill of conquering a challenge.

And I'm talking about all kids. Typically developing kids, children with disabilities, neurodivergent kids... the lot. Taking risks is how we build competence, and with competence comes confidence and self-esteem.

Renowned psychiatrist and mental health expert, Professor Patrick McGorry, has found that Australian young people are second only to US youth when it comes to mental health challenges. And researchers like New York University's Jonathan Haidt have linked the decline in risky play to the rising rates of anxiety and depression Professor McGorry describes in his recent studies. The argument: kids who are constantly shielded from risk may grow up feeling ill-equipped to handle life's inevitable challenges. They may become overly cautious, afraid to step outside their comfort zones, and paralysed by fear of failure.

It makes sense, though. We love our kids. We want them to be safe. The last thing we want is for them to break their arm. And yet... aren't those some of the very best stories we tell for the rest of our lives? Stories of adventure and misfortune; stories about how we scored our scars?

The Biosphere 2 experiment offers a cautionary tale. Scientists tried to create a perfect, self-sustaining ecosystem, but they failed miserably. The trees grew tall, fast, and straight. But then they toppled. They were too top heavy. Their roots were too shallow because there was no wind in Biosphere 2. The trees lacked the "stress wood" that develops in response to challenges (like windy days).

Our kids are like those trees. They're growing up in a controlled environment, protected from the harsh realities of the world. But when they finally venture out on their own, they're going to get

knocked down. And if they haven't developed the resilience – the stress wood – to get back up, they're going to struggle.

Let's be clear. Risky play is *not*:

- Ignoring evidence-based and mandated safety measures (e.g., the use of helmets, car seats, life jackets, stair safety gates).
- Leaving children unsupervised in potentially hazardous situations (e.g., street play in traffic areas).
- Pushing children to take risks beyond their own comfort level.

I'm not suggesting that we throw caution to the wind or encourage reckless behaviour. It's about finding a balance. It's about creating playgrounds and environments where kids can explore their limits within a safe and supportive framework. It's about encouraging them to climb trees, build forts, and jump off swings, while also providing guidance and supervision.

## The benefits of risky play are undeniable.

Studies have shown that kids who engage in such play:

- Are less likely to develop anxiety and depression.
- Have better social skills, improved physical coordination, and enhanced creativity.
- Are more likely to take initiative, demonstrate leadership qualities, and persevere in the face of challenges.

Research also shows that risky play is essential for building resilience, confidence, and problem-solving skills. It helps kids learn to assess risk, make decisions, and navigate the world on their own terms. And the American and Canadian Paediatric Societies are both encouraging parents to help their kids take more risks!

## By denying children of those opportunities, we're not just robbing them of fun – we're stunting their development.

So let's reclaim the playground as a space for adventure and exploration. Let's embrace the scraped knees, the joyful shouts, and the occasional tears that are an inevitable part of childhood because school camp is hard, riding down the hill is scary, or the wind is blowing strong. Let's trust our kids to navigate the world, to take risks, and to discover the resilience that lies within. And let's turn off the computer/tablet screens so they can get out there and go for it.

Because in a world that's increasingly sanitised and controlled, the greatest risk may be not taking any risks at all.



**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](http://happyfamilies.com.au).



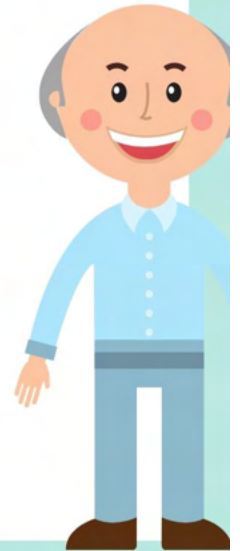


# SAVE THE DATE!

URUNGA PUBLIC SCHOOL

## GRANDPARENTS AND GRANDFRIENDS DAY

TUESDAY 12TH NOVEMBER 2024



URUNGA PUBLIC SCHOOL  
SUCCESS WITH HONOUR

### GARDEN CLUB

#### TERM 4 DATES

- WEEK 1 - TUES 15TH OCT
- WEEK 2 - TUES 22ND OCT
- WEEK 4 - TUES 5TH NOV
- WEEK 6 - TUES 19TH NOV
- WEEK 7 - TUES 26TH NOV
- WEEK 8 - TUES 3RD DEC
- WEEK 9 - TUES 10TH DEC
- WEEK 10 - TUES 17TH DEC

