

# URUNGA PUBLIC SCHOOL

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URUNGA NSW 2455

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TEL: 02 6655 6393



*On the traditional lands of the Gumbaynggirr people*

**NEWSLETTER NO. 1    TERM 1 WEEK 3    WEDNESDAY 12th FEBRUARY, 2025**

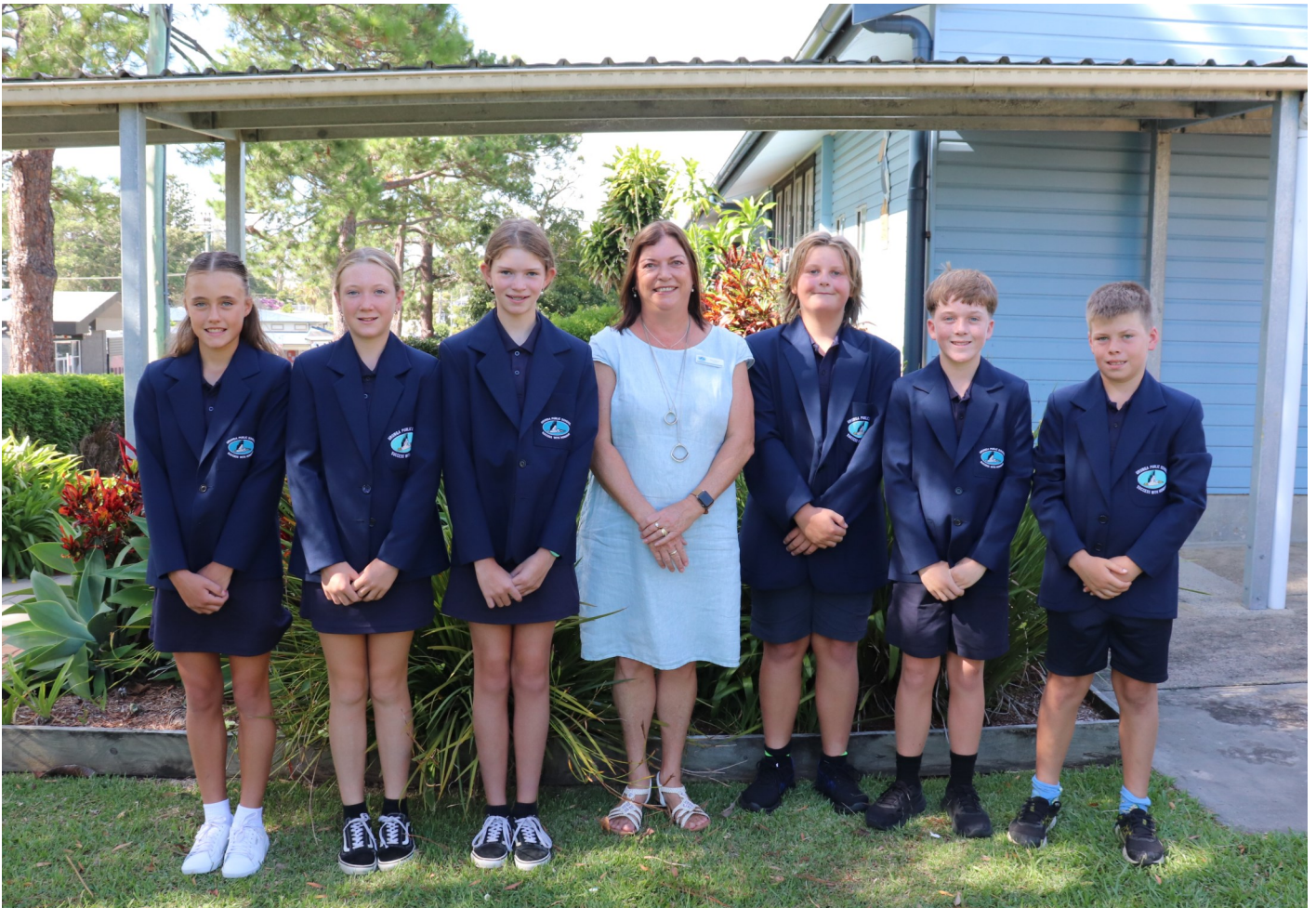
## IMPORTANT DATES

Tues Feb 18	School Swimming Carnival 8yrs & older	Tues Feb 25	Whole School Assembly @ 2.20pm Leader Induction
Wed Feb 19	eSafe kid: Back to School program (senior students)	Thurs Feb 27	Dylan Edwards Legends Rugby League 7's
Thurs Feb 20	District Rugby League trials 11's & Opens	Fri Feb 28	MNC Swimming Carnival @ Coffs
Mon Feb 24	District Swimming Carnival - Macksville	Fri Feb 28	Welcome BBQ Breakfast 7.30am-9.00am

