

# URUNGA PUBLIC SCHOOL

BONVILLE STREET  
PO BOX 21  
URUNGA NSW 2455

EMAIL: [urunga-p.school@det.nsw.edu.au](mailto:urunga-p.school@det.nsw.edu.au)  
WEBSITE: [www.urunga-p.schools.nsw.edu.au](http://www.urunga-p.schools.nsw.edu.au)  
TEL: 02 6655 6393



*On the traditional lands of the Gumbaynggirr people*

**NEWSLETTER NO. 2      TERM 1 WEEK 5      WEDNESDAY 26th FEBRUARY, 2025**

## IMPORTANT DATES

Fri Feb 28	MNC Swimming Carnival @ Coffs	Fri Mar 7	MNC Rugby League U11's & Open's
Fri Feb 28	Welcome BBQ Breakfast 7.30am-9.00am	Tues Mar 11	North Coast Swimming Carnival @ Kempsey
Wed Mar 5	MNC Basketball Trials	12-24 March	NAPLAN test window
Thurs Mar 6	Dylan Edwards Legends Rugby League 7's	Wed March 26	School Photos

## SWIMMING CARNIVAL

What a perfect day for a swimming carnival! Last week, students and staff gathered at Bellingen Pool for an action-packed day of competition, teamwork, and school spirit. The atmosphere was electric, with excitement and anticipation leading to some thrilling races in the pool.

Our swimmers gave it their all, battling it out in some closely contested races while a full crowd of students, staff, and parents cheered them on. The novelty events this year were a mega-hit and the noodle races caused much laughter and cheering!

A huge thank you to Mr Ticli, Miss Reid, and Mr Sercombe for their excellent organisation, as well as to all the staff members who played a role in ensuring the carnival ran smoothly. Your efforts made the day a fantastic success! Thank you to the parents who stepped up to help on the day also.

Well done to all competitors! Thirty four of our swimmers qualified to attend the District Swimming Carnival at Macksville that was just held on Monday. A report for that carnival is included further on in the newsletter.





## 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 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.

### MEET THE TEACHER BBQ BREAKFAST, INFORMATION SHEETS AND PARENT/TEACHER CONFERENCES

We hope that you can join us at our complimentary Parent Community Welcome Breakfast this Friday morning 28th February between 7.30 and 9.00am. If you haven't had a chance to RSVP, don't worry! We would still love for you to join us.

Teachers will be sharing their class information sheets via email with parents and carers this Friday. Parents and carers can book an interview time slot via the School Bytes parent portal from Monday 3<sup>rd</sup> March for the following week starting Monday 10<sup>th</sup> March.

In the meantime, please feel free to contact your child's teacher via phone or email if you wish to organise another time to meet with them.

### ATTENDANCE AT SCHOOL – WHY ATTENDANCE MATTERS

Your child may fall behind in their subjects and this can have an impact on their learning in the long term. Missing school for students means missing concepts, time with friends, perhaps an important lesson or getting picked for a sports team.

All Australian school-age children are legally required to attend school every day. You can read more in the Compulsory School Attendance article that is included in this newsletter.

| NSW Department of Education

## Why attendance matters

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



Learn



Make friends



Build skills through fun

[education.nsw.gov.au](http://education.nsw.gov.au)



### PARENTING IDEAS/ HAPPY FAMILIES

This week's Happy Families article is titled '**The Power of Belonging**' which focuses on being happy and successful at school through developing resilience.

Thank you for your ongoing support, take care,  
**Jane Martyn**





## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

# SPOTLIGHT ON: MISS KELLY

- CLASS:** K/1 Navy
- STAR SIGN:** Scorpio
- FAVOURITE NUMBER:** 7
- FAVOURITE BOOK:** Harry Potter Series
- FAVOURITE NRL Team:** Dragons
- IF I HAD ONE WISH:** I would wish for the ability to teleport. No wasted time travelling and no need to pay for accommodation, I'd just teleport home :)
- ANY INTERESTING FACTS OR STORIES YOU WOULD LIKE TO SHARE?:** I once hurt myself while climbing down a mountain. I kept going and only went to the hospital the next day. It turns out I had climbed down on a broken ankle!
- TEACHING EXPERIENCE:** Five years teaching in Newcastle, four years in Nambucca teaching and occasionally relieving as Assistant Principal. Feeling very lucky to be joining the team here at Urunga PS this year.
- FAVOURITE SUBJECTS TO TEACH:** Maths. I would teach Maths all day if I could!
- WHAT DO YOU LIKE BEST ABOUT TEACHING:** The relationships with students and families, and seeing students' pride when they achieve their goals.