'THANK YOU' 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

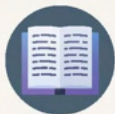
To complete your Online Enrolment for Urunga Public School

[CLICK HERE](#)

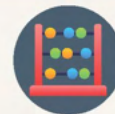
**Book a Tour.** If you are new to the school and would like to look around and chat with our team, we encourage you to call the office and organise a time!



Before & After School Care



Library



Lunchtime Clubs



Many Sporting Opportunities



Healthy Canteen & Kitchen Garden



Creative & Performing Arts



## RFBI 2024 Christmas Card Competition

*This year's theme is Christmas Sparkle*

Capture the magic and sparkle of Christmas this year, spread the excitement and make this holiday season truly shine with your designs.

All Christmas card designs must be made on white A4 paper and can be a drawing, a painting or collage. Stencils available on request.

**Competition Runs from Monday 2 September to Friday 25 October, 2024**

**Win a \$50 book voucher for yourself, plus a \$100 book voucher for your school.**



**Royal Freemasons'  
Benevolent Institution**

# 22nd Dorrigo Folk & Bluegrass Festival 25, 26, 27 October 2024

6th Dorrigo Old-Time Music School 23, 24, 25 October 2024

Dorrigo Showgrounds Dorrigo, NSW  
on Gumbaynggirr Country



Scan to purchase festival tickets and camping.

- Presenting:**
- Michael Daves & Jacob Joliff USA
  - Nokosee Fields USA
  - High Fidelity USA
  - Grassy Strings IND
  - Kat Mear & Jackson Cunnginham AUS/USA
  - Rain of Animals SCOT
  - Ashlee Watkins & Andrew Small USA

- Andrea Kirwin & Claire Evelynn
- Apolline
- Charlotte Le Lievre
- Craig Woodward & Kat Mear
- Dorrigo Restrung
- Double Dole Stringband

- Emmy Ryan
- Gallie
- Hannah Day
- Haystack Mountain Hermits
- Jhana Allan
- John Flanagan
- Jordie Lane
- Jumbaal Dreamin'

- Lucy Wise
- Lyrebird
- Maggie Rigby
- Marcus & Paul
- Mic Conway & Robbie Long
- Michael Waugh
- Montz Matsumoto & Voicestrings
- Mundy-Turner

- Old Folk
- Pirritu
- Rocky Bottom Girls
- Roman Jean
- Sarah Humphreys
- Shake Shake Theatre
- Steel City Sue
- Sunburnt Celts
- The Dempsey Brothers

- The Eight-String Social Club
- The High Street Drifters
- The Inadequates
- Two If By Sea
- Watkins & Montgomery
- We Mavericks
- Wild Thyme

We aim to be an earth conscious, plastic, smoke, drug and alcohol-free venue. Thank you!

- Concerts**
- Kids Area
  - Festival Choir
  - Vocal, Dance and Instrumental Workshops
  - Bluegrass Breakfast
  - Dances
  - Jams

With support from:

Funded by the NSW Government through the Country Arts Support Program

[www.dorrigofolkbluegrass.com.au](http://www.dorrigofolkbluegrass.com.au)



Races  
Games  
BBQ &  
Carnivals

Ages: 5-18

Come join in the  
swimming fun!