## 2025 LEADERS

Our newly elected school leaders for 2025 are eager to embark on a busy, successful, and rewarding year, working alongside our dedicated staff and incredible student body. They will be joined by students from each class who will make up the Student Representative Council (SRC).

Harper, Maddi, Birdie, Hayden, Tom, and Zak, along with our Sporting Captains, Vice Captains, and the soon to be elected SRC members, will be officially inducted into their leadership roles at the Leadership Induction Assembly on Tuesday, February 25th, at 2:20 pm. Parents are warmly invited to attend and celebrate this special occasion.





# 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 we 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.

Welcome back, everyone! We are thrilled to see our students and staff return with such eagerness and enthusiasm, quickly settling into their school routines. A special welcome to our new families joining Urunga Public School for 2025. If you have any questions about your child's school experience, please don't hesitate to reach out via phone or email. We encourage you to arrange an appointment with our staff whenever needed.

A warm welcome to our 24 new, enthusiastic Kindergarten students who have started their journey with us. We are excited to work and learn alongside them and their families.

As we navigate the challenges and opportunities that lie ahead, let us approach the new school year with a sense of optimism, resilience, and unity. Together, we will continue to foster a culture of excellence, inclusivity, and lifelong learning that prepares our students to thrive in an ever-changing world.

Welcome back, Urunga Public School! Here's to a year filled with growth, discovery, and endless possibilities.

## STAFFING FOR 2025

Our students, teachers and support staff have been working hard in their new classes. Our staff for this year are as follows:

Principal - Mrs Martyn

Assistant Principal K-2 – Miss Kelly

Assistant Principal 3-6 – Mr Freebairn

Assistant Principal Curriculum & Instruction (APC&I) – Mrs Prior

K Lime– Mr Lee

K/1 Navy – Miss Kelly and Ms Vogt

1/2 Red – Mr Sercombe

1/2 Green – Mrs Wickham

3/4 Blue - Mr Ticli

3/4 Magenta– Miss Reid

5/6 Aqua – Mr Freebairn and Miss Kyle

5/6 Indigo – Miss Allman

Library & Technology – Mr Narris

CAPA– Mrs Hulbert

Science—Mrs Hulbert and Ms Vogt

Learning and Support – Mrs Falkingham

School Administration Manager - Mrs Sweeney

School Administration Officer - Mrs Rodgers

Community Liaison Officer (CLO) – Mrs McGrath

School Learning Support Officers - Mrs Bartlett, Miss Jayden, Mrs Forward, Mrs McGrath

General Assistant: Mr Pollard



# NEWS FROM OUR PRINCIPAL MRS JANE MARTYN



## STUDENT LEADERS/ LEADER INDUCTION ASSEMBLY

We are thrilled to announce and congratulate the exceptional students who have been appointed as our leaders for 2025. These dedicated students have shown remarkable commitment, leadership qualities, and a genuine passion for serving their peers and advancing our school's mission.

**School Captains:** Maddi Hoffman, Harper Kedzlie  
**Leaders:** Hayden Richardson, Birdie Tutt, Tommy Furze, Zak Simpson

**House Captains:** Bellinger – Nate Fitzgibbon, Leila Haynes  
Kalang – Nicholas De Ruiter, Sunny Hyde

**House Vice Captains:** Bellinger – Kaius Heward, Zali Miller  
Kalang – Tex Hyde, Chilli Cameron

Our Leadership Team are already working hard and being outstanding role models for our school.

Congratulations once again to our new school leaders! Your dedication and leadership are truly inspiring, and we look forward to seeing the positive impact you will undoubtedly make in the days and years to come.

We will be holding our Leadership Induction Ceremony on Tuesday afternoon 25<sup>th</sup> February at 2.25 pm.