## GIRRWA-GIRRWAWA

KEEP ON GATHERING

FRIDAY 14TH MARCH @ 8:30AM

FRIDAY 28TH MARCH @ 8.30AM

FRIDAY 11TH APRIL @ 8.30AM

IN THE SCHOOL LIBRARY. ALL WELCOME!



## NEWS FROM OUR COMMUNITY LIAISON OFFICER LAURA McGRATH

### Urunga P&C

Want to make a positive difference in your child's learning adventure at Urunga Public School whilst networking and getting to know some other parents?

The P&C is a great way to come together and work with the school community to make every child's experience more enjoyable. From fundraising to helping out with the canteen, small actions make a big difference!

Everyone is invited to the next P&C Meeting at a new time of 5:15pm next Wednesday, 5th of March in the Library. This will be a trial to see if we can increase attendance by accommodating those working during the day, however, if you would prefer meetings during school hours, simply email the P&C on [urungapandc@gmail.com](mailto:urungapandc@gmail.com) and they will add any feedback to the agenda.

Membership to the P&C is \$1 and enables you to vote on items in the agenda and nominate for executive roles at the upcoming AGM (date TBC).

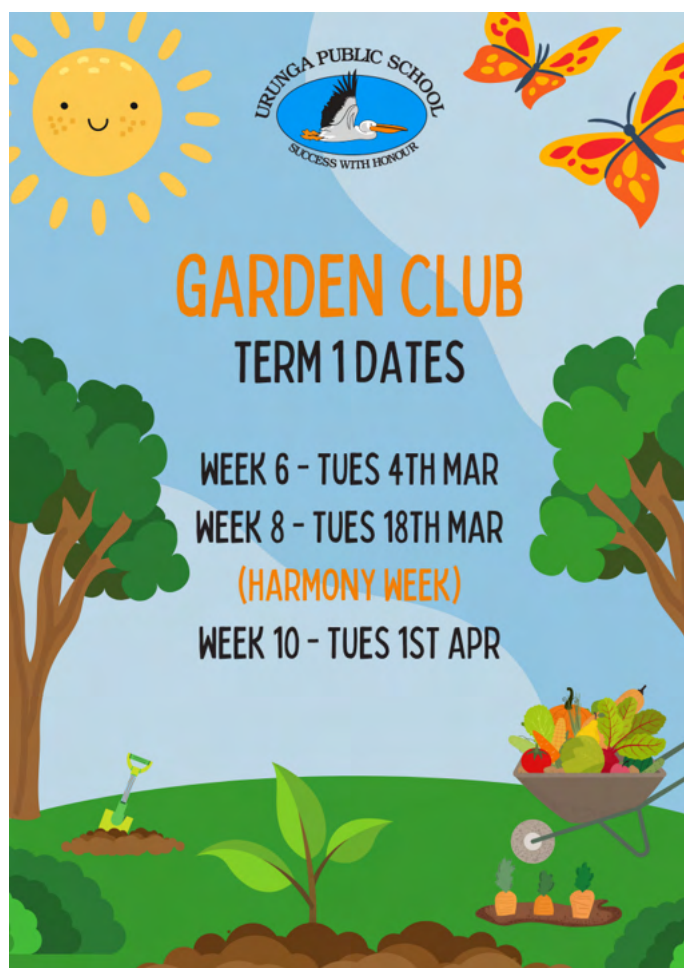
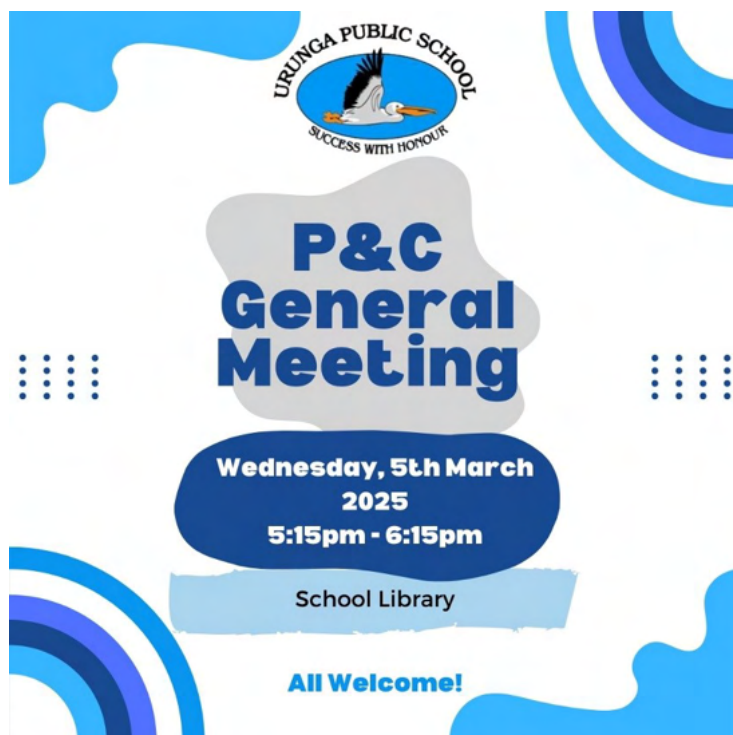
**Urunga P&C Committee**