Tuesday 15th October 2024  
5.45 - 7pm Bellingen Pool

Information:  
[bellingswimclub@gmail.com](mailto:bellingswimclub@gmail.com)



CHECK OUT THE COFFS COAST BMX PAGE OR INSTAGRAM FOR  
DETAILS

**JOIN COFFS COAST BMX  
CLUB TODAY!**

Tuesday: gate practice and training night from  
6pm

Friday: Racing! Sign on from 5:30pm - Racing  
starts at 6:30pm.



Scan QR code for a 4 week  
free trial.

**DRUM DAY OUT**  
SUNDAY 6TH OCT

**KAYA BOOM KIDS SHOW**   **CIRCUS PLAY SPACE**   **BIGGEST MNC DRUM CIRCLE**

**EUNGAI BUFFALO FARM**  
DOORS OPEN 11:30AM  
KIDS SHOW STARTS 2PM  
DRUM CIRCLE 4PM \$22

[WWW.THERHYTHMREALM.COM](http://WWW.THERHYTHMREALM.COM)

**VALLEY BRAVES BASKETBALL**  
**2025 Representative Trials**

**NEW DATE & TIME**

**MACKSVILLE HIGH SCHOOL**

September 22nd	September 29th
<b>Boys</b>	<b>Girls</b>
Under 12's: 10.30am-11.45am <small>(born 2016, 2015 &amp; 2014)</small>	Under 12's, 14's & 16 10.30am - 11.45am <small>(born 2015 &amp; 2010)</small>
Under 14's & 16's: 12.00pm-1.30pm <small>(born 2013 to 2010)</small>	<b>Boys</b>
Under 18's: 1.45pm-3.15pm <small>(born 2009 to 2008)</small>	Under 12's: 10.30am-11.45am <small>(born 2016, 2015 &amp; 2014)</small>
<b>REGISTER HERE</b>	Under 14's & 16's: 12.00pm-1.30pm <small>(born 2013 to 2010)</small>
	Under 18's: 1.45pm-3.15pm <small>(born 2009 to 2008)</small>

Enquiries: [admin@valleybasketball.com.au](mailto:admin@valleybasketball.com.au)



Bellingen Riverwatch

+

OzGREEN presents

FREE EVENT + DINNER

# MACRO MUSTER 7

WITH RIVER Q&A PANEL

Help count waterbugs to help protect the rivers!

WED OCT 23RD  
4PM-7.30PM  
BELLINGEN SHOWGROUND

COLLECT.



Connect with nature

COUNT.



Learn new skills

DINE.



Meet new people

The biggest citizen science program of it's kind in Australia!

[www.ozgreen.org/macromuster](http://www.ozgreen.org/macromuster)



Local Land Services North Coast



IN PARTNERSHIP WITH SAVING OUR SPECIES



Warren Weick REAL ESTATE



Stella Family Foundation

Arboregreen



BELLINGEN SHIRE COUNCIL



# School Holiday Program @ Jacks Ridge MTB Park Tuesday 1st October 2024

Two different aged sessions:  
Ages 5 - 8 (8:30am to 11:30pm)  
Ages 9 - 16 (1.00pm to 4.00pm)

Cost: \$79 (inc morning or afternoon tea)

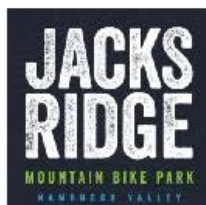
Required: A working mountain bike, with working brakes and gears.  
Optional - Bike Hire: \$30 - price includes delivery to the program & helmet

To book go to:

<https://www.montembiketours.com.au/kids/>  
For more information contact 0487600839 or  
[montembiketours@gmail.com](mailto:montembiketours@gmail.com)



To use your Active Kids  
Voucher contact Montem Tours  
before booking!





# HOLIDAY SURF LESSONS!

1 hour lessons from \$30 per person

Adult and kids groups includes all equipment

## SAWTELL BEACH

9am & 10:15am selected days (NSW holidays)

\*SEE ONLINE BOOKING CALENDAR FOR EXACT DAYS. EXTRA DATES AND SESSIONS IN XMAS HOLIDAYS.