## MEET THE TEACHER

We hope that you can join us at our complimentary Parent Community Welcome Breakfast BBQ on Friday morning 28th February between 7.30 and 9.00am. In the meantime, please feel free to contact your child's teacher via phone or email if you wish to organise a time to meet with them.

## YEARS 3- 6 CYBER SAFETY SESSION

Our Years 3, 4, 5 and 6 students will be participating in a Safer Internet Day session conducted by the Department of Education and in partnership with the Office of the eSafety Commissioner during the next 3 weeks. During this 'Be an eSafe kid: connect, reflect, protect' session, students will learn to:

- identify the features of positive online interactions.
- identify support available when navigating online friendship challenges.
- contribute to positive gaming cultures.
- identify the benefits of gaming and quality gaming habits.
- identify ways to protect themselves when gaming.

## PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled '*The Hidden Benefits of Your Child's Back -to-School Butterflies*' which focuses on emotional intelligence and developing resilience.

Thank you for your ongoing support, take care,

**Jane Martyn**



## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

# WELCOME TO KINDERGARTEN!

It is so exciting to welcome all of our new Kindergarten students to school with Mr Lee, Miss Kelly and Ms Vogt! They have all had a great start to their schooling career and have spent their first few days meeting new friends, getting used to the routines of school and having a whole lot of fun!

Everyone has been on a school tour, played many games and started writing stories, playing music, using technology, counting and writing numbers. We have all had such a wonderful time!

Thank you to all of our wonderful parents for helping make this transition to big school so smooth and please make sure you reach out to the school if you ever have any questions, we are here to help!



## *Community Tutors*

Once all our students are settled into the school routine towards the middle of this term, we will recommence our community tutor program. We always welcome new volunteers and hope you can join us. Please get in contact with me via the office if you would like to get involved.

## *Canteen Helpers*

We are always looking for more amazing helpers in the canteen. If you a free one morning now and then on a Wednesday, Thursday or a Friday, we would always be grateful for your help!

## *Garden Club*

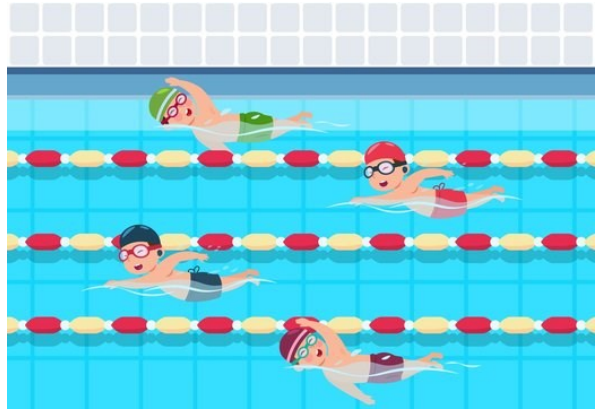
Keep checking the newsletter and Facebook for when Garden Club will commence for the year. It will be held on Tuesdays at lunchtime (11am—11:40am) and we always encourage parent helpers. You don't need to be a green thumb to be involved... just willing to get your hands dirty and join in the fun!

## SWIMMING CARNIVAL

The school swimming carnival will be held next Tuesday 18th February at the Bellingen Pool. All students in Years 3-6 are expected to attend. Students in Year 2 that turn 8 this year **must** be able to swim 25m in order to attend.

Permission notes were emailed home yesterday via School Bytes. Please check your email or log into your School Bytes App to give permission and pay the \$10 fee which includes bus travel and pool entry.

Included in the same email was a google form link for you to enter your child into their events for next Tuesday. We are looking forward to a fantastic day with all our students giving their best effort and having loads of fun!



## HOUSE CAPTAINS

Both of our sporting houses, Bellinger and Kalang, held their Captain and Vice-Captain elections at house meetings on Monday afternoon. Congratulations to the following students. They are really looking forward to leading their houses for the first time next Tuesday at the school swimming carnival. These sporting house leaders will be inducted and receive their badges at our Induction Assembly on Tuesday 25th February.