### Garden Club

Garden Club is starting in Week 6! We are really looking forward to getting back in to the garden. There is definitely plenty of work to do, such as weeding, adding more soil and compost to the garden beds, and planting seedlings. It would be wonderful to see some new parent helpers join our incredible team. As they say, many hands make light work! If you would like to join the fun, please contact the office and I will give you some more details. Let the gardening fun begin!

### Community Tutors

We have had some of our fabulous tutors return this week which has been wonderful for our classes. A few classes are still settling in to their routines so will wait a little longer before accepting the extra help. Thank you to our community for supporting this great program.





## LEADER INDUCTION ASSEMBLY

Yesterday, we proudly welcomed our 2025 student leaders as they were officially inducted at our Leader Induction Assembly. School captains, leadership teams, class Student Representative Council (SRC) members, and sporting house captains and vice-captains all took their oaths, committing to their roles with pride and dedication. We have no doubt they will lead with excellence in 2025!

Adding to the excitement, Mr Ticli and Miss Reid announced our 2025 swimming champions, presenting them with their well-earned trophies. They also revealed the winning house for this year's swimming carnival—Bellinger! House captains Nate and Leela proudly raised the shield, celebrating their team's fantastic achievement. Congratulations, Bellinger!

A special shout-out to our school band, who performed together for the first time this year—what an amazing start!

A huge congratulations to all our leaders and award recipients. This was a wonderful way to kick off our whole-school assemblies for the year!



## SWIMMING CHAMPIONS

Our swimming female and male champions (pictured below right) for 2025 are:

**Junior:** Daisy Fitzgibbon and Artemi Pomroy

**11 years:** Tex Hyde and Mia Thomas

**Senior:** Sunny Hyde and Nate Fitzgibbon





## DISTRICT RUGBY LEAGUE TRIALS

Last week, our Under 11 and Under 12 rugby league players showcased their skills and sportsmanship at the Bellinger/ Nambucca District Trials held at Urunga Sporting Fields. Tex, Levi, Kobi, Kyan, and Hugo performed strongly in a challenging Under 11's pool, demonstrating exceptional determination, teamwork and resilience against tough competition.

We extend our congratulations to **Nate, Sonny, Zak, Lachlan, and Hayden**, who excelled in the Under 12s division and have been selected to trial for the Mid North Coast squad on March 7th. This is a fantastic achievement, and we wish them the best of luck in the next stage of their rugby league journey.

We are extremely proud of all our players for their hard work, dedication, and the way they represented our school with pride and sportsmanship. Well done, everyone!

**Mr Freebairn**



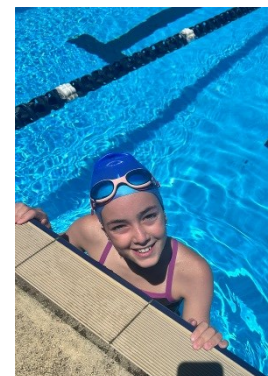
## DISTRICT SWIMMING CARNIVAL

On Monday, 24 of our talented swimmers represented our school at the District Swimming Carnival held at Macksville Aquatic Centre, and what a fantastic day it was!

Many students achieved personal bests, with several bringing home ribbons and eleven students qualifying for the next stage of competition at the Mid North Coast swimming carnival in Coffs Harbour this coming Friday. Our junior and senior boys' relay teams were unstoppable, dominating their races and finishing with impressive leads!

Beyond the outstanding performances in the pool, our swimmers cheered each other on, creating an amazing team spirit.