**CLOSED XMAS, BOXING AND NEW YEARS DAY**

\$135 - 4 Day SurfGrom programs, 5-12yrs.

1hr session each day, Surf Awareness/Surf Activities/Surf Skills.

Includes \$50 Rip Curl & \$10 Woolworths Vouchers.



## PRIVATE LESSONS

An exclusive surfing experience for individuals or groups. Available all year round for all ages and ability. You choose your day, time and location, or let us guide you with our local knowledge.

**All lessons 1 hour**

1 person **\$120**

2 people **\$120**

3 people **\$150**

4 people **\$160**

5 people **\$175**

Extra's **\$35 p/p**

BOOK ONLINE: [WWW.SOLITARYISLANDSSURFSCHOOL.COM.AU](http://WWW.SOLITARYISLANDSSURFSCHOOL.COM.AU) **0438 561 370**

# SURFGROMS TERM 4 PROGRAMS!

## SAWTELL BEACH

### Saturdays

8am 5/12yrs 1hr 6wk program

9:15am 5/12yrs 1hr 6wk program

Starts 19th Oct



**6 week program \$160**

All programs will look to extend for the term on a flexible basis. \$25 per lesson  
**Active Kids Vouchers Welcomed**

Surfing Australia's national junior development program for kids 5-12yrs

Softboard and full-length wetsuit included

Missed lesson make-up options

1:5 Coach to Student ratio

**SURFGROMS.COM** ALL PROGRAMS INCLUDE \$50 RIP CURL & \$10 WOOLWORTHS VOUCHERS

**BOOK ONLINE: [WWW.SOLITARYISLANDSSURFSCHOOL.COM.AU](http://WWW.SOLITARYISLANDSSURFSCHOOL.COM.AU)**

**0438561370**



# BELLINGEN DRAMA

Develop skills in improvisation, physical theatre & interpret exciting scripts.  
Up-skill in voice & movement as you realise your acting potential.

**ENCORE THURSDAYS**



**JUNIORS (AGES 7+) 3.30-4.30PM**

**YOUTH (AGES 13+) 4.30-5.30PM**

**BELLINGEN MEMORIAL HALL  
(STUDIO SPACE)**

@encore\_performingarts\_academy   
 [encorestudio.info@gmail.com](mailto:encorestudio.info@gmail.com)



SCAN HERE  
MORE INFO



## 2024/2025 Cricket Season Is Starting Soon!

**Registrations are now open for Sawtell CC Junior and Senior Cricket Teams**

Use the Play HQ website below to register through Play HQ, cricket's new registration portal.

First time user of Play HQ will need to register first.

**Juniors Registrations:**

<https://www.playhq.com/cricket-australia/register/16b749>

**Seniors Registrations:**

<https://www.playhq.com/cricket-australia/register/d2d74e>

**Junior Training - Tuesday from 4pm at Sawtell Cricket nets (Richardson Park)**

**Senior Training - Tuesday and Thursday from 5pm at Sawtell Cricket nets**

**Check out - Sawtell Cricket Club on Facebook**

**Hope to see you there!!**

**Contact: Nerida - 0484637432**

**Mark - 0421205474**



# Small changes big differences



## Circle of Security

**Circle of Security (COS) is designed for parents and carers who would like to support their children to build secure relationships**

### About the program:

- Evidenced based parent-reflective program
- Based on decades of attachment research
- Deals with common-attachment related struggles between parent and child

### Learn simple and practical ways to:

- Understand your child's emotional world
- Support your child's ability to manage emotions
- Enhance the development of your child's self esteem
- Build secure attachment in your child

### Children who are secure experience:

- Better relationships with parents and peers
- Enhanced school readiness
- An increased capacity to handle emotions

Please note that the number of participants is limited and bookings are absolutely essential.

Please also note that the program is **FREE** to families with children.