	<b>CAPTAINS</b>	<b>VICE-CAPTAINS</b>
<b>BELLINGER</b>	Nate Fitzgibbon Leila Haynes	Kaius Heward Zali Miller
<b>KALANG</b>	Nicholas De Ruiter Sunny Hyde	Tex Hyde Chilli Cameron



## CHANGE OF DETAILS

If any of your contact details have changed over the holidays, please let the ladies in the front office know. Changes of address, new/different phone numbers or email address are essential for the school to have updated to ensure we can contact you in case of illness or emergency. Your help in this matter is much appreciated.

## LIBRARY BORROWING

Just a reminder for students in Kindergarten, Year 1 and Year 2 to bring a library bag on their library day so they can borrow books. This helps keep all our books in good condition and helps each student keep track of their books.

**Mr Narris**

## SCHOOL BYTES APP

This year we have moved more of our school information to School Bytes. As well as filling in permission notes and making online payments, you will now also find our school calendar with upcoming events as well as the attendance tab where you can explain absences, or enter a planned absence for the future.

School News/Notices and our fortnightly newsletters will also be posted in the App. If you have not yet downloaded the **School Bytes for Parents App** please go to your preferred app store and do so.



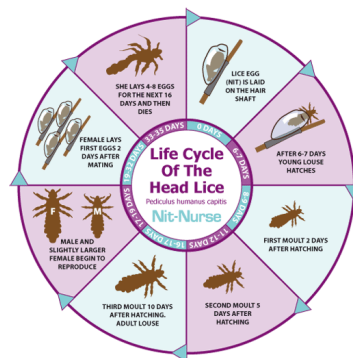
School Bytes for Parents  
School Bytes

## HEAD LICE

The head lice are out and about. Please check your child's hair regularly for head lice and eggs (nits) - use a fine metal **tooth nit comb** and plenty of cheap hair **conditioner applied to the dry hair**.

**This is a cheap method to see if your child has head lice, and if they do please treat with an approved head lice treatment.**

**It is very important to remove all the eggs and repeat the process regularly until you no longer find eggs or lice in your comb. Eggs will continue to hatch over a ten day period.**



## 100% CLASS ATTENDANCE

It has been wonderful to see many of our classes achieving 100% attendance. As an example, just yesterday we had an amazing 5 out of our 8 classes with every student in attendance. Well done to K Lime, K/1 Navy, 1/2 Red, 3/4 Magenta and 5/6 Aqua.

Attending school every day allows your child to get the most out of their learning and improve their career and life options.

Regular school attendance can help expand your child's learning and create positive relationships with their peers.

If you require support in getting your child ready and motivated for school, please reach out to us. Read more about the benefits of regular attendance on the [department website](#).





# URUNGA PUBLIC SCHOOL

# WELCOME BBQ

# BREAKFAST

**Friday 28th February**  
**7:30am - 9:00am**

*Please join us for a complimentary BBQ breakfast to celebrate the start of the school year! This is a great opportunity to meet teachers, staff and other families.*

*\*All students must be accompanied by their parent or carer if arriving before 8:50am*



**RSVP**  
FOR CATERING  
PURPOSES, PLEASE  
COMPLETE THE ONLINE  
FORM BY MON 24TH FEB  
VIA THE QR CODE OR  
[\*\*CLICK HERE\*\*](#)

## The Hidden Benefits of Your Child's Back-to-School Butterflies

Has your usually chatty child become quieter than normal? Does your typically confident kid need extra hugs?

The start of a school year brings a unique mixture of emotions for both parents and children. Whether your little one is taking their first steps into kindergarten, starting a whole new school (or high school), or just moving up to a new year level with friends, that flutter of anxiety in their stomach (and yours) is completely normal. These transitions are crucial moments for emotional growth.

Recent research in childhood development shows that periods of change—whether it's starting school, changing classes, or moving to a new suburb—are remarkable opportunities for your child to develop resilience and emotional intelligence. When they tell you they are worried, these concerns aren't necessarily something to "fix". Rather, it's a sign of their developing emotional awareness.

Consider what's happening when your child says they're worried about school. They might be:

- *Processing complex social dynamics:* A new friend group, new classmates, new teacher,
- *Anticipating academic challenges:* "I don't know how to do what they're going to ask me to do", or simply
- *Responding to a change in routine.*

Each of these concerns represents their brain working to prepare them for new experiences.

### Some practical steps can help:

#### Slow things down.

Rather than running full steam ahead and filling up their calendar, start slow. Ease into things. Reduce after-school activities if your child needs it. Keep plans simple on the weekend. Leave margin so you can be available.