Congratulations to all participants for their hard work and effort. Swim well in Coffs Harbour on Friday!



## MOVING INTO YEAR 7 HIGH SCHOOL IN 2026

In NSW Government schools, applying to move from primary school to high school is a 2-step process.

The first step is to complete an online **Moving to High School Expression of Interest**. When completing this online form, you will be able to indicate which school(s) you would like your child to attend in Year 7.

If your child will not be attending a NSW Government high school next year, please let us know by completing a Placement Not Required form.

If you are unsure whether they will be attending a NSW Government school (you've applied for a private school, or you are moving interstate), we ask that you still complete an EOI and follow up with your school once a decision has been made.

This process will become available to parents on **Monday 3rd March** and will close on **Friday 28th March**. More information will be emailed out to Year 6 parents in the coming week.



## DYLAN EDWARDS RUGBY LEAGUE - TAG AND TACKLE - NEXT THURSDAY

The Dylan Edwards Legend Rugby League Gala Day event is coming up next Thursday 6th March. There will be both Tag (non-contact) and Tackle divisions. Years 1-6 are invited to participate in the Tag division, while only Yrs 3-6 are able to compete in the Tackle division.



Notes were sent out today via School Bytes.

Our P&C is running a canteen at the fields on the day. If you are able to volunteer to help in the canteen, please contact either Emily in the canteen or our school office.

Please note that this is an **optional** event, so if your child does NOT wish to participate, please open the permission note and click on the 'No' option.

**Mr Freebairn**

## STEWART HOUSE

Stewart House is the NSW Department of Education's Charity of Choice. For nearly a century, since 1931, Stewart House has been a beacon of hope and healing for public school children in need across NSW and the ACT. Each year, 1,600 children facing difficult times stay at this beachside haven for a 12-day program focused on health, wellbeing, and fun—all at no cost to their families. Funded entirely by donations and school fundraising, the program provides everything from dental and vision checks to confidence-building activities, ensuring children receive the care and support they need to reset and thrive. Stewart House's vision is to inspire children to see beyond their present circumstances and embrace real hope and aspirations for a brighter future.



Show your support for children in need and enter for a chance to win a \$4,000 travel voucher! The draw will take place in Term 2 on Friday, 23 May 2025.

Online payments are encouraged, and families can scan the QR code on the envelope to pay, record the receipt number, and return the envelope to the school office to enter the draw!

Envelopes will be sent home to each family tomorrow.

### We Heard You – Online Payments Available!

Online payments are now available! Families can **scan the QR code** on the envelope to pay, record the receipt number, and **envelopes must be returned** to the school office to enter the draw!



## NAPLAN

Each year the National Assessment Program - Literacy and Numeracy (NAPLAN) is undertaken by students in Years 3, 5, 7 and 9. Students will participate in tests for writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy.

The NAPLAN test window starts on Wednesday 12 March 2025 and finishes on Monday 24 March 2025.

Urunga PS will schedule the tests as soon as possible within the testing window, prioritising the first week. NAPLAN is just one part of our school learning assessment program. The tests assess literacy and numeracy skills your child is already learning at school.

In preparation for NAPLAN, our school will undertake activities to help students become familiar with the format and functionality of the online tests. These activities are not an assessment of student ability and will not be marked. Excessive preparation for NAPLAN is not required nor recommended.

Please see more information regarding the assessment program further on in the newsletter..

If you have any questions about NAPLAN, please do not hesitate to contact your child's teacher.

## PBL WINNERS FOR THIS WEEK

Congratulations to the PBL winners from Weeks 3 and 4, 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.

- Joy
- Cameron
- Birdie
- Byron
- Bradley
- Jack
- Jay
- Tully
- Max
- Summer
- Kaius
- Myana
- Leo



Positive Behaviour for Learning at Urunga Public School is for

EVERYONE, EVERYWHERE, EVERY TIME



We are  
**responsible**

We are  
**respectful**

We are  
**safe**





# 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](#)

## CANTEEN MENU TERM 1

Here is the canteen menu for Term 1 2025. Online orders are available by going to <https://schoolshoponline.net.au> then typing in "Urunga Public School". You will need to update your child's class for the new year.

If you are able to volunteer to help in the canteen please speak to Emily or let the school office know

The canteen/uniform shop is open again this year on Wednesday, Thursday and Friday.