When – 24<sup>th</sup> October 2024 to 12<sup>th</sup> December 2024 – Eight (8) consecutive Thursdays










Time – 10 am to 12 pm

Contact – T: 6659 2800 or E: [unitingcoffsharbour@uniting.org](mailto:unitingcoffsharbour@uniting.org)

**Childcare facilities are NOT available.**



Please remember that everyday children should be wearing enclosed shoes and must have a hat and water bottle

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <sup>th</sup> September 2024	1 <sup>st</sup> October 2024	2 <sup>nd</sup> October 2024	3 <sup>rd</sup> October 2024	4 <sup>th</sup> October 2024
	 <p>Diggers Beach 9:00am – 3.00pm</p>	 <p><b>GAME DAY</b></p>	 <p><b>Cardboard box day</b></p>	 <p><b>Lido for a picnic</b> 1100am - 3.00pm</p>
7 <sup>th</sup> October 2024	8 <sup>th</sup> October 2024	9 <sup>th</sup> October 2024	10 <sup>th</sup> October 2024	11 <sup>th</sup> October 2024
<p><b>Centre Closed</b></p>	 <p><b>Happy HALLOWEEN</b></p> <p>Come dressed up in your Halloween costume</p>	 <p><b>Nambucca Cinema</b> Bellwood park 9:00am – 2:30pm</p>		 <p><b>VIDEO GAME DAY</b></p> <p>Note: devices are welcome</p>



For the latest information from Urunga OSHC, including updates during the Vacation Care, Follow **Open Arms Care Inc** on Facebook

(Scan the QR code to go directly to our Facebook page)





## URUNGA VACATION CARE Program Information

30<sup>th</sup> September 2024 – 11<sup>th</sup> October 2024

**30<sup>th</sup> September 2024 Pokémon Day:** Today we will be creating Pokémon games including a scavenger hunt and a Pokémon bean bag toss. There will be Pokémon pom pom's, paper Pokémon box making and with a game of Pokémon bingo.

**1<sup>st</sup> October 2024 Solitary Islands Aquarium and Diggers Beach:** Today we will be heading to the aquarium to explore and increasing our knowledge about fish, jellyfish, octopus, starfish and sharks. Some underwater craft to finish the afternoon.

**2<sup>nd</sup> October 2024 Board Game Day:** Today we will play lots of board games and see who the best at what game is. We will also have games against the educators.

**3<sup>rd</sup> October 2024 Cardboard Box Day:** The children will be getting creative with the cardboard boxes, making animals, games and cubbies.

**4<sup>th</sup> October 2024 Mad Hatter Day:** Today we will be having a mad hatter's tea party where the children will get to create their own sandwiches, design their own cookie and make their own pancake with assistance of an educator. Then we will head to the Lido to have a picnic.

**7<sup>th</sup> October 2024: Centre Closed**

**8<sup>th</sup> October 2024 Halloween Day:** Come dressed in a Halloween costume and join in with the craft activities with an afternoon of movies.

**9<sup>th</sup> October 2024 Nambucca Cinema and Bellwood Park:** Today we will be heading to Bellwood Park for a play and lunch and then we will head to Nambucca cinemas to watch The Wild Robot movie.

**10<sup>th</sup> October 2024 Reptile World:** The reptile man will be visiting today bringing in some special animals for us to meet and learn more about.

**11<sup>th</sup> October 2024 Video game day:** Today We are going to be doing all things video game including big game of Mario Kart where everyone will be included. Children's devices are welcome.