#### Time your conversations.

The best time to talk isn't necessarily as soon as you see them. While some kids are excited to tell you everything the minute they see you, most prefer to have some time to relax and decompress. You probably don't like being interrogated when you arrive home. Nor do they. Give them time to process. Some children need quiet time; others might want physical activity to release the day's tensions.



### Ask deep questions.

When it's time to talk, rather than saying, "How was school today?" ask them to tell you who they spent time talking with and how it felt. Invite them to tell you something they did that was challenging. Have them consider how they showed determination. Who did they help or show kindness to? Deep questions create connection.

### Listen to their specific concerns.

Are they worried about how big the school is (or how big some of the kids are)? Making friends? Understanding new rules? Each worry gives you insight into what support they might need.

### Ask practical questions.

Do they like their lunch? Are they feeling like the morning routine is working for them? What's their favourite afternoon tea?

When they do share concerns, *listen more than you solve*. Rather than rushing to fix every worry, help them identify what they're feeling and why. Say things like, "That sounds tricky", and "Wow, how do we solve that one?" This builds their capability and confidence.

Without being overzealous, watch for physical signs of anxiety: stomach aches, sleep changes, or increased clinginess might appear. These aren't just "attention-seeking" behaviours—they're often genuine expressions of emotional processing.

**Remember:** Your role isn't to eliminate their anxiety but to help them understand and work with it. (Think of Riley in *Inside Out 2*. When anxiety takes over, it's a problem. But it does play an important role.) When we support children through transitions while validating their feelings, we're helping them build emotional skills they'll use throughout their lives.

Every child moves through transitions differently. Some might be excited about new books, fresh pencils, and their new teacher, while others need more time to warm up to change. Neither approach is wrong—they're just different ways of processing the same big step.

Your child is learning to navigate complex feelings about school. The key is remembering that this anxiety isn't a problem to solve, but rather a normal part of growing up. By staying present with them through these feelings, you're teaching them that they can handle big emotions and new experiences - even when they feel overwhelming at first. Supporting a child through these transitions can be emotionally taxing for parents too, but this investment in understanding and patience pays off in building your child's emotional toolkit and their resilience.



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](https://happyfamilies.com.au).

**SAME  
LOCATION  
FOR ALL  
TRAINING &  
GAMES**

# BASEBALL

**COFFS HARBOUR BASEBALL ASSOCIATION**

**COME & TRY DAYS 2025**



**4:00PM - 5:30PM  
TUESDAY 11TH FEB 2025  
TUESDAY 18TH FEB 2025  
TUESDAY 25TH FEB 2025**

**STADIUM DRIVE BASEBALL FIELDS,  
COFFS HARBOUR**



**NEW PLAYERS ENCOURAGED  
JUNIORS 5-17 YEARS  
SEE MORE INFO HERE**

## **Key Contacts**

**CHBA Junior President: Derek Jordan 0431 014 092**

**CHBA Junior Development Coach: Jason Bromell 0401 391 826**

**Email: [coffsharbourjuniorsbaseball@gmail.com](mailto:coffsharbourjuniorsbaseball@gmail.com)**



# Bellinggen Shire Youth Art Exhibitions & Prizes

WE ARE THE  
FUTURE AND  
THE FUTURE IS  
NOW

**ENTER NOW** until April 2nd 2025  
for ages 12 yrs-25 yrs Bellinggen Shire only.  
Entry is free, with all mediums welcome.

Prizes awarded at each exhibition

Free art materials available for entrants  
For entry form & info and materials go to:  
[www.connecting.org.au/events](http://www.connecting.org.au/events)

**Youth Week April 9-17th**  
**The Art Space Urunga**  
**Bellinggen Gallery & Framing**  
**The Never Never Mind Dorriggo**



Drawing by: Mitch Timms



The Never Never Mind



BELLINGGEN  
GALLERY &  
FRAMING STUDIO

The banner features a light green background with a darker green, textured shape resembling a map of the Bellinggen Shire coastline. On the right side, there are blue circuit-like lines. The text 'Bellinggen Shire Youth Art Exhibitions & Prizes' is written in a bold, black, sans-serif font across the center.