**Emily Vial—Canteen Manager (Relieving)**

# SNACK SHACK

## Lunch Menu (Term 1, 2025)

### ROLLS / WRAPS/ TUBS

NORI ROLL (Chicken, Tuna or Veg)

\*Wednesdays & Thursdays Only\*

MEXI WRAP

SALAD (Roll, wrap or tub)

SALAD & MEAT (chicken, ham or tuna)

Salad contains lettuce, cheese, tomato, carrot, cucumber, avocado & beetroot.

### BURGERS

PLAIN BEEF (patty & sauce)

CHEESEBURGER (patty, cheese & sauce)

CHEESEBURGER & SALAD  
(lettuce, tomato & beetroot)

CHICKEN

CHICKEN & SALAD

(lettuce, cucumber, tomato, carrot, beetroot, and as available)

### SANDWICHES

EGG & LETTUCE

SALAD

SALAD & MEAT

CHEESE

VEGEMITE

VEGEMITE + CHEESE

HAM

CHICKEN

TUNA

MEAT + CHEESE

### PIZZA

CHEESE

HAM & CHEESE

HAM & PINEAPPLE

BBQ CHICKEN

**BUTTER CHICKEN** with rice

### NUGGETS

CHICKEN NUGGETS

G/F CHICKEN NUGGETS

### HOT TOASTIES

CHEESE

CHEESE & TOMATO

CHICKEN OR HAM

CHEESE with CHICKEN or HAM

HAM, CHEESE & TOMATO

### PIES

JNR BEEF PIE

BEEF PIE

SAUSAGE ROLL

### SAUCES

TOMATO/ BBQ

SOY

A selection of fresh, healthy options are prepared daily and available to buy without ordering. These include smoothies, frozen bananas, fresh popcorn, healthy slices etc. These items vary daily and are priced between 50c and \$1.50.

**Thank you for your support of Urunga Public School P&C Association**

For online orders go to <https://schoolshoponline.net.au> & type in "URUNGA PUBLIC SCHOOL"



# SNACK SHACK

## Snack Menu (Term 1, 2025)

**PLEASE NOTE THAT WE WILL NO LONGER BE SELLING BREAKFAST ITEMS**

**A SELECTION OF CEREALS WITH MILK WILL BE AVAILABLE FOR FREE FROM 9AM AT THE CANTEEN  
ON WEDNESDAY, THURSDAY & FRIDAY**

### COLD DRINKS

WATER  
  
JUICE POPPERS  
(apple/tropical/orange/apple-blackcurrant)  
  
FLAVOURED MILK (chocolate/strawberry)  
  
UP & GO (choc /strawberry/banana/vanilla)

\$1.20  
  
\$1.80  
  
\$2.80  
  
\$2.80

### SNACKS

FRESH FRUIT CUPS (seasonal)  
  
POPCORN  
  
ANZAC BISCUITS  
  
MUFFINS

\$1.00  
  
\$1.00  
  
30c  
  
\$1.00

### FROM THE FREEZER

QUELCH JUICE STICK  
  
FROZEN JUICE CUPS  
  
SNAP STIX  
  
ICE MONY  
  
CHOCOLATE MOOSIES  
  
FROZEN YOGHURT (choc vanilla)

.70c  
  
\$1.00  
  
\$1.20  
  
\$1.20  
  
\$1.50  
  
\$2.20

For all Dietary Information please contact the Snack Shack via email [urungapubliccanteen@gmail.com](mailto:urungapubliccanteen@gmail.com)

**Thank you for your support of Urunga Public School P&C Association**

For online orders go to <https://schoolshoponline.net.au> & type in "URUNGA PUBLIC SCHOOL"

# NAPLAN 2025

## Information for parents and carers



### Why do students do NAPLAN?

The National Assessment Program – Literacy and Numeracy (NAPLAN) is a literacy and numeracy assessment that students in Years 3, 5, 7 and 9 sit each year. It is the only national assessment all Australian students have the opportunity to undertake.

As students progress through their school years, it is important to check how well they are learning the essential skills of reading, writing and numeracy.

NAPLAN assesses the literacy and numeracy skills that students are learning through the school curriculum and allows parents/carers to see how their child is progressing against national proficiency standards.

NAPLAN is just one aspect of a school's assessment and reporting process. It does not replace ongoing assessments made by teachers about student performance, but it can provide teachers with more information about students' educational progress.

NAPLAN also provides schools, education authorities and governments with information about how education programs are working, and whether young Australians are achieving important educational outcomes in literacy and numeracy.