## STANDARD FEES

Max of \$65 day. It is the parent/guardian's responsibility to complete and lodge their Child Care Subsidy (CCS) application with Centrelink Human Services to gain access to fee reductions provided by the government **Invoices will be sent out weekly. Outstanding invoices will need to be paid before you book your child into vacation care.**

**No charge if 24-hour advance notice of absence is given.**

## CHILD CARE SUBSIDY: WHAT YOU NEED TO KNOW

Child Care Subsidy (CCS) is a government subsidy offered to eligible families as a reduction on fees. Applications for the CCS are made through your Centrelink online account through **myGov**. Please apply / update details for CCS if you haven't already done so. For more information on this process, visit [education.gov.au/childcare](http://education.gov.au/childcare)

**PLEASE NOTE: If children have a break between care of more than 14weeks (e.g. during the school term) their enrolment will be ceased. The Service will update enrolment details with Centrelink. It is the parent/guardian's responsibility to check their child's enrolment status (notifications) in their myGov account and confirm enrolment details where necessary to access CCS.**

## DIRECT DEPOSIT INSTRUCTIONS

Bank: Regional Australia Bank

Name: Open Arms Care Inc

BSB: 932 000

Account: 100 511 161

Reference Child's Name and centre

**(if this information is not included we have no way of identifying who made the payment)**

You can also find bank account details on the last page of your invoices.

## OUR PROGRAM

Our program provides children with developmental opportunities that are focussed on the children's interests, abilities and needs. Our daily program also offers creative arts, life skills & physical activities, imaginative play, construction, individual, group activities and lots of fun.

## OUR EDUCATORS

The Educators at Open Arms Care Inc. OSHC Services provide a diverse and inclusive environment that fosters all children's developmental abilities and self-esteem. Educators are professional and strive for excellence within the service environment, whilst working together as a team. Our accredited services are supported by University and TAFE educated staff.

## THINGS TO REMEMBER

**PLEASE REMEMBER ON EXCURSION DAYS TO BE AT OSHC 30 MINUTES BEFORE THE DEPARTURE TIME TO FILL OUT PERMISSION NOTES, MEDICAL FORMS ETC**

**SUN SAFETY:** No Hat, No Play (or play in the shade). Educators will endeavour to ensure that all children apply sunscreen although...please remember to apply sunscreen to your child before they arrive, pack a long sleeved rash shirt or a long sleeved shirt for water activities and we recommend a wide brimmed hat for extra sun protection.

**FOOD:** Nutritious foods are essential for growing, playing and learning. Although we realise its school holidays and that means the occasional special treats, we do ask that parents/carers please provide a healthy and nutritious morning tea, lunch and afternoon tea for their children. Children do burn through a lot of energy in our active program so please ensure that your child has enough healthy food to last the whole day. **We also ask that treats such as chocolates, fizzy drink or lollies be left at home until the evening or weekend.** We are also a nut free zone. Please ensure you child/ren come packed with a water bottle.

**CLOTHING GUIDELINES:** Children are encouraged to wear comfortable casual clothing when attending Vacation Care. We ask that children wear covered shoes. **Thongs**, strapless shoes, high heels, slip-ons, etc. are considered **unsafe**.

**SWIMMING:** Please notify the staff about your child's swimming ability if your child is attending on a swimming excursion

**MOVIES/DVDS & VIDEO GAMES:** Please notify the staff if you do not want your child to view G&PG movies or play video games

## BOOKINGS

For existing enrolments please book by the Xplor app. For new enrolments please contact us on 0266552650

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>

# Sunsmart Snippet

## Create a morning checklist

Help your child remember what they need to do every morning before school

**My morning check list**

	Mon	Tues	Wed	Thurs	Fri
Wash my face					
Brush my teeth					
Get dressed					
Pack my school bag					
Wear my SunSmart hat					
Apply SPF30 or higher sunscreen					

- Wash my face
- Brush my teeth
- Get dressed
- Pack my school bag
- Apply SPF30 or higher sunscreen
- Wear my sun smart hat

NSW Public Health  
Cancer Institute NSW

SUNSMART

Download and print off the morning check list from the SunSmart website and stick on your fridge, so you don't forget!

[www.sunsmartnsw.com.au](http://www.sunsmartnsw.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.

  
**saverplus**  
saverplus.org.au