# Bellinggen Shire Youth Art Exhibitions & Prizes

## **“We are the future and the future is now”**

Celebrating the artistic expression and talent of youth in Bellinggen shire. Three exhibitions will occur across the shire during Youth Week 2025 April 9th-April 17th.

Entry is open now for 12 years to 25 year olds living in Bellinggen Shire and closes April 1st. Entrants can enter up to 3 pieces.

Free art materials for entrants available at each of our Neighbourhood Centres; Bellinggen, Dorrigo and Urunga. Materials include canvas' paint sets and brushes until they run out. If entrants are wishing to exhibit Photographs, we have some funds for printing we can assist entrants with.

All mediums are welcome in the exhibits; sculpture, wearable art, sketches, photography, paintings etc.

Entries will be exhibited in three locations and sorted into three regions; The Plateau (Dorrigo and surrounds), Bellinggen and The Valleys ( Thora, Kalang, Glennifer, Fernmount), The Seaboard ( Urunga, Raleigh, Repton, Mylestom).

Three Galleries will be hosting the exhibitions, The Art Space Urunga will host The Seaboard Show from 9th-16th April, Bellinggen Gallery & Framing will host the Bellinggen and The Valleys Show from 11-17th April and The Never Never Mind will host The Plateau Show for one night only on the 10th April allowing entrants to enter the popular Dorrigo Easter Show the following day. Opening nights will include prizes, and presentations with catering and mocktails. More details will follow soon.

Entries are due on the 1st April. Please drop your completed entry off to one of Neighbourhood Centres along with a completed entry form. Entrants are welcome to sell their work at the shows, with all details on the entry form.

If you need further information or access to materials, or help getting your artwork to one of our Neighbourhood Centres please call one of our Centres or email Lauren on [community@ncobs.org.au](mailto:community@ncobs.org.au)

# JUNIOR SCU MARLINS

Boys & Girls Welcome  
7 to 13 years



# COME TRY RUGBY

@ SCU UNI FIELDS  
ON HOGBIN DRV

## TUESDAY 25TH FEB 4PM TO 4.45PM

***\*JOIN US FOR A FREE BBQ AFTER\****

QR code to  
Register  
Interest



A fun & easy introduction into  
Junior Marlins Rugby  
with safe & basic non-contact drills.  
Come experience being part  
of a caring & inclusive club  
and try out the great game  
of RUGBY with the Marlins.



For more info:  
**scumarlinsrugby**

**\*Fun Family Friendly Rugby Club\***

**ALL AGES  
REGOS  
NOW  
OPEN**



**\*JUNIOR\*YOUTH\*SENIOR**

# **RUGBY** **SCU MARLINS**

**\*BOYS & GIRLS \* ALL WELCOME \* LADIES & MEN\***

**\*Pre-season training on NOW  
TUES & THURS**

**\*U14 & U16 from 4.30pm \* SENIORS from 5.50pm**

**\*Junior ( 7 to 12 yrs) training starts 6th MAR\***

**@ Southern Cross Uni Fields on Hogbin Drv**



QR Code  
to  
register  
interest

For more info pls message:



**scumarlinsrugby**



**scumarlinsrugby@gmail.com**



## **WELCOME TO BMX 2025**

**HAVE YOU EVER WANTED TO TRY A NEW SPORT? WE HAVE A 4 WEEK FREE TRIAL\* TO ALLOW YOU TO GIVE THE WORLD OF BMX A GO! FOLLOW THE QR BELOW TO BEGIN YOUR BMX JOURNEY. ALL AGES AND ABILITIES WELCOME, A SPORT FOR THE WHOLE FAMILY!**

**Runs school terms commencing 31/01/2025**

**Tuesday: gate practice and training night from 6pm**

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

**\*Conditions apply: Excludes training and racing fees, for new members only**

**Food & Drink available**

**MEMBERSHIP QR AND FACEBOOK QR**



# Get up to \$500 for education costs

Achieve a savings goal for 10 months,  
and **ANZ will match it up to \$500.**

To be eligible, you need to meet these requirements:



18 years  
or older



A regular  
income  
(you or your  
partner)



Attend  
free online  
financial  
education  
workshops



Are studying  
yourself or  
have a child  
at school, or  
starting next  
year



Current  
**Health Care**  
or **Pensioner**  
**Concession**  
**Card**



Saverplus.org.au  
1300 610 355