### Your child will do the NAPLAN tests online

Online NAPLAN tests are designed to provide precise results and are engaging for students. The tests are tailored (or adaptive), which means that each test presents questions that may be more or less difficult depending on a student's responses. This helps students remain engaged with the assessment.

Tailored testing allows a wider range of student abilities to be assessed and measures student achievement more precisely. A student's overall NAPLAN result is based on both the number and complexity of questions they answer correctly. Your child should not be concerned if they find questions challenging; they may be taking a more complex test pathway.

All Year 3 students will continue to complete the writing assessment on paper.

### What does NAPLAN assess?

NAPLAN assesses literacy and numeracy skills that students are learning through their regular school curriculum.

Students sit assessments in writing, reading, conventions of language (spelling, grammar and punctuation) and numeracy. The questions assess content linked to the Australian Curriculum: English and Mathematics.

All government and non-government education authorities contribute to the development of NAPLAN test materials.

To find out more about NAPLAN, visit [nap.edu.au](http://nap.edu.au).

### Participation in NAPLAN

NAPLAN is for all Year 3, 5, 7 and 9 students. ACARA supports inclusive testing, so all students have the opportunity to participate in the National Assessment Program.

Information on adjustments available for students with disability who have diverse functional abilities and needs is provided in the [National protocols for test administration](#).

Schools should work with parents/carers and students to identify, on a case-by-case basis, reasonable adjustments required for individual students with disability to access NAPLAN.

To help inform these decisions, you may consult the National protocols for test administration (linked above), [NAPLAN public demonstration site](#), the [Guide for schools to assist students with disability to access NAPLAN](#), and our [series of videos](#) where parents/carers, teachers and students share their experiences in using NAPLAN adjustments.

In exceptional circumstances, a student with a disability that severely limits their capacity to participate in the assessment, or a student who has recently arrived in Australia and has a non-English speaking background, may be granted a formal exemption.

Your school principal and your local test administration authority can give you more information on adjustments for students with disability or the process required to gain a formal exemption.



## What if my child is absent from school on NAPLAN test days?

Where possible, schools may arrange for individual students who are absent at the time of testing to complete missed tests at another time during the school's test schedule.

## What can I do to support my child?

Students are not expected to study for NAPLAN. You can support your child by letting them know that NAPLAN is a part of their school program and reminding them to simply do their best. Some explanation of NAPLAN is useful to help students understand and be comfortable with the format of the tests; however, it is not necessary for parents/carers to do this. Teachers will ensure students are familiar with the types of questions in the tests and will provide appropriate support and guidance.

ACARA does not recommend excessive preparation for NAPLAN or the use of services by coaching providers.

See the types of questions and tools available in the online NAPLAN assessments at [NAP – Public demonstration site](#).

## How is my child's performance reported?

From 2023, NAPLAN results are reported against proficiency standards. There is a standard for each assessment area at each year level. Proficiency standards provide clear information on student achievement. They are set at a challenging but reasonable level expected of the child at the time of NAPLAN testing, based mainly

on what has been taught in previous years of schooling. Student achievement is shown against 4 levels of proficiency: Exceeding, Strong, Developing and Needs additional support.

A NAPLAN individual student report will be provided by your child's school later in the year. If you do not receive a report, you should contact your child's school.

## How are NAPLAN results used?

- Students and parents/carers use individual results to discuss progress with teachers.
- Teachers use results to help identify students who need greater challenges or extra support.
- Schools use results to identify strengths and areas of need to improve teaching programs, and to set goals in literacy and numeracy.
- School systems use results to review the effectiveness of programs and support offered to schools.
- The community can see information about the performance of schools over time at [myschool.edu.au](#).

## Where can I get more information?

For more information about NAPLAN:

- contact your child's school
- contact your local test administration authority at [nap.edu.au/TAA](#)
- visit [nap.edu.au](#)

To learn how ACARA manages personal information for NAPLAN, visit [nap.edu.au/naplan/privacy](#).

## NAPLAN timetable

The NAPLAN test window is 9 days. This is to accommodate schools that may not have the capacity to complete the tests in a shorter time frame. **The NAPLAN test window starts on Wednesday 12 March 2025 and finishes on Monday 24 March 2025.** Schools will schedule the tests as soon as possible within the testing window, prioritising the first week.

Test	Scheduling requirements	Duration	Test description
<b>Writing</b>	Year 3 students do the writing test on paper on day 1 only. Years 5, 7 and 9 writing must start on day 1 (schools must prioritise completion of writing on day 1, with day 2 only used where there are technical/logistical limitations).	Year 3: 40 min Year 5: 42 min Year 7: 42 min Year 9: 42 min	Students are provided with an idea or topic called a writing stimulus (or prompt) and asked to write a response in a particular genre (narrative or persuasive writing).
<b>Reading</b>	To be completed after the writing test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students read a range of informative, imaginative and persuasive texts, and then answer related questions.
<b>Conventions of language</b>	To be completed after the reading test.	Year 3: 45 min Year 5: 45 min Year 7: 45 min Year 9: 45 min	Students are assessed on spelling, grammar and punctuation.
<b>Numeracy</b>	To be completed after the conventions of language test.	Year 3: 45 min Year 5: 50 min Year 7: 65 min Year 9: 65 min	Students are assessed on number and algebra, measurement and geometry, and statistics and probability.





# Compulsory school attendance

## Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

### What are my Legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age of 17 years. The Education Act 1990 requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the NSW Education and Standards Authority for home schooling.

Once enrolled, children are required to attend school each day it is open for students.

### The Importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

### What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)



Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

### Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An Application for Extended Leave may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.

### My child won't go to school what should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

### What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department may apply to the Children's Court for a Compulsory Schooling Order. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

### What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

### Working in Partnership

The NSW Department of Education recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

# Days missed = years lost

A day here and there doesn't seem like much, but...



## More information

Further Information regarding school attendance can be obtained from the following websites:

### Policy, information and brochures:

Please visit the Department of Education's Policy Library AND The Department's Attendance Matters Website

### The school leaving age:

Please visit the Department of Education's Wellbeing and Learning website

### Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on **131 450**. You will not be charged for this service.





# The Power of Belonging

## *Why Feeling Connected at School Matters More Than You Think*

We all want our children to be happy and successful at school. We focus on their grades, their friendships, and their extracurricular activities. But what if I told you that one of the most important factors for their well-being, both now and in the future, is their sense of belonging?

A fascinating new study from Monash University has shed light on the profound impact of school belonging on long-term mental health. Associate Professor Kelly-Ann Allen, the lead researcher, followed over 1500 individuals from adolescence to adulthood, examining the link between their feelings of connection at school and their mental well-being later in life.

The findings were striking: those who felt a strong sense of belonging in high school experienced fewer mental health challenges in their twenties. This connection was evident even after accounting for other factors like academic achievement and family relationships. In other words, feeling like you fit in, that you matter, that you're part of the school community, has a lasting positive impact on your mental health.

## Why does belonging matter so much?

Think back to your own school days. Remember that feeling of walking into a classroom where you felt welcomed, valued, and supported? Or perhaps you recall the opposite—the sinking feeling of being an outsider, of not quite fitting in. These experiences shape not only our immediate well-being but also our long-term sense of self and our ability to navigate social and emotional challenges.

When children feel like they belong, they're more likely to:

- **Engage in learning:** They're more motivated, attentive, and eager to participate in classroom activities.
- **Develop positive relationships:** They feel more comfortable interacting with peers and teachers, fostering friendships and a sense of community.
- **Cope with stress:** They have a support system to turn to when faced with academic or social challenges.
- **Build resilience:** They develop a stronger sense of self-worth and the confidence to navigate life's ups and downs.

## So, how can we, as parents, foster a sense of belonging for our children?

### 1. Partner with the school:

- **Open communication:** Stay connected with your child's teachers. Attend school events and parent-teacher meetings. Be an active participant in your child's school life.
- **Advocate for your child:** If your child is struggling socially or emotionally, don't hesitate to reach out to the school counsellor or other support staff.
- **Support school initiatives:** Get involved in school activities and events that promote a sense of community and belonging.

### 2. Nurture connections at home:

- **Family time:** Prioritise quality time together as a family. Share meals, play games, and engage in activities that foster connection and communication.
- **Emotional support:** Create a safe and open environment where your child feels comfortable expressing their feelings and concerns. Validate their emotions and offer unconditional love and support.
- **Social skills:** Help your child develop strong social skills. Encourage them to engage in activities that foster friendships and positive peer relationships.

### 3. Champion their interests:

- **Encourage exploration:** Support your child in exploring their interests and passions. This could involve extracurricular activities, hobbies, or simply pursuing their own unique curiosities.
- **Celebrate their strengths:** Focus on their positive qualities and accomplishments. Help them develop a strong sense of self-worth and confidence.
- **Foster autonomy:** Give them age-appropriate choices and responsibilities. Allow them to make decisions and experience the consequences of their choices (within safe boundaries).

## The Bottom Line:

School belonging isn't just about feeling happy and comfortable in the classroom; it's a crucial ingredient for long-term mental health and well-being. By partnering with the school, nurturing connections at home, and championing our children's interests, we can help them build a strong foundation for a happy, healthy, and fulfilling life.



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).





# **URUNGA** **FOOTBALL CLUB**

**REGISTRATIONS NOW OPEN**

**PLAYFOOTBALL.COM.AU**

**MASTERS   SENIORS**  
**JUNIORS   MINIROOS**

**MORE INFO:**

 **URUNGA FOOTBALL CLUB**

 **URUNGA\_FOOTBALL\_CLUB**

 **REGISTRAR@URUNGAFOOTBALL.COM**



**We H**  
**Paym**

Online p  
Families  
envelop  
number  
**returne**  
the draw

# COME & TRY *Netball*



Registration  
5-10yrs- \$100  
10-17yrs- \$125

## FUN DAY - SAT 8TH MARCH

2PM	REGISTRATION
2:15PM	<b>GAMES AND SKILL DEVELOPMENT</b> <ul style="list-style-type: none"><li>• 5YR-12YRS</li><li>• 13YRS-18YRS</li><li>• MIXED ADULTS</li></ul>
3PM	FINISH

**BELLINGHEN  
NETBALL  
COURTS**  
**CONNELL PARK**

**ALL PLAYER  
LEVELS  
WELCOME!**

*Ready. Net. Go!*



**CONTACT: [BELLINGHENNETBALL@GMAIL.COM](mailto:BELLINGHENNETBALL@GMAIL.COM)**  
**FACEBOOK: BELLINGHEN NETBALL CLUB**



# REGISTRATIONS OPEN

## Netball



## HOW TO REGISTER:

Registration  
5-10yrs- \$100  
10-17yrs- \$125

1. GO TO PLAYHQ.COM
2. IF YOU HAVE PLAYED BEFORE GO TO LOGIN  
OR SEARCH FOR BELLINGHEN NETBALL
3. SELECT TAB - REGISTER
4. FILL IN YOUR DETAILS
5. WELCOME TO THE CLUB!!



## KEY DATES:

8TH MARCH	FUN DAY
TUESDAY 4-5PM 11TH MARCH	TRAINING BEGINS
22ND MARCH-	<b>FIRST GAME</b> 1:30PM- 5-12YRS 2:30PM 13-18 YRS/ WALKING 3:30PM MIXED ADULTS
9TH AUGUST	LAST GAME AND PRESENTATION DAY
SCHOOL HOLIDAYS	NO GAMES

**CONTACT: BELLINGHENNETBALL@GMAIL.COM**

**FACEBOOK: BELLINGHEN NETBALL CLUB**



# PHYSIE CLASSES

CLASSES  
BEGIN

17 FEBRUARY  
2025



*Urunga Physical  
Culture*



**EP**physie

**CONTACT US**

STACEY ~ 0412504794

NIKKI ~ 0413038860



NetSetGo 4 - 9 years



SCAN ME



Juniors 10 - 15 years



SCAN ME

# BEACHES NETBALL CLUB 2025 REGISTRATIONS

Register online now!

Net-Set 4 - 7 years : \$115

Go 8 - 9 years : \$145

Juniors 10 - 15 years : \$155

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 15th March 10am - 12 noon at Valla Beach Netball Courts



For further enquires please email  
[beachesnetball@gmail.com](mailto:beachesnetball@gmail.com)  
or find us on Facebook or instagram





**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**



# Bellingen 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 Bellingen 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**  
**Bellingen Gallery & Framing**  
**The Never Never Mind Dorrig**

Drawing by: Mitch Timms



The Never Never Mind







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

Celebrating the artistic expression and talent of youth in Bellinghen 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 Bellinghen Shire and closes April 1st. Entrants can enter up to 3 pieces.

Free art materials for entrants available at each of our Neighbourhood Centres; Bellinghen, 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), Bellinghen 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, Bellinghen Gallery & Framing will host the Bellinghen 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)





## **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



Saver Plus was developed by ANZ and the Brotherhood of St Laurence and is delivered in partnership with The Smith Family and Berry Street.  
It is funded by ANZ and Department of Social Services